Children and Young People - Mental Health Improvement Policy Landscape





A resource to support the planning and delivery of child and youth mental health improvement activity in Greater Glasgow and Clyde. Underpinned by the evidence-based <u>Greater Glasgow</u> and <u>Clyde Children and Young People Mental Health</u> <u>Improvement Prevention and Early Intervention Framework</u>, it illustrates recommendations and links to key mental health policy drivers.

Frequently Asked Questions

We've put together some commonly asked questions to give you more information about the policy landscape. If you have a question that you can't find an answer to please contact ggc.mhead@nhs.scot

1. What is the child and youth policy landscape?

• Child and youth mental health is a national priority area as evidenced by the numerous national strategy documents published over recent years. Navigating and keeping abreast of the national policy picture can be overwhelming for practitioners, teams and organisations. The policy landscape resource is a simple planning tool to help support delivery of child and youth mental health improvement activity. It is underpinned by the evidence-based Greater Glasgow and Clyde Children and Young People Mental Health Improvement Prevention and Early Intervention Framework, a framework which it illustrates the different pre-requisites that children and young people need to develop resiliently. The framework has been mapped against some of the key child and youth mental health national policy documents and illustrates how the themes of the framework correlate with the recommendations outlined in each of the policies.

2. Does the planning tool include all policies relevant to child and youth mental health?

• No. There are an abundance of policies that link to child and youth mental health but the planning tool only includes some of the key policy drivers. These include; A Refresh of the Strategy for Mental Health Services in Greater Glasgow & Clyde: 2023 – 2028, the Scottish Government Mental Health and Wellbeing Strategy, United Nations Conventions on the Rights of the Child, Creating Hope Together Scotland's Suicide Prevention Strategy 2022-2032, Scotland's Self harm Strategy and Action plan 2023 to 2027, NHSGGC Turning the Tide Through Prevention Public Health Strategy (2018-2028), Curriculum for Excellence and Getting it Right for Every Child. All are hyperlinked to take to your directly to the strategy for further information.

3. Who is it for?

• The resource can be used by individuals and teams from both statutory and non-statutory organisations who have a remit for child and youth mental health.

4. How can it be used?

The resource can be used to:

- Map child and youth mental health improvement activity against policy recommendations. This can show teams and organisations where they are translating national policy into local actions.
- Identify gaps in provision and areas for improvement to support child and youth mental health activity planning.

5. What are the benefits of using the policy landscape?

- Gives an overview of how your child and youth mental health improvement activity links to national priorities and recommendations. This information can help support funding applications and organisational reports.
- Highlights strengths lie and can identify gaps. This can help plan work and prioritise allocation of resources.



A Refresh of the **Strategy for Mental Health Services in Greater Glasgow &** <u>Clyde: 2023 – </u> <u>202</u>8

<u>Scottish</u> Government Mental Health and Wellbeing <u>Strategy</u>

United Nations Convention on the Rights of the Child

<u>Creating Hope</u> Together: Suicide <u>Prevention Strategy</u> 2022 to 2032

Scotland's Self-harm Strategy and Action Plan

NHSGGC Turning the Tide **Through Prevention** Public Health <u>Strategy</u> 2018-2028

Curriculum for **Excellence**

Getting it Right for Every Child

LOCAL **ACTIONS/ACTIVITY**

One Good Adult

Continue to work to improve the quality of care experienced by looked-after children and young people, for whom **HSCPs** have Corporate Parenting responsibilities.

A programme to coordinate reduced exposure to ACEs, and to mitigate the effects of ACEs once they occur, for example by developing a 'Family Nurture' strategy in every Partnership with a community infrastructure of support. This should include relational and parenting support, especially for families with ACE risks.

Tackle mental health stigma and discrimination where it exists and ensure people can talk about their mental health and wellbeing and access the person-centred support they require.

Improve population mental health and wellbeing, building resilience and enabling people to access the right information and advice in the right place for them and in a range of formats.

Reduce the risk of poor mental health and wellbeing in adult life by promoting the importance of good relationships and traumainformed approaches from the earliest years of life, taking account where relevant adverse childhood experiences. Ensure help is available early on when there is a risk of poor mental health, and support the physical health and wellbeing of people with mental health conditions.

Article 5 (parental guidance and a child's evolving capacities) Governments must respect the rights and responsibilities of parents and carers to provide guidance and direction to their child as they grow up, so that they fully enjoy their rights. This must be done in a way that recognises the child's increasing capacity to make

their own choices.

Article 12 (respect for the views of the child) Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. This right applies at all times, for example during immigration proceedings, housing decisions or the child's day-to-day home life.

Outcome 2:

Our communities have a clear understanding of suicide, risk factors and its prevention – so that people and organisations are more able to respond in helpful and informed ways when they, or others, need support.

Priority 1:

Continue to expand and deepen knowledge and embed compassionate understanding of self-harm and tackle stigma and discrimination.

