



East Lothian
Health & Social Care Partnership



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East Lothian Mental Health and Wellbeing Action Plan for Children and Young People

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Thanks to everyone who participated in the development of this Plan. The multi-sector group who met a number of times to develop specific priorities and actions were invaluable. The views of children and young people who participated in the Summit helped form the developments. The Children's Strategic Partnership who are the governance group for the work have signed up to the principles which makes the action possible. And thanks to all those who gave time to comment and give feedback on draft versions and on their own work area.

DRAFT

Overview

Mental health and wellbeing is of central importance to the development, attainment, social and emotional health and positive destinations for children and young people. From birth to 25 years a young person's life is made up of relationship building, challenges, transitions, and experiences that shape and make the adult they become.

Mental health and wellbeing spans across a number of linked areas. This includes promoting mental health and wellbeing - a focus on keeping children and young people well, able to flourish in their daily lives and to make and maintain relationships and decisions that are positive for them.

The prevention of poor mental health means equipping children and young people, and the adults around them, with skills and tools that can support them when there are challenges and when they are experiencing life events which could interfere with their mental health. An early intervention and prevention model is effective for this.

Care and support as well as treatment for children and young people who develop mental ill health or conditions which impact on their mental health is again a key aspect of the work within the strategic aims and the action for this document. Having the right resources and pathways to support young people is crucial and being able to develop this on a local level is also important.

Education, health, social work and third sector services have been working both locally and nationally to support children and young people's wellbeing, and to understand and best support the needs of children and young people who experience poor mental health or mental ill health.

This strategy and action plan brings together knowledge and learning from across a wide variety of services and stakeholders to outline what East Lothian sees as its priorities to ensure children and young people's mental health and wellbeing is a focus for all.

After consultation, the strategy takes the parameters of birth to 26 years as being the definition of a young person. This includes early years and the importance of the pre-school years. It also includes the whole journey through school and education and beyond. As corporate parents, East Lothian statutory services have a responsibility to the children and young people they support until 26 years. This allows for an understanding of the importance of the transitions that take place after 18, when young people are viewed as adults by society. However they are just embarking on the journey of adulthood, and require support to enable them to make positive choices and reflect on the path that is right for them.

East Lothian Context

- There are approximately 31,000 children and young people aged 0- 25 living within East Lothian.
- The places and spaces they utilise include schools/nurseries, Queen Margaret University, health services, leisure centres, community and play centres.
- There are 232 Looked After and Accommodated Children and Young People (LAAC). There is a strong East Lothian Champions' Board ensuring that the voices and needs of Looked After and Accommodated Children and Young People are given space and included in service planning and direction.
- There are estimated to be over 100,000 young carers in Scotland. This is based on the knowledge that around 1 in 10 young people has caring responsibilities. Within East Lothian, at the last survey, 622 young people identified themselves as young carers. Not all young carers identify themselves as having this role.
- The percentage of school leavers without a positive destination is 6.5%. This is affected by deprivation, and by poor mental health. There is evidence that anxiety levels make a big impact in whether young people continue in an education or work placement or feel they are unable to.
- Child and Adolescent Mental Health (CAMHS) services in East Lothian who see children and young people up to 18 see around 364 per year (August 2017 to August 2018 figures), of which 169 are females and 195 are males. The largest age group to be referred on to CAMHS is at age 14 for females and 15 for males, though age 9 year old males are also a large cohort to be referred.
- At the East Lothian Children's Summit in March 2018, need for increased support and acknowledgement in schools for wellbeing, anxiety and mental health were key issues raised by the young people.
- There are pockets of deprivation across East Lothian, some poverty and deprivation in East Lothian is hidden as it is within less deprived areas, and other deprivation is within specific geographic areas.

Children and young people's mental health and wellbeing

Biopsychosocial Model

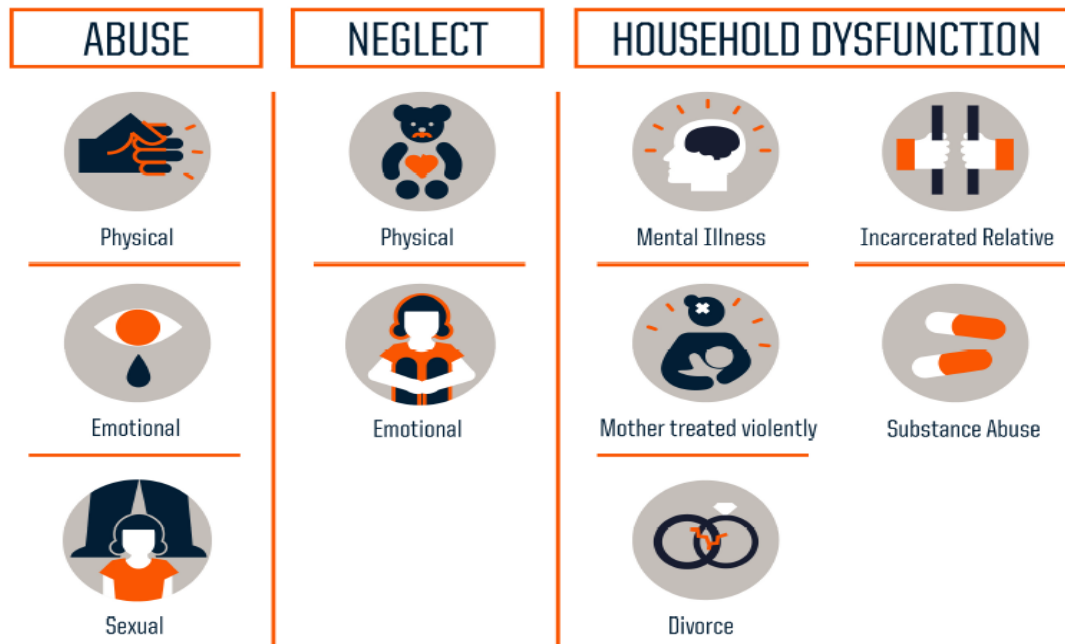
Theory and practice has evolved around this model that includes biological, psychological and social factors within children and young people's services.

