

19 MARCH 2021

Improving Young Women's Mental Health Outcome Based Accountability (OBA) Event – 'You said, we did'

Following the success of the Young Women's Mental Health OBA event that took place in March 2020, I am writing to feedback on the findings from the event and provide an update on how your input has influenced the city's future priorities.

A young person's view on the findings and feedback is available at <https://www.mindmate.org.uk/blog/> and a copy of the full report can be found at <https://healthwatchleeds.co.uk/youthwatch-news-events/2020/young-womens-mental-health-event/>

The **All Age Citywide Mental Health strategy** focuses on 8 priorities, which can be seen in the attached 'plan on a page'. Following on from this event, we prioritised better communication across children, young people and adult systems when planning mental health work. The children and young people's work is an identified area for improvement and runs through different strands of the plan (see Appendix 1).

In Leeds we also have a **Future in Mind: Leeds strategy** that sets out how the system comes together to respond to the emotional and mental health needs of children and young people. We are currently refreshing this strategy for 2021-26 and the feedback from this event was one of the key pieces of information the Future in Mind Programme Board took into account when developing the key future priorities. 7 priorities were identified, underpinned by 6 key principles (see Appendix 2).

Below is further detail on each of the 7 priority areas;

Priority 1. Prevention

The prevention priority is led by public health with a focus on nurturing resilience in infants, children and young people, promoting positive mental health and reducing stigma. The importance of mental health provision in schools, the role of school staff in supporting children and young people and the importance of awareness raising and reducing stigma were all key areas raised throughout the table discussion at the event. Work has been carried out to review and improve the quality of mental health and wellbeing lessons in schools via the MindMate lessons programme along with a new mental health training offer for school staff. In line with comments received, we are using different methods of promoting information such as radio advertising campaigns and TikTok influencers. We are currently working on a visual aid 'How to access help' and are continuously updating the MindMate website – we have added new pages following your ideas, like 'What to do if you are worried about a friend'.

Priority 2. Support

This priority will deliver increased access to services so that more children and young people are able to receive the right support at the right time, in the right place and by the right person. Within this we will continue to drive down waiting times to access services, and ensure that services are respectful of the diverse communities and cultures that children and young people live in. Children

and young people in crisis will have swift access to support 24/7 and we will focus on care out of a hospital setting, wherever it is safe to do so. This includes Safe Zone a new crisis service for children and young people which has opened since the OBA event. You told us that lengthy waiting lists were often distressing, that people often felt in limbo and that services should work better together and improve communication with young people. We have made changes and our people providing services who meet together more frequently now to discuss how to make services better for children and young people. We will further use your feedback and ideas to develop the action plan.

Priority 3. Transition

This priority is so important and was talked about so much at the OBA event that it is recognised within the All Age Mental Health Strategy for Leeds, as well as the Future in Mind Strategy. It focuses on ensuring seamless and joined up transition for young people from children's to adults' services. Transitions will be flexible, well-supported and we will ensure that young people and their families receive personalised continuity of care. We will work with adult mental health services to make them young person friendly and recognise the role of parents and carers to ensure they are involved appropriately. Effective handover and communication will mean that young people don't feel they are 'filling gaps' or re-telling their stories. You told us how much of an important priority this is and we have the whole Mental Health system across adults and children coming together to plan a big programme of work to make things better. We have also made some small changes already – like making sure the information available for 16-18 year olds on the MindMate and Mindwell websites is the same.

Priority 4. Inclusion

Led by the inclusion service, this priority focuses on Social Emotional Mental Health (SEMH) provision in mainstream schools and the role of Clusters – small teams that provide early help to children and young people who need support. This links to the things you told us in the prevention section about how we can make SEMH provision in schools better.

Priority 5. Impact of trauma

There is increasing recognition of how Adverse Childhood Experiences impact significantly on the later outcomes on children and young people (throughout the life course). This is a message that is emphasised in models such as trauma informed practice and is being developed further by the growing field of neuroscience. This helps move the conversation on from 'what is wrong with this child' to 'what has happened to this child'. This is a key priority within this strategy. Again this has a direct connection with the All Age Mental Health Strategy, where priority 5 applies across all ages recognising the intergenerational aspect of trauma and the importance of 'Think Family, Work Family'. You told us about the importance of understanding what has happened to a child or young person, and working with the whole family, and the trauma priority working group have taken this into account in their planned work.

