

Student Mental Wellbeing in York

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Where we were in 2010?



- Counselling Services
- GP surgeries on campus
- Secondary Care through GP or A&E

- Little co-operation
- Misperceptions

Building Influence

- Higher York <http://www.higheryork.org/>
- New Staff
- CCG meeting Oct 2014
- Presentation to the YOR OK board
- Invitation to be on CAMHS Exec Board
- Regular meetings with GP's

Changing Practice

- New provider took over services. Single Point of Access established
- Employed staff from the CMHT – improved communications and recognition of professionalism
- Hosted IAPT Stress Control
- Used Patient Completed Outcome Measures – severity, shared language

Higher York Conference on Mental Health

- “Everybody’s Business”. In Nov 2015 this conference explored mental health issues for young people aged 0-25. It was jointly commissioned by the CAMHS Executive and the Higher York Board. Both Universities had representatives on the Steering Group

Invited onto task groups to represent students

- Self Harm Deep dive
- Mental Health Strategy Task & Finish Group
- Transitions Group (subset of CAMHS)

- Student's are now regularly consulted on health matters e.g. where the new mental health hospital should be
- York Student Mental Health Network

Suicide Response

- North Yorkshire Suicide Prevention Task Group
- York Multi-Agency Suicide Response Group
- York Suicide Prevention Delivery Group
- NUS / Samaritans work

Events seen as a city issue not a student issue

Student Health Needs Assessment

- A comprehensive assessment of the health needs of students which we hope will positively influence the provision of health services in the city for all students

York St John University

- Wellbeing Group
- Wellbeing Zone
- Daily Wellbeing Drop-In
- Campaigns –to work with city partners
- Building Healthy Relationships project
- Converge
<https://www.yorksj.ac.uk/converge/>

