

MENTAL HEALTH WARRIORS

5 Year Plan: Dani Brooks



Helping young people through the battlefield of mental health





When I was a teenager, I was given my first mental health diagnosis.

As time passed, I saw a clear need for increased resource to improve mental health. This became particularly notable after the Covid pandemic.

The idea of opening a youth centre came when I began thinking about what wasn't available when I was younger.

If there had been a group of teenagers my age with similar diagnoses to me, I believe it would have benefited not just myself but also my family.





First, I created a list of organisations and a timetable of their activities. This identified gaps in their offerings and potential timeslots for RGS.



I spoke with a sample of 50 parents and teenagers in Kirkcaldy and Dunfermline. All surveyed agreed that something like RGS was needed in their local areas.



Next, I posted on Facebook Billboard pages, to excellent response. All commenters agreed a group like RGS would benefit their children or teenagers.



Finally, I collated practical advice and pointers through discussion with established organisations in the field.

Mental Health W A R R I D R S — Schools Questionmaira 1. What social activities do you enjoy? Music and singing Dance and movement Football Learning new skills Drawing and art Days out Something else	4. If you answered yes to question 2 above, are you comfortable with sharing the issue? Family stuff
2. Do you know anyone who needs support with mental health? Ves. I have a friend/friends who could use some support Yes. I could use some support and understanding myself I'd be interested to learn more for the future No. I'm not interested in learning about mental health Yes. I have a friend/friends who could use some support Something efse 3. If you answered yes to question 2 above, can you think of anything that might help? Being around other young people who understand Learning from people who have gone through this themselves Social activities to take your mind off things for a while A safe, non-judgemental space away from your problems Being around other young people who understand Something efse	Finally: we are a new group aiming to provide a safe social space for young people to help them through the battlefield of mental health. We aim to provide fun activities, listening, guidance, and a place to get away from your troubles. 5. Based on the questions we've asked today, is there anything else you'd like to say to us?
	SCHOOLS QUESTIONNAIRE

Concept and founder: Dani Brooks, Design and editing: Nikita Randall





Our mission is to create a **safe space** where children and teenagers can come and **meet other people** and learn to **look after their mental health.**

- To help young people learn that it's okay to have a mental illness.
- To reduce the stigma surrounding mental health.
- To give support where support is needed.

We aim to first open youth clubs, with the future goal to open a respite centre.





We feel this is a much-needed service with the continued rise in mental health diagnoses in teens.



There is currently nothing similar available, while lengthening mental health waiting lists are making support very difficult to come by.



We believe many young people will benefit from having a place like a youth club to go to and be around people who understand what they are going through.



This service will help teach younger generations how to best understand and cope with their emotions and feelings, benefiting many families in local communities.

ALL MHOS



Our target is children and teens who have been given a mental health diagnosis, along with their families.



The initial area will be Dunfermline and Kirkcaldy: eventually we would like to see as many youth clubs as possible open across Scotland.



There will be no gatekeeping. Anyone will be able to access our services if they feel it is something they would benefit from.



We recognise the impact of physical conditions occurring alongside mental health conditions. We therefore aim to make our services as accessible as possible.



We will reach out to local community centres, schools, churches, and councils – distributing flyers and posters and spreading the word!

For funding we will:

- £ Apply for local council and government grants and funding.
- £ Organise fundraisers, e.g. fun days, race nights, and quiz nights.
- £ Involve primary and high schools, e.g. sponsored walks, talent shows.
- £ Create a GoFund Me.

Any and all funding will be split between being put back into the youth clubs for sports equipment or days out and opening a respite centre in the near future.







In the first two years, all funding will be used to secure premises, make any building repairs, buy equipment and tuck shop stock, and create advertising



Journal folders will be provided to all individuals, including note pads, colouring sheets, affirmation cards, mental health worksheets, and age-appropriate books



Once the Youth Club opens, funds generated from this will be used for building maintenance, kitchen equipment to serve hot meals, day trips, and paid positions



Success would allow a roll out of further Youth Clubs across Scotland



Funds raised after this stage would be used to open a new centre to house children, teens, or families in need of respite



Previous stages will continue throughout, and all stages will aim to stay open for as long as their services are needed





To begin with, we will be looking for volunteers who are able to donate their time and services in key areas, where available.



We will be reaching out to local colleges and universities to offer work experience for those who are looking to get a degree related to youth work.



We have started selecting a team of trustees and board members to form the backbone of the charity alongside the founder Dani Brooks.



When the time comes that we are stable enough to offer paid positions, all volunteers who have been with us from day 1 will be offered these roles.



PLAN YEARS 1-5

Complete and confirm research

Currently shows that singing and dancing are the main activities that kids feel they would benefit from

Start small with a Music & Dance group for ages 5-17

Held twice a week in the target areas of Kirkcaldy and Dunfermline

Raise funds alongside the group to enable next stage

If group starts before the Easter holidays, fund-raising can begin straight away

PLAN: Year 1

END GOAL: Work towards opening a Youth Centre



YEAR 1 GOAL

RHYTHM & GROOVE SCOTLAND

Music and dance for mental health



Start a Go Fund Me page

Run charity fun nights: quizzes, races, auctions

Get schools involved

End of year performance for Music & Dance group, £10 per ticket

Apply for any available grants

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Compare success of Music & Dance group to targets

Expand premises to form a Youth Club

Offer additional activities e.g. football, art, themed nights, movies, bowling, theme parks, swimming

Funds raised will enable the next stage, as well as day trips, a tuck shop, and any paid positions required

PLAN: Years 3-4



YEARS 3-4 GOAL

MENTAL HEALTH YOUTH CLUB

For kids and teens, created by kids and teens

Assess available funds against targets

Expand premises and scope to form a Youth Centre

Offer mental health services for the younger generation, e.g. mental health education, coping with thoughts and feelings, tools and skills to help them in the adult world

PLAN: Year 5 Create a safe space where children and teenagers can be supported and have fun with others in similar circumstances to themselves



YEAR 5 GOAL

MENTAL HEALTH YOUTH CENTRE

A safe space for kids and teens

Roll out all services throughout Scotland to allow all future generations to use the services provided

Reach out to colleges and universities for volunteers – offer experience in child care and mental health sector

Hire a trainer to allow public volunteers to gain experience or qualifications in relevant areas

Create paid positions for suitable volunteers trained in the student or public programmes

PLAN: Future

MENTAL HEALTH WARRIORS

Mission Statement: Dani Brooks

If I can make a difference in one child or teenager's life with this project, I'll know I've done something good.

I will strive to teach children and teenagers – now, and those to come:

- How to protect their mental health
- That it's okay to not be okay
- If we aren't mentally well, we can't be expected to perform

Mental health issues are less taboo now than when I was a teenager. Having 22 years of life experience in trauma, and multiple mental health diagnoses, I know I have something to offer by opening these centres.

I want to offer the children of Scotland a place to be supported, have fun...and forget about the world outside for a few hours.



