

# Inverclyde's Plan for Community Mental Health and Wellbeing Services for Children and Young People

**2021 - 2022**





# Contents

**Scottish Government has provided a grant to every council in Scotland to deliver new or enhanced community based mental health and wellbeing supports and services for children, young people and their families.**

In Inverclyde we see this as a great opportunity to strengthen our support for children and young people's mental health and wellbeing. We have set out a plan outlining what we shall be delivering with our partners in 2021 and 2022.



## What does the plan cover?

### No wrong door

We want to make it as simple as possible for children, young people and their families to get the right help at the right time. We will explore how electronic solutions might speed this up and help families to get early help.

### Community strength

We know that people can need advice or support at times that aren't 9 to 5 Monday to Friday and that while they are important they aren't an emergency. We are therefore planning to have a LOCAL phone and text contact service based in our community supported by voluntary services.

### Nothing about us without us

We want to increase the opportunities for young people's participation and contribution to shape the supports they receive.

**For more details go to the next page**



Area	What will we do?	How will we do this?	What change will we achieve?	Indicators - How will we know?
<p><b>A</b></p> <p><b>NO WRONG DOOR</b></p>	<p>Develop and promote an Inverclyde community wide 'one door approach' to supporting mental health and wellbeing of children and young people.</p>	<p><b>1.</b> Explore the use and development of an electronic platform for multi-agency Mental Health and Wellbeing single point of access to a range of supports and approaches to deliver "ask once, get the right help quickly".</p> <p><b>2.</b> Identify and address the gaps in service and supports giving specific consideration to those who are known to have poorer mental health outcomes or struggle to access services (e.g. <b>CYP with Additional Support Needs, CYP not attending school, Young Carers, CYP in kinship, care experienced, LGBTQ+, BME</b>).</p>	<p>Comprehensive directory of services and supports available aimed at improving the mental health and wellbeing of CYP.</p> <p>Increase in multi-agency working that is proactive and allows services to intervene early.</p> <p>CYP and their families will have access to greater support from a range of supports and services which can promote mental health, a view to increasing self-care, self-esteem, build resilience and reinforcing their whole wellbeing.</p>	<p>Reduced numbers of multiple, duplicated or sequential offers of support to children and families. Baseline required.</p> <p>Reduction in rejected referrals to statutory services. Baseline required.</p> <p><b>TARGET for 2021 – 2022</b> <b>25 – 30 CYP needing support for emotionally based non-attendance will be supported</b></p> <p><b>TARGET for 2021 2022</b> <b>25 – 30 additional CYP and their families per annum in 5- 18 age range</b></p>



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<p><b>B</b></p> <p><b>COMMUNITY STRENGTH</b></p>	<p><b>Strengthen community based support for children, young people and their families' mental health and wellbeing.</b></p>	<p><b>1.</b> Increase mental health and wellbeing supports in community settings that are easily accessible and appropriate to needs – including the provision of access and support beyond 9 to 5 Monday to Friday services.</p> <p><b>2.</b> Further increase the contribution of the community and voluntary sectors around the CYP mental health agenda.</p>	<p>Increased confidence and capacity of parents/carers and young people to support mental health and wellbeing concerns.</p> <p>Further development of community assets. Increased opportunities to deliver key messages about mental health and wellbeing at a community level.</p> <p>Reduced social isolation of children and young people in communities by providing space and place for supportive connections in a community context.</p>	<p><b>Target for year 2021 - 2022 local helpline will reach 30- 40 per month.</b></p> <p>Increased numbers of CYP accessing targeted support.</p> <p>Reduction in referrals to statutory services Reduction in rejected referrals to statutory services.</p>



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<p><b>C</b></p> <p><b>NOTHING ABOUT US WITHOUT US</b></p>	<p><b>Increase participation of children, young people and parents/carers in co-production design, redesign and evaluation of these supports and services. This would include incorporating young people's lived experience into design</b></p> <p><b>Use the principles and practices of co-production and Scottish Approach to Service Design to improve their development.</b></p>	<p><b>1.</b> Develop a sustainable young people's participation service that focuses on children and young people being at the heart of the development and design of mental health and wellbeing services.</p> <p><b>2.</b> Establish a learning network that allows the voice of children, young people to be heard and actioned.</p>	<p>Children and young people will have been included and fully involved in service development at all stages.</p>	<p><b>Target 300 (3% of 5 to 18 year olds) will be participating year 2021 - 2022.</b></p> <p>There will be an increased evidence of the voices of children and young people influencing mental health and wellbeing services development.</p>