

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND EMOTIONAL WELLBEING PROGRAMME FOR LIVERPOOL 2015-2020

Making the mental health and emotional wellbeing of you
– the children and young people – 'Everyone's Business'



WHAT'S IT ABOUT?

In Liverpool, we believe mental health is as important as physical health. As one young person described, “It doesn’t mean being happy all the time, but it does mean being able to cope with things.”

– CAMHS Review 2008

WE WANT TO:

- Make mental health support accessible to you – the children and young people – and your families
- Develop the mental health and emotional wellbeing of you – the children and young people – and your families; but overall we want to...

“...make children and young people’s mental health and emotional wellbeing...

everyone’s business”

At any one time, in the UK, 10% of children aged 5–16 experiences a mental health problem, the majority of which are emotional disorders such as anxiety or depression.

(YoungMinds 2013)

One in ten children and young people aged 5–16 suffer from a diagnosable mental health disorder – that is around three children in every class.

(YoungMinds 2013)

Mental health is about our range of emotions, it affects the way we think and feel about ourselves and others and how we deal with life.

(YoungMinds)

WHY IS THIS SO IMPORTANT?

We know more than half of all adults with mental health problems were diagnosed in childhood, but less than half of these people were given the right treatment or support at the time – in fact, 75% of lifetime mental disorders begin before the age of 18.

We also know that mental health issues are the greatest health problems faced by you – the children and young people so we want to:

- Improve the mental health of you and your families
- Enable you and your families to thrive in your day to day surroundings; we're particularly encouraging schools to work in partnership with us so we can support them
- Make sure signs of distress and risk in children and young people are noticed as early as possible
- Reduce mild to moderate distress
- Reduce the development of moderate to severe distress
- Reduce life long distress

72% of children in care have behavioural or emotional problems – these are some of the most vulnerable people in our society

(YoungMinds 2013)

To me, this is about happiness. To thrive means to do well, excel, progress and succeed. We can do this in environments such as school, work, university, college, at home or in youth clubs. I wish people at school understood ADHD.

Young person, age 16

If we had more early intervention it would solve so many problems early on it would stop mental health difficulties becoming worse.

Parent

The peak in mental health disorders between 10–30 are because of not getting treated correctly, social divide/inequality, puberty, hormone, emotional needs, future demands, getting a job pressure, school, finding your way – pressure to succeed.

Young person, age 16

WHAT WILL THE PROGRAMME ACHIEVE?

We are supporting **Future In Mind**. This is a report that contains recommendations from a group of agencies and organisations jointly chaired by NHS England and the Department of Health, it opens with a letter to you – the children and young people.

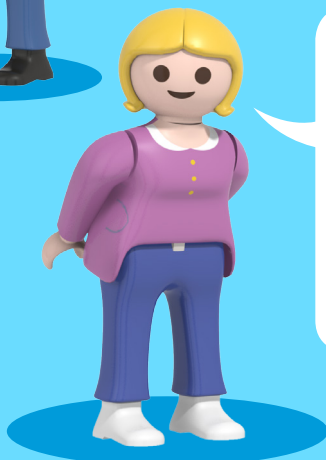
So, what does this mean for you and your families?



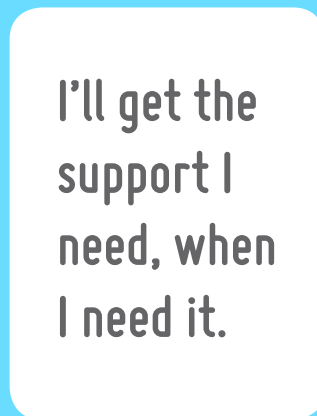
The treatment and support I get will be right for me and my personal needs.



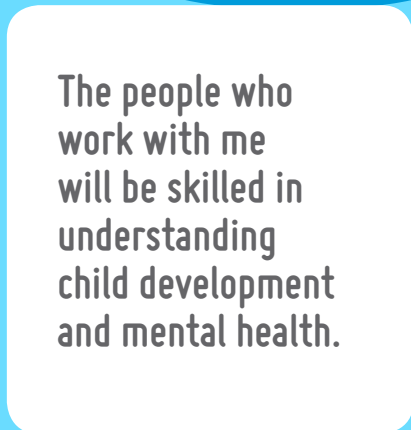
If I'm facing a crisis, I'll get the right care, when I need it, and as close to my home as possible.



I'll know what's going to happen, why and who's going to be involved with the care I receive.



