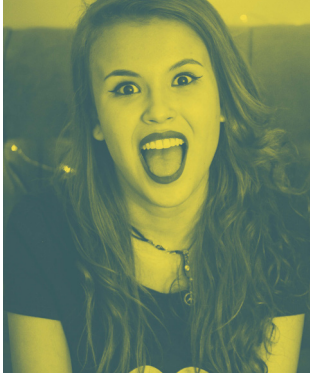
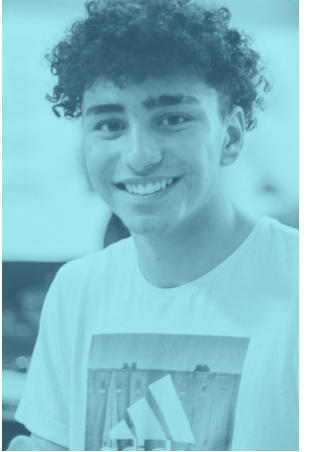
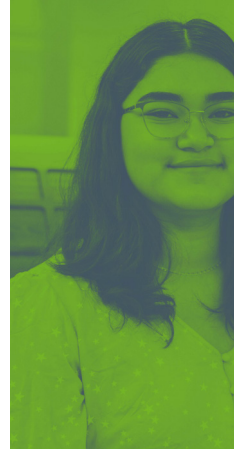




# Hampshire Child and Adolescent Mental Health Services



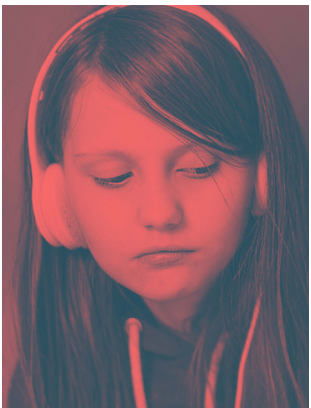
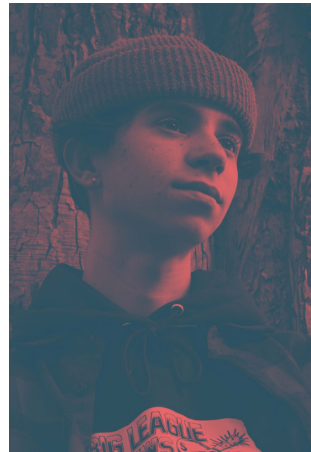
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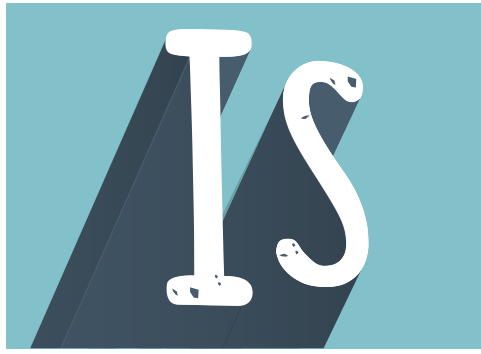


IS



ME





This is a unique campaign which seeks to celebrate all things youth and young people.

Hampshire CAMHS want to spend the year 2022 working with young people, creating opportunities that celebrate all that young people are, what they bring to society, their achievements and their future potential.

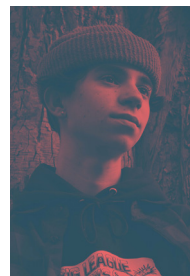
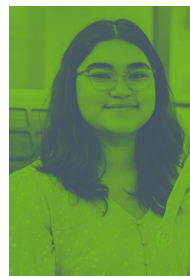
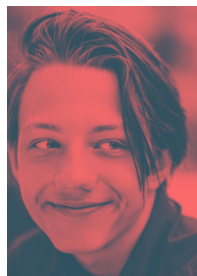
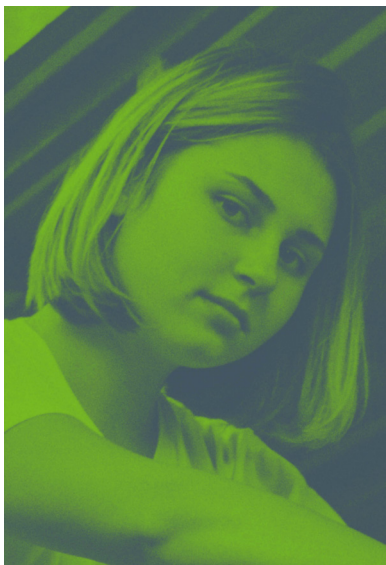
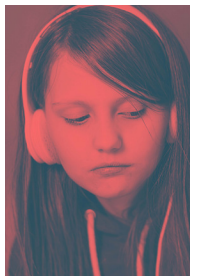
Over the last two years young people have been more adversely affected than many by Covid-19 and lockdowns. There have been considerable impacts on their education, contact with families and friends, as well as access to new and future opportunities and connections.

