



Community &
Voluntary Services
cheshire east

Healthy Young Minds Launch Event 11th September

in partnership with the Senior Mental
Health Lead Network



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Welcome

Kathryn Sullivan, CEO
CVSCE



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Emotional and mental wellbeing need in our children and young people across Cheshire East: A brief overview from the Joint Strategic Needs Assessment (JSNA)

Dr Susie Roberts, Consultant in Public Health
Cheshire East Council

Children and Young People's Emotional and Mental Wellbeing JSNA

**Working together to protect, promote, prevent, empower
and intervene early for all involved.**

Led by Cheshire East Council, the NHS and our volunteer
communities



“Over the past year, we have been working together to better understand emotional and mental wellbeing in our children and young people. It is clear that there is passion and dedication across Cheshire East to support our children and young people in experiencing the best emotional and mental wellbeing possible, and to support them and their families in times of need. I have seen how joint working between Council, schools, the NHS and volunteer organisations is making a really positive difference to children and young people.

This review considers all the hard work already going on and identifies challenging areas for further action and support.

To make the changes needed, we must continue to work together: children and young people; parents; school staff; health and social care staff; and volunteers. We must continue to recognise where people have made a difference, and to recognise our strengths and build on them.

Importantly, we won't get this right for our children and young people unless we make sure we also have the very best systems in place to promote emotional and mental wellbeing in those who support them too. Hopefully, this review will help to underpin the changes needed”.

*Dr Susie Roberts, **Lead for the Children and Young Peoples Emotional and Mental Wellbeing JSNA Review***

**Consultant in Public
Health Cheshire East**

Council

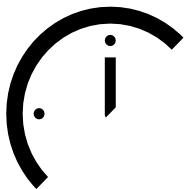
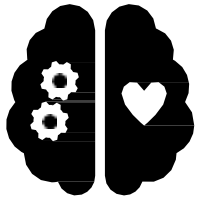
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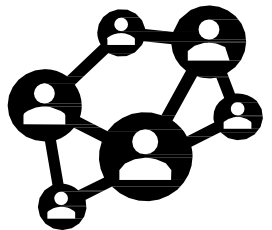
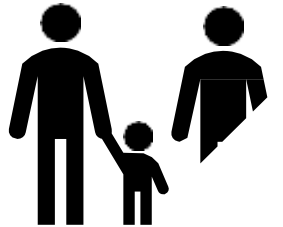
One page summary

1. Whilst most children and young people (CYP) experience good emotional and mental wellbeing, there is evidence of increasing need and also increasing numbers of risk factors for poor mental wellbeing.
2. Considerable efforts by professionals across Cheshire East, by schools and by parents will be supporting emotional wellbeing in our CYP.

However, we need to:



- Work holistically to support the physical and mental wellbeing needs of the child, their families and professionals that work with them.
- Promote protective factors and resilience robustly.
- Intervene early on risk factors for mental health problems before mental health issues arise.
- Consider root causes as part of mental health presentations.
- Integrate care so it is easy to navigate and that empowers children and their families.
- Provide care for all with greater support to areas in greatest need.
- Continue to monitor emotional and mental wellbeing and robustly evaluate interventions put in place.





What is a 'Children and Young People's Emotional and Mental Wellbeing JSNA'?

It is a review of a topic area relating to health and wellbeing, which helps us understand an issue in more detail.

We can see where the gaps in support services are and make better decisions to meet the needs of our residents.

What does it tell us?

2 Who might be more likely to experience poor emotional and mental wellbeing in the future.



4 What support services are needed but not yet provided.



1 Who is currently experiencing poor emotional and mental wellbeing in Cheshire East.



3 What support services there are for those who need them.



5 Which communities and organisations may be able to work together to fill the gaps.

What is Mental Health?

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development” . World Health Organization.

Strengthening mental health promotion. Geneva: WHO; 2001. Cited within Office for Health Improvement and Disparities (2022) Wellbeing and mental health: Applying All Our Health. Guidance. 28 February 2022. Available from: Wellbeing and mental health: Applying All Our Health - GOV.UK [Mental health \(who.int\)](https://www.gov.uk/mental-health-who-int) (Accessed 11 September 2023)

It is estimated that around 50% of all lifetime mental health problems start by the mid-teens, and three-quarters by the mid-20s.

There has been increasing focus on emotional and mental wellbeing in our children and young people of recent years and particularly since the start of the COVID-19 pandemic, both nationally, and locally.



Read on to hear more about what we found in our review of children and young people’s emotional and mental wellbeing in Cheshire East

Children and young people's emotional and mental wellbeing in Cheshire East



Many children and young people experience good mental wellbeing.

However, in England the rates of probable mental health disorder for children and young people aged 7-19 increased from 12% in 2017 to 20% in 2022.



This means that in Cheshire East in 2022, there were estimated to be somewhere between 8,500 to 13,500 children and young people with a probable mental health disorder.

During the Covid-19 pandemic years 2020-22 the Emotionally Healthy Children and Young People Service (Visyon, CLASP, and Just Drop In) had to adapt their services to support the demand and complexity.



Between 2021-2022 poor mental health was the most common reason for children and young people needing one on one tuition in their home or in other settings due to being unable to attend school.



Prevalence of mild to moderate mental health conditions seen in general practice ranged from:

- 1.6%-3.0% of 0-17 year olds
- 17.9%-21.3% of 18-24 year olds

In Cheshire East during 2021/22 there were 450 admissions for self-harm in children and young people aged between 10 and 24. This is 130 more admissions than the previous year.



The admission rate has been consistently higher since 2013/14 in Cheshire East compared with England.

What our children and young people have told us

"Covid lockdown disrupted integration at school, difficult to go back"

"Bullying"

"I like to talk to people about my feelings, but they need to be someone I have a relationship with (parent, friend, teacher etc)"

"Pressure from social media – addiction, bullying, fear of missing out"

"Expectation to fit in at school is stressful"

"Pressure in school – it's all about academic results"

"I'm only taken seriously if I reach crisis point"

"Lack of communication of available support"

"Teachers are stressed and unapproachable"

"Mental health teams are useful, but they are always in a meeting so not available"

What our stakeholders and parents have told us

"Younger children unable to vocally express how they feel so Mental Health goes unrecognised"

"No early intervention"

"Parents feeling like they're 'fighting' the system and 'asking for a favour'"

"High prevalence of emotionally based school refusal"

"Increase in anxiety and self-harm in younger children"

"Waiting list for neurodiverse services up to 4 years"

"Children with SEND not supported by MH services"

"Geographical inequality in acceptance of LGBTQ+ in the community"

"CYP have lost their ability to self-regulate"

"Families falling through gaps in services"

"GPs holding CYP mental health cases as they have nowhere to refer to"

What might be contributing to poor mental health?



Poverty can be associated with poor mental wellbeing (please see the poverty JSNA for more information) [JSNA Food and Fuel Poverty: Spotlight review](https://www.cheshireeast.gov.uk/jsna-food-and-fuel-poverty-spotlight-review) ([cheshireeast.gov.uk](https://www.cheshireeast.gov.uk))

Wards in Crewe and Macclesfield have a high proportion of children eligible for free school meals. However, there has also been an increase in eligibility in wards such as, Wrenbury, Audlem and Handforth over the past 4 years.



The COVID-19 pandemic has had a negative impact on physical and mental development for some children and young people.



The number of children and young people with Education, Health and Care plans has been steadily rising year on year. Growth of 63% in the last three years.