I'll get the support I need, when I need it.



The people who work with me will be skilled in understanding child development and mental health.



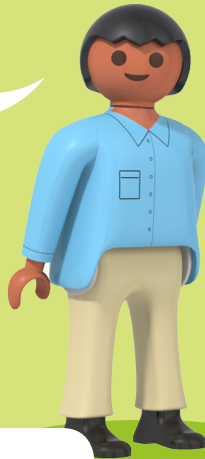
WHAT WILL THE PROGRAMME ACHIEVE?

What parents say about teachers and mental health:



They are not mental kids, but young people who have mental health difficulties and they need our support. I don't think some teachers always understand it, how it impacts on their school work and their behaviour, my child suffers with anxiety, but it can be like talking to the wall with some, others do understand it.

Teachers should all be allowed to do some of the training on mental health.



There is a need to work with teachers and education, so they can understand the impact of mental health.



Parents and carers will have access to services that help them support children and young people in the early stages of recognising mental health problems.

Vulnerable children and young people who need support the most will get the care they need.

People will be more aware of mental health. There'll be less fear, stigma and discrimination.



LOCAL TRANSFORMATION PLANS FOR CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING — NHS ENGLAND

As part of a five-year plan to improve mental health support for children and young people nationally, the Government has allocated additional money to support our local plans in Liverpool.

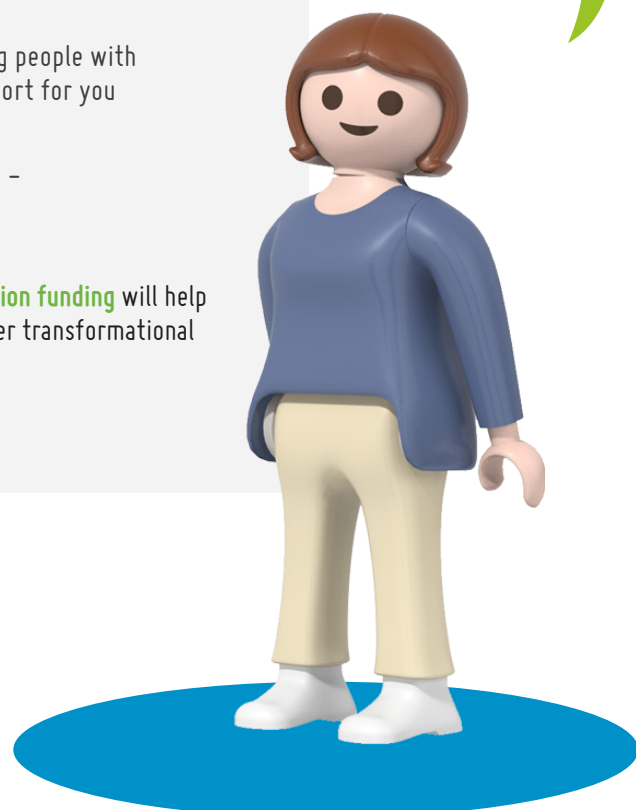
We asked you, your families and wider professionals – to tell us about the areas of support you wanted to improve. You told us you wanted:

- **Better promotion of mental health** – we'll be including campaigns to promote good mental health, help you develop resilience, help you to self-care as well as reducing stigma. This will be done through activities such as mental health workshops in schools, peer mentoring and through using social media and technology.
- **Improved training** – we'll be delivering more mental health awareness training for schools, GPs, youth workers and other professionals working with you, to help them understand the importance of mental health and the impact this can have if you're not supported. This includes emotional wellbeing as well as the impact on learning and quality of life.
- **More therapy based support for all primary schools in Liverpool** – our 'Seedlings Programme' will support you, your teachers and families in improving your mental health and emotional wellbeing. Senior schools are not forgotten either, we are already providing lots of support to them as well.
- **Mental health hubs** – these one-stop-shops within your communities will welcome you and your families to drop in for information, advice and guidance. The services available through these hubs aim to educate people around mental and different symptoms through family programmes, peer mentoring, therapeutic support.
- **We will provide more therapy** for you – children and young people with neurodevelopmental conditions – through advice and support for you and your families.
- **We will provide specialist eating disorder services** for you – the children and young people up to the age of 18 years.

