



Project to improve mental health of young people receiving hospital treatment wins national award

We Can Talk, a project devised by Healthy Teen Minds to improve the mental health of children and young people receiving acute treatment in hospital, has been awarded a coveted Skills for Health [Our Health Heroes Award](#).

An expert panel of judges awarded We Can Talk this year's 'Dedication to Lifelong Learning Culture' prize in recognition of their impact on children and young people's mental health.

Since 2017, We Can Talk has delivered training to more than 15,000 acute hospital staff and is currently supporting more than 40 partnerships between acute hospitals and local Child and Adolescent Mental Health Services (CAMHS) across England.

The project was set up by Healthy Teen Minds to support acute medical staff who need to provide care to young people going through a mental health crisis. The training aims to share knowledge, skills and experience in order to help medical staff who are dealing with challenging situations to achieve the best possible experience and outcome for everyone involved.

An advantage of We Can Talk is that it is co-produced with hospital staff, young people and mental health experts. So much so that 99% of hospital staff trained report that it has made a positive difference to the way they do their job.

During the first wave of COVID, face to face training had to be suspended, however, recognising that support and education was still needed in this area of care, the We Can Talk team produced a free, one-hour co-produced 'fundamentals of compassionate care' module to assist hospital staff.

Healthy Teen Mind's is the only programme of its kind in the NHS and has received multiple plaudits including from The Care Quality Commission (CQC).

Celebrating the win at a special awards ceremony held at the Science Museum in London, Robin Barker, CEO and founder of Healthy Teen Minds, said:

"Everyone at Healthy Teen Minds is delighted to receive this award and become official Health Heroes. Co-production with young people with lived experience of mental health is the foundation of the We Can Talk programme and it is now working with staff from every NHS trust in the country. I hope this recognition will encourage other organisations to involve people with lived experience in their work."

John Rogers, CEO of [Skills for Health](#) - the not for profit that delivers Our Health Heroes - comments:

"A huge congratulations to Healthy Teen Minds. Without the wider healthcare workforce that Our Health Heroes Awards aims to recognise and celebrate our NHS would grind to a halt. Now more than ever, it is important to raise awareness of the valuable contribution that these inspirational

teams and individuals make to the health of the nation and to thank them publicly for the sacrifices they make.”