The rate of young people being admitted to hospital as a result of substance misuse in Cheshire East is higher than the England and North West average.



The rate of domestic abuse related incidents and crimes increased across Cheshire East more rapidly than across England as a whole.



Although we don't have any up to date data, the most recent data shows that 17% of young people aged between 10 and 15 years old in England in the previous 12 months, were bullied in a way that made them frightened or upset.



There has also been an increase in the number of adults in Cheshire East reporting a "high anxiety score" with 23.3% of people reporting this.

Similarly, the rate of adults being diagnosed with depression is also increasing in Cheshire East, which is important to consider given the number of adults that care for or work with children and young people.

Important factors that can help to maintain a good mental wellbeing



Good education is an important factor for maintaining a positive emotional and mental wellbeing.



The uptake of free early years education in 3 and 4 year olds is very high, but uptake is lower in our eligible 2 year olds.



The rate of absences across secondary school aged children has been higher than the national average.



On average, educational attainment across Cheshire East is good, however, educational attainment is worse in children experiencing deprivation.



Physical activity is also an important factor for having a good mental wellbeing. In Cheshire East 45.1% of children aged 5-16 years old are "active".



It is also important to consider the 5 ways to wellbeing...

- 1) “**Connect** - Connecting with the people around us is a great way to remind ourselves that we’re important and valued by others”.
- 2) “**Be active** - We know that there’s a link between staying active and positive mental health and wellbeing. By making sure we are regularly moving our bodies, we can look after our mental and physical health at the same time”.
- 3) “**Take notice** - Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs”.
- 4) “**Keep Learning** - Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing”.
- 5) “**Give** - Research has found a link between doing good things and an increase in wellbeing”.

The impact of digital media on emotional and mental wellbeing

A young person told us about the negative impacts of digital media...

“Social media – lack of respect, hiding behind keyboard, inappropriate content, addictive, FOMO, encourages discrimination, unreasonable body image expectations”

There may be different individual circumstances requiring individualised advice. However, the Royal College of Psychiatrists provides the following general advice on using digital media safely for all:

- **Set time limits**
- **Get some sleep**
- **Stay safe**
- **Don't believe everything you read**
- **Keep perspective-when seeing people online looking their best and having fun**
- **Think first before sending a message or posting online**
- **Don't let the internet get expensive**



Additional general advice for parents:

- **Model sensible use**
- **Set parent controls**
- **Look at age recommendations**
- **Talk about online safety, information sharing, mental health**

What support is currently available?

What we have noticed is that it can be difficult to find the right support at the right time and sometimes there are ways to get children and young people help earlier before things have progressed in the first place.

Cheshire East Live Well website

General Practitioners (GP)

Contact Hub

CAMHS

Kooth

Chat Health

Schools

The Healthy Child Programme: School Nurses, Health Visitors, SEND support and Mental Health Practitioners

Mental Health Support Teams

Emergencies via hospital

Emotionally Healthy Schools (Visyon, CLASP and Just Drop In)



Where are the current and potential gaps in support?

Increase support for schools and other settings to promote mental wellbeing and address factors which may contribute to poor mental health.

We also need to include mental health and wellbeing across the school system rather than in specific dedicated lessons.

There is a need for rationalising messages and navigating support.

Clear, simple and consistent guidance about the use of digital media, for example smartphones.

We need to ensure appropriate support is available for all children and young people regardless of personal characteristics including age, gender and those who identify as LGBT+.



The overarching recommendations from the review are that we need to have:



Robust approaches to promote protective factors and resilience.



Early intervention on risk factors for mental health problems and mental health presentations.



Consideration of root causes as part of mental health presentations.



Integrated care that is easy to navigate and that empowers children and their families.



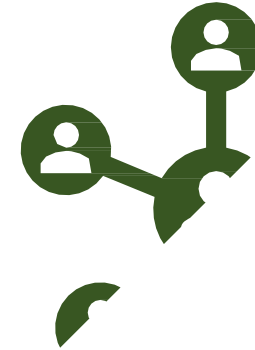
Holistic approaches that encompass the physical and mental wellbeing needs of the child, their families and professionals that work with them.



Care for all with greater support to areas in greatest need.

Developments that will help

- The Emotionally Healthy Children and Young People Service Recommission Project Group which will become the Healthy Young Minds Alliance.
- Family Hubs
- Further development in CAMHS
- Work on the Schools Directory
- Further roll out of the Mental Health Support Teams in schools
- Further developments through the Wellbeing for Education Programme



Please note recommendations will be subject to funding availability, existing contract timescales, clinical guidance and capacity across the Health and Social Care system and will be looked at outside the JSNA production.

Additional Resources

Here are some links to help you or someone you know

24/7 Mental Health Helpline

[24/7 mental health helpline | CheshireEast MarketPlace](#)

Live Well Cheshire East

[Live Well Cheshire East](#)

ChatHealth

[ChatHealth - Wirral Community Health and Care NHS Foundation Trust \(wchc.nhs.uk\)](#)

Contact Hub

[Contact Hub - Wirral Community Health and Care NHS Foundation Trust \(wchc.nhs.uk\)](#)



Contributors

Council

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Additional Forums

- Education Recovery Group
- The Children and Families Directorate Equality, Diversity and Inclusion Group
- The Emotionally Healthy Children and Young People Service Recommission Project Group which will become the Healthy Young Minds Alliance.

There were many other professionals, community groups, children and parents that contributed as part of the Emotionally Healthy Children and Young People Service Recommission engagement process.



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Creating a Healthy Young Minds Alliance:
next steps and your views from today

Ange Richardson, HYM Sector
Development Officer CVSCE



Principles behind Healthy Young Minds

CYP
Centred

- Openness
- Accountability
- Leadership

Healthy Young Minds Vision

- **To deliver a collaborative and integrated service to address children and young people's (CYP) emotional health and wellbeing, working in partnership with their families and professionals - intervening and preventing future demand on specialist statutory services.**
- **To create a supportive environment where every young person feels valued, listened to and understood, and empowered to reach their full potential.**

Healthy Young Minds aligns with:



Emotional and mental wellbeing in our children and young people



Healthy Young Minds - A Codesigned Service

- Parents/carers
- Education providers
- Voluntary sector
- Public sector
ICB, CWP,
Health and Social Care,
Police, and Family Hubs.



- 36 focus groups with 346 participants were conducted to understand what good emotional wellbeing looks like for children and young people.

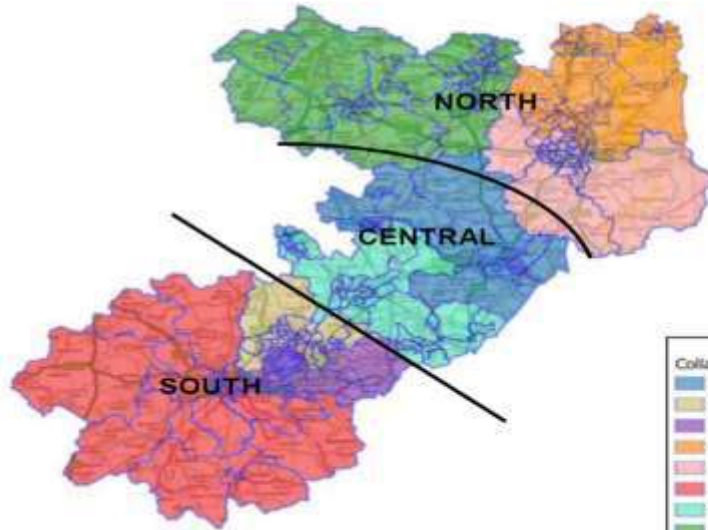


Healthy Young Minds Providers



JDI = North

Visyon = Central &
South



- Collaborative Areas:
- Congleton
 - Crewe North
 - Crewe South
 - Macclesfield North
 - Macclesfield South
 - Nantwich & Rural
 - Sandbach Alsager Middlewich
 - Wilmslow & Knutsford

Why is a Healthy Young Minds Alliance needed?

