



**US** University  
of Sussex

 **brighton and sussex**  
medical school

**NIHR** | Applied Research Collaboration  
Kent, Surrey and Sussex

# CATALYST

Co-designing and testing an asset-based task-sharing model for youth mental health services in deprived communities

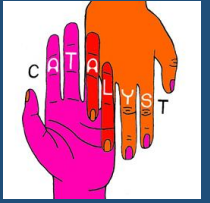
Prof. David Fowler (Sussex)  
Prof. Harm van Marwijk (BSMS)  
Daniel Michelson (Sussex)  
Clio Berry (BSMS)  
Thomas Grice-Jackson (BSMS)

Devyn Glass (BSMS)  
Elizabeth Ford (BSMS)  
Ruth Sellers (BSMS)  
Becca Randell (AHSN)  
Sam Fraser (AHSN)

**Please contact the team at**  
[CATALYST@bsms.ac.uk](mailto:CATALYST@bsms.ac.uk)

# CATALYST

Co-designing and testing an asset-based task-sharing model for youth mental health services in deprived communities



## Aim

To co-design community-based mental health strategies and interventions **WITH** and **FOR** young people in Kent, Surrey and Sussex

To build a blueprint for Youth Mental Health (YMH) model, to evaluate it, and to explore ways of scaling it up

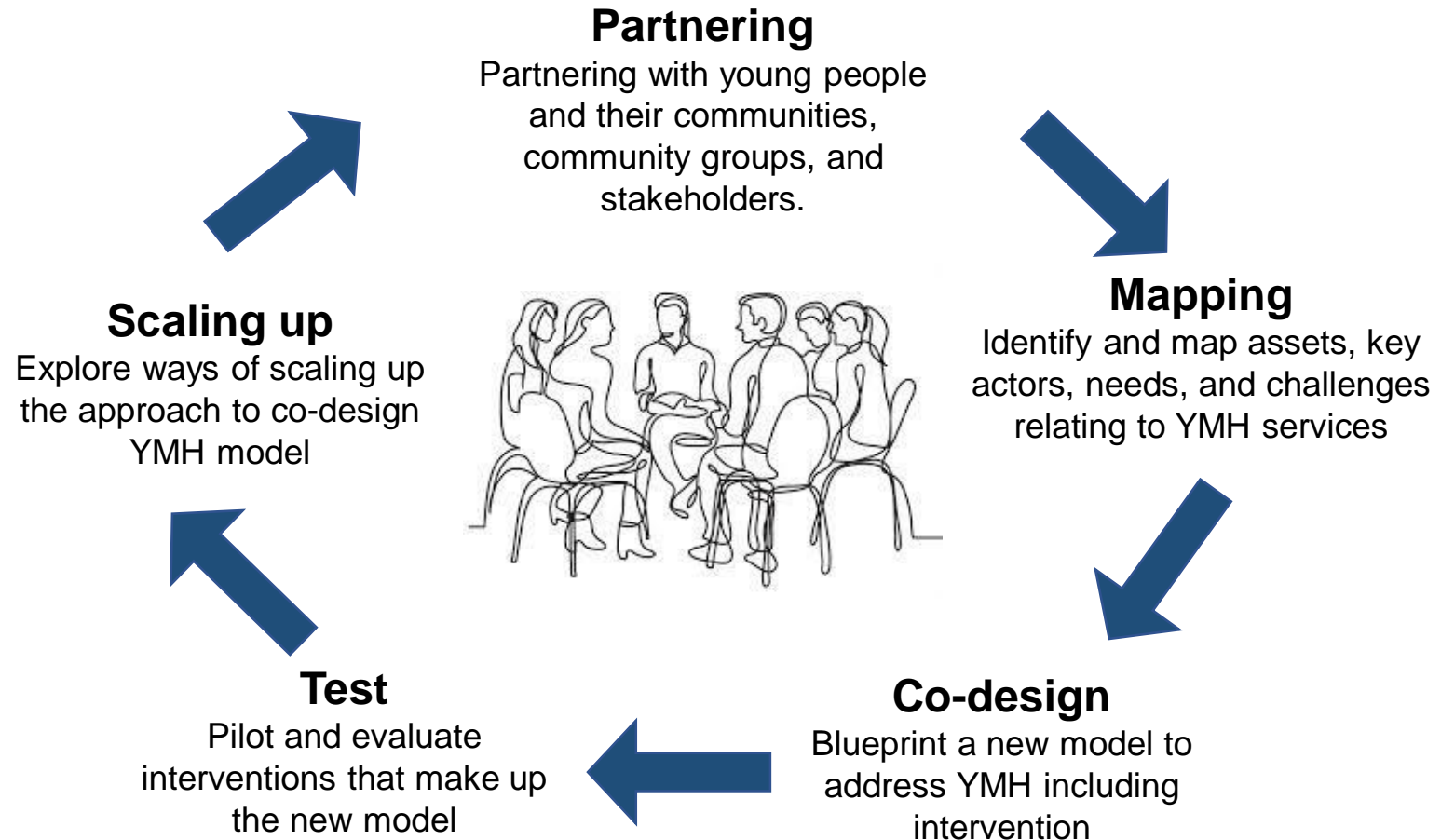
## Why?

Young people who use health services are experts in their experience and can be involved in the way these services are designed

Co-design is a democratic and inclusive way of engaging and involving people in decision making

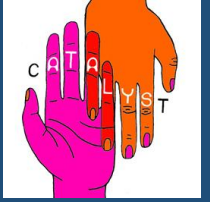
## Where?

We will work with communities in three research in Sussex including: East Brighton, Hastings, and Crawley.



# CATALYST

Co-designing and testing an asset-based task-sharing model for youth mental health services in deprived communities



## PROJECT PLAN

### WP1: Situational analysis

**Objective:** To develop an understanding of social determinants, services, and community assets that are relevant to youth mental health in the research sites.

**Methods:** An asset mapping process to identify: [1] the wants and priorities of the target population; [ii] the key social actors and statutory services in the research sites, [iii] how responsibilities are shared between services

September 2022 – March 2023

WP1

April 2023 –  
August 2023

WP2

### WP3: Piloting the new youth mental health service model

**Objective:** To pilot packages of co-designed low-intensity psychosocial interventions.

**Methods:** A case series using mixed methods to evaluate acceptability and feasibility of interventions selected during WP2 and identify requirements for further local adaptations.

September 2023– August 2024

WP3

September 2024–  
August 2025

WP4

### WP2: Co-designing a new youth mental health service model

**Objective:** To (a) co-design ‘blueprint’ for an asset-based youth mental health service model.

**Methods:** [i] Co-design workshops with target population to plan and envisage desired outcomes, [ii] Workshops to formulate a service model with service representatives that links resources, activities and outcomes.

### WP4: Service evaluation and planning for scale up

**Objective:** To examine stakeholders’ perspectives about how to amplify reach and impact of the service model

**Methods:** Building further capacity to deliver on a larger scale by exploring and mapping opportunities with a stakeholder survey. Full project will be evaluated using a process evaluation