

#CYPMeFirst Twitter chat 7/3/18

Rachel Naunton @renphysio9 days ago

Great to be here for this chat with @_Common_Room taking the lead tonight! Who's joining in?

Don't forget to use #CYPMeFirst so we can read your comments <https://t.co/apNzG2YOQt>

Me first @cypmefirst9 days ago

Welcome everyone to our #cypmefirst twitter chat on capacity and decision-making. My name is Kate and I'm the co-lead for Me first. Who else is with us this evening?

eYPAGnet @eypagnet9 days ago

RT @_Common_Room: Job alert!! Are you a young person? Want to work as co-trainer to improve the way health workers communicate with young p...

Rachel Naunton @renphysio9 days ago

@CYPMeFirst Hi Kate, I just made it to my computer in time. Now raring to go! #CYPMeFirst

Me first @cypmefirst9 days ago

@RENphysio @_Common_Room Hi Rachel!! #cypmefirst

Joanna Reid @jo__reid9 days ago

@CYPMeFirst Im lurking #multitasking #CYPMeFirst

Me first @cypmefirst9 days ago

@RENphysio I ran to make a cuppa and got back just in time #cypmefirst

James William Reid @jwrtalks9 days ago

@CYPMeFirst I'm here, on the train! #cypmefirst

Me first @cypmefirst9 days ago

@jo__reid Lurking and twittering!! Welcome Joanna #cypmefirst

Rachel Naunton @renphysio9 days ago

Looking at this first question I can think of lots of factors... developmental stage, experience, diagnosis, stress, emotions, language, how well they know the professionals involved... #CYPMeFirst <https://t.co/apNzG2YOQt>

#CYPMeFirst Twitter chat 7/3/18

Sharon Ward RGN HV @justfortoday279 days ago
@jo__reid @CYPMeFirst Hi, my first tweet chat #cypmefirst

Me first @cypmefirst9 days ago
@Justfortoday27 @jo__reid Welcome Sharon! #cypmefirst

Rachel Naunton @renphysio9 days ago
@Justfortoday27 @jo__reid @CYPMeFirst That's awesome! So great to have you join us today. Huge welcome! :) #CYPMeFirst

Me first @cypmefirst9 days ago
Ok, so here's our first question: What factors affect #CYP ability to make decisions? What helps or hinders? #cypmefirst <https://t.co/YppqMuIocO>

Rachel Naunton @renphysio9 days ago
@CYPMeFirst @jo__reid All lurkers welcome to join as much or as little as they wish! #CYPMeFirst

Me First Maura @maura_neilson9 days ago
RT @CYPMeFirst: Ok, so here's our first question: What factors affect #CYP ability to make decisions? What helps or hinders? #cypmefirst ht...

Me first @cypmefirst9 days ago
Wow! So many things to talk more about here - thanks @RENphysio Do you have some examples to share? #cypmefirst <https://t.co/dR1zOWuL9l>

James William Reid @jwrtalks9 days ago
@CYPMeFirst There are so many factors that effect a CYPs ability to make decisions, such as, understanding, confidence, information available, support (or lack of) experience (of making choice) & having the space to do so. #cypmefirst

James William Reid @jwrtalks9 days ago
The first question of the #cypmefirst twitter chat is here! <https://t.co/1VzkEjY7fE>

Rachel Naunton @renphysio9 days ago
@CYPMeFirst Experience is an important one -if a CYP has had a diagnosis for a long time/for an early age, they're often more of an expert than the pros and very capable of making decisions. An older child may have less experience/understanding & less capacity. #CYPMeFirst

#CYPMeFirst Twitter chat 7/3/18

Me first @cypmefirst9 days ago

We often question the ability of #CYP, but I think we also need to look at the the ability of adults to involve #CYP in decisions #cypmefirst

Rachel Naunton @renphysio9 days ago

@JWRTalks @CYPMeFirst Ooh confidence is an important one too, especially in a stressful and/or intimidating situation #CYPMeFirst

Kirsty Wilson @kirstw_949 days ago

RT @CYPMeFirst: Ok, so here's our first question: What factors affect #CYP ability to make decisions? What helps or hinders? #cypmefirst ht...

Rachel Naunton @renphysio9 days ago

RT @CYPMeFirst: We often question the ability of #CYP, but I think we also need to look at the the ability of adults to involve #CYP in dec...

