

# Evaluation for understanding the impact of the YIAC (Youth Information Advice and Counselling) model on access, engagement and mental health.

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## INTRODUCTION

Mental health problems are the biggest health problem faced by young people yet one of the most under-resourced areas and least developed. 75% of lifetime mental disorders begin before the mid 20's (WHO, 2016).

The unmet need for young people of this age group spans mental, social and physical support:

- 3 in 4 young people with problem behaviours, anxiety or depression get no treatment
- The greatest gap between mental health prevalence and service use occurs amongst young people under the age of 25.
- Access to treatment and support is worsening and service providers report increased complexity and severity of problems among young people seeking services.
- 1.3 million 16-24 year olds are left to cope alone with complex housing, money and employment problems each year
- 80,000 16-24 year-olds become homeless each year costing public services around £26,000 per person
- 77% of young people are in debt by age 21

Numerous government and independent reports over the past years have recognised the benefits of addressing the unmet need for this age group through an integrated YIACS (Youth, Information, Advice and Counselling Service) model to support young people's mental health, specifically those between the ages of 14-25 years. Those to publish such reports recently include the Department of Health in which they emphasise the importance of whole systems change, integrated support and services that work up to the age of 25 years (DH, 2015).

A recent report by Youth Access (Health Select Committee Report, 2014) found that:

- 78% of young people prefer using advice services specifically aimed at young people
- 80% feel it is important to get help with everything that is troubling you in one place
- 85% of young people would design mental health services that go up to age 25

Liverpool CCG as part of their five year transformation plan have commissioned a YIAC model across 3 locality areas within the city. This is provided by the Young Persons Advisory Service (YPAS).

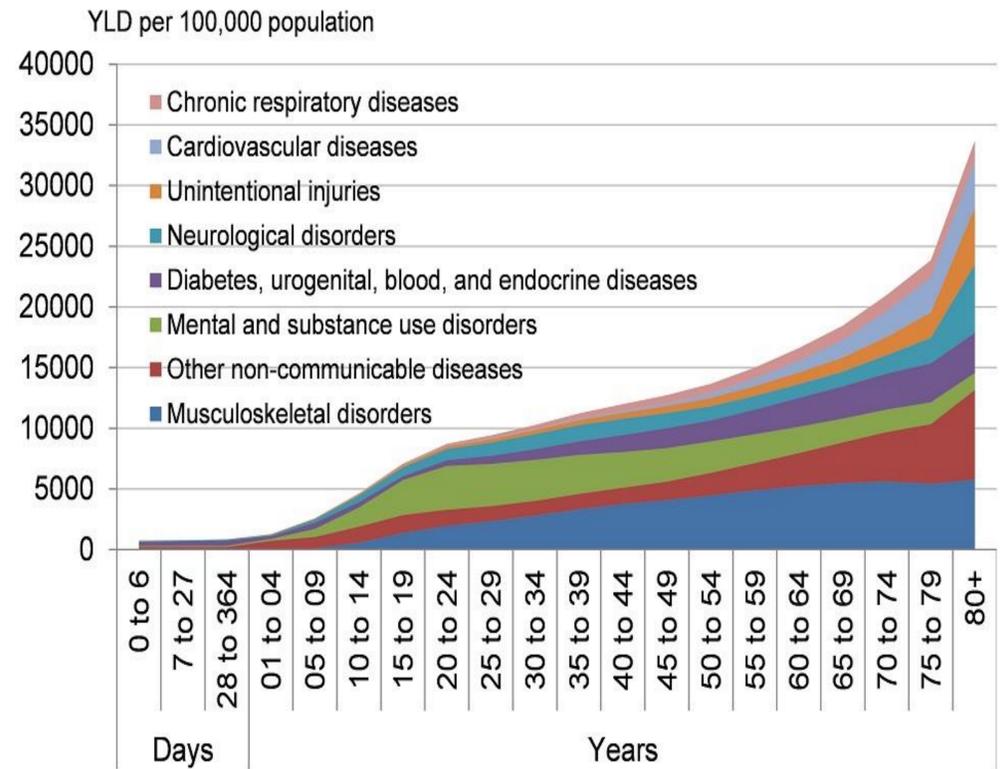


Figure 1: morbidity by age group and top 8 broad causes person (Years Lived with Disabilities per 100,000 population), England 2013, *Public Health England, 2017*

## AIMS & OBJECTIVES

The purpose of this evaluation is to understand the impact of the commissioned YIAC model on access, engagement and mental health for the 14-25 year age group.

