



One
Gloucestershire

Transforming Care, Transforming Communities

**Children and Young People's
Mental Health - 2022-24:**

Improving the mental
health of Gloucestershire's
future generations

Our 4 point plan

Children and young people from all parts of Gloucestershire have helped to inform the priorities described in this plan.

They have participated through engagement events, school councils and youth groups by joining focus groups, 1-1 interviews, drawing pictures and even creating a video to ensure key issues do not get lost.

Parents, families and practitioners have also been key in ensuring that all voices are heard and reflected in our plan. We will continue to work with staff across the system, ensuring they are aware of the benefits to co-design and actively encourage children and young people to take part in making improvements.



Summary

Children and Young People's Mental Health Plan 2022-24 is an exciting new proposal for Gloucestershire's children, young people and families, which aims to make sure our future generation are growing up resilient and supported with their everyday mental health and emotional wellbeing.

The Integrated Care System has developed the plan, following the Children and Young People's Mental Health Summit held in October 2021, to achieve better outcomes for children and young people so that they are resilient to the ups and downs in life, recognising when they may need an extra helping hand. We want to ensure that help and support can be accessed easily and in a variety of ways. The key areas of focus which make up our four point plan are as follows:

- 1** Providing more support and training to parents and everyone working with children and young people across Gloucestershire.
- 2** Enabling services to work together better across mental health, care, and education to ensure children and young people can quickly and easily find and get the support they need.
- 3** Promoting good mental health and wellbeing and enabling mental health support in schools and within all our diverse communities.
- 4** Getting help with urgent mental health needs when you need it.

This high level plan will be underpinned by a detailed action plan which will be monitored through the Gloucestershire Children and Young People's Mental Health Programme Board.



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"I need help in how to support my child at home the 'here and now.'"

- Anonymous Parent
Parent/Carer Forums
August 2021

Providing more support and training to parents and everyone working with children and young people across Gloucestershire

It can be hard to recognise when a child needs support with mental health problems. Equally, it can be difficult for children and young people to speak out about the challenges they're facing.

It is therefore crucial that anyone working with children and young people is able to recognise the signs that a child may be struggling with their mental health, know how to take appropriate action and support them to get the help required.

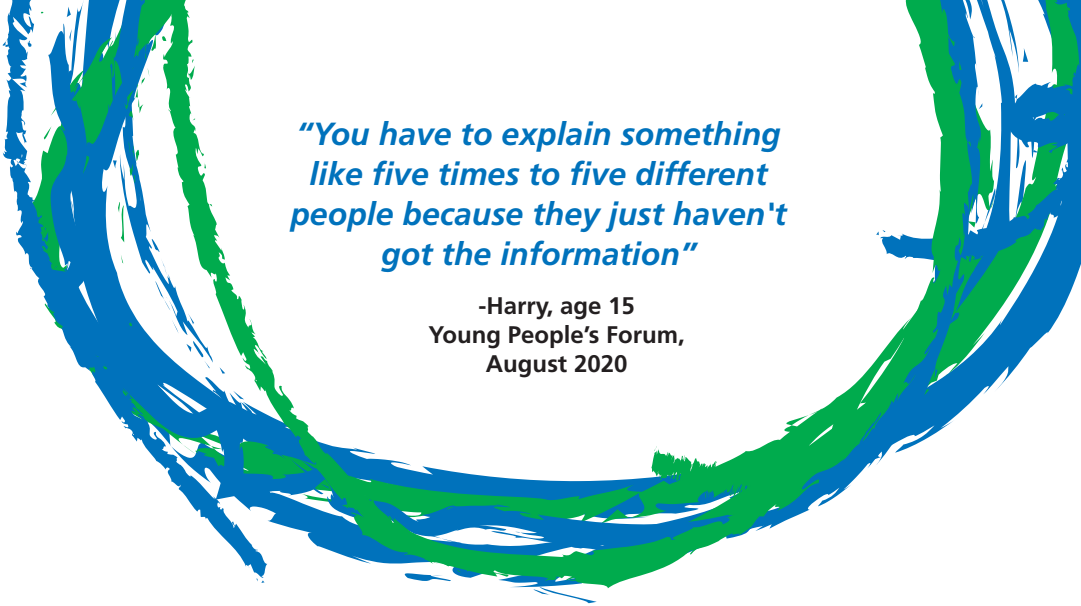
What we will do over the next 2 years

- Implement a county-wide training model to upskill staff and volunteers to feel confident to have a conversation about mental health and be knowledgeable about how to find local support available, e.g. using the Online Support Finder.
- Offer training packages to schools from Gloucestershire Healthy Living and Learning tailored to their needs.
- Provide support to parents in a variety of ways so they can help their children who are struggling with mental health.

