

# Calderdale's Journey to Improve Emotional Health and Wellbeing for Children and Young People



# This booklet has been developed by the young people's Tough Times Reference Group in March 2019.

**This booklet highlights some key facts about the changes that have taken place in Calderdale since the Children and Young People's Emotional Health and Wellbeing Local Transformation Plan was introduced in 2015.**

It has been created to showcase how Calderdale has responded to feedback on improving emotional health and wellbeing services for children and young people.

One of the major things we need to celebrate is that there is now a Calderdale emotional health and wellbeing website called Open Minds.

The website [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk) provides advice, information, support and signposting on local and national emotional health and wellbeing services that can help children and young people who are going through a difficult time. If you haven't seen it already, **it's worth a look!**

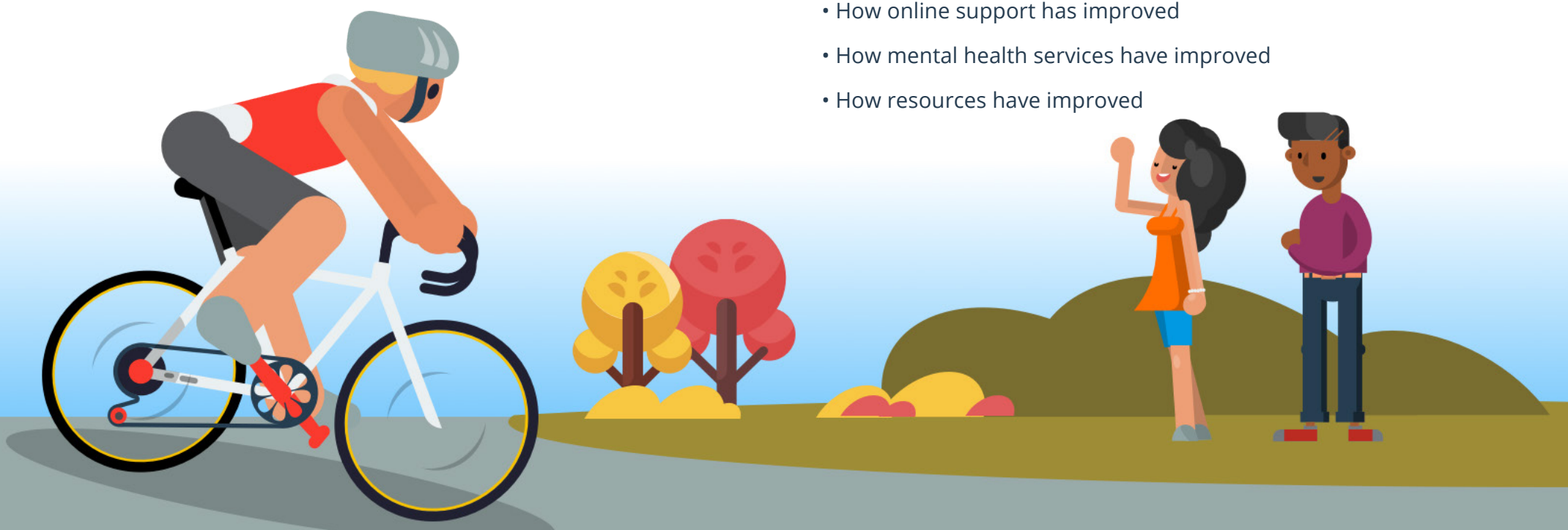


# Content in this booklet

**A key part of Calderdale's journey so far has been listening and engaging with children, young people, parents and carers. Their voices are really important in improving and shaping the services that they use.**

**Within this booklet you will read successes in the following areas:**

- How services for 0-5 years have improved
- How schools have improved
- How out of school support has improved
- How support for parents and carers has improved
- How support for professionals has improved
- How the training offer has improved
- How online support has improved
- How mental health services have improved
- How resources have improved



# How services for 0-5 years have improved

New services in Calderdale to help support the emotional health and wellbeing of children 0-5 years include:

Trained adult Emotional Health and Wellbeing Early Year's Champions who support parents/carers and children attending nurseries, pre-schools and childminder provision, and offer peer support to other settings.

The Perinatal Mental Health Service has supported over 100 mothers in nine months. The team consists of a midwife, health visitor, psychiatrist and a Community Mental Health Practitioner.

The Perinatal Mental Health Service satisfaction evaluation showed 75% of parents are extremely likely to recommend this service with 25% saying they are likely to recommend this service to other parents.



# How schools have improved

Schools within Calderdale understand the importance of ensuring their students and staff get the right support at the right time. These are just some of the ways schools achieve this:

10 secondary schools have been funded to provide Peer Support Programmes. Over 200 young people have been trained as peer mentors.

Therapeutic Interventions in Secondary Schools work in 11 schools with Key Stage 3 students. 95% of children that have seen a counsellor said that they felt more equipped to deal with their difficult feelings and problems.

