

NOTTINGHAM CITY TRANSFORMATION PLAN FOR CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING 2015-2020

Our vision is to develop and implement a simplified, responsive and efficient pathway that supports and improves the emotional wellbeing and mental health of children and young people in Nottingham

What we want to achieve:

- Children and young will have timely access to programmes to support mental resilience and prevent mental health problems
- Problems will be identified earlier and effective interventions will be in place
- Outcomes will be measured and improved through effective treatment and relapse prevention
- Support will be in place for children and young people with mental health problems; this support will be easily accessible
- The wellbeing, and physical health, of children and young people with mental health problems will be improved

Our Values:

- We will actively involve children, young people, parents and carers, community groups, clinicians, and partners in everything that we do
- We will understand and respond fairly to the changing needs of our diverse population and will promote equality and address health inequalities
- We will continually improve the quality of services through collaborative, innovative and clinically-led commissioning
- We will support and encourage the education, training and development of the local workforce
- We will secure high quality, cost-effective and integrated services within available resources

Our priorities:

- Promoting Resilience, Prevention and Early Intervention
 - Provide better information for children and families about how to help themselves and when to seek support
 - Increase the numbers of children and young people able to take part in programmes to build resilience in schools
- Improving Access to Effective Support
 - Increase the consultation, advice and guidance available to schools and health service providers to enable them to better support children and young people with emotional health needs
 - Improve the access to CAMHS so that children in need of support get prompt access to the right service
 - Ensure that different organisations providing mental health services to children and young people work together effectively and that children are effectively supported
 - Set up a crisis team to respond quickly to young people who have a mental health crisis
- Care for the most vulnerable
 - Review services for children and young people with learning disabilities and neurodevelopmental disorders
 - Review access to services for children and young people from minority backgrounds
- Accountability and transparency
 - Make sure that we get the most out of the money that is spent on children's mental health and wellbeing, and that services are making a difference to children and young people's lives
- Developing the workforce
 - Improve and make more training available to professionals working with children, young people and families where there are emotional or mental health difficulties.

Update January 2017

- Plan now combined with County plan in line with STP footprint.
- Planning to roll out Mental Health First Aid training across the City partnership.
- Academic resilience programmes starting in City schools.
- Work underway to strengthen the Single Point of Access.
- Behavioural and Emotional Health Team refocussed to provide more 1:1 interventions to children and families.
- Working with partnership to increase children and young people's involvement in the programme.