Rachel Naunton @renphysio9 days ago

@CYPMeFirst Really good point. A CYP may have greater capacity if we can facilitate a conversation well and encourage more collaboration #CYPMeFirst

Me first @cypmefirst9 days ago

@RENphysio A really important point - experience is so important to remember. If a #CYP is living with a health condition, they will know it so well #cypmefirst

Kirsty Wilson @kirstw_949 days ago

RT @JWRTalks: @CYPMeFirst There are so many factors that effect a CYPs ability to make decisions, such as, understanding, confidence, info...

Me first @cypmefirst9 days ago

@RENphysio I've listened to very young children talking about their health, what they need, how it affects them etc. they are so knowledgeable if we take the time to listen and hear #cypmefirst

Coco @coco902801049 days ago

@CYPMeFirst @CYPMeFirst I think to support cyp's make decisions you could start by having their appointment with them on their own without their #CYP parents #CypmeFirst

James William Reid @jwrtalks9 days ago

@CYPMeFirst equally there are many factors that can effect an adults ability.....collesuges should support one and other in developing confidence and skills around this. #cypmefirst

#CYPMeFirst Twitter chat 7/3/18

Rachel Naunton @renphysio9 days ago

@CYPMeFirst Important to avoid assumptions though. Possibilities of misunderstanding treatments/aspects of the diagnosis or having set opinions about things and less aware or less open to alternative options. Always important to discuss options even when they've been discussed b4 #CYPMeFirst

Me first @cypmefirst9 days ago

What can adults and services do to better support CYP ability to make choices and decisions? #cypmefirst <https://t.co/UgQhxltOoz>

James William Reid @jwrtalks9 days ago

@Coco90280104 @CYPMeFirst Good point, how would you set this up to begin with? Is there anything you would do or say to enable this? #cypmefirst

Kirsty Wilson @kirstw_949 days ago

RT @CYPMeFirst: We often question the ability of #CYP, but I think we also need to look at the ability of adults to involve #CYP in dec...

Me first @cypmefirst9 days ago

Welcome @Coco90280104 - great to have you with us! That's a great point - so important to give #CYP the space to make choices #cypmefirst <https://t.co/laSjym3Msa>

Me first @cypmefirst9 days ago

This is a really important point - what can we do to support adults better? #cypmefirst <https://t.co/UKSCZg37Cf>

Rachel Naunton @renphysio9 days ago

@Coco90280104 @CYPMeFirst Great point. This can be a good option to help their own process of decision making. Helps ensure they have time and space to be heard, understood, ask questions and make decisions on their own (when appropriate) before linking in with others #CYPMeFirst

Me first @cypmefirst9 days ago

I think trust is so important - #CYP need to be able to trust professionals - and professionals need to be able to trust #CYP when making decisions together #cypmefirst

James William Reid @jwrtalks9 days ago

@CYPMeFirst For me, this is about managing expectations & training young people in decision making. Decision making is a skill to be learned. Eg. if a GP practice holds a policy of 16year olds booking their own appointments, there needs to be discussion around this prior. #cypmefirst

#CYPMeFirst Twitter chat 7/3/18

Kate Martin @_common_room9 days ago

RT @JWRTalks: @CYPMeFirst For me, this is about managing expectations & training young people in decision making. Decision making is a ski...

Kate Martin @_common_room9 days ago

RT @RENphysio: @Coco90280104 @CYPMeFirst Great point. This can be a good option to help their own process of decision making. Helps ensure...

Rachel Naunton @renphysio9 days ago

@CYPMeFirst Good question! I think a good starting point is making sure that CYPs are present and involved in conversations to ensure there are opportunities to be involved in decisions. For example designing ward rounds and team meetings to be more CYP centred #CYPMeFirst

Coco @coco902801049 days ago

@JWRTalks @CYPMeFirst @CYPMeFirst I think you could set this out for the #CYP by advising the parents that it's best to see them on their own #CYPMeFirst

Georgia Weaver @gweaver2179 days ago

@CYPMeFirst @CYPMeFirst #cypmeFirst I agree! I think the environment and the relationship with the professionals can have a huge impact upon their input. Professionals should be aware of how they can support CYP to overcome these potential barriers

James William Reid @jwrtalks9 days ago

@Coco90280104 @CYPMeFirst Perhaps explaining that 'it's good to educate young people on decision making, and seeing professionals alone. It helps the development of a young person' ? #cypmeFirst

