

# BUILD RAISE INSPIRE TOGETHER

## **Overview of Tiny Changes Co-Production Programme**

The Coproduction Pilot Programme is a pioneering initiative designed to empower young people in Scotland who have lived experience with mental health issues. The programme's vision is to create a platform where these young individuals can become leaders, educating and mobilising communities on mental health issues, and driving initiatives that provide support to those affected by mental health issues.

Building on the success and impact of initiatives Tiny Changes has funded over the last three years, this programme is designed to harness the skills and ideas of young leaders to drive meaningful change. The Tiny Changes Pilot Programme focuses on creating innovative mental health projects that are both impactful and sustainable, addressing the mental health needs of Scotland's youth.

## **Why Co-Production?**

Coproduction is a collaborative approach that involves stakeholders, especially service users, in the design and delivery of services. For our programme, this means young people with lived experience of mental health issues will play a central role in shaping the projects and initiatives. This approach ensures that the solutions are relevant, effective, and resonate with those they aim to help.

Historically, mental health support services, policies, and programmes for young people have often been created without their involvement. This top-down approach can inadvertently infantilize young people, disregarding their unique insights and needs. By not involving young people in the strategy, planning, programme/service design, delivery, and evaluation stages, these initiatives risk being out of touch and less effective.

A co-production approach challenges this norm by placing young people at the heart of the process. It recognises them as experts in their own lives and as invaluable contributors to creating solutions that genuinely address their needs. This inclusive approach not only enhances the relevance and impact of mental health initiatives but also empowers young people, giving them a sense of ownership and agency over the services they engage with.

## **The Need for a Targeted Programme:**

The Coproduction Programme is designed to address the gap in current mental health services by directly involving young people in the creation, development, and implementation of solutions that are by and for young people. This approach ensures relevance and effectiveness, as it empowers young people to take charge of their mental wellbeing and encourages them to implement and advocate for changes that will benefit their communities in the long run.

## **Objectives of The Programme:**

As part of our commitment to significantly impact children and young people's mental health, this programme is designed to align with our strategic goals of investing £1 million in children and young people's mental health and supporting 10,000 children and young people by the end of 2026. This program empowers young leaders and implements innovative, sustainable, and effective mental health projects. It involves young people with lived experience at every stage, from design to delivery, to ensure relevance and impact.

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**TINY  
CHANGES**

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- **Identify and Recruit Young Leaders:** Find passionate young individuals motivated to lead mental health initiatives in their communities.
  - Strategic Pillar: Investment in Youth-Led Innovation.
- **Develop Young Leaders:** Provide training and resources to equip these young leaders with the necessary skills and knowledge in lived-experience leadership, impactful projects, community organising, and advocating for change.
  - Strategic Pillar: Investing in Our Future
- **Project Development:** Support these leaders in developing, refining, and piloting their mental health projects within the identified themes. Provide ongoing support and evaluate the impact of these pilot projects to inform future initiatives.
  - Strategic Pillar: Investment in Youth-Led Innovation
- **Capacity Building:** Foster a network of young mental health leaders who can advocate for and implement changes to enhance community resilience and mental health support systems.
  - Strategic Pillar: Creating and Nurturing Communities for Action
- **Co-produce Our Operating Model and Framework:** Use the impact of the pilot programme to co-produce Coproduction 2025 and inform the way we operate and evolve from “you said, we did” to “we said, we did”.
  - Strategic Pillar: Learning from Our Impact

## Key Activities and Phases

### 1. Planning and Recruitment:

- Programme Kickoff: Finalise project plans, roles, and responsibilities.
- Recruitment Campaign: Launch a campaign to identify and recruit young leaders.
- Selection Process: Develop and implement criteria to select 4-5 young leaders.

### 2. Induction and Training Programme:

- Conduct orientation sessions to introduce the programme and its objectives.
- Organise training workshops covering project management, mental health awareness, leadership, safeguarding, and community engagement.
- Develop continuous development and support programmes beyond induction.

### 3. Project Development:

- Facilitate brainstorming and planning sessions to refine project ideas.
- Provide necessary resources and support for project development.
- Guide young leaders in developing their pilot plans.

### 4. Project Implementation (6-9 months):

- Support the launch of pilot projects.

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- Offer continuous support and monitor progress through regular check-ins.
  - Implement a robust monitoring and evaluation framework.
5. Evaluation and Future Planning:
- Conduct final evaluations and gather feedback from participants and community members.
  - Compile a detailed report summarising outcomes, challenges, and recommendations.
  - Organise stakeholder workshops to discuss evaluation results and plan the next steps.

## Annual Cycle

Planning, Recruitment	Spring			
Training, Development		Summer		
Implementation, Support			Autumn	Winter
Evaluation, Planning, Recruitment	Spring			

## Themes and Projects

The Co-production Pilot Programme will focus on five key themes, each addressing specific mental health themes and their impact on young people. These themes were informed by grant applications and project proposals and the impact of funded projects to date, ensuring they are relevant to the current needs and interests expressed by young people in the community.



### 1. Young People’s Mental Health in Intersectional Communities

- Address unique challenges faced by marginalised communities.
- Develop tailored support programmes and outreach initiatives.

### 2. Young People’s Mental Health in Arts or Sports Activity

- Use arts and physical activity to improve mental health.
- Organise events and workshops integrating creativity or sports with mental health education.

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## 3. Young People's Mental Health in Schools (Mental Health Hubs)

- Implement early intervention strategies in schools.
- Create workshops and resources to promote mental wellness and resilience.

## 4. Young People's Mental Health in the Music Industry

- Produce a podcast series on mental health in the music industry.
- Feature discussions with artists and experts to destigmatise mental health issues.

## 5. University and College Student Communities

- Establish peer-led support groups on campuses.
- Organise meetings, campaigns, and events to foster supportive communities.

### Expected Outcomes

- **Empowered Young Leaders:** Equip 4-5 young leaders with skills and experience to drive mental health initiatives.
- **Innovative Mental Health Projects:** Implement successful pilot projects addressing mental health challenges in various communities.
- **Improved Mental Health Awareness:** Increase awareness and understanding of mental health issues among participants and their communities.
- **Scalable Programme Model:** Develop a validated pilot programme model ready to be scaled into an annual initiative.

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