Priority 2:

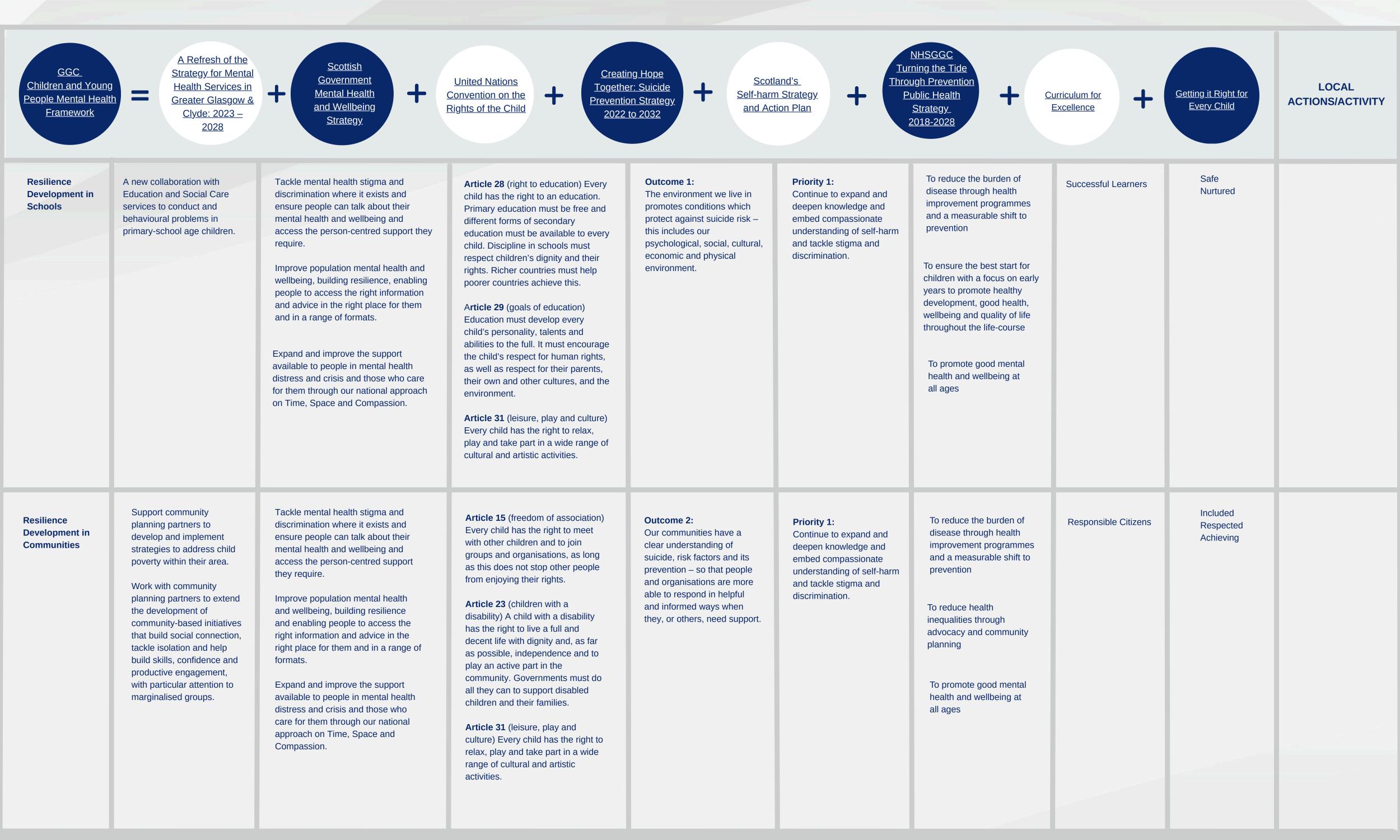
Continue to build personcentred support and services across Scotland to meet the needs of people affected by self-harm.

To ensure the best start for children with a focus on early years to promote healthy development, good health, wellbeing and quality of life throughout the life-course

To promote good mental health and wellbeing at all ages

Confident Individuals

Safe Nurtured





A Refresh of the **Strategy for Mental** <u>Health Services in</u> **Greater Glasgow &** <u>Clyde: 2023 – </u> 2028

<u>Scottish</u> Government Mental Health and Wellbeing <u>Strategy</u>

United Nations Convention on the Rights of the Child

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<u>Creating Hope</u> Together: Suicide **Prevention Strategy** 2022 to 2032

Scotland's Self-harm Strategy and Action Plan

NHSGGC Turning the Tide Through Prevention Public Health <u>Strategy</u> 2018-2028

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Curriculum for **Excellence**

LOCAL Getting it Right for **ACTIONS Every Child**

Guiding Through The Service Maze

Continue to improve processes that promote more integrated working across Adult Mental Health Services and Children and Family services.

A new collaboration with Criminal Justice services to develop and implement a Mental Health strategy for young people involved in the justice system, including early intervention access services.

