Children and Young People Mental Health and Emotional Wellbeing

Anne Freud Program

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IMPROVING MENTAL HEALTH AND WELLBEING FOR CHILDREN AND YOUNG PEOPLE IN MILTON KEYNES

Early help

for those

suffering from

psychosis

Better support
E care for children
and young people who
have a mental health
crisis and need ungent
care either in
hospital or at
home

Better access to specialist mental health care for children and young people Better care for children and young people with complex and challenging behaviour

> Better care for mothers suffering either poor emotiona or mental health around the time their baby is born

Better
psychological
support for children
and young people
with either complex
physical care needs
or social care

needs

Improving our community eating disorder service.

> Better support for those with emotional difficulties by improving the skills and confidence of those who work with them

Ensuring local

support for young

people coming back

into Milton Keynes

after receiving care

elsewhere

MK Local Transformation Plan Pledge:



Keep children and young people at the centre of all we do............. keep hearing their voices and actively seek their views to inform the plan and the actions we take

Keep working together in partnership to improve experience and outcomes for children young people and their families

Build on our excellent work so far to maintain the pace of change

Ensure that the emotional health and wellbeing of children and young people is front and centre in all our local and regional priorities

Embrace and galvanise community resources to build resilience and create sustainability across the whole pathway

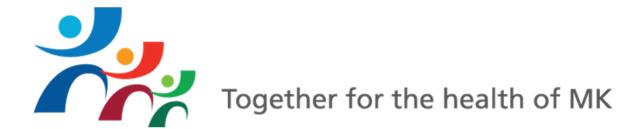
Think creatively with our workforce about how we can work differently and create apportunities in the context of financial challenge





Context: Mental Health and Wellbeing Local Transformation Plan-workstreams

- Early Intervention and Prevention Workstream Public Health
- Early Intervention and Prevention Workstream Leadership and Governance
- Innovation contributing to: Early Intervention and Prevention
- Complex Needs Workstream
- Urgent Care, Access and Eating Disorders Workstream
- Perinatal and Early Intervention in Psychosis Workstream
- MK CAMHS LTP







Who are Anna Freud?



The Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families is a children's mental health charity with over 60 years' experience of caring for young minds. Our vision is a world in which children and their families are effectively supported to build on their own strengths to achieve their goals in life.



Mental Health and school Links Program



- Helps CCGs and Local Authorities work together with schools and colleges
 to provide timely mental health support to CYP, empower staff by
 brokering contact, sharing expertise and developing a joint vision for CYP
 mental health and wellbeing in each locality.
- Successfully piloted in 255 schools across 27 CCGs in England (2015-2016), and independently evaluated.
- The pilot was developed in response to recommendations set out in Future in Mind to improve access to mental health support for children and young people, by bringing together schools and CYPMHS professionals to two free, joint workshops.
- DfE have now commissioned Anna Freud to deliver the programme to a further 20 CCG areas, and up to 1,200 schools and colleges.
- Milton Keynes was one of these areas



How was the program delivered and who attended in Milton Keynes?

- Two day workshop
- 2 Cohorts over a total of 4 days
- Over 30 Schools attended mix of Primary and Secondary
- Other agencies such as:
 CAMHS, Brook, Young Carers, Ride High, YIS, School Nursing,
 Youth Faculty, Children Family Practice, Children and Family Centres



Aim of the two day Workshop:



- To develop a shared view of strengths and limitations and capabilities and capacities of education and mental health colleagues.
- To increase knowledge of resources to support mental health of children and young people.
- To make more effective use of existing resources.
- To improve joint working between education and mental health colleagues



Some local initiatives that have happened since attending Anna Freud



- Wellbeing warriors introduced Children to take on this roll in the school to help with wellbeing of other children. To help improve the mood of children, offer friendship, spend time with them.
- Wellbeing & Mental Health policy written and introduced in schools
- Training staff around mental health and wellbeing
- Inset day for staff held opening activity was about wellbeing for staff clay moulding, Bells, water Colours etc....
- Daily wellbeing room for children to access as and when
- Mental health awareness day for the school



Bigger picture: work locally Specific to School:



- ✓ Over 70 MK have completed the "Development Programme for Mental Health Leads in School". Research projects are being completed and returned and will act as a resource for all schools
- ✓ Funding for Mental Health First Aid Instructor training secured.
- √ 80% of MK Schools have appointed a specialist MH Governor
- √ 86% of schools have appointed a Mental Health Lead
- ✓ Primary and secondary Mental Heath Leads network groups being arranged



What's next and what do we need to build on ?.....



- Task and Finish group to deliver the actions in relation to education around Mental Health and wellbeing reflected in the LTP
- Continued support for Mental Health leads networking group –Primary and Secondary to coordinate communications and initiatives with schools – sharing good practice
- Development of a local website resources for CYP, Parents and professionals
- On going training for Mental Health leads in schools
- Ensure we continue to hear from children and young people about what is important to them in relation to their Mental Health and wellbeing.