There is an interrelationship between the individual, the family and community around them and the wider society. This is key to understanding the impact of environment on individual mental health and wellbeing, in understanding resilience and the importance of protective factors for supporting wellbeing, as well as the risk factors for them. In understanding child and young people's mental health it is crucial to see their context and family situation, as well as their wider social community.

Adverse Childhood Experiences

Adverse Childhood Experiences (ACEs) refer to stressful events occurring in childhood (between 0 to 18 years) including abuse, neglect and severe challenges within the family/household. There is evidence about what supports young people if they experience these, and how to build wellbeing and resilience.

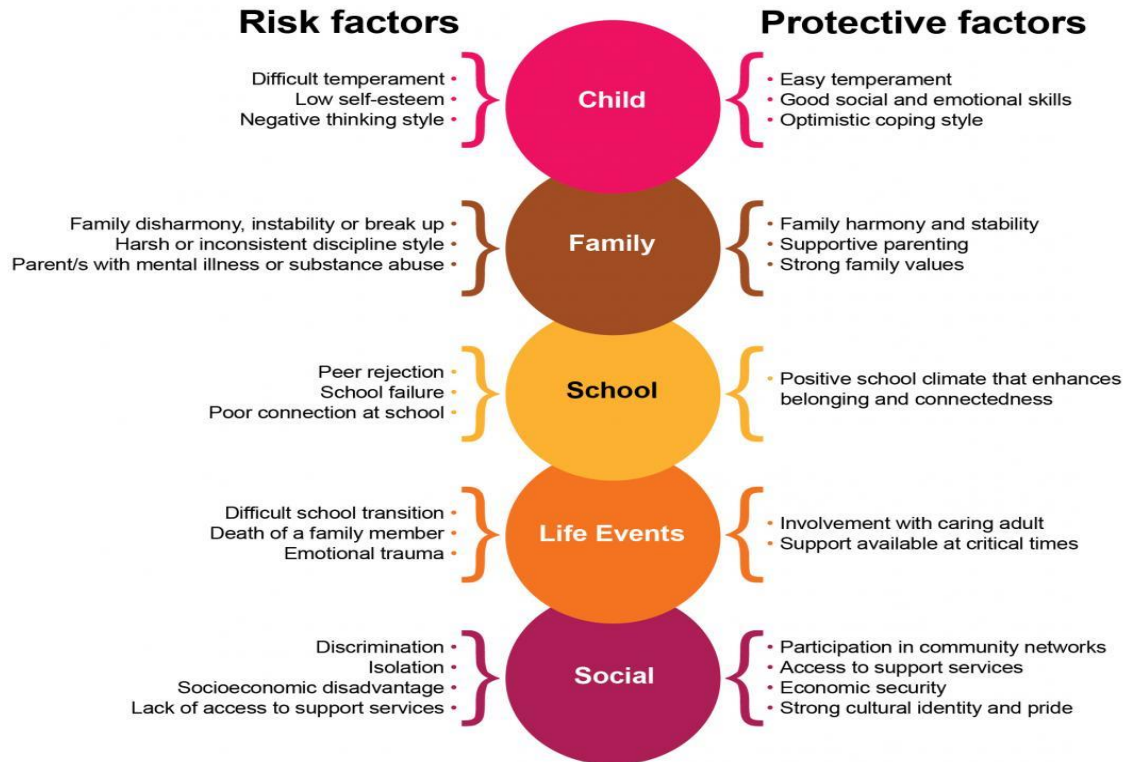
Experience of such adverse events in childhood has been shown to be associated with poorer health and life outcomes, including: poorer mental wellbeing, mental illness, physical illness, risky health behaviour, premature mortality, suicide, being a perpetrator of crime, being a victim of crime, education/employment (e.g. those with higher ACEs have been found to be at greater risk of poorer educational and employment outcomes). There are also a number of other factors which can impact on a child's health and wellbeing such as bereavement, living in poverty or experiencing homelessness. However it is crucial to note that people with high numbers of ACEs in their childhood have strong resilience and are able to lead fulfilled lives. Protective factors in children's lives can mitigate many of the adverse effects of these experiences.



<https://www.rwjf.org/en/library/infographics/the-truth-about-aces.html>

Protective and Risk Factors

The following diagram outlines the influences on children and young people's mental health. These may be inherent in the individual, but are heavily influenced by the social, economic, familial and other contexts the child is in. The model helps to untangle the impact on a child/young person's mental health/wellbeing on a day to day basis and how services, supports and people round the child/young person can best strengthen protective factors and mitigate and prevent risk factors.