We are already doing a lot of this, and more, but the **transformation funding** will help us to deliver the above support over the next five years. The wider transformational plan can be viewed here:

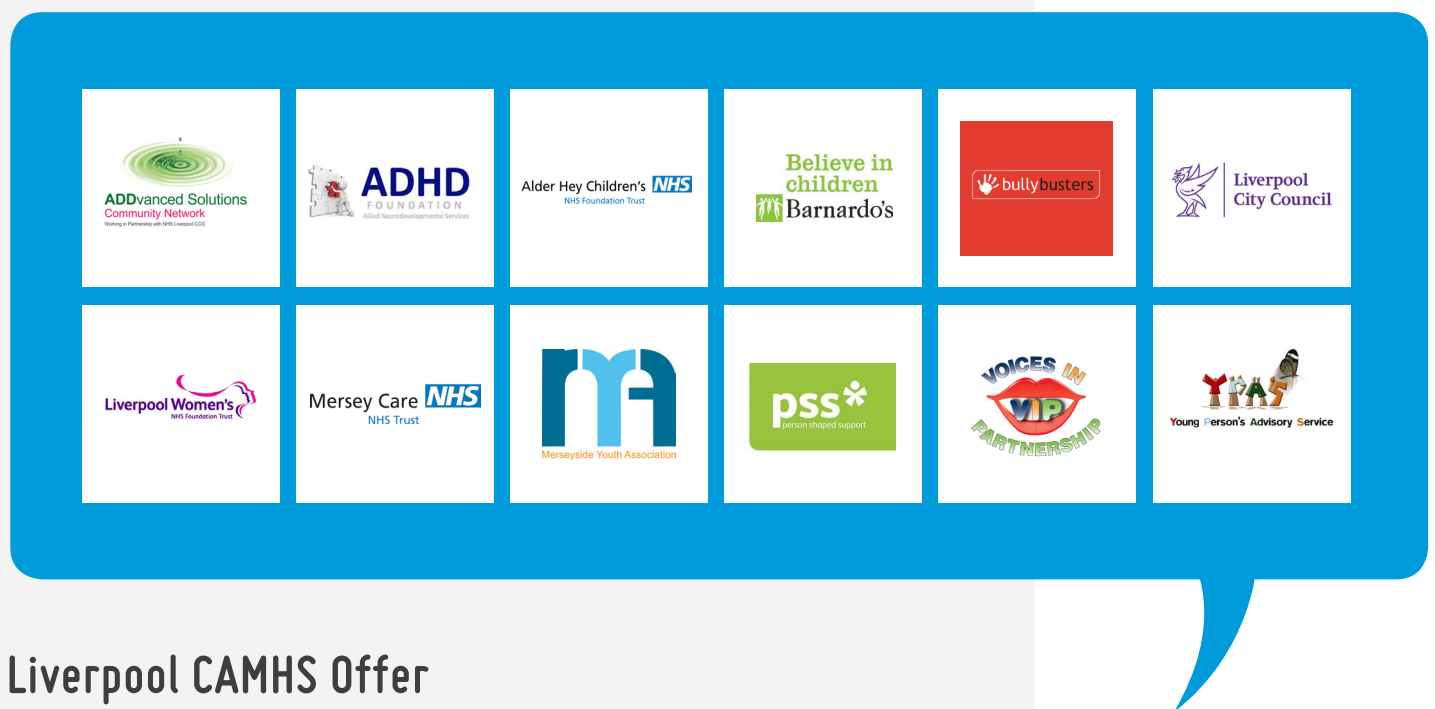
We can improve the mental health of children, young people and their families by having more social clubs, hobbies that promote positive mental health, more relaxation sessions/activities and more social groups to promote confidence, self esteem. Not everyone likes social groups so it's great that 1-1 support that is available too.

Young person, YPAS



HOW ARE WE GOING TO ACHIEVE THIS?

Working in partnership with the following organisations, together we're delivering the **Liverpool Child Adolescent Mental Health Services (CAMHS) Offer**.



Liverpool CAMHS Offer

Working together, we will promote and respond to the mental health and emotional wellbeing needs of you – the children and young people – and your families/carers. We will work with families and professionals to develop their skills and strengths to manage children and young people's distress and the impact of this on you and your family.

Working with you, we will improve access to services within your local communities that provide vital support to build resilience, as well as offering help and intervention, enabling you to thrive.

For more information on the CAMHS Offer visit www.liverpoolcamhsfyi.com



IS IT PART OF THE HEALTHY LIVERPOOL PROGRAMME?

