

OCD Action Youth Services



OCD Youth is a service for young people with OCD and related conditions, run by young people with OCD and related conditions.

The service consists of the Youth e-Helpline, Young People's Engagement Panel, and an online social media community.

Living with OCD can be incredibly isolating, and we know that being a young person and having to navigate mental health services can be at times confusing and frustrating. OCD Youth is here to provide young people affected by OCD with the support and community they need during their recovery journey. If you are a young person who wants to support other young people, keep reading to learn about the ways you can get involved.

Role: Youth Engagement Panel Member

About this role

At OCD Action, we are co-designing our Youth programme with young people who are affected by OCD and BDD as we strongly believe that working together will help the us to deliver the best support for our growing community of young people affected by OCD and related conditions.

As a member of OCD Action's Youth Engagement Panel, you will have the opportunity to use your lived experience as a young person with OCD or a related condition to shape OCD Action's Youth Services through a process called Co-production (more on this on page 4!). You will work with other panellists and staff to shape OCD Action's Youth service through designing, delivering, and participating in a range of activities. **Please note that this role is open to people with lived experience of OCD, aged between 18 and 25.**

Minimum Commitment

- Availability to attend a monthly meeting (1-2 hours) – on a Monday evening via Zoom
- Time outside of meetings to carry out agreed actions from meetings (this will vary month-to-month and will be agreed in Panel meetings)
- Minimum commitment of 1 year

Place of work: Meetings are online, so the usual place of work is the volunteer's home

Tasks:

1. To attend monthly meetings
2. To raise awareness of and encourage engagement with OCD Action's Youth Service
3. To communicate with people you know/your networks to help OCD Action build an understanding of the need for services and how we may best be able to respond
4. To work together with other panellists and staff to identify and shape ideas and grow plans
5. To lead tasks when required

Role: Youth Engagement Panel Member

Skills and attributes needed

Teamwork

The ability to work within a team is crucial to co-production. This includes being able to listen, communicate and negotiate respectfully, remembering that we are all working towards a common goal.

Empathy and understanding

An empathetic and sensitive approach to those affected by OCD and related conditions.

A non-judgemental and patient attitude

This includes understanding that not everyone will have the same ideas or experiences, or share your views, and understanding that this is a collaborative process.

Excellent communication & listening skills

The ability to convey information using good written and verbal communication. A Co-production Panellist should be able to understand others and provide them with a space to share.

Proactivity

Enthusiasm and drive to take the lead on activities (even if they're not something you've done before!). You will always have support from a member of staff at OCD Action.

Reliability

It is important that you have the capacity to attend regular monthly meetings. If you cannot make a meeting, you must let a member of staff know with plenty of notice.

Role: Youth Engagement Panel Member



What is Co-production?

Co-production is an approach to working together in equal partnership and for equal benefit. It gives different people with lived experience the opportunity to work together to produce something that can benefit a larger group of people with similar needs.

For OCD Action, this means involving people with lived experience of OCD at the heart of what we do. People who use services don't often get the chance to influence their design and development – and we want this to change. That is why we are rolling out Co-production across the charity, initially focusing on young people and People of Colour. By including co-production in our governance structure, we can work to ensure that we are delivering what the OCD Community needs!