

<b>OUTCOMES</b> <b>Overall System Outcome: Increase young people's resilience</b>	<b>What do local young people and families believe is needed to achieve the outcomes?</b>			<b>Appendix 1</b>
<b>To deliver this outcome, the MH services we deliver to children and young people (CYP) will:</b>	<b>Prevention and Promotion</b>	<b>Early help and intervention</b>	<b>Specialist Support</b>	
<b>Promote positive mental health and increased resilience amongst all children and young people</b> Children and Young People will: <ol style="list-style-type: none"> <li>1. Feel good about themselves</li> <li>2. Have ambitions &amp; aspirations</li> <li>3. Feel in control</li> <li>4. Have positive relationships</li> <li>5. Feel supported</li> <li>6. Feel life has purpose</li> </ol>	<ul style="list-style-type: none"> <li>• Training and support for staff in schools and other universal services to understand how resilience can be promoted and know how to identify risk factors associated with developing it</li> <li>• Promotion of young people's involvement in positive activities including local youth services</li> <li>• Stigma reduction via targeted approaches within settings</li> <li>• Via schools young people receive training in stress management</li> </ul>	<ul style="list-style-type: none"> <li>• Training across universal workforce so staff can identify and refer families and young people for support</li> <li>• Staff in targeted services such as youth services (especially those for vulnerable groups) provided with resilience &amp; mental health training</li> </ul>	<ul style="list-style-type: none"> <li>• Advice and guidance from CAMHS staff to universal services to increase staff confidence and capacity to support a child effectively</li> </ul>	
<b>Identify and treat children &amp; young people's mental health needs earlier</b> Children and Young People will: <ol style="list-style-type: none"> <li>7. Know where to go for help</li> <li>8. Understand how to improve their mental health</li> <li>9. Have better coping skills</li> </ol>	<ul style="list-style-type: none"> <li>• Schools and other universal services like youth services inform young people about looking after their mental health and how to access support if they need it</li> <li>• Digital platforms used to give young people information so they can recognise when they need help and where to get it</li> </ul>	<ul style="list-style-type: none"> <li>• Holistic assessment that looks at every aspect of the young person's life</li> <li>• Information shared between services young people are using</li> <li>• Shorter waiting time for LAC and other high risk and vulnerable groups</li> </ul>	<ul style="list-style-type: none"> <li>• CAMHS services are available in a variety of community settings that young people already access such as schools and youth services</li> <li>• CAMHS appointments offered at times that fit young people's lives</li> <li>• Use of digital platforms including apps and texting to engage young people with services for example through appointment reminders</li> </ul>	
<b>Provide quality mental health services that meet the priorities and standards set by young people and their families</b> Children and young people will: <ol style="list-style-type: none"> <li>10. Be able to manage their future mental health needs</li> <li>11. Understand the mental health issues they are facing</li> </ol>	<b>Participation</b> <ul style="list-style-type: none"> <li>• Training for CAMHS staff in shared decision making in CAMHS</li> <li>• Participation strategy implemented within CAMHS</li> <li>• Use of Routine Outcomes Measures within CAMHS (including young people self-completion)</li> <li>• All young people help write their own care plan</li> <li>• Young people co-design services</li> <li>• Peer support programmes for service users</li> </ul>		<b>Service Delivery</b> <ul style="list-style-type: none"> <li>• Crisis is responded to quickly (within 24 hrs) and jointly where more than one service is involved (including school involvement)</li> <li>• Stepped care model, to ensure young people can access the lowest appropriate level of support in the first instance, and support while they are waiting.</li> <li>• Meeting of service standards (e.g. 'Delivering with, delivering well', ACE-V. QNCC, etc)</li> <li>• Opening times that suit young people and families in locations where young people go</li> <li>• Young people on waiting list get some kind of support whilst waiting, preferably in schools or through a community service like a youth group</li> <li>• Services look and feel youth-friendly and are non-clinical</li> <li>• All staff are welcoming and friendly; have a participative approach to working with young people and families</li> </ul>	
<b>Support young people up to the age of 25 and provide support during transition</b>	<ul style="list-style-type: none"> <li>• Involvement of all services supporting the young person during transition planning e.g. social services; housing, schools etc.</li> <li>• Sign posting to full range of organisations and community groups in the voluntary and community sector</li> </ul>	<ul style="list-style-type: none"> <li>• For high risk groups particularly – transition planning starts earlier and involves a range of services</li> </ul>	<ul style="list-style-type: none"> <li>• Age appropriate mental health services are available to young people aged 18-25</li> <li>• Peer support programmes are available to young people during the transition period</li> <li>• Young people maintain a consistent relationship with a member of staff during the transition period</li> </ul>	
<b>Enable parents and carers and other family members to support children and young people's mental health</b> <b>Children &amp; young people will:</b> <ol style="list-style-type: none"> <li>12. Feel that their family have a better understanding of their mental health needs</li> </ol>	<ul style="list-style-type: none"> <li>• Parents can access information about looking after their child's mental health and accessing help through:               <ul style="list-style-type: none"> <li>○ Universal services including early years services; schools and GPs</li> <li>○ Digital platforms</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Parents can access training to help them look after their child's mental health and recognise when their child might need more support. The training provides information about children from 0-25 years</li> </ul>	<ul style="list-style-type: none"> <li>• Parents get help to manage and support when their child is using mental health services</li> <li>• Parents and carers co-design services</li> <li>• Families have at least one consistent worker during their time with services</li> </ul>	
<b>Ensure that the most vulnerable young people are supported to improve their mental health</b>	<ul style="list-style-type: none"> <li>• Vulnerable CYP identified in universal settings and provided with better preventative support and resilience building activities</li> <li>• Training for staff working with vulnerable groups around mental health and accessing support (including Police)</li> <li>• Targeted youth provision for disadvantaged young people at greater risk of mental illness</li> </ul>	<ul style="list-style-type: none"> <li>• Disadvantaged young people informed about looking after their mental health and accessing support through services they access such as children in care councils; YOTs etc.</li> <li>• Information sharing (within permitted boundaries) between all services working with vulnerable children</li> <li>• Further work to identify vulnerable groups</li> </ul>	<ul style="list-style-type: none"> <li>• CAMHS is part of a coordinated system with integration between all the services supporting vulnerable children</li> </ul>	

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