Both primary and secondary school health and wellbeing staff meet to share good working practice on a regular basis.



# How out of school support has improved

Services are working hard to offer children and young people better emotional health and wellbeing support outside of school hours. These are just a few services that do this:

Barnardo's Positive Identities Service provides support to children, young people and their families who are lesbian, gay, bisexual, transgender, questioning plus (LGBTQ+) up to the age of 24.

Time Out (co-ordinated by Healthy Minds a mental health charity in Calderdale) simply allows children and young people aged 10-19 to have some time out to, 'find their thing'.

The Staying Safe Service delivered by Calderdale WomenCentre supports young people 13 upwards who are affected by domestic abuse.

Calderdale Young People's Service supports young people who self-harm through a group called 'Which Way Up'. This is a 12 week self-harm focus group for young people aged 13-19 years.



# How support for parents and carers has improved

**After ongoing engagement and listening to the views of parents and carers Calderdale now offer:**

A Parents and Carers section on the Open Minds website giving clear, accessible advice and support around children and young people's emotional health and wellbeing.

A useful resource pack containing local and national information, advice and guidance to all families whose children await an autism assessment. 500 packs have been given out to families and schools so far.

The Calderdale Emotional Health and Wellbeing Family Service Guide, created with parents, carers and professionals working together to support families whose children and young people are going through a tough time. 3000 copies have been distributed across Calderdale.



# How support for professionals has improved

**Feedback from professionals told the Emotional Health and Wellbeing Taskforce that the help needed to support workers and volunteers is for:**

## **Online information**

Professionals now have their own section on the Open Minds Website which provides clear information, accessible advice and support around children and young people's emotional health and wellbeing.

## **Information in one place**

A service guide aimed specifically for professionals that work with children and young people who are facing a tough time has been created. 2500 Emotional Health and Wellbeing Professional Service Guides have been distributed across Calderdale.

## **Updates are shared on a regular basis**

Professionals receive the monthly Emotional Health and Wellbeing 5 Key Updates and Termly Bulletin to keep them updated on local and national information on supporting children and young people.





# How the training offer has improved

Emotional Health and Wellbeing training is an area that people told us they wanted more of so this happened:

60 schools booked emotional health and wellbeing training for staff in the 2018/19 academic year.

1,933 students have taken part in self-harm training workshops delivered by Healthy Minds.

694 staff and volunteers have taken part in emotional health and wellbeing training workshops delivered by CAMHS Northpoint Wellbeing Service.

10 Youth Mental Health First Aid courses have been delivered to a total of 144 staff across different schools.



# How online support has improved

Technology is growing and growing. Children, young people, parents, carers, family members and professionals said this is where they would look for emotional health and wellbeing support in Calderdale so this is what we did:

We commissioned Kooth which is a safe, confidential, online counselling support service for young people aged 11-25. Since its launch in June 2017, 1,073 children and young people have registered with Kooth. There has been a total of 6,210 logins to the site which averages as 517 logins per month.

We created Calderdale's Emotional Health and Wellbeing website, Open Minds which offers advice, information, support and signposting locally and nationally that helps children and young people who are going through a difficult time. Over a 6 month period Open Minds had 6,633 page views to the website of which 2,841 are unique views and 2,341 first time users.

The majority of services that offer children and young people support around their emotional health and wellbeing have a website that is clear and has good, relevant information, advice and support.



# How mental health services have improved

People told us that improvements needed to be made to make the Open Minds Partnership (CAMHS) system easier for professionals to make referrals. This is what we did:

The First Point of Contact accepts all referrals into Open Minds Partnership (CAMHS). They get around 150 new referrals and approximately 350 telephone calls per month and are open later two days a week making the service more accessible.

Schools and services can now refer children and young people by using the new online secure referral form that can be found on their website [www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)

The Mental Health in Schools Link Lead has been successful in developing relationships with school staff to support students' emotional wellbeing. In total they have worked in 49 Calderdale schools and plans to work with many more.



# How resources have improved

Accessible resources are what people said they wanted. These are just a few that Calderdale services have created:

1000 Distract-A-Packs have been created by young people who provide support to reduce the risk of self-harm. The packs contain tools such as, stress balls, slap wrist bands, colouring pads, anti-septic wipes and list of phone numbers and helplines.

2500 'Top Tips from Teenagers' postcards have been given out to support children and young people to start conversations with their parents/carers about how they feel.

A Transition Toolkit of resources has been created to support and guide children, parents, carers and school staff during the school transition period. This was developed in response to what children, parents, carers and school staff said they needed help with. The toolkit has been widely publicised and is available to all schools in Calderdale.





**If you have any comments about the information in this guide, please contact Calderdale's Integrated Commissioning and Contracting Team via phone on 01422 392555 or 01422 392701.**