



Kailo Framework Resources

Community-based approach for Kailo



Overview: A community-based approach to identifying and prioritising young people's mental health needs in their local communities

Background

Young people in the UK face lots of challenges which can impact their mental health and wellbeing, including influences in their community which they cannot control, like employment rates or crime rates. These influences are called social determinants. Kailo is a framework that supports young people and local communities to understand and change “social determinants” of mental health. It is based on the principles of participation, by working with and being led by community members to understand what matters most to them. Kailo involves three stages:

- **Early discovery** builds relationships with communities to understand what matters to them.
- **Deeper discovery and co-design** creates new ways to respond to young people’s mental health needs within the community.
- **Prototyping, implementation and testing** tries out these new ideas and makes changes to them as needed.

This paper looks at how the Early Discovery stage happened in Northern Devon.

Methods

The Kailo team worked with youth organisations, schools and community leaders to understand local mental health needs. They spoke with 195 young people and 109 professionals, in conversations and workshops, to understand what community changes would make a difference to young people’s mental health.

Findings

The researchers found that 12 influences on young people’s mental health which came up time and again across all the discussions. Kailo calls these “Opportunity Areas”, as they show where there is the opportunity to make a difference. After more feedback sessions, the top three Opportunity Areas were chosen:

- 1) **Identity and belonging:** how can communities create spaces where young people feel accepted, free to express themselves, and able to explore their identities?
- 2) **Diverse opportunities:** how can we find and create job opportunities for young people, so that they can have a sense of purpose and reach their goals?
- 3) **Mental health awareness and literacy:** how can we improve mental health awareness help young people and the communities to build support networks?



Lessons Learnt:

Kailo was able to help communities in Northern Devon identify three Opportunity Areas for making changes to help improve young people's mental health. These Opportunity Areas are especially important in Northern Devon because it is a rural area with not much diversity.

There were some different priorities and understanding of local issues between young people and professionals, which shows the importance of having as many different people as possible involved in conversations about mental health.

The next phase of Kailo is "Deeper discovery", where local communities will come up with practical ways to respond to the three Opportunity Areas.

References:

Santana de Lima, E., Preece, C., Potter, K., Goddard, E., Edbrooke-Childs, J., Hobbs, T. and Fonagy, P., 2023. A community-based approach to identifying and prioritising young people's mental health needs in their local communities. *Research Involvement and Engagement*, 9, Article 104. Available at: <https://doi.org/10.1186/s40900-023-00510-w>