

**Overarching aim of the Deliverables:** Children and young people receive the right support at the right time: there is an increased focus on preventative action to reduce need and a prompt and proportionate response which improves outcomes for all children who need support or treatment.

**Cross-cutting infrastructure:**

Everything we do is informed by and fully respects the rights of children and young people as defined in the UNCRC

Policies and services are designed drawing on the views and experiences of children and young people at national and local levels

The Joint Board will focus on overseeing reforms to ensure children, young people and families receive the support they need when they need it, underpinned by the principles of GIRFEC and responsive to local needs and systems

Through a selection of appropriate media platforms, we will ensure information on the work of programme board reaches stakeholders, young people, parents and families. Information on the interconnecting work of other boards reaches relevant stakeholders

**Deliverables:**

Work jointly with the Perinatal and Infant Mental Health Programme Board to consider what is currently available and what is required in the future to support the mental health and wellbeing of 3-5 year olds across Scotland, and produce recommendations for further action

Developing a programme of education and training to increase the skills and knowledge required by all staff to support children and young people's mental health and wellbeing

School counselling service

Continue to enhance community-based support for emotional wellbeing/mental distress through ongoing investment and support for local partnerships

Support mental health pathways and services for children and young people who are cared for, care experienced and on the edges of care, in line with the Promise

Agree and support the implementation of a neurodevelopmental service specification/principles and standards of care

Ensure crisis support is available 24/7 to children and young people

Develop a support programme to enable the implementation of the CAMHS national service specifications

**Short term outcomes (within the direct control of the deliverable)**

Convention rights have been built into the design and delivery of services and supports aimed at protecting, promoting and improving children and young people's mental health and wellbeing

Children and young people feel and are involved in the design, delivery and evaluation of policies, services and supports aimed at protecting, promoting and improving their mental health and wellbeing and safe

As a Board we have helped to deliver change

As a Board we have encouraged and facilitated the use of resources to support prevention and early intervention to protect, promote, maintain and improve children and young people's mental health and wellbeing

Our work as a Board has supported and enhanced partnership/collaborative working across and within national and local levels, and across and within health and social care children's and adult services (including improved multi-agency working and information sharing)

We have improved and extended awareness and understanding of the work of the Board across the range of strategic and operational stakeholders

Through improved awareness of the work of the Board (and deliverables) we have encouraged action across the system to protect, promote, maintain and improve children and young people's mental health and wellbeing

We have helped to create a better understanding of the range of supports and services currently available to protect, promote and improve the mental health and wellbeing of young children and the gaps in the system

Our recommendations will aim to improve the range of appropriate, accessible supports available to protect, promote, maintain and improve the mental health and wellbeing of young children

Our recommendations will aim to improve the training and skills of the children and families workforce to meet the mental health and wellbeing needs of young children

Building on work already started prior to the Joint Delivery Board, and through the work of the other Task and Finish Groups, we will have identified the additional mental health education and training priorities of the relevant workforce

We will have helped to ensure that counselling support is readily available within all secondary schools

Secondary school pupils using the school counselling service experience improved mental health outcomes (including prevention of problems getting worse)

We will have supported local areas to develop a range of additional or enhanced community based supports for child and young people's mental health and wellbeing that reflect local needs and the views and experiences of children and young people and their families

We will have improved our understanding of the barriers and facilitators to developing and implementing enhanced community support that achieves positive outcomes for children, young people and families

We will have used the early learning from examples of good practice and from an independent evaluation to support on-going development and implementation of effective community-based services

The emotional wellbeing of children and young people using the new/augmented services is improved or deterioration is prevented

Through working with children and young people who are cared for, care experienced or on the edges of care, and with relevant services, we will have identified what good quality services and supports should look like to protect, promote, maintain and improve the mental health and wellbeing of this group of children and young people

Using this learning we will have developed a set of quality standards and a set of resources to support the design and delivery of services and supports that are responsive to the experiences and mental health and wellbeing needs of this group of children and young people

We have considered how to disseminate these resources to support their implementation and use

Through Tests of Change we will have a better understanding of how to effectively implement, monitor and evaluate the standards for the neurodevelopmental service to support positive outcomes for children and young people

We will have a better understanding of the range of crisis supports for children and young people locally and nationally, and the gaps and variations in provision

Working with partnerships at local levels we will have supported the development of locally appropriate mental health crisis support for children and young people that reflects the principles developed by children and young people and meets their needs

We will have supported the further development of the principles, working in parallel with the development of standards for services for children and young people who are neurodiverse and for CAMHS services

We will have supported implementation of the CAMHS service specification to enable children, young people and families to easily and quickly access services appropriate to their needs

Contribute to achieving ...