This will be a year in which we talk about, highlight and encourage people to think about positive mental health. This is in line with the 'Positive Psychology Movement' which encourages happiness to generate a sense of wellbeing.

Throughout 2022 there will be a variety of projects that will explore and celebrate difference, identity, diversity, connections, opportunities and understanding one another better. This will be underpinned with encouraging kindness and compassion, and a deep-rooted acceptance of individuality. We want young people to be proud of themselves and proud to say 'This is Me'.

### AIMS OF THE CAMPAIGN:

1. Build/re-build confidence, self-belief and positive mental health
2. An opportunity to celebrate young people and what they bring to our communities
3. To encourage connections between young people and those of all generations
4. Encourage respect and kindness
5. Provide opportunities for young people to try new things, and challenge themselves
6. Encourage positivity, optimism and ambition
7. Encourage a sense of belonging and universality of experience
8. To have FUN and generate a sense of wellbeing





# INDIVIDUAL PROJECT OUTLINES

The next few pages outline the various projects Hampshire CAMHS will be running throughout 2022 which together form the 'This is Me' campaign.

## THIS IS ME BOOKS

This project seeks to encourage creative writing, free expression, sharing and building social stories of young people; allowing their voices to shine through and reflect their own identity.

### The books

A number of hardback books, filled with blank pages, will be circulated around the county via schools and youth groups. These will provide opportunities for young people to tell their stories and share in their own words what makes them who they are.

### What to do

This book is an open invitation to you the young person, the writer, to be creative and add something here about you.

What would you like to openly share about you, the things you do, the things you enjoy and are good at?

What makes you unique and who you are?

Tell us about your life, your hopes, your dreams and your aspirations?

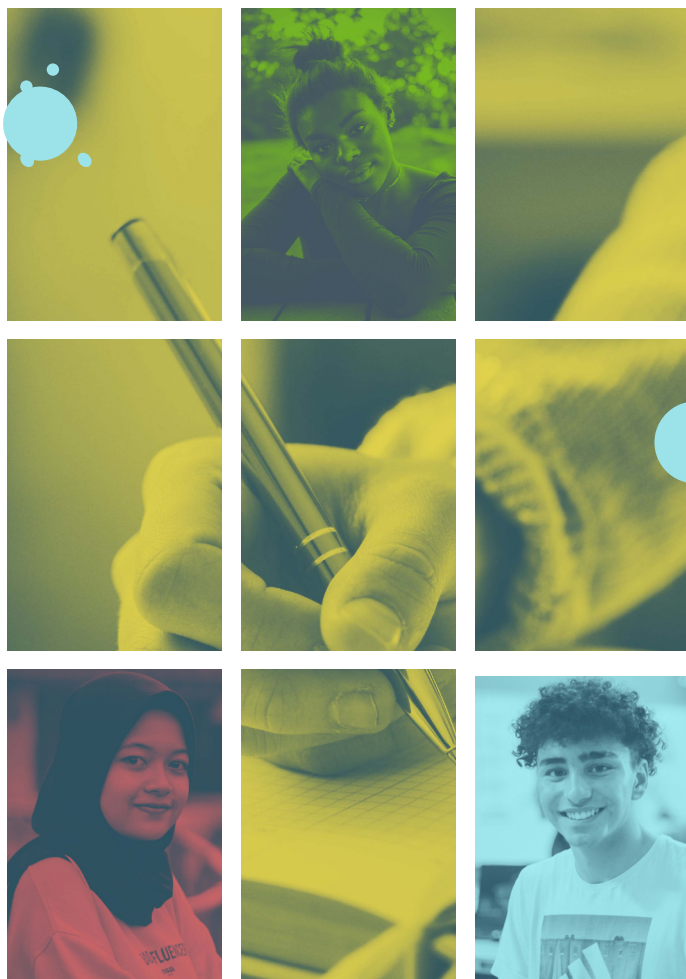
You can write this in the form of prose, a poem or a picture.

