# **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
* 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 conditions
* 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

## ***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, Speech and Language, both educational and clinical Psychology, OT and local People and Place groups.

***Aims***

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

* ***Provide a provision of support, advice and signposting to Parents and Carers of Young People where neurodevelopmental difficulties have been identified to support their mental health through a multidisciplinary partnership approach***

Our vision for this brief is to increase supports and services available to parents and carers of young people aged 5-24 (up to 26 if care experienced) where neurodevelopmental difficulties have been identified. These supports will span across Fife, with the aim of supporting the mental health and emotional wellbeing of this specific group of Young People.

Initially these supports and services will develop within the West of Fife, working in collaboration with partner agencies leading on the Neurodevelopmental Pathway Test of Change, before expanding to the other localities of Fife.

A fundamental aspect of this role will be to develop a clear map of supports and services available across Fife to ensure that parents and carers have a clear understanding of what supports are available to them and how to access these. This will require the provider to communicate and collaborate with all services to gain a wider perspective of what provisions are available to ensure parents/carers receive the right support when they need it.

Though an advisory role the service will provide advice, support and signposting (e.g. social, emotional, financial) to develop the capacity of parents and carers to support Young People's mental health and emotional wellbeing at home and within their community.

Supporting families to understand and develop an awareness of emotional wellbeing in young people and build their skills and confidence in recognising and responding to the Young Person’s needs. Using positive parenting skills to enhance understanding of the developmental stages and approaches that can promote positive outcomes for mental health. Identifying where focussed group work would be beneficial, offering additional support to engage in the principles of these approaches.

Encourage families with a lived experience to support others through parent/carer led support groups.

Work in collaboration with Community Framework partners to develop and deliver mental health group programmes to Young People and their families who are have been identified as having neurodevelopmental difficultiesensuring they feel equipped with strategies to support self-care.

Maintaining strong links to specialised services will be key to support other factors that contribute to poor mental health (e.g. homelessness, substance use and poverty)

***Multidisciplinary workshops***

The service provider will work in partnership with a professional steering group (e.g. Educational and Clinical Psychology, Speech