



# Kailo – A systematic approach to improving adolescent mental health



Adolescent mental health is a growing concern globally. 50% of mental illnesses present before the age of 15, and 75% by the age of 25. Prevalence of several disorders is rising and mental ill health accounts for 45% of the overall burden of disease between 10-24 years. Efforts to improve adolescent mental health are typically clinically oriented, limited in effectiveness, and less focused on upstream prevention.

## What are we doing?

Kailo means ‘connected and whole’. It is an approach that supports young people and local community partnerships to determine ‘what matters’ most in relation to promoting young people’s wellbeing in local places, and come together to co-create, test and scale strategies and approaches to make a difference.

Kailo aims to:

- Build strong relationships and partnerships to connect and reinforce local efforts to improve young people’s mental health and wellbeing.
- Create a deep and more systemic view of the social determinants of mental health and wellbeing of young people.
- Put young people at the centre of a co-design process to address, locally, the social determinants of their mental health and wellbeing
- Collaborate to find, adapt and improve sustainable systemic approaches, which can play a role in driving transformative change for young people.

## How will it help?

We are testing the Kailo approach in two very different places - Newham and North Devon, to refine the framework which can then be applied to new places in the next phase of the research. We have learnt that the framework brings together diverse insights to confirm the priorities for a local area (which are different across the two places).



**Representative: Professor Peter Fonagy**