- **To improve consistency, coordination, and earlier intervention.**
- **To maintain a multi-agency focus, keep the conversation going, and develop continuous loops of action, monitoring, good practice, and feedback.**
- **To contribute to clear statistical evidence of positive change over time.**
- **To bring a broad range of organisations from all sectors together with the voluntary sector at the heart, to identify challenges, bottlenecks and key priorities.**
- **To create clear, simple pathways to support children and young people.**

In scope for the work of the Alliance

- **Early intervention and therapeutic interventions for children and young people including marginalised or isolated children and young people.**
- **Mapping of services (both commissioned and non-commissioned).**
- **Supporting education settings to access resources and implement evidence-based tools.**
- **Providing support and education to parents/carers and professionals.**
- **Multi-agency opportunities to collaborate, have a shared vision/values and work together.**
- **Securing additional funding to create a sustainable Alliance.**
- **Implement a Healthy Young Minds Digital Offer (to be procured via Cheshire East Council).**
- **Developing a five-year strategic plan.**



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CVS CE Infrastructure support role



This includes:-



Understanding the experiences of CYP



Understanding the perspectives of potential partners



Building an evidence base for structures and activities within the Alliance



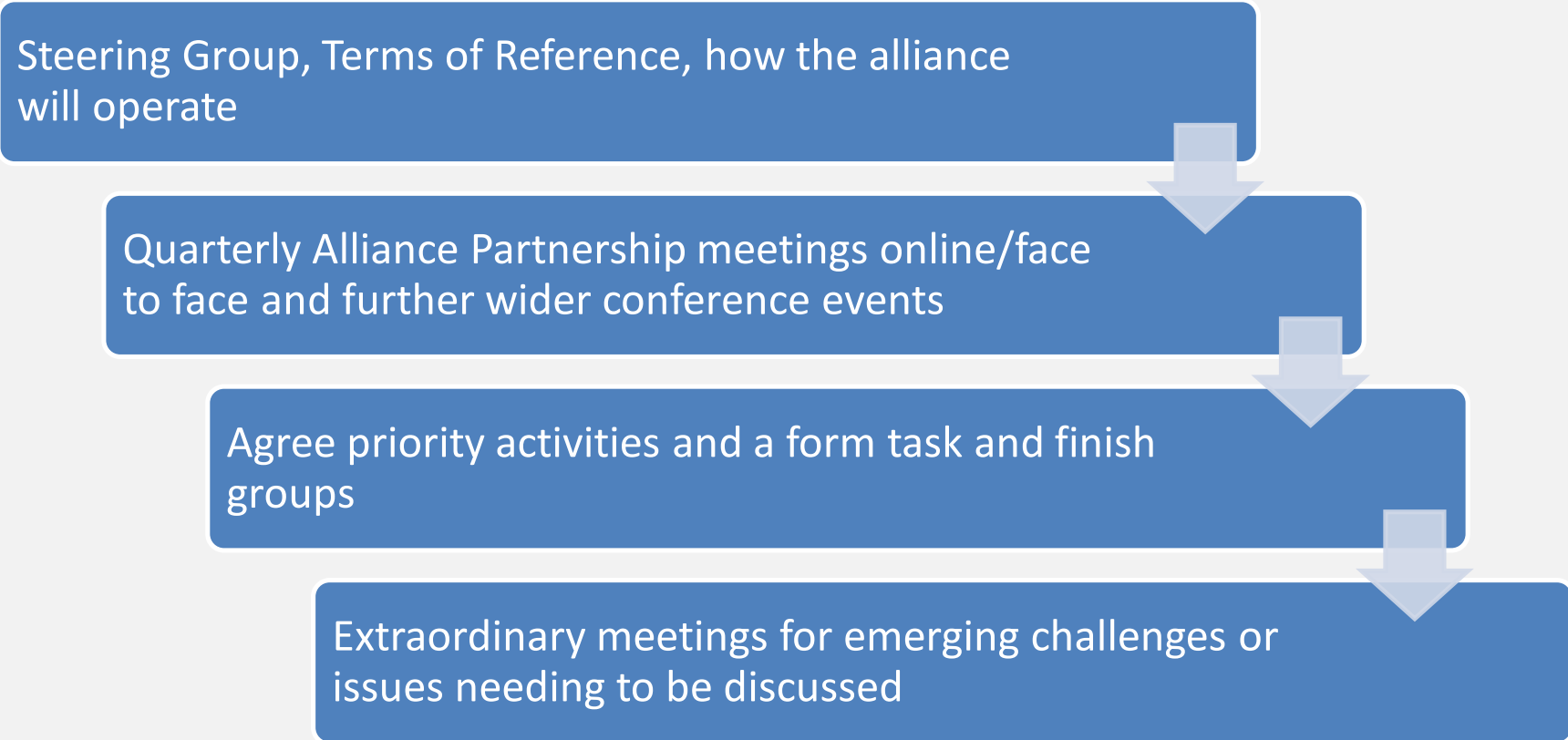
Using data to inform decision making



Tracking process over the course of the work



Healthy Young Minds Alliance Next Steps





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cheshire east

How to get involved?

Keep up to date on the latest news for Healthy Young Minds and opportunities to get involved by sharing your details with us via this link [HEALTHY YOUNG MINDS REGISTER OF INTEREST](#) to join our mailing list

Contact Ange Richardson CVS Sector Development Officer
at: ange.richardson@cvsce.org.uk

Your views from today





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cheshire east

A Young Person's Perspective

Video kindly provided by Anna – via
Angela Murney, Participation Worker
Cheshire East Council Youth Participation Team

https://youtu.be/buqHWQM4_no?feature=shared



Launch of the School's Healthy Young Minds Logo competition

Ange Richardson, HYM Sector Development Officer
CVSCE

Competition details

- Open to **all** schools in Cheshire East - with as many entries as you wish - if they are submitted in the name of the school.
- A link to the Competition guidance has been shared. This will also be placed on the Healthy Young Minds page on the CVSCE website.
- Entries can be created using platforms such as Canva - or hand drawn - or painted.
- A panel of young people will decide which logo they prefer.
- The closing date is **25th October**, and the judging panel will meet on **25th November**.
- There is a prize of **£500** for the winning entry, to be used to buy **wellbeing materials of the winning school's choice**.
- For any further guidance, schools please do get in touch with the team at CVSCE where we will be happy to support you with your entries.



Cheshire and Wirral Partnership update – Building a collaborative offer

- A review of potential key features of successful service provision, working together, as an Alliance.
- Update on key areas of Access (MHST & Hub)

Jane Henry, Cheshire Mental Health Support Teams in Schools,
Clinical Lead – Cheshire and Wirral Partnership NHS Foundation
Trust

Cheshire Access

prevention & early intervention



Cheshire and Wirral
Partnership
NHS Foundation Trust

ACCESS

Mental Health Hub

BCP

MHSTs

Macclesfield

Crewe

East Cheshire

Cheshire 16+

Professional Consultations

Evaluation

What % of CYP (aged 5-16) have a probable mental health disorder?