Joanna Reid @jo__reid9 days ago

@CYPMeFirst Information #CYPMeFirst

Me first @cypmeFirst9 days ago

Hi @gweaver217 - great to have you with us! What could professionals do to help support CYP to overcome these barriers? #cypmeFirst <https://t.co/s9Mzyo9GQf>

Rachel Naunton @renphysio9 days ago

@CYPMeFirst I also think it's important to actively encourage CYPs to take part in a way that suits them and trust is a huge part of this. EG they may not feel able to be part of a team meeting where decisions are made but I think we can support CYPs more to join in #CYPmeFirst

#CYPMeFirst Twitter chat 7/3/18

Joanna Reid @jo__reid9 days ago

@CYPMeFirst Permission and encouragement from those in perceived authority including parents #cypmefirst

Georgia Weaver @gweaver2179 days ago

@CYPMeFirst #cypmefirst I think CYPs need to be made aware that they DO have a say in their healthcare, however supervising this to ensure they are making informed decisions is important.

Giving them as much information as possible to make a confident decision

James William Reid @jwrtalks9 days ago

@RENphysio @CYPMeFirst I like your suggestion, @RENphysio, it shows that change doesn't have to be huge. Small, practical changes, such as designing a CYP-centred ward round, are effective! #cypmefirst

Me first @cypmefirst9 days ago

@RENphysio This is such an important point! we need to make sure meetings are with CYP not about them #cypmefirst Young people often say they feel powerless when they see notes being made about them and they don't have access to what's being written

Rachel Naunton @renphysio9 days ago

@gweaver217 @CYPMeFirst yes environment and relationships play a huge part. I think it's more than awareness though. I think we can develop our skills in how to help support and encourage/facilitate shared decision making #CYPMeFirst

James William Reid @jwrtalks9 days ago

Change doesn't have to be big. Small, yet practical, changes can have a huge and positive effect. #cypmefirst <https://t.co/1W8SU68KHn>

Me First Maura @maura_neilson9 days ago

RT @CYPMeFirst: What can adults and services do to better support CYP ability to make choices and decisions? #cypmefirst <https://t.co/UgQhxl...>

Me First Maura @maura_neilson9 days ago

RT @RENphysio: @CYPMeFirst Good question! I think a good starting point is making sure that CYPs are present and involved in conversations...

Georgia Weaver @gweaver2179 days ago

@CYPMeFirst #cypmefirst I think discussing their thoughts and ideas around the treatment options and just involving them at every given opportunity would help. Look to them first rather than the parents

#CYPMeFirst Twitter chat 7/3/18

Joanna Reid [@jo_reid9 days ago](#)

[@CYPMeFirst](#) Have a little faith. Think of it as an option. Don't just discredit CYP. Ask, involve and assist. Break decisions down into manageable chunks depending on ability. [#CYPMeFirst](#)

Rachel Naunton [@renphysio9 days ago](#)

[@JWRTalks](#) [@CYPMeFirst](#) Small changes can make a huge difference! However changing procedures/ the way a wards works feels MASSIVE and can take a huge amount of work. Lots of barriers and not easy to do! [#CYPMeFirst](#)

Me first [@cypmeFirst9 days ago](#)

A great point, thanks [@jo_reid](#) as so easy to assume others are the responsible for making decisions for you if that's what you're used to [#cypmeFirsthttps://t.co/fuOIDBUy8](https://t.co/fuOIDBUy8)

James William Reid [@jwrtalks9 days ago](#)

[@RENphysio](#) [@CYPMeFirst](#) again, health is personal. Tailoring our communication and participation approaches will be more effective in encouraging young people to speak up. [#cypmeFirst](#)

Me first [@cypmeFirst9 days ago](#)

[@gweaver217](#) What do you think we could do to help CYP know they have a say? Really important that we find ways to build their knowledge and confidence [#cypmeFirst](#)

Me first [@cypmeFirst9 days ago](#)

RT [@gweaver217](#): [@CYPMeFirst](#) [#cypmeFirst](#) I think discussing their thoughts and ideas around the treatment options and just involving them at...

Me first [@cypmeFirst9 days ago](#)

RT [@jo_reid](#): [@CYPMeFirst](#) Have a little faith. Think of it as an option. Don't just discredit CYP. Ask, involve and assist. Break decision...

