

Session	NHS Greater Glasgow and Clyde (NHSGG&C) Child and Youth Mental Health Improvement and Early Intervention Framework
Background Information	In 2010 NHS Greater Glasgow and Clyde established a multi-agency group to review mental health improvement programmes and early intervention services for children and young people (CYP). The work highlighted some critical issues, patchy resilience work with children, lack of interconnections between services and only a small range of activity to support parents of children post primary school age. There was also a lack of resilience and mental welfare interventions for specific groups of vulnerable children and young people. All the learning from city and board wide area was drawn together into a framework to reflect the key elements required for action required within each partnership area and recommended that this be utilised in local partnership structures (community planning and/or children services planning) to translate into local action plans for change.
Aim	To provide an introduction to NHSGG&C Child and Youth Mental Health Improvement and Early Intervention Framework
Objectives	<p>Participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe the characteristics of the NHSGG&C CYP mental health improvement and early intervention framework 2. Demonstrate how the framework can be used as a planning tool for CYP mental health improvement 3. List a range of resources to support CYP mental health
Duration	<ul style="list-style-type: none"> • 1.5 hours
Resources	<ul style="list-style-type: none"> • IT • Presentation • Transforming child and youth mental health handout • Flipchart/pens • Reflective practice tool

Learning outcomes	Participant Activity	Resources	Time
1. Describe the characteristics of the NHSGG&C CYP mental health improvement and early intervention framework	<ul style="list-style-type: none"> None 	Slides Transforming CYP mental health handout	30 min
2. Demonstrate how the framework can be used as a planning tool for mental health and wellbeing	<ul style="list-style-type: none"> Planning session 	Flipchart/ Pens	30 min
3. List a range of resources to support CYP mental health	<ul style="list-style-type: none"> Resource mapping 	Flipchart/ pens Slide CYP mental health resources handout	20 min
4. Looking after our own mental health	<ul style="list-style-type: none"> Self-care 	Slide	5 min
5. Reflection and session close	<ul style="list-style-type: none"> Reflection 	Reflective practice handout	5 min

NHSGG&C Child and Youth Mental Health Improvement Framework:

Facilitator notes

Slide	Notes	Time	Resources
Slide 1	<p>Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this.</p> <p>Inform participants that the session today is an introduction to a framework that has been developed in partnership by NHSGG&C to highlight areas for consideration in child and youth mental health improvement and to help plan activity.</p>	5 min	Slides
Slide 2	Put up the session overview slide and read out what will be covered today.		
Slide 3	<p>Statistics</p> <p>The purpose of the statistic section is to help build a picture of the scale of mental health and the challenges specific to CYP. The statistical information is taken from the Centre of Mental Health UK which is available at www.centreformentalhealth.org.uk</p> <p>Inform the participants we are going to a look at some of the statistics relating to mental health. Read the information off the slide.</p> <p>Discussion point: once you have read of the information ask the participants what their thoughts and views are on the statistics, are they surprised? Don't go into detail this is merely to provide a snapshot of the scale of CYP mental health challenges we are encountering and why action is necessary.</p>	10 min	Slides
Slide 4	<p>CYP Mental Health Improvement Framework</p> <p>Now put up the CYP mental health framework slide and highlight this is the NHSGG&C framework for mental health improvement and early intervention for CYP. The framework was developed in response to a review that was undertaken across NHSGG&C CYP mental improvement services and programmes.</p> <p>Inform participants the framework consists of 6 elements which should not sit in isolation but be interconnected.</p> <p>At this point distribute the transforming CYP mental health handout to the participants which demonstrates what the framework can look like in action. Go through each of the six elements highlighting the examples of activity that can sit under each of the elements of the framework.</p> <p>Discussion point: what are the participants' views on the framework, is it a useful tool for planning work around CYP mental health? Do they have any comments they would like to contribute about the framework?</p>	15min	<p>Slide</p> <p>Transforming CYP mental health handout</p>

