

## **NHS Greater Glasgow and Clyde (NHSGGC) Child and Youth Mental Health Improvement and Early Intervention Framework**

### **Session Plan**

<b>Session</b>	<b>NHS Greater Glasgow and Clyde (NHSGGC) Child and Youth Mental Health Improvement and Early Intervention Framework</b>
<b>Background Information</b>	<p>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.</p> <p>All the learning from the 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.</p>
<b>Aim</b>	To provide an introduction to NHSGGC Child and Youth Mental Health Improvement and Early Intervention Framework
<b>Objectives</b>	<p>Participants will be able to:</p> <ul style="list-style-type: none"> <li>• Describe the characteristics of the NHSGGC CYP mental health improvement and early intervention framework</li> <li>• Demonstrate how the framework can be used as a planning tool for CYP mental health improvement</li> <li>• List a range of resources to support CYP mental health</li> </ul>
<b>Duration</b>	1.5 hours
<b>Resources</b>	<ul style="list-style-type: none"> <li>• IT</li> <li>• Presentation</li> <li>• Transforming child and youth mental health handout</li> <li>• Flipchart/pens</li> <li>• Evaluation</li> </ul>

Learning outcomes	Participant Activity	Resources	Time
1. Describe the characteristics of the NHSGGC CYP mental health improvement and early intervention framework	None	Slides  CYP mental health framework handout	30 min
2. Demonstrate how the framework can be used as a planning tool for mental health and wellbeing	Planning session	Flipchart/ Pens	30 min
3. List a range of resources to support CYP mental health	Resource mapping	Flipchart/ pens  Slide  CYP mental health resources handout	20 min
4. Looking after our own mental health	Self-care	Slide	5 min
5. Reflection and session close	Reflection	Evaluation	5 min

### Facilitator's Notes

Slide	Notes	Time	Resources
<b>1</b>	<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 NHSGGC to highlight areas for consideration in child and youth mental health improvement and to help plan activity.</p>	5 min	Slides
<b>2</b>	Put up the session overview slide and read out what will be covered today.		
<b>3</b>	<p><b>Statistics</b></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</p>	10 min	Slides

	<p>Health UK which is available at:</p> <p><a href="#">Facts and Figures   CYPMHC</a></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><b>Discussion point:</b> 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>		
4	<p><b>CYP Mental Health Improvement Framework</b></p> <p>Now put up the CYP mental health framework slide and highlight this is the NHSGGC framework for mental health improvement and early intervention for CYP. The framework was developed in response to a review that was undertaken across NHSGGC 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 framework 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><b>Discussion point:</b> 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>
Activity	<p><b>What are we doing to support CYP mental health that reflects the framework?</b></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><b>Larger group</b></p> <p>On the wall /or table, have 6 flipchart sheets, each</p>	<p>30 min</p> <p>(20 min for activity and 10 min for feedback)</p>	Flipchart/pens/post its

	<p>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><b>Smaller groups</b></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 are 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><b>Discussion point:</b> ask participants' how easy was it to complete this exercise? What 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 <a href="mailto:ggc.mhead@ggc.scot.nhs.uk">ggc.mhead@ggc.scot.nhs.uk</a></p>		
<b>Activity</b>	<p><b>Resource Mapping</b></p> <p>Keep the participants in their groups, provide flipcharts.</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</p>	<p>20 min</p> <p>(15 min activity, 5 min feedback)</p>	<p>Flipchart/ pens</p> <p>CYP mental health resources handout</p>

	<p>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.</p> <p>These can include self-help through websites, reading, accessing group or 1 to 1 support, telephone support lines, taking to a supportive adult. We must always consider the CYP at the centre and what they need.</p>		
<b>5 &amp; 6</b>	Highlight the Aye Mind resource and encourage participants to visit the website. It is a website to inspire professionals to confidently use digital technologies to support young people's mental health and wellbeing. 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.	10 min	Slides
<b>Activity &amp; Slide 7</b>	Remind the participants of the importance of looking after their own mental health and provide a self-care activity.	5 min	Slide
<b>Session close</b>	Thank the participants for their time and ask them to complete an evaluation.	5 min	Evaluation