

Emotional well being and mental health strategy for children and young people 2014 -2016



The stakeholders working in partnership include:

Service User forums • Cambridgeshire & Peterborough Clinical Commissioning Group • Local Commissioning Groups
• Cambridgeshire County Council including Public Health • Peterborough City Council • Voluntary and Community
Sector Organisations • Health Providers • Schools

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Around 1 in 10 children and young people aged 5-16 suffer from a diagnosable mental health disorder. This means that coping with the mental health needs of young people must be a main priority for government services.

We believe that having good mental health helps towards overall emotional health and wellbeing and it is important in helping to strengthen families, improve educational achievement and enable social involvement and participation.



This document sets out the strategic priorities for promoting and improving the emotional wellbeing and mental health for children and young people (c&yp) in Cambridgeshire and Peterborough between 2014 and 2016.

The organisations working in partnership to develop this strategy include:

- Service User forums
- Cambridgeshire & Peterborough Clinical Commissioning Group
- Local Commissioning Groups (GPs)
- Cambridgeshire County Council including Public Health
- Peterborough City Council
- Voluntary organisations and charities
- Health Providers
- Schools

Our Vision

Our vision is for services for children and young people to work together effectively from the earliest opportunity to deliver **the right service to the right person in the right place at the right time.**

Services provided should:

- Be based on our evidence of what works
- Be high quality and easy to use, no matter what the level of need is, or who is delivering the service
- Involve children and young people in the development and delivery of the services

Cambridgeshire and Peterborough are committed to making this happen for our children and young people.

This is what we will do to achieve our vision....

Mental health support will be everyone's business, all partners will understand the role they can play and support will be coordinated, integrated, evidence based and cost effective.

- Provide different levels of support and make it easy for people with moderate to severe difficulties to use services
- Make the best use of resources and make it easy for people to use services
- We will coordinate work across all agencies and organisations to encourage efficient use of mental health services
- Make sure people get the right level of help, when it's needed and professionals are supported to make this happen

When we pay for mental health services they will be outcome-focussed, maximising the capacity of statutory and voluntary sector organisations

- We will concentrate on those people with the greatest need and allow for future increases in demand for services
- We will look for ways to work together with other agencies and talk to them about gaps, what works and how to manage increasing needs
- Agree how to measure the services against what we set out to do



Services will be available for all levels of need, maximising the opportunities for early intervention and prevention, whilst also providing for those with severe and enduring mental health problems

- Target new parents, parents with mental health needs and parents of children with early symptoms of mental health difficulties
- Make it easy for people to get information about emotional wellbeing and mental health through websites, leaflets, helpline, apps, school drop-ins
- Raise awareness and campaigning for example self-harm and eating disorders
- Self-help and early advice on building resilience in children and young people
- Work with partners to reduce risk for people in deprived areas
- Provide training and support for staff about mental health, behaviour and emotional wellbeing

We will ensure children and young people's mental health needs are identified early and support is easy to access and prevents problems getting worse

- Develop services for children under 15 and concentrate on primary school age and the move to secondary school
- Develop a greater Single Point of Access with partners from government agencies and voluntary organisations offering more opportunities to screen mental health needs and to point people in the right direction for their needs
- Offer consultation and expert advice to professionals
- Offer more support to families and carers and make sure it's available locally
- Train and support non-mental health professionals to spot mental health difficulties early

- Spot the increased risks for children and young people under the care of parents/carers with mental health difficulties, substance misuse and domestic abuse
- Spot the increased risks of vulnerable children and young people such as Youth Offending and Children in Care and help them to get support quickly

Standardised principles of practice will be adopted across all organisations

- There will be clear care pathways across agencies, with the right level of expertise and a shared professional knowledge
- We will make sure that people who use the service have a say in how it's run
- We will regularly check how things are working and make sure it is managed properly
- Everyone involved in the work will be trained and supported
- We will use processes that help agencies work together like the Common Assessment Framework (CAF) and the Team Around the Family process
- Services will be in places where people are used to going such as schools, colleges and children's centres so users don't feel singled out

There will be clear pathways of care across agencies, with the right level of expertise

- We will find ways to increase the work we do, avoiding duplication or gaps in the service
- Professionals will have the right level of qualifications and be registered with the proper organisations
- Make sure specialist services are a part of agencies working together
- Specialist services can be provided by organisations outside government agencies

- Specialist expertise and knowledge should be used to develop training and support in a range of places, for example in Special Schools
- Make sure help is based on what a person needs especially with conditions such as eating disorders and including Special Educational Needs and Disability
- Develop help for families where a child or parent has severe mental health problems
- Organise family therapy to work with whole families where children are seriously affected by parental mental health disorders or where family functioning is reduced by a child with serious mental health problems
- Work with our specialist services to build skills and capacity in all children's and families agencies. We will do this by:
 - a) Developing a training programme which clarifies level of training for the different levels of need and increases knowledge and skills in:-
 - Early spotting of mental health and emotional wellbeing problems
 - Managing emotions and increasing children and young people's ability to understand and express emotions
 - Differences between mental health, social and emotional difficulties as causes of behavioural problems
 - Behaviour management strategies for professionals
 - Signposting and care pathways
 - a) Offering advice and consultation to professionals
 - b) Building on the Single Point of Access model and working with partners like voluntary organisations and charities to screen and appropriately signpost
 - c) Developing a supervision framework to support staff

For people that need more support, our services will ensure a timely multi agency response to the needs of vulnerable children, young people and their families

This includes:

- a) Children in Care & Care Leavers
 - b) Young people who need to transfer to adult services
 - c) Children of parents with mental health needs, where the children themselves have mental health needs
 - d) Children and young people with learning disabilities, complex needs and special educational needs
 - e) Children with neuro-developmental problems
 - f) Young offenders
 - g) Teenage parents
 - h) Children with physical illness
 - i) Lesbian, Gay, Bisexual and Transgender (LGBT) young people
 - j) Children who have experienced adverse life events, including emotional trauma from accidents, deaths and abusive experiences.
- We will make sure services and support are in place for parents with mental health problems
 - We will make sure our work follows the Children's and Families Bill (2013) in developing and delivering on the Education, Health and Care Plan and the Local Offer for families of children and young people with Special Education Needs and Disabilities
 - Develop clear and inclusive individual transitional plans for children and young people moving from children services to adult services
 - Make sure that people understand and are involved in planning for children and young people who move between the community and in-patient locations
- Develop, put in place and monitor multi-agency pathways and partnership rules for vulnerable groups such as ASD, those with challenging emotional and behavioural needs, Children in Care, Youth Offending
 - Offer a range of specialised parenting education/family support based on what we know works, for children with Neuro-developmental and/or severe behavioural problems. Specifically to provide:-
 - a) Parenting education before assessment for ADHD/ASD/LD
 - b) Social care and disability assessment/application support when people are diagnosed (where applicable)
 - c) Parenting and family support based on behavioural interventions, sleep solutions and autism specific techniques

Useful websites

www.cpft.nhs.uk

www.youthoria.org

www.centre33.org.uk

www.mindfull.org

theymca.org.uk/counselling/