

CHILDREN & YOUNG PEOPLES MENTAL HEALTH

Long Term Plan Deliverables – An overview of Gateshead

WHY AM I HERE?.....



To outline the requirements of the plan



Provide a summary of 22-23

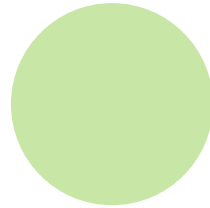


Generate system thinking of how we can transform our mental health offer for children and young people in Gateshead.

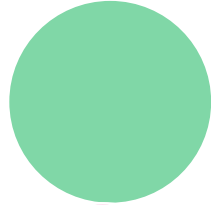


Develop a shared vision with high level objectives and an action plan for what we'll work on together over the next 12 months

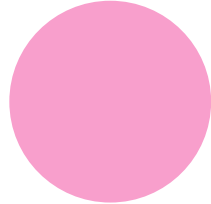
PLAN BASED ON 5 THEMES WITHIN FUTURE IN MIND....



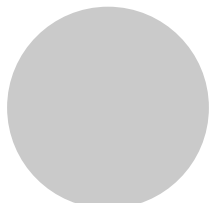
Promote good mental health, build resilience, and identify and address emerging mental health problems as soon as possible



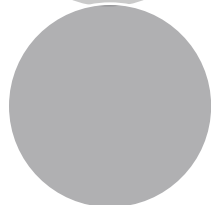
Ensure children, young people and families have timely access to evidence-based support and treatment when in need



Improve the experience and outcomes for the most vulnerable and disadvantaged children, ensuring they are adequately supported at key transition points



Work in partnership to develop multi-agency pathways underpinned by quality performance standards, which will be reported in a transparent way

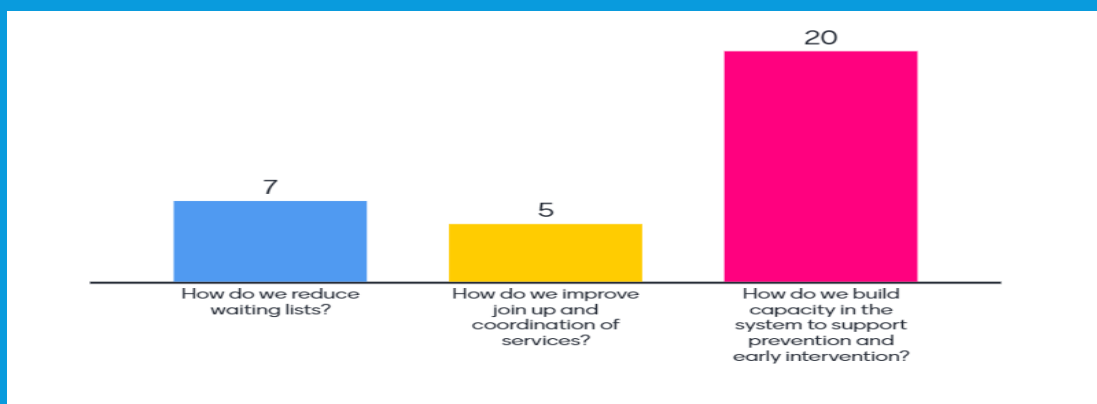


Continue to train and develop our workforce to ensure we have staff with the right mix of knowledge, skills, and competencies to respond to the needs of children and young people and their families, making every contact count.

WHAT'S INFORMED OUR THINKING?....



Improve	Improve communication between services and to our families
Develop	Develop a responsive and user-friendly system
Ensure	Ensure we are meeting our children and young people's mental health needs
Focus	Focus on coordinating the offer of support to children, young people and families
Plan	Develop plans to continue to address waiting lists for services



Gateshead
Place Plan

Health and
Wellbeing
Strategy

ICB forward plan
(in development)

