

Integrated approach to identifying and designing interventions to address local adolescent mental health needs

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Kailo



Our partners



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What's the problem?



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01. What's the problem?

- Increasing poor **mental health** for children and young people in the UK. (Foulkes and Adrews, 2023)
- Current service provisions and policies are mismatched to the **needs** and of young people (McGorry and Mei, 2020).
- Solutions and strategies are often focused on addressing symptoms rather than preventing this through targeting the **social determinants** of young people's mental health and well-being.
- One-size fits all approaches lack responsiveness to the **nuances of local areas**—such as the drivers of need and local assets available.
- Lack of **consideration and inclusion** of young people and communities' **lived experiences** in diagnosis and solutions.

One in nine young people in UK had a probable mental disorder in 2017



One in five young people in UK had a probable mental disorder in 2023



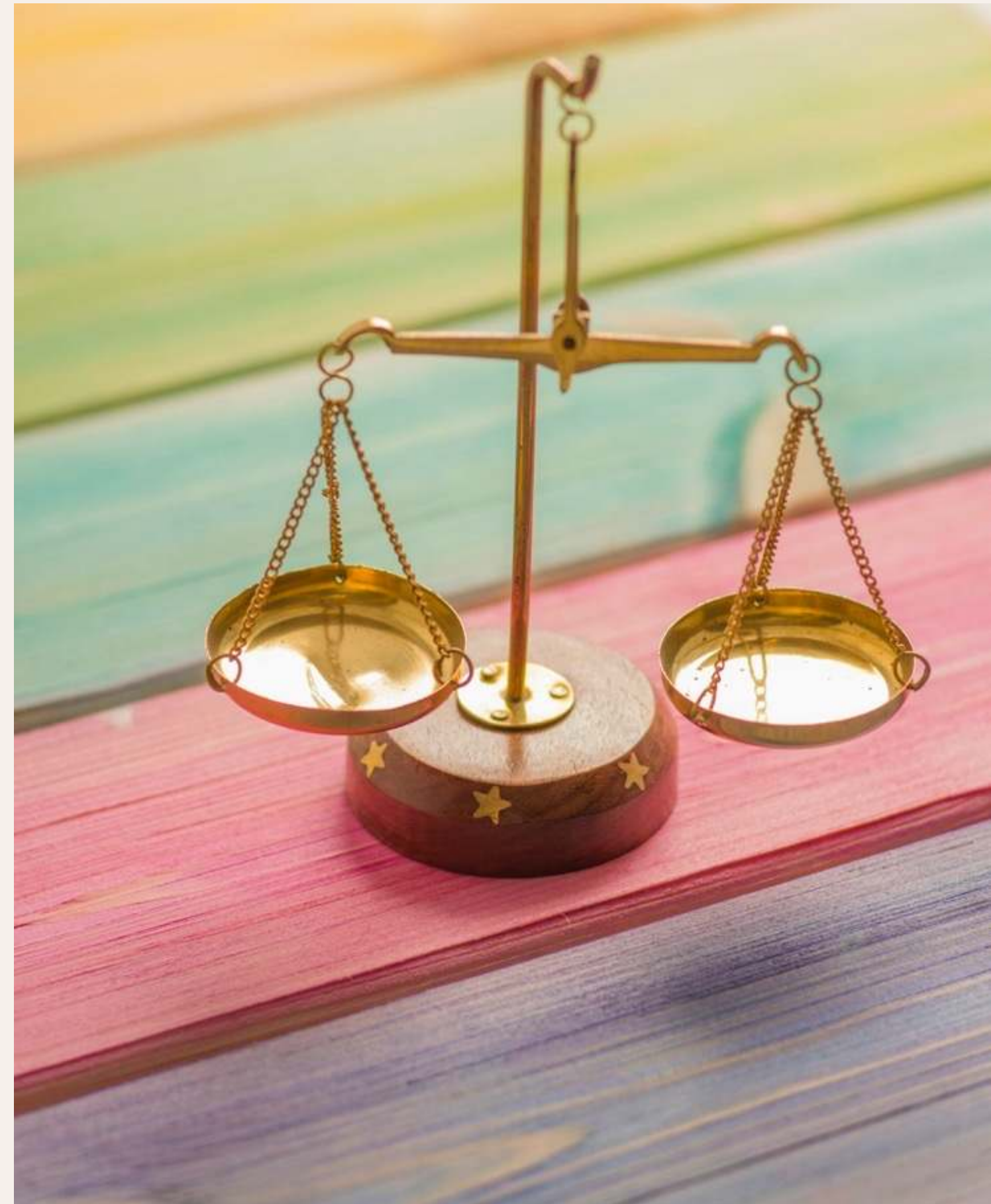
NHS Mental Health of Children and Young People in England, 2023 - wave 4 follow up to the 2017 survey

02. What is the problem?

There are well documented inequalities in mental health outcomes for young people, for example:

- Poverty and financial precarity
- Looked after children/care leavers
- LGBTQTI+
- Some racially minoritised groups
- Young carers, refugees and asylum seekers

Increased public health efforts needed to minimise adverse experience and long-term outcomes



