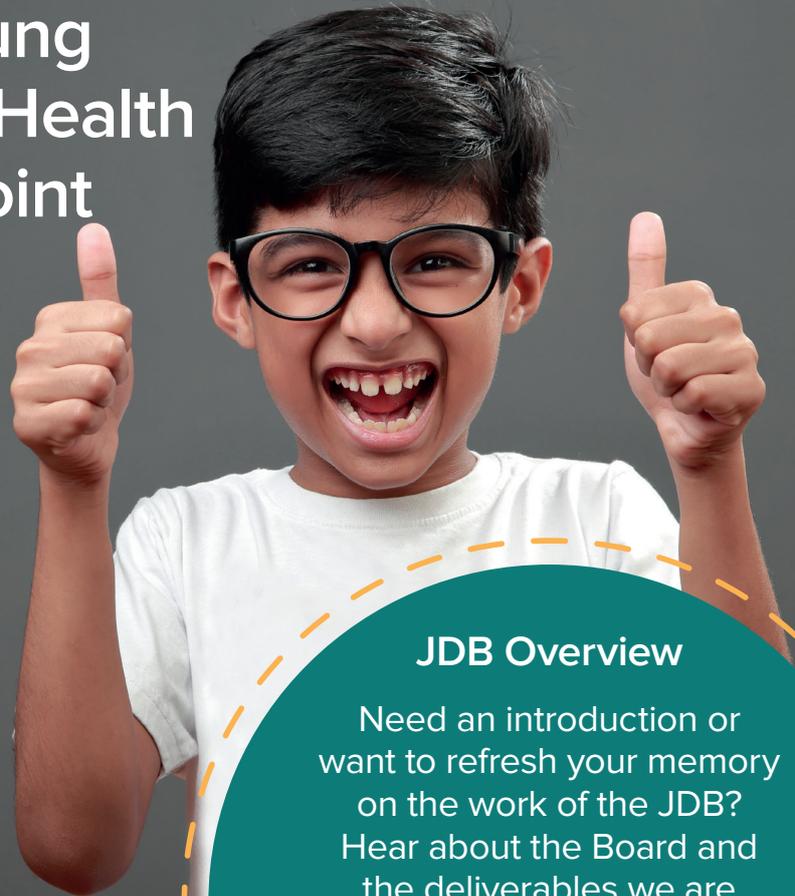


Children and Young People's Mental Health and Wellbeing Joint Delivery Board

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 involved in the work **here**. You can also find out more about the history and principles on our **web page**.

What's in this issue?

- Spotlight on – Testing the National Neurodevelopmental Specifications
- Spotlight on – A visit to community-based supports and services in Clackmannanshire
- Spotlight on – Children and young people's participation and engagement
- Other areas of work:
 - Mental Health Strategy Public Consultation
 - A new youth advisory panel for suicide prevention
 - Launch of Youth Suicide Prevention Campaign 'Better Tomorrow'
- Training and Professional Learning Resources
- Links to helplines and websites



Spotlight on JDB

Testing the National Neurodevelopmental Specifications



Supported by the Task and Finish Group, the Scottish Government has funded five Tests of Change areas including Aberdeen City, East Lothian, Fife, Highland and Stirling. These Tests of Change are supporting and exploring elements of The **National Neurodevelopmental Specification: Principles and Standards of Care** and how best to implement them. In the longer term, they aim to share learning and evidence which can be shared to improve support available to children and young people with **neurodevelopmental** support needs.



The Tests of Change areas are progressing well with feedback and updates due to be gathered by the Task and Finish Group in the coming weeks. The learning and outcomes will be collated in a report towards the end of July and shared more widely across NHS Boards and Local Authorities in Scotland to aid national implementation of the **National Neurodevelopmental Specification for Children and Young People**.

On 23 May, the Minister for Mental Wellbeing visited Touch Primary School in Dunfermline to highlight the work that they are doing with Fife Council and NHS Fife in the Test of Change. This was a really positive visit with fantastic input and discussion from staff and pupils.

