

Appendix 3 Coventry and Warwickshire Children and Young People’s Mental Health Services – Outcomes Framework V4.0

<p>High Level OUTCOMES Overall System Outcome: Increase young people’s resilience</p> <p>To deliver this outcome, the MH services we deliver to children and young people (CYP) will:</p>	<p>Sub-Outcomes</p>	<p>References</p>
<p>1. Promote positive mental health and increased resilience amongst all children and young people</p> <p>Children and Young People will:</p> <ol style="list-style-type: none"> 1. Feel good about themselves 2. Have ambitions & aspirations 3. Feel in control 4. Have positive relationships 5. Feel supported 6. Feel life has purpose 	<p>1.1 All Children and young people have the opportunity to have the best emotional well-being and mental health, and to build resilience through-out their daily lives, especially within the school context, but also across all contexts of their lives.</p> <p>1.2 Children and young people feel supported by the people around them, including professionals, their families and their peers, in order to develop their own resilience and have positive mental health.</p> <p>1.3 Children and their families’ report that they are able to develop and maintain positive emotional and mental well-being, including through sensitive parenting and support for children’s developmental needs.</p> <p>1.4 Children and young people will demonstrate an increase their emotional well-being and in their understanding of mental health, demonstrated by a reduction in stigma and discrimination.</p> <p>1.5 Children and young people have developed an improved understanding of their own emotional well-being and mental health, and can identify when they need support that meets their needs.</p> <p>1.6 Children and young people are supported to achieve and maintain healthy lifestyles, and both their physical and mental health is considered and supported on an equal basis, in order for them to achieve healthier and more fulfilling lives.</p> <p>1.7 Children and young people have access to support that has a focus on prevention, early intervention and recovery enabling them to optimise their own potential, and to reduce the impact of mental health needs across their lifespan.</p> <p>1.8 Children, young people and parents have opportunities to discuss concerns about emotional well-being and mental health</p>	<p>No Health without Mental Health.</p> <p>Report of the children and young people’s health outcomes forum.</p> <p>Future in Mind; Report of the Children and young people’s health outcomes forum.</p> <p>No Health without Mental Health; Public Health Outcomes Framework.</p> <p>Future in Mind; No Health without Mental Health; Public Health Outcomes Framework; NHS Outcomes Framework.</p> <p>Coventry and Warwickshire Outcomes Group; Future in Mind.</p> <p>Future in Mind; Counselling in schools guidance (DfE)</p> <p>Future in Mind</p>

Appendix 3 Coventry and Warwickshire Children and Young People’s Mental Health Services – Outcomes Framework V4.0

	<p>when they need to, with a professional of their choice, who is informed about mental health.</p>	
<p>2. Identify and treat children & young people’s mental health needs earlier Children and Young People will:</p> <ol style="list-style-type: none"> 1. Know where to go for help 2. Understand how to improve their mental health 3. Have better coping skills 	<p>2.1 A culture of effective co-production with children, young people and their families is embedded within services, to ensure that they are responsive to their needs and provided in an environment that encourages their participation.</p> <p>2.2 Children, young people and their families are able to access co-produced quality information, and support, through a range of media and technology, to help them understand and identify their mental health needs. This should include resources on prevention and resilience, as well as strategies for coping with self-harm and eating disorders.</p> <p>2.3 Services available to help with mental health issues have clear, user-friendly websites and information so that children, young people and their families know where to go for help and what to expect.</p> <p>2.4 Children and young people are supported through a range of evidence based self-care materials, and therapeutic interventions that are accessible early in the emergence of their mental health problems, to enable them to continue to improve their mental health and coping skills through-out their lifespan.</p> <p>2.5 Improved engagement of schools and early years services in order to enable and develop a culture of supporting children and young people with their emotional wellbeing and mental health, taking a life-span approach.</p> <p>2.6 Robust and co-ordinated working across primary health care services (Health Visitors, School Nurses, GPs etc) ensures timely and informed prevention and early intervention support for children and young people, with clear referral routes and links to more specialist services when required.</p> <p>2.6 Staff in universal services are skilled, effective, and competent, and are supported to identify mental health needs early and to respond and provide support appropriately.</p>	<p>Future in Mind; Delivering With Delivering Well (NHS England).</p> <p>Future in Mind; Access and Waiting Time Standard for Children and Young People with an Eating Disorder (NHS England).</p> <p>Future in Mind.</p> <p>Future in Mind; Model specification for Child and Adolescent Mental Health Services: Targeted and Specialist levels (Tier2/3) (NHS England)</p> <p>Future in Mind; Counselling in Schools Guidance</p> <p>Coventry and Warwickshire Outcomes and Specification Group; Future in Mind.</p> <p>Future in Mind; No Health without Mental Health; Delivering with Delivering Well; Model Specification for CAMHS Tier2/3</p>