Methodology

Our Response

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01. Kailo Framework

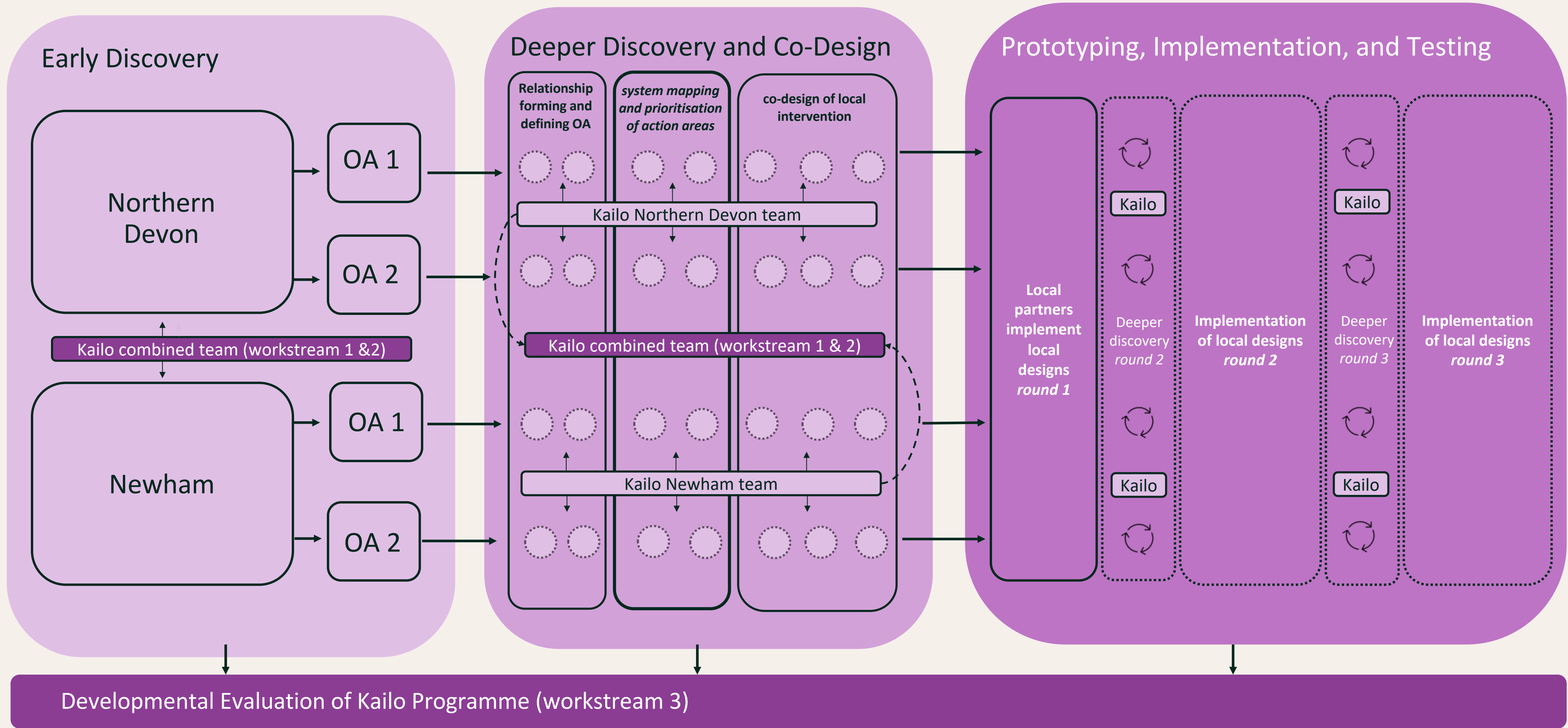
Kailo aims to assist local partnerships in identifying the specific social and environmental factors affecting young people's mental health, identifying priorities, and collaboratively designing youth-centred, and evidence-informed policy and practice solutions ([Hobbs et al, 2023](#)).

- A framework to guide the exploration of how the social determinants of young people's mental health manifest at the local level and to inform co-design efforts with young people, community partners and local system leaders to intervene, prevent and promote mental health and wellbeing.
- Kailo takes part in two contrasting areas—rural Northern Devon and urban Newham, London
- This takes part in a three stages approach, including 'Early Discovery', 'Deeper Discovery' and 'Implementation' (See image in next slide)
- The Kailo Programme is designed to bridge methodologies of systems thinking and system dynamics, human-centred design, and realist and developmental evaluation

This presentation aims to explore and discuss the results and findings from the 'Deeper Discovery' phase, which focuses on **integrating co-design, group model building**, and key findings from the **extant literature** on social determinants of adolescent mental health. The goal is to develop effective strategies to support young people's mental health and well-being in Newham and Northern Devon.

The Kailo Early Discovery, Deeper Discovery and Implementation Journey

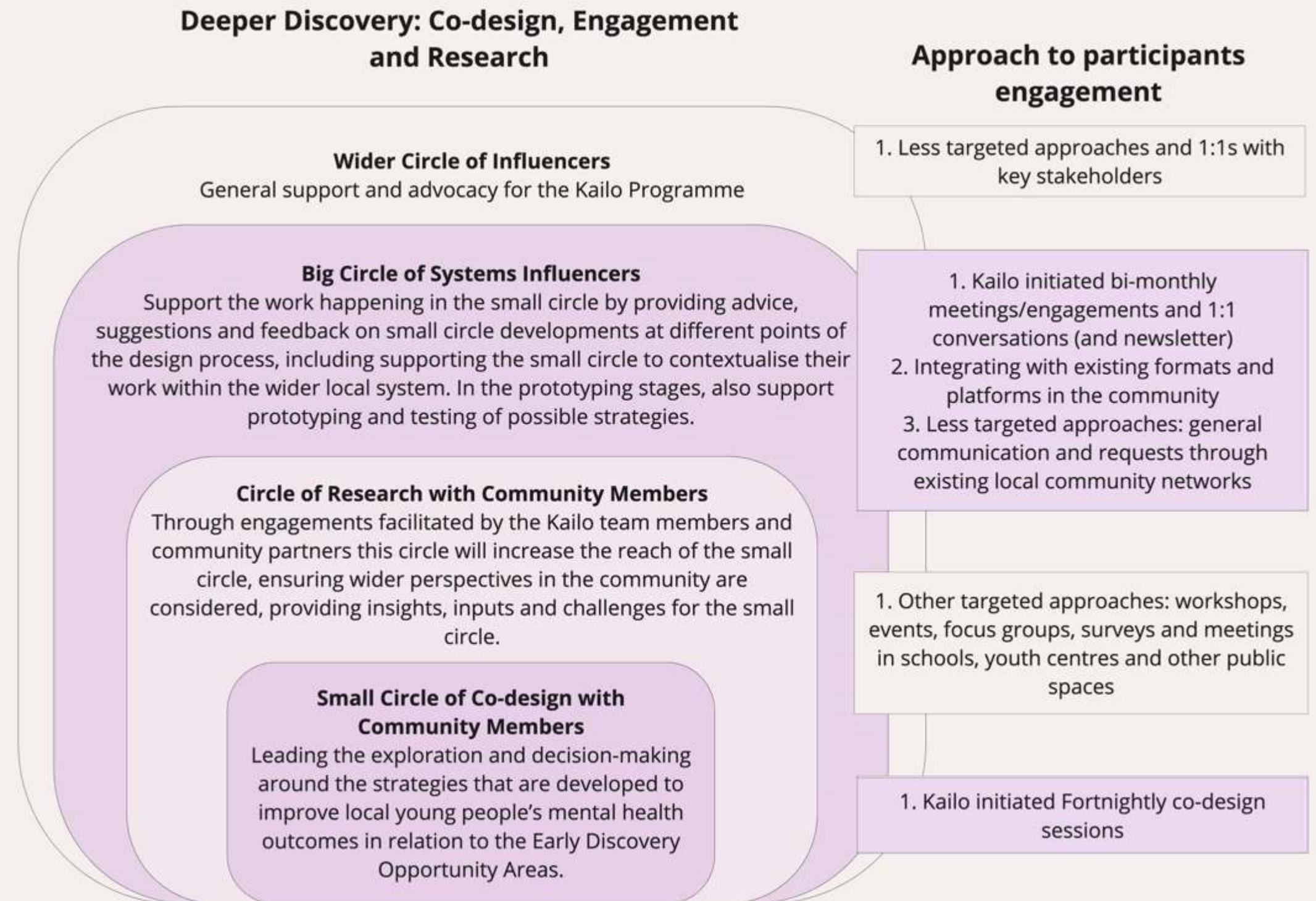
Local Partner Led



02. Deeper Discovery: Community engagement

In the Deeper Discovery phase Kailo utilises co-design and participatory group model building tools to engage young people, community professionals and systems leaders in Newham and Northern Devon in developing strategies to support young people's mental health based on Opportunity Areas - priorities established in the Early Discovery phase of the programme.

