

# Kailo evaluation.

## A new research and design programme.



### The project aim

Kailo is a research and design programme which aims to help local communities understand and respond to the root causes of young people's mental health. It co-designs local projects with young people, local communities and public service partnerships, to make sure that the projects are responding to local need in an appropriate and meaningful way. The two locations it focusses on are Newham (London) and North Devon.

### Young people participation

Young people are involved throughout Kailo. The research evaluation is supported by two Young People's Advisory Groups (YPAGs), one in Newham and one in North Devon. There are 15 Kailo YPAG members. Both groups meet monthly, either online or in person. The groups are still ongoing, and so far they have supported the evaluation in lots of ways. These include: reviewing evidence from literature reviews, designing interview and focus group question guides, creating content for Kailo's website and social media. Young people are also being trained in how to run focus groups and interviews and will be co-leading these in Spring/Summer 2024.

The YPAGs are central to the evaluation. They make sure the research is focussed on the right things, and help the researchers translate their findings into inclusive and friendly language. One of the young people described the group as *"a space for creatively evaluating the Kailo Project through collaboration and open conversation. It enables us to look into the work being done in a constructive way, with all having an overarching goal of improving life for those with mental health issues."*

As well as trialling the Kailo approach in Newham and North Devon, a team of researchers, including from CORC, is evaluating the Kailo approach. We are trying to get a realistic sense of what works and for whom within Kailo.

Involving young people in this process means that the evaluation is asking the right questions which matter to young people.

Young people are guiding the evaluation to make sure that the findings are relevant to where they live and what they want to say.

"One of the reasons I applied to join Kailo's YPAG was because of the opportunity to be involved in beneficial research. Being part of the meetings has allowed me to feel as if I am actually making a difference. I find the comparison between Newham and North Devon extremely interesting and think we have very valuable conversations about young people's perspectives and thought processes. I feel that it is a very open environment where all ideas are listened to and considered in a fair way."

Ejiro, Newham YPAG member

# A brief case study