Learning Skills
Strategy

Physical
Activity
Strategy 2022-
2032

Early Help
Strategy

Multi-Agency
Safeguarding
Arrangements
Children & Young
People

SEND strategy

Attendance
Strategy 2020-
2025

Gateshead
Youth Justice
Strategic Plan

Anti-bullying
strategy 2020-
2025

Emotionally Based
School Avoidance
Strategy 2020-
2025

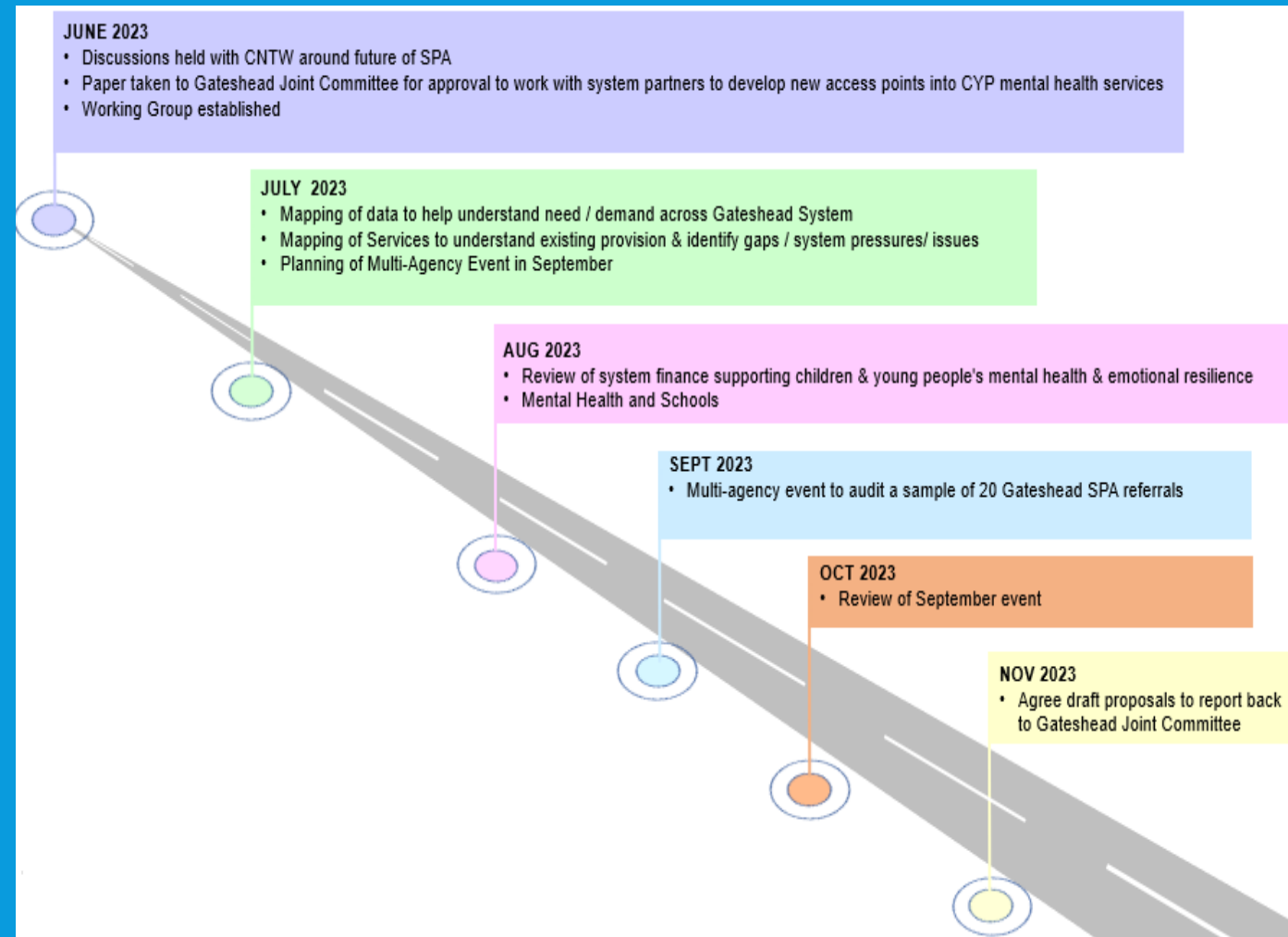
Gateshead
Accessibility
strategy 2021-
2024

Children & Young
People in Care
and Care Leavers
Strategy 2019-
2022

Elective Home
Education
Strategy 2020-
2025

IMPROVING ACCESS- ENSURING A COMPREHENSIVE 0-25 OFFER....

- Review of the Single Point of Access for Getting Help & Getting More Help services
 - Made progress 2022-23 – engagement and consultation, CYP MH Conference, Data and information development, system mapping (workforce, services, vol community offer, learning e.g SEND Inspection, various pilot programmes)
- Not just about the SPoA.....
 - Are we optimising resources to improve capacity? No.
 - Is there a clear offer across the system that can be clearly understood and articulated? No.
 - Is there clear and robust transition planning – child to adult services, schools, education and employment....