You can find tweets from the visit here: <https://twitter.com/scotgovhealth/status/1529425005410496512>

SPOTLIGHT



A visit to community-based supports and services in Clackmannanshire



On 3rd May, Neil Guy, Peter Innes and Leon Young from the Children and Young People's Mental Health team at the Scottish Government, went to Clackmannanshire to visit some of the community-based supports and services funded through the framework. They were welcomed by the local authority leads, Whitney Barrett and Lesley Taylor, who detailed Clackmannanshire's whole-system approach to mental health and wellbeing, and arranged for them to speak with digital service providers **Kooth** and **Mind Moose**. They were also able to hear from teachers, and to observe a therapeutic art session being delivered to a small group of primary school children. The team then visited an art studio where they heard presentations from **Reachout With Arts In Mind**, Inscape Therapies and **Wellbeing Scotland** about their work with local children and young people.

Peter said:

“*It was really valuable to be able to visit in person and see the children benefiting from the framework funding, and it was great to hear directly about the range of digital services and creative therapeutic interventions that Clackmannanshire Council has put in place to support the mental wellbeing of its children and young people.*”

The community services Task and Finish Group continues to support enhanced community-based services for children and young people across all local authority areas in Scotland. **The Community Mental Health and Wellbeing Supports and Services Framework** sets out a clear, broad approach for the support that children and young people should be able to access for their mental health and emotional wellbeing within their community. Local authorities receive a share of a £15 million Scottish Government fund to provide local services, in line with the framework, for 5–24 year olds and their parents and carers.

Joint Delivery Board Participation and Engagement

The Joint Delivery Board is committed to listening and acting on the views of children and young people to inform the work of the Task and Finish Groups focused on service design, delivery and evaluation.

This is being achieved through a range of engagement activities with third sector partners to reach a wide audience, including seldom heard groups of children, young people and families.

All engagement work undertaken is aligned to the Board's **Principles of Participation and Engagement**, which underpinned by Article 12 of the UN Convention on the Rights of the Child (UNCRC).

Insight engagement work with third sector partners

Earlier this year, the Scottish Government commissioned Youthlink Scotland to work in partnership with Young Scot, Children's Parliament and the Scottish Youth Parliament to gather the views of children and young people about their mental health and support for mental health and wellbeing. This involves a two phased approach:

Phase 1 involved a survey led by Young Scot for young people aged 12–25. This was disseminated via social media and through partner organisation networks. The survey aimed to understand how young people access information and support for their mental health and wellbeing. 970 responses were received from across all local authority areas.

Phase 2 built on the survey questions through supported conversations with children and young people aged 8–25. YouthLink Scotland and Scottish Youth Parliament utilised their networks to invite third sector organisations, groups and schools to participate and capture the views and experiences of children and young people aged 12–25. This will ensure conversations happen safely and are carried out with adults they already know well. The Children's Parliament lead this work for children aged 8–12.

The survey findings were reported to the Joint Delivery Board Task and Finish Groups in July.

Members of the Scottish Youth Parliament (MSYPs) Facilitated Engagement Workshop

Three MSYPs, recently presented the findings from previous engagement sessions with young people to Scottish Government officials, Joint Delivery Board and Task and Finish Group representatives. The MSYPs highlighted three key themes from their findings which included:

- The need to continue to reduce stigma around mental health and wellbeing;
- Awareness-raising of existing services and improve communications; and
- Improve the meaningful participation and feedback of children and young people in services.

This workshop included facilitated discussion with the MSYPs to explore existing work, and what more needed to be achieved and taken forward by the Joint Delivery Board and Task and Finish groups.

MSYPs have written a blog about their experience which can be found on the Scottish Youth Parliament **website**.



