

# The impact of rights based advice on young people's health





## Rights based advice

Housing/homelessness  
Benefits/debt/income maximisation  
Sexual health  
Young parents work

## Therapeutic Services

Counselling  
Well-being



## Education

Accredited courses

## Youth work

Young people's involvement  
Group work  
Informal education  
Life Skills  
Positive activities

# Project needs to be....



Non-intrusive

Statistically/'scientifically' valid

# Objectives

- To set up a reference group to test the relevance and usefulness of the outcomes measurement tools to health commissioners
- To use outcomes measurement tools to provide evidence that a young person's health and wellbeing outcomes are improved when they access rights based advice within a YIAC setting
- To present the data to local health commissioners, Health and Wellbeing Board, NCC senior commissioners
- To share findings, lessons with other advice agencies locally and nationally

# Initial issues

- Choosing a questionnaire
- Getting responses on time without being too intrusive
- Confidentiality
- Getting staff and young people interested

# Learning from experience

- Time for the impact of advice on health to take place
- Getting the questions right
- Staff involvement

# The questionnaires

- Youth Access' How Have We Helped Questionnaire
- GAD7
- WHO5
- The Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS)

# Practicalities

- Getting consent
- Collecting data
- Collating data



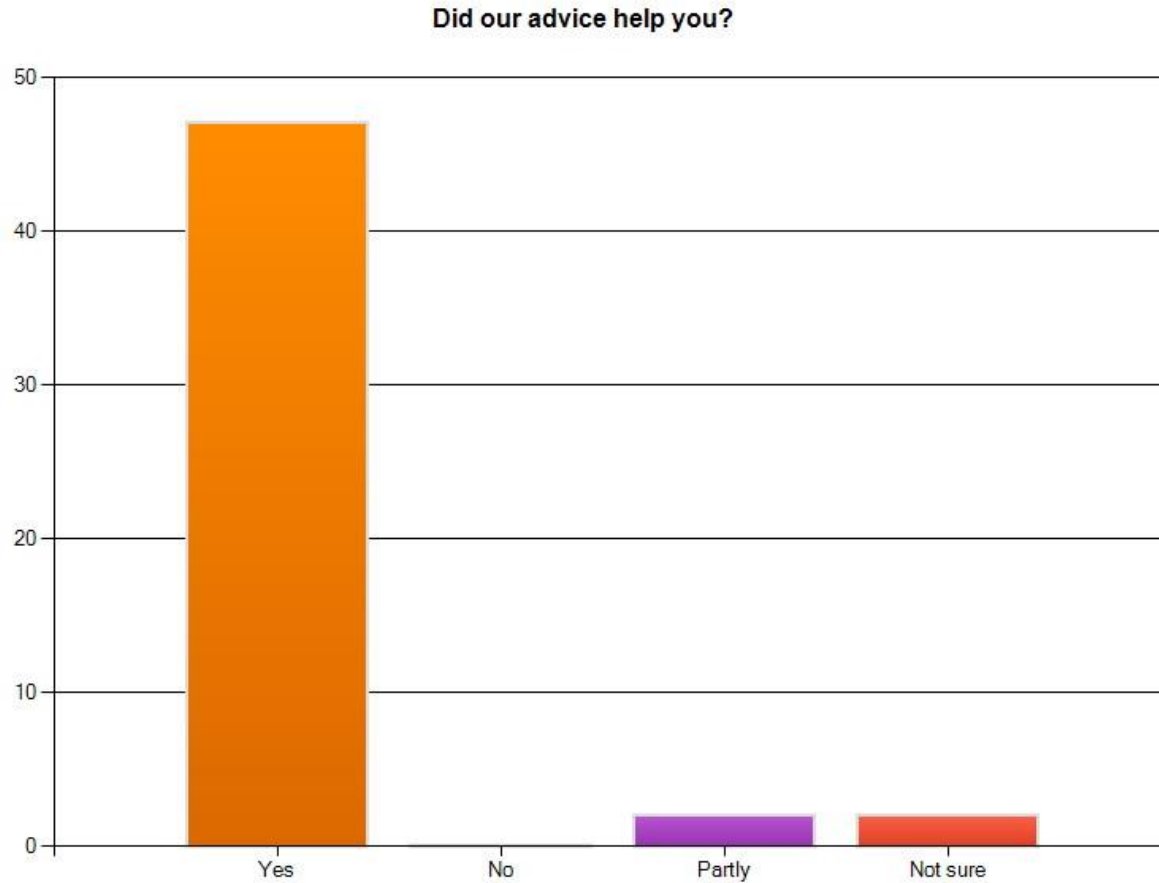
# Consent

- If you are able to answer a few questions in 6 weeks time, when you've had a chance to get a sense of what difference the advice given to you has made, then your help would be appreciated.
- 
- Please complete the box below
- Thanks 😊
- 
- 
- **Please complete those details you are happy for us to contact you about what difference advice has made to you**
- **I'm happy for MAP to send me a questionnaire by post or email.**
- **My postal address is:**
- **My email**
- 
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- **I'm happy for MAP to call me to ask questions about what difference advice has made to my health.**
- **My mobile is:**
- **My landline is:**