The image (right) describes the responsibilities and approaches to engagement for each circle. Membership was only restricted in the small circle, which was intended to centre the voices of young people and contributions from a few selected community professionals.



03. Deeper Discovery: Small circles composition

Group Model Building was used in the small circle to support young people and community members in exploring Opportunity Areas and developing strategies.

- Two small circles of 8-12 young people aged 12-25 in Newham and Northern Devon
- Up to 16 small circle sessions facilitated in 4 local youth provision centres across the Pilot Sites
- Each small circle explored a different priority area
 - OA Northern Devon: (i) Diverse employment and career opportunities (ii) Community support for young people's mental health and wellbeing (More on their selection [here](#) and [here](#))
 - OA Newham: (i) Activities to support young people's wellbeing (ii) Addressing local challenges around violence and crime (Find out more [here](#))

Three GMB sessions were carried out with each small circle.

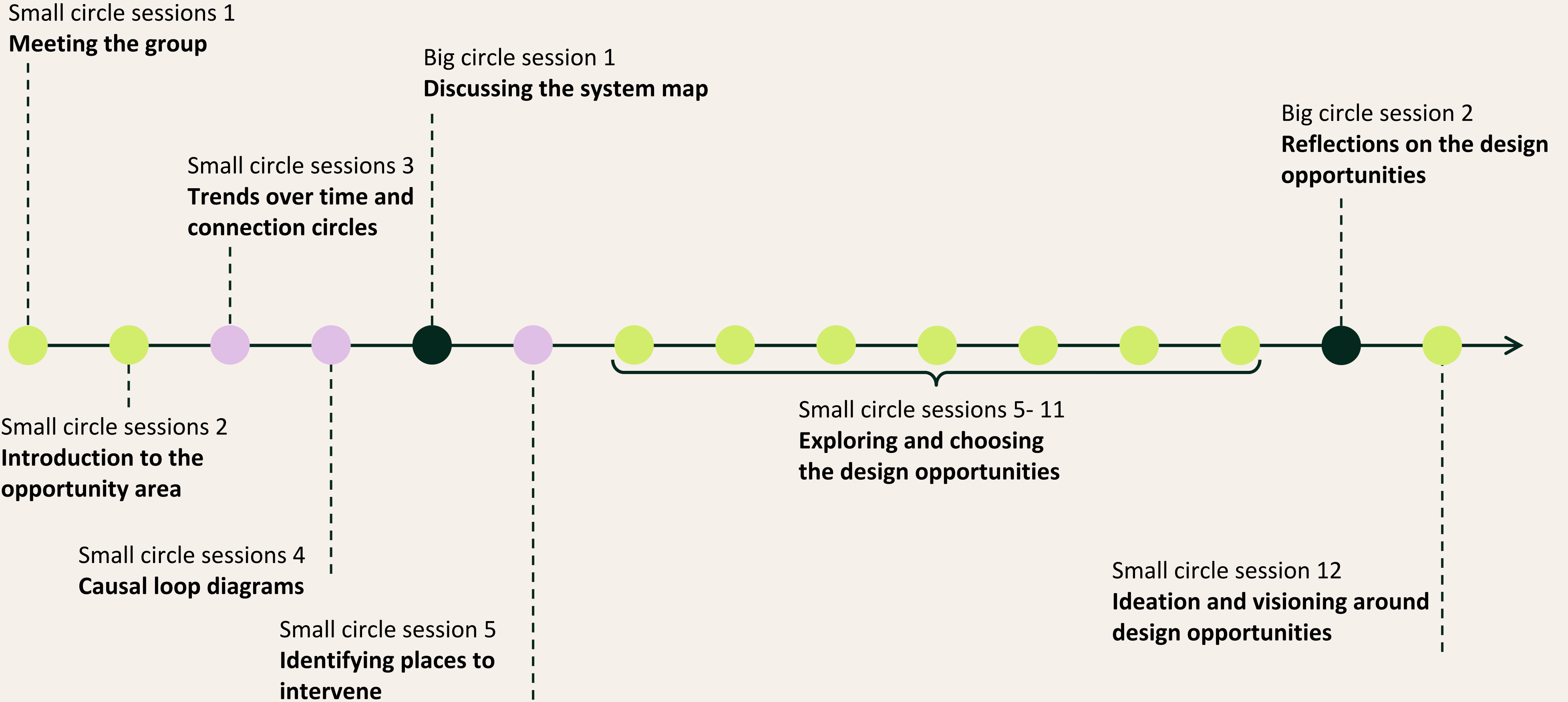
Intervention points and action areas identified in the GMB session were then designed out through a co-design process in preparation for the implementation stage.

04. Deeper Discovery: Integration of approaches

Group Model Building (GMB) provides the tools and approaches required to explore the **systemic behaviours driving the social determinants** of adolescent mental health within community contexts. It also enables **young people** to express, map, and create visual aids to explain the **complexities of their experiences and needs**, and share these with other community stakeholders.

Co-design enables researchers and designers to **create the conditions** necessary for young people's **meaningful participation** in the exploration and design of strategies to support their mental health and well-being. Co-design emphasises tools and **principles that empower young people to participate and feel safe** in collective spaces of exploration. It also enables them to feel ownership of the process' outputs and the strategies developed.

The **extant literature** offers **insight** into the current state of academic evidence (Beames et al., 2021) regarding the topics we explored in the small circles of co-design.