Appendix 3 Coventry and Warwickshire Children and Young People’s Mental Health Services – Outcomes Framework V4.0

<p>3. Provide quality mental health services that meet the priorities and standards set by young people and their families</p> <p>Children and young people will:</p> <ol style="list-style-type: none"> 4. Be able to manage their future mental health needs 5. Understand the mental health issues they are facing 	<p>3.1 Through the co-production of robust standards for service delivery, children, young people and families are able to hold services to account, in partnership with commissioners and providers.</p> <p>3.3 Children and young people are better able to manage their own mental health, so that they are in control of how, when and where to access support when they need it.</p> <p>3.5 Mental health support is reported to be more visible and easily accessible to children and young people, and is available within welcoming, youth-friendly environments within the community.</p> <p>3.5 Care is delivered through a system that is built around the needs of children, young people and families, ensuring access to the right support, from the right service, at the right time.</p> <p>3.6 Increased early interventions are accessible, which provide support for the well-being of children and young people earlier in the emergence of their mental health problems.</p> <p>3.7 Children and young people are given the opportunity to participate fully in the design and review of their services, and in defining their own mental health outcomes and the support they wish to receive.</p> <p>3.8 Children, young people and their families will have a positive experience of their care and support.</p>	<p>Future in Mind; Delivering With Delivering Well; Model Specification for CAMHS Tier2/3; Coventry and Warwickshire Outcomes and Specification Group.</p> <p>Future in Mind</p> <p>Future in Mind; Delivering With Delivering Well.</p> <p>Future in Mind; National Consultation with Children and Young people regarding for the CAMHS Taskforce (2014)</p> <p>Coventry and Warwickshire Outcomes and Specification Group; Public Health Outcomes Framework; Future in Mind.</p> <p>Future in Mind; CYP IAPT Programme participation priorities</p> <p>NHS Outcomes framework; No Health without Mental Health.</p>
<p>4. Support young people up to the age of 25 and provide support during transition</p>	<p>4.1 Children and their families have one point of contact to a comprehensive, co-ordinated system of mental health support that is widely understood.</p> <p>4.2 Care is co-ordinated along the pathway through a formalised navigator role, which ensures that mental health support to children, young people and their families is an on-going process.</p> <p>4.3 All children and young people have access to clear, evidence based pathways for community based care and support, and where necessary, the pathway facilitates access into and out of in-patient care.</p>	<p>Coventry and Warwickshire Final report on CYP Engagement.</p> <p>Coventry and Warwickshire Outcomes and Specification Group;</p> <p>Future in Mind</p>

Appendix 3 Coventry and Warwickshire Children and Young People’s Mental Health Services – Outcomes Framework V4.0