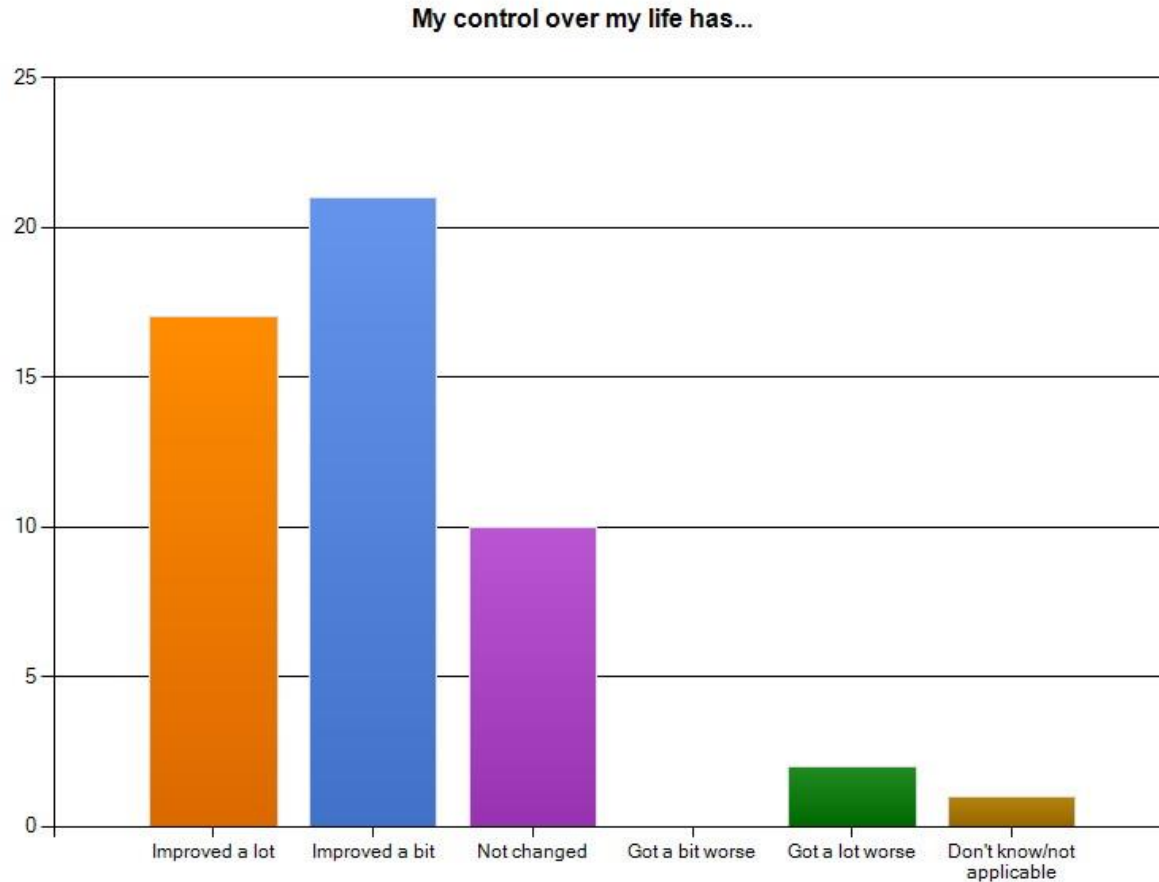
# Results and issues raised

- 20 per cent of young people receiving advice
