

Fife Model Core Enhanced and Extended Services - Commissioning brief

Context

In line with Scottish Government policy and associated funding, Local Authorities across Scotland are working to introduce their frameworks for 'Community Mental Health and Wellbeing Supports and Services' to meet the following objectives:

- Every child and young person in Scotland will be able to access local community services which support and improve their mental health and emotional wellbeing.
- Every child and young person and their families or carers will get the help they need, when they need it, from people with the right knowledge, skills and experience to support them. This will be available in the form of easily accessible support close to their home, education, employment or community.

Fife's Health & Social Care partnership, a partnership between Fife Council and NHS Fife, seeks applications for appropriately experienced voluntary sector organisations to provide and support the growth of enhanced and extended additional services to support young people and the people who look after their mental wellbeing across Fife's communities.

Overarching Framework

The service provided will sit within the Community Mental Health and Wellbeing Supports and Services Framework with close associations with Fife's Our Minds Matter framework for supporting young people's emotional wellbeing, for example it:

- Requires a whole-system approach to improving the mental and emotional health of children and young people, which is in line with a GIRFEC approach
- Promotes a co-ordinated approach to children's planning that brings professionals across different disciplines together to deliver the right support at the right time
- Aims to ensure needs are identified as early as possible to avoid bigger concerns or problems developing informed by service user views and participation
- Includes a Vision for children and young people to experience a seamless pathway through supports.
- Aims to deliver help that targets the following:

<i>Distress</i>	<i>Positive Mental Health and Wellbeing</i>
<ul style="list-style-type: none"> • Anxiety • Attachment • Bereavement Support • Depression (Mild to Moderate) 	<ul style="list-style-type: none"> • Body image and self esteem • Building resilience and coping strategies (emotional regulation) • Healthy and positive relationships

<ul style="list-style-type: none"> • Emotional & behavioural difficulties associated with neurodevelopmental disorders • Gender identity • Repetitive/perseverative behaviours • Self-harm • Self- injury • Substance use • Trauma Awareness 	<ul style="list-style-type: none"> • Healthy digital interaction • Parenting support for children and young people of all ages
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However, there are aspects of the remit that are broader:

Age range: The framework goes beyond school-aged pupils, focusing on children and young people aged 5-24 (>26 for care experienced young people)

Large focus across community development. Local partnerships are asked to clearly identify how community services and supports will be co-produced with children, young people and their families

Have clear links to **associated services**, which can support with poverty, homelessness, substance use etc

There is a strong emphasis on being able to clearly set out how **children, young people and families have been involved in providing views or designing support** and how this input will be sought going forward to ensure that the model continues to reflect local need. A key principle in the Promise

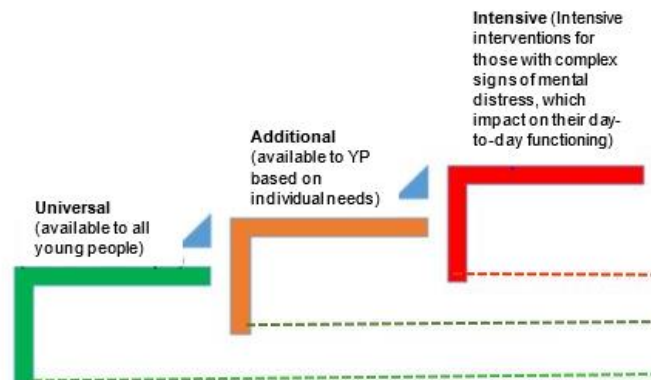
There's also a need to ensure **support for families and carers as well as children** and young people is targeted appropriately. Preventative support will also be made available to family members or those with caring responsibilities supporting their child or young person and whole family support where there is already significant stress.

In providing support and considering where such support should take place organisations are also asked to consider the physical environments in which services are delivered, with particular consideration around creating safe, **non-clinical community environments that are accessible to all.**

Commissioned Service Brief

Introduction

This brief seeks service providers to work within the principles of the overarching framework to deliver defined outcomes within Fife locality areas. This will centre upon the growth of provision of additional (targeted) supports for young people's mental wellbeing as well as associated supports for families.



