NHS Greater Glasgow and Clyde

Mental Health Improvement and Early Intervention Framework for Children and Young People

Ten years ago in June 2012 the NHS Greater Glasgow and Clyde Child and Youth Mental Health Improvement and Early Intervention Framework was formally ratified by the NHSGGC Child and Maternal Health Strategy group.

The framework had a range of recommendations and actions behind it and was intended as a set of core principles provided for guidance to address and support child and youth mental health and wellbeing. It was expected that local multi-agency planning arrangements for child and youth mental health would further refine, amend and augment the six domains, based on assessment of local needs and availability of investments and resources. The domains were not to be seen in isolation; rather they were to be viewed as a suite of areas where interventions could be developed and adapted to support locally identified needs.

Since then it has been used extensively by NHS, Statutory and third sector colleagues for planning services and work related portfolio's to funding applications. It is testimony to those many partners who contributed their expertise back in 2012 that each of the domains are still current a decade later.

> *The Framework is as relevant today as it was 10 years ago; if not more! The 6 key elements go hand in hand to ensure we get it right for every child and young person to support their mental health and wellbeing*
>
> **Heather Sloan: Health Improvement Lead – Mental Health**

ONE GOOD ADULT

The concept of 'One Good Adult' is to emphasise the importance of a dependable adult who can support and protect the mental wellbeing of a child and/or a young person. The presence of One Good Adult has been found to be a key indicator of how well a young person copes with their struggles.

NHSGGC - One Good Adult — Watch later — Share — Watch on YouTube

Watch our One Good Adult clip by clicking on the image. You can also download other **OGA resources**

RESILIENCE DEVELOPMENT IN SCHOOLS

Schools play a key role in protecting and supporting the mental health of children and young people. A whole school approach makes mental health everyone's business and in doing so helps eliminates stigma and discrimination and helps create a more understanding school community and society which values mental health equally alongside physical health.

Mental Health Improvement Resources for Schools and Youth Organisations

NHS Greater Glasgow and Clyde

To download the schools and youth organisation resource, click on the image above

RESILIENCE DEVELOPMENT IN COMMUNITIES

Youth services, voluntary and community organisations are in a very good position to support the mental health and wellbeing of children and young people. For some children and young people they are more accessible than traditional statutory services, often reach the most vulnerable children and young people at risk of poorer mental health and many activities undertaken by community organisations already help support and improve mental health and wellbeing.

Download our ***Resilience Poster** and **Toolkit** *poster available in 10 different languages
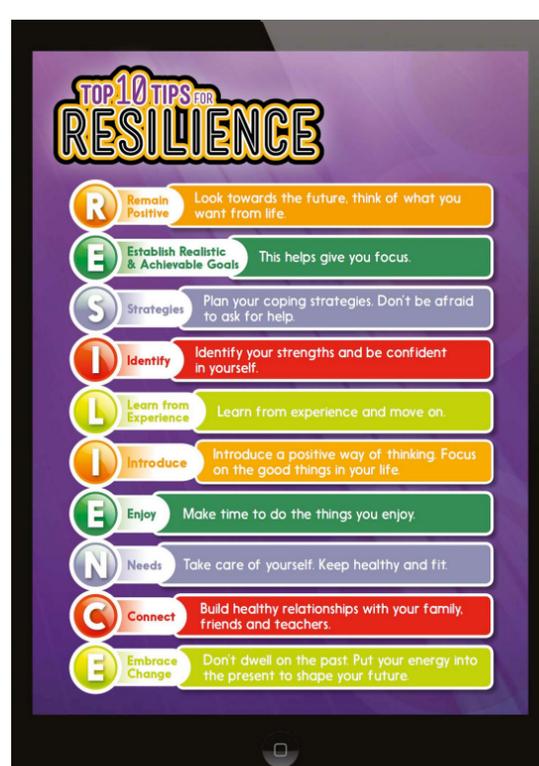
NHS Greater Glasgow and Clyde

Mental Health Improvement and Early Intervention Framework for Children and Young People

GUIDING THROUGH THE SERVICE MAZE

For children and young people mental health problems can develop as a result of life circumstances like exam stress, transitions, caring responsibilities, relationships, sexual identity, poverty, unemployment, grief, illness and long term conditions and family imprisonment. It is important that children, families and young people have range of mental health support options for early intervention and can be helped to find their way to appropriate help quickly.
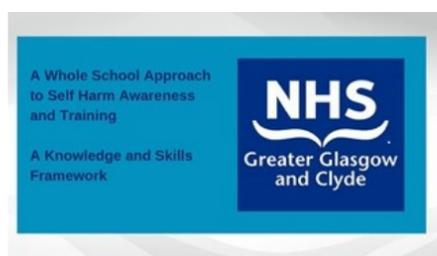
Download our Child and Youth Mental Health Useful Websites and Helplines by clicking on the image

Child and Youth Mental Health Useful Websites and Helplines

NHS Greater Glasgow and Clyde
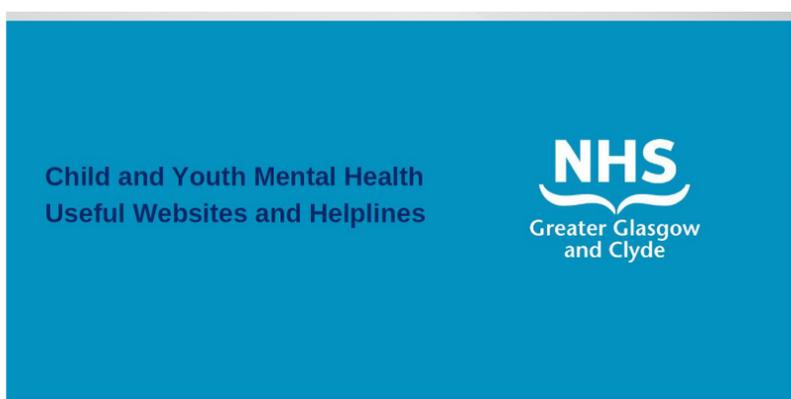
RESPONDING TO DISTRESS

Unfortunately, some children and young people can find it difficult to cope at times in their lives. As a result, they may harm themself or think of ending their life. It is therefore important that frontline staff working with children and young people are confident and supported to intervene and help children and young people in situations of distress, including self-harm and risk of suicide.

We have a range of resources to support staff working with children and young people including On Edge: a Self Harm Curricular Pack, guidance on how to implement a whole school/organisation approach to self harm awareness and training and Suicide ALERT resources.

On Edge
Learning about self-harm
Resource pack for teachers and professionals working with young people

A Whole School Approach to Self Harm Awareness and Training

A Knowledge and Skills Framework

NHS Greater Glasgow and Clyde

Download the above resources by clicking on the images on the right

PEER HELP AND SOCIAL MEDIA

As staff who support young people, we have a duty to recognise how they use digital media in order to support them to make safe and informative choices.

To support professionals with this, our Aye Mind project includes a website as well as a toolkit for staff working with young people to support their mental health and wellbeing. The toolkit includes practical information, case studies, online resources, and reflection material for anyone interested in learning more about digital technology, health, and wellbeing.

The Aye Mind website also hosts a wide range of tools and resources including signposting to websites and apps.

Click on the images below to access the website and toolkit

aye mind

Mental health