Results I:

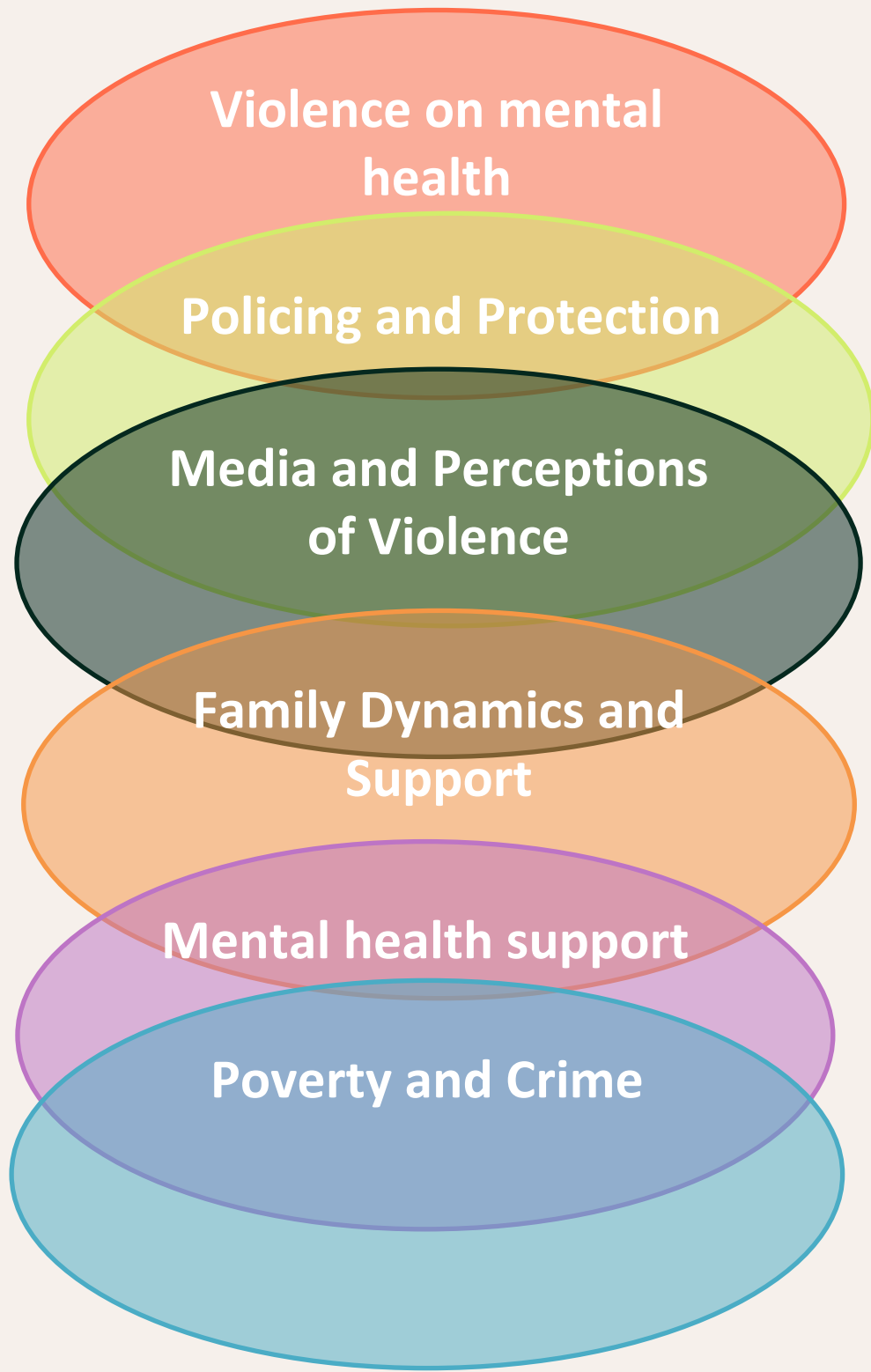
Newham

GMB Findings

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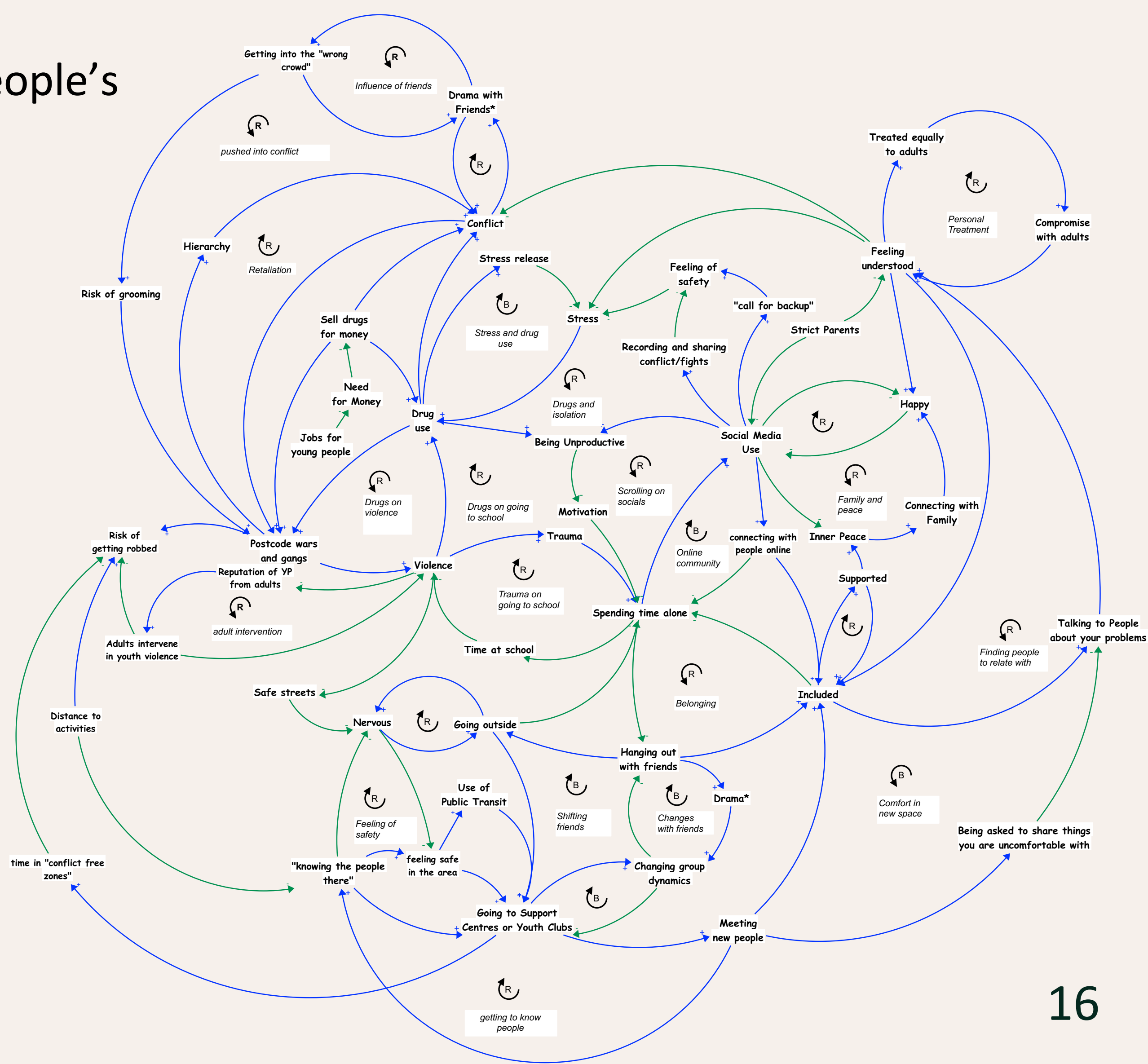
OA. Addressing local challenges around violence and crime



