

Things are  
changing...

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LINCOLNSHIRE BOARD**  
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we have the  
**'FUTURE  
IN MIND'**



**NHS**  
North Lincolnshire  
Clinical Commissioning Group



# Services and support for children and young people's emotional health and wellbeing are changing.

To help with the change, **we\*** have developed the North Lincolnshire Children and Young People's Emotional Health and Wellbeing Transformation Plan, known as our Local Plan. It is a five year plan which started in 2015 and ends in 2020.

What do we mean, when we say 'we'? - This refers to staff from different agencies in North Lincolnshire who are responsible for the Local Plan.

This document, for children, young people, parents and carers, has been developed by young people. It will help to make sense of why things need to change, what's happened already, what's going to happen and when.

## What do we mean by emotional health and wellbeing?

It's about having positive feelings like happiness, hope and enjoyment. It includes feelings like safety, confidence, love and affection as well as feeling good about yourself.

It's also about having healthy relationships with others, feeling in control of your life, being motivated and working towards things that are important to you.

Friendships, relationships, exams and tests, physical health, separation and

loss, bullying, body image, moving to a new school/college, making decisions about the future... as young people, you have lots to deal with which can affect how you feel and how you behave. We know that having positive emotional health and wellbeing can help young people to be happier, achieve more and do well in their lives.

**The Local Plan applies to all children and young people as you all have an emotional health and wellbeing.**

## What's the local picture in relation to children and young people's emotional health and wellbeing?

There have been loads of opportunities for young people to have their say on what they think about their emotional health and wellbeing and the info, services and support available.

Young people have given loads of feedback about how things could change to make it easier for them to get the info, support and services they need, for example:

- Young people should be given clear, approved info in different ways to help them to understand issues of emotional health and wellbeing.
- Young people would like fast and confidential access to an adult they trust who listens and knows what to do to help.
- Assessments and services should be altered to meet individual needs and circumstances.
- Emotional health and wellbeing services available should be simple to understand and access.
- Young people's emotional health and wellbeing should be considered along with other things going on in their lives including family, friends, school and community.
- Specialist services should be "young person" friendly (age appropriate) and with fast access and choice.
- Young people should be supported to find ways of coping.

Things are changing...

A national report, called 'Future in Mind', listened to young people, took notice of what works already and suggested how to help improve our children and young people's emotional health and wellbeing.

In North Lincolnshire, we know that by working together, we can make a difference and through our Local Plan, we've decided to focus on the following areas:



We all have a responsibility to support children and young people's emotional health and wellbeing.

Adults who work with children and young people will be trained and will use and adapt their skills to make a difference.



We will make it easier for the most vulnerable to get specialist help e.g. CAMHS (Children and Adolescent Mental Health Service).



Adults who work with children and young people will develop better ways of communicating and sharing info



There will be better services in the community to help children and young people with eating disorders.



We will develop specialist home support and treatment to help children and young people stay out of hospital (where possible).



# So, what's happened so far and what next?!



**We all have a responsibility to support children and young people's emotional health and wellbeing.**

## SO FAR

Working with young people, we have developed leaflets and postcards, like the Positive Steps to emotional health and wellbeing leaflet, to help give young people ideas and ways to improve their emotional health and wellbeing.



There is an app and website called 'Life Central' for children, young people, parents and professionals, which we've created with young people. There is also other info and resources that can be used with it.

There has been work to make sure that children, young people, parents, staff and the wider community know more about the emotional health and wellbeing of children and young people.

Key staff in schools have signed up to be Mental Health Champions. Their job will be to help other staff in schools respond better to emotional health and wellbeing worries that students may have.

We have developed a set of wellbeing and mental health lessons for schools and colleges.

## WHAT NEXT

We are going to make it easier for children, young people, families and carers to use services and get support.

Working together with young people, 'Life Central' will continue to grow and have more information about emotional health and wellbeing.

More ideas will be developed to share info in a way that makes sense to you.

We are going to teach about 'emotional resilience' in our schools. This will help students 'bounce back' when things are really difficult. (Some of us know about this but call it Growth Mindset). This means that young people can help themselves and their friends to stay emotionally healthy.



Adults who work with children and young people will be trained and will use and adapt their skills to make a difference.

### SO FAR

There has been lots of training and development to help staff to recognise the signs of mental ill health.



### WHAT NEXT

Staff who work with children and young people will be better trained to help them when they need ideas about improving their emotional health and wellbeing. For those who need support, staff will know who to talk to and who can help.

CAMHS staff will also be trained to help with specific issues at an earlier point (like bi-polar and personality disorders).