Priority 6. Parent, carer and family support

This priority includes the embedding of the 'Think Family' approach across all services. It focuses on improving communication with parents and carers, ensuring that they feel 'part of the team'. We will improve our promotion to parents and carers so they know where they can access support and will increase the availability of this support to families, including siblings. The feedback you gave us was an overwhelming feeling that we needed to do more to support parents and carers, to recognise the importance of this we have made it a standalone priority. We have already started to look at what other areas are doing as well as getting some ideas of what is 'best practice', and this as well as your feedback will help shape our plan of how we support parents.

Priority 7. Health Inequalities

There are significant health inequalities for children and young people with mental health problems in terms of access, experience and outcomes. These inequalities strongly relate to deprivation

and specific communities, particularly those from diverse community groups. A recent piece of work to better understand the particular needs of diverse groups of children and young people provided a starting point for this work, which also directly links to the All Age Mental Health Strategy. You told us that this was important to you, as well as using community leaders and organisations. We are focusing on the needs of children and young people from Black, Asian and Minority Ethnic Communities in Leeds in the first year of the strategy and are recruiting a Children and Young People's BAME Mental Health worker who will lead this priority area of work. We have also launched a grants programme in partnership with Leeds Community Foundation with a view to supporting grass roots community based organisations to support young people.

You also told us about staff training, wellbeing and in particular the need to look at this in relation to Primary Care (which includes GPs). We are revising our communications to Primary Care and increasing the frequency of these. In addition, the refresh of the strategy will include a refresh of the workforce plan and we will feed your views in to this.

I would like to take this opportunity to thank you for your contribution to the young women's mental health event. Your input provided a valuable source of information that enabled us to identify and work to address issues around existing mental health and wellbeing provision in the city.

Yours faithfully

Cllr Fiona Venner
Executive Member for Children, Families and Adult Social Care

Jargon Buster

SEMH – Social, Emotional Mental Health

BAME - Black, Asian and minority ethnic

Think Family - To 'Think Family' means that all front line staff need to remember to identify and assess the needs of the wider family when they're working with a child or parent.

Work Family - To 'Work Family' means that all staff and services need to talk more, work together more and make sure that all the people working with the children and adults in a family plan and coordinate their work together.

Mental Health Strategy 2020-2025



3 Passions:

– areas for improvement

1. Reduce mental health inequalities
2. Improve children and young people's mental health
3. Improve flexibility, integration and compassionate response of services



8 Priorities:

– focusing our attention

1. Target mental health promotion and prevention within communities most at risk of poor mental health, suicide and self-harm
2. Reduce over representation of people from Black, Asian and minority ethnic communities admitted in crisis
3. Ensure education, training and employment is more accessible to people with mental health problems
4. Improve transition support and develop new mental health services for 14-25 year olds
5. Ensure all services recognise the impact that trauma or psychological and social adversity has on mental health. This includes an understanding of how to respond to adverse childhood experiences and embedding a 'Think Family' approach in all service models
6. Improve timely access to mental health crisis services and support and ensure that people receive a compassionate response
7. Ensure older people are able to access information, support and appropriate treatment that meet their needs
8. Improve the physical health of people with serious mental illness.

5 Outcomes:
– starting with people

1. People of all ages and communities will be comfortable talking about their mental health and wellbeing
2. People will be part of mentally healthy, safe and supportive families, workplaces and communities
3. People's quality of life will be improved by timely access to appropriate mental health information, support and services
4. People will be actively involved in their mental health and their care
5. People with long term mental health conditions will live longer and lead fulfilling, healthy lives

Our Vision:

'Leeds will be a Mentally Healthy City for everyone.'



Future in Mind—the strategy

THE KEY PRIORITY OUTCOMES

1 PREVENTION

Children and young people, their families, communities and schools will be supported to promote and strengthen mental health and wellbeing.

2 SUPPORT

Children and young people will be supported as early as possible, by the right person as close to their home or school as possible.

3 TRANSITION

Transition between services and settings will be joined up and support children and young people's social, emotional and mental health needs.

5 IMPACT OF TRAUMA

We will recognise the impact adverse childhood experience can have on mental health across the life course and will focus on establishing a clear offer and response to childhood trauma.

4 INCLUSION

Our education, health and social care systems are inclusive and provide high quality support to the most vulnerable.

6 PARENT CARER AND FAMILY SUPPORT

Parents, carers and siblings will feel empowered and supported in their role and part of the team.

7 HEALTH INEQUALITIES

We will recognise and reduce the impact of health inequalities on children and young people's access, experience and outcomes.

THE KEY UNDERPINNING PRINCIPLES

Support and challenge, and try new things

Decisions based on evidence

Life course approach

A skilled and knowledgeable workforce

Children, young people and families voice is central

Systemic approach

Maximising the use of digital technology