How will we know when we have succeeded?

- Children and young people in schools and other settings are enabled to access mental health support.
- Staff and parent/carers report positive feedback on mental health training and support packages.
- Parents, school staff and other professionals feel confident about how to respond to children and young people who go to them for help.





"You have to explain something like five times to five different people because they just haven't got the information"

-Harry, age 15
Young People's Forum,
August 2020

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Enabling services to work together better across mental health, care, and education to ensure children and young people can quickly and easily find and get the support they need

Children and young people, families and people working with children have told us that it is hard to find the right mental health and wellbeing support. It is well understood that families and referrers can sometimes feel ping-ponged around services until the right support is found for them, with young people having to retell their stories multiple times to multiple professionals.

If we could streamline processes and work better together to support children and young people and their families, they would get the right support at the right time for them.

What we will do over the next 2 years

- Join up children's mental health and wellbeing services to ensure children and families get the support they need. No wrong front door.
- Reduce waiting times into mental health services.
- Introduce exploratory initial contact phone calls with children and young people and their families referred into the Child and Adolescent Mental Health Service (CAMHS) to ensure they get the right support for their needs.
- Create a digital single source of truth signposting young people to appropriate, local support services and trusted self-help information quickly and effectively.
- Look at existing support offers for under 11's and explore options for providing more children with earlier help.
- Review joint working and mental health support for children in care.

How will we know when we have succeeded?

- People who refer are confident families will be matched with the right service to support them.
- Emerging emotional and mental health needs are identified and supported earlier.
- Children and young people feel more in control of their journey and are supported quicker by the most appropriate service through increased, meaningful visits to On Your Mind Glos.
- Practitioners, carers and children in care have access to more joined up specialist support.



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"I just wish it was way more normalised. I thought nobody struggled the way I am struggling. It would make the process less daunting"

- Naomi, age 16
Digital user research,
July 2021

Promoting good mental health and wellbeing and enabling mental health support in schools and within all of our diverse communities

Mental health plays a key role in a child's overall wellbeing and can be affected by various factors. Negative experiences can adversely affect a child's mental health, just as positive experiences can help improve it. We now know that 1 in 6 children aged 5-16 are likely to have a child's mental health, such as ACEs, mental health problem. Some children and young people are at higher risk of poor mental health linked to other vulnerabilities in their lives. Therefore, it's more important than ever to get increased support into schools, targeting those young people that might be at higher risk of having mental health issues and promote wellbeing at an early stage.

We will work with our partners to look at data and evidence to understand need and work collaboratively to join in with wider work in the county, e.g. the ACEs programme and Child Friendly Gloucestershire.