Rachel Naunton [@renphysio9 days ago](#)

[@gweaver217](#) [@CYPMeFirst](#) This is so important! Information and supervision/support are essential. It would be great to hear your thoughts about how to help CYPs be more aware they have a say [#CYPMeFirst](#) -sometimes easier said than done!

Georgia Weaver [@gweaver2179 days ago](#)

[@CYPMeFirst](#) [#CYPMeFirst](#) I think self awareness and reflection are key in realising how you as a professional communicate and facilitate relationships with your patients and if they respond positively

#CYPMeFirst Twitter chat 7/3/18

Rachel Naunton [@renphysio9 days ago](#)

"Have a little faith" -Great point here. CYPs are often more capable than appears at first if we can support them and facilitate shared decision making in an effective way [#CYPMeFirst](#) <https://t.co/c6NIEIv9Lc>

Me first [@cypmefirst9 days ago](#)

[@RENphysio](#) [@gweaver217](#) I agree! I think sometimes we can all doubt ourselves - whether we are YP or professionals. We all need some encouragement and support [#cypmefirst](#)

James William Reid [@jwrtalks9 days ago](#)

[@RENphysio](#) [@CYPMeFirst](#) This is a valid point [@RENphysio](#) what are the barriers, how can we overcome these? [#cypmefirst](#)

James William Reid [@jwrtalks9 days ago](#)

RT [@jo_reid](#): [@CYPMeFirst](#) Have a little faith. Think of it as an option. Don't just discredit CYP. Ask, involve and assist. Break decision...

Rachel Naunton [@renphysio9 days ago](#)

[@gweaver217](#) [@CYPMeFirst](#) I can vouch for how effective this is! If a team allows space and time for reflection, it can make positive change to practice and progress for [#CYPExp](#) [#CYPMeFirst](#)

Me first [@cypmefirst9 days ago](#)

How can we challenge assumptions that [#CYP](#) lack the ability or capacity to make decisions? [#cypmefirst](#) <https://t.co/OgHz8jIgGP>

Me First Maura [@maura_neilson9 days ago](#)

RT [@jo_reid](#): [@CYPMeFirst](#) Have a little faith. Think of it as an option. Don't just discredit CYP. Ask, involve and assist. Break decision...

Me First Maura [@maura_neilson9 days ago](#)

RT [@CYPMeFirst](#): How can we challenge assumptions that [#CYP](#) lack the ability or capacity to make decisions? [#cypmefirst](#) <https://t.co/OgHz8j...>

James William Reid [@jwrtalks9 days ago](#)

RT [@CYPMeFirst](#): How can we challenge assumptions that [#CYP](#) lack the ability or capacity to make decisions? [#cypmefirst](#) <https://t.co/OgHz8j...>

Georgia Weaver [@gweaver2179 days ago](#)

[@RENphysio](#) [@CYPMeFirst](#) [#CYPMeFirst](#) yes, definitely easier said than done! I think it sometimes depends on the patient too as some are more independent than others and some need

#CYPMeFirst Twitter chat 7/3/18

that guidance.

Kate Martin [@_common_room9](#) days ago

Thanks Annie! Don't forget to add [#cypmefirst](#) so everyone can see your comments :) <https://t.co/MUPiT06Mgq>

Rachel Naunton [@renphysio9](#) days ago

[@CYPMeFirst](#) [@gweaver217](#) Especially if previous experience suggests people don't listen to us or have low expectations of us -difficult to feel empowered to make decisions. So important that professionals point out to CYPs & parents that all have a say & a choice and are involved in decisions [#CYPMeFirst](#)

Kate Martin [@_common_room9](#) days ago

What skills do you think we can help professionals to develop? [#cypmefirst](#)

Kate Martin [@_common_room9](#) days ago

What do you think? How can we challenge the myths/assumptions that's [#CYP](#) lack capacity to make choices? [#cypmefirst](#) <https://t.co/94eFTg0C3R>

Kate Martin [@_common_room9](#) days ago

RT [@JWRTalks](#): [@RENphysio](#) [@CYPMeFirst](#) This is a valid point [@RENphysio](#) what are the barriers, how can we overcome these? [#cypmefirst](#)

Kate Martin [@_common_room9](#) days ago

RT [@CYPMeFirst](#): [@RENphysio](#) [@gweaver217](#) I agree! I think sometimes we can all doubt ourselves - whether we are YP or professionals. We all...