6%

16%

26%

What % of CYP secondary school age students reported being absent from school due to their mental health?

18%

38%

68%

In early childhood (U7) which ethnic group show highest levels of internalising problems?

White British

Black Caribbean

Pakistani & Bangladeshi

What is the average wait time between becoming unwell and getting help?

2 years

7 years

10 years

High quality services for children and young people experiencing common mental health problems are those that provide:

rapid access and short waiting times



opportunities to learn practical skills and strategies for self-care



individualised support



clear and accessible information



compassionate and competent staff



aftercare planning

... and are those underpinned by:

values that respect confidentiality

engagement and involvement of children and young people at the core

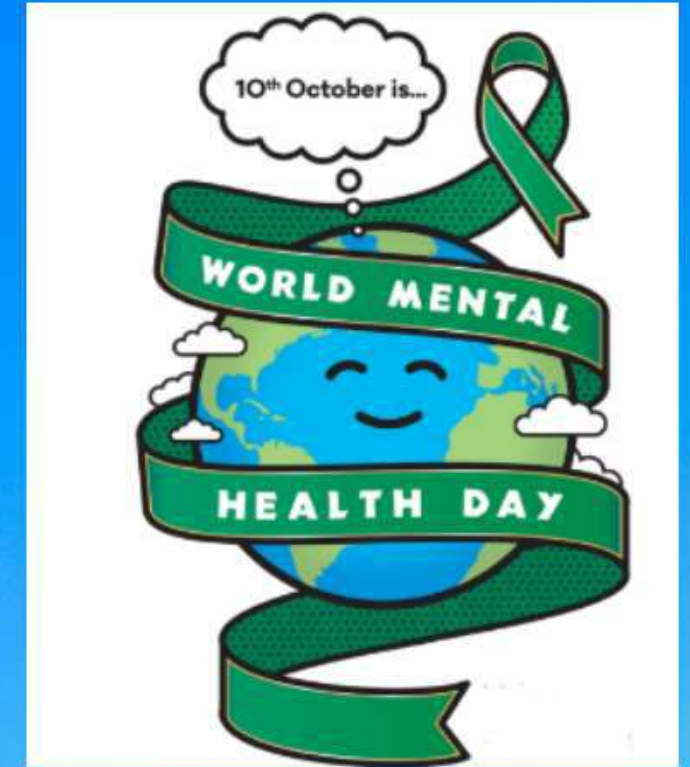
collaborative relationships: with children and young people, families, and other disciplines and agencies

a learning culture



Blueprint for success

Learning Links



10/10/24 - World Mental Health Day, 3.30-5pm

**“it's time to prioritise mental health in
the workplace”**

Let's be prepared to have
courageous conversations as
partners



Senior Mental Health Lead Network update and latest information for the iThrive implementation

Lisa Carden Doorey, Trauma and Mental Health Practitioner & Wellbeing for Education Coordinator
Family Help Service Cheshire East Council

Working together to promote the emotional and mental wellbeing of children and young people in Cheshire East

*Cheshire East Senior Mental Health Lead Network
And iThrive Framework System Change*

Lisa Carden Doorey, Trauma and Mental Health Advisor Family Help Front Door and Wellbeing for Education Co-Ordinator, Pupil Participation





What is the Wellbeing for Education Service?

Cheshire East Wellbeing for Education Service aims to support settings to strengthen and embed trauma and mental-health informed whole school approaches through improved access to advice, training, resources and services who can help.

We recognise that every school is different, and this is why we include information on a range of services, approaches and tools for settings to best utilise.

What we do?

- 1** We work in collaboration with key stake holders to promote a **consistent approach to mental health** across education, social care, voluntary and health sectors.



- 2** **Cheshire East Senior Mental Health Lead Network** - we facilitate termly [network](#) meetings.



- 3** All schools can access support to **identify priorities** and resources to develop and implement the **whole school approach action plan** for each academic year.



- 4** **i-Thrive Directory of Services** – over 100 different services who can work with children and young people who would benefit from advice and support.



- 5** **[Wellbeing for Education webpage](#)** - a platform to bring together all of the information and resources you need.

Email Lisa.Carden-Doorey@CheshireEast.Gov.UK for more information

UNCLASSIFIED



Why is change needed?

Whilst most children and young people experience good emotional and mental wellbeing, there is evidence of increasing need and also increasing numbers of risk factors for poor mental wellbeing.

Requests for services have more than doubled in England since 2018 yet only 32% more patients are being seen compared to March 2021. Young people in Cheshire East have identified mental health as an area of concern that they believe requires more prominence and greater investment, but we cannot provide the help young people need by asking staff to work even harder.

The time has come to think differently and reciprocal partnership working between education, health, social care and third sector is a must! It is vital that this does not just sit with individual services who have limited capacity.

For this to happen we need a common language to understand signs of distress, mental health need and service threshold. This needs to be informed by evidence of what works in promoting mental health and wellbeing of all children (including those who do not need individualised support and those who would benefit from targeted assessment, advice and support).



Introducing i-THRIVE

Cheshire East believes that implementing the [THRIVE Framework for system change](#) (Wolpert et al., 2019) will enable them to move away from a tiered system of services for children and young people's mental health to one that can organise care around the needs of children and young people. The THRIVE framework relates to:

- All children and young people aged 0–25 within a specified locality, and their families and carers.
- Any professionals who seek to promote mental health awareness and help children and young people with mental health and wellbeing needs or those at risk of mental health difficulties (whether staff in educational settings, social care, voluntary or health sectors or other).



Open

Fair

Green

What does the THRIVE Framework mean for children and young people in practice?

- No 'wrong door', meaning that anyone that a child or young person talks to about their mental health, whether they are a teacher, a GP or school lunchtime assistant, are able to provide them with support, or at the very least, signpost them to available support options.
- Whoever is helping a child or young person with their mental health knows the best ways to ask for their views about what is important to them and what they want to be different, so that there is genuine shared decision making about ways of helping.
- Signposting the child or young person, and their family and friends, to ways that they can support their mental health and wellbeing needs.
- Whoever is giving a child or young person more specialised mental health help will support the child or young person to evaluate their progress towards their goals and check that what is being tried is helping.
- Supportive and transparent conversations about what different treatments are likely to lead to, including their limitations.

More information about the THRIVE Framework can be found by visiting: [i-THRIVE overview summary leaflet](#) or the following [i-THRIVE animation](#).

Cheshire East are calling on all professionals working with Children and Young People to work together in order to...

- Improve interagency working and collaboration
- Increase shared decision making with children and young people
- Develop a wider and more diverse offer of help and support for children and young people across the system
- Reduce silo working and the boundaries between services to reduce the likelihood of children falling through the gaps
- Reduce wait times for children and young people
- Increase collaboration with young people as part of service redesign

Open

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Working together to develop the necessary system change...

In year one our focus will be on engagement and planning, understanding our system, developing implementation teams, community practice and training.

We will work together to develop the final implementation plan. During this period the National i-THRIVE Programme acts as a 'critical friend' to support fidelity to the THRIVE Framework and its key principles and support with its sustainable implementation.

Thereafter the intention is for a 3-to-5-year process of evaluation and monitoring through the All-Age Mental Health Board.



