

Engaging young people to inform health improvement commissioning in East Sussex

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The completed abstract [maximum 500 words covering items below].

Headings

Title: Engaging young people to inform health improvement commissioning in East Sussex. Interim report to East Sussex County Council, Brighton: University of Brighton.

Author(s): Sherriff, N.S., Coleman, L., and Cocking, C. (2015).

Background: What was/will be the context for the study? Why was it/will it be important that this project was undertaken?

In November 2014, East Sussex County Council (ESCC) commissioned colleagues within the School of Health Sciences, to conduct an engagement and participation activity with young people (YP), in order to provide a greater understanding and insight of the views and experiences of young people in East Sussex in relation to health improvement services that are deliverable within a context of continued limited resources in the public sector

Purpose: What was/will be the major reason for undertaking the project? (A project may be a research study, developing a new or adapted programme, method, theory or resource.) Any secondary objectives?

- Plan and deliver safe, effective and meaningful engagement and consultation with young people about defined health improvement services and initiatives in East Sussex;
- Collate and analyse the outputs of engagement and consultation activity in order to produce a synthesis of up-to-date information about young people's views and experiences in relation to defined health improvement services and initiatives in East Sussex;
- Produce a report with robustly determined recommendations that will help commissioners determine the acceptability of proposed developments and help inform the development of health improvement initiatives to be commissioned or provided in future in the context of limited resources.
- Produce academic papers for publication in peer-reviewed journals, with a view to building upon SHS research capacity for the next REF exercise

Methods: What principles, methods/methodological approaches, materials did/will the project involve?

Focus group interviews were conducted with up to 100 young people in a variety of schools and youth groups across East Sussex, using qualitative approaches to collect and analyse the data from a thematic/ phenomenological perspective. Young people's views of service provision in the following areas were explored:

1. Whole-school health improvement approaches
2. Emotional wellbeing and resilience programmes

3. Sexual health improvement initiatives

Results: Summarise the main findings from the analysis (if applicable).

Data is still being analysed, but results were submitted for an interim report from the following areas;

Whole School Approach:

Focus groups explored how YP constructed health and illness. An interesting finding was that YP recognised that good hydration and nutrition were important, and of the need to achieve this in schools. YP wanted more attention given to the topic in the curriculum, and were using opportunities to bring up health issues in the wider curriculum. Topics were often age specific depending upon the demographics of participants. Participants felt there could be better information regarding school nurse provision, including their name, location, and role.

Emotional well-being & resilience:

YP felt constraints within their physical environment could affect their emotional well-being & they were not always familiar with the term 'resilience'. It seemed that it was not rules per se that caused the YP stress and/or anxiety, but what they perceived as the inconsistent nature of their application. Other themes mentioned included: the need for fairness and consistency in implementation of rules, the role that mutual peer support can have in encouraging resilience, concerns whether their views would actually be taken on board & listened to, and the desire for a space they can choose to go to that is spate from any time out/internal exclusion rooms that they may be taken too.

Conclusion(s): What can be concluded from the study? What are the suggestions for future work? (if applicable).

The need to create a meaningful dialogue with young people about what they understand Health & well-being resilience to be, and improved education about the terms & concepts used, (as well as their relevance), and how they can realistically achieve it within the constraints of their physical and social environments.

Implications: What are the implications of the project and how will the results be translated into physical therapy practice / management / education / policy (if applicable).

Final report is due in May 2015, and implications/ recommendations will be forthcoming then

Keywords: Use up to three words to describe your work which are supplementary to the programme track and topic (if applicable).

Young people; health & well-being; resilience

Funding acknowledgement (if applicable)

Funded by c. £25,000 grant from ESCC with Nigel Sherriff as PI

Ethics approval

Evidence that ethics approval was given is required. Please name the ethics committee that approved your work, where appropriate. If ethics approval was not required, or if you do not have an ethics system in your country, please state this. [20 words] (if applicable).

This project was given internal ethical approval by the FREGC on 26/1/2015 (ref: REGC-14-074.R1)

Brief biography of presenting author. [200 words] + 1 Photo of the author (passport format)

Chris Cocking Bio

Chris has a PhD in Social Psychology, and has also worked in the crowd management sector, consulting on crowd behaviour at large events in the South East. He also advises on emergency planning, and has been a visiting speaker at the Cabinet Office Emergency Planning College. Other one-off consultations he has provided have been for the London Resilience Team (part of the Government Office for London), and the Greater London Assembly (where he contributed to their report into the 7/7 terrorist bombings). Along with colleagues, he has had his research findings published in over 20 publications in academic and applied journals and user reports, including most recently a case study by the United Nations Office for Disaster Risk Reduction Scientific and Technical Advisory Group (Drury et al, 2014). He is also a qualified Psychiatric Nurse registered with the NMC, with experience of working in Child and Adolescent Mental Health Services.

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<http://scholar.google.co.uk/citations?hl=en&user=IHd3atUAAAAJ>

