

Wirral Future in Mind Newsletter – Spring 2018

Mental health is everyone's business



"I am pleased to present the first edition of our quarterly Wirral Future in Mind (FIM) newsletter, supporting emotional health and wellbeing for children and young people in Wirral. The newsletter will keep you updated of key developments of our FIM strategy and achievements to date."

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

**"You're braver than you believe,
and stronger than you seem,
and smarter than you think."**

– Winnie the Pooh (*Pooh's Most Grand Adventure*)

What is Future in Mind?



[Future in Mind](#) is the government's approach to improve the emotional health and wellbeing of children and young people. It was published in 2012 and calls for action on five themes:-

- Promoting resilience, prevention and early intervention.
- Improving access to effective support – a system without tiers.
- Care for the most vulnerable.
- Accountability and transparency.
- Developing the workforce.

What Wirral is doing in response is set out in our [Transformation Plan](#), which is updated annually.

Engagement: Youth Conference and Youth Parliament



The engagement of children, young people and parents/carers is central to Wirral Future in Mind.

For the past 3 years The Youth Conference and Youth Parliament have focused on mental health. The Wirral Youth Voice Group, who facilitates the conference, identified the 2017 theme as mental health and education. 105 young people attended the conference and the key message was that mental health awareness needs to be embedded into the curriculum and appropriate resources be provided for building resilience. 51 young people attended the Youth Parliament where debates included the effect on mental health of the British educational system and the need for mindfulness programmes in schools.

Co-Production and Transformation

“You have the opportunity to shape the services you receive.”

- Future in Mind, 2015

We know that co-production is the key to getting services right. Co-production is when citizens are involved in the creation of public services. Young people are actively working with us. In December and February lots of the Wirral organisations who support young people’s emotional well-being came together to look at how they could work together. This included getting feedback from over 400 children, young people, parents, carers and professionals about what it is like now for young people to try and get help with emotions. The next step will be an event on 13th April when parents and young people will be invited to come and share their experiences and ideas for how things could be better.

Green Paper and Wirral’s Response

Transforming Children and Young People’s Mental Health Provision: a Green Paper

In December 2017 the government released a [green paper](#) on children and young people’s mental health provision. It outlines 3 pillars:

- Every school and college to identify a Designated Senior Lead for Mental Health.
- New Mental Health Support Teams to provide specific extra capacity for early intervention and ongoing help.
- A four week waiting time for access to specialist NHS children and young people’s mental health services.

The Wirral Future in Mind Steering Group submitted a response to the consultation. Our response highlighted positive practice locally, such as having established mental health leads with named CAMHS links in every one of our 123 schools.

Out-of-hours Crisis Line



As part of a national drive to make mental health services for children and young people more accessible, from 5th March 2018, Monday to Friday 5pm to 10pm and Saturday & Sunday 12pm to 8pm, Cheshire & Wirral Partnership have been running an Out of Hours Advice Line. This offers advice, signposting and resources to children, young people, families and professionals. Initially this is for children and young people already open to CWP, however very soon this will have a wider launch across Cheshire & Wirral.

Advice Line



The Primary Mental Health Team has visited every school on the Wirral to ask what they wanted from the team. Schools said they wanted immediate access to advice, mental health training, resources, and to know where to signpost to. In response to this we established the CAMHS Advice line – where professionals and families can contact a trained mental health practitioner for advice on a child or young person’s mental health. This telephone consultation can be actioned as a referral; otherwise telephone advice, signposting or an agreement to link with the school to boost school support will be agreed. As word has spread, the Advice line has become increasingly used by professionals and parents alike. The Advice Line is now receiving approximately 200 calls per month. Since the Advice Line commenced we have seen a 40% reduction in attendances at A&E for self-harm.

The Advice Line number is 0151 – 488 – 8453

A flyer is available on the [Advice Line](#)

Next Step Cards



Next Step Cards were co-produced with young people and are a great way of facilitating conversations with young people regarding their emotional health and wellbeing. Wirral CCG purchased 300 training places for people across Wirral working with children and young people. Thank you to everyone who has attended or booked onto training on Next Step Cards; if you have booked onto a course, please make sure you attend as no more training dates will be available. Feedback from those who have used the cards has been brilliant and we hope you will find them useful too.

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 Summer 2018.

