

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

Newsletter

Overview

Need an introduction or want to refresh your memory on the work of the Board? 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**.

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- Families at the Centre Event
- New Suicide Prevention Strategy Launched – 'Creating Hope Together'





Update from the Co-Chairs of the Joint Delivery Board



Together Scottish and Local Government are committed to supporting the mental health and wellbeing of our children, young people and their families, an issue which has been particularly important in recent years.

We know that agency is important; this is a person's ability to take action to maintain their own mental health, and factors such as understanding mental health, keeping active, access to green space and good sleep hygiene all play a useful role in keeping us well. We also get a sense of connection and belonging from having good positive relationships with peers, family, learning communities, clubs and organisations and there is strong evidence that a feeling of belonging can lead to good mental health. Information on mental health and keeping well for children and young people, their families and supporting professionals has become increasingly accessible, particularly via online platforms, but there is still a need to ensure children and young people get additional support for their mental health, at the right time should they require it.

We know that prevention and early intervention are essential, and we are delighted to see community-based supports and services focused on emotional

wellbeing and distress, supported through the work of this board and its predecessors, beginning to make a difference for children and families. We are also encouraged by the early learning from our tests of change, looking at the implementation of the Neurodevelopmental Service Specification.

We are clear that long waits for those who need clinical support are unacceptable. Scottish Government have made a significant investment in Child and Adolescent Mental Health Services (CAMHS) and most recently published CAMHS statistics show both an increase in CAMHS staff numbers and progress in addressing long CAMHS waiting lists. Discussions within the Task and Finish Groups of the Joint Delivery Board continue to support the implementation of the CAMHS service specification.

These are steps in the right direction; there remains much to do in ensuring good practice in all areas of children and young people's mental health is established, shared and embedded. We hope you find this newsletter helpful in this process.

Hugh McAloon, Director of Mental Health, Scottish Government

Nicola Dickie, Director of People Policy, COSLA

Children and Young People's Voices at the Centre



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 and seldom heard groups of children, young people and families. The engagement work is aligned to the **Principles of Participation and Engagement**, which underpinned by Article 12 of the UN Convention on the Rights of the Child (UNCRC).

This newsletter intends to provide an overview of engagement/ outreach work undertaken across different areas working with children and young people. The work of the Joint Delivery Board was informed by previous research and engagement work, which you can read more about this on the website **History of the Joint Delivery Board**. Since then, further engagement work informed by the Task and Finish groups, has been undertaken to ensure the voices of children and young people remain central to this work. Working in partnership with third sector organisations, including Youthlink Scotland, Scottish Youth Parliament, Young Scot, Children's Parliament, Early Years Scotland, Children in Scotland and Who Cares? Scotland, a range of engagement activities and approaches have been undertaken.

The engagement undertaken with children and young people has already made a real difference. All the findings from the engagement work have now been reported back to Task and Finish groups to directly inform the design, delivery and evaluation of supports and services and recommendations for consideration will be presented to the Board at the October meeting.

The Board wish to thank all the children and young people, parents and carers and the early years workforce who have shared their experience and views across the engagement activities, as well as the organisations that supported children and young people to take part. The Board is considering the best way to feedback to children and young people who took part in the engagement, the impact their views and experiences have had across the work of the Board. An update will be provided in the next edition of the Newsletter.

Mental Health, Happiness and Wellbeing of 3-5 Year Olds



As part of the work of the Board, this group was set up to develop recommendations to improve the mental health and wellbeing of children 3–5 years.

In the **March newsletter**, the group shared the engagement work carried out by Early Years Scotland in collaboration with the Association of Directors of Education Scotland to inform the recommendations. This exercise has now been completed with the key findings and recommendations presented to the Joint Delivery Board in September for consideration. Below is a summary of the methodology involved in the activity.

Survey questions used a mixed methods approach including closed and open-ended questions. Four different themed survey questionnaires engaged with a total of 657 participants. This included:

- 121 children aged 3–5 years old.
- 142 Early Learning and Childcare (ELC) workforce.
- 278 parents of 3–5 year old children.
- 82 parents of Primary 1–3 children.

Promotion of the survey was undertaken by working in partnership with six local authorities who volunteered to be part of the project. All responses were anonymous.

Respondents (except children) were asked several questions about how children’s mental health and wellbeing is currently supported and what is needed going forward. Children’s engagement was undertaken differently. Workers within early years settings were given the questions as a guide and encouraged to discuss these with the children in their care in a way they deemed most suitable. Children were invited to share what sorts of things made them feel happy or sad. Many of the children talked about how hugs and playing with their friends made them happy. On the other hand, not seeing friends or being able to play made them feel sad.

The group look forward to sharing more about the findings from the engagement in future updates. The final report will be published in the coming months.



EQUALITY | RESPECT | LOVE

Listening to the Voices of Care Experienced People

We all want children and young people to lead happy, healthy lives and to have the right support for their mental health and wellbeing at the right time. The Joint Delivery Board's Task and Finish group 3 is working to improve access to mental health and wellbeing support for Care Experienced children and young people and children and young people in vulnerable situations, with a goal of ensuring they can access the right support when they need it.

The Task and Finish group's work is aligned to the wider work of [The Promise](#), and aims to ensure that improvements in children and young people's mental health and wellbeing are delivered in line with the Promise. The group is taking this work forward by developing key principles for the workforce, building a bank of good and emerging practice for supporting children and young people and developing recommendations for the Board regarding what changes they feel need to be put in place to support the mental health needs of Care Experienced children and children and young people in vulnerable situations. To support this work the group has developed an exciting partnership with [Who Cares? Scotland](#). This partnership has allowed for the development of an engagement plan, designed to put the voices and lived experiences of Care Experienced people at the heart of the group's work.

