

## WIRRAL FUTURE IN MIND NEWSLETTER

MENTAL HEALTH IS EVERYONE'S BUSINESS

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## Welcome to our second edition

By Jo Watts

“Welcome to the second edition of our quarterly Wirral Future in Mind newsletter, supporting the emotional health and wellbeing of children and young people in Wirral.

The last few months have seen significant engagement with young people through the Youth Voice Group and a Mapping Event. This newsletter also has significant updates on harmful sexual behaviour, outcomes, the telephone advice line and the training programme for the wider workforce.”

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



## Youth Engagement

In January we met with the Youth Voice Group to ask them what mental health meant to them, what is working well, what could be improved, how we can communicate and engage with young people and how we will know if we are making a difference.

Some points raised were:

- Having counsellors in schools is good.
- Long waiting times, limited appointments and having to tell your story more than once.
- Teachers and other workers should be taught about mental health.

In June we re-visited the Youth Voice Group to start working alongside them to ensure that young people's views are incorporated into our next Future in Mind Transformation Plan.

Their points included:-

- More awareness of mental health and more self-help resources.
- Staff should be given more support.
- Staff should come from more varied backgrounds.
- Services to be available outside office hours.

The Youth Voice Group attended the Future in Mind Steering Group in April to advise us how to give feedback to young people on the comments young people raised at the 2017 Youth Conference and Parliament, which both focused on mental health and education. Their comments have been invaluable and they are currently working with us on creating a video for this feedback.

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*“Always growing,  
always learning”*

*Kilgarth School*

*“The things that make  
us different are the  
things that make me  
ME”*

*Piglet*

*(Winnie the Pooh)*

”



## Mapping Event

On June 27th the Future in Mind group in conjunction with Wirral Youth Voice Group ran a fabulous event at Pilgrim Street Arts Centre.

The event was held to enable commissioners and the services providers, to hear the experiences and ideas of parents and young people. We asked about the services as they are now, and how people would like things to be in the future.

The evening was a huge success with over 75 people coming along - half of these were young people and parents. Highlights of the night included a powerful performance by the Youth Voice Group about mental health and some fabulous creative songs, puppet shows and drama from our guests.

We will use the views expressed at the event to guide how services look in the future in Wirral – stay tuned for more updates!

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One parent who attended said:

*‘I am so glad I made the effort to come... I really, really enjoyed it... I did not realise the actual commissioner for services would be there. How refreshing for her to even want to hear our views... Many thanks for all who made today what it was ’*

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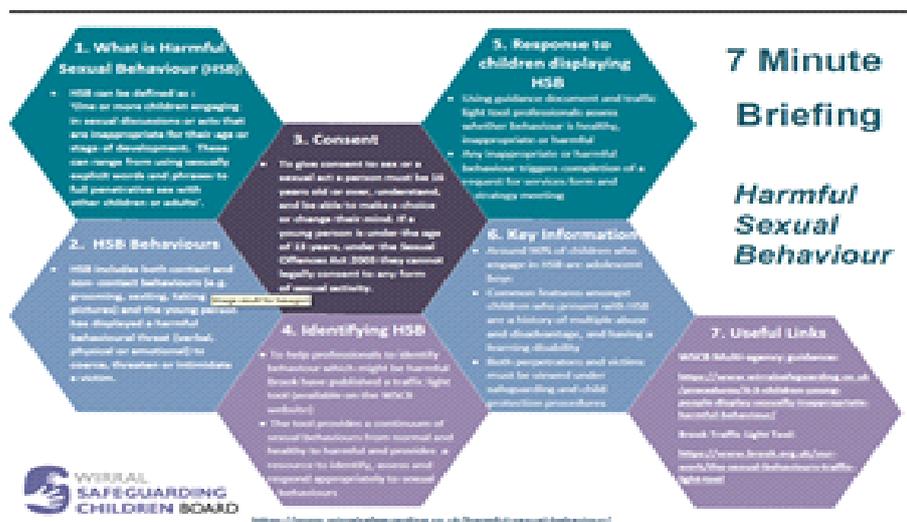
Members of the Youth Voice Group and Future in Mind Steering Group

# Harmful Sexual Behaviour

In 2016/17 Wirral took part in the Local Authority Research Consortium. This saw the National Children’s Bureau and Research in Practice working with six local authorities (including Wirral) to undertake research so that their local area could be better equipped to address children and young people’s harmful sexual behaviours. The theme was explored through an electronic survey undertaken by the local authority workforce. In addition, the local authority conducted local research to add value to the overarching research.

