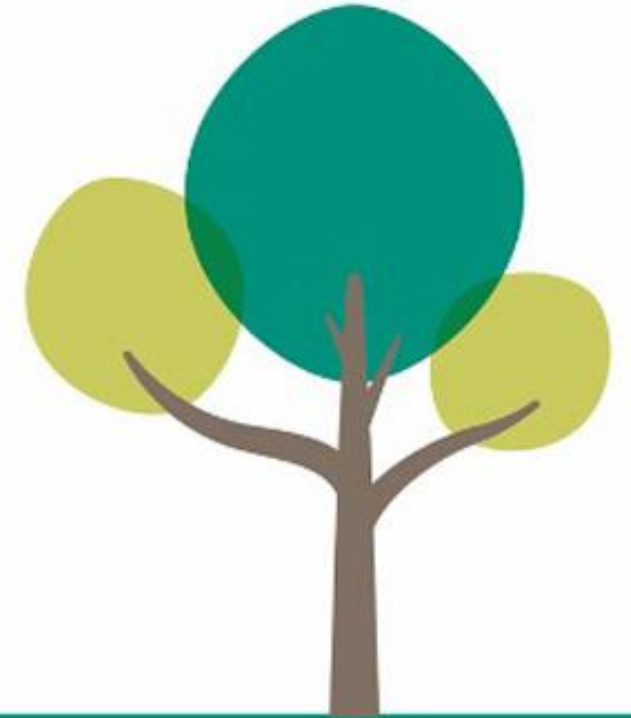


VOS, FIYA and SHAPE Forum feedback relating to emotional wellbeing and mental health services in Sandwell

‘You said, we did’





Background

Children and young people shared their views on emotional wellbeing and mental health services in Sandwell.

VOS and FIYA member attended the Corporate Parenting Board in November. This was a deep dive into health which included emotional wellbeing and mental health. The forum attendees presented a slide with their experiences.

There was also a young people 'takeover' at the Thrive Strategic Board in December organised by SHAPE. FIYA members also attended.

The comments were all collected together

The Thrive Strategic Board and The Operational Thrive (Ops) Group have a plan that guides progress in Sandwell. This was being updated from April.

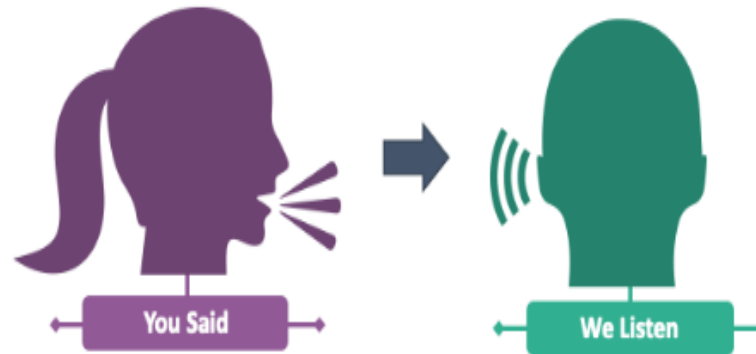
The Ops group doubled checked that there was something in this plan that matched each comments that children and young people made.





The Audit

The Ops group double checked that there was something in this plan that matched each comments that children and young people made. This makes sure that the Ops group heard what was said and did something to follow up on the views. The Ops group answered every comment. Only a few didn't match something on the plan.



This was emailed back to the chairs for sharing, talked about in the forums and then shared again. Time was given to think about the information.

Because every comment was answered, this was a lot of reading. The forums were asked how they want this to be more user friendly. The new few slides will summarise the key points.





You Said

No support for young adults experiencing emotional health issues

No outreach services

Unless your mental health issues are 'serious', you won't be supported effectively

You get a set amount of sessions and an abrupt cut off

6 sessions are not always enough

Work needs to start with early intervention - help sooner before their mental health issues have escalated and they need high-level support

They should be able to choose how they want to be spoken to (face-to-face, via email, via text, over the telephone etc)

Not everyone needs medication

Mental health doesn't stop at 5pm on a Friday and young people need 24/7 access to support.

