

WIRRAL FUTURE IN MIND NEWSLETTER

MENTAL HEALTH IS EVERYONE'S BUSINESS

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Welcome to our Third edition

“Welcome to the third edition of our Wirral Future in Mind newsletter, supporting the emotional health and wellbeing of children and young people in Wirral. The last few months have focussed on the Local Transformation Plan, taking stock of what we have achieved over

the last year and planning for the future.

This newsletter has significant updates on the young people's activities, Accelerator Schools, the CAMHS Stepped Approach to Care, Health Services in Schools and the Forensic CAMHS Service. We hope you continue to find these updates useful and please let us know of any future news to share”

- Jo Watts, Senior Commissioning Manager at Wirral CCG and Chair of the Wirral Future in Mind Steering Group

Local Transformation Plan

Experiencing mental health concerns is not unusual. At least a quarter of people experience mental health problems at some point in their lives. Over half of all mental health problems in adult life (excluding dementia) start by age 14 and seventy five percent by age 18.

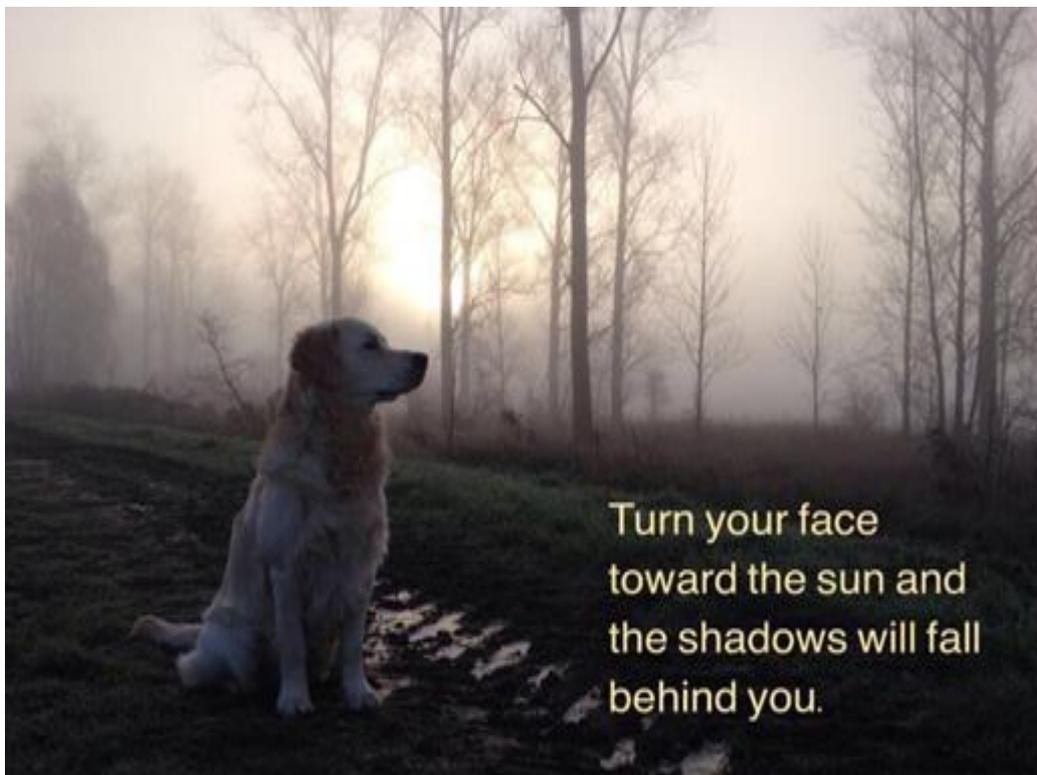
Our Local Transformation Plan sets out what we have achieved for children and young people in recent years and describes the services provided across Wirral.

The Delivery Plan for next year, set out in the Local Transformation Plan, says what we will achieve by the end of 2019. These goals have been shaped through talking with young people and reflect their views on how services should be improved.

The Delivery Plan comprises the following themes in line with the national Future in Mind plan:

- Engagement and Communication.
- Promoting Resilience, Prevention and Early Intervention.
- Access to Support.
- Care for the Most Vulnerable including those with learning disabilities.
- Accountability, Transparency and Governance.
- Workforce.

