

Co-designing a community-led, task-sharing model for youth mental health care

Glass, D., Sacadura, C., Vella, C., Schmidt, A., Watts, E., Berry, C., Michelson, D., Van Marwijk, H., & Fowler, D.

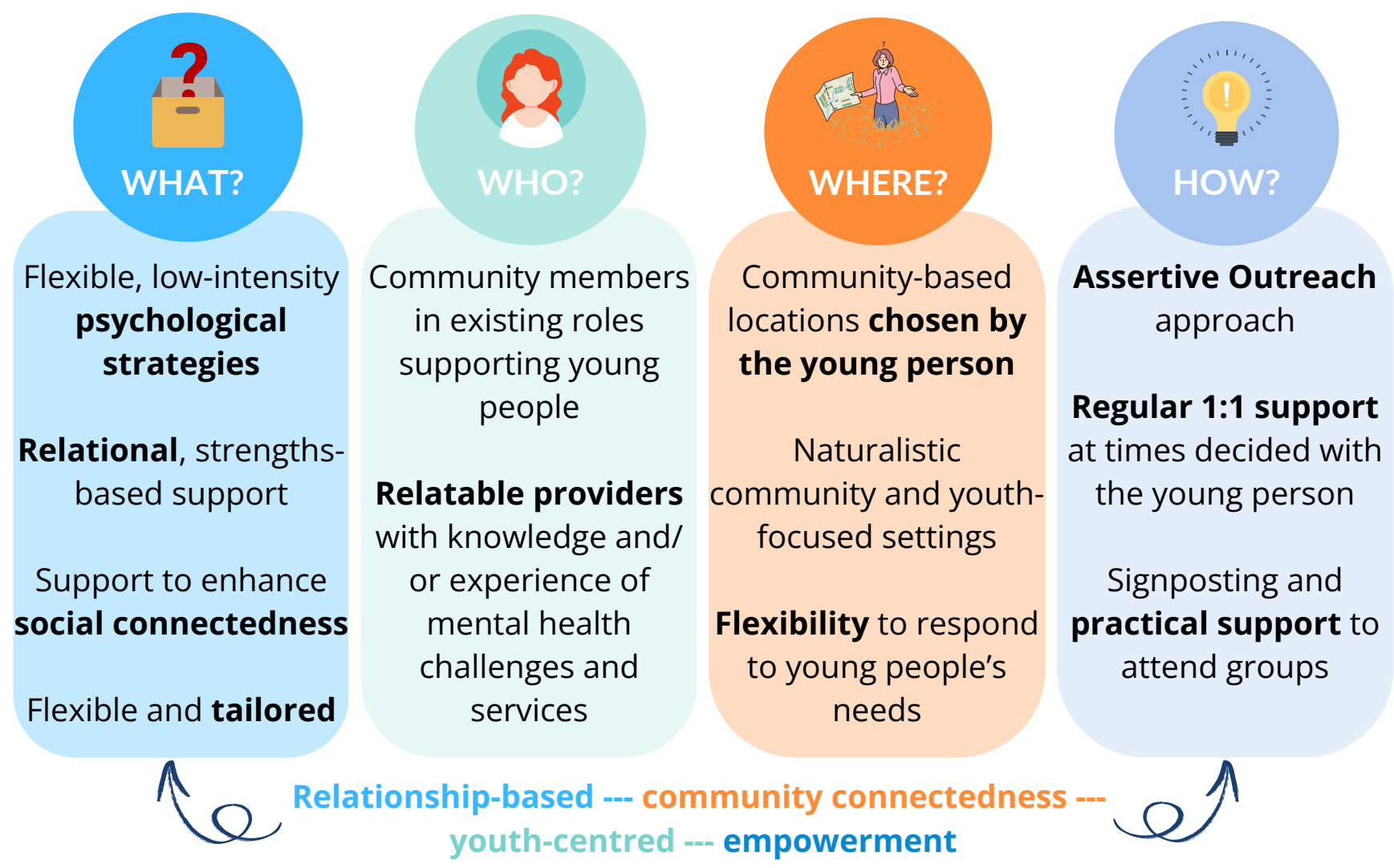
The Catalyst project assesses the **feasibility of a co-designed, community-based task-sharing model of mental health care for young people aged 16-25 experiencing mental health challenges**. In response to growing pressures on the youth mental health system, and using methods from Global Mental Health, the project adopts a community-driven approach to develop a new social innovation, and to build capacity for youth mental health support.