**Intermediate outcomes to which deliverable(s) can contribute: Individually and collectively**

**Children and young people's rights**

Children and young people's rights are protected and promoted throughout the design and delivery of the services and supports they use to maintain and improve their mental health and wellbeing

**Policy and strategy**

Mental health strategy and policy includes actions to protect, promote, maintain and improve children and young people's mental health and wellbeing

Wider policy areas are aware of and include actions able to influence the social determinants of, and inequalities in, children's and young people's mental health and wellbeing

**Design and delivery of services and supports**

Community supports and services are part of a whole system where key partners work collaboratively to improve children and young people's mental health and wellbeing. Children, young people and families are integral to the design of supports and services

Changes in the range of services and supports and how they are connected and delivered locally mean that children, young people and families can easily get the help they want when they need it, in ways which are appropriate for them, to improve and maintain their mental health and wellbeing and prevent mental health problems occurring or getting worse

Pathways to services and supports will be clearly communicated, so that children, young people and families are able to get the help they need, when they need it

The community and specialist services and supports available for children and young people's mental health and wellbeing reflect good practice and are using the published standards developed to support the range of children and young people's needs, including children and young people who are neurodiverse, in care, care experienced, or on the edge of care

Children, young people and families who need additional support can access guidance and services or supports at an early stage, when they need it

The provision of a range of high quality preventative services and supports will help to avoid children and young people being inappropriately referred to CAMHS services

**Workforce**

The workforce is supported to develop and maintain caring, nurturing relationships with children and young people (adapted from The Promise.pdf (carereview.scot))

Family support services and the ELC workforce feels and is skilled, knowledgeable and confident to identify and support the mental health and well-being of young children

The ELC workforce is recognised as the key professional group with an important role in supporting young children's mental health and wellbeing

The children and young people's workforce across sectors (education, health, social care, youth work etc.) and providers (statutory/third sector) have an improved awareness and understanding of children and young people's mental health and wellbeing, and where and how to access appropriate mental health and wellbeing support for children and young people

Contribute to achieving ...

**Children and young people's experiences**

Children and young people are asked about, listened to and their views respected in relation to their mental health and wellbeing needs and how these will be met

Children and young people feel able to talk about their mental health and wellbeing and to ask for help from the range of professionals and others they may be in contact with

Children, young people and parents and carers know that they can easily get high quality help and support for their (child's) mental health and wellbeing, if they feel they need it

Children and young people feel and are supported in ways which are responsive to their needs and experiences (including children and young people who are neurodiverse and those who are cared for, care experienced and on the edges of care)

Babies, children and young people experience improved and sustained good mental health and wellbeing, including children who are neurodiverse, those in care, care experienced, or due to other sources of disadvantage

Parents and carers feel knowledgeable and confident about being able to support their child's mental health and wellbeing

**Population/Public mental health outcomes**

The whole system works to enable all infants, children and young people to experience loving, supportive and nurturing relationships as a basis on which they can thrive (adapted from The Promise)

Children and young people enjoy the highest attainable standard of mental health and wellbeing

Families flourish through universally available support so children grow and develop healthily from pre-birth throughout childhood

Inequalities in children and young people's mental health and wellbeing are reduced, including among children who are cared for, care experienced or on the edges of care

A reduction in suicide, suicidal thoughts and self-harm, among children and young people, and a reduction in inequalities in these rates, including among young men, and in areas of social deprivation

Contribute to ...

**National performance framework outcomes & COSLA priorities**

**NPF Outcomes:**

People  
Grow up loved, safe and respected so that they realise their full potential

Live in communities that are inclusive, empowered, resilient and safe

Are creative and their vibrant and diverse cultures are expressed and enjoyed widely

Have a globally competitive, entrepreneurial, inclusive and sustainable economy

Are well educated, skilled and able to contribute to society

Value, enjoy, protect and enhance their environment

Have thriving and innovative businesses, with quality jobs and fair work for everyone

Are healthy and active respect, protect and fulfil human rights and live free from discrimination

Are open, connected and make a positive contribution internationally

Tackle poverty by sharing opportunities, wealth and power more equally

**COSLA priorities (abbreviated):**

Building strong and sustainable communities by enabling councils to drive inclusive economic growth, investing in business support, economic development, skills and regeneration

Tackling poverty and inequality, protecting the vulnerable and strengthening communities and improving their safety and sustainability

Developing the diversity of local representatives

Empowering local people through strong democratic, rights and elected leadership

Working with councils to put children at the centre of our approach by delivering positive outcomes based on the principles of GIRFEC and ensuring local accountability for all children's services including Education

Supporting local government and integrated Joint Boards to address demographic and financial challenges enabling communities to live healthy, independent lives and promoting an outcomes and prevention culture

**External factors**

Intermediate and long term impacts of Covid-19 pandemic on:

- cohort of children and young people
- on service design and delivery (incl. resources, pressure on wider service system etc)

**Assumptions:**

Recommendations are implemented

Structures and systems are in place to support implementation and delivery of interventions

Effective partnership/cross organisation/agency working at local and national levels

Design, implementation and evaluation of proposals reflect views and experiences of children, young people and families

Delivery based on SHANARRI principles: Safe, healthy, achieving, nurtured, active, respected, responsible, included

Other policies and strategies support improved mental health and wellbeing and contribute to addressing the determinants of mental health inequalities