

## Youth in Mind report summary 2022/23

The aim of this report was to explore ways to increase engagement of children and young people (CYP) from minoritised ethnic backgrounds. Based on our research we have developed the following recommendations:

**1. Cultural humility** is an important professional skill, which needs to be exercised within professional settings. Cultural humility requires an acceptance that whiteness is not the norm. Adopting cultural humility means valuing other norms and values as equal to whiteness, enabling providers to have a deeper understanding of issues the young people are experiencing.

**2. Use of social media** to raise the profile of YiM services and increase engagement and accessibility particularly TikTok.

**3.** Ensuring the **voice of minoritised ethnic young people is central** to any research undertaken about their lived experience.

**4.** The importance of using a **strengths-based approach** when working with families and communities to capitalise on the support systems that already exist.

**5. Build relationships** with the local communities that mirror the positive relationships that exist between providers and schools as this will maximise accessibility and engagement.

**6. Going beyond cultural sensitivity** is integral to the delivery of a service that embraces the importance of identity on mental health. This includes recognising structural and environmental factors that impact individual lives.

7. Providers (and referrers) need a **greater understanding that the impact** of being part of a minoritised ethnic group can cause trauma, impacting on mental health and well-being.

8. **Develop a young person's steering group**, (YiM ambassadors) consisting of YiM 'graduates', who can feed into the evaluation loop, and become young advisors to the project. They will in time fill the current gap in terms of the voice of CYP.

9. **Impact evaluations** must amplify the voice of CYP and focus on soft outcomes that are linked to their lived experience.