Group members and Board members came together in May 2022 to listen, connect and engage with the views of Care Experienced people at an event arranged between Task and Finish Group 3 and Who Cares? Scotland.

Eleven Care Experienced people participated in the workshop presenting findings from their '[Tend Our Light](#)' report. Two Who Cares? Scotland Members of the Scottish Youth Parliament (MSYPs), Charles Fernando and Oisin King also presented to the group about their motion on mental health services for Care Experienced people.

Reflecting on how it felt to be part of the session Charles said:

“

The Joint Delivery Board workshop was a very insightful session with participants from across the mental health sector and care experience landscape. It was informative and the stakeholder input allowed us to capture a range of perspectives and understand key priorities, so we can influence the Scottish Government and provide a better understanding of what needs to improve to support Care Experienced people's mental health.

”

The group will continue to develop the work and will submit a summary of the work and recommendations to the Board for consideration in December. Ahead of this, the group will hold another engagement session with Who Cares? Scotland members in November 2022 to ensure that they are clear about how their views have fed in to the group's outputs and to ensure that the recommendations being made are in line with the voices of those children and young people who have lived experience.

Best Practice & Learning Event for Community Supports and Services



On 28th June 2022, the Scottish Government’s Children and Young People’s Mental Health team hosted a ‘Best Practice & Learning’ event where more than 50 local authority representatives attended and shared effective ways of working from their respective areas in relation to the Children and Young People’s Community Mental Health and Wellbeing Supports and Services Framework and its associated funding.

The Community Services Task and Finish group hosted a workshop on co-production and continuous engagement, which was facilitated by young people from the Scottish Youth Parliament. Attendees worked in groups to share successful examples of youth co-production from their areas, such as involving children and young people in the commissioning and procurement process. Attendees also discussed how to ensure the continuous involvement of children and young people going forward, for instance through participation in the creation of engagement materials such as videos and animations.

During breakout sessions, presentations showcased examples of best practice from a number of local authorities. This included services for ‘at-risk’ groups including LGBTI young people, supports for 16–24 year-olds, digital services, and workforce education and training. Attendees had the opportunity to learn about effective ways of working and ask questions to the presenters.



One Good Adult Pilot in North Ayrshire Council and Aberdeen City Council

In the June newsletter, we provided an update on progress of the One Good Adult Job Description. A pilot will now take place in North Ayrshire Council and Aberdeen City Council to test out different ways of using the resource within school settings and local agencies, this will enable us to share good practice across the workforce.

The pilot period will run until February 2023, and the interactive resource developed by children and young people will be available in the summer of 2023. The resource 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. We would like to thank both authorities for taking forward this pilot.

OTHER AREAS OF WORK

New Mental Health Strategy Update

The Scottish Government's Mental Health Strategy Team wish to thank those that have contributed to date to the engagement to inform the upcoming Mental Health & Wellbeing Strategy.

The public consultation closed on the 9th of September, and the responses are now being independently analysed. Approximately 500 responses were received, and these will be considered alongside the information that has been gathered from the various engagement events that have been held so far.

The team received a broad range of feedback to consider, and are keen to ensure there is ample opportunity to engage further on the important issues that have been raised. In light of this, they have decided to delay the publication of the strategy to Spring next year. This will allow more time for detailed work to take place to shape the Strategy and Delivery Plan; this will be an opportunity to work directly with stakeholders to develop and co-design the final documents.

The team will provide more clarity on the revised timetable shortly, and look forward to continuing their engagement with you over the coming months.

Families at the Centre Event

The Minister for Mental Wellbeing and Social Care recently announced the 'Families at the Centre' event for professionals will take place on 4 November 2022.

This will be a national online event that will bring together multiple different services, which support families during the perinatal period and throughout infancy across Scotland.

The event will be run by the Perinatal and Infant Mental Health Programme Board, with support from Inspiring Scotland.

The event will showcase work that has been in development across all sectors of perinatal and infant mental health services. The main topics will be:

- Statutory service development – including the findings from board visits and monitoring outcomes;
- Third Sector – with contributions from Inspiring Scotland, Home Start and Cross Reach. Showcasing the service directory and sharing initial Main Grant and Small Grants Fund outcomes;
- Lived Experience – highlighting the importance of co-production and meaningful engagement;
- Peer Support – the Scottish Recovery Network will share work done so far on the creation of a Peer support Scotland resource and Nurture the Borders will share an Evaluation Framework,
- Infant Mental Health – presenting work done on Voice of the Infant;
- Pathways to Care – launching the pathways animations.

The event will take place between 9.30 and 12.15 on Friday 4 November. Please click [here](#) to register.

New Suicide Prevention Strategy Launched – 'Creating Hope Together'

At the end of September, a new 10-year strategy and action plan for suicide prevention was launched. The strategy will draw on levers across national and local government to address the underlying social issues that can cause people to feel suicidal, while making sure the right support is there for people and their families.

This fresh approach will help people at the earliest possible opportunity and a key focus is placed on ensuring children and young people's needs are being considered.

The strategy calls for a whole of society and cross-government approach be taken to creating hope together and preventing suicide.



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 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 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.

GLOSSARY

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

CONTACT

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

Tell us what you think

The Communications Task and Finish group focused on sharing the progress made across the Joint Delivery Board would like to hear your views on the JDB Newsletter, and how it could be improved in the future to keep you informed and up to date. Please email your feedback to CYPMHWJointDeliveryBoard@gov.scot quoting NEWSLETTER in the email subject line.



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