

The Ignite project- Developing a 'health as social movement approach' to children and young people's mental and emotional wellbeing in Worthing

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In recent years there has been a marked reduction in funding for children and young people's (CYP) mental health services (CQC, 2018) with a recognition that the majority of children now referred by GPs for mental health treatment receive no support (Wray, 2018, Price, 2016). There is an urgent need for effective policy-driven prevention services however these have been targeted for cuts. It has been suggested that there is a need for new models to bring staff together who don't normally meet, actively engage with parents and CYPs and improve training. The Children and Young people's mental health coalition (2017) developed a policy and practice manifesto to improve children and young people's mental health and emphasised the need to develop innovative preventative policies and practices that reduce inequalities in mental health support and improve emotional literacy.

Recent work from the New Economics Foundation and NESTA (Arnold et al 2018) has argued the case for a 'health as social movement' approach. They point to the effectiveness of social movements for health that are part of a long history of community development, citizen participation and person-centred health and care. While this approach has had considerable success around the UK, it remains untested in the area of children and young people's mental and emotional wellbeing. This paper is a coproduced presentation discussing the first 4 months of the project as we try to use the 'Health as social movement' approach to achieve a co-produced, sustainable, community-based approach to supporting young people's mental and emotional wellbeing in Worthing.

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