Children and Young People create Job Description for One Good Adult

In 2012, Dooley & Fitzpatrick, at University College Dublin, published a **study** about children and young people's mental health and wellbeing. A key finding was the importance of a kind and reliable relationship with 'One Good Adult' to buffer against difficulties, offer support and believe in the child or young person. Children and young people described teachers, sports coaches, and parents as examples of 'good adults' who made a real difference to their mental health and wellbeing. The concept of One Good Adult has captured the importance of safe, supportive relationships for children and young people's mental health and wellbeing.

The children and young people who helped with the Knowledge and Skills Framework suggested NHS Education for Scotland (NES) develop a Job Description about 'One Good Adult'. NES has since commissioned Children in Scotland to engage with their Children and Young People's Network to complete this project. The interactive resource developed by children and young people will be available in the summer of 2022 and can be used for communications and awareness raising about the importance of good relationships with adults for children and young people's mental health and wellbeing. The One Good Adult resource will be hosted on the front page of the NES new Learning Map, which you can read more about in the **Training and Professional Learning Resources section**.

OTHER AREAS OF WORK

Mental Health Strategy Public Consultation

The Scottish Government is committed to producing a new Mental Health and Wellbeing Strategy in 2022, building on the implementation of our Mental Health Covid Transition and Recovery Plan.

The new strategy will allow government to look ahead to make sure we are doing the right things to meet changing mental health needs over the coming years as we recover from the pandemic; and will set out a clear vision for future population mental health, wellbeing and care, and our priorities to help us get there.

The scope of the strategy will be wider than before, with an increasing focus on wellbeing and prevention. We will also consider how the strategy can take account of social factors and inequalities that may impact a person's mental health and wellbeing.

We have already undertaken extensive engagement to help us shape thinking about the strategy. We have recently launched our public consultation and will take forward further engagement activity over the summer months, including people with lived experience, to inform this important work. This will also involve hearing from children and young people. The team leading on the Strategy are linking closely with those who led on engagement with children and young people as part of the Children and Young People's Mental Health and Wellbeing Joint Delivery Board. The consultation will include questions on the scope of the strategy, the draft outcomes and what our overall vision should be. The consultation also contains questions about how we can support a sustainable workforce for mental health and wellbeing. You can find the consultation documents on the Scottish Government [website](#) and on [Citizen Space](#).

National Care Service

The Independent Review into Adult Social Care (IRASC) recommended the establishment of a National Care Service, with Scottish Ministers being accountable for the delivery of consistent and high standards in health and social care services.

Last year the Scottish Government undertook a public consultation on its proposals for a National Care Service (NCS) to achieve changes to the system of community health and social care in Scotland; and published an independent analysis of the consultation responses. The feedback received has been used to shape and develop new legislation – the National Care Service (Scotland) Bill was introduced to the Scottish Parliament on 20 June 2022. The Bill provides the foundation for the NCS, and enables the fine detail of the new service to be co-designed with people who have direct experience of social care services. Plans have also been published to explain how that collaboration will work. In parallel with further consultation about mental health services, independent research will be commissioned by the Scottish Government to build the evidence base on the current delivery models of children's services. This research project will consider the different models of delivery to develop an understanding of which delivery models can most effectively implement The Promise and support the improvement of outcomes for children and families.

You can find out more information about the National Care Service on the Scottish Government [website](#).

CONTENT WARNING: Some of following articles/resources are focused on suicide prevention. If this has an emotional effect on you or you need someone to talk to, please reach out for support. See the 'HELPLINE AND WEBSITES' section at the end of this newsletter for contact details).

The National Suicide Prevention Leadership Group (NSPLG): Youth Advisory Panel

The National Suicide Prevention Leadership Group (NSPLG)'s Youth Advisory Group is now open for applications. This group is being established to ensure young people's views are heard directly by decision-makers, to inform and improve policy on suicide prevention. More information on this work can be found [here](#).

The group is aimed at young people (16–25 year olds), who have direct experience of suicide or who suffer from poor mental health. Where a young person has experienced the loss of someone close through suicide, two years must have passed before they can be involved. Due to the nature of the group, we will require all members to be referred by a worker or adult in their life and for this person to be available to provide support before and after meetings.