OA. Activities to support young people's wellbeing



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Results II:

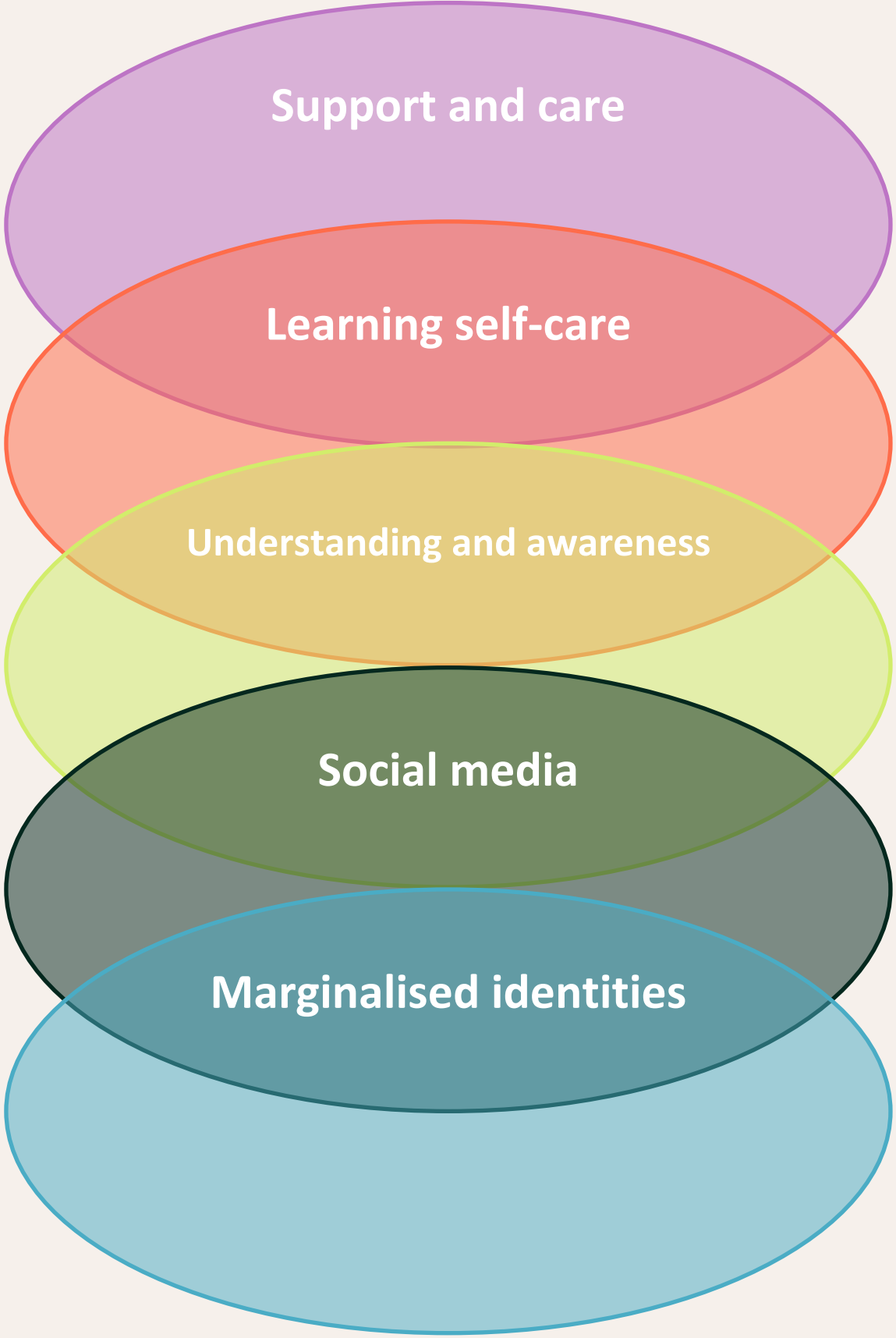
Northern Devon

GMB Findings