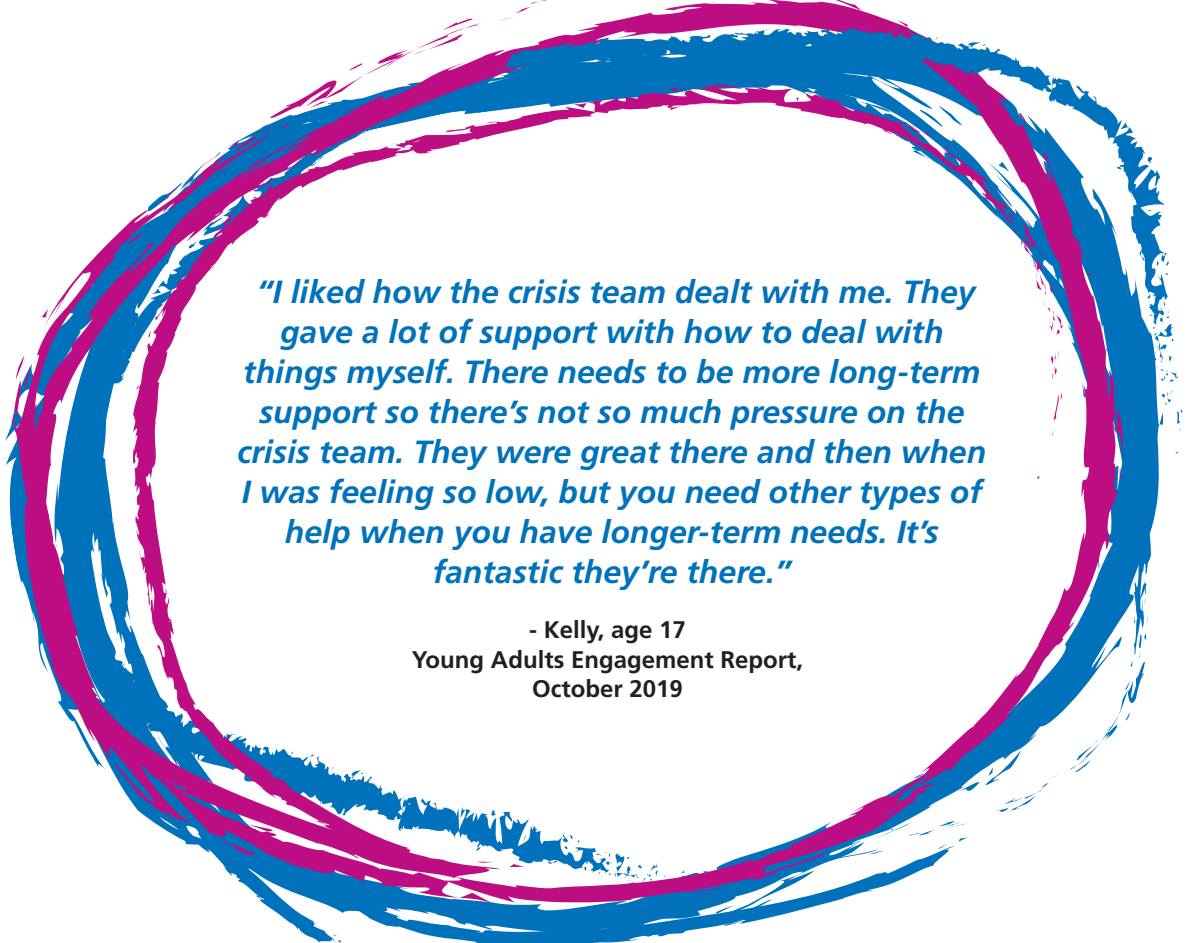
What we will do over the next 2 years

- Expand the Mental Health Support Teams.
- Work collaboratively with schools to improve joint working.
- Provide peer support training in secondary schools.
- Provide education groups to help children and young people ride the ups and downs of life.
- Offer arts, cultural and physical activities as alternative support options.
- Provide more focussed support to Gloucester City where we know inequalities impact mental health needs.
- Support young adults aged 16-25 to be resilient and empowered to manage their mental wellbeing, through practical and personalised 1-1 support.
- Support schools and colleges to take a whole school approach to mental health, wellbeing and trauma.

How will we know when we have succeeded?

- Children and young people report that they feel confident to support their friends and peers who may be struggling with their mental health.
- Supporting wellbeing through a nurturing play approach is embedded in school curriculum. School staff report an increase in children and young people's mental wellbeing.
- Children and young people's wellbeing and confidence has increased following engagement with arts, cultural and physical activities.
- Children and young people from all communities in Gloucestershire will feel able and supported to access mental health services when required.
- Young people are equipped to manage their own mental wellbeing.
- Young people are emotionally resilient and able to grow into adulthood with a positive outlook for the future.





"I liked how the crisis team dealt with me. They gave a lot of support with how to deal with things myself. There needs to be more long-term support so there's not so much pressure on the crisis team. They were great there and then when I was feeling so low, but you need other types of help when you have longer-term needs. It's fantastic they're there."

- Kelly, age 17
Young Adults Engagement Report,
October 2019

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Getting help with urgent mental health needs when and where you need it

Feedback from children and young people and professionals indicates that more work needs to be done to support children and young people when they are facing a crisis and need urgent support.

What we will do over the next 2 years

- Increase the capacity in mental health services to respond to urgent needs and when someone is in a crisis.
- Review what support is available to young people with escalating mental health needs or in a crisis.
- Offer additional training to school professionals to initially support children in crisis.

How will we know when we have succeeded?

We will know we have succeeded when:

- The needs of children and young people in crisis and those needing urgent support are responded to quickly and effectively.
- More children and young people are supported in their home environment and community, where appropriate, and avoid going to a mental health unit.
- More young people with complex and trauma type needs are supported.

