

COMMUNITY MENTAL HEALTH & WELLBEING SUPPORTS & SERVICES

Community Mental Health and Wellbeing Services

1. Local Authority: Fife

Current Local Authority Leads: Lee Cowie, Clinical Services Manager, Fife Child and Adolescent Mental Health Services.

Rona Weir, Education Manager, Education and Children's Services, Fife.

2. Please estimate how many new or enhanced services are planned to be in place to support young people with

Distress: All the new areas of provision listed have a remit of targeted work, they also contribute to universal capacity building and provision of positive mental health and wellbeing)

Positive Mental Health & Wellbeing: All the new areas of provision listed have a role in contributing to universal capacity building and support for positive mental health and wellbeing)

3. Please provide information on each new or enhanced service planned, consideration should be given to how they align with the framework.

The information in this section gives an overview of the key new and enhanced service provisions which form the core of our plan. These align with the aims of the framework and will attend to the required Key Components.

Enhancement of the existing Early Intervention Mental Health Workforce across education and community settings: Increase the capacity of this workforce to:

- provide routine participation in wellbeing meetings,
- co-ordinate access to mental health supports,
- deliver bespoke training & consultation across education settings,
- embed and deliver therapeutic group work.
- deliver parenting groups & workshops through twilight sessions
- offer support to professional leads working within the wellbeing pathway via no-names consultation and listening and coaching
- consider: single point of access for emotional wellbeing and mental health support

Enhancement of the range of parenting programmes for children with additional needs: ADHD, LD, ASD, to include:

- developing problem solving skills
- ensuring support systems are developed within communities
- linking school-based programmes with community-based programmes

Development of a range of interventions for children, young people and young adults with ASD, to include:

- bridging the gap between CAMHS threshold and the needs of this group
- group programmes: Distress tolerance & Emotional regulation
- individual support packages
- befriending/mentoring service
- linking with school partners to access those who have fallen out of education due to ASD

Provision of wrap around care for children and young people with Learning Disabilities, to include:

- services delivered by 3rd sector agencies
- focus on maintaining children and young people with challenging needs within their own home
- provision of respite care
- direct intervention and support to families

Continued extension of joined-up early intervention mental health/wellbeing work with children and young people with learning disability & their families:

- extension of practices to support target groups of children and YP at high risk of poor mental health/wellbeing but with reduced access to early intervention due to complexity associated with disability
- recognising need for early trusting relationships with (often grieving) families of children who will need life-long contact with services
- building on existing Fife needs assessment work done by partnership of Local Authority, Third Sector, Health and service users
- developing clear pathways, with 'one front door', making best use of existing skills and services so families get the right help at the right time, with reduced waiting times to specialist MH services
- delivery in partnership between all agencies, e.g. joint early assessments, joint delivery of groups, joint use of facilities
- direct intervention & support for at risk children & families, with focus on reducing inequality, preventing escalation, and maintaining children in their own homes
- working together across traditional 'transition' boundaries to provide seamless care into adulthood

4. Provide information on how the need for services has been or will be established. Please include details on children, young people and families' involvement in informing service design

At this stage in our planning process the need for service has been defined through the extensive multi-agency approach to supporting young people's wellbeing in Fife, which has developed steadily over the past five years using Fife's Our Minds Matter Framework. Close working, with ongoing discussion and review between partners, has ensured that the gaps and opportunities for service extension are clearly understood.

Our Minds Matter partners meet regularly to review provisions, to bring together any relevant data and feedback in connection to their services and to discuss pathways and

relationships across services' practices. This helps us to be clear about what's working and where some extensions to practice would be useful, perhaps to address the needs of particular groups of young people.

Following the submission of this draft plan the intention is that we will move to a period of deeper consultation and partnership, working through ongoing development of our locality centred practice. This approach links well with the Community MH&WB frameworks brief to ensure that services "vary according to local structure and the needs identified by children, young people and families in each local area" as we will:

- consider complex issues from multiple perspectives and as part of a whole area approach.
- challenge culture and practice which holds us back,
- draw upon local leadership to drive improvement in outcomes
- design and deliver services in a way that is more responsive to the needs of people and communities – and in a more streamlined and efficient way
- re-weave national policies together with local priorities and implement them within the constraints and opportunities of a local operating model

5. Estimate how many children and young people are likely to be require these services?

	2019/20	2020/21
Distress (Taken as 10% of total 5-25 aged Fife Population, 2019)	<input type="text"/>	9065
Positive mental health & wellbeing (Taken as, at some point or another, reaching up to around 80% of total 5-25 aged Fife Population, 2019)	<input type="text"/>	72 520

6. How will the new and enhanced services planned link to existing local support and services (e.g. Education, CAMHS, primary care, wider children's services, youth work and third sector services.)

