



# Children and Young People's Mental Health and Wellbeing Joint Delivery Board

## JDB Newsletter

### JDB Overview

Need an introduction or want to refresh your memory on the work of the JDB?

Hear about the Board and the deliverables we are working on from the young people that are members. You can also find out more about the history and principles on our [web page](#)

### What's in this issue?



- Spotlight on – Improving the mental wellbeing of 3-5 year olds
- Spotlight on – Enhancing community-based support for emotional wellbeing
- Spotlight on – Engagement and Participation – Listening to the voices of Children and Young People
- Group Members' Corner
- Training/Professional Learning Resources





## SPOTLIGHT

### Task and Finish Group: Supporting the mental health and wellbeing of 3-5 year olds in Scotland



The Task and Finish Group was set up to develop recommendations to improve the mental health and wellbeing for children 3-5 years. It aims to find more, new and different ways to support, young children and their families more effectively.

We know that for the recommendations we produce to be meaningful, then they have to be in line with what children and families need and want. With the expansion of government funded Early Learning and Childcare (ELC), most children 3-5 years now spend a significant proportion of their time with ELC staff. That is why, the group agreed that we would like to hear the voices and views of young children, parents/carers and the ELC workforce.

We are delighted that an engagement activity will be taken forward by Early Years Scotland in collaboration with the Association of Directors of Education in Scotland (ADES), over the next few months. The plan is to engage and consult with children, families and staff in a range of ELC settings across 6 local authorities. Children from a small number of primary schools will also be invited to participate.

#### A wide variety of questions will be explored, such as:

- What makes children feel safe, scared, worried, happy?
- If parents/carers are concerned about their child’s mental health and wellbeing, do they know where to go and what to do for support?
- Do staff in ELC settings feel they are well equipped and confident to support or signpost parents/carers to other services when it comes to the mental health and wellbeing of the children in their care?
- What do we need to do in Scotland to improve the ways in which we support young children’s mental health and wellbeing?

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Please watch this space to hear more about what young children, families and staff tell us!  
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If you have any ideas or suggestions about how you think we could join forces to improve, develop and strengthen our efforts to give young children the best start in life then please contact Early Years Scotland at [info@earlyyearsscotland.org](mailto:info@earlyyearsscotland.org)

We try our best to use plain English at all times but may sometimes include common mental health terms. If there is language you would like to check, why not use our **Glossary**? 

## SPOTLIGHT

### Task and Finish Group Community-based support and services



Peter Innes, Senior Policy Adviser at Scottish Government updates on the work of the Communities Task and Finish Group:

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One of the Joint Delivery Board’s deliverables is to continue to enhance community-based support for emotional wellbeing and mental distress through ongoing investment and support for local partnerships. The promotion of good and emerging practice is a priority for this group and is supported by monthly best practice network events for local authorities, which continued in December with a presentation on the **Fit Like?** hubs which are delivering mental health support to children and young people in Aberdeen.”

The network meeting in January focused on discussing the various ways websites can be used to promote the community mental wellbeing services available to young people and their families in each area, with presentations from colleagues in Clackmannanshire and South Ayrshire. These meetings have been received well by attendees and will continue on a monthly basis with the aim of sharing good and emerging practice, identifying common themes and building connections. ”



Emma Papakyriakou



Mariana Soto Pacheco

## SPOTLIGHT

### Engagement and Participation



At the start of 2022, we welcomed two new Children and Young People’s Engagement Officers, Emma Papakyriakou and Mariana Soto Pacheco, to support the work of the Joint Delivery Board. Emma and Mariana will be focused on listening to a diverse range of voices of children and young people to influence Task and Finish Groups priorities around service design, delivery and evaluation of mental health and wellbeing support and services.

“

As Engagement Officers we will follow the **Principles of Participation and Engagement**, previously co designed by young people and the Joint Delivery Board. This means the voices and experiences of children, young people and their families will remain central to decision making and service design. We will aim to ensure those seldom heard groups have the opportunity to share their views and experiences.

We’ll act as connectors translating the engagement needs of the Task and Finish groups into key themes, while working with partner organisations to create opportunities to engage with children and young people in a supportive, meaningful way. We will work with partners to provide feedback to Task and Finish Groups to help influence decision making, support and service design and evaluation

In addition we will provide feedback to children and young people on how their participation has influenced the work of the Board.

If you wish to get in touch regarding our engagement work or you would like to get involved with the work of the Joint Delivery Board please get in touch. ”  
Contact details are on the last page.

Emma & Mariana



# SCOTTISH YOUTH PARLIAMENT – Mental Health Consultation Workshop – December 2021



Abbie Wright

On 14th December 2021, the Scottish Youth Parliament held an online consultation workshop to provide feedback on some of the Task and Finish groups to the Children and Young People’s Mental Health and Wellbeing

Joint Delivery Board. 20 newly elected Members of the Scottish Youth Parliament (MSYPs) took part. Abbie, who is one of the MSYPs represented on the Joint Delivery Board – has written this blog about her experience from the workshop.

