

## Project AEGIS briefing: overall findings

### Background

- Project AEGIS aimed to **understand** the health and wider needs of children and young people seeking asylum and refugees (CYPSAR); **identify** gaps in data visibility and continuity across systems; **explore** what good care looks like from the perspective of young people and professionals; **map** existing models of care and service provision; **strengthen** stakeholder engagement, co-production and translation into policy and practice; and **build** the foundation of a future programme of research.

### Our methods

- Project AEGIS was a cross-disciplinary, mixed-methods research study using quantitative and qualitative methodology, evidence review and implementation science. It drew on multisectoral expertise and a wide range of stakeholders across health, education, social care, law, public health, health economics and policy. The project also undertook an exploration of generalisability of findings and lessons learned to other populations. Most importantly, AEGIS centred the voices of CYPSAR at every stage, from conception to dissemination.

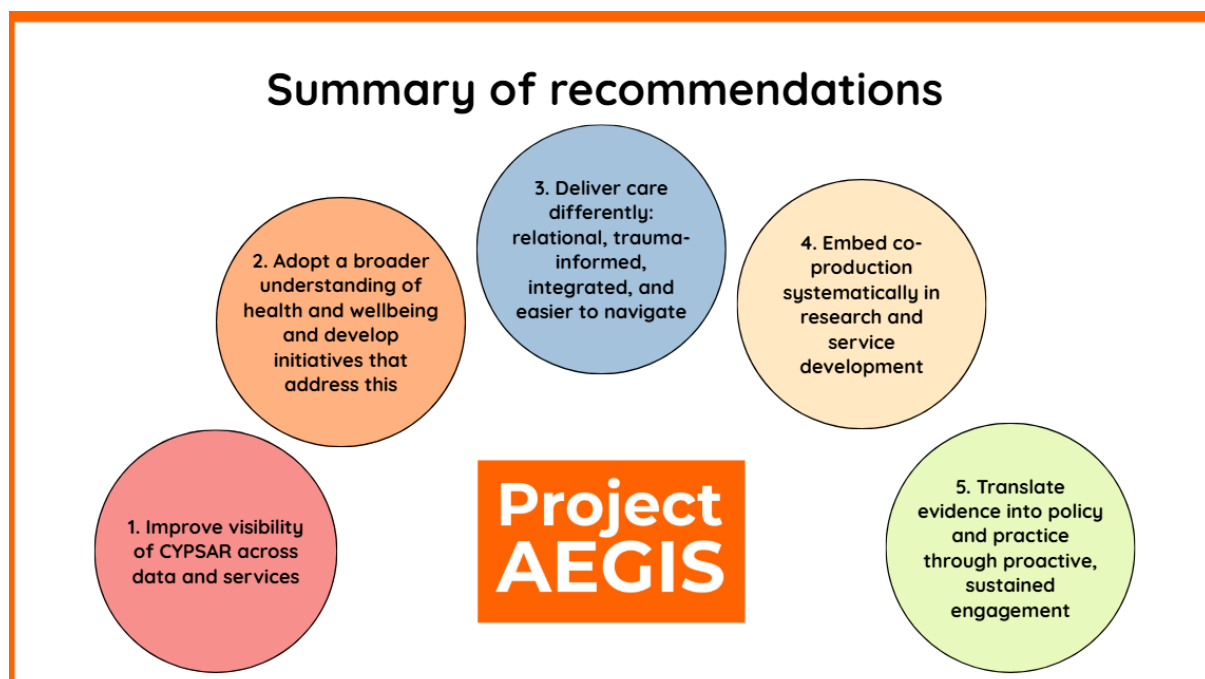
### Our findings

- The findings point to a consistent message: current systems are fragmented, narrow in their scope and challenging to navigate for young people and, often, for professionals and services.
- **Finding 1: CYPSAR are often invisible in data.** Better care for CYPSAR requires better identification, better data linkage, and development of greater trust of CYPSAR in how their information is recorded and used.
- **Finding 2: “Health” is broader than “healthcare” and extends beyond a clinical definition.** Health, as defined by CYPSAR, encompasses wellbeing in the broadest sense, including access to education, legal support, community and social care. Support should be coordinated over time, with clear explanations of assessments and treatments, well-commissioned vaccination and screening pathways, and sensitive, culturally responsive discussions around mental health and sexual health that are revisited as young people’s needs and readiness change.
- **Finding 3: Good care is fundamentally relational.** Improving outcomes for CYPSAR is not only about what services are available, but about how care is commissioned, organised, delivered, accessed and sustained. Professionals should prioritise trust-building, continuity and active listening. They should balance guidance with respect for

young people's autonomy. Services should prioritise continuity, cultural sensitivity, effective translation and holistic support, delivered through models such as one-stop hubs, outreach, community partnerships and a skilled, well-supported workforce.

- **Finding 4: CYP themselves must contribute to how services are shaped.** Effective collaboration with CYPSAR must be based on strong relationships with mutual benefits and learning. Co-creation, co-production, and co-design strengthen the quality of research and require careful design, resourcing, and responsiveness.
- **Finding 5: Research findings must be effectively and rapidly translated into policy and practice.** Evidence has the greatest value when it is translated into practical applications and it can reach the right audiences, including young people themselves. The findings of Project AEGIS are generalisable to other population groups.

### Project AEGIS: overall recommendations



### Find out more:

Website: <https://www.rcpch.ac.uk/resources/project-aegis>

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