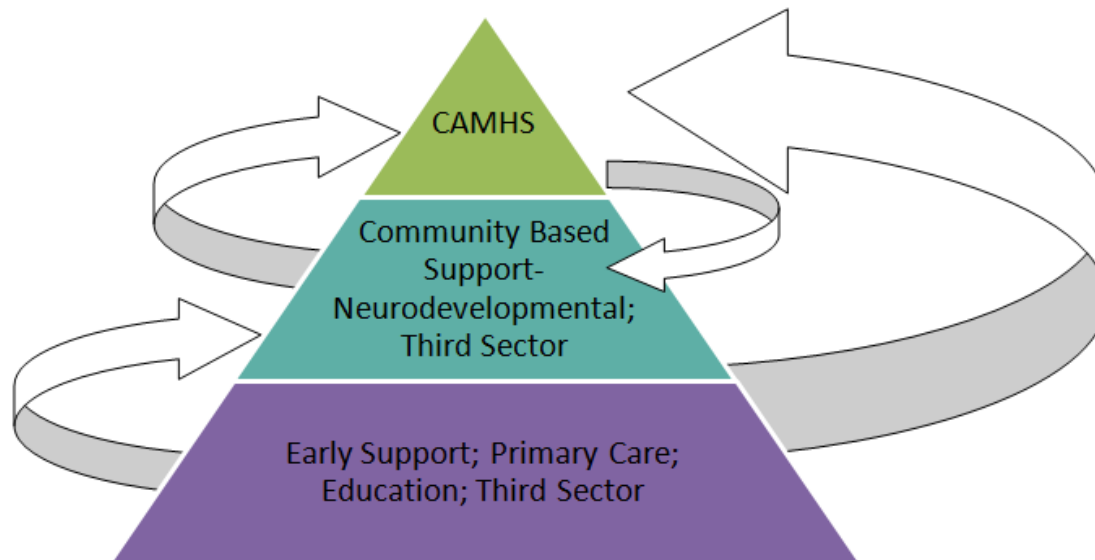
(from Mind Matters, <https://www.mindmatters.edu.au/>)

One Trusted Adult

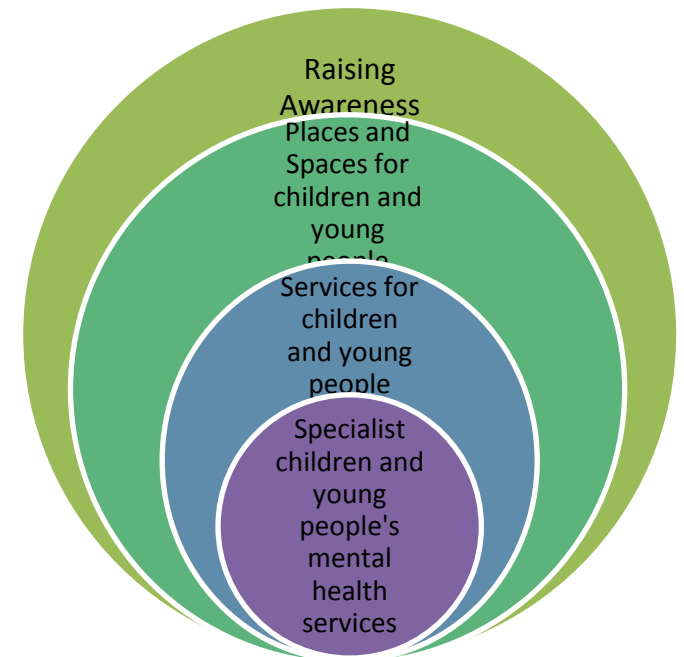
There is increasing evidence that children and young people's mental health and wellbeing can be supported even in times of adversity by having a trusted adult relationship in their lives. This may be someone within the family or in their school or community. This can make a difference to how a young person copes with and manages experiences that happen to them.

Models of Support

The following two diagrams show the ways in which children and young people's mental health is supported at various levels within services and communities. The first indicates the levels of support and service input, in line with the Mental Health Taskforce overview of support. The second gives an outline of different aspects of support for young people, including the environment that is supportive of wellbeing.



Underpinned by GIRFEC



National and Local Policy Context

There is a rich landscape of national and local policy which helps to support the direction and the development of this work. The main policies significant to this area are described below. However there are other links and relationships with other strands of work, as mental health and wellbeing is a broad arena.

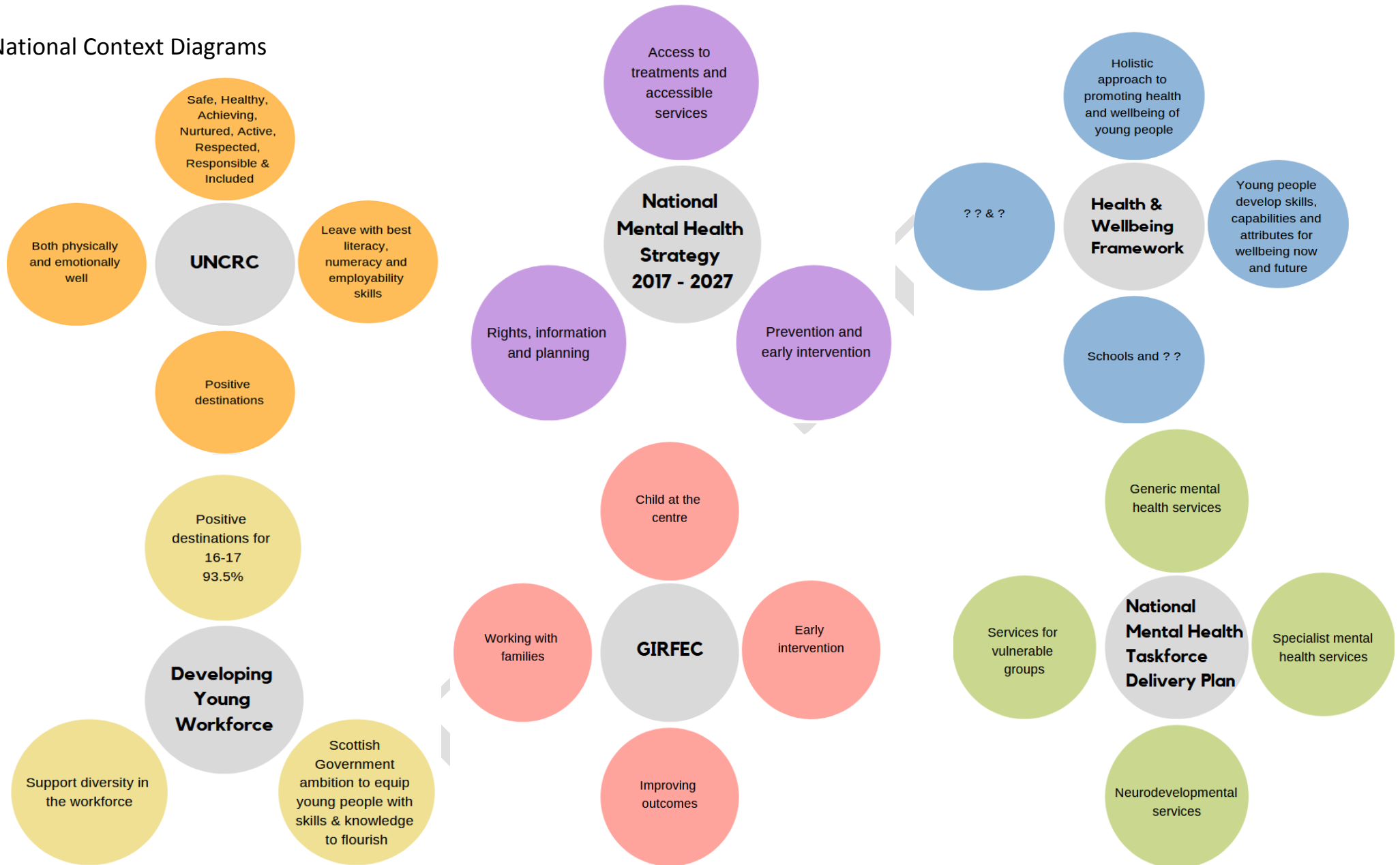
Nationally the three main policies are as follows. The Scottish Government has a vision to make Scotland 'the best place in the world to grow up'. The Children and Young People (Scotland) Act 2014 enshrines in law the actions required to support the wellbeing of Scotland's children and young people. It builds on 'Getting it Right for Every Child' (GIRFEC), the Scottish Government's national approach to improving outcomes and supporting the wellbeing of children and young people.