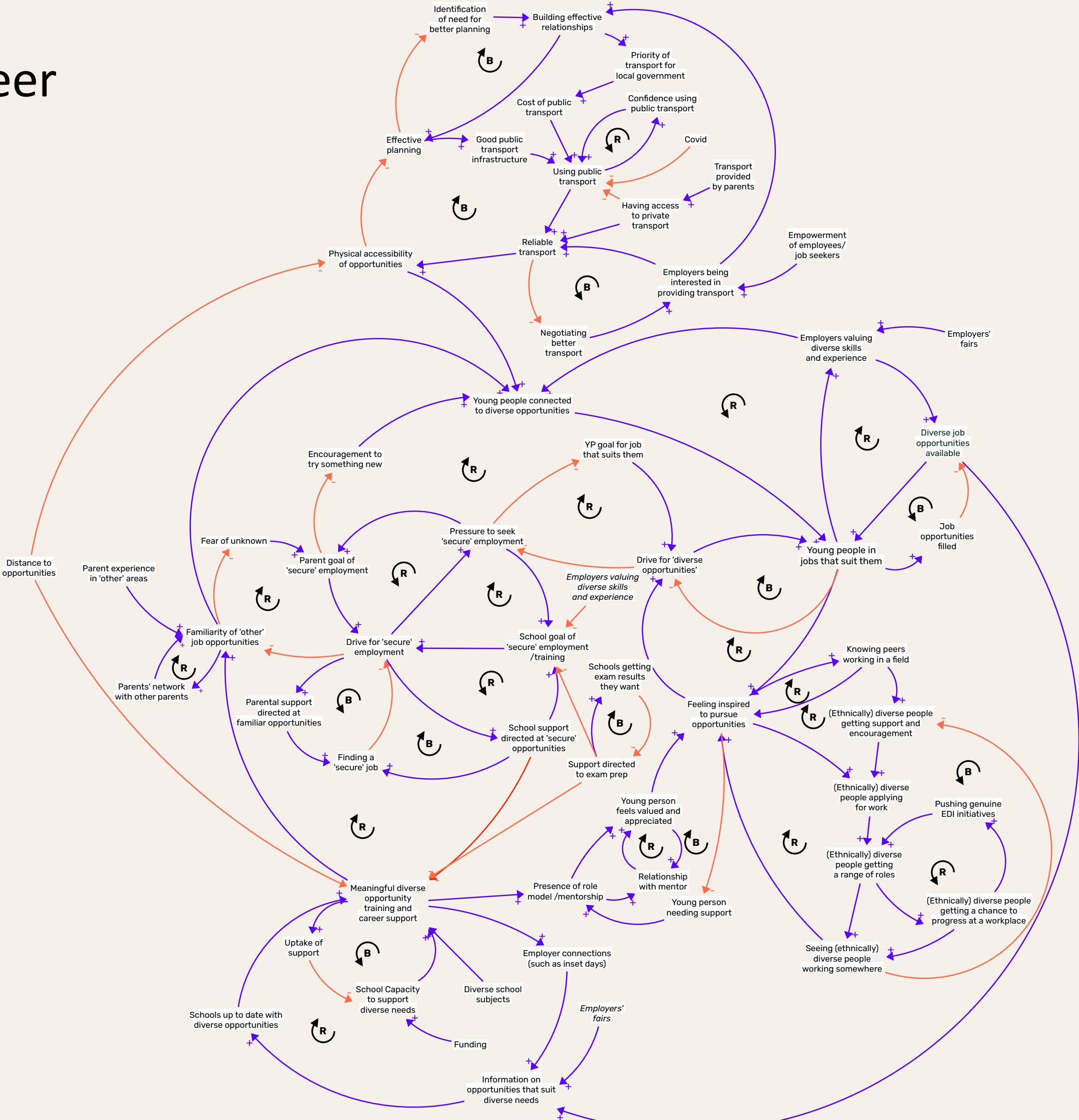
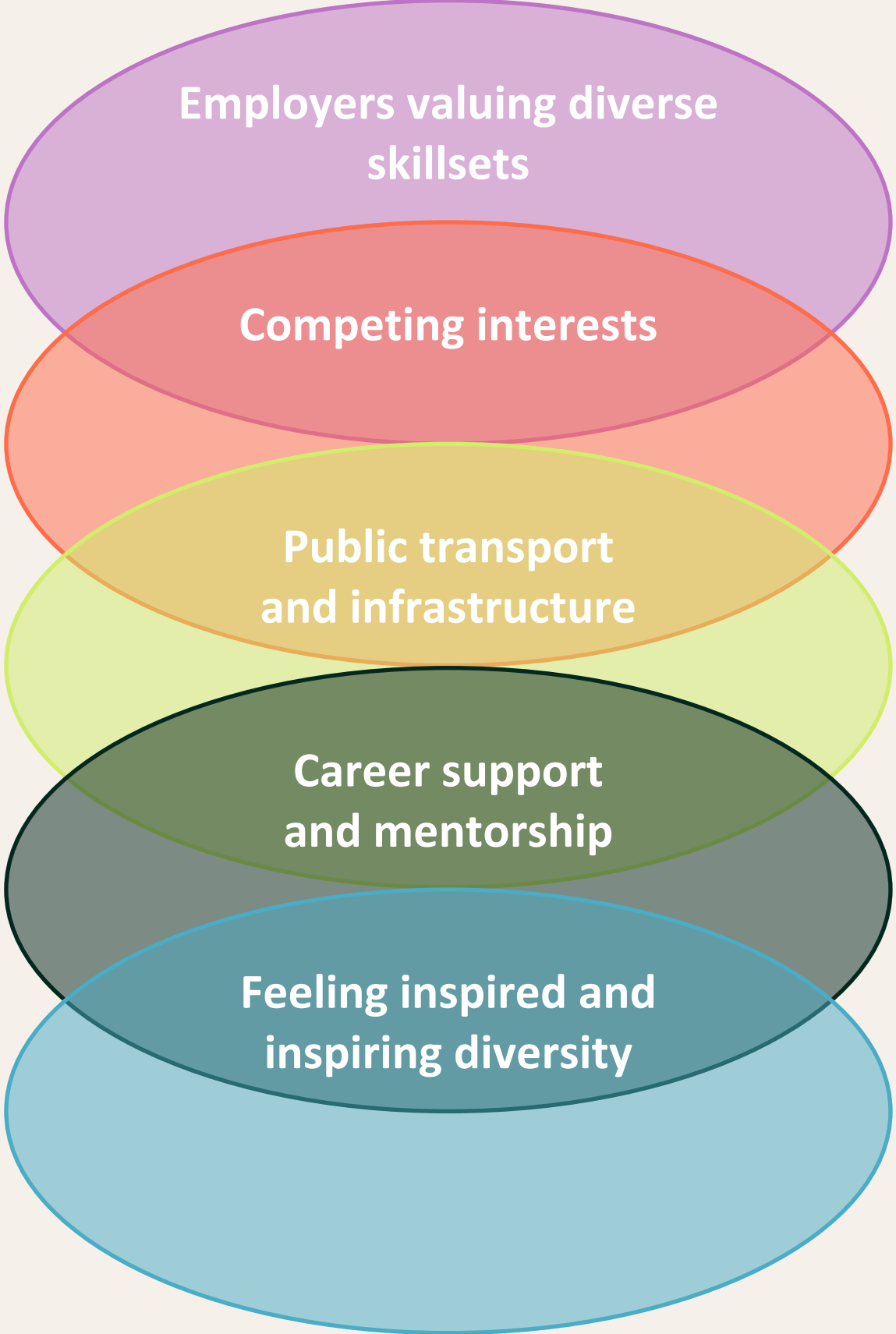
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OA. Community support for young people's mental health and wellbeing