- What the data told us about the impact of advice and the questions...

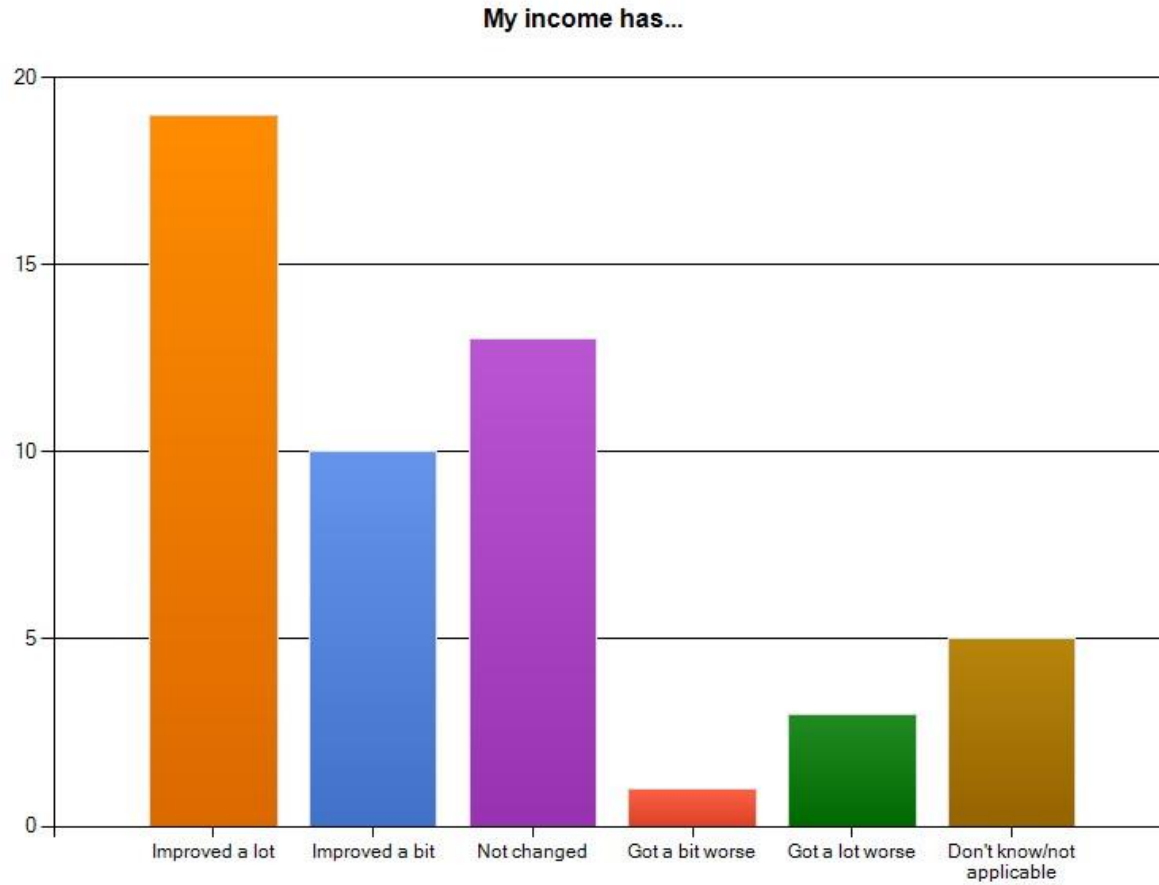
# Did our advice help you?