The Scottish National Mental Health Strategy covers 2017-2027. It lays out the vision for the next 10 years with 40 actions contained within 5 themes. Many of the actions specifically mention children and young people, many of the other actions are also relevant. Please refer to Appendix 1 for the specific commitments relevant to children and young people.

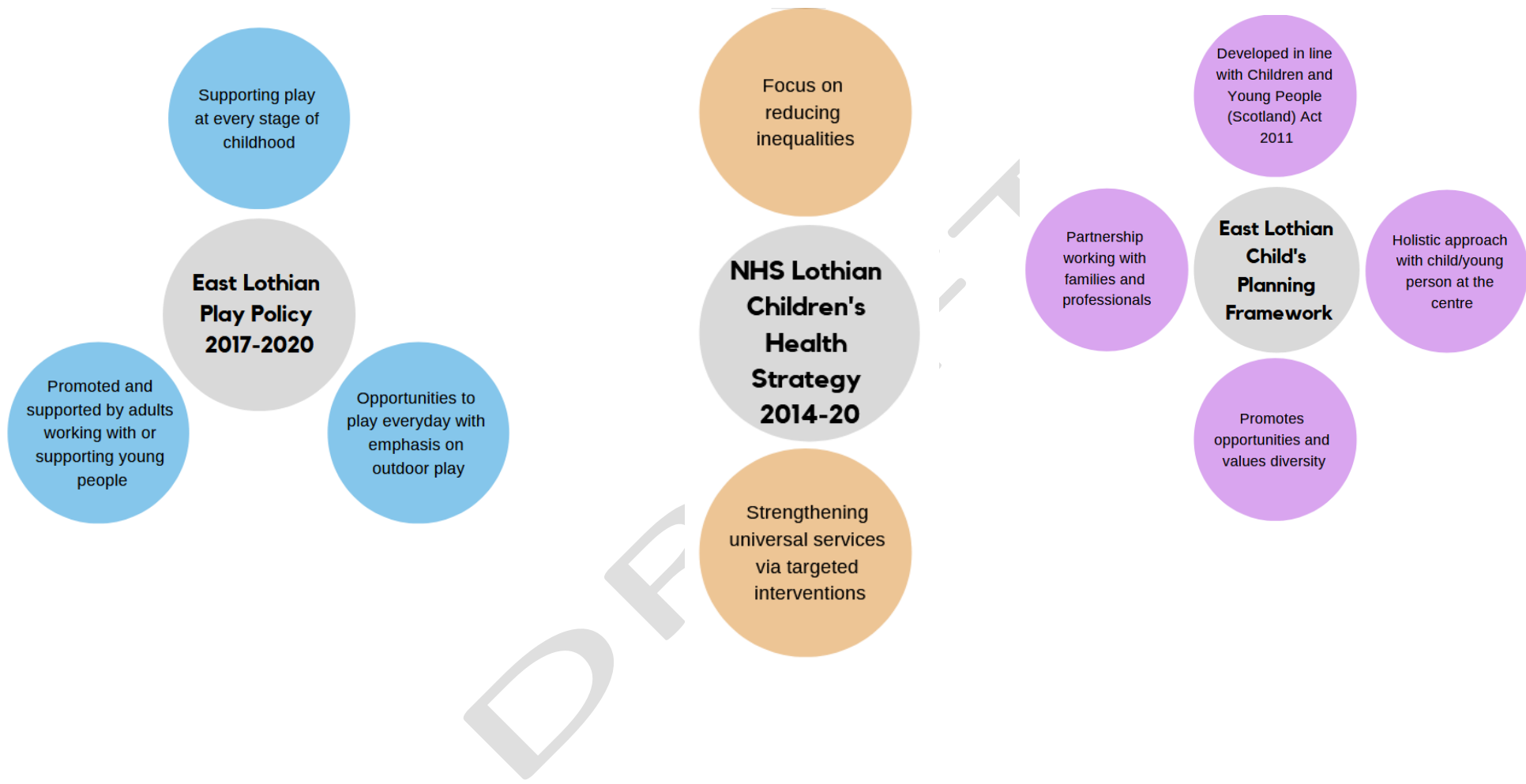
The Mental Health Taskforce for Children and Young People published its Delivery Plan in December 2018. It acknowledges that the majority of children and young people accessing services will be those experiencing emotional distress and this should be supported by early intervention. This could be through primary care, education or the third sector. The Delivery Plan outlines four key areas of focus - Generic mental health services (to support early intervention and prevention); Specialist mental health services (specialist clinical services); Neurodevelopmental services (ADHD, ASD and others); Additional services for young people at risk (for example, young people who are looked after, young people in transition, young people from minority ethnic communities). There are also underpinning workstreams which are around workforce, information and knowledge and finance.