The Catalyst Model: Co-Design

We conducted a **desk-based review** and **34 interviews** with young people and community stakeholders to understand the needs and preferences of young people aged 16-25 experiencing mental health challenges.

Local young people aged 16-25 (N = 11) **co-designed the model blue-print** with researchers and a mental health professional.

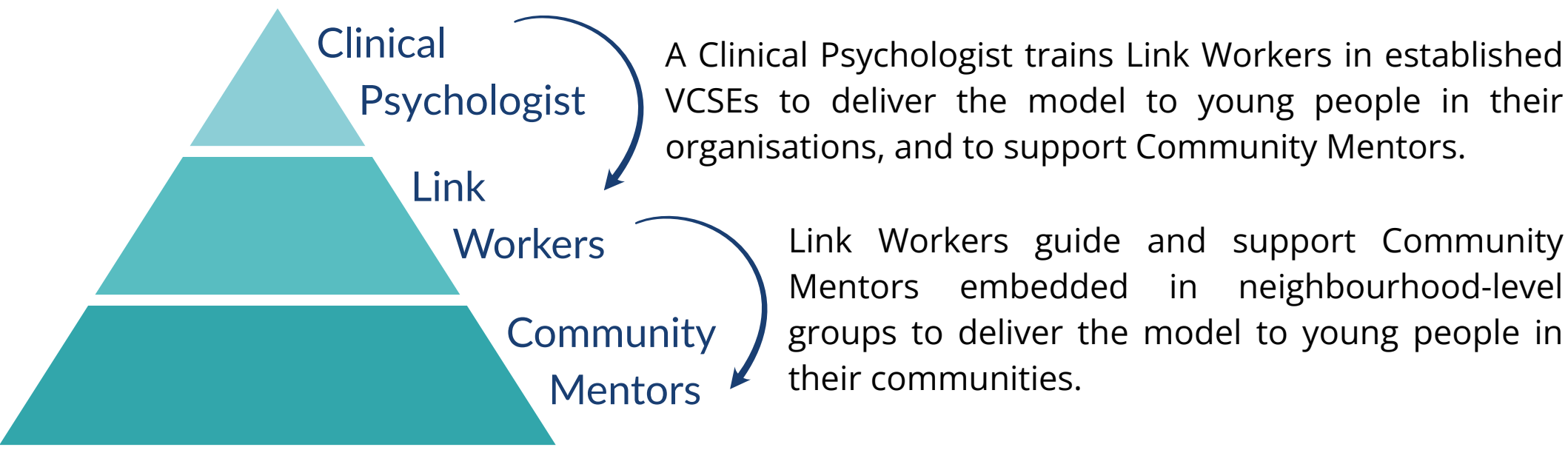
We conducted a **Theory of Change** with Voluntary, Community, and Social Enterprises (VCSEs) and professional stakeholders (N = 9).



Catalyst is a locally-responsive, scalable model, embedding mental health support in local communities.

It is designed to enhance inclusion and accessibility for young people in areas of socio-economic disadvantage.

Implementation: A Cascading Approach



Pilot VCSE Organisations:

Next Steps

We are evaluating the **feasibility, acceptability, and appropriateness** of the model to understand local implementation outcomes. We will examine how the model is **experienced by each stakeholder group** and what implementation supports, or adaptations are required.



Impact

The project aims to create a **sustainable model of support** for young people promoting accessible, youth-centred care. The emphasis on **adaptability** and community partnerships positions it to support **broader system-wide transformation**, and to **build capacity** in youth mental health support.