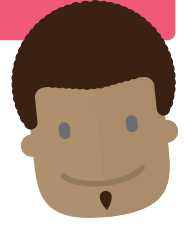
*What do we mean, when we say 'bi-polar and personality disorder'? – Bi-polar is a mental illness that makes people feel extreme moods of happiness or sadness and can make it difficult to carry out day to day tasks. Personality disorder is when a person has trouble understanding and connecting to different situations and people, which can sometimes lead to odd behaviours.*

The ways that staff in different services share info will be improved, though info is only shared on a need to know basis.

We will make it easier for the most vulnerable to get specialist help e.g. CAMHS (Children and Adolescent Mental Health Service).

### SO FAR

Children and young people in care are able to get specialist support through CAMHS.



### WHAT NEXT

More work will be done to make sure other vulnerable children and young people can also access specialist support through CAMHS (for example those with learning disabilities and autism).

*What do we mean, when we say 'learning disabilities and autism'? – People with learning disabilities can find it difficult to understand new information, to learn new skills and cope on their own and may need support to help them in their lives. People with autism can find it difficult to communicate and form relationships with others and often repeat behaviours.*

Staff and services will continue to respect that everyone is different, they will reach out to all groups, and particularly focus on the most vulnerable.



Adults who work with children and young people will develop better ways of communicating and sharing info.

### SO FAR

There has been lots of info shared with children, young people, families and carers in lots of different ways.

### WHAT NEXT

Services will be more creative and find more ways to share info with children, young people and families and work with them to help improve their experiences.



There will be better services in the community to help children and young people with eating disorders.

### SO FAR

Through school nurses and education staff, schools and colleges provide advice and support to make sure children, young people, families and carers get the help they need as soon as possible. Doctors are also available to offer advice and support.

### WHAT NEXT

Each primary and secondary school will be able to contact a CAMHS worker.

There will be special work in schools to make sure the most vulnerable (e.g. children in care) get the help and support they need.





We will develop specialist home support and treatment to help children and young people stay out of hospital (where possible).

### SO FAR

There is a lot of work going on to help children, young people, families and carers to get info and support to help them have positive emotional health and wellbeing.



### WHAT NEXT

Work is being done to deliver a 24 hour 7 day response to children and young people at risk of being admitted to hospital, with additional support when needed.

Staff in services will improve their communications to help children and young people move around services more easily and get the help they need as soon as possible.

We are looking at suitable accommodation for children and young people who are having a crisis and can't stay at home or with a family member.

Things are changing...

We have 'The Future' in mind...



## How will we know the Local Plan is working?

- We'll keep asking children, young people and families about Future In Mind and our local priorities.
- We'll get feedback from children, young people and families about their experiences of services.
- We'll keep an eye on Life Central and respond to any feedback about the website and app so it's fit for purpose.
- We'll check out information about our local children, young people and families and take action when we need to.

## By doing all this, it'll make a difference because there will be:

- Positive messages, promotion and resources created for young people by young people and evidence of them being involved in making a difference to local services
- Children and young people who are more able to cope as they know how to take steps towards positive emotional health and wellbeing
- Better outcomes for young people
- Trained and skilled adults who are easy to talk to and honest will listen and take action to meet the needs of young people
- Easier ways for young people to get help at the right time, with the right person and in the right place, including specialist help where young people do not have to tell their story lots of times
- Named people for young people to talk to in schools about emotional health and wellbeing
- More young people having good experiences of services and support
- Fewer young people having a crisis and/or needing specialist mental health support

## We want you!

If you're a young person, who would like to 'have your say' about this Local Plan, you can get involved in the Positive Steps Working Group. If you want more info, please go to [www.northlincs.gov.uk/people-health-and-care/children-and-young-people/services-for-young-people/positive-steps/](http://www.northlincs.gov.uk/people-health-and-care/children-and-young-people/services-for-young-people/positive-steps/)

[young.voice@northlincs.gov.uk](mailto:young.voice@northlincs.gov.uk)

# Contacts and key info

This is a summary of the North Lincolnshire Children and Young People's Emotional Health and Wellbeing Transformation Plan.

If you would like to take a look at the full document, please go to [www.northlincolnshireccg.nhs.uk/our-plans-and-reports/children-and-young-peoples-emotional-health-and-wellbeing-transformation-plan](http://www.northlincolnshireccg.nhs.uk/our-plans-and-reports/children-and-young-peoples-emotional-health-and-wellbeing-transformation-plan)

There is lots of other info, support and services out there to help. These are all available on our website and app, as follows: [www.life-central.org](http://www.life-central.org)