We are currently finalising the Local Transformation Plan and this will be published in the New Year.



National Citizen Service

The National Citizen Service is a four-phase programme for young people aged 15-17, specifically designed to provide young people with all sorts of new experiences to enable them to discover who they are and what they can achieve.

This year the National Citizen Service in Wirral chose to focus their social action project on Mental Health. This included workshops on mental health and meeting with the Mayor of Wirral. The young people felt that it was important to promote awareness of mental health in the private sector and as part of this met with a representative of the Chamber of Commerce and designed, printed and distributed leaflets and posters across the borough.

The young people produced a video on their work which included local celebrities talking about the importance of mental health. This video can be viewed at:

<https://www.teenwirral.com/news/watch-ncs-video-mental-health-support>



This project is another great example of all members of our community coming together to raise awareness of the importance of Mental Health.

Accelerator Schools

“The Accelerator Schools project is a joint health and education initiative to identify, celebrate and share best practice with regards to promoting positive mental health in young people.

The group of 11 schools, identified due to an already strong commitment to mental health, met regularly throughout 2017/18 to share ideas, initiatives and education practices that serve two purposes – promote positive mental health in young people and provide appropriate support and intervention where issues are identified.

The meetings were led and facilitated by Dr Helen Taylor and Vicki Dunham, who provided vital structure to the project, as well as much valued guidance/validation in relation to the work being undertaken by each school.

Despite being seen as ‘early adopters’, one thing that defined each school was its willingness to learn from each other and accept that we can all still improve.

The culmination of the first year of the project was an evening event, where other local schools and services were invited to hear presentations from each school about their work in this field. Feedback from this event was extremely positive, with many schools taking ideas away with them to try in their settings.

We are all fully committed, and very excited, about the next phase of this project, where the number of Accelerator schools has doubled to 24 and we look forward to the continued collaboration and ongoing success of the Accelerator project.”