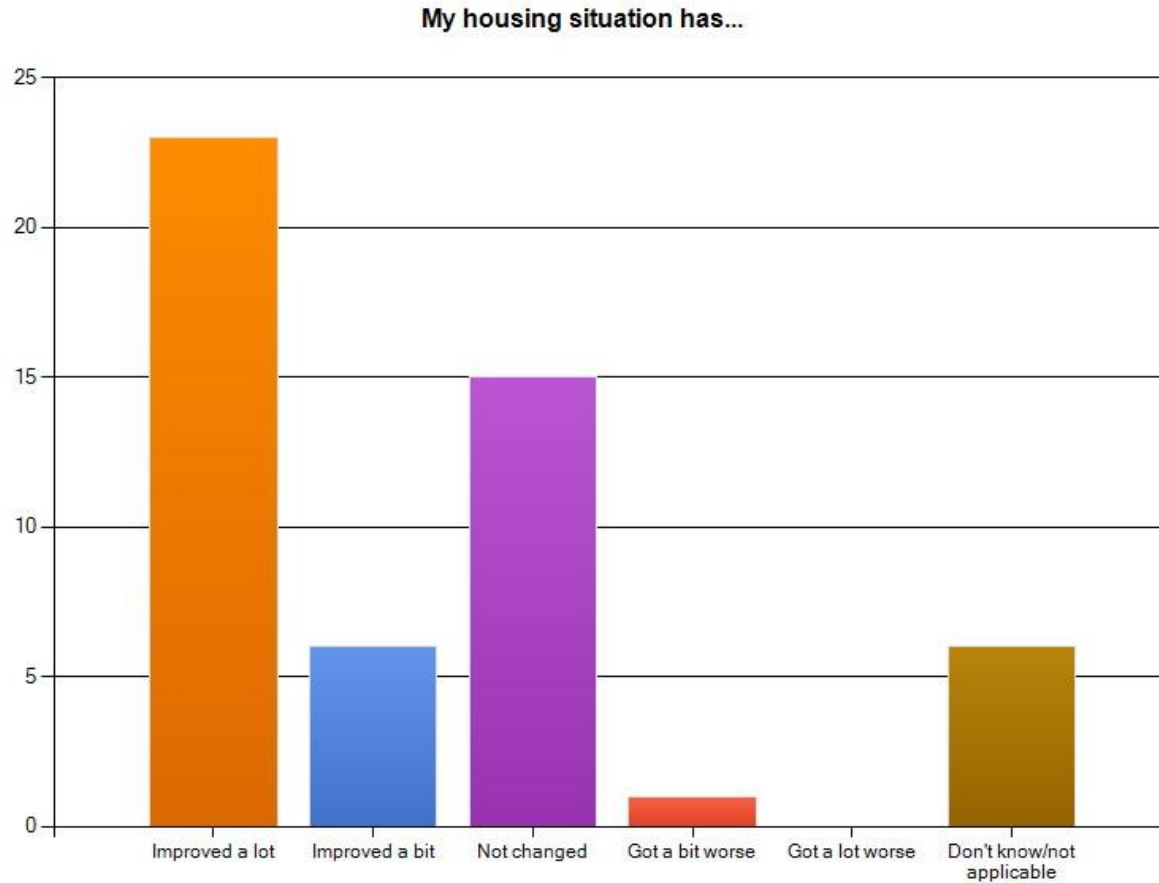
# My control over my life