In these books young people are able to write as much or as little as they want. We ask that the content is respectful and appropriate to those who have also chosen to include something.

We ask that only first names are used or to leave the entry anonymous. This book may be included in a public exhibition in Autumn 2022 so by writing in this book the young person is giving consent for the content to be used within the exhibition and/or in other media and social media.

### AIMS OF THIS PROJECT:

- Sharing and celebrating our identities and unique qualities
- Building connections, and a sense of belonging and universality of experience
- Encouraging creativity
- Celebrating our differences bringing acceptance and understanding



To get involved email [spnt.hantscamsinnovation@nhs.net](mailto:spnt.hantscamsinnovation@nhs.net) please title your message 'This is me book'. This project will close on **september 16th 2022**.



# SIXTEEN

## SIXTEEN

This is an intergenerational project. Focusing on recorded audio conversations with people between the age of 16 and 100+, discussing what they remember about being 16 (which many consider to be an important milestone), and what advice or wisdom they would pass on to a 16-year old now. Hampshire CAMHS will also be asking young people to share what they think being 16 will be like, and what they may be looking forward to.

### The Plan

Hampshire CAMHS plan to record these conversations and edit them together to form one recording, which will be used to create a sound installation as part of the Hampshire CAMHS exhibition in Autumn 2022.

To take part email [spnt.hantsinnovation@nhs.net](mailto:spnt.hantsinnovation@nhs.net) and title the message Sixteen. This project will close on **5th september 2022**.

### AIMS OF THIS PROJECT:

- Listening to what young people have to say
- Encourage a sense of belonging and universality of experience
- Creating connections and intergenerational understanding
- Encourage young people to have hopes and dreams for the future
- Promote reflection, shared learning and mutual support



# COAT OF ARMS PROJECT (COAP)

Hampshire CAMHS want to encourage young people of all ages to get creative and use their imagination, personality and artistic skills to create their very own, coat of arms. A coat of arms is a symbol used to identify families or individuals. It is a detailed design that often includes a crest and a motto. The most important thing is that it is meaningful to the individual or organisation and should include elements that speak to who they are.

## The Plan

Young people, schools and youth organisations will be invited to create their own coat of arms. A pack will be sent to schools to provide more detail on how to take part.

The coat of arms will be divided into four parts and young people will be asked to create theirs to reflect these four aspects:

- Values
- Achievements/Interests
- Culture
- Aspirations

Below the coat of arms should be a phrase/motto, about the person's beliefs or what represents them.

We will be encouraging young people of all ages to get involved, and be as creative as possible. The best examples will form part of an exhibition in Autumn 2022. Hampshire CAMHS will be offering prizes for the best coat of arms in the following categories:

### Ages 8-11

- ★ 1st £50 Amazon voucher and wellbeing resources
- ★ 2nd £30 Amazon voucher and wellbeing resources
- ★ 3rd £20 Amazon voucher and wellbeing resources

### Ages 12-15

- ★ 1st £50 Amazon voucher and wellbeing resources
- ★ 2nd £30 Amazon voucher and wellbeing resources
- ★ 3rd £20 Amazon voucher and wellbeing resources

### Ages 16-18

- ★ 1st £50 Amazon voucher and wellbeing resources
- ★ 2nd £30 Amazon voucher and wellbeing resources
- ★ 3rd £20 Amazon voucher and wellbeing resources

### Whole school or youth organisation

- ★ 1st Large bundle of wellbeing books and resources including, cards against anxiety, mindfulness cards & motivation cards
- ★ 2nd Wellbeing books and resources
- ★ 3rd Wellbeing books and resources

## What is a coat of arms?

The symbolism in the design of a family crest or coat of arms can tell other people about who you are, your values and ambitions. As humans we like to tell stories, which helps us to connect and communicate with those around us, to reach out and make new friends. The coat of arms reflects both our stories and our beliefs.