Kate Martin [@_common_room9](#) days ago

RT [@RENphysio](#): "Have a little faith" -Great point here. CYPs are often more capable than appears at first if we can support them and facili...

James William Reid [@jwrtalks9](#) days ago

[@CYPMeFirst](#) If we don't ask, we don't know. It almost feels like health and care professionals are, somewhat, weary of asking CYPs direct questions. [#cypmefirst](#)

Kate Martin [@_common_room9](#) days ago

I agree - so vital [@to](#) have the one to reflect! [#cypmefirst](#) our ability to involve others depends on our headspace! <https://t.co/0EUrqeHKkA>

#CYPMeFirst Twitter chat 7/3/18

Kate Martin [@_common_room9 days ago](#)

RT [@RENphysio](#): [@gweaver217](#) [@CYPMeFirst](#) This is so important! Information and supervision/support are essential. It would be great to hear y...

Kate Martin [@_common_room9 days ago](#)

RT [@CYPMeFirst](#): [@gweaver217](#) What do you think we could do to help CYP know they have a say? Really important that we find ways to build the...

Kate Martin [@_common_room9 days ago](#)

So true, we need to adapt to the person not expect them to adapt to us![#cypmefirst](#) <https://t.co/T657C6JwLL>

Kate Martin [@_common_room9 days ago](#)

RT [@CYPMeFirst](#): A great point, thanks [@jo_reid](#) as so easy to assume others are the responsible for making decisions for you if that's what...

Georgia Weaver [@gweaver2179 days ago](#)

RT [@RENphysio](#): [@gweaver217](#) [@CYPMeFirst](#) I can vouch for how effective this is! If a team allows space and time for reflection, it can make p...

Kate Martin [@_common_room9 days ago](#)

RT [@RENphysio](#): [@JWRTalks](#) [@CYPMeFirst](#) Small changes can make a huge difference! However changing procedures/ the way a wards works feels MAS...

Kate Martin [@_common_room9 days ago](#)

Small changes aren't always easy but make a huge difference [#cypmefirst](#) <https://t.co/LF78WykVqu>

Me first [@cypmefirst9 days ago](#)

RT [@JWRTalks](#): [@CYPMeFirst](#) If we don't ask, we don't know. It almost feels like health and care professionals are, somewhat, weary of asking...

annie cox [@anniecox019 days ago](#)

[@CYPMeFirst](#) Talk to CYP's.. we should not be afraid in our confidence of determining a CYP has capacity. We need to ensure equality in the therapy room from all parties involved [#cypmefirst](#)

Rachel Naunton [@renphysio9 days ago](#)

[@gweaver217](#) [@CYPMeFirst](#) Definitely important to take an individual approach. I think it helps to be explicit. "I want you to be involved in this decision" "it's really important we hear your thoughts about this so you have input in deciding what happens next" [#CYPMeFirst](#)

#CYPMeFirst Twitter chat 7/3/18

Rachel Naunton [@renphysio9](#) days ago

[@gweaver217](#) [@CYPMeFirst](#) Another options might be "if you could make all the decisions today, what would you say?" and go from there providing as much support/encouragement/advice as needed [#CYPMeFirst](#)

Sian Hooban [@sianhooban9](#) days ago

RT [@jo_reid](#): [@CYPMeFirst](#) Have a little faith. Think of it as an option. Don't just discredit CYP. Ask, involve and assist. Break decision...

Kate Martin [@_common_room9](#) days ago

[@RENphysio](#) [@CYPMeFirst](#) [@gweaver217](#) I was in a workshop about coproduction today. Someone said each health care conversation builds on the last. If many are negative that's what you come to expect - you don't believe you will be listened to so prof have to make it really explicit [#cypmeFirst](#)

Kate Martin [@_common_room9](#) days ago

[@anniecox01](#) [@CYPMeFirst](#) Definitely!! I think sometimes adults question [#CYP](#) ability when really it's their lack of confidence. Try can feel deskilled so important to support prof too [#cypmeFirst](#)

James William Reid [@jwrtalks9](#) days ago

[@anniecox01](#) [@CYPMeFirst](#) What can HCPs do [@anniecox01](#) to overcome any fear they may have about their confidence? [#cypmeFirst](#)

Georgia Weaver [@gweaver2179](#) days ago

[@CYPMeFirst](#) [#CYPMeFirst](#) I agree .. you don't ask-you don't know! If they can weigh up the options given to them, make informed decisions and retain the information then they have capacity?