Services will be required to lead the delivery of a range of particular, stated outcomes to meet young people's needs within a community setting, focusing in the main part on provisions which:

- a) Are easily available at the heart of community settings
- b) Are available out-with the hours of 9-3 pm, Monday to Friday
- c) Provide services which cannot be accessed by the focus young people within education settings (e.g. due to YP being beyond school age)
- d) Meets a higher level of additional needs than might be met through universal community provisions (e.g. youth groups)

Commencement and period of engagement

The funding will be for a period of two years.

The service level agreement will commence on the first of December 2021, or with prior agreement, as soon as is reasonably practicable thereafter.

The service level agreement will have effect until 30th November 2023.

Partnership Working.

A high level of partnership working is required by this service provider. This will include close partnership working with Fife CAMHS Early Intervention Service, with local Multi-Disciplinary team groups (People and Place groups) and with other community groups working with young people and families within their locality.

Service providers will work closely with these partners to understand their remit, participate in opportunities to upskill their staff and volunteers and collaborate on short and long-term projects to improve the supports for Young People and their families.

Aims

The aims of this brief have been set out into 2 key areas. The kind of support described and addressed in this brief is additional to what can be provided through universal services.

- ***Development of capacity to support young people's Mental health and emotional wellbeing through partnership with other locality groups***
- ***Provision of direct, targeted interventions and practices working with groups of YP with particular additional support needs to support their mental health***

Objectives

Our vision for this framework is to offer equitable support and services across all 7 localities of Fife. We aim to achieve this by taking a consistent approach to delivery with no more than one service provider for each locality. Organisations may apply for more than one locality. The localities of Fife are as follows: South West Fife, Dunfermline, Cowdenbeath, Kirkcaldy, Glenrothes Levenmouth and North East Fife. Collaborative working across all service providers will be key to ensuring there is a consistency of good practice, this will involve meeting regularly to learn about practice in each locality, reflection on their own practices and process and share resources.

Service providers are required to deliver on all outcomes and objectives, these are outlined below:

Development of capacity to support young people's mental wellbeing through partnership with other locality groups

Objectives	What will success look like	Outcomes
Develop a knowledge of specific needs within the locality through consultation with partner services to ensure appropriate preventative work, signposting, training opportunities and advice are available to YP and their families.	<p>Host quarterly meetings with partner services to develop knowledge of local issues and awareness of local mental health services/support that YP and their families can access.</p> <p>Collaborate with partners to implement a planned approach to target specific local needs identified through local partnership meetings.</p> <p>Identify opportunities within community groups to support learning and awareness raising for staff and volunteers to increase confidence in having conversations about mental health with YP and steps we can take to improve our mental health.</p>	<p>Improved knowledge of local need for Young people, families and professionals.</p> <p>Targeted services available to meet the needs of the community who's design is informed by local knowledge.</p> <p>Increased knowledge and understanding for staff and volunteers in having supporting conversations about mental health.</p>
Support families to understand, normalise and	Promotion of positive parenting skills (e.g. Solihull approach) to	Increased capacity of parents/carers in

<p>develop an awareness of emotional wellbeing in young people and build their skills and confidence in recognising and responding to the YP needs.</p>	<p>enhance understanding of the developmental stages and approaches that can promote positive outcomes for mental health.</p> <p>Focussed group work with parents who need additional support to engage in the principles of the Solihull approach.</p> <p>Collaborate with partners to normalise mental health, reduce stigma and raise awareness about how to maintain good mental health.</p> <p>Encourage families with a lived experience to support others through parent/carer/family led support groups.</p>	<p>supporting the emotional needs of their children/young people</p> <p>Increased knowledge and confidence for families.</p> <p>Improved conversations about mental health, reducing stigma and increasing confidence in talking about it.</p> <p>Improved confidence and empowerment for families.</p>
<p>To support community group who work with YP and their families to further develop their skills and practices to promote positive mental health and emotional wellbeing.</p>	<p>Work collaboratively with various community groups and CLD to develop awareness and understanding, promote key messages and campaigns.</p>	<p>Increased knowledge and confidence for staff and volunteers.</p>

Provision of direct, targeted interventions and practices working with groups of YP with additional support needs to support mental wellbeing. *It is anticipated that these targeted interventions and practices will take up the majority of the brief.*