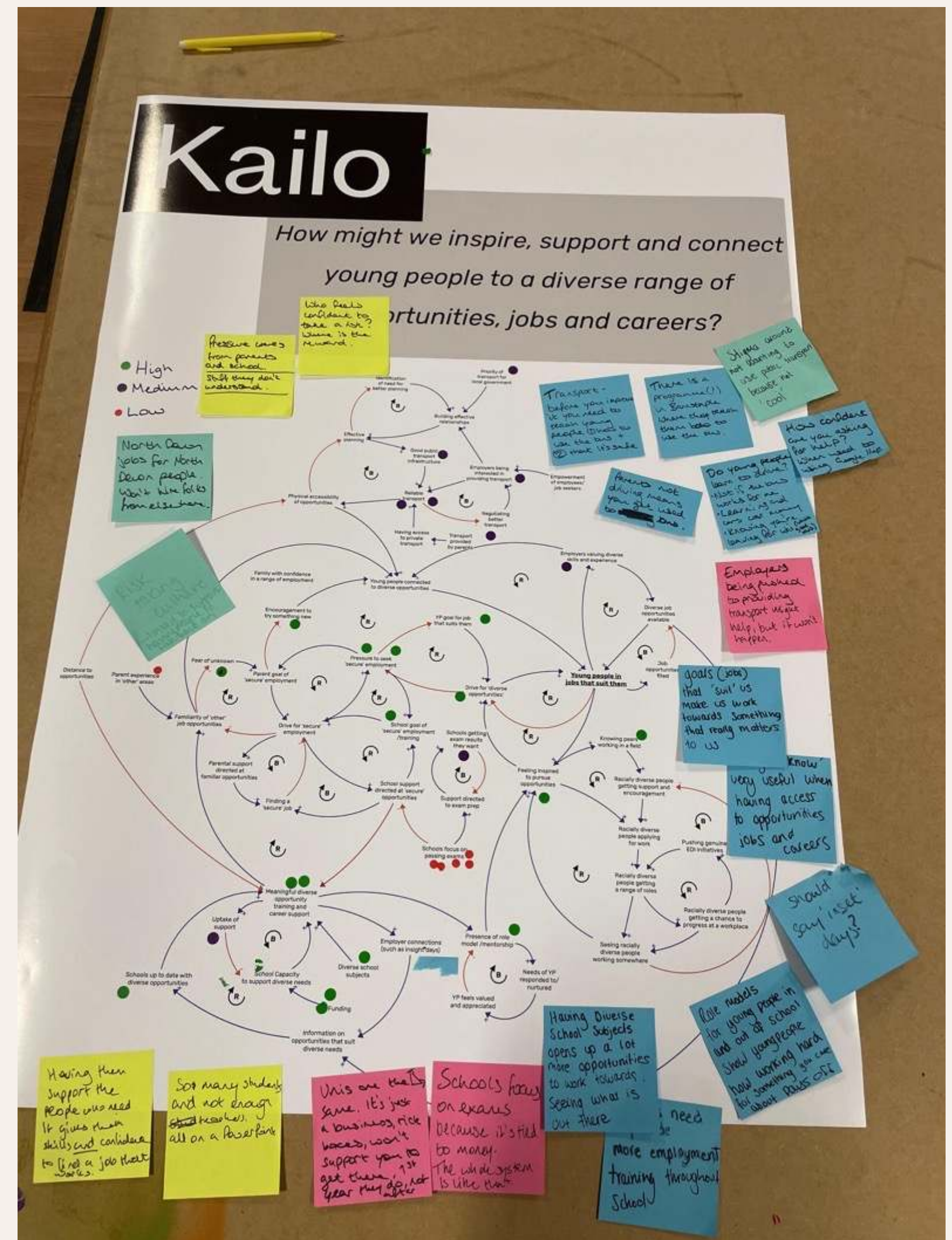
OA. Diverse employment and career opportunities



Case Example: Prioritising on the system map

Prioritising map from N. Devon (OA Diverse employment and career opportunities):

- Training and career support for diverse opportunities
- School subjects
- Funding
- School capacity
- Networking and feeling inspired
- School prioritising 'secure' employment



Moving into the codesign

Prioritising map from N. Devon (OA
Diverse employment and career
opportunities) :

- Training and career support for diverse opportunities
- School subjects
- Funding
- School capacity
- Networking and feeling inspired
- School prioritising 'secure' employment



What does this mean?

- GMB was helpful in ensuring root causes and wider factors, including the social determinants of young people's mental health, were appropriately considered in the process of exploration and definition of issues around the Opportunity Areas.
- The developed systems maps provided clear narratives on how different Opportunity Areas were connected to specific social determinants of young people's mental health, or were themselves a social determinant, and influenced young people's well-being.
 - *E.g., violence → place stereotype → media portrayals of crime → fear of going outside → loneliness/isolation → poor mental health*
- The systems maps provided young people with a tool which captured the complexity of their experience and could be shared in wider local context to influence change.

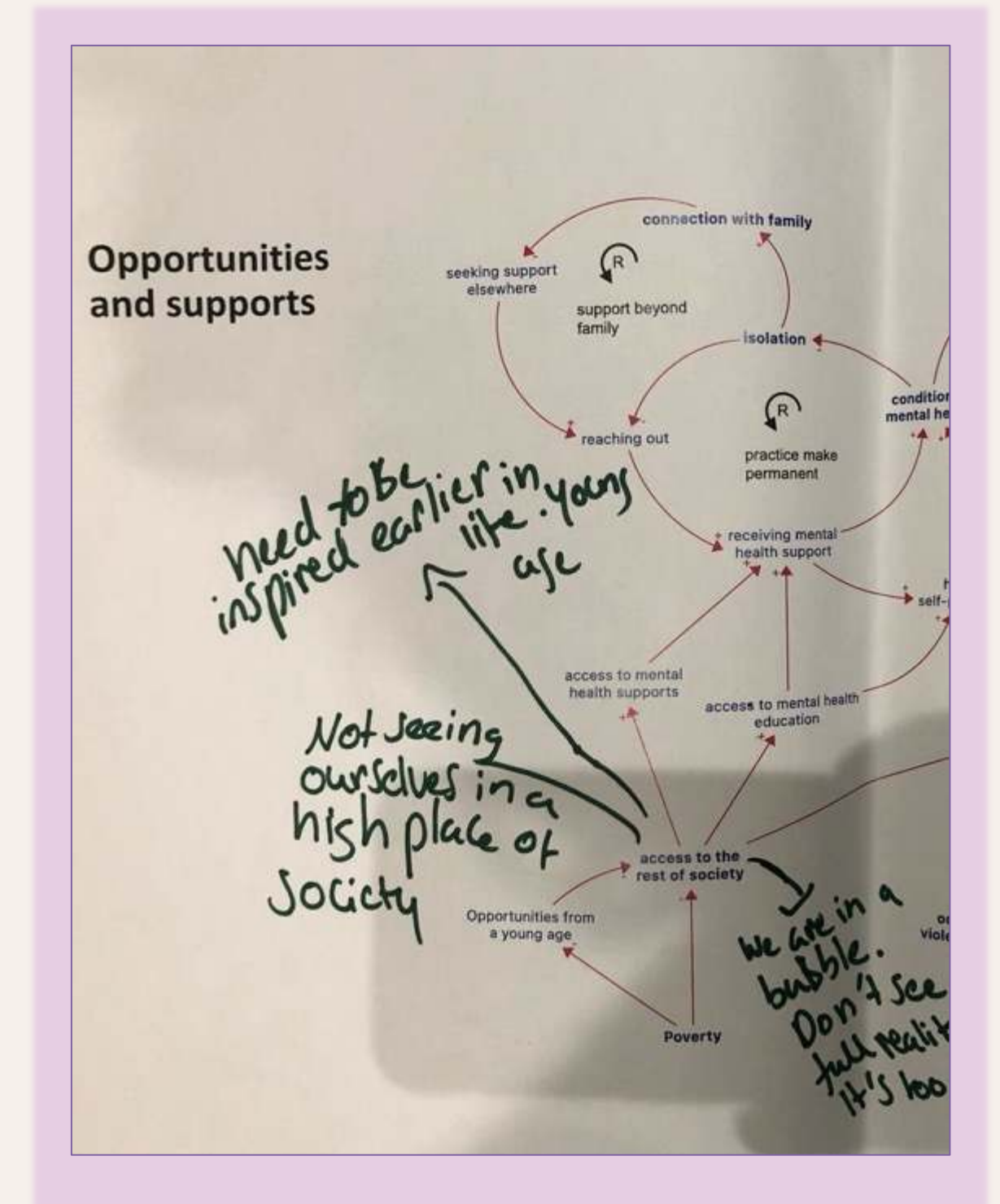
Contribution to systems thinking

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Contribution to systems thinking

