

### 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 are able to access appropriate support and recover
- More children and young people to have a positive experience of care and support
- Fewer children and young people to suffer avoidable harm

### Our priorities for 19/20

To deliver against actions identified by Citizen Researchers as part of MH: 2K project.

- **Promoting Resilience, Prevention and Early Intervention**  
Embedding the recommendations of the Green Paper and the NHS Long Term Plan (2019)  
Continue to embed perinatal pathway
- **Improving Access to Effective Support**  
Develop a communications plan to promote our services  
CAMHS Eating Disorder Service to embed same day treatment
- **Care for the most vulnerable**  
Continue to embed Speech and Language Therapy and Psychology in CAMHS Head to Head teams and Youth Offending teams  
Continue to champion the personalisation agenda for our most vulnerable young people
- **Accountability and transparency**
  - Make sure 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
  - Ensure all providers flow data into the Mental Health Services Dataset
- **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.
  - Develop business cases to ensure funding streams are available for evidence based programmes
  - Continue to deliver Mental Health First Aid in the City and develop provision for the County
  - Consider the role of parents and carers in supporting children and young people's mental health

### Key Achievements

- Selected schools have had access to **academic resilience** programmes and the programme has been extended to until 2021
- Mental Health and Schools Link workshops rolled out across the County
- Funding has been secured for five Mental Health Support Teams across 103 schools in Gedling Rushcliffe, Mansfield and Ashfield and Nottingham City
- In the City, there is a universal services CAMHS practitioner in place to link with schools and colleges
- An emotional health and resilience charter for schools has been developed in the City
- Guidance for self-harm for schools developed by County Educational Psychology Service
- SHARP self-harm clinics running in the City and Exam Stress-Less workshops delivered
- Targeted CAMHS in the City continue to offer a Single Point of Access, sitting alongside the multi-agency safeguarding hub. Tierless Community CAMHS is offered in the County
- Digital access to support in the County via the Health for Kids and Health for Teens websites
- Kooth – the children and young people's online and face to face counselling service continues to offer open access support for children and young people
- Transitions protocols developed and CAMHS Transition Champions identified. A transition worker has been appointed to the Eating Disorder Team
- Specific practitioner roles for vulnerable groups developed in the City
- CAMHS Eating Disorder Service – dedicated CYP eating disorder service in place which is recurrently funded. Additional funding allocated in order for service development to meet the Access and Waiting Time Standard and establish a same day 'assess and treat' model.
- MH: 2K – engagement programme with young people has been extended to cover 2019/20.
- The "You Know Your Mind" project has provided personal budgets to over 300 children and young people

### Ongoing priorities and developments:

- Reviewing delivery models in urgent and crisis care, to ensure it is consistent with regional and national models of best practice.
- Widen our engagement with schools and colleges including the rollout of Mental Health Support Teams for schools
- Workforce – develop the capacity and capability within CAMHS and the wider workforce
- Developing flexible transition points as part of the development of a comprehensive 0-25 service of children, young people and young adults