has



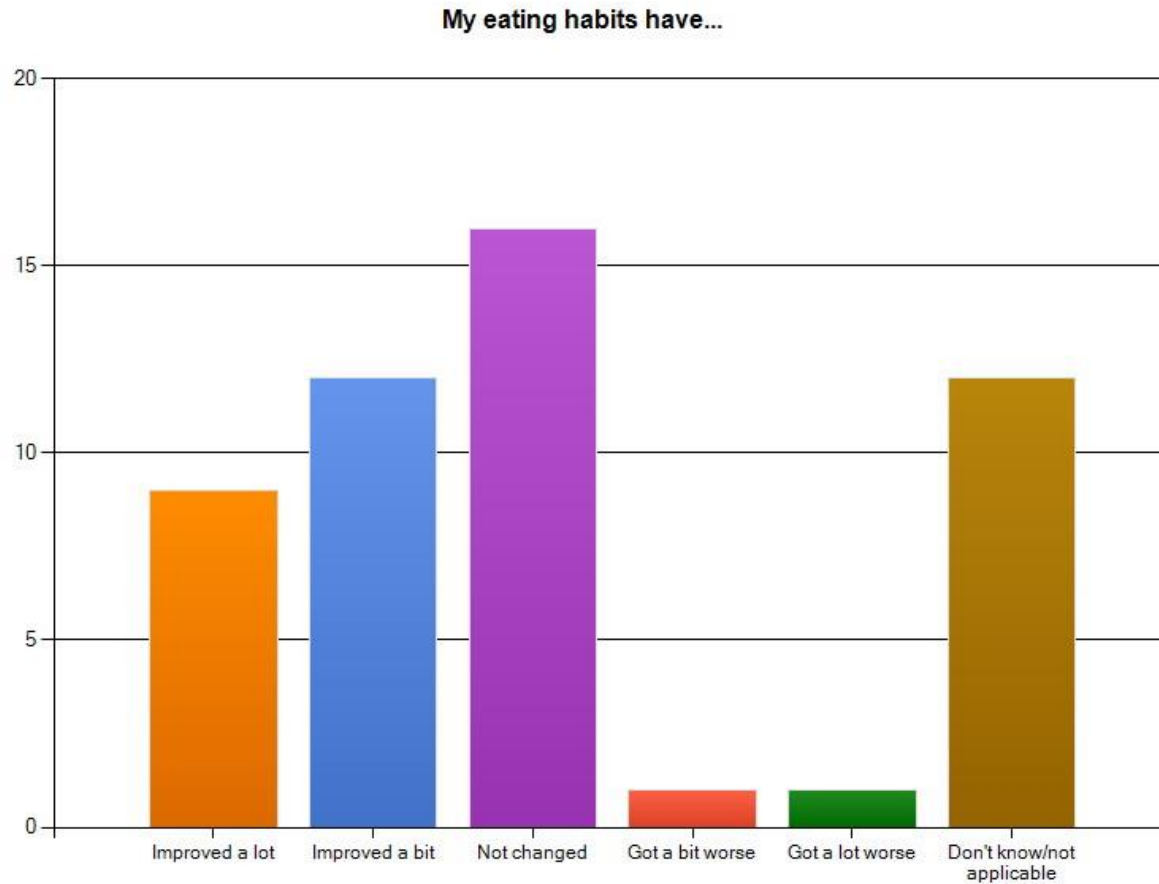
# My income has...