Yes it is. The Healthy Liverpool programme aims to transform health and care services throughout the city by 2020, this means we will be:

- Putting you and your families at the heart of everything we do.
- Encouraging everyone who has responsibility for your wellbeing to work together to deliver consistent care, regardless of who it's delivered by or where it's delivered – at home, in your communities, or in hospital.
- Making sure teachers, social services and health professionals work together to support your health and wellbeing which at times can be quite complicated.

But it's not just professionals, we want you and your families, to be involved – everyone is responsible for transforming the services that are there to support you.



IS IT PART OF THE HEALTHY LIVERPOOL PROGRAMME?

The Liverpool Mental Health and Emotional Wellbeing Partnership Board aims to deliver care for you – the children and young people – and your families – that support the following principles:

BUILDING RESILIENCE

Resilience is about the ability to cope with what life throws at you. When you get knocked down, get back up, dust yourself off and come back again.

CARE AIMS APPROACH

It's my job to make sure you're safe and that any decisions about your care are explained well. I will also support you to manage your own health and wellbeing.

WORKING WITHIN A WHOLE FAMILY FRAMEWORK

Mental health and emotional wellbeing support should be available for the whole family.

SAFEGUARDING

Everyone has a responsibility to make sure I am safe, and we all have a part to play in this.

UN CONVENTION ON THE RIGHTS OF THE CHILD (UNCRC)

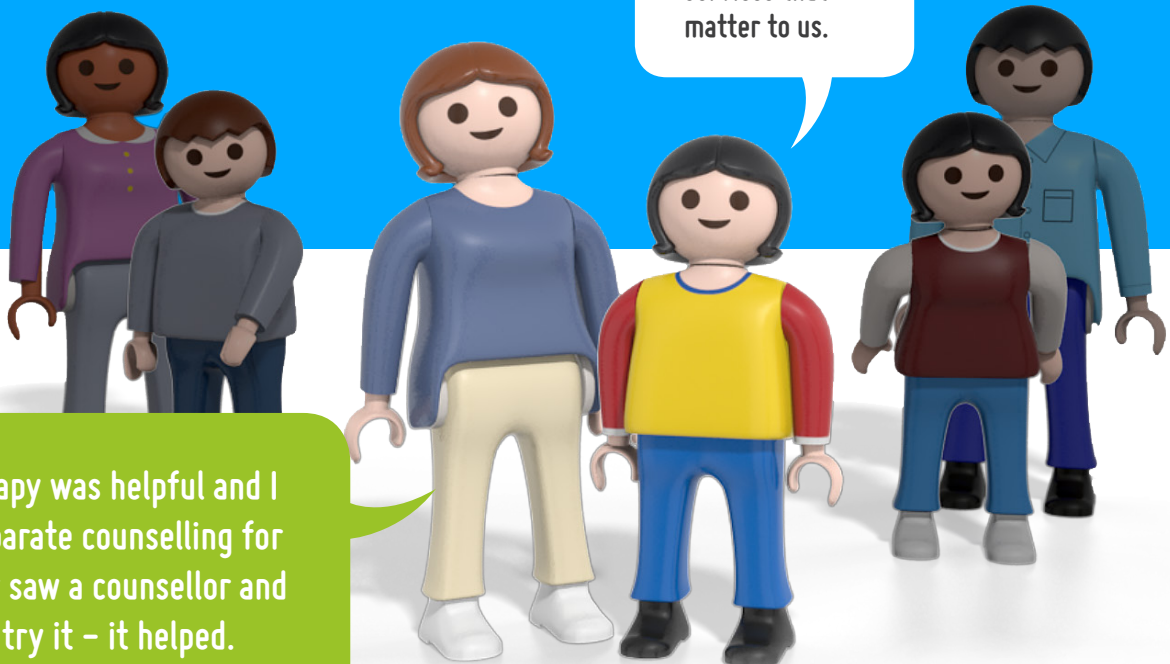
This helps give me protection, promotes my wellbeing and allows me to have a voice.

EQUALITIES

Our differences will be recognised and respected. There will be places where we can go and be accepted and supported.

SOCIAL VALUE

We have a voice to influence the services that matter to us.