- Headteacher, Wirral Hospitals' School

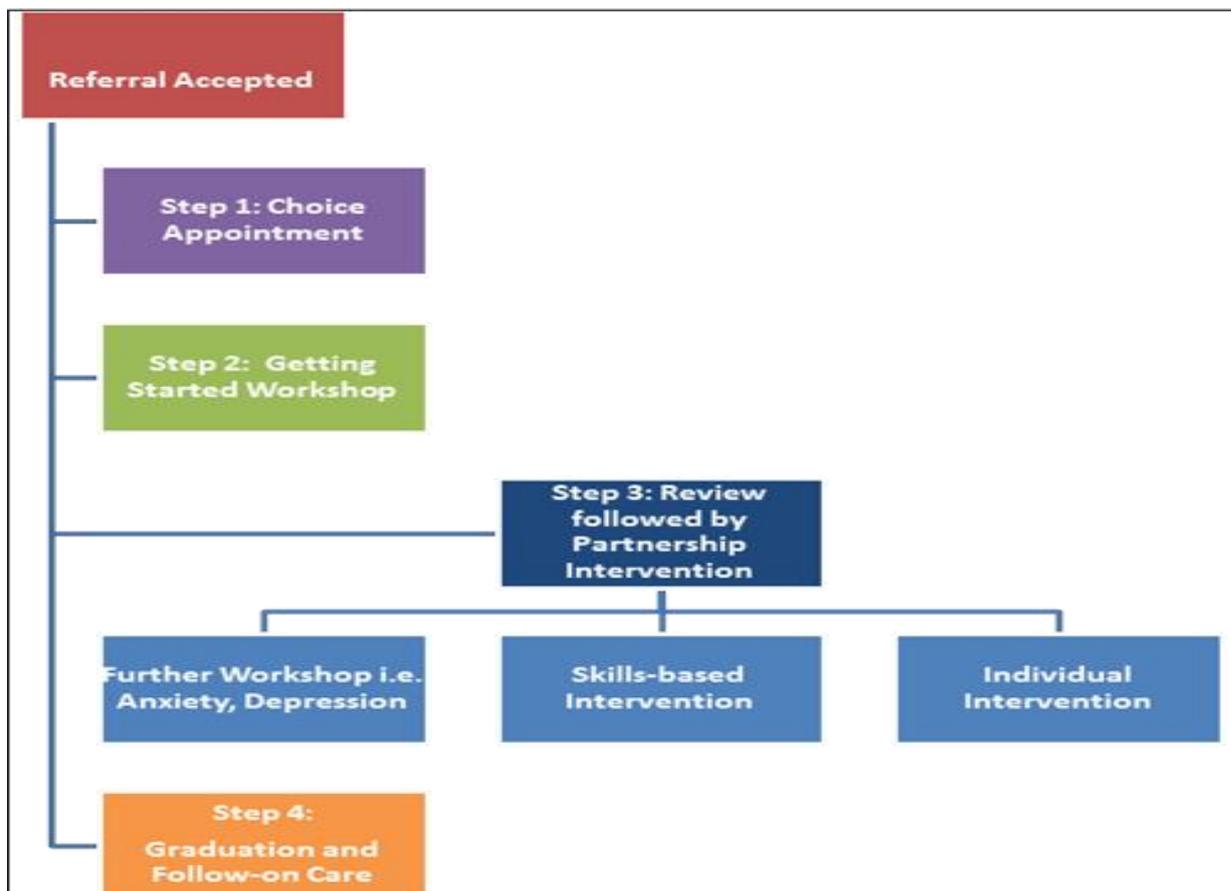


Stepped Approach to Care

CAMHS delivers a Stepped Approach to Care. Once a referral is accepted children and young people are given a Choice appointment. During this appointment the focus is on giving the child or young person a choice on what happens next.

In September "Getting Started Workshops" were launched, they take place within a week of the Choice Appointment – for the first Getting Started workshop the shortest wait after the Choice appointment was two hours. The Getting Started Workshop explains more about emotional health and wellbeing and provides strategies for the child or young person on how to manage their mental health needs whilst waiting for more specialist intervention. This empowers them to make a difference themselves. The success of the strategies is then reviewed through regular telephone contact.

The child or young person is then offered a Partnership Intervention tailored to meet their needs. This may be further group work or one-to-one interventions. The emphasis here is that the treatment is a partnership between the therapist and the child or young person with an emphasis on further empowerment. Following discharge, the child or young person will be offered follow-on care or "graduation". This will provide some ongoing support and an opportunity to offer support to other children and young people. This model will be developed further in 2019.



Health Services in Schools parent events

The Health Service in Schools team has started to deliver parents events in secondary schools. These events are for parents and carers to explore issues affecting young people, in particular, relating to current substance misuse issues, alcohol use and risk taking behaviours and mental health and wellbeing. At one recent event over 70 parents attended and gave very positive feedback. Parents and schools want to learn from professionals and have time to discuss issues that are affecting their children and learn how to approach talking to young people about these issues.

These events have a strong multi-agency flavour with Action for Children and CAMHS delivering workshops on emotional health and wellbeing. Additional Youth Support deliver the alcohol and risk taking behaviour session and Health Services in Schools deliver the substance misuse workshop. School nurses also attend and support wider discussions.

These events are very much aligned with the philosophy of resilience, prevention and early intervention and aim to reduce demand for specialist services.

Substance misuse issues

Alcohol use

Risk taking behaviours

Mental health

Wellbeing
Wellbeing

Forensic CAMHS Service

The Forensic Child and Adolescent Mental Health Service (FCAMHS) North West service is commissioned by NHS England and provided by Greater Manchester Mental Health NHS Foundation Trust. It is available across the whole of Cheshire and Merseyside.

The service is commissioned to work with agencies across a variety of community and secure settings to ensure best practice in managing young people up to the age of 18 who present with complex needs and high-risk behaviours.

FCAMHS is a multi-disciplinary service with a range of clinical expertise. The service offers a range of services from advice and liaison through to specialist interventions.

Referral criteria is young people where there is a concern regarding mental health, including those with neurodevelopmental disorders such as learning disorders and / or autism.

Discussion and formal consultation with referrers is undertaken by experienced members of the team.

There should be meaningful engagement and joint working with CAMHS for any child referred by agencies other than CAMHS.

Contact details:

Telephone = 0161 358 0585

Email = gmmh-ft.fccamhsnw@nhs.net

Available Monday to Friday 9am - 5pm

A leaflet is available:



**FCAMHS Info Leaflet
for Referrers.pdf**

For further information on any part of the newsletter or
to share any good practice please contact

john.meddings@nhs.net

The next version of the newsletter will be distributed in
Spring 2019.

