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**
  - 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