Photos of Submissions need to be sent to [spnt.hantscamhsinnovation@nhs.net](mailto:spnt.hantscamhsinnovation@nhs.net). Final submissions need to be with Hampshire CAMHS by **5th september 2022**.

## AIMS OF THIS PROJECT:

- Opportunities to consider personal qualities, such as values and aspirations, and celebrate these
- Encourage creativity and free expression
- Increasing understanding of our difference and individuality
- Encourage respect and kindness
- Have fun
- Build confidence

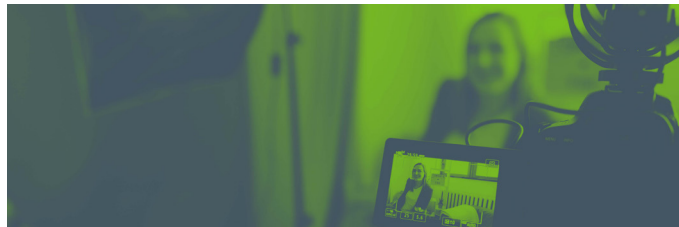
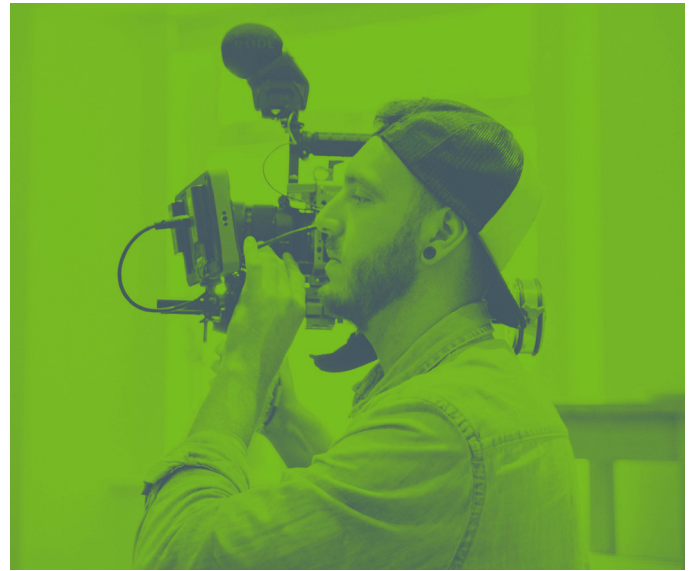




# BRILLIANT YOUNG THINGS (BYT'S)

We want to hear from young people who have an inspirational story, who would agree to being filmed about their achievements. It's inspiring and motivating for young people to hear about other people who are still young and making a difference, or doing something awesome.

If you think you have a story to be included please email [spnt.hantscamhsinnovation@nhs.net](mailto:spnt.hantscamhsinnovation@nhs.net) and title your email BYT'S. To get involved go to the campaigns page of the Hampshire CAMHS website. This project will close on **5th september 2022**.

