

<p>OUTCOMES</p> <p>Overall System Outcome: Increase young people's resilience</p> <p>To deliver this outcome, the MH services we deliver to children and young people (CYP) will:</p>	<p>What do local young people and families believe is needed to achieve the outcomes?</p>		
	<p>Prevention and Promotion</p>	<p>Early help and intervention</p>	<p>Specialist Support</p>
<p>Promote positive mental health and increased resilience amongst all children and young people</p> <p>Children and Young People will:</p> <ol style="list-style-type: none"> 1. Feel good about themselves 2. Have ambitions & aspirations 3. Feel in control 4. Have positive relationships 5. Feel supported 6. Feel life has purpose 	<ul style="list-style-type: none"> • Training and support for staff in schools and other universal services to understand how resilience can be promoted and know how to identify risk factors associated with developing it • Promotion of young people's involvement in positive activities including local youth services • Stigma reduction via targeted approaches within settings • Via schools young people receive training in stress management 	<ul style="list-style-type: none"> • Training across universal workforce so staff can identify and refer families and young people for support • Staff in targeted services such as youth services (especially those for vulnerable groups) provided with resilience & mental health training 	<ul style="list-style-type: none"> • Advice and guidance from CAMHS staff to universal services to increase staff confidence and capacity to support a child effectively
<p>Identify and treat children & young people's mental health needs earlier</p> <p>Children and Young People will:</p> <ol style="list-style-type: none"> 7. Know where to go for help 8. Understand how to improve their mental health 9. Have better coping skills 	<ul style="list-style-type: none"> • Schools and other universal services like youth services inform young people about looking after their mental health and how to access support if they need it • Digital platforms used to give young people information so they can recognise when they need help and where to get it 	<ul style="list-style-type: none"> • Holistic assessment that looks at every aspect of the young person's life • Information shared between services young people are using • Shorter waiting time for LAC and other high risk and vulnerable groups 	<ul style="list-style-type: none"> • CAMHS services are available in a variety of community settings that young people already access such as schools and youth services • CAMHS appointments offered at times that fit young people's lives • Use of digital platforms including apps and texting to engage young people with services for example through appointment reminders
<p>Provide quality mental health services that meet the priorities and standards set by young people and their families</p> <p>Children and young people will:</p> <ol style="list-style-type: none"> 10. Be able to manage their future mental health needs 11. Understand the mental health issues they are facing 	<p>Participation</p> <ul style="list-style-type: none"> • Training for CAMHS staff in shared decision making in CAMHS • Participation strategy implemented within CAMHS • Use of Routine Outcomes Measures within CAMHS (including young people self-completion) • All young people help write their own care plan • Young people co-design services • Peer support programmes for service users 		<p>Service Delivery</p> <ul style="list-style-type: none"> • Crisis is responded to quickly (within 24 hrs) and jointly where more than one service is involved (including school involvement) • Stepped care model, to ensure young people can access the lowest appropriate level of support in the first instance, and support while they are waiting. • Meeting of service standards (e.g. 'Delivering with, delivering well', ACE-V, QNCC, etc) • Opening times that suit young people and families in locations where young people go • Young people on waiting list get some kind of support whilst waiting, preferably in schools or through a community service like a youth group • Services look and feel youth-friendly and are non-clinical • All staff are welcoming and friendly; have a participative approach to working with young people and families
<p>Support young people up to the age of 25 and provide support during transition</p>	<ul style="list-style-type: none"> • Involvement of all services supporting the young person during transition planning e.g. social services; housing, schools etc. • Sign posting to full range of organisations and community groups in the voluntary and community sector 	<ul style="list-style-type: none"> • For high risk groups particularly – transition planning starts earlier and involves a range of services 	<ul style="list-style-type: none"> • Age appropriate mental health services are available to young people aged 18-25 • Peer support programmes are available to young people during the transition period • Young people maintain a consistent relationship with a member of staff during the transition period
<p>Enable parents and carers and other family members to support children and young people's mental health</p> <p>Children & young people will:</p> <ol style="list-style-type: none"> 12. Feel that their family have a better understanding of their mental health needs 	<ul style="list-style-type: none"> • Parents can access information about looking after their child's mental health and accessing help through: <ul style="list-style-type: none"> ○ Universal services including early years services; schools and GPs ○ Digital platforms 	<ul style="list-style-type: none"> • Parents can access training to help them look after their child's mental health and recognise when their child might need more support. The training provides information about children from 0-25 years 	<ul style="list-style-type: none"> • Parents get help to manage and support when their child is using mental health services • Parents and carers co-design services • Families have at least one consistent worker during their time with services
<p>Ensure that the most vulnerable young people are supported to improve their mental health</p>	<ul style="list-style-type: none"> • Vulnerable CYP identified in universal settings and provided with better preventative support and resilience building activities • Training for staff working with vulnerable groups around mental health and accessing support (including Police) • Targeted youth provision for disadvantaged young people at greater risk of mental illness 	<ul style="list-style-type: none"> • Disadvantaged young people informed about looking after their mental health and accessing support through services they access such as children in care councils; YOTs etc. • Information sharing (within permitted boundaries) between all services working with vulnerable children • Further work to identify vulnerable groups 	<ul style="list-style-type: none"> • CAMHS is part of a coordinated system with integration between all the services supporting vulnerable children

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