

# Transform mental health for a new generation

# Kailo



**Harness the energy and influence of young people, communities and public services. Kailo is a framework designed to co-design effective, timely and sustainable solutions to the underlying root drivers of young people's mental health and wellbeing.**

## A dynamic approach, built for impact

Elevate and centre the voices of young people



Encourages young people to share what's meaningful and relevant to them

Customised to reflect the unique needs of each community

Fosters engagement and cultivates leadership

Backed by robust science and evidence



Informed by latest advancements in prevention science

Delivers actionable strategy & evidence driven co-design

Crafted by leading academic experts in the field

Dedicated to creating lasting change



Addresses social determinants of young people's mental health

Goes beyond quick fixes to sustainable solutions

Turns preventive mental health care into reality

Learn more:

[kailo.community/framework](https://kailo.community/framework)

**Kailo**

# Kailo at a glance

00

## Readiness

Is our area ready for Kailo?

Local leaders will build a shared understanding of the commitment, time and resources required to embed and deliver within their system. They will consider how Kailo best adds value to the local context.

01

## Early Discovery

What matters most for our young people?

A process of community-centred research and insight gathering to better understand what matters most for young people's mental health and wellbeing in the areas they live, work and play. This creates local priorities for action and a shared mission.

02

## Deeper Discovery

Where can we create systemic change and how?

Bringing together the insights of young people, community partners and professionals to develop a deeper and shared understanding of local priorities. Then drawing upon evidence to co-design viable strategies to deliver these improvements.

03

## Implementation

How can we effectively implement and sustain our design?

Putting the co-designed strategies and policies into practice: working with system leaders and partners to resource and implement what is designed. Iteratively testing and refining to enhance and sustain impact within the local system.

04

## System Integration

How can we achieve lasting systemic change?

Integrating Kailo into the local system infrastructure. Capacity, governance arrangements and commissioning processes are shaped to enable iterative cycles of discovery and co-design. Over time, these create a coordinated portfolio of strategies to sustain and affect change.

## Impact and Outcomes

### Young Person

#### Short Term

Contribute to change in their local community

#### Medium Term

Agency to shape and inform local decision-making

#### Long Term

Improvements in mental health and wellbeing

### Local Organisations & Partners

#### Short Term

Opportunities for dynamic collaboration

#### Medium Term

Voice at the decision-making table

#### Long Term

Tighter integration with public services

### System Leaders

#### Short Term

Better understanding of local community needs

#### Medium Term

Evidence-informed strategic planning

#### Long Term

More impactful and cost-effective policies & services

A project developed by:



Learn more:

[kailo.community/framework](https://kailo.community/framework)

## Get in touch today

Get in touch today to start your process or talk to a member of our Kailo team.

Email the team: [kailo@ucl.ac.uk](mailto:kailo@ucl.ac.uk)