

The CATALYST Study

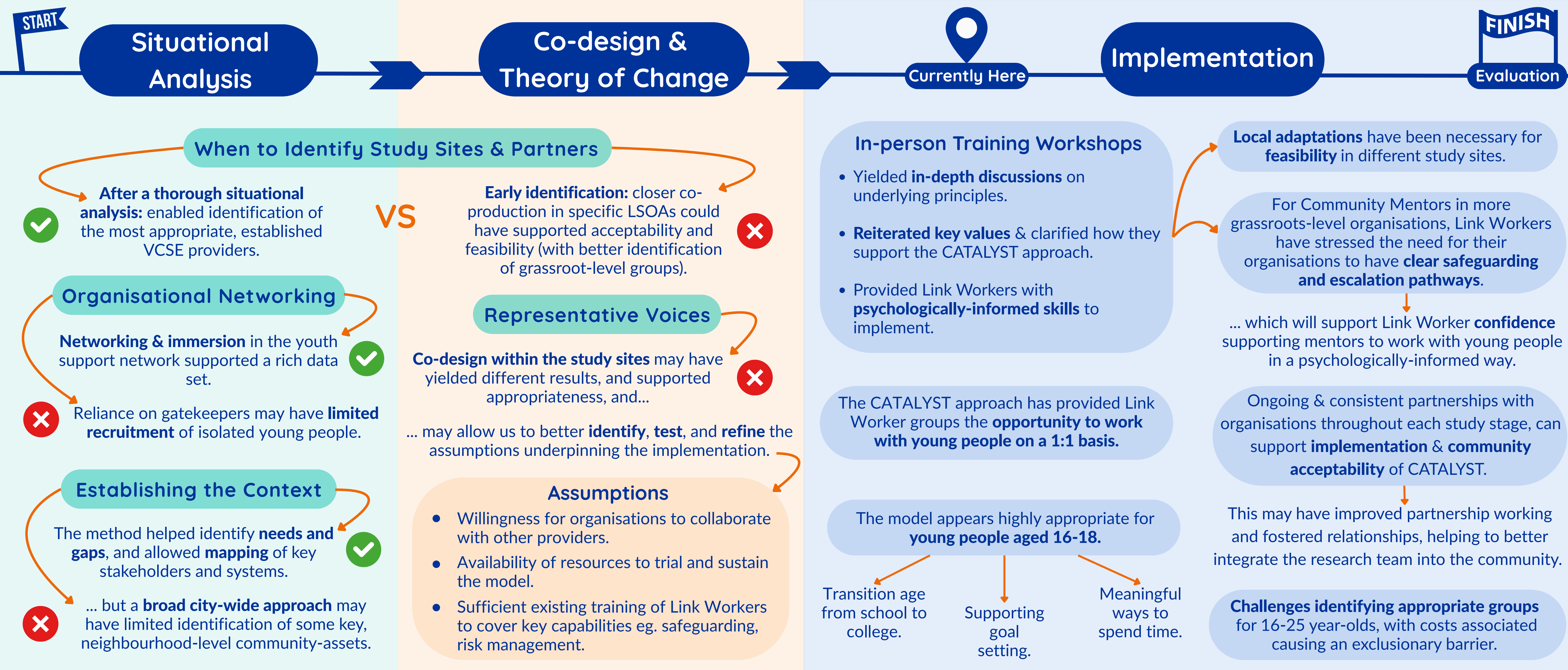
Implementing task-sharing to support young people aged 16-25 in community settings: Lessons learned from the CATALYST project.

The CATALYST Approach

The CATALYST model focuses on **relationships, connectedness, and youth-centred** mental health support embedded within community-based organisations. To build young people's **social capital**, low-intensity psychologically informed techniques are delivered through a **cascading approach**, aiming to enhance inclusion and accessibility for young people in areas of socio-economic deprivation.

Why Lessons Learned?

Reflecting on the lessons learned so far during the CATALYST study, has enabled insight into the **accessibility, appropriateness, and acceptability** of delivering a novel, co-designed youth mental health approach in the community. The lessons learned included in this poster will support the ongoing evaluation, indicating the feasibility of CATALYST in the community.



Public Community Involvement Experience

What needs to be worked on:

Varied voices: better representation of young people aged 16-25 from study sites.

Including public members as an **integrated** part of the research team for ongoing, meaningful involvement.

What has worked well:

Feedback from public members enhanced **training quality** and **accessibility.**

Collaboration & engagement supported networking & VCSE identification.