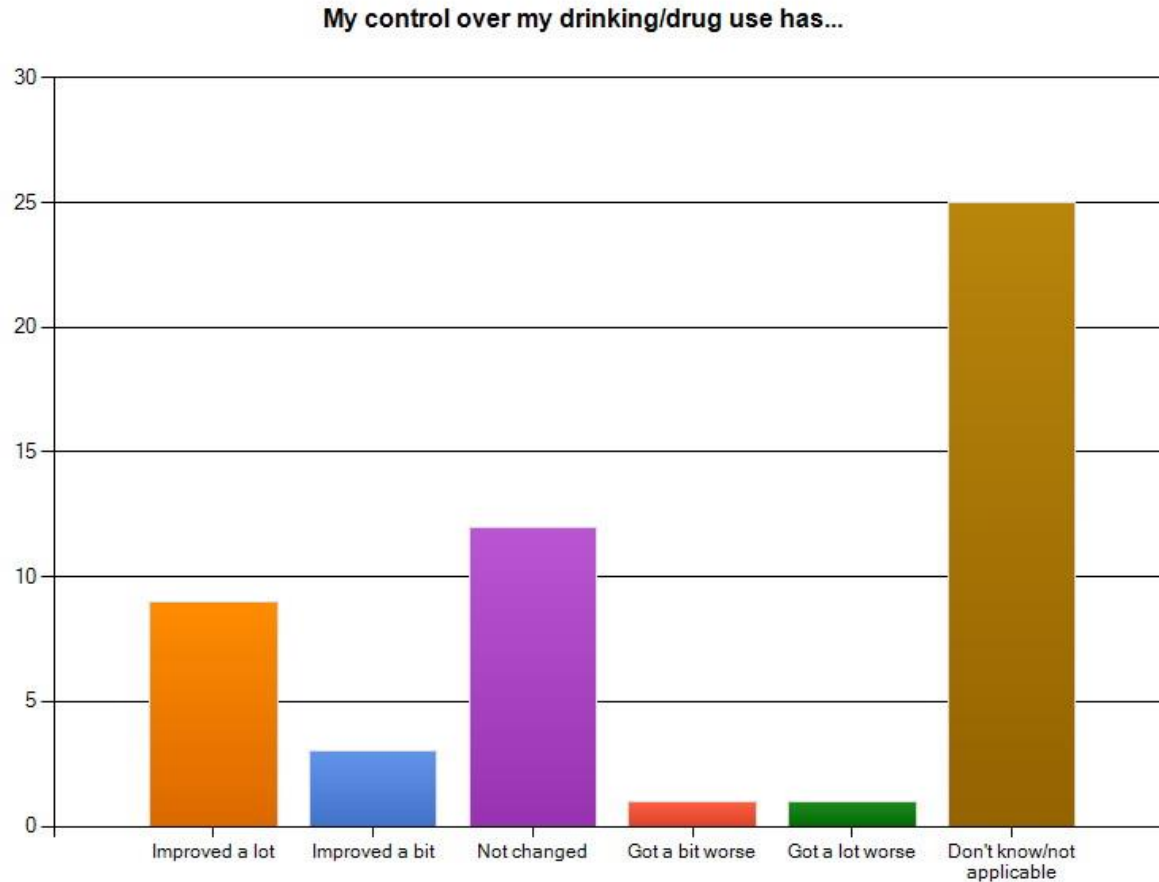
# My housing situation has...



# My eating habits have...



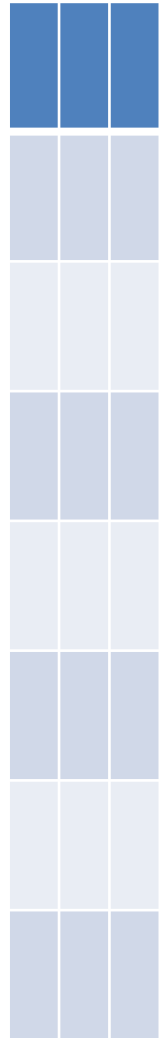
# My control over my drinking/drug use has...





# Asking questions that mean something

- My control over my drinking/drug use has...
- **How I drink or use drugs has...**
- My eating habits have...
- **How well I eat has....**
- The quality of my sleep has...
- **How much sleep I get has....**
- My understanding of sexual health has...
- **How much I know about sexual health has...**



# Thanks

[map.uk.net](http://map.uk.net)

