

<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>Children and Young People’s version</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, from birth.</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 when they need to, with a professional of their choice, who is</p>	<p>1.1 We all have the chance to have the best emotional and mental health, and we have the strength and ability to ‘bounce back’ from what life throws us. We feel stronger inside and able to adapt well to changes and difficulties.</p> <p>1.2 We feel supported by everyone around us, including our families, friends and the staff in places that we go to, such as school, college and places that offer us help. This helps us to feel stronger in ourselves and to have good mental health.</p> <p>1.3 Our parents are able to support our emotional well-being and mental health, from birth, and have access to support to help them with parenting us.</p> <p>1.4 We have a better understanding of mental health and because of this, people feel accepted and are able to talk about their mental health needs.</p> <p>1.5 We can say when we need help for our mental health problems.</p> <p>1.6 Physical and mental health are treated equally and are both important parts of us – because of this we can live healthier lives and make healthier choices.</p> <p>1.7 The services that help us with our mental health help us to be able to do the right things, so that we don’t get mental health problems. If we do then they are available as soon as we need them. They also help us to continue to be better when we have had help, so that we can be the best that we can be in our lives.</p> <p>1.8 When we are worried about our mental health, we can get help from a person who has the right skills and</p>

	<p>informed about mental health.</p>	<p>knowledge to support us. We will have a choice about who this is.</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 Children and young people (especially those with existing or emerging mental health problems) receive prevention and promotion support for their emotional well-being and mental health at key transition points in their life, such as between primary and secondary schools, or colleges, or between services.</p> <p>2.6 Improved engagement of early years services and schools and in order to enable and develop a culture of supporting children and young people with their emotional wellbeing and mental health from birth, taking a life-span approach.</p> <p>2.7 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>2.1 All services work hand-in hand with us to make sure that what they have on offer is right for us, and that they work with us to make sure that we are always included in making the right improvements, in the way we want to be.</p> <p>2.2 We can access really good information and help in a number of ways, including through the technology that we use. The resources we use should help us understand how to improve our mental health, as well as how to cope with difficult mental health issues that we might be worried about. These resources are developed with us and by us.</p> <p>2.3 Information about the services that can help us is available online and is clear about what we have to do to get help and what to expect.</p> <p>2.4 There is a range of support and help available to us, that we can access when we start to notice that we have problems with our mental health. It includes resources that help us look after our own mental health, as well as a choice of therapies that will help us through-out our lives.</p> <p>2.5 We will be supported at some of the more difficult times in our lives, like when change is happening, such as when we change schools, or to college or look for work, or when we need to get help from another service.</p> <p>2.6 Every service that comes into contact with us has the right skills to support our mental health. This starts from birth and carry on through-out our lives.</p> <p>2.7 Different people who help us and support our health work together to make sure that we get help for our mental health as soon as we need it. If we need help from another service then they will make sure this happens straight away.</p>

	<p>2.8 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>2.8 All staff that we meet in our daily lives have the right skills and confidence to give us support for our mental health, as soon as we need it.</p>
<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"> 1. Be able to manage their future mental health needs 2. Understand the mental health issues they are facing 	<p>3.1 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>3.2 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>3.3 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>3.4 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>3.5 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>3.6 Children, young people and their parents will have access to resources and self-help materials whilst they are waiting to receive help from the most appropriate service to meet their needs.</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>3.1 The care and support we receive meets our needs and is available when we need it.</p> <p>3.2 We can report that we know where and how to get help and support for our mental health, and the places we go to are local and welcoming for children and young people.</p> <p>3.3 There is support available as soon as our mental health problems begin, to catch them early.</p> <p>3.4 We are always able to have our say and we are listened to when we feel our services aren’t as good as they should be.</p> <p>3.5 We are better able to look after our own mental health, so we are in control of how, when and where we get help when help is needed.</p> <p>3.6 If we have to wait for help, then we are be given information and self-help resources during this time. We are not be left without any information or help whilst we are waiting.</p> <p>3.7 We are partners in designing mental health services that are right for us, and we are able to determine what we want to focus on around our own mental health support. We know if we are making progress.</p> <p>3.8 We have a positive experience of our mental health care and support.</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>4.1 There is one, single place to contact where we can access all services to support our mental health.</p>

	<p>4.2 Children and Young people experience a seamless service when in transition from children’s services to adult services, and services initiate a co-produced, co-ordinated plan at a transition point that is appropriate to them, up to the age of 25.</p> <p>4.3 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>4.4 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>4.5 There is statement of intent to reduce waiting times, which demonstrates continuous improvement, 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 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>4.7 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>4.8 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>4.9 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>4.2 When we need to continue to receive help as we become adults, then we experience a planned move to the right service for us, at a time that is right for us, up to the age of 25. This is always planned in partnership with us.</p> <p>4.3 Services have clear ways of identifying how urgently we need help, and they have ways of proving that they are able to offer the best type of support and that it works.</p> <p>4.4 All of our care is supported by a care navigator, who can make sure we get the right help, when we need it, and we don’t have breaks or gaps in our support.</p> <p>4.5 The length of time we have to wait for help is reduced and we know that this will improve each year. When we need to be referred then this is done quickly and smoothly, making sure we get help as soon as possible</p> <p>4.6 There is a clear map of support that starts in the community, but ensures we get treatment that is right for us – so if we need in-patient care, the pathway is easy to understand and is navigated for us.</p> <p>4.7 The care that we receive is always at the right level to meet our needs, and when we no longer need it, then we have access to resources and advice to keep us well.</p> <p>4.8 Our needs are assessed by a team of people who have the right skills to make a decision about where it is best for us to received help, and who is the right person to support us.</p> <p>4.9 We are offered a choice of different types of help and therapies that are best for us, and we are given the right information about how it will help us with the issues we need support with.</p>
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<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> <ol style="list-style-type: none"> 1. Feel that their family have a better understanding of their mental health needs 	<p>5.1 Parents and carers will receive the evidence-based support and help they require to support their children and young people through-out 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 their child, avoid early trauma, and build resilience, especially for parents who may have their own mental health needs.</p> <p>5.3 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>5.4 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>5.1 Our parents and others who look after us, receive the help they need to support our mental health through-out our childhood.</p> <p>5.2 There is improved support to parents to help them build stronger bonds with their children. This makes them better able to cope with difficult times and to support our mental health needs. This is especially important if our parents have mental health problems themselves.</p> <p>5.3 Families have better knowledge and understanding about children’s mental health and how to get help.</p> <p>5.4 There is improved awareness and less stigma about children and young people’s mental health. This is across all of the people who support us in our day to day lives and when we need help.</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>6.1 Children and young people who are at greater risk of experiencing mental health problems, like children who are in care, young people who have offended, those with learning disabilities and children who have experienced abuse, get support from staff who are able to understand their individual needs.</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 stigma and discrimination as a result of their vulnerability and their mental health issues.</p>	<p>6.2 Staff who work with children and young people who are at greater risk of having mental health problems have the right training and skills.</p> <p>6.3 Services that support children and young people who are at greater risk of developing mental health problems work together to make sure there is a strong network of help around each person.</p> <p>6.4 We are not treated differently nor do we experience more stigma because we are at greater risk of having mental health problems.</p>
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