The following objectives will focus on:

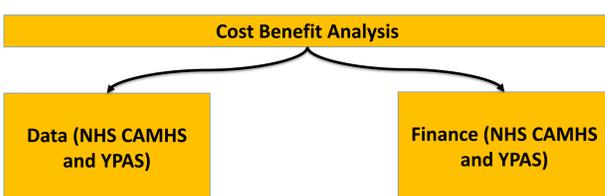
- The impact on access to mental health support for young people
- The impact on mental health and wellbeing for young people accessing this service
- Engagement through DNA rates
- The cost benefits and value for money of this model
- The impact on health inequalities for vulnerable young people and those from specific socio-economic groups.

## DESIGN

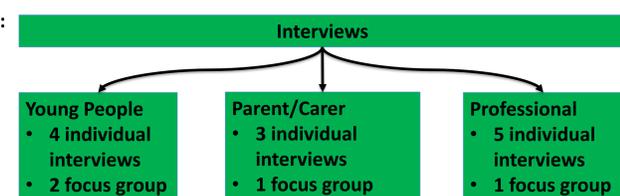
The following qualitative and quantitative methodology is being used:

- Focus groups with young people and parents/carers
- Individual interviews with young people and parents/carers
- Individual interviews with professionals who refer into YPAS or work alongside them
- Analysis of activity of service through local datasets
- Analysis of validated Routine Outcome Measures of those receiving a service through local datasets and CORC (Child Outcomes Research Consortium)
- Wider national research and reports
- Analysis of financial information

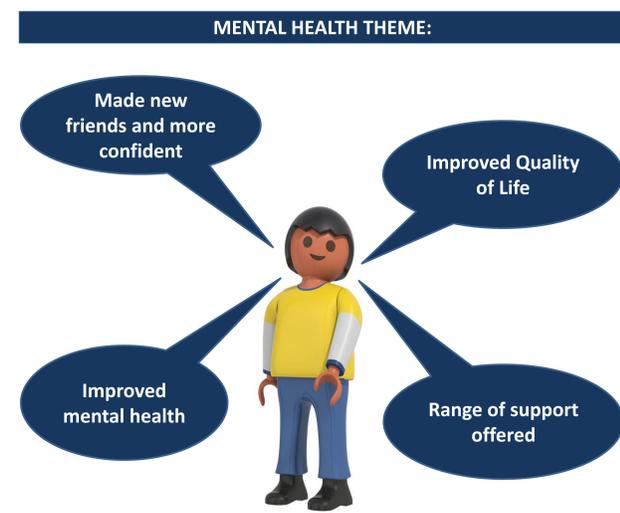
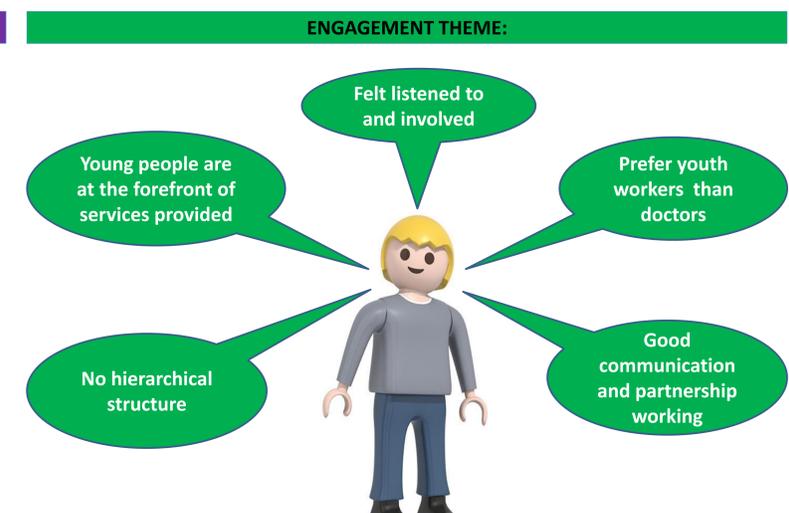
## PROGRESS TO DATE



We are currently implementing the methodology and the following is being undertaken:



Although interviews and data are currently being analysed the following themes are starting to emerge:



## CHALLENGES

There have been a number of challenges to undertaking this evaluation:

- Time and availability of Intern and Public Advisors to undertake interviews and focus groups at flexible times for young people and parents/carers
- Non-attendance of participants for interviews when scheduled
- Lack of young people's mental health data locally and nationally

## REFERENCES

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Department for Health, 2015, *Future in Mind; Promoting, Protecting and Improving our Children and Young people's Mental Health*, <https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people>

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