# **Introduction**

Fife Community Mental Health and Wellbeing Supports and Services Framework Strategic Oversight Group seeks expressions of interest from interested parties in connection to short-term funding, which is available for projects which deliver outcomes in relation to young people’s mental health and emotional wellbeing in line with the guidance provided below.

**Overarching Framework**

This investment sits within the Community Mental Health & Wellbeing Supports and Services Framework with close associations with Fife’s Our Minds Matter Framework for supporting young people’s emotional wellbeing. The funding is aimed at young people aged 5-24 (up to 26 if care experienced) and their parents or carers with the aim to provide supports and services that targets the following:

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| --- | --- |
| ***Distress*** | ***Positive Mental Health and Wellbeing*** |
| * Anxiety * Attachment * Bereavement Support * Depression (Mild to Moderate) * Emotional & behavioural difficulties associated with neurodevelopmental disorders * Gender identity * Repetitive/perseverative behaviours * Self-harm * Self- injury * Substance use * Trauma Awareness | * Body image and self esteem * Building resilience and coping strategies (emotional regulation) * Healthy and positive relationships * Healthy digital interaction * Parenting support for children and young people of all ages |

***Aims***

This short-term funding seeks to achieve the following broad aims:

* **To build capacity to address a short-term, temporary need**:
* Extending/strengthening/enhancing or improving existing relevant services for a temporary period of time. (For example, for services who are experiencing short-term, temporary increased demand as a result of the covid pandemic or to address short-term gaps in services and peaks in demand or adversity people are experiencing (perhaps Covid related).
* Introducing temporary additional services which provide reassurance and containment to young people (or their families) who are worried about their mental wellbeing but who do not need intervention from a specialist health service
* **To deliver transformation change within a short-term timescale, without the need for ongoing investment**: These are projects which over the period of investment deliver an improvement which is sustained beyond the period of investment (e.g. a cohort of people received training or support which leaves them more confident and strengthened. Or a system or process is improved to deliver improved ongoing outcomes)

**Essential Criteria:**

Applications for this short-term funding must meet the following criteria:

1. It must have a focus on delivering outcomes for children and young people aged within the age band of 5-24 (up to 26 if care experienced and/or to their parents or carers
2. Service should be easily available at the heart of community settings and be available at a broad range of times (i.e. not just within the hours of 9-3 pm, Monday to Friday)
3. It must provide services beyond that which can already be accessed by young people within education settings (e.g. Services for YP who are not in education and/or service which is different to what is already available through schools)
4. Meets a higher level of additional needs than might be met through universal community provisions (e.g. youth groups)
5. Projects must be viable within timeframe of spending by the end of June 2023:

The short-term nature of this funding will require supports and services to deliver on the identified outcomes by the end of June 2023 and provide impact data to the Strategic Oversight Group by the end of July 2023.

***Targeted Themes and Outcomes***

In addition to the above essential criteria, applications for funding should contribute to targeted themes and underlying outcomes.

It is the intension of the Strategic Oversight Group that, through this temporary funding. investment will be allocated **to a range of projects** which cover a spread across as many of these themes and outcomes as possible.

*Themes:*

* Meeting the needs of the population of YP who are disconnected post Covid (e.g. because they are not engaged in Education and/or due to lack of connection with universal services)
* Supports for young people on the Neuro Developmental Pathway
* Supports around Body Image
* Provide opportunities for adolescent young people and their families to reflect upon their gender identity
* Supports around self-harming
* Supports for crisis Intervention
* Projects which provide insight into Fife young people’s views and needs in relation to supporting their mental wellbeing, perhaps through sharing their lived experiences

*Underlying Outcomes*

* Increased capacity of parents/carers/professionals caring for young people in supporting the emotional needs of their children/young people

Increased knowledge and confidence for families.

* Improved resilience for parents and carers, to resolve difficulties and problems
* Increased support for young people’s mental and emotional distress and wellbeing
* Enhancement of targeted supports and services available to meet the needs of the community.

Improved conversations about mental health, reducing stigma and increasing confidence in talking about it.

Improved communication with young people and their families where verbal communication is a challenge.

Improved visibility and ease of access without extensive waiting times.

# **Budget**

The project will be in place for a short, fixed-term period between the end of October until 30.06.23 with a minimum funding request of £10,000. Projects requiring funding below £10,000 will not be considered.

Consideration will be given to projects which have confirmed funding from other funding sources, which would pick up and sustain the continuation of the project in the longer term. If applicants have funding confirmed from July 2023 onwards to pick up from the temporary funding period this should be stated in the expression of interest, with funding source and period of funding detailed.

***Application and Decision Making Process***

Step One: An initial note of interest should be submitted to [gail.mcleod@fife.gov.uk](mailto:gail.mcleod@fife.gov.uk) using the attached application by **8 am on Monday 26th September 2022.** Applications received after that time cannot be considered. **\*Please note 3rd sector organisations should use the specific grant application form attached.**

Step Two:On the 5th of October shortlisted applicants will be invited to meet with a panel to talk about their application.

Step Three: On 24th October the panel with make recommendations to the Community Strategic Oversight group for final decisions.

Step Four: By 28th October communication will be made to successful applicants to enable arrangements to be put in place to begin to progress projects