

**Expanding Minds, Improving Lives Children
and Young People's Showcase
10th February 2016**

*Making Mental Health Everyone's Business
Pledge Board*

*I pledge to work so that
young people are seen quickly
and given the help they want
and need.*
Nick CYPs

*I pledge to involve
young people in
designing our service
and listen to their
views.*

Marsha

*I pledge to develop the 0-19 workforce to promote
positive mental health in children of all ages from
conception to adulthood and to work with
parents/families to ensure this can happen.*

Kate McBride NUTH

*I pledge to continue co-creating
with young people - making sure
their voices are heard.*

Nelly

*I pledge to encourage
more parents and young
people to get involved to
improve mental health
services.*

Lucy Liu

Skills for People

*To be mindful of the issues brought up by
YPs when helping to develop new M H
strategies at Trinity Academies.*

Jade McGreevy

*Children North East will highlight
children and young people's mental
health in this our 125th anniversary
year.*

Jeremy Cripps

I pledge to.....

*I pledge to put the views of
children + young people at the
centre of my work.*

*Advocacy Centre North pledges
to support young people using
services to have a real voice in
the services they received.*

Jacqui

*I pledge to build on the bravery
and honesty of "Chaos"
filmmakers to ensure more
young people learn from their
experiences...and more
commissioners hear them too.*
Catherine Helix Arts

*To endeavour to provide
the best possible mental
health services for our
children and young
people.*
Carl S

*I pledge to continue to
make young people's
voices heard and to try
and actually make a
difference to the best of
my ability.*
Sarah

Chilli Studios will improve its work with young people by learning and listening to young people

My pledge: I will ensure that C+YPs views can + will lead to positive change.
Dawn

Commit my organisation to listen to what young people are telling us.

Maj, NECS

Listen to young people and respond to what I hear.

Chris P

I pledge to communicate the messages from the listening events into service design.
Heidi, NCC

That our organisation will do all it can to ensure that the young commissioners voice is not only heard, but also acted on.

Leon Mexter, Youth Focus North East

I pledge to care because sometimes it is as simple as that.
Glen, Streetwise

I pledge to.....

Will bring voice of children + young people into my work / social space. Young Commissioners were awesome.

Tony Ross

I pledge as a paediatrician in Gateshead working with LAC + children with FASD that I will continue to pull out all the stops + ensure their needs are recognised + met.

Helen Palmer

I pledge to listen to the voices of C+YP and support them in having their voices heard!

Simone, YFNE

I pledge to support different mental health services and make sure young people's voices are heard.

Rhiannon Gibson, NCC

I pledge to make sure that the services I influence are made aware of this project and the messages from children and young people

Jayne, NCC

I will make sure I listen to what young people say about their experiences of mental health services.

I pledge to help the young people + children who I come into contact get their voice heard.

Marie, Furrowfield School, G/Head

I pledge to remember what I've learnt through working on the CHAOS film and raise awareness where I can.

Julie, Filmmaker,

I pledge to listen to young people, hear what they say, recognise their bravery, and use it to improve services to let them know 'I care'.

Cath Scott, Public Health Gateshead

To consistently and persistently pursue that which is best for those young people these services are made for.

Harrison

I pledge to promote 'You're Welcome' within CAMHS / CYPs services as this looks at some of the issues raised by the young commissioners. I will also address and raise awareness of young people's mental health needs as a school governor.

I pledge to ensure that the involvement of the Young Commissioners is meaningful.

Steve, Youth Focus

To support young people to inspect/quality assure CAMHS services

I pledge to.....

Continue to beat my depression and continue to make a difference with youth focus.

I pledge to support schools to understand better the referral process to CAMHS services and in general to better support our children

Viv

The JAM Project pledges to gather young people's views on mental health services as creatively as possible.

I will pledge to provide best quality support for children + young people I work with.

Jane