



# Children and Young People Workshop 2 – 14.5.15

**LikeMinded**  
WORKING TOGETHER FOR MENTAL  
HEALTH AND WELLBEING IN NW LONDON

## Write up

On 14<sup>th</sup> May the Like Minded Team held their second workshop on the mental health and wellbeing needs of children and young people.

The workshop held at the Sattavis Patidar Centre in Wembley Share the work happening across North West London. The objective of the workshop was four-fold

- Understand people’s current experiences and challenges
- Continue thinking about the high priorities for people across the boroughs (and where they might differ)
- Capture details of great current practice we can build on



We were delighted to host a really lively session with representatives from 6 of our boroughs in North West London and including:

- Service Users
- Carers
- Young people not engaged with services
- Public Health
- CAMHS teams
- TAMHS
- Commissioners

Commissioning is so fragmented

Some Young People go on not to meet adult threshold

With a diagnosis I can get more support – I want a diagnosis

I don't want a Mental Health diagnosis

Need local personal health budgets

Services users need a diagnosis before they can access packages of care

Must not lose sign of specific needs of individuals

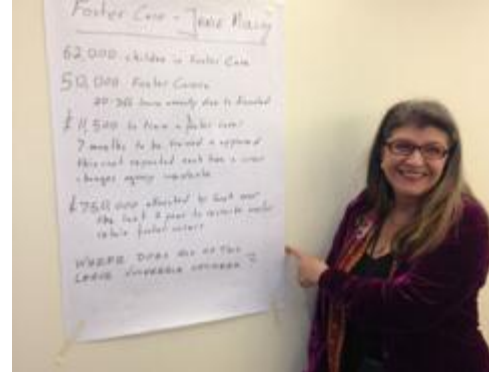
Sports and leisure budgets should be connected

We'd like just one budget

Stigma may be reducing in children and young people but not in parents

There's huge pressure on clinicians

We heard some of the specific experience relating to caring for Children and Young People with mental health needs – from one of our Lay Partners Janie – whose experience as a foster carer spans many years. Thanks Janie.



5 to Thrive in Hillingdon:



One of the great things about all the Like Minded workshops has been the chance to capture really good work already happening across the boroughs – whilst also highlighting where there are gaps and challenges.



Targeted Access to Mental Health Service - Brent

**Creative Connections helped captured views on the night:**



## Challenges - What areas have we not done enough to support:

	Reducing waiting lists		Domestic Violence	
Street youth work		Free phone numbers for MH support		Out of Hours CAMHS
	CAMHS home treatment		Teachers awareness of parental mental health	
Long term funding for under 7s		Lack of therapists in schools		Fragmented commissioning
	Looked After Children		Transitional arrangements	
Confusing system		Out of borough placements which are difficult to attend		Increases in sex related issues eg in Brent

We then tried to be even more specific – against the recommendations in Future in Mind – trying to draw out the details of where we could have maximum impact driving change in NWL.

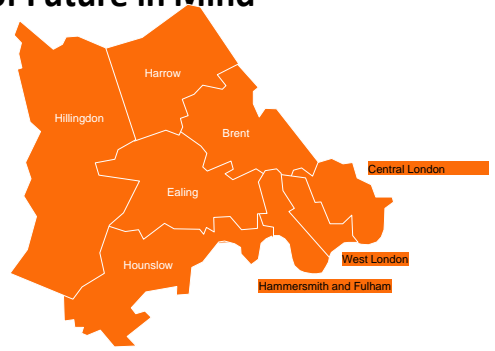
### Overarching themes

- Confidentiality and Trust
- Don't pass people on from service to service
- Don't want a mental health setting for treatment
- Pitch at the right age group i.e. no toys for young people
- Lack of communication between services
- It needs to be clear where to go in a crisis
- Critical to get the language right to really coproduce with Young People
- Supporting parents



## System Wide - changes needed to support delivery of Future in Mind

- Mental Health First Aid Training
- Workforce training incl more training for GPs
- Directory of services
- Support for foster parents
- Counselling offered in Universities
- Public Awareness
- Incentivise peer mentoring
- Sports prescriptions
- Healthy activities
- More training/different training
- Faith communities and youth activities
- Expand the provision of youth activities
- Peer support and young people
- Building community resilience
- Accessible environments
- There should be a one stop shop
- Resilience – develop the ability to cope in stressful situations



## CAMHS - changes needed to support delivery of Future in Mind

- In house CAMHS psychologists
- Interventions before referral to CAMHS
- Better links with schools
- 'Stepping up' should be within the care plan
- Drop in services, talking pop ups
- There should be self-referral back in to services
- Collaborative discharge
- Relationship building by the community mental health team
- Communicate with other services and boroughs
- There should be a link between exercise and CAMHS services
- Children and young people do not want to attend evening clinics they want to be seen during school hours ideally within school



## Schools - changes needed to support delivery of Future in Mind

- Teachers with training
- Mental Health curriculum
- Well-being at school
- Student to student support
- Link therapists to CAMHS
- More info available in schools to support signposting
- Exam season is a key time to support
- Needs to be more provision for mental health and wellbeing than just PHSE lessons
- Leadership in the school need to better understand mental health
- Having someone you can speak to in school hours
- Should be a team focused on behavior which is separate from mental health in schools