The new and enhanced service will be coordinated by a lead officer in a Policy Officer role. This officer will be a member of the Our Minds Matter (OMM) Steering group, which includes senior leaders from across services within Fife's Health and Social Care Partnership.

The role of this group currently centres on work with school-aged young people, aiming:

- to guide development of implementation of the partnership approach to promoting and supporting young people's emotional wellbeing in Fife.
- to ensure clarity of key messages shared in connection to across-partner work in emotional wellbeing support and early intervention and preventative work.
- to measure impact along with promoting engagement, developing evaluation and reporting on impact.

The work of the OMM Steering Group will be extended beyond school-aged young people and reviewed to ensure its aims include the age range and objectives of the Community MH & WB Supports and Services Framework.

In addition to working within the Our Minds Matter Steering group the Lead Officer will also link into the work of Fife's MHSIG, which leads the delivery of Fife's Mental Health Strategy "*Let's Raise The Bar – 2020 to 2024*", as tasked by Fife's Health and Social Care Partnership's Integrated Joint Board.

7. Can you provide information on any risks you have identified in implementing the above, and how you will minimise those.

The following risks have been identified:

- the challenges associated with ensuring equity of service across Fife, whilst attending to the needs and views of the seven localities of Fife, many with quite differing contexts
- the negative impacts and constraints related to Covid-19 (e.g. connecting with people's views, bringing service-users together to discuss areas' needs, introducing services within conditions where many services have been closed through Lockdown periods and when a period of regrowth and recovery is required.)
- ensuring effective, joined up partnership working within local areas, and generally across Fife, across a broad age range and a variety of different contexts.

The lead Our Minds Matter group will ensure that, as action plans are generated, the risks above are considered and mitigating, solution focused approaches are adopted.

This detail of action plans will be led by the Lead Officer and a Community, Mental Health and Wellbeing Supports and Services Framework Group, which they will establish. This will be made up of leads across Fife's 7 localities and representatives from mental health partner agencies across these localities.

8. Can you provide information on how staff will be supported. For example what training and wellbeing support will be available.

Cross-Partner, multi-agency training will be provided by a range of lead partners and will be made available across partners wherever possible. This has been a key principle in how we've worked in the past, with training and support being designed in a way that partners can come together to take part, building shared language and approaches, as well as getting to know each other and

strengthening their working relationships. We will continue to increase and strengthen mutual offers of training and development across services.

9. Please can you provide details of how you intend to measure outcomes in terms of the impact of the service.

We will adopt a multi-dimensional approach to this, which draws upon practices across partners. We will work to coordinate the various approaches the many different partners use to define an agreed suite of approaches. This will include:

- within Education - School Aged Pupils in Fife will take part in the national Health and Wellbeing Census and the SHINE survey
- Community Learning and Development – We will consider how to draw upon the CogniSoft data – council use software system for recording Youth Work
- tracking wider achievement informal impacts – e.g. Partnership with CLD Colleagues e.g. Achievement – High Five (Plan Do, Review Cycle Dynamic Youth Award, Youth Achievement Awards. Individual partners may also be able to share data.
- linking into practitioners in Fife who are using Improvement Methodology, small tests of approaches
- application of WEMWBS and Core YP by partners who use these tools
- tracking impacts for individual young people using Goal-Based approaches

Key within this will be the need to track service users' journeys across and between the various services, whilst paying attention to confidentiality and data protection. We will implement a 'No Wrong Door' approach to layering up and associating services, which will help in communicating service options to young people and families and also ensure service users are all clear on how their practices relate and link to those of other agencies.

Additional Information

Please use this section to provide any additional information.

This plan remains at draft stage. It is designed to give an overview of the key elements of our approach in Fife. However, we propose to a) take on further work with lead partners to review this plan and b) to take account of what we learn from locality-centred work across the seven areas of Fife when we are able to undertake that.

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