- **Mental Health Support Teams (Local Service is Rise delivered by Childrens Society) –**
 - a review has been undertaken to inform future delivery
 - looking to develop a joint approach of support around the school (and Family Hubs) – to stop silo working and do things differently by starting to join the system up and optimising our resources – Budget, workforce, community, local services, self help, digital.....
 - Children and Young Peoples IAPT – further develop offer with Primary Care and with Family Hubs
 - Continue to support youth justice agenda and work with partners to implement development areas identified in recent inspection.
 - Trauma Informed Care Pilot – launched earlier this year.
 - Plans for 23-25 to build on this and implement learning. Full evaluation taking place in conjunction with Newcastle University

Whats next.....

- Draft proposal for new model for CYP Community Mental Health by November!!!
- Move forward with the ‘team around the school’ approach and/or aligning to Family Hub development
- Expand access to psychological therapies through the SSTFT CYP Primary Care Network Team
- Develop children and young people’s peer support offer



CRISIS....

- Pilot with North East Counselling Service for young people considering suicide
- Grant Investment into NE Youth & Gladstone Tce Youth Hub to create suitable environments for the delivery of services to support the mental health of young people
 - NE Youth £16,500
 - BBC Boys Club (Gladstone Tce youth Hub) £79,010
- Worked with Young Women's Outreach Project who have engaged with young women to understand their barriers to accessing mental health support and helping identify what young people would like from services moving forward to support their mental health
- Grant Investment of £10,000 into Youth Focus North East via Community Grants to launch a Safe Haven Drop-In at St. Chad's Community Project working with the GP surgery and STSFT Primary Care Mental Health Team

What's next....

- In 23/24 hope to take forward plans for alternative to crisis provision building on the learning of work in 22/23 with North East Youth and the Young Women's Outreach Project
- Further research, particularly with young men and diverse communities across Gateshead who don't typically access services so we can understand their barriers further
- Utilise insight to help us work with system partners to remove barriers and improve access to children & young people's mental health services to help reduce crisis
- Work with Daisy Chain to increase access to advice and support for Autistic children & young people
- As part of the work to redesign children & young people's mental health pathways in Gateshead, develop an Alternative to Crisis Offer specifically for children & young people

YOUTH JUSTICE, LEARNING DISABILITY & AUTISM....

Youth Justice

- Established links with North East Counselling Support
- Features as part of Anti-social behaviour pilot
- Working on a dedicated youth offender pathway as part of trauma Informed Care pilot
- Recommendations from recent Youth Justice Inspection

Autism – commissioned 5 autism hubs across the borough with Daisy Chain as the commissioned provider.

They will align with the Family Hub development as well as play a part in upskilling the workforce and accessibility of services.

Learning Disability – launched Insights Network with support from Inclusion North

- Support the Learning Disability & Autism 3 Year Plan which includes mental health and housing as key development areas to ensure people can be supported in the community.
- Digital media – ‘biteables’, Twisting Ducks short films

INEQUALITIES....



Looked after Children, Care Leavers, Child Protection Plan

Coexisting health conditions (asthma, epilepsy, obesity, deafness)

Autistic children and children and young people with a learning disability

Children with SEND and those with a Education Health and Care Plan

Children and young people who identify as LGBTQ+

Children and Young People experiencing, or that have experienced, homelessness or housing insecurity

Children and young people living in deprivation or at risk of poverty

Unaccompanied asylum seeker children

Children from Gypsy, Roma and traveller communities.

WORKFORCE....

- **Established a multi-agency workforce to support recruitment, retention and training**
 - Cultural competence
 - Learning disability, autism and SEND
- **Summer school for young people and opportunities for internships and work experience.**

What's next....

- **Build on information available through 'Our Gateshead'**
- **Work with Family Hubs, Edberts House and development of Integrated Neighbourhood Teams with a view to maximising the workforce and services available in Gateshead**
- **Looking to enhance Daisy Chain offer to provide additional workforce training to improve accessibility of services and upskill staff**
- **Build Children and Young Peoples Peer Support offer**

NEXT STEPS.....

- Plan to be presented at various forums including, Overview and Scrutiny Committees, Health & Wellbeing Board.
- Narrative plan sent out to partners for comment (deadline 18 August)
 - Comments considered and incorporated into the plan where appropriate
 - Action plan amended in view of any changes to narrative
 - Full plan – narrative and action plan circulated for final comments (deadline 15 September)
 - Publication of the plan on or before 29 September 2023