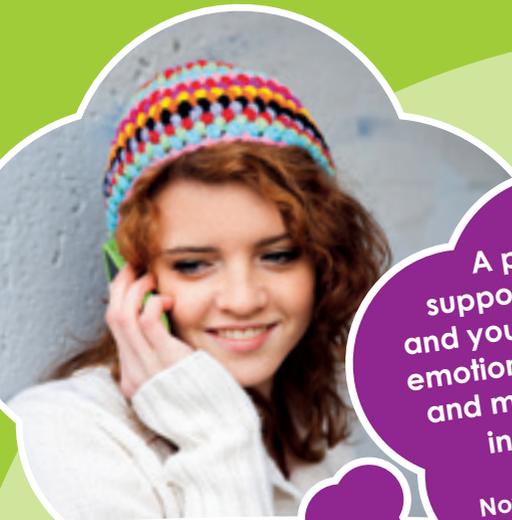




Healthy Mind Healthy Life

onyourmind.org.uk



A plan to
support children
and young people's
emotional wellbeing
and mental health
in Wiltshire
Updated
November 2016

Our Vision

This is a plan that identifies the emotional and mental health needs of children and young in Wiltshire and explains what we will do to address them.

“For Wiltshire’s children and young people to have opportunities to thrive and enjoy good mental health now and throughout their lifetimes. We want children and young people to be able to bounce back when life gets tough.

When they need more help with how they are feeling we want to be sure that they know where to go so that they get back to good mental health and well-being quickly.”

Wiltshire Children and Young People’s Trust

(A partnership from across education, health, social care, the voluntary and community sector, the police, probation, children, young people, parents and carers)

Key achievements

We have:

- Recruited additional therapists meaning that 2,700 children and young people got help last year and that waiting times are improving.
- Established 6 Thrive Hub secondary schools in which CAMHS workers are located.
- Launched Kooth online counselling for teenagers. 196 young people registered for the service in the first three months, accessing 133 chat sessions and 448 support messages. 98% of those young people say it’s good.
- Launched a better eating disorder service where 79% of routine cases are receiving treatment within 4 weeks. 75% of urgent cases are receiving treatment within 1 week.
- Launched the OnYourMind website, which makes it easier to get the right help at the right time for emotional wellbeing and mental health needs.
- Offered more face-to-face counselling, reaching 695 children and young people with almost 4,000 hours of provision.
- Recruited CAMHS therapists to work alongside staff in Wiltshire Council to provide early help.
- Trained more staff to deliver mental health first aid training to professionals.
- Created a ‘What’s Worrying You?’ leaflet and poster for all secondary schools, GP surgeries and hospitals, signposting children, young people, parents/carers and professionals to national sources of information and support.
- Embedded a CAMHS therapist in our Multi-Agency Safeguarding Hub (MASH) to ensure faster access to CAMHS for those children and young people who are in crisis.
- Trained professionals from health, education and social care to provide parenting courses for parents and carers of teenagers with emotional wellbeing and mental health problems.
- Increased the number of Healthy Schools to over 100 - www.wiltshirehealthyschools.org
- Trained schools to develop in-house peer mentoring programmes for pupils.
- Established a volunteer mentoring scheme across 12 primary schools to build resilience and overcome emerging social, emotional and mental health difficulties in 8-11 year olds.
- Designed and launched an Anti-Bullying Charter with young people which sets out a local approach to preventing and tackling bullying.



Achieving the vision

Since 2015 NHS England has increased funding in Wiltshire to develop better mental health services for children and young people. In 2016/17 Wiltshire's Clinical Commissioning Group received £245k for eating disorders and £973k for early intervention.

By delivering this plan, we want children and young people to be able to say...

- I am supported to live healthily
- I am respected, listened to and involved
- I am supported to live independently
- I receive care and support tailored to my individual needs
- I have an excellent experience from the services I receive
- I understand what support is available and services are accountable to me
- I am kept safe from avoidable harm

What have Wiltshire's young people told us?

- **Earlier** help will give us good coping skills and support when we first need it.
- Access to high quality support and treatment should be **simple** and easy to access.
- Those who need help the most should be **supported when they move** between schools or years.
- Services must be designed to **meet individual needs**.

We know that demand is rising ... because there are more children and young people requesting mental health support through local services.

"Information about local support and services and how this can be accessed should be improved"

"Tackle stigma and discrimination"

"More help could be given to help children and young people build their self-esteem and confidence"

"Help and support should be easier to access, as close to home as possible"

"Better mental health awareness, education and support are needed in schools"

Objectives

Objective 1

Promote good mental health, build resilience and identify and address emerging mental health problems early on.

Objective 2

Provide children, young people and families with simple and fast access to high quality support and treatment they need.

Objective 3

Improve care and support for the most vulnerable and disadvantaged children by closing critical service gaps, improving support at key transitions and tailoring services to meet their needs.

These activities will be paid for using the new NHS England money and will support existing services, training and resources that are in place to support children and young people's emotional wellbeing and mental health.



Over the last year children and young people have been involved in the work of the transformation plan in the following ways:



- Participated in a workshop to inform the development of the local health needs assessment for children and young people's emotional wellbeing and mental health.
- Taken part in a discussion with local leaders about how best to tackle and prevent bullying which informed the development of the Anti-Bullying Charter launched in November 2016.
- Worked with professionals to design and launch a 'What's Worrying You?' leaflet and poster which provides useful information to young people, parents/carers and professionals about nationally available services.
- Invited and held to account the lead commissioner for children and young people's mental health and wellbeing at a Wiltshire Assembly of Youth event.



Key priorities for 2017

More prevention and early intervention

- Expanding the number of Thrive Hubs from six to twelve secondary schools in areas of greatest need.
- Continuing to invest in CAMHS learning disability support.
- Bringing together an offer of mentoring and befriending support for children and young people with a focus on those considered to be at higher risk of developing emotional wellbeing and mental health problems.
- Providing improved information and help for parents.
- Putting more support in place for children and young people who have autism and those who have experienced domestic abuse.

Improved access – the right type, at the right time, in the right way

- Enhancing digital services including the OnYourMind website to provide easier access to the right help.
- Using social media to raise awareness and tackle stigma and discrimination.
- Enhancing Primary CAMHS services to provide improved access to the right support for children and young people, including provision of online and face-to-face counselling.
- Rolling out self- and online referral to CAMHS across the whole county.
- Putting CAMHS in Accident and Emergency departments.
- Improving our eating disorder service.
- Getting help right for those children and young people who are the most vulnerable in our communities.

Collaborative service delivery

- Developing a new integrated CAMHS service to include the removal of tiers and help closer working across children's services.
- Developing a plan with NHS England to help reduce hospital admissions and time spent in hospital.
- Improve the skills of those who work with children and young people.

How will we know what's working?

To make sure that we are getting it right for children, young people and their families, we will score results and track progress regularly.

We will also:

- Publish this plan on local websites including the Clinical Commissioning Group, Local Authority and Wiltshire Children and Young People's Trust.
- Continue to produce services with key stakeholders on the ongoing development, delivery and review of this plan.
- Publish an annual report on child and youth mental health, setting out main achievements, areas for improvement and required action.
- Ask all those organisations delivering mental health and wellbeing services to publish plans for improvement each year.
- Improve the involvement of children, young people and families in the way that we identify, buy and review services.

For further information about this plan and the services that are being developed and delivered please email:
childrenstrust@wiltshire.gov.uk