Slide	Notes	Time	Resources
Activity	<p>What are we doing to support CYP mental health that reflects the framework?</p> <p>This section provides an opportunity to explore the breadth of CYP mental health activity happening and where it sits within the framework.</p> <p>This activity can be delivered as a large group or in smaller groups.</p> <p>Larger group</p> <p>On the wall /or table, have 6 flipchart sheets, each one displaying an element from the framework. Using post its or pens, invite the participants to consider each of the 6 elements and identify examples of work they are doing under each and write them down.</p> <p>Smaller groups</p> <p>Divide the participants into 3 groups.</p> <p>Provide each group with two flipcharts with two of the elements from the framework written on them. Invite the groups to consider each of the elements they have been given and to identify examples of work/activity they doing under each.</p> <p>Rotate the flip charts until each group has had the opportunity to contribute to each of the elements.</p> <p>Once completed encourage the participants to look at the activities shared.</p> <p>Discussion point: ask participants' how easy was it to complete this exercise? What to do they think the purpose of the exercise is?</p> <p>The exercise is to demonstrate that there is a breadth of activity that supports CYP mental health and the framework is a good tool to help structure and highlight our work. As well as identifying activity, the framework can identify gaps and areas for development around CYP mental health.</p> <p>Note that there are lots of activities that may not be "badged" as mental health eg physical activity etc but can have a significant impact on supporting and promoting mental health.</p> <p>Encourage the participants to utilise the framework to support planning in child and youth mental health and to share the framework with colleagues and partners.</p> <p>If anyone would like more information on the framework contact michelle.guthrie@ggc.scot.nhs.uk</p>	<p>30 min</p> <p>(20 min for activity and 10 min for feedback)</p>	<p>Flipchart/pens/post its</p>

Slide	Notes	Time	Resources
Activity	<p>Resource Mapping</p> <p>Keep the participants in their groups, provide flipchart</p> <p>Invite the groups to consider what resources (local, city/ board wide/national) can support CYP mental health.</p> <p>Remind the participants that CYP can have different supports for their mental health and wellbeing and one size does not fit all.</p> <p>Encourage them to consider the elements of the framework when doing this activity.</p> <p>Take feedback from the groups.</p> <p>This activity can help identify gaps in resources/supports and where focus should lie when planning for CYP mental health.</p> <p>Circulate the CYP mental health resources handout. Highlight this is not an exhaustive list and participants will have more insight into local resources.</p> <p>Conclude that we all, including children and young people, access different modes of support for our mental health. These can include self help through websites, reading, accessing group or 1 to 1 support, telephone support lines, talking to a supportive adult. We must always consider the CYP at the centre and what they need.</p>	<p>20 min</p> <p>(15 min activity, 5 min feedback)</p>	<p>Flipchart/ pens</p> <p>CYP mental health resources handout</p>
Slide 5 & 6	<p>Highlight the Aye Mind resource and encourage participants to visit the website. It has been referred to as a Trip Advisor for the mind, targeting 13-21 year olds. It provides information on a range of mental health topics, recommended websites and apps. It also has a professional section with a downloadable worker toolkit to support staff using digital technology to support youth mental health.</p>	10 min	Slides
Activity & Slide 7	<p>Remind the participants of the importance of looking after their own mental health and provide a self-care activity.</p>	5 min	Slide
Session close	<p>Thank the participants for their time and ask them to complete reflective practice tool.</p>	5 min	Reflective practice tool



Transforming Child and Youth Mental Health

One Good Adult

A dependable adult to support and protect mental health

- Attachment (parenting)
- Mentoring (mentoring, guidance, befriending)

- Use the One Good Adult clip to promote the concept – www.ayemind.com
- Engage young people in activities that allows them to explore who their One Good Adult is
- Signpost young people to befriending or mentoring services

Resilience Development in Schools

Whole school approaches to mental health and well being – a nurturing environment that builds emotional literacy

- Find out what is happening in your local schools to support young people's mental health
- Work in partnership with the schools to deliver mental health and wellbeing lessons
- Promote your service at school assemblies, lunch time stalls, PSE lessons.

Resilience Development in Communities

Strong network of youth services, voluntary and community organisations, confident and skilled to support and intervene

- Join your local youth network, share practice and information on mental health resources and services
- Offer a range of group work sessions to support young people's mental health
- Use an asset based approach to strengthen resilience in your local community



Transforming Child and Youth Mental Health

Guiding through the service maze

Children, families and young people have a range of support options for early intervention and can be helped to find their way to appropriate help

- Provide information on both local and national organisations that young people, parents and carers can access
- Offer different formats that young people can access information to support their mental health (helplines, websites, leaflets reading material, 1 to 1 support services, group work)

Peer Help and Social Media

Those who share their problems enjoy better mental health - build opportunities for young people to provide peer support, and to use social media for wellbeing

- Learn how to navigate on line resources: access Aye Mind Learning Set to help develop staff confidence in use of social media
- Signpost young people to Aye mind www.ayemind.com to encourage positive use of on line resources to support their mental health and wellbeing

Distress, self harm and suicide prevention

Frontline staff are confident and supported to intervene and help children and young people in situations of distress

- Ensure all staff access available mental health training
- Develop and implement robust organisation policies that protect and promote children and young peoples mental health and wellbeing
- Familiarise yourself with local suicide and self harm policies and guidance and knowhow to respond if a young person presents in distress or has suicidal ideation