If anyone would like more information on the group, then please get in touch with Chris Ross from Children in Scotland on cross@childreninScotland.org.uk. Chris would be delighted to speak to anyone interested and has an information sheet that he can share which provides more information on this work and the team involved.

National Suicide Prevention Leadership Group (NSPLG): Launch of Youth Suicide Prevention Campaign

On 27 June, an eight week suicide prevention campaign, 'Better Tomorrow', was launched to encourage young people aged 16–24 to talk, listen and support each other for a better tomorrow. The campaign has been commissioned by the NSPLG and developed by [United To Prevent Suicide](#) who have worked extensively with young people to co-develop and test the campaign. The United To Prevent Suicide website will include information about 'Better Tomorrow' for young people, their parents and carers, and organisations that work with young people.

If you work with young people aged 16–24 please consider sharing the campaign's content on your own social media channels. Please follow @TalkToSaveLives on [Instagram](#), [Facebook](#) and/or [Twitter](#) for more information.



Training and Professional Learning Resources

NHS Education for Scotland (NES) in partnership with Public Health Scotland (PHS) have developed learning resources for the health, social care, and wider public sector workforce. The *informed level* (Knowledge animations are specifically aimed at those who work with children and young people, **Promoting Children and Young People's Mental Health and Preventing Self-Harm and Suicide**. (Click image below to view animations)

These animations support individuals to understand the factors that influence mental health and resilience in children and young people; engage proactively with children and young people about mental health, self-harm, and suicide; and recognise when to seek help to support those in their care.

These and other available learning resources are designed to help people to recognise when someone may be experiencing poor mental health and to know how to respond and ultimately help to prevent suicide.

Knowledge and Skills Framework for the Scottish children and young people workforce

In the December newsletter we mentioned that NHS Education for Scotland (NES) had published a knowledge and skills framework (The Framework), sets out the levels of knowledge and skills required by the Scottish child workforce to promote positive wellbeing and good mental health for children and young people. At the request of stakeholders, NES has since led a process to develop a Learning Map to identify quality-assured professional learning resources to each level set out in the framework. Both the Framework and the Learning Map contribute to wider work to improve mental health care for children and young people. Both involve listening to what children and young people want and need from the adults that support them.



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

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 Mental Health Hub



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

The service can be phoned Monday to Friday 6pm to 2am and 24 hours at weekends.

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.

Text 'SHOUT' to 85258 to contact Shout Crisis Text Line, text 'YM' if you are under 19

Childline for anyone under 19 – call 0800 1111 or to chat, email or to talk to other young people go to: <https://www.childline.org.uk/get-support/>

.....
Call 999 or go to A&E now if you do not feel you can keep yourself or someone else safe.

For older young people and adults

Scottish Government and NHS 24 recently launched a new site called [Mind to Mind](#) to support the mental wellbeing of the general adult population in Scotland. Although focussed on support for adults, this may be useful for older young people. Mind to Mind offers non-clinical tips and advice from people with lived experience of mental wellbeing concerns and related professionals. It promotes resilience-building and signposts to a range of trustworthy resources. It is part of a wider effort to reduce stigma around mental wellbeing.

For parents/carers

[Children 1st Parentline](#) – Do you feel like you're at the end of your tether? Children 1st Parentline is here for you and your family. If you live in Scotland call **08000 28 22 33** free, browse our website for advice and support, or start a webchat.

[Parent Club](#) provides advice and guidance for parents of children of all ages from pregnancy to the teenage years. This online resource is for parents to support their child's emotional wellbeing and mental health as well as support for new parents around their own mental health. There is also a [Family Support Directory](#) for parents which provides helpful information and links to other organisations on a variety of topics important for families.

For more information, board papers or to sign up to the newsletter see our webpage or contact: CYPMHWJointDeliveryBoard@gov.scot

GLOSSARY

Children and Young People's Mental Health and Wellbeing Joint Delivery Board: [Glossary](#)



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