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Cross sector workforce development

Module 1 Shared decision making to facilitate personalised care	Module 2 Building Confidence in Letting Go and Managing Difficult Endings	Module 3 Risk Support	Module 4 Getting Advice and Signposting
<p>This module identifies how shared decision making is used within the THRIVE Framework for system change to benefit all stakeholders</p>	<p>This module supports participants' understanding of the importance of establishing realistic expectations with CYP and their parents/carers and in the system. Led by: Dr Rachel James, co-author of the THRIVE Framework, National i-THRIVE Programme and Clinical Director and Associate Clinical Director at the Tavistock and Portman NHS Foundation Trust and Kate Dalzell, Head of the Child Outcomes Research Consortium (CORC).</p>	<p>This module provides the opportunity to learn the principles of Risk Support work and become more confident in applying methods. Led by: Dr Peter Fuggle, Director of Clinical Services and AMBIT Co-Lead, the Anna Freud National Centre for Children and Families and Dr Andy Wiener, Consultant Child and Adolescent Psychiatrist, the Tavistock and Portman NHS Foundation Trust.</p>	<p>This module encourages participants to consider which THRIVE Framework needs based grouping may be most appropriate and collaboratively explore and decide on options. Led by: Dr Ann York, Child and Adolescent Psychiatrist and co-founder of the Choice and Partnership Approach along with Kate Dalzell, Head of the Child Outcomes Research Consortium (CORC). Content was developed by Professor Miranda Wolpert MBE and Dr Ann York.</p>
<p>Who is best to attend?</p> <p>Cross sector providers of the Getting Help and Getting More Help offer across the system. Predominantly specialist CAMHS and third sector.</p>	<p>Who is best to attend?</p> <p>Cross sector providers of the Getting Help and Getting More Help offer across the system. Predominantly specialist CAMHS and third sector providers.</p>	<p>Who is best to attend?</p> <p>Cross sector frontline staff and their strategic leaders including local authority staff for example youth justice, school inclusion, community policing, education, social care, specialist CAMHS, youth service providers, housing support officers and looked after children services and third sector.</p>	<p>Who is best to attend?</p> <p>Representatives from across the children's workforce.</p>

NICE Endorsement statements

The i-THRIVE Grids are paper-based decision aids co-produced with young people, parents, and mental health professionals. The grids were funded by a Health Foundation 'Innovating for Improvement' grant. They have since been introduced in the Northeast London NHS Foundation Trust (NELFT) as part of the i-THRIVE Scaling Up Improvement Project, also funded by the Health Foundation.

These tools can be used with a young person, a parent, and a mental health professional to facilitate conversation around treatment or care. To date, eight one-page grids have been developed covering low mood, self-harm, ADHD, and generalised anxiety. Five of the grids received endorsement from NICE in June 2018. Upon completion of this module participants will be accredited to use the i-THRIVE Grids in their practice.

NICE Endorsement Statements:

- Self-Harm
- Low Mood
- ADHD

Self-Harm: Help or support in the NHS i-THRIVE Grid

There are different types of help or support available for self-harm. Use this tool to help you, your parent or carer, and a professional decide about getting help or support for self-harm.

How do you want to try other types of help or support alongside the ones that are listed here? Changes to diet, exercise and lifestyle could also help to improve your symptoms, although there is not enough evidence about this to list here.

Common questions	Practical support	Family support	Involvement in group talking therapy
What will this involve?	You will usually meet weekly with a therapist who can help you understand your difficulties, what problems will set goals. They will help you set goals and will give you advice to complete. They can provide learning, practical strategies that may help you feel better. You may receive support with education, social skills, being assertive, or things planned for you.	Your parent/carer may provide all care or other family members will meet a few times a month with a therapist who can help you understand the difficulties you are going through. There will likely be a focus on your relationship by each other and your environment and how this affects your feelings and behaviour.	You will usually meet weekly with a therapist who can teach you coping strategies to manage your feelings. The one-to-one learning is used throughout and helps you think about the one-to-one learning. The one-to-one learning will help you think about the one-to-one learning and how this can affect the way you feel about things. Therapy will give you the opportunity to talk with other young people who are experiencing difficulties similar to you.
How will this help me feel better?	This support may help you learn about difficulties and the reasons why you self-harm. You will be given practical strategies for managing your feelings that may help you feel better.	This support may help you to think about your difficulties in relation to your family and to learn new ways to help each other.	Talking therapies can help you think differently about situations to ease the symptoms that you feel. Different types of talking therapy focus on different things to ease the symptoms, such as understanding your experiences, or negative thoughts, and might be helpful.
Will I see the same people for the duration of the support?	You will usually see one person for the type of support. It may be possible to see other people you see for your assessment.	You will usually see one person for the type of support. This may be the same person you see for your assessment. Your family members might be invited to attend some or all of your sessions.	You will usually see one person for the type of support. This may not be the same person you see for your assessment. Your family members might be invited to attend some or all of your sessions.
Are there risks of side effects from this type of support?	Talking about your difficulties can sometimes cause discomfort, anxiety or stress. Tell the person you are talking to if you are experiencing these feelings.		

Version 1.0 (last updated 2018) © i-THRIVE: Scaling Up NHS, New Team NHS, i-THRIVE Community (2018), Health Foundation (2018)

This decision aid was developed as part of a research project to improve the way that people with self-harm get help. It was developed with young people, parents, and mental health professionals. For more information, visit www.i-thrive.org.uk



How you can help...

Participate in our engagement events

There will be a series of 3 cross-sector engagement events for all system partners to come together, which we plan to be in-person. These workshops will be independently facilitated by the National i-THRIVE Programme Team and will take place on:

- 13 November 2024
- 5 March 2025
- 18 September 2025

Professionals working in education settings may sign up for these events on CHES hub. [Click here and you will be directed to the bookings page.](#) iTHRIVE will then be in touch with further details.

Professionals working with children and young people within other services [can sign up here.](#)

Become an i-THRIVE champion

Access free training to cascade the i-THRIVE way of working throughout your own service / sector.

[Express your interest here.](#)

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Senior Mental Health Lead Programme

Senior Mental Health Lead training is available to all schools and colleges in Cheshire East including academies. The Department for Education (DfE) is offering a grant of £1,200 in the 2024 to 2025 financial year for eligible state-funded schools and colleges to train a senior mental health lead. We encourage eligible settings that want to develop, or introduce, their whole school or college approach to mental health and wellbeing to apply for a grant. The government remains committed to offering Senior Mental Health Lead training to all eligible state-funded schools and colleges by 2025. Eligibility for grant is as follows:

- mainstream academies and local authority maintained schools
- special academies and local authority maintained special schools (including alternative provision)
- independent special schools whose pupils' education is funded by their local authority
- further education (FE) colleges attended by under-18-year-olds (one claim per campus ID)
- sixth-form colleges
- special post-16 institutions
- non-maintained special schools
- local authorities
- independent training providers



Schools and colleges may now apply for a 2nd grant if they previously claimed a grant and their trained lead is no longer in post and school or college wish to recruit a new mental health lead.

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How schools, colleges and 6th forms can apply for the grant and training

DfE quality assured training will equip your senior lead with the knowledge and practical skills to embed an effective whole school or college approach to mental health and wellbeing.

There are a number of DfE approved training courses and we recommend SMHL training with [Trauma and Mental Health Informed Schools Uk](#), the full list of providers can be found [here](#).

If you have not already applied for the grant and training please follow the steps below to reserve your grant by 31st December 2024. Schools and colleges may now apply for a 2nd grant if they previously claimed a grant and their trained lead is no longer in post and school or college wish to recruit a new mental health lead.