Tackle mental health stigma and discrimination where it exists and ensure people can talk about their mental health and wellbeing and access the person-centred support they require.

Improve population mental health and wellbeing, building resilience and enabling people to access the right information and advice in the right place for them and in a range of

Increase mental health capacity within General Practice and primary care, universal services and communitybased mental health supports. Promote the whole system, whole person approach by helping partners to work together and removing barriers faced by people from marginalised groups when accessing services.

Improve mental health and wellbeing support in a wide range of settings with reduced waiting times and improved outcomes for people accessing all services, including CAMHS and psychological therapies. Article 24 (health and health services) Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

Article 25 (review of treatment in care) If a child has been placed away from home for the purpose of care or protection (for example, with a foster family or in hospital), they have the right to a regular review of their treatment, the way they are cared for and their wider circumstances.

Outcome 3:

Everyone affected by suicide is able to access high quality, compassionate, appropriate and timely support – which promotes wellbeing and recovery. This applies to all children, young people and adults who experience suicidal thoughts and behaviour, anyone who cares for them, and anyone affected by suicide in other ways.

Outcome 4:

Our approach to suicide prevention is well planned and delivered, through close collaboration between national, local and sectoral partners. Our work is designed with lived experience insight, practice, data, research and intelligence. We improve our approach through regular monitoring, evaluation and review.

Priority 2:

Continue to build personcentred support and services across Scotland to meet the needs of people affected by self-harm.

Priority 3: Review, improve, and share data and evidence to drive improvements in support and service responses for people who have selfharmed, or are at increased risk of doing so.

To ensure the best start for children with a focus on early years to promote healthy development, good health, wellbeing and quality of life throughout the life-course

To promote good mental health and wellbeing at all ages

To use and translate data into meaningful information that can inform service planning and public health interventions

Effective Contributors

Healthy Included

GGC Children and Young People Mental Health Framework	A Refresh of the Strategy for Mental Health Services in Greater Glasgow & Clyde: 2023 – 2028	Scottish Government Mental Health and Wellbeing Strategy	United Nations Convention on the Rights of the Child	Prevention Strategy Self	Cootlond'o	NHSGGC Turning the Tide hrough Prevention Public Health Strategy 2018-2028	Curriculum for Excellence	Getting it Right for Every Child	LOCAL ACTIONS
Responding to Distress	Significantly up-scale Mental Health training and support for all staff in Partnerships and related services (including trauma-informed, ACE aware, one good adult, mental health first aid). Coordinate and extend current Partnership work for the prevention of suicide through joint training, risk management, and acute distress responses, including with primary care. Access to 'distress' services delivered as part of the Unscheduled Care Review.	Expand and improve the support available to people in mental health distress and crisis and those who care for them through our national approach on Time, Space and Compassion.	Article 39 (recovery from trauma and reintegration) Children who have experienced neglect, abuse, exploitation, torture or who are victims of war must receive special support to help them recover their health, dignity, self-respect and social life.	Outcome 2: Our communities have a clear understanding of suicide, risk factors and its prevention — so that people and organisations are more able to respond in helpful and informed ways when they, or others, need support. Outcome 3: Everyone affected by suicide is able to access high quality, compassionate, appropriate and timely support — which promotes wellbeing and recovery. This applies to all children, young people and adults who experience suicidal thoughts and behaviour, anyone who cares for them, and anyone affected by suicide in other ways.	Priority 1: Continue to expand and deepen knowledge and embed compassionate understanding of self-harm and tackle stigma and discrimination. Priority 2: Continue to build personcentred support and services across Scotland to meet the needs of people affected by self-harm.	To reduce health inequalities through advocacy and community planning To promote good mental health and wellbeing at all ages To use and translate data into meaningful information that can inform service planning and public health interventions	Confident Individuals	Included Safe Respected	
Peer Support and Social Media	Work with multiple partners to build awareness of practical steps to promoting Mental Wellbeing and challenging stigma and discrimination (linking to initiatives such as Walk a Mile, See Me and the Scottish Mental Health Arts Festival) – with a priority focus on groups with higher risk, marginalised and protected characteristics.	Tackle mental health stigma and discrimination where it exists and ensure people can talk about their mental health and wellbeing and access the person-centred support they require.	Article 15 (freedom of association) Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights. Article 17 (access to information from the media) Every child has the right to reliable information from a variety of sources, and governments should encourage the media to provide information that children can understand. Governments must help protect children from materials that could harm them.	Outcome 1: The environment we live in promotes conditions which protect against suicide risk – this includes our psychological, social, cultural, economic and physical environment.	Priority 1: Continue to expand and deepen knowledge and embed compassionate understanding of self-harm and tackle stigma and discrimination. Priority 2: Continue to build personcentred support and services across Scotland to meet the needs of people affected by self-harm.	To reduce the burden of disease through health improvement programmes and a measurable shift to prevention To reduce health inequalities through advocacy and community planning To promote good mental health and wellbeing at all ages	Successful Learners Effective Contributors	Included Respected	