A [report](#) was presented to Wirral Safeguarding Children Board in November 2017 which highlighted some of the findings from the national survey, Wirral’s responses within the national survey and findings from the two Wirral focus groups.

Under the umbrella of the Future in Mind Steering Group, a task and finish group has been working on an action plan to raise greater awareness among Wirral professionals of harmful sexual behaviours. This has resulted in an update of the Wirral Safeguarding Children’s Board [web page](#), greater dedicated resource within the Youth Offending Service and more opportunities for staff training and briefing sessions. The safeguarding board have also published a [7 Minute briefing for professionals](#)



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Harmful Sexual Behaviour can be defined as

‘One or more children engaging in sexual discussions or acts that are inappropriate for their age or stage of development.

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# Outcomes

Outcomes are important because they set out a clear understanding of what we are trying to achieve. By developing a shared focus on improving outcomes for children and young people in Wirral we are able to measure the benefits that are expected once changes have been made, developing outcomes that reflect existing local needs and priorities by drawing on the Joint Strategic Needs Assessment (JSNA)

Why is it important?

Defining outcome measures allows the Future in Mind steering group to:

- Align commissioners and providers around the impact of planned changes. This ensures that everyone locally is aiming to deliver a common set of outcomes.
- Measure progress over time.
- Provide a basis for aligning incentives to support successful implementation.

The outcomes we have agreed reflect a shared ambition for all children and young people in Wirral by partners across Wirral. These are:



We are now working to agree a small number of indicators that will be carefully selected; a measure which tells us something about the achievement of an outcome. This will allow us to measure our progress against the benefits expected through our transformation plan and collaborative working.

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The Joint Strategic Needs Assessment, Local Transformation Plan and outcomes are linked. Together they show the emotional health and wellbeing needs of children and young people in Wirral, the plan to address these needs, and measures of how successfully we are meeting those needs

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## Wirral CAMHS Advice Line and Out-of-Hours Phone Line

The Wirral CAMHS Advice Line continues to be very popular with nearly 300 telephone consultations already completed since 1st April 2018. Parents, schools and social workers are the main callers (making up 50%, 17% and 12% of all calls). From 1st April 2018 Wirral joined with the CAMHS teams across Cheshire to deliver an Out-of-Hours Advice Line service, and the extended hours are proving to be popular with parents.

Wirral CAMHS Advice Line - 0151 488 8453

(9am – 10pm weekdays, 12-8pm weekends and public holidays)



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Half of all calls to the  
Advice Line are from  
parents

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## Wirral CAMHS Primary Mental Health Team Training Programme 2018/19

We have had a busy year delivering the second Primary Mental Health Team's training programme to schools. We have delivered one training day a month on subjects such as mental health awareness, parental mental health, anxiety, low mood, self-harm and suicide, learning disability and mental health, mental health and under 5's, mindfulness in schools, trauma, challenging behaviour and attachment. Over 70% of all Wirral schools have now attended one or more training days and the feedback we have received has been great, with over 95% of attendees reporting they were 'very satisfied' or 'satisfied' with the training.

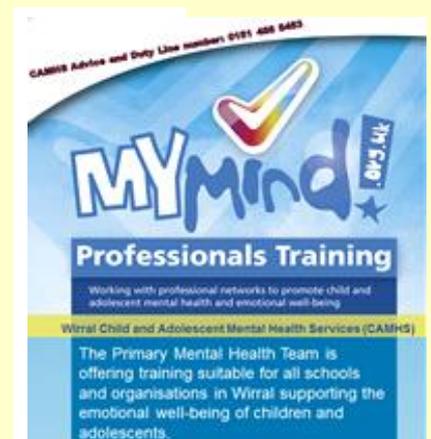
All our training days have been fully booked and extra dates were put on for attachment and anxiety training due to the high demand from schools. Over the last year we have also completed a number of bespoke training days in individual schools.

We have now extended our training programme to the wider children's workforce and have recently released dates via the Local Safeguarding Children Board. If you would like to book onto our training please visit the [LSCB website](#). The 2018/19 training programme for schools is now available: to book onto the training please e-mail your request to [wirralcamhstraining@cwpa.nhs.uk](mailto:wirralcamhstraining@cwpa.nhs.uk).

Details of the 2018 schools programme can be found here:

<https://www.wirralsafeguarding.co.uk/new-out-of-hours-mental-health-advice-line-1/>

We look forward to seeing you at a future training event!



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

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The next version of the newsletter will be distributed in

Autumn 2018.