Step 1: it only takes 5 minutes to reserve your grant [Form one – to confirm eligibility and allocate a grant](#)

Step 2: Once you have received confirmation of your submission, you have reserved your grant and you can book your chosen DfE quality assured course. Click [here](#) for the next available course with Trauma Informed Schools UK to complete your booking.

Step 3: DfE contact you directly to submit evidence of your course booking to trigger grant payment [Form two – to upload course booking evidence](#) Payments are made on a quarterly basis.



Senior Mental Health Lead Training Sept 2024	Senior Mental Health Lead Training Jan 2025	Senior Mental Health Lead Training 30th April 2025
(Pre course learning provided 15th July 2024) *Application Required*	*Application Required*	*Application Required*
Course Code SMHL010 Level - Intermediate Aimed at all settings	Course Code SMHL010 Level - Intermediate Aimed at all settings	Course Code SMHL010 Level - Intermediate Aimed at all settings
23rd & 24th Sept 2024	9th & 10th Jan 2025	30th April & 1st May 2025
21st & 22nd Oct 2024	6th & 7th Feb 2025	5th & 6th June 2025
26th Nov 2024	7th March 2025	7th July 2025



Membership of Cheshire East Senior Mental Health Lead Network



Cheshire East Senior Mental Health Lead Network meeting takes place termly. This is a platform where Senior Mental Health Leads (and other school staff with strategic responsibilities for the whole school approach to mental health) can connect with one another, alongside other key stakeholders from health and education.

Overarching purpose of the group

- To develop and maintain positive links between mental health and wellbeing providers and education settings in order to ensure that their communication and mutual understanding are as effective as possible and impact on their work with children and young people.
- To keep up to date with training, resources and support in order to enable school and college settings to develop effective trauma and mental health informed whole school / college approaches

Key expectations of group members

All members of the group are equal partners, and their individual knowledge, skills and views are recognised and valued. Members will make an effective contribution to the group and will come to the meetings being ready to identify if something is not working; from a position of wanting to support in making those things better/removing any barriers. Terms of Reference [here](#).

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The Cheshire East iTHRIVE Directory of Services is a source of information which includes a variety of services, tools, and information to support children's mental health and emotional wellbeing.



The Directory is updated termly and can be downloaded from the [Wellbeing for Education Chess Hub Page](#).

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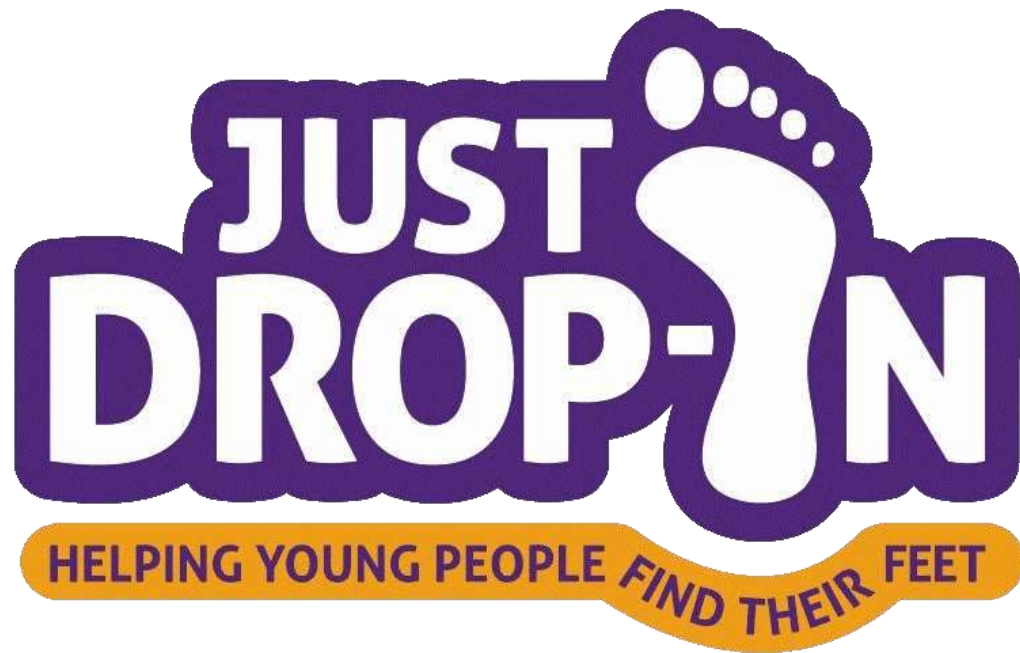
Community &
Voluntary Services
cheshire east

Just Drop In and Visyon: Healthy Young Minds Service Update.

Ann Wright, CEO Just Drop In and
Sam Ruck, Head of Therapeutic Services Visyon



Healthy Young Minds Service



Presenters



Ann Wright, JDI Chief Officer

- Experienced at successfully running the charity
- In post for 10 years.
- Prior to working at Just Drop-In - manager within Youth Offending Services in Cheshire and Stoke.
- She is passionate about social equity, active participation from young people and about creating an organisation based on values and strengths.



Sam Ruck, Visyon Head of Therapeutic Service

- Experienced at successfully running therapeutic services
- worked at Visyon for 14 years.
- Prior to working at Visyon - project manager within corporate and voluntary settings
- Completed Masters whilst working at Visyon.
- She is passionate making a difference to children, young people's and their families lives by providing services which really help

Our Organisations

JDI

We are here to help and support children & young people who are finding life hard. We have a heartfelt commitment to improve their mental health and wellbeing, helping them to find their feet.

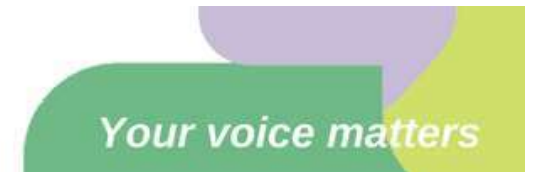
For all who drop-in, we seek to: create a safe space; instill a sense of self-worth and hope; relieve their struggles; embrace and develop their strengths; and build their resilience to face the world with renewed self-confidence. Our aim is that they grow to their full potential as individuals and live fulfilled lives as members of their communities.

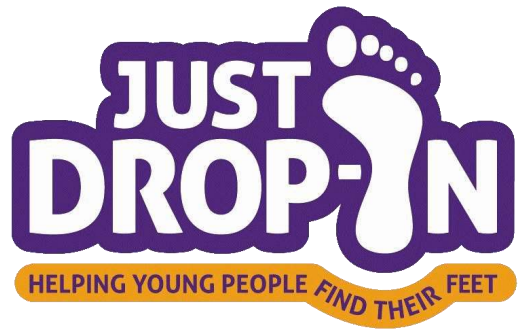
Is a charity which support the mental and emotional health of children and young people in Cheshire East through a range of services.

Our vision is for an open and educated community where mental health has no stigma, where difficulties are recognised and supported with knowledge, skills and respect. A community where children, young people and their families have access to safe spaces where they can talk openly about their mental and emotional health, are listened to, and that is responsive to their voice and needs.