	<p>4.4 Children and young people receive the best support for their mental health needs through a stepped care model, ensuring that they can access the lowest, most appropriate level of support, in the first instance and that recovery is maintained once they no longer require services.</p> <p>4.4 All children and young people have timely access to clinically effective mental health support, when they need it, through a swift response that is determined by robust prioritisation.</p> <p>4.5 There is a reduction in waiting times and swift movement of referrals through agencies, to ensure that children and young people get the earliest and most appropriate response for their mental health needs, especially for children and young people with eating disorders or those who self-harm.</p> <p>4.6 All children with mental health needs have access to a comprehensive assessment, which includes pathways to specialist levels of assessment, if required, though co-ordination of a skilled multi-disciplinary team.</p> <p>4.7 Children and young people have access to a choice of appropriate interventions and defined packages of care appropriate to their specific needs or condition, which are based on NICE guidance or are evidence-based, and outcome focused.</p> <p>4.8 There is a reduction in self-harm and attempted suicide/suicide amongst children and young people, through the development of an appropriate urgent risk and assessment pathway, improved access services when in a crisis, and to support out of hours, ensuring that children and young people are treated as soon as possible, in the right place and close to home.</p> <p>4.9 Staff in specialist services are skilled, effective and competent to provide comprehensive assessment and a range of evidence based interventions.</p> <p>4.10 Children and Young people experience a seamless service when in transition from children’s services to adult services, and services initiate a co-ordinated plan at a transition point that is appropriate to them, up to the age of 25.</p>	<p>Model Specification for CAMHS Tier2/3</p> <p>.</p> <p>Model Specification for CAMHS Tier2/3; Future in Mind</p> <p>Future in Mind; Access and Waiting Time Standard for Children and Young People with an Eating Disorder (NHS England).</p> <p>Model Specification for CAMHS Tier2/3; Future in Mind</p> <p>Future in Mind; Delivering with Delivering Well; No Health without Mental Health.</p> <p>Access and Waiting Time Standard for Children and Young People with an Eating Disorder (NHS England).</p> <p>Key findings from Professionals’ engagement exercise – CYP Mental Health Taskforce (2015)</p> <p>Future in Mind; Model specification for transitions form child and adolescent mental health services.</p>
--	---	--

Appendix 3 Coventry and Warwickshire Children and Young People’s Mental Health Services – Outcomes Framework V4.0

<p>5. Enable parents and carers and other family members to support children and young people’s mental health</p> <p>Children & young people will:</p> <p>6. Feel that their family have a better understanding of their mental health needs</p>	<p>5.1 Parents and carers will receive the evidence-based support and help they require to support their children and young people through childhood into adult life, when they need it.</p> <p>5.2 Improved access for parents to evidence-based programmes of intervention and support to strengthen attachment between parents and child, avoid early trauma, and build resilience, especially for parents who may have their own mental health needs.</p> <p>5.2 Family members will have improved understanding of children and young people’s mental health needs, how to access help and how to support them.</p> <p>5.3 Improved family and public awareness and understanding of mental health issues for children and young people, demonstrated by a reduction in fear, stigma and discrimination across the child’s or young person’s network of support.</p>	<p>Future in Mind.</p> <p>Future in Mind; No Health without Mental Health.</p> <p>Future in Mind</p> <p>No Health without Mental Health; Future in Mind; Public Health Outcomes Framework.</p> <p>No Health without Mental Health; Future in Mind; Public Health Outcomes Framework.</p>
<p>6.Ensure that the most vulnerable young people are supported to improve their mental health</p>	<p>6.1 Specific groups of children who are at greater risk of experiencing mental health problems receive support for their mental health needs from practitioners who also understand their particular vulnerabilities. This should include specific groups of vulnerable children, who have been identified as a higher risk of developing mental health problems, such as (but not exclusively) children in care, those with learning disabilities, young offenders, children who have experienced some form of abuse; children subject to sexual exploitation</p> <p>6.2 Those who work with specific vulnerable groups of children and young people are trained and feel confident in supporting their mental health needs, and know where to get help should the mental health needs be beyond their level of competence.</p> <p>6.3 Working in partnership to meet the mental health needs of vulnerable children and young people is embedded into a co-ordinated and integrated system that includes all services that are needed to support them, and continues to engage with those who know them well.</p> <p>6.4 Children and young people do not experience any enhanced</p>	<p>Future in Mind; NICE Quality Standard QS31</p> <p>Future in Mind; Key findings from Professionals’ engagement exercise – CYP Mental Health Taskforce (2015)</p> <p>Future in Mind; Key findings from Professionals’ engagement exercise – CYP Mental Health Taskforce (2015)</p>

Appendix 3 Coventry and Warwickshire Children and Young People’s Mental Health Services – Outcomes Framework V4.0

	stigma and discrimination as a result of their vulnerability and their mental health issues.	Future in Mind; Key findings from Professionals’ engagement exercise – CYP Mental Health Taskforce (2015)
--	--	---