



**Sector Connector, Foundations for our Future 22nd March 2022
4.00-5.30pm, online**

Children and Young Peoples Mental Health and Wellbeing

David Liley, Healthwatch Chaired the event.

Presentation: Simone Button, Programme Director, Foundations for our Future
See presentation slides for further information

Aims of presentation:

Foundations for our Future programme detailing scope of the review. Themes & recs that came out of the review and progress against these. Work undertaken to develop an emotional wellbeing and m h strategy for Sussex, one of the key recs.

Pan-Sussex review commissioned by separate CCGs and Sussex Partnership NHS Foundation Trust, Sussex-wide Mental Health & learning disabilities Trust. Surveys, focus groups. Report published March 2020 (to be attached) but delayed due to pandemic.

2-year implementation plan, 20 recommendations around themes:

- Radical re-design of the service model with more effective pathways; improved access and better outcomes
- Focused investment on priorities and outcomes, for the best for children and young people
- Improved effective partnership working, a joined-up system and the implementation being “everybody’s business”.
- Listening, co-production and co-design with young people and their families
- Co-ordinated strategic commissioning and capable leadership to drive improvement
- Strategic outcomes framework linked to return on investment - what are the outcomes we are looking for and how are we spending our money
- Simple provision map to ease navigation for young people, families, and referrers to get help easily and quickly
- Level of investment to reflect and meet local need, not just Sussex-wide, ensuring even spread throughout the county and better balance for all services.
- Accurate available data from whole system
- Workforce challenges to be addressed - ensuring enough of the right staff to support children & young people including training and recruitment & retention.

Simone focussed on the following recommendations for implementation (see slide 4)

Rec 20 - Establish a forum or group to take this work forward.

Rec 11 - Single Point of Access - all referrals or requests for support, go to one place and then directed to the right place. East Sussex have this, but B&H & W Sussex need to develop.

Rec 6 - Strategic plan for children & young people emotional health, wellbeing & mental health across Sussex

- Interface with other strategies for example, the physical health strategy e.g., eating disorders so that young people suffering from this can be met with a coordinated strategy.

(See Slide 5)

Developing resilience in young people. Prevention in avoiding C&YP developing issues. Support for transition periods, in particular to adult services.

How prevent MH and promote good health; how we want to work; how we improve support provided.

(See Slide 6)

Thrive framework - nationally recognised.

Presentation by Ed Peasgood, Amy Broadbent and Josh Arnold-Jenkins, Youth Representatives, Foundations for our Future

Josh - work done so far:

- Worked with several youth groups to engage young people - what YP want, how they want it to be accessed, how to engage with information and how to bring info to others.
- Reduce system speak and make language accessible.
- Co-production with young people to shape services we will use

Ed - National Youth Work Curriculum - when we involve children and young people, need to think about the following as well as the health need: social benefits, friends they will make and learning gained e.g. paid work experience and building career prospects.

Amy - young people's voices need to be present on all Boards, to ensure their input feeds in at every level.

Natasha Cummings, CYP MHEW Participation Lead, Sussex NHS Commissioners clarified that "children and young people" are considered to be up to 25 years old. Also, that it is important to ensure the gaps are filled to get full representation of CYP at every level.

Ed - physical as well as emotional health should be coordinated.

Questions - David took questions from the chat.

Q1: Why are there no Mental Health Support Teams attached to colleges, when these are available to schools? Especially so, given the large volume of young people being served by colleges?

In the fullness of time, they should be available to colleges as well. Simone followed-up on this following this meeting. Mental Health Support Teams do work with colleges.

Q2: There appears to be a gap in terms of the strategy in terms of Child Criminal Exploitation.

I've made a note to take this back to the strategy group. Certainly an issue to be covered under prevention.

Q3: Really pleased to see Trauma and Experience of being a looked after child has been acknowledged as a predisposing risk. But it isn't clear as to how this is addressed specifically in the strategic delivery - is there additional work around this to address the inequality of well-being and mental health outcomes?

The action areas described in the strategy will include focus on trauma and children who are looked after. Expectation is that there will be a Sussex-wide group, some of it will be delivered differently locally.

Local implementation groups are as follows - and they can be contacted if people would like to get involved:

East Sussex - Louise Carter: Louise.Carter@eastsussex.gov.uk

Brighton - Lizzie Izzard: Lizzie.Izzard@nhs.net

West Sussex - Lucy Butler: Lucy.butler@westsussex.gove.uk

Q4: Acronyms to be explained - PPI

Patient and Public Involvement

Q5: How does the priority of Early Help and access align with the closure/reduction of Early Help and Find it Out Centres across West Sussex?

Addressed in West Sussex breakaway group (see separate notes)

Q6: Can the concern of criminal exploitation backgrounds with an underlying mental health issue, be identified within the concerns of the strategy too?

This was noted by the speakers to take back to the strategy groups.

Breakout groups - Brighton & Hove

Questions asked were as follows - the discussion provided answers that overlapped both of these:

Breakout Q1. How can the strategy be taken forward locally, what are the barriers and what are the opportunities?

Breakout Q2. How can we embed children's co-production and co-design into the strategy implementation?

- Local mental health and partnership groups are there to steer implementation of the strategy
- Voluntary organisations can engage - let Simone and Josh Arnold-Jenkins with any ideas as to how you would like to do this, and they can feed upwards.
- Strategy needs to be flexible to individual services.
- Use the networks of Community Works and Healthwatch to connect with voluntary organisations.
- Young people from diverse backgrounds to input into strategy and within a safe place.
- Be aware of the potential lack of trust by young people, due to time it takes to get things started.
- Effect from Covid - greater demand on system, needs to be included in strategy.
- Goals and outcomes will be different to each individual and one person's wellbeing will not be the same as for another person. Constant dialogue with young people to ensure that goals are flexible and cultural barriers are appreciated.
- Danger of putting money into specialist services only, rather than early prevention and resilience.
- Environmental providers linking up with youth support providers - encouraging natural space usage (free and healthy!)
- Linking up between (cascading information between) the strategy, mental health services, and young people's organisations.
- Meaningful information to provide young people.
- Getting out there and meeting young people in their environment.
- Families and friends of young people should also be part of the framework (not just layered on the top) and then friends and family members should be involved in the implementation - a cultural difference between a professional and a parent. Amaze and Community works can help with this.
- Give Young people access to meetings like these.
- Young people *choosing* the strategies not simply *being provided* to them. Working with them.
- Connections between Sussex Partnership Foundation Trust and Foundations for our Future.

- Strong communication strategy, the infographic, fleshing it out with young people to ensure they understand what “a single point of access means”.
- Place-based as well as digital-based access to be made available.
- Learning disabilities and neuro-diverse young people will have different perspectives and keeping things clear and chunking up to make more accessible.
- Ask system designers and implementers to sign up to agreeing that young people should be involved where any major change to services is likely to take place.