Objectives	What will success look like.	Outcomes
<p>Support YP and families to transition into local services to support their mental wellbeing.</p>	<p>Where required 1:1 support will be offered as a short-term intervention to support transition between services and supports.</p> <p>Collaborative working with Local Areas Coordinators/Community connectors to share locality information and opportunities for joint working.</p> <p>Support a smooth transition for YP and their families, into both alternative YP and adult services, ensuring a robust handover takes place, sharing appropriate information, setting the YP</p>	<p>Improved mental health and emotional wellbeing of children/young people</p> <p>Improved transitions for Young People.</p>

	expectations and support an agreed “settling in” period.	
Developing and delivering a blended approach of 1:1 and group programmes as an early intervention. Supporting capacity building within services and supports.	<p>Staff participation in mental health training and development opportunities aligned with OMM framework to build skills and knowledge in supporting YP and their families.</p> <p>Work in collaboration with partners to develop and deliver mental health group programmes to YP and their families, ensuring they feel equipped with strategies to support self-care.</p> <p>Identify opportunities for 1:1 support within group programmes to support individual development.</p> <p>Services and supports and visible within the community with a clear pathway of how to access these supports.</p>	<p>Increased support for mental and emotional distress and wellbeing</p> <p>Improved resilience – personal capacity of children/young people, and their families, or carers, to resolve difficulties and problems</p> <p>Improved visibility and ease of access without extensive waiting times.</p>
Work collaboratively with other agencies or specialist services to develop interventions to ensure effective delivery.	<p>Collaborative working with CAHMS when considering issues such as substance use, self-harm, depression and trauma with a clear escalation pathway and shared risk assessment.</p> <p>Strong links to specialised services that can support other factors that contribute to poor mental health (e.g. homelessness, substance use, poverty).</p> <p>Accessible information available for everyone.</p>	<p>Improved early intervention supporting a seamless pathway through supports</p> <p>Improved communication with young people and their families where verbal communication is a challenge.</p>

Evaluation and Reporting of performance

Performance will be evaluated and reported on an ongoing basis, through the provision of the following content:

Bi-monthly:

Participation in informal, monthly verbal updates providing information on challenges and opportunities of service delivery and any feedback from YP and families to help contribute to the wider ongoing understanding of young people’s needs and views across Fife.

Twice Yearly (March and September):

Data and overview of support provided, the extent to which it is being accessed and opportunities for improvement within the service provided.
Qualitative and quantitative data, evidencing impacts in relation to core outcomes as per Service Level Agreement.

Qualitative case-study type information evidencing young people's experience of the services.

Evolution of Service

The framework this service will operate within is a new one. Services will therefore be required to be reflective about the services they provide during the period of commissioning as outlined in the reporting requirements.

Fife framework's Strategic Oversight Group (SOG) will work closely to support service providers to review YP's views and needs as work progresses in the Development of capacity to support young people's mental wellbeing through partnership with other locality groups and the wider more universal, preventative work of the Fife model develops its impacts and as the needs of young people change through recovery from the national Covid pandemic.

It is anticipated that during 2023 the SOG will reflect upon the collected impacts of this service brief. The SOG will reflect upon these collected impacts in relation to its overarching plan and young people's evolving needs and will consider potential revisions to all associated commissioned service briefs – ready for a new commissioning period from December 2023 and beyond.

Budget

This project will be in place for a short, fixed-term period from 1.12.21 to 30.11.22 with a budget of £280,000, to cover service across all seven localities.

Individual organisations are welcomed to submit applications to provide service in one or more specific locality areas. This should be stated clearly on applications, explaining whether the grant application process applies to a particular locality/localities and indicating any flexibility in the bid in terms of localities the organisation would work within.

In cases where organisations apply for more than one locality and they are selected to deliver service, the offer may relate to a different number of localities than proposed in their application. This is necessary to ensure that all Fife localities receive the required service. Organisations are asked to state in their bid if an alternative offer to cover a higher/lower number of localities than the proposals on their application would/would not be an option to them.

Available funding should be considered as £40,000 for each locality budget includes all management, employment, administration and overhead costs and service delivery costs.