



Cumbria Children & Young People's Resilience, Emotional Wellbeing and Mental Health 2018 - 2019

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Introduction

What is a local transformation plan?

It's a plan on how we are going to improve our emotional health and wellbeing services for children and young people in Cumbria.

This is the third refresh of the Cumbria transformation plan; the original plan was published in October 2015 and refreshed in October 2016 & October 2017. Our goal is to improve the emotional wellbeing and mental health of children and young people in Cumbria and make it easier for them and their families to get help and support when they need it.

We have been working with many people and organisations to update this year's plan.

Our principles

We are working with children and young people, families and carers and other people to:

- Provide the right service, at the right time, at the right level
- To improve our services for children, young people and their families
- To make sure no matter where the child or young person lives, the treatment and help they receive is the same
- Look at better ways of doing things
- Listen to children, young people, families and carers
- Challenge stigma wherever it takes place

What have we achieved in the first three years?

We've done a lot!

In year 1:

- We spoke to parents and carers in Furness and asked what they think is missing
- We introduced a new mental health service called 'My Time' which is part of Barnardo's
- The waiting list times for specialist services reduced
- We made a plan to introduce specialist services such as eating disorders

- Head Start Phase 2 helped us train up staff in schools and third sector organisations
- Parenting groups were delivered in the West and North of Cumbria
- We held an event for schools called mental wellbeing in schools which provided advice and support

In year 2:

- Cumbria was awarded a Young Minds amplified trailblazer to ensure the voice of children and young people was heard
- We hosted lots of events around Learning disabilities and Autistic Spectrum Condition
- We helped children and young people who had lost someone they were close to
- Continued to expand teams and recruit trained workers
- We launched 'Kooth' our online service for 11 – 18 year olds

In Year 3:

- Young people and parents worked with services to redesign mental health support in South Cumbria
- The eating disorder service in North Cumbria has been introduced
- A new video about autism support launched September 2018
- New crisis services set up in North Cumbria
- Schools age Public Health Nurses support resilience building in schools everywhere



- An additional Primary Care Mental Health worker is recruited in South Cumbria
- 1285 people who work with children and young people take part in suicide prevention and self harm awareness raising workshops
- 195 practitioners have become trained Youth Mental Health First Aiders

Important steps for the future

We need to do more

We have 6 main areas we want to improve over the next year:

Access – We will:

- Help children and young people and their families get help when they need it
- Look at new ways of making help available e.g. digital/social media
- Introduce a dedicated eating disorder service in South Cumbria
- Improve the transition journey from child to adult mental health services(aged 18 – 25)
- Reduce the waiting times for routine CAMHS
- Improve access to My Time services

Crisis – We will:

- Improve how we do things for children and young people who may be struggling with an emotional or mental health crisis

- Introduce access to crisis services for young people, 24 hours a day, 7 days a week
- Work towards establishing an alternative for children and young people who are experiencing an emotional or mental health crisis and who may not be able to stay where they normally live.
- Train and support families/ carers to help them when a child or young person is in crisis
- Improve the experience for a child or young person admitted to hospital with mental health or emotional needs

Care for the vulnerable – We will:

- Improve emotional and mental health care for children who are Looked After
- Ensure that children and young people who are vulnerable for lots of different reasons don't have to wait a long time for support (for example – Young Carers or children and young people living with domestic violence, or risk of sexual exploitation)
- Improve training for people working with children who have experienced trauma, neglect and abuse
- Consider how we can improve support for children and young people who have Autism Spectrum Conditions but do not have a learning disability

Resilience – We will:

- Provide help early when a problem starts
- Make sure staff know how to access early support
- Create awareness of how to build mental wellbeing and recover more quickly when problems have had a big impact on life
- Provide suicide and self-harm awareness for those who work with children and young people

Workforce – We will:

- Further train and develop our staff
- Help everyone who supports children and young people, in schools, youth clubs, sports clubs and anywhere children and young people go, to be more aware about mental health and know how to help for children and young people

Engagement - We will:

- Do more work so we can understand the views of children, young people, and their families' and carer's.
- Provide more opportunities for young people and parents to work together with professionals to make services better

How will we do this?

We have a Partnership Board, a Stakeholder Reference Group and a Transformation Plan Delivery Group. We are looking again at how



we do this work because there are changes being made to the way that health services are organised.

The Partnership Board

- Is in charge of the design, and delivery
- Decides what should happen and recommends how the money should be spent
- Will give key groups and people the responsibility to deliver on the actions

The Stakeholder Reference Group

- Will provide a strong voice for staff working with children and young people
- Work with and make recommendations to the Partnership Board

The Delivery Group

- **M**akes sure the actions with a deadline are on track
- Liaises with people / organisations who have actions against them and provide support
- Is in charge of the delivery of the plan and the future plan refresh

Contact information

Do you have any comments?

We look forward from hearing from you!

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