Quality Service Delivery

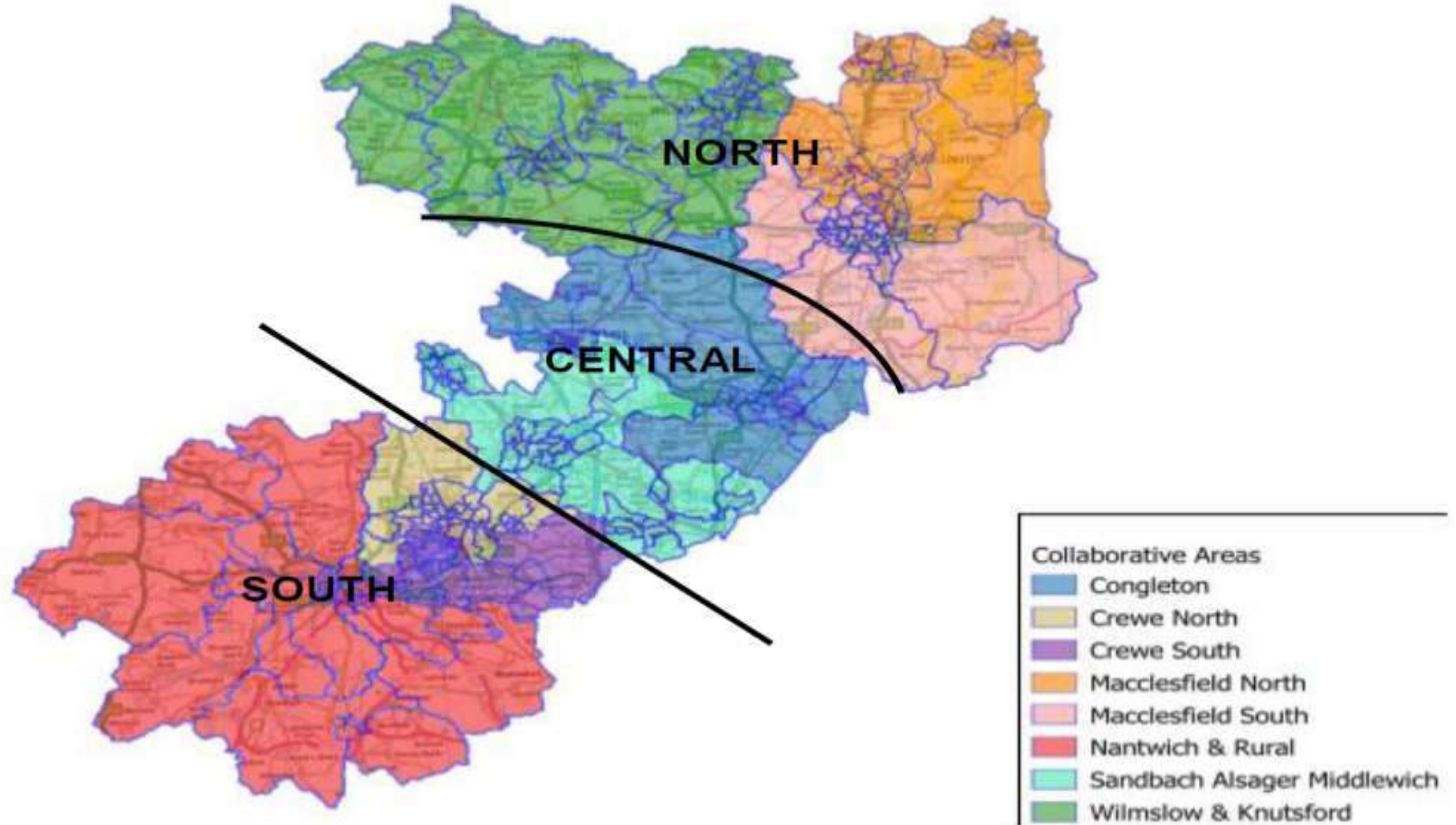
We both have long history of working in our communities, knowing what we do works within a quality framework.





JDI = North

Visyon = Central
South





Our Commitment

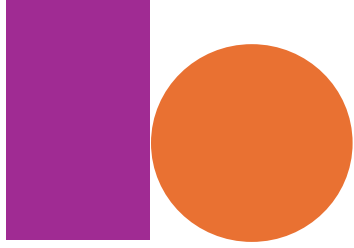
- Just Drop-In and Visyon are value-led organisations. We do absolutely everything we can to provide a warm welcome and ensure our services are accessible.
- We are passionate about securing the initial engagement of children and young people, as without this, you cannot even start to intervene early or prevent escalation to other services.

Our Early Help Commitment

- Our Approach is anchored within the Getting Advice/Getting Help/Getting More Help Quadrants of Thrive.
- We collaborate with statutory, voluntary and community organizations to secure the best outcomes for children and young people.
- Passion about getting children and young people to the right service and the right place the first time.



Making Every Contact Count



An important part of our accessibility is making every contact count.

Our first point of contacts are second to none. We do everything we can to help.

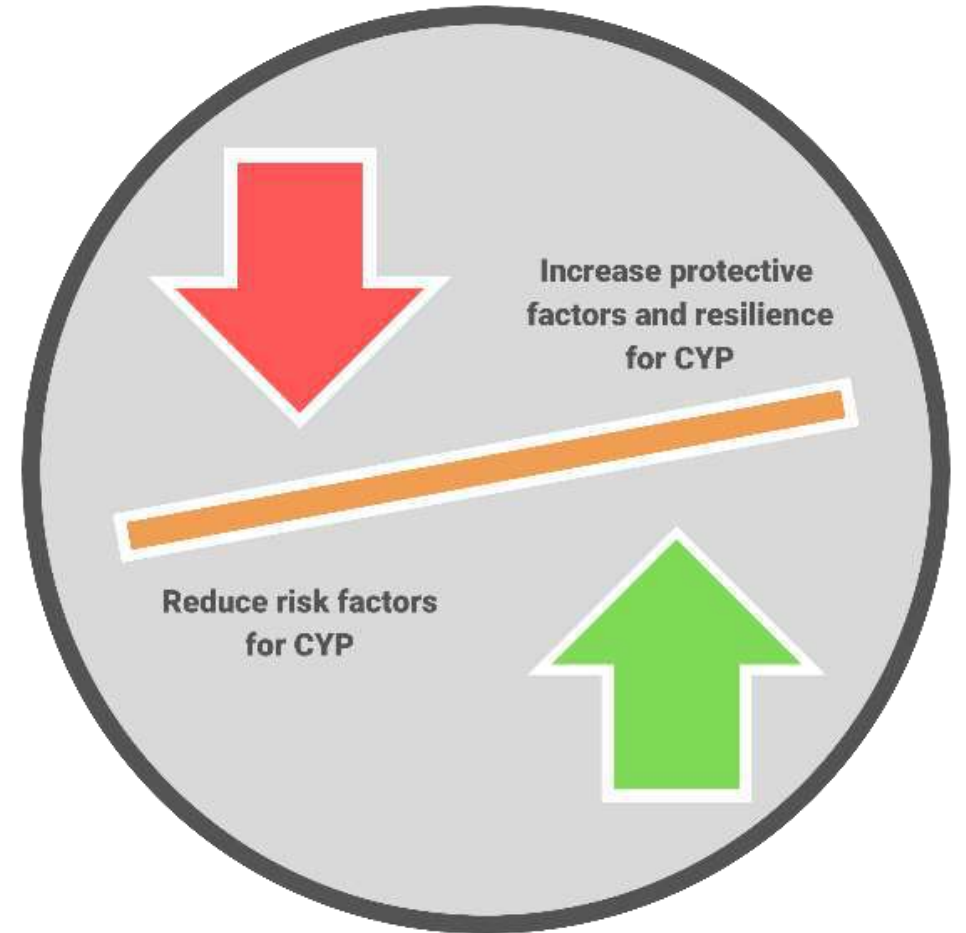
Our team are experts in orientating people to the right service to meet their needs.

