

Children and Young People Mental Health and Emotional Wellbeing

Anne Freud Program

Andrea Piggott

Children, Young people &
Maternity Commissioning

NHS Milton Keynes

IMPROVING MENTAL HEALTH AND WELLBEING FOR CHILDREN AND YOUNG PEOPLE IN MILTON KEYNES

Better support & care for children and young people who have a mental health crisis and need urgent care either in hospital or at home

Better access to specialist mental health care for children and young people

Better care for children and young people with complex and challenging behaviour

Early help for those suffering from psychosis

Better psychological support for children and young people with either complex physical care needs or social care needs

Improving our community eating disorder service

Ensuring local support for young people coming back into Milton Keynes after receiving care elsewhere

Better care for mothers suffering either poor emotional or mental health around the time their baby is born

Better support for those with emotional difficulties by improving the skills and confidence of those who work with them



MK Local Transformation Plan Pledge :



*Keep children and young people at the centre of all we do.....
keep hearing their voices and actively seek their views to inform the plan and the actions we take*

Keep working together in partnership to improve experience and outcomes for children young people and their families

Build on our excellent work so far to maintain the pace of change

Ensure that the emotional health and wellbeing of children and young people is front and centre in all our local and regional priorities

Embrace and galvanise community resources to build resilience and create sustainability across the whole pathway

Think creatively with our workforce about how we can work differently and create opportunities in the context of financial challenge

Context : Mental Health and Wellbeing Local Transformation Plan- workstreams

- Early Intervention and Prevention Workstream – Public Health
- **Early Intervention and Prevention Workstream – Leadership and Governance**
- Innovation contributing to: Early Intervention and Prevention
- Complex Needs Workstream
- Urgent Care, Access and Eating Disorders Workstream
- Perinatal and Early Intervention in Psychosis Workstream
- MK CAMHS LTP



Together for the health of MK

Who are Anna Freud ?



The Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families is a children's mental health charity with over 60 years' experience of caring for young minds. Our vision is a world in which children and their families are effectively supported to build on their own strengths to achieve their goals in life.

- Helps CCGs and Local Authorities work together with schools and colleges to provide timely mental health support to CYP ,empower staff by brokering contact, sharing expertise and developing a joint vision for CYP mental health and wellbeing in each locality.
- Successfully piloted in 255 schools across 27 CCGs in England (2015-2016), and independently evaluated.
- The pilot was developed in response to recommendations set out in *Future in Mind* to improve access to mental health support for children and young people, by bringing together schools and CYPMHS professionals to two free, joint workshops.
- DfE have now commissioned Anna Freud to deliver the programme to a further 20 CCG areas, and up to 1,200 schools and colleges.
- Milton Keynes was one of these areas

How was the program delivered and who attended in Milton Keynes ?

- Two day workshop
- 2 Cohorts over a total of 4 days
- Over 30 Schools attended mix of Primary and Secondary
- Other agencies such as :
CAMHS, Brook , Young Carers, Ride High, YIS, School Nursing,
Youth Faculty, Children Family Practice , Children and Family Centres

Aim of the two day Workshop :



- To develop a shared view of strengths and limitations and capabilities and capacities of education and mental health colleagues.
- To increase knowledge of resources to support mental health of children and young people.
- To make more effective use of existing resources.
- To improve joint working between education and mental health colleagues

Some local initiatives that have happened since attending Anna Freud



- Wellbeing warriors introduced – Children to take on this roll in the school to help with wellbeing of other children. To help improve the mood of children, offer friendship , spend time with them.
- Wellbeing & Mental Health policy written and introduced in schools
- Training staff around mental health and wellbeing
- Inset day for staff held – opening activity was about wellbeing for staff clay moulding , Bells , water Colours etc....
- Daily wellbeing room for children to access as and when
- Mental health awareness day for the school

Bigger picture : work locally Specific to School:



- ✓ Over 70 MK have completed the “Development Programme for Mental Health Leads in School”. Research projects are being completed and returned and will act as a resource for all schools
- ✓ Funding for Mental Health First Aid Instructor training secured.
- ✓ 80% of MK Schools have appointed a specialist MH Governor
- ✓ 86% of schools have appointed a Mental Health Lead
- ✓ Primary and secondary Mental Health Leads network groups being arranged

What's next and what do we need to build on ?.....



- Task and Finish group to deliver the actions in relation to education around Mental Health and wellbeing reflected in the LTP
- Continued support for Mental Health leads networking group –Primary and Secondary to coordinate communications and initiatives with schools – sharing good practice
- Development of a local website resources for CYP, Parents and professionals
- On going training for Mental Health leads in schools
- Ensure we continue to hear from children and young people about what is important to them in relation to their Mental Health and wellbeing .