Coco [@coco902801049](#) days ago

[@CYPMeFirst](#) I think you could support [#CYP](#) make decisions by asking them about how their lives are and showing that u care about them [#CYPMeFirst](#)

Kate Martin [@_common_room9](#) days ago

Great point! Time can be a luxury but it's a necessity for us all. Great to have you with us. Don't forget to use [#cypmeFirst](#) so everyone can see your tweets :) <https://t.co/oszEVokhx4>

#CYPMeFirst Twitter chat 7/3/18

Rachel Naunton [@renphysio9 days ago](#)

[@anniecox01](#) [@CYPMeFirst](#) Great point. This highlights the importance of the professional's confidence in shared decision making. Even more so when this is questioned by other professionals, parents or by the CYP. Crucial to get all on board with this process, especially in transition [#CYPMeFirst](#)

Georgia Weaver [@gweaver2179 days ago](#)

[@CYPMeFirst](#) [#CYPMeFirst](#) Challenging assumptions- I have often seen professionals talk to parents first instead of their 15 yr YP and even the parents have said I'm not sure ask my son/daughter

Dr C Montgomery [@drcbmpsych9 days ago](#)

Q2/pt.2- Not a luxury in many services but we need to give YP time. I wouldn't make any big decision about my mental or physical health without really considering it- yet so often information is presented and a decision expected then and there. So hard for YP. [#cypmeFirst](#) <https://t.co/Njch7rjDsT>

Kate Martin [@common_room9 days ago](#)

[@Coco90280104](#) [@CYPMeFirst](#) Great point! They need to know adults care about them as individuals not just as a patient [#cypmeFirst](#)

Kate Martin [@common_room9 days ago](#)

RT [@RENphysio](#): [@anniecox01](#) [@CYPMeFirst](#) Great point. This highlights the importance of the professional's confidence in shared decision making...

Dr C Montgomery [@drcbmpsych9 days ago](#)

Q2/pt.2- Not a luxury in many services but we need to give YP time. I wouldn't make any big decision about my mental or physical health without really considering it- yet so often information is presented and a decision expected then and there. So hard for YP. [#cypmeFirst](#) <https://t.co/9gWzX6xujx>

James William Reid [@jwrtalks9 days ago](#)

We often talk about first impressions, they matter so much when it comes to communication in health and. Get it wrong, leaving people not wanting to access services, it could have potential life-endangering consequences. [#cypmeFirst](#) <https://t.co/V2xUBqhMQI>

Georgia Weaver [@gweaver2179 days ago](#)

[@RENphysio](#) [@CYPMeFirst](#) [#CYPMeFirst](#) yes, I love this idea!

#CYPMeFirst Twitter chat 7/3/18

Kate Martin [@_common_room9](#) days ago

[@gweaver217](#) [@CYPMeFirst](#) So simple but powerful!! Asking [#cyp](#) directly shows they are our main concern [#cypmeFirst](#)

Rachel Naunton [@renphysio9](#) days ago

[@Coco90280104](#) [@CYPMeFirst](#) Yep, this can help build trust and show that we're listening to what's important to the CYP. Helps understanding, collaboration and motivation for all... and ultimately [#CYPExp](#) and the outcome of care [#CYPMeFirst](#)

Kate Martin [@_common_room9](#) days ago

Absolutely!!! We make quick judgements about who we trust and whether we think they'll listen to us [#cypmeFirst](#) <https://t.co/xt984ghttp>

annie cox [@anniecox019](#) days ago

[@_Common_Room](#) Specialist training is needed, to fully understand how we (as prof's) assess capacity and develop competence in CYP's. It's a process and not an instant decision, we need to work with CYP's to involve them to their fullest ability in decisions about their own care. [#cypmeFirst](#)

Kate Martin [@_common_room9](#) days ago

Great - love this!! [#cypmeFirst](#) <https://t.co/xWgbj6HINV>

Kate Martin [@_common_room9](#) days ago

RT [@RENphysio](#): [@gweaver217](#) [@CYPMeFirst](#) Definitely important to take an individual approach. I think it helps to be explicit. "I want you to..."