- 1 Placing peoples lived experience of the systemic challenge at the centre of the work
- 2 Integrating system and design methods
- 3 Social determinants through a systems lens
- 4 Formalising approach to problem exploration, definition, prioritisation and consensus with diverse community groups
- 5 Integration of different types of evidence: lived experience and extant literature



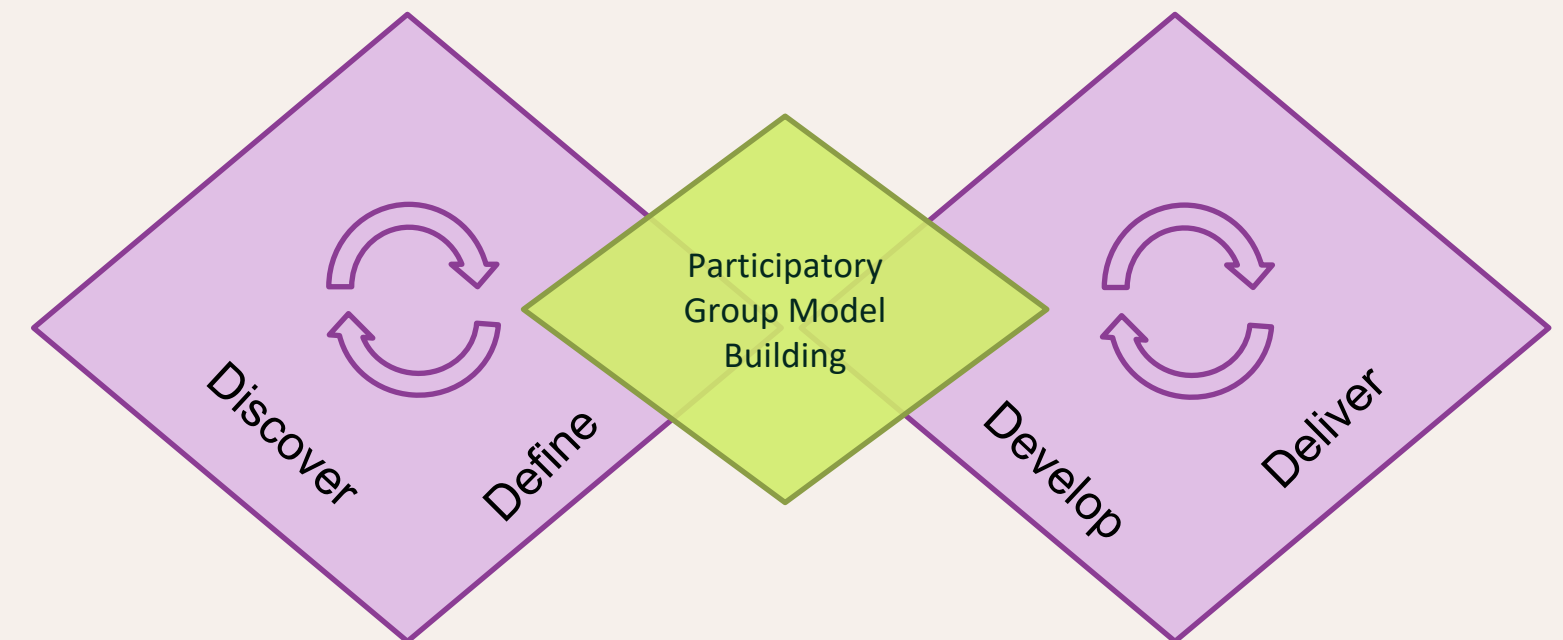
Key contributions

1 Placing peoples lived experience of the systemic challenge at the centre of the work

- Having young people from the local areas lead the group model building and causal loop diagram development helped to shift the perspective towards their lived experiences.
- Generally, young people found the group model building concepts easy to pick up and support the translation of the complexity of their lived experiences.
- The process of GMB also helped to negotiate differences and commonalities in experienced and consider what drives differences in experience (such as racism, class, gender, etc).

2 Integrating system and design methods

- Group model building supports the problem definition of the double diamond process by the Design Council.
- Design helps to build out the leverage points from the GMB process into interventions that can be delivered locally.



Key contributions

3 Social determinants through a systems lens

- Through bridging methodologies and expertise, the Kailo programme redefines how social determinants have been traditionally explored and articulated.
- This includes the articulation of the interdependence, intersections, and feedback nature of the core social determinants of mental health (such as employment, social exclusion, housing insecurity) .
- Bridging these ways of thinking supports the development of interventions that embrace the complexity of social systemic challenges.

4 Formalising approach to problem exploration, definition, prioritisation and consensus with diverse community groups

- Documentation of methodologies used to explore and define the issues around the opportunity areas
- Community engagement in prioritisation and consensus discussions around the CLDs and intervention points identified
- Involvement of young people, community members and local systems leaders in this process
- Documentation of limitations and gaps of this approach to exploring, defining and prioritising issues with diverse groups of community members

Key contributions

5 Integration of different types of evidence: lived experience and extant literature

- A final core contribution of this approach was the integration of lived experience and extant literature to informing the causal loop diagrams and the subsequent interventions.
- Evidence was integrated in this process through a targeted review of the literature by the research team which was then presented back to the young people within the group model building sessions. This allowed for the young people to decide what, if any, elements of the literature felt relative to their lived experience.
- Overall, this process showed high levels of similarity between the different types of evidence, with the lived experience of young people best placed to articulate the nuance of the relationships between the core drivers of their wellbeing.



Thank you

Acknowledgements

We would like to acknowledge and express our gratitude and appreciation to all the young people and community members from Northern Devon and Newham who participated in the small circles where the CLDs featured in this presentation were created. They have also contributed to other aspects, advancements, and modifications of the Kailo Framework.

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