



Healthy Mind Healthy Life

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A plan to support children and young people's emotional wellbeing and mental health in Wiltshire



Our Vision

This is a plan that identifies the emotional and mental health needs of children and young people in Wiltshire and explains what we will do to address them.

“For Wiltshire’s children & young people to have opportunities to thrive and enjoy good mental health now and throughout their lifetimes.

We want children & young people to be able to bounce back when life gets tough.

When they need more help with how they are feeling we want to be sure that they know where to go so that they get back to good mental health and wellbeing quickly.”

Wiltshire’s Children and Young People’s Trust Emotional Wellbeing and Mental Health Sub Group

(a partnership from across education, health, social care, the voluntary and community sectors, children, young people, parents and carers - working to understand mental health and deliver effective services for children and young people)

Achieving the vision

NHS England has awarded Wiltshire additional funding to develop better mental health services for children and young people. Some of this funding has been allocated by the Government to enhance our **local eating disorder service**. The rest will be spent on services that children, young people, parents, carers and our multi-agency partners have told us they need.

By delivering this plan, we want children and young people to be able to say...

- I am supported to live healthily
- I am respected, listened to and involved
- I am supported to live independently
- I receive care and support tailored to my individual needs
- I have an excellent experience from the services I receive
- I understand what support is available and services are accountable to me
- I am kept safe from avoidable harm

What have Wiltshire's young people told us?

- We should help them **earlier** by giving them good coping skills and support when they first need it
- They would like high quality support and treatment which is **simple** and easy to access
- Those who need help the most should be **supported when they move** between schools or years
- Services must be designed to **meet individual needs**

"Information about local support and services and how this can be accessed should be improved"

"Tackle stigma and discrimination"

"More help could be given to help children and young people build their self-esteem and confidence"

"Help and support should be easier to access, as close to home as possible"

"Better mental health awareness, education and support are needed in schools"

What will we actually do?

We will deliver a wide range of projects, services and actions that have been identified to meet the three main objectives of this plan. We are going to invest in a number of key priorities and will work hard to:

- improve waiting times
- stop children and young people having to re-tell their stories
- provide clarity on what services there are locally and who can access them
- make sure that problems are tackled earlier so that they do not reach crisis point
- put an end to children and families being 'bounced around' when a mental health service is not appropriate



Objective 1

Promote good mental health, build resilience and identify and address emerging mental health problems early on.

We will

- Provide training for staff working with children and young people in schools and health services, to include developing a network of GPs as locality mental health 'Champions'
- Establish 'Thrive Hubs' in six secondary schools to help build children and young people's resilience, support parents/carers, and promote mentally healthy schools
- Make better use of digital services to improve access to services and support including online counselling and a dedicated website for children and young people's emotional wellbeing and mental health
- Develop better understanding of the causes of mental health related Accident & Emergency attendances and admissions and use this to help improve early and community based support for children and young people, and reduce pressure on hospitals
- Provide additional mentoring to primary age children and a peer mentoring project for secondary pupils at risk of developing or experiencing social, emotional and/or mental health difficulties
- Encourage more children and young people to engage in local youth activities within their communities to help improve their health and wellbeing



Objective 2

Provide children, young people and families with simple and fast access to high quality support and treatment they need.

We will

- Develop a new Child and Adolescent Mental Health Service (CAMHS) which better meets the needs of children and young people
- Establish a clear pathway for children and young people with emotional wellbeing and mental health needs so that they get access to the right service at the right time
- Provide the option for children and young people to self-refer to CAMHS
- Invest more funding in community and school based counselling, to reach more children and young people
- Develop much closer partnership working between schools and specialist CAMHS
- Co-locate CAMHS mental health workers within Wiltshire Council Children's Services
- Enhance the community based eating disorder service so that it can provide a quicker response



Objective 3

Improve care and support for the most vulnerable and disadvantaged children by closing critical service gaps, improving support at key transitions and tailoring services to meet their needs.

We will

- Strengthen links between CAMHS and adult services to include an extended CAMHS service for care leavers where appropriate
- Enhance our CAMHS Outreach Service for Children and Adolescents (OSCA) which provides support and treatment in community settings
- Place mental health practitioners within teams working with vulnerable children and young people (Looked After Children and those who are victims of Child Sexual Exploitation and Abuse)



How will we know we are making a difference?

To make sure that we are getting it right for children, young people and their families, we will monitor progress regularly.

We will also:

- Publish this plan on local websites to include the Clinical Commissioning Group and Wiltshire Council
- Continue to improve the involvement of stakeholders (including children and young people) in the development, delivery and review of this plan
- Publish an annual report on child and youth mental health, setting out main achievements, areas for improvement and required action
- Ask all those organisations delivering mental health and wellbeing services to publish plans for improvement each year

For further information about this plan and the services that are being developed and delivered please email:

childrenstrust@wiltshire.gov.uk