We operate a robust Triage System to ensure children who are not at an Early Help level are still supported and advised.

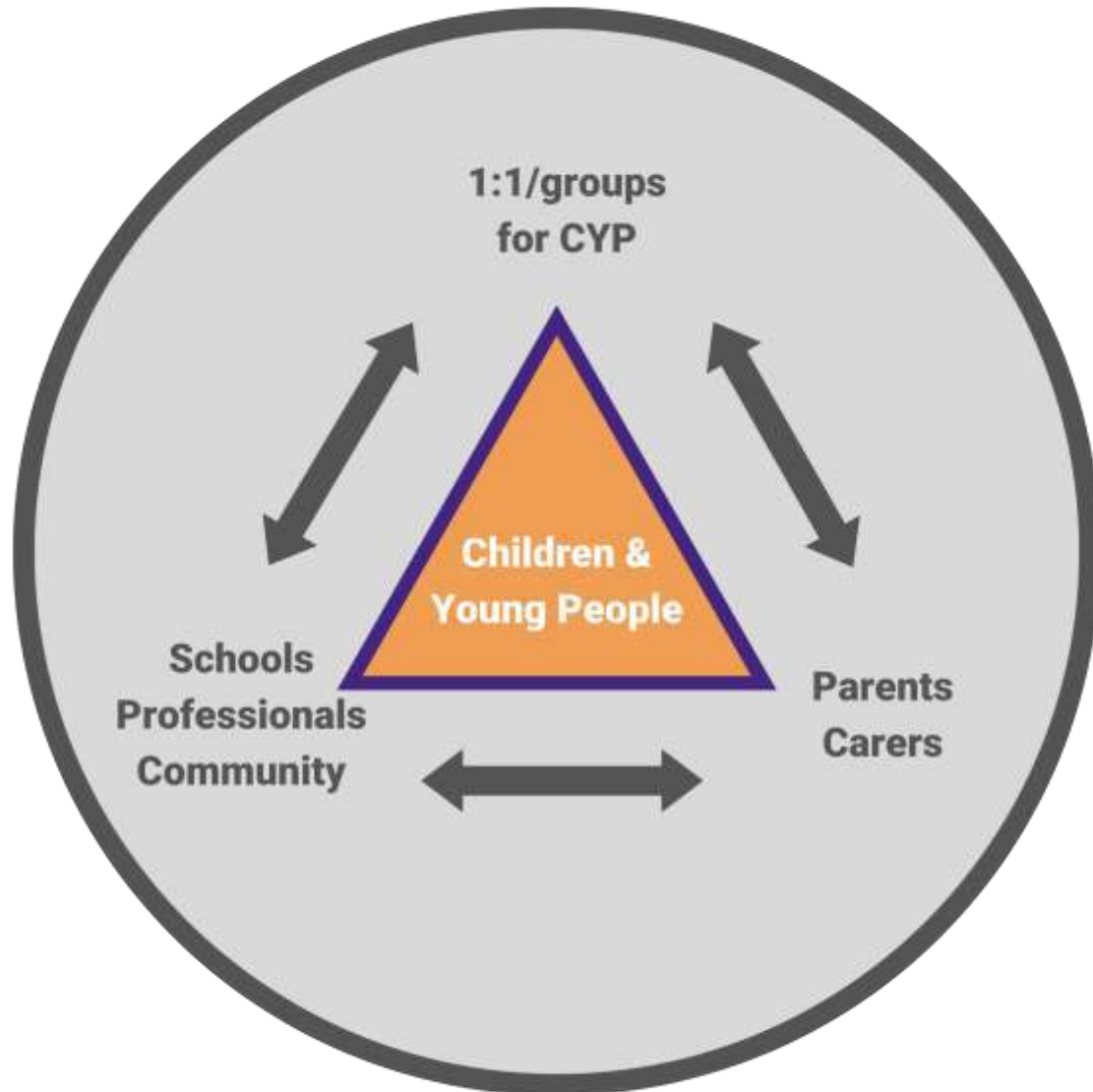
Health Young Minds Service



- The HYM Service is focused on Early Intervention and Prevention
- The aim of the project is to increase resilience and protective factors and reduced risk factors for young people
- The Contract length is 5 years



Our triangulated service offer



Understanding the importance & value of working with the significant people in CYPs lives

We take a Strengths-based approach

Our HYM offer

| LIVED VOICE | COMMUNITY | LOCAL & NATIONAL PARTNERSHIPS | HYM ALLIANCE |

Initial Contact

- Listening ear service
- Taking referral
- Checking safety
- Providing initial safety & risk advice

Open Access & Triage

- Understanding need
- Open access/assessment appointment
- Initial risk and safety advice
- Drop in's

Interventions

- Counselling
- Mentoring
- Group work
- Parent/carer & Professionals workshops
- Solihull Approach (Professionals)

Post Intervention

- Young Person's voice
- Safety Planning
- Next Steps

| SAFEGUARDING | RISK MANAGEMENT | EXTERNAL AGENCY COMMUNICATION | INFORMATION SHARING |
| PROFESSIONAL CURIOSITY |

First Quarter



- Mentoring, counselling and group work – from the start
- Working with 191 young people through direct interventions
 - Outcome examples – to gain help with anxiety and coping strategies to get out the house and back in school.
 - - To learn strategies to manage anxiety and improve social confidence
- Feedback
 - *I learned a lot*
 - *They always listen to you and make it feel like a safe place for you.*
 - *I felt listened to and I was given useful ways to cope*
- Mobilisation of new services

Our Offer to schools

For professionals



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



Solihull Approach CPD

Free online courses for professionals.

- **Understanding trauma**
complexities of trauma; recognising, processing and recovery
- **Understanding brain development**
brain development from antenatal to adolescence and its significance for mental health and emotional wellbeing in children and teenagers
- **Understanding attachment**
supporting healthy attachment and the value of containment and reciprocity for the quality of attachment

Each course will take approximately 3.75 hrs to complete.

Free for professionals working in CHESHIRE EAST

In paid partnership with:



Use Access Code

WHEATSHEAF_PRF

To get started, visit: solihullapproachparenting.com/cheshire-east

Developing the offer... pilot approach

Personal
Trainer

Mental
Health
First Aid
to schools
at a
heavily
discounted
rate

Parent
peer
support

Mental
health
first aid
qualificat
ion for
young
people 16+

**School
workshops**
**5 week -
resilience
programme** -
being being
framework

Cover key
stages 1-3 -
with aged
School Whole

**class school
workshops**
Cover key
stages 2-3
Menu of workshop
- starting 3 =
Managing
emotions, self-
esteem and
healthy
relationships

90 minutes
**psychoeducation
workshops** for
professional &
parents

Menu of workshops -
starting 3 = self-
harm awareness
(parents),
additional needs,
anxiety

**Peer mentoring
Support
training**
for
education/past
oral staff

**form
and
college
Drop in's**

Thank you!
We're around after the
presentation to answer
any questions





Community &
Voluntary Services
cheshire east

Young People's Experiences

Daisy and Freya speak to us in person



Community &
Voluntary Services
cheshire east

Thank you, Next Steps and Close

Ange Richardson, HYM Sector Development
Officer CVSCE