“

Mental health and wellbeing affects all young people in Scotland, and it is high on many MSYP’s agendas. In December 2021, to give MSYPs the opportunity to have their views heard on mental health services, I worked with another former MSYP and the Scottish Government and COSLA’s Children and Young People’s Joint Delivery Board to design and deliver an online consultation workshop.

Consultation workshops are an opportunity for MSYPs to share their own and their constituent’s views on a specific topic. They also facilitate article 12 of the United Nations Convention on the Rights on the Child (UNCRC), ensuring children have the right to express their views on issues affecting them. As an MSYP I loved taking part in these workshops, as they are a fantastic way to get young people’s voices heard!

The feedback gained from the workshop will be fed back to the Children and Young Peoples Mental Health and Wellbeing Joint Delivery Board. This board is chaired by the Scottish Government and COSLA and oversees all aspects of children and young people’s mental health and wellbeing.

You can find out more about the work of the board [here](#). I sit on the board alongside two other MSYPs and our role on the board is to ensure that young people’s voices are at the heart of decision making, so we will make sure MSYPs views are heard!

The workshop focused on three main areas:

- Engaging young people in decisions and communications about mental health services;
- young people accessing mental health services;
- and young people giving feedback about mental health services.

MSYPs were invited to give feedback on each of these topics and share what they think needs to change to improve young people’s experiences of mental health services. ”



You can read Abbie’s blog in full [here](#).



## GROUP MEMBERS' CORNER



Care Experienced people give their views and experience on mental health. Lucy Hughes, Policy Development Coordinator representing Who Cares? Scotland on Task and Finish Group 3, highlights that Who Cares? Scotland have released a new report of findings from engagement with Care Experienced people about mental health. 'Tend our Light' details the views and experiences of Care Experienced people and contains 7 clear actions for change. An overview of the findings and a link to the full report can be found [here](#).

Please contact Lucy at: [lhughes@whocarescotland.org](mailto:lhughes@whocarescotland.org) if you would like to support this work and find out more.

The findings of this report will be considered by the Task and Finish Group supporting mental health pathways and services for vulnerable children and young people, aligned to the work of the promise. This group is planning direct engagement with care experienced children and young people in partnership with Who Cares? Scotland to ensure the work of the group is based on direct care experienced feedback.



## TRAINING AND PROFESSIONAL LEARNING RESOURCES

New trauma skilled practice e-Learning from NHS Education for Scotland (NES)

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We are delighted to share our latest e-learning module, Developing your Trauma Skilled Practice: [Trauma in Children and Young People](#).

This free e-module is designed for anyone working with children and young people who may have been affected by traumatic events. It is recommended that the foundational module “Developing your trauma skilled practice 1” is completed prior to taking this module. The module will help you to recognise the impact of trauma on children and young people, to understand how children and young people recover from trauma, and to begin to learn ways of meeting the needs of children and young people who have experienced trauma.

We would greatly appreciate you sharing these resources across your networks with all staff working with children and young people.”

”



## TRAINING AND PROFESSIONAL LEARNING RESOURCES

### Uptake of the Mental Health and Wellbeing Resource for School Staff



This is a very easy resource to navigate and use. It has clear, short sections and it is great to pick up and restart at any time.



Since the launched in summer 2021, the resource has already been widely accessed across Local Authority areas and Third Sector organisations. Recent feedback highlighted that:



**100%** Enjoyed the content



**94%** Said everything worked as expected



**100%** Would recommend it to someone else

This free online resource takes a whole school approach centred around prevention and early intervention to promote positive mental health and wellbeing for everyone in the school community. It provides school staff with knowledge and understanding of mental health and wellbeing in schools and a range of opportunities to learn about experiences and advice from practitioners and young people. Access it [here](#)



Excellent resource. Full of engaging content, further reading and video links. Lots of fantastic ideas for implementation in school and will be using this across full school this year. Thank you!



## HELPLINE AND WEBSITES

If you or someone you know could benefit from contacting a mental health helpline or information online please find details below:



Call **116 123** to talk to Samaritans, or email [jo@samaritans.org](mailto:jo@samaritans.org)

Samaritans are there to listen 24 hours a day, 365 days a year, and it's always free to call from any landline or mobile phone.



Call **111** to talk to NHS 24's mentalhealth hub



Call **0800 83 85 87** to talk to Breathing Space.

The service is open 24 hours at weekends (6pm Friday — 6am Monday) and 6pm to 2am on weekdays (Monday — Thursday).

Young Scot's '[Aye Feel](#)' is an online hub which delivers a range of positive messages, advice and resources to young people regarding health and mental wellbeing. This includes a range of resources, stories, blog posts and targeted social media content on body image and social media usage.

'[Mind Yer Time](#)', which was designed by children and young people from the Children's Parliament and the Scottish Youth Parliament, is an online hub specifically designed to give children and young people advice on social media use, screen time, sleep and the impacts of these things on body image and mental wellbeing.



For more information, board papers or to sign up to the newsletter see our [webpage](#) or contact:

[CYPMHWJointDeliveryBoard@gov.scot](mailto:CYPMHWJointDeliveryBoard@gov.scot)



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