They do not feel that 20 minutes sessions once a week is enough

Services need to be accessible when young people need rather than when people can give them the time

We did

We created a new directory for children, young adults and their families.

It includes many services for many ages and level of need, so you should find something to matches what you want.



You Said

Training and awareness for staff so they can support

Young people are worried about speaking out due to stigma and fear of how people will see them



We did

Increased opportunities in schools to attend training, join networks and find out about services

Encouraged many schools to take up the senior mental health lead training, the Charter Mark offer and Reflexions (MHST) service.

Supported the Senior Mental Health lead meetings

Created a SEMH competency framework

Planned mental health events across Sandwell and included mental health in other planned events

Arranged more trusted adult courses





You Said

When young people first come into care there is no counselling or talking therapy completed at the very start of their journey

Ongoing support for care leavers who are not at crisis point

There is no support plan in place for when they leave care. Often just referred to GPs

We did

Funds have been secured for a pilot 'getting help' emotional wellbeing service for children in the care system and care leavers up to 25, The service that will be used has seen all of the young peoples views

The 18+ task and finish group (for care leavers) has drafted a directory just for care leavers. They now have it to make it their own.





You Said

Primary schools often buy in private services like play therapists

Don't waste money on services that are not good – you need to check them

Schools need a list of what must be checked before mental health professionals can be bought in to schools (i.e. check they have the correct qualifications and certificates) as currently there is nothing that does that

We did

The Ops group added a new action of the plan for this, to produce a framework, to support schools when employing councillors and therapists.

It will help schools know what qualifications and accreditation is required to be a counsellor, therapist etc. and how to check this. Some guidance has been found to support this.





You Said

The THRIVE model - Everything is written in 'adult's' language and will not be understood by children and young people

We did

SHAPE have co-produced a diagram and a video to explain the THRIVE model to young people. This included vulnerable groups of young people.

There was an event called 'Thriving in Sandwell' in May for professionals. It included a launch of the THRIVE model and included the video.

The video is included in a Thrive PowerPoint made for all services to use.



You Said

Young people identified the following vulnerable groups who need additional support with their emotional wellbeing and mental health:

- Neurodiverse young people
- Young people leaving school and not in Education, Employment or training (NEET)
- Young carers
- Children in care
- Young people coming to the country

There is also faith and cultural issues regarding accessing mental health support services

We did

The plan includes support for all of those groups.

Some funding has been put in place for extra support for some of these groups





You Said

Ages 16 – 18 when in care/ leaving care creates enough of a struggle without any extra mental health issues

Services prolong referrals for those over 17 as they know you will end up in adult services so it would be better for them to wait until they're 18 and then speak to their GP again

We did

There is a transitions network where professionals from both older children and adult services share their role in transitions and plan to improve things

Funding was put in place for 16 to 25 year olds to help with this gap

BCHFT Transition hubs will support 18-25-year olds from vulnerable groups including transition from CAMHS to AMHS (from 17.5 years old) and care leavers





You Said

When young people are going through so much, they don't want to tell anyone. It comes down to who is a trusted adult and who they trust and want to open up to and speak to

Young people need a trusted adult who they can go and feel comfortable to speak to.

We need to bring back the belief that schools are holistic – and teachers are not just there to educate. Good mental health will mean a better education.

We did

High numbers of staff have attended trusted adult training and have more training and resources to help a child in school who is struggling





You Said

Strengths and Difficulties questionnaires are very intrusive

Services are not pursued when young people do not attend due to reasons beyond their control

Not enough communication between services

Not enough communication – GPs aren't told where young people are placed, and they don't know themselves so there is no multi-agency approach. Everyone should be able to access the necessary files of young people to act in their best interests

Cross border issues – a Sandwell child may go to a Birmingham school but the access to services becomes difficult and long to even get support

They aren't asked whether they 'want' to receive a service – they are just placed in one

We did

These are all of the comments that do not link directly to the plan, so they will be shared with all relevant services so they can take this on board within their practice and development





Thank you for to all of the young people for taking the time to share your views with everyone involved in the meetings. It is really helpful and it makes a difference.