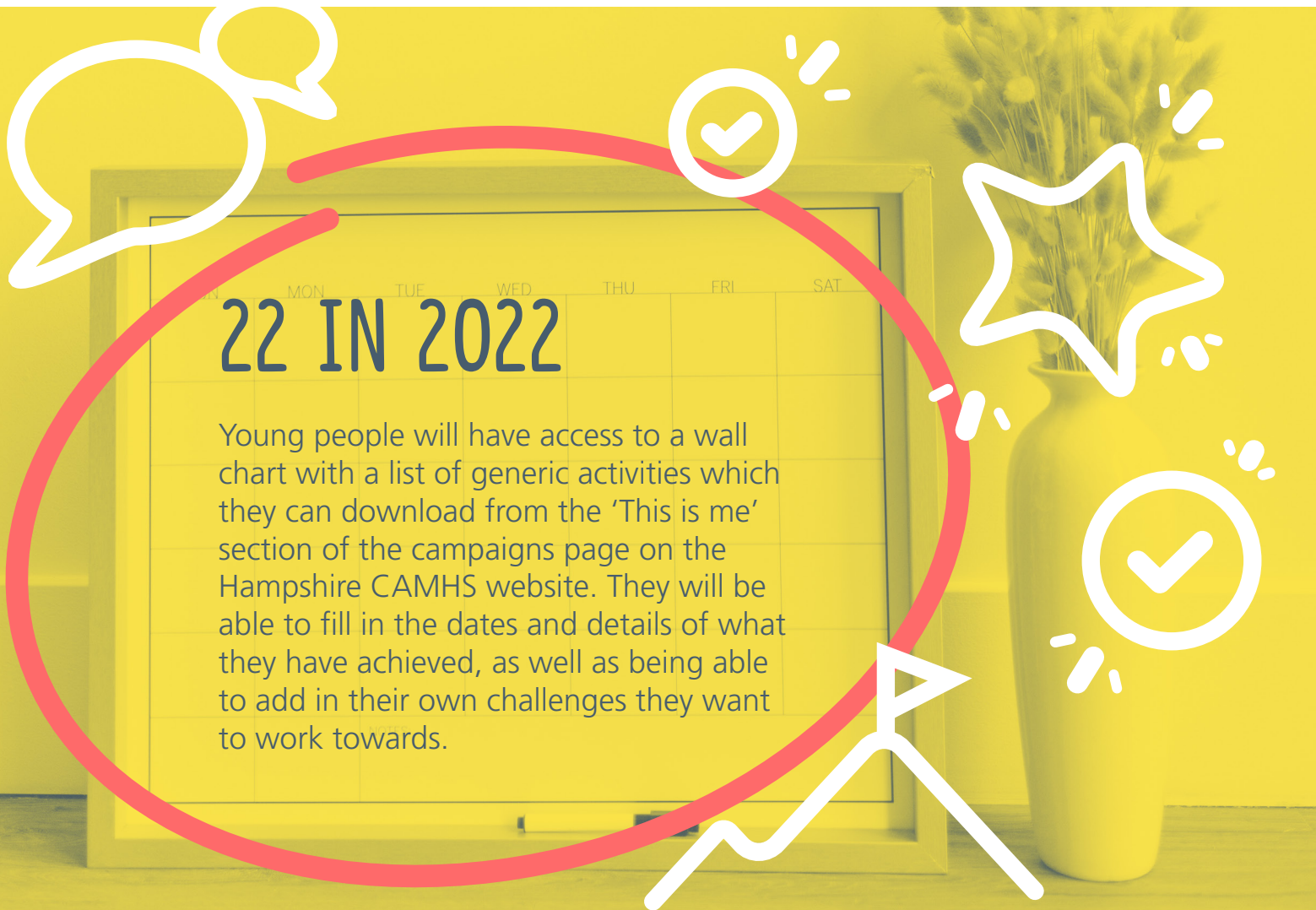


## AIMS OF THIS PROJECT:

- Opportunities to celebrate young people's achievements and inspire others
- Build confidence
- Encourage connections
- Provide opportunities for young people to try new things, and challenge themselves
- Encourage positivity, optimism and ambition

## 22 IN 2022

Young people will have access to a wall chart with a list of generic activities which they can download from the 'This is me' section of the campaigns page on the Hampshire CAMHS website. They will be able to fill in the dates and details of what they have achieved, as well as being able to add in their own challenges they want to work towards.



## WORKSHOPS

Workshops in schools and youth organisations will be available and delivered in schools on a first come first served basis, focusing on positive mental health, how young people can look after their emotional and psychological health, and where to seek help if they need it.

For more details check out the campaign section of the Hampshire CAMHS website.

## EXHIBITION

Hampshire CAMHS plan to pull together the projects from the campaign to form a free exhibition at an accessible venue in Hampshire. There will be a week of various events, that will form a launch to the exhibition. Events are likely to include a young person's event and a professionals conference.

Details to be confirmed in due course and will be available on the This is me campaign section of the Hampshire CAMHS website.

## WANT TO KNOW MORE?

Further details of the various projects can be found on our website [hampshirecamhs.nhs.uk](https://hampshirecamhs.nhs.uk) in the campaigns section.



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[www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

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