



What we want to achieve:

- more young people to have good mental health, including those in vulnerable groups such as children looked after, children subject to child protection plans, children with disabilities and young offenders
- more children and young people with mental health problems to recover
- more children and young people to have a positive experience of care and support
- fewer children and young people to suffer avoidable harm
- fewer children and people to experience stigma and discrimination

Our commitment to children, young people and families:

- We will support children and young people to be actively involved in the design, delivery and evaluation of children and young people's mental health services
- We will provide clear information about the range of services available, so that children, young people and families know who does what and how to access help
- We will commission and provide services in a joined up way, so that money is spent well, on evidence based interventions
- We will monitor the effectiveness of services as we strive for continuous improvement
- We will support and encourage the education, training and development of the local workforce
- We will value mental health equally with physical health

Update January 2017

- Kooth.com is now live, providing online counselling to 11-25's in Notts.
- Healthforteens.co.uk is also live, providing advice and guidance about health issues including emotional health and signposting to local services.
- Academic resilience programmes will be in schools across the county from April, building on those already in place in the north of the county
- CAMHS Crisis team now mainstreamed.
- Work started to improve the interface between the Early Help Unit and CAMHS single point of access, to improve access to the right service, quickly.

Our priorities for 2015-2017:

- Promoting Resilience, Prevention and Early Intervention
 - Provide better information for children and families about how to help themselves and when to seek support
 - Develop online or telephone support for young people who need emotional support
 - Increase the numbers of children and young people able to take part in programmes to build resilience in schools
- Improving Access to Effective Support
 - Have one community child and adolescent mental health service (CAMHS) rather than two separate services, with more practitioners working in it, so children do not have to wait so long to get the support they need
 - Introduce Primary Mental Health Workers to provide advice, consultation and guidance to schools and GPs about children's mental health issues
 - Set up a crisis team to respond quickly to young people who have a mental health crisis
 - Improve the access arrangements for CAMHS so that children in need of support get prompt access to the right service
- Care for the most vulnerable
 - Develop specialist support for children who have been sexually abused and/or exploited
 - Review services for children and young people with learning disabilities and neurodevelopmental disorders
- Accountability and transparency
 - Make sure that we get the most out of the money that is spent on children's mental health and wellbeing, and that services are making a difference to children and young people's lives
- Developing the workforce
 - Improve and make more training available to professionals working with children, young people and families where there are emotional or mental health difficulties.

**For more information please
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