# **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 Our Minds Matter 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
* Includes a vision for children and young people to experience a seamless pathway through supports.
* Aims to deliver help that targets the following:

|  |  |
| --- | --- |
| ***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
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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 (up to 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’ 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:

1. Are easily available at the heart of community settings
2. Are available out-with the hours of 9-3 pm, Monday to Friday
3. Provide services which cannot be accessed by young people within education settings
4. 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 1st August 2022 or with prior agreement, as soon as is reasonably practicable thereafter.

## The service level agreement will have effect until 31st July 2024

##

 ***Aims***

The kind of support described and addressed in this brief is additional to what can be provided through universal services. The aim of this brief is to:

* ***Provide a direct targeted intervention of 1:1 support through a bespoke mentoring model for young people who are experiencing distress to develop confidence and build resilience to support engagement within universal supports and services to improve their mental health.***

***Model***

Our vision for this framework is to develop a mentoring project ‘Keeping Connected’ that supports young people aged 10-24 (up to 26 if care experienced) spanning across Fife, with the aim of improving their mental health, emotional wellbeing, and life chances.

Our ideal model, based on the budget given is outlined below. Service providers should consider this as an indicative model when submitting an application.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Inputs** | **Activities** | **Outputs** | **Outcomes** | **Impact** |
| * 1 x Coordinator and 7 x Mentors hosted within a current youth organisation working across the seven localities of Fife.
* The YWM forum and the VYN brings together organisations with decades of knowledge, practical hands-on experience supporting young people.
 | * One-to-one mentoring work.
* Small, specialist group work sessions or workshops based around self-identified issues.
* Non-school learning pathways and community volunteering opportunities.
* Participation in wider youth group.
* Whole family approach where required to support the mental health and emotional wellbeing of YP.
* Joint opportunities for partners to collaborate and bring young people together.
* Regular project meetings to facilitate communication, monitoring and evaluation and provide support and training.
 | An estimated 400 young people (age 10-24, up to 26 if care experienced) will engage in the project over the next two years.An evaluation toolkit for each young person to include: * A registration parental consent form.
* A database to collate stats and record observations.

- Organisational Review questions and Personal Planning questions. * Progress update form.
* Quarterly updates and an Annual Impact Report to celebrate the success of young people and promote their achievements.
 | * Young people are confident, resilient and optimistic for the future.
* Improved transitions into universal supports and services to support mental health and wellbeing.
* Improved mental health, resilience, and ability to better manage their emotional wellbeing.
* Young people feel supported into positive destinations.
* Young people participate safely & effectively in groups.
* Young people consider risk, make reasoned decisions, and take control.
* Partnership working is facilitated.
 | * Young people's emotional health and wellbeing is improved.
* Participation and engagement of young people is increased within their communities.
* Young people are better equipped to deal with risky behaviours which impact on their future life chances.
* Targeted services and activities are improved through greater collaboration between partners.
* Young people have improved relationships with family and their peers.
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Although there are 7 Mentoring roles proposed, allowing for Fife wide coverage. We do not envisage there being 1 allocated to each locality specifically. Alternatively, they would work more flexibly across the localities depending on where the need is at any given time.

## ***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 and Our Minds Matter Pupil Support Team, who will be able to identify young people who require additional support for their wellbeing.

Keeping Connected will provide a 1:1 short-term intervention where mental health is a barrier for young person in engaging in universal supports and services (e.g. school, community groups and mental health supports and services). Some young people will need more support than others or may be experiencing difficult or challenging circumstances at specific times in their life which is impacting of their mental health.

For example, a young person may wish to:

* Engage in community resources and have a greater sense of belonging but need a helping hand to physically do so.
* Build their confidence and will to engage in supports and services to improve their mental health and wellbeing.
* Develop skills to cope when life gets difficult or changes.
* Develop an understanding of where to get support and advice when they need it and how to consider their options.
* Improve their understanding of how to manage their own mental health and wellbeing and when to recognise that they need support.
* Get informed about risk taking behaviours like alcohol drugs or sexual health.
* Improve relationships with friends or family.
* Improve their attendance at school.

Support and Supervision will be available to Mentors through CAMHS Primary Mental Health Team

# ***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, bi-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:***

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.

It is anticipated that during 2023 the Strategic Oversight Group (SOG) will reflect upon the collected impacts of this service brief. The SOG will reflect 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 July 2024 and beyond.

# **Budget**

This project will be in place for a short, fixed-term period from 01.08.22 to 31.07.24 with a budget of £260,000 per annum to cover service across all seven localities including all management, employment, administration and overhead costs and service delivery costs.

***Applications***

Applications should be submitted to gail.mcleod@fife.gov.uk by **2nd May 2022.**