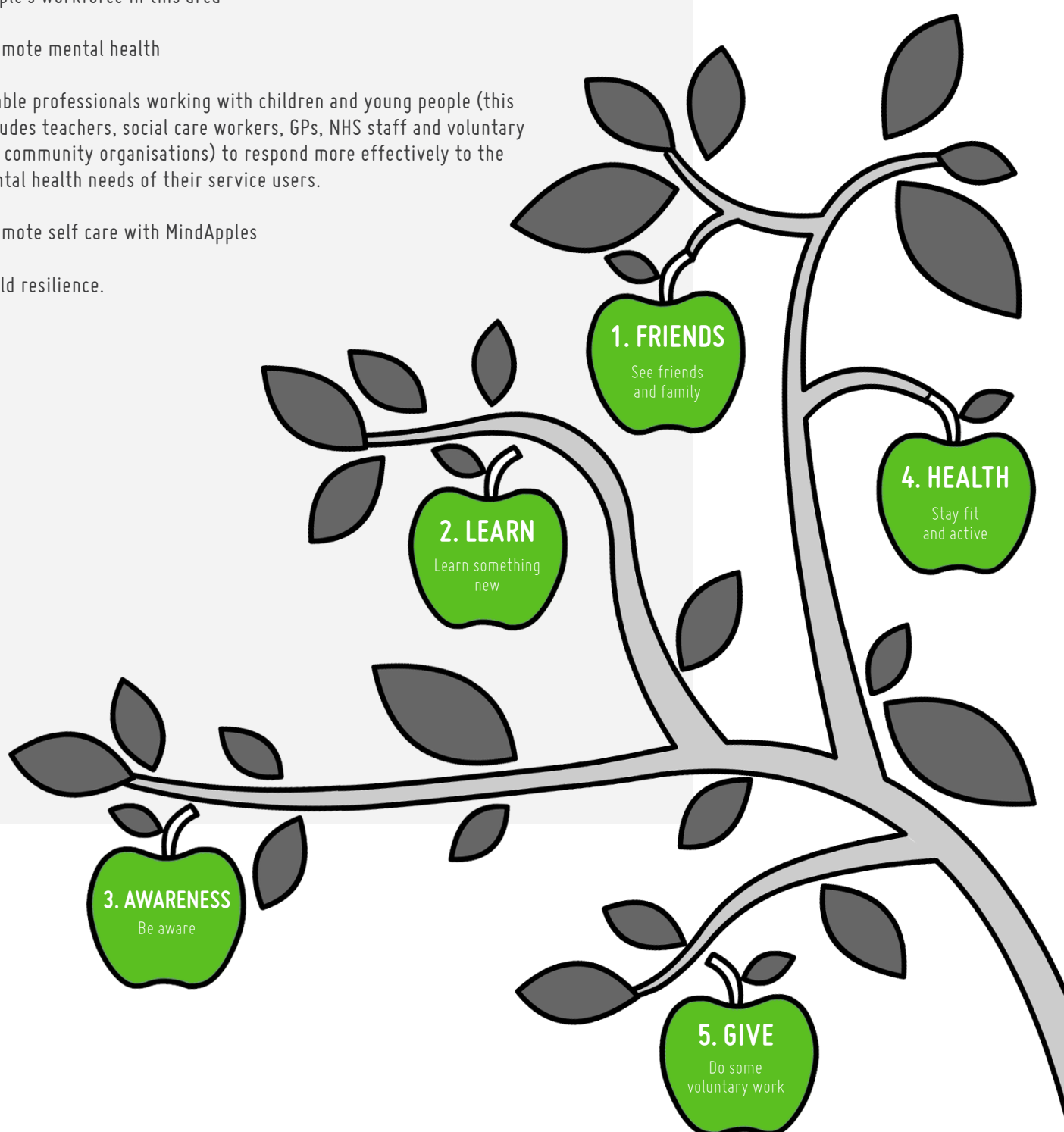
Family therapy was helpful and I also got separate counselling for me. My boy saw a counsellor and I wanted to try it – it helped.

Parent

PROMOTING SELF CARE – MINDAPPLES

MindApples is a 5-a-day for your mind concept that aims to:

- Raise awareness that mental health is everyone's business
- Increase the knowledge and skills of children and young people's workforce in this area
- Promote mental health
- Enable professionals working with children and young people (this includes teachers, social care workers, GPs, NHS staff and voluntary and community organisations) to respond more effectively to the mental health needs of their service users.
- Promote self care with MindApples
- Build resilience.



HOW WILL WE KNOW WE ARE ON THE RIGHT PATH?

Engaging with stakeholders and partners

As this work happens we will continue to develop the CAMHS Offer to work with professionals, parents, carers, as well as you – the children and young people – gaining valuable feedback on the programme, how it's delivered and perhaps it can be improved. This continuous review process will identify and shape any future changes of the CAMHS offer.