Kate Martin [@_common_room9](#) days ago

[@RENphysio](#) [@gweaver217](#) [@CYPMeFirst](#) What better way to let them know!!! [#cypmeFirst](#)

Kate Martin [@_common_room9](#) days ago

[@anniecox01](#) So true Annie! We often talk about decisions as if they're isolated moments, but they are a process [#cypmeFirst](#)

Me first [@cypmeFirst9](#) days ago

RT [@_Common_Room](#): [@RENphysio](#) [@gweaver217](#) [@CYPMeFirst](#) What better way to let them know!!! [#cypmeFirst](#)

Me first [@cypmeFirst9](#) days ago

RT [@_Common_Room](#): Great - love this!! [#cypmeFirst](#) <https://t.co/xWgbj6HINV>

#CYPMefirst Twitter chat 7/3/18

Me first [@cypmefirst9 days ago](#)
[@anniecox01 @ Common Room](#) What do you think professionanls need to learn or unlearn? [#CYPmefirst](#)

Me first [@cypmefirst9 days ago](#)
RT [@RENphysio: @Coco90280104 @CYPMefirst](#) Yep, this can help build trust and show that we're listening to what's important to the CYP. Helps...

Rachel Naunton [@renphysio9 days ago](#)
[@anniecox01 @ Common Room](#) I completely agree. I think as professionals we can sometimes take for granted our skills in this area. It's important to acknowledge there are many reasons why this can be really challengeng to achieve. Important to develop our skills in doing this! [#CYPMefirst](#)

Kate Martin [@ common room9 days ago](#)
RT [@CYPMefirst: @anniecox01 @ Common Room](#) What do you think professionanls need to learn or unlearn? [#CYPmefirst](#)

annie cox [@anniecox019 days ago](#)
[@CYPMefirst @ Common Room](#) Children and young people have rights, just as parents do. [#cypmefirst](#)

Kate Martin [@ common room9 days ago](#)
What do you think adults need to learn or unlearn to better involve [#CYP](#) in decisions? [#cypmefirst](#) <https://t.co/8exSD36xdn>

James William Reid [@jwrtalks9 days ago](#)
Couldn't agree more [@anniecox01](#) Decision making is 1) a skill & 2) a process, sometimes and extended one. More training is needed for both Prof's and CYPs about the process of making shared decisions [#cypmefirst](#) <https://t.co/bBg9sTud5H>

Kate Martin [@ common room9 days ago](#)
RT [@anniecox01: @CYPMefirst @ Common Room](#) Children and young people have rights, just as parents do. [#cypmefirst](#)

Kate Martin [@ common room9 days ago](#)
Love it! It's both/and not either/or. Parents AND cyp have rights and needs [#cypmefirst](#) <https://t.co/unFlifdXJw>

#CYPMefirst Twitter chat 7/3/18

annie cox [@anniecox019 days ago](#)

RT [@ Common Room](#): Love it! It's both/and not either/or. Parents AND cyp have rights and needs [#cypmefirst](#) <https://t.co/unFlifdXJw>

Me first [@cypmefirst9 days ago](#)

Great point - "decision-making is a skill and a process" [#cypmefirst](#) <https://t.co/KVxW2ex1w2>

miranda wolpert [@mirandarwolpert9 days ago](#)

RT [@ Common Room](#): [@RENphysio](#) [@CYPMefirst](#) [@gweaver217](#) I was in a workshop about coproduction today. Someone said each health care conversati...

rebecca bennett [@bennett1rebecca9 days ago](#)

RT [@ Common Room](#): Job alert!! Are you a young person? Want to work as co-trainer to improve the way health workers communicate with young p...

Me first [@cypmefirst9 days ago](#)

HOW CAN IT BE 9PM ALREADY??? [#cypmefirst](#) Thank you to everyone how joined us. Keep in touch and keep sharing ideas! <https://t.co/WPA24iBEyD>

Ana Branković [@ana_brankovic9 days ago](#)

Some wonderful stuff to be found on the [#CYPmefirst](#) thread [@HANTS_CAMHS](#) [#Hampshire](#) [#CAMHS](#) [#YP](#) [#mentalhealth](#)

Rachel Naunton [@renphysio9 days ago](#)

[@ Common Room](#) [@CYPMefirst](#) [@gweaver217](#) So important. And, again, it's the little things that can have a huge impact. Even more so with, for example, learning difficulties or mental health problems when stigma plays a part or expectations are often sadly lower. [#CYPMefirst](#)