Locally, policies on Care Experienced Young People, Carers Strategy and Young Carers Strategy, Positive Destinations, links with QMU and Edinburgh College, Education and Curriculum Strategies and Child Protection Policies are examples which impact on the development of the work within the actions in this plan.

National Context Diagrams



Local Context Diagrams

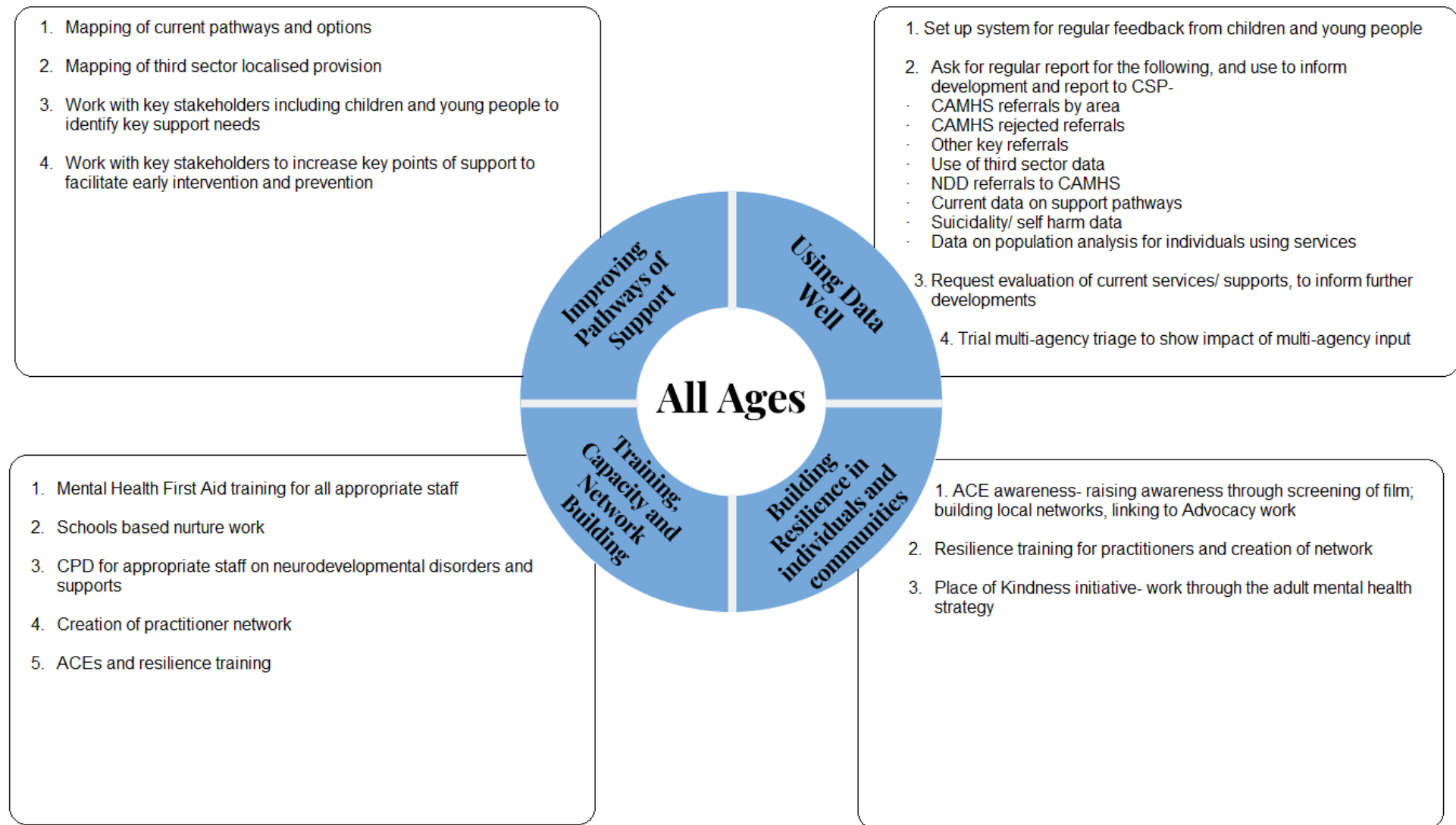


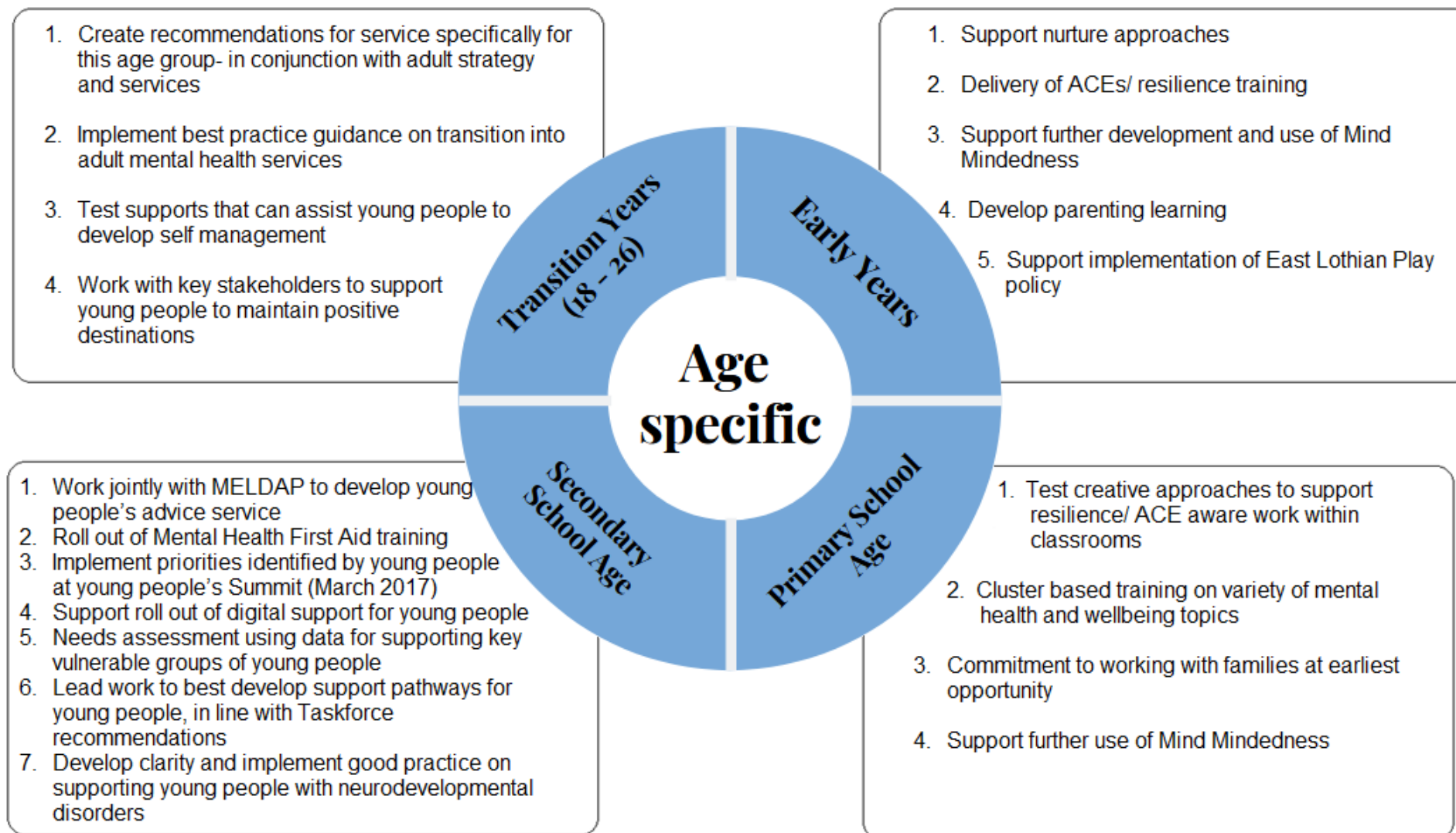
Principles and Ethos

This strategy is founded on a number of principles and an ethos about both the intended outcomes of the work and the way in which work is developed and delivered. These were developed by the multi-agency group which drafted the strategy and action plan. The actions to support children and young people's mental health and wellbeing in East Lothian will be delivered through:

- i. Partnership Collaboration and working, building on existing networks and knowledge
- ii. Central involvement of Children and Young People, taking a Rights Based Approach
- iii. Supporting the importance of Play, Nurture and Relationships
- iv. Building Resilience in Individuals and Communities
- v. Using Data, Evidence and Quality Improvement to support change and improvement with supports and services
- vi. Working to Reduce Inequalities and Tackling the Impact of Poverty
- vii. Using the Child Planning Framework, and Getting It Right For Every Child
- viii. Using Early Intervention and Prevention models of support

High Level Overview of Local Actions





Plan Part 1 - East Lothian: All Ages

East Lothian All ages	Actions	Lead and partners	Timescale	Indicators	What will change look like? (Outcomes)
Using Data Well	1. Set up system for regular feedback from children and young people	East Lothian CYP Mental Health Group	Throughout strategy	Evidence of children and young people's involvement	Services and support for children and young people's mental health and wellbeing are informed and developed due to data, information.
	2. Ask for regular report for the following, and use to inform development and report to CSP- <ul style="list-style-type: none"> • CAMHS referrals by area • CAMHS rejected referrals • Other key referrals • Use of third sector data • NDD referrals to CAMHS • Current data on support pathways • Suicidality/self harm data • Data on population analysis for individuals using services 		Quarterly	Reporting regularly to key stakeholder groups	Stakeholders are key about needs and changing priorities for children and young people in terms of wellbeing and are able to adjust services accordingly
	3. Request evaluation of current services/ supports, to inform further developments		6 monthly from start of strategy timeline		All services and supports are evaluated and evidence used to support further developments
	4. Trial multi-agency triage in one locality to demonstrate impact of multi-agency decisions and supports		Year 1 of strategy		Quality improvements and tests of change are part of a learning culture within supporting children and young people's mental health and wellbeing supports.