The Children and Young People's Mental Health and Emotional Wellbeing Partnership Board is made up of different organisations. Together they are all accountable to the Health and Wellbeing Board through the Children's Trust Board, whilst also being a priority for the Healthy Liverpool Children's Integrated Care Programme.

We will be checking the success of the programme by regularly reviewing these key areas:

- **Activity and engagement**

For example, we will review; how many referrals have been made; waiting times; how many children and young people have been admitted to A&E and; how many people have taken part in our participation activities.

- **Outcomes**

Working with you, your families and professionals we'll measure the effectiveness and the impact of the programme, including how these services have resulted in positive changes.

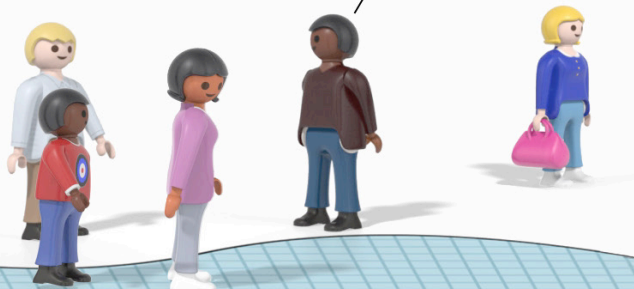
- **Service quality**

Most importantly, we will engage with you to monitor:

- The quality of these services
- Your experiences of specific services; and
- Service satisfaction and the number of complaints we receive.

During 2017 we will work with you – the children and young people – your parents, carers and professionals throughout the city to ensure we are on the right path and to identify what more we need to deliver change for you.

Occupational
Therapist



USEFUL LINKS

Liverpool CAMHS FYI

www.Liverpoolcamhsfyi.com

A partnership of providers specialising in children and young people's mental health wellbeing; we deliver accessible support to children, young people and their families, whilst working with professionals to reduce the range of mental health issues through prevention, intervention, training and participation.

YoungMinds

www.youngminds.org.uk

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice.

CAMHS Offer partners

www.ypas.org.uk

Young Persons Advisory Service (YPAS) is a voluntary organisation supporting children and young people

www.advancedsolutions.co.uk

Community based learning, coaching and mentoring programmes and health, wellbeing and enrichment activities for families living with Neurodevelopmental conditions.

www.bullybusters.org.uk

An anti bullying initiative providing training and awareness sessions for young people, children, professionals, Governors and parents or carer's.

www.mya.org.uk

MYA's participation worker plays a co-ordinating role in the development of participation within the Liverpool CAMHS Partnership.

www.freshcamhs.org

Liverpool Specialist Child and Adolescent Mental Health Service (Fresh CAMHS) is a community based specialist mental health and emotional well-being service for children/ young people (aged 0-18) and their families/ carers who are struggling with how they are feeling, thinking or the way they are doing things. They especially help those whose difficulties are getting in the way of being able to manage everyday life and relationships.

www.barnardos.org.uk/youngcarersnorthwest

Barnardo's Action with Young Carers Service supports young carers living in Liverpool and Wirral. Young carers are children and young people under the age of 18 years who provide care to another family member who has a physical illness/

disability including mental ill health, sensory disability or has a problematic use of drugs or alcohol.

www.adhdfoundation.org.uk

The ADHD Foundations work in partnership with those living with ADHD, enabling them understand and manage ADHD.

www.psspeople.com

A specialist psychological therapy service working with trauma and recovery. The aim of the service is to improve the mental and emotional well being of migrant and refugee Children and Young People, as well as those with linguistic, cultural or religious difference.

www.merseycare.nhs.uk

Mersey Care provides specialist community and hospital based mental health services to people in Liverpool.

www.talkliverpool.nhs.uk

Provides psychological treatments, sometimes called talking therapies or IAPT, to help people who have common mental health problems aged 16 or over who are registered with a Liverpool GP.

www.livpip.org.uk

LivPip is a service for parents-to-be and parents of babies up to two years of age. It is run through PIP (UK) and Liverpool Clinical Commissioning Group.

DOCUMENTS:

Future in Mind

www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

Transformational plan

www.liverpoolccg.nhs.uk/media/1087/liverpoolcamhstransformationalplan.pdf

Alternative formats available on request.

CONTACT:

NHS Liverpool Clinical Commissioning Group
3rd Floor
The Department
2 Renshaw Street
Liverpool
L1 2SA

Telephone: 0151 2967415