Building Resilience in individuals and communities	1. ACE awareness- raising awareness through screening of film; building local networks, linking to Collective Advocacy work supporting people with experience of ACEs	Resilience Group- multi-agency network	Screenings taken place 2018/ 2019	Number of screenings Feedback from screenings Actions from screenings	Staff will be prioritising the wellbeing of children in their daily work Adults will be talking to children about mental wellbeing and mental health routinely which will reduce the stigma in communities
	2. Resilience training for practitioners and creation of resilience network		Network to be established end of 2019	Numbers of people within the resilience network	Children will be routinely talking about what positive mental wellbeing is within their families, with friends and be sharing with a trusted person if they feel concerned about their own wellbeing or that of another
	3. Place of Kindness initiative- work jointly with the adult mental health strategy – initiative in one local area partnership to develop community resilience and social connectivity		Place of Kindness project established April 2019	Indicators from the Place of Kindness project	Parents will be able to recognise positive wellbeing in themselves and their children and how to support them if and when necessary Adults will feel able in accessing information and advice about their own or their children's wellbeing or mental health

Training and capacity building within the workforce	1. Mental Health First Aid training for all appropriate staff	NHS Lothian and Health in Mind/ Education Psychology Team	Start of strategy	Raised confidence in staff	Children will speak about how they feel openly and what are positive/negative feelings
	2. Schools based nurture work and approaches training		Start of strategy	Staff will have attended training /information sessions to develop their knowledge, understanding and practice of the mental health and wellbeing of children	Children will use age appropriate language to describe how they feel with staff and their parents/carers
	3. CPD for appropriate staff on neurodevelopmental disorders and supports	Lead to be identified	Start of strategy		Children will feel more resilient
	4. Creation of practitioner network to support further work in this area	CYP MH Group	After establishing CYP MH Group	Stakeholders are involved in practitioner network	Children will be better supported to access services through early intervention and prevention and greater awareness and understanding
	5. ACEs and resilience training across multi-agency groups	Resilience Group	Start of strategy		More staff will openly be talking to children and young people about their wellbeing and encourage their discussions Staff will be trained in ACEs and trauma, and will feel supported to work well within this framework

Developing pathways of support	<p>13. Map current pathways and options of support with multi-agency stakeholders</p> <p>14. Map third sector localised provision to collate services and supports available for different groups</p> <p>15. Work with key stakeholders including children and young people to identify key support needs</p> <p>16. Work with key stakeholders to increase key points of support to facilitate early intervention and prevention</p> <p>17. Build network and multi-agency working across the pathway</p>	<p>CYP Mental Health Delivery Group</p>	<p>Mapping and consultation with stakeholders</p>	<p>Map of current pathways/provision</p> <p>Feedback from young people/groups</p> <p>Regular reports on proposed changes</p> <p>Feedback from staff and service users</p> <p>Funding applied for to support early intervention services and systems changes</p> <p>Numbers of young people attending appropriate support</p> <p>Decrease in numbers of inappropriate referrals to CAMHS</p>	<p>There will be more clarity about what services and supports are available across different areas of East Lothian which will impact on referrals to specific supports.</p> <p>Staff will have increased knowledge about referral pathways and be more confident about the choices available for young people requiring support.</p> <p>There will be appropriate supports/ services available to support prevention, early intervention and to promote protective factors to facilitate mental health and wellbeing in children and young people</p>
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Plan Part 2 - East Lothian: Age Specific

Age specific	Actions	Lead	Timescale	Indicators	What will change look like? (Outcomes)
Early years	<ol style="list-style-type: none"> 1. Support and further develop nurture approaches 2. Deliver ACEs/ resilience training to all appropriate staff 3. Support further development and use of Mind Mindedness 4. Develop parenting learning 5. Support implementation of East Lothian Play policy 	Educational Psychology		<p>Early years services using nurture approaches</p> <p>Practitioners using Mind Mindedness</p> <p>Parent/carer experience feedback on delivery of mental health/wellbeing support for families/children</p> <p>Delivery and evaluation of parenting learning opportunities</p>	<p>There will be increased nurturing approaches, access learning experiences which support the development of positive wellbeing</p> <p>An increase in number of children able to enjoy play and achieve milestones in their development</p> <p>Appropriate referrals for additional support</p> <p>Staff feel knowledgeable/skilled in recognising appropriate behaviours in early years' children</p> <p>Staff and parents/carers feel able to have positive interactions with children</p> <p>Parents and carers feel able to support their child with their emotional wellbeing</p>

Primary School Age -Arts -Nurturing Schools -Play	6. Test creative approaches to support resilience/ACE aware work within classrooms 7. Develop and ensure provision of cluster based training on variety of mental health and wellbeing topics 8. Commitment to working with families at earliest opportunity, and tests of change projects to develop this 9. Support further use of Mind Mindedness	CYP Mental Health Delivery Group and Educational Psychology	Year 2 of the strategy-following creation of resilience network and ACEs training	Numbers of schools using ACE informed or resilience approaches within classroom settings Numbers of schools/services for this age group using Mind Mindedness Numbers/outline of tests of change projects Numbers of staff accessing training programmes - recognise when concerns appear to be more than anxiety or stress Feedback from staff practise nurturing approaches Use established KPIs within Education Service Priorities	An increased number of children will be able to develop protective factors to support their wellbeing Staff will be more skilled in supporting children, promoting wellbeing, nurturing relationships and know signs of children with early mental health issues Schools will feel more able to access further information on wellbeing/mental health Schools will work confidently with children with mental health issues Parents/carers/corporate parents will, with support, feel able to support their child with their emotional wellbeing
Secondary School Age	10. Work jointly with MELDAP to develop young people's advice	CYP Mental Health Delivery Group	Year 1 of strategy	Numbers of staff accessing training –	There will be supports available to young people that focus on early

	<p>service, as part of the pathways of support work</p> <p>11. Roll out of Mental Health First Aid training to all school staff</p> <p>12. Implement priorities identified by young people at young people's Summit (March 2018)</p> <p>13. Support roll out of digital support for young people in conjunction with young people</p> <p>14. Undertake needs assessment using data for supporting key vulnerable groups of young people</p> <p>15. Lead work to best develop mental health support and pathways for young people, in line with Taskforce recommendations</p> <p>16. Develop clarity and implement good practice on supporting young people with neurodevelopmental disorders, in line with Taskforce recommendations</p>			<p>MHFA and other appropriate training</p> <p>Involvement of young people- establishing of young people's mental health consultation group</p> <p>Uptake of digital tools</p> <p>Links to using data well work, for needs assessment</p>	<p>intervention, prevention of poor mental health and promotion of resilience and of protective factors</p> <p>Young people themselves lead, give feedback and develop services and supports that maintain wellbeing and prevent poor mental health</p> <p>Young people with NDD have timely support and are able to access appropriate services know C&YP well</p> <p>Staff will be knowledgeable/skilled in recognising appropriate behaviours in children and young people and feel confident in offering the appropriate support to young people who require it</p>
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18-26	<ol style="list-style-type: none"> 1. Create recommendations for service specifically for this age group- in conjunction with adult strategy and services, based on assessing need for this age group locally 2. Implement national best practice guidance on transition into adult mental health services 3. Test supports that can assist young people to develop self management 4. Work with key stakeholders to support young people to maintain positive destinations 	CYP Mental Health Delivery Group- in conjunction with HSCP	Year 1 of strategy	<p>Evidence of reporting on recommendations for 18- 26 needs</p> <p>Needs assessment analysis and reporting</p> <p>Numbers of young people forming partnerships with agencies which will support their challenges and be advocates for them</p> <p>More young people maintaining employment/training/ HE/FE</p> <p>Feedback on increase of use of supports and services</p>	Transitions and working between children's and adult services will be appropriate and effective, and person centred
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Appendix 1- Mental Health National Actions 2017- 2027

Prevention and early intervention

1.	Review Personal and Social Education (PSE), the role of pastoral guidance in local authority schools, and services for counselling for children and young people
2	Roll out improved mental health training for those who support young people in educational settings.
3	Commission the development of a Matrix of evidence-based interventions to improve the mental health and wellbeing of children and young people.
4	Complete the rollout of national implementation support for targeted parenting programmes for parents of 3- and 4-year olds with conduct disorder by 2019-20.
5	Ensure the care pathway includes mental and emotional health and wellbeing, for young people on the edges of, and in, secure care.
6	Determine and implement the additional support needed for practitioners assessing and managing complex needs among children who present a high risk to themselves or others.
7	Support an increase in support for the mental health needs of young offenders, Including on issues such as trauma and bereavement.
8	Work with partners to develop systems and multi-agency pathways that work in a co-ordinated way to support children's mental health and wellbeing.
9	Support the further development of "Think Positive" to ensure consistent support for students across Scotland.

Access to treatment and joined-up, accessible services

No	Action
15	Increase the workforce to give access to dedicated mental health professionals to all A&Es, all GP practices, every police station custody suite, and to our prisons. Over the next five years increasing additional investment to £35 million for 800 additional mental health workers in those key settings.

16	Fund the introduction of a Managed Clinical Network to improve the recognition and treatment of perinatal mental health problems
17	Fund improved provision of services to treat child and adolescent mental health problems.
18	Commission an audit of CAMHS rejected referrals, and act upon its findings.
19	Commission Lead Clinicians in CAMHS to help develop a protocol for admissions to non-specialist wards for young people with mental health problems.
20	Scope the required level of highly specialist mental health inpatient services for young people, and act on its findings.
21	Improve quality of anticipatory care planning approaches for children and young people leaving the mental health system entirely, and for children and young people transitioning from CAMHS to Adult Mental Health Services.
22	Support development of a digital tool to support young people with eating disorders.
23	Test and evaluate the most effective and sustainable models of supporting mental health in primary care, by 2019.
24	Fund work to improve provision of psychological therapy services and help meet set treatment targets.
25	Develop more accessible psychological self-help resources and support national rollout of computerised CBT with NHS 24, by 2018.
26	Ensure the propagation of best practice for early interventions for first episode psychosis, according to clinical guidelines.

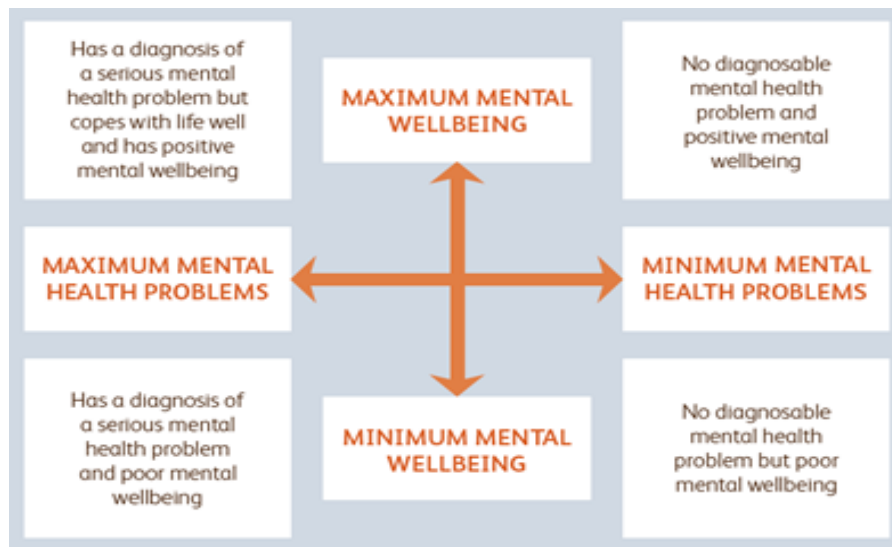
Appendix 2 - Mental Health Continuum

Mental Health Continuum

There are a number of different ways to create a framework around mental health and wellbeing and what this looks like on a day to day basis.

The one used within this strategy is the mental health continuum. This has been chosen as it is used by several national young people's organisations, and clearly indicates the interrelationship between wellbeing, poor mental health and mental illness and wellbeing. It is a tool that can show how working to support an individual's or family's wellbeing is always useful, regardless of mental illness/ problems that are present.

A different way of thinking about mental health is illustrated in the continuum:



(Adapted from K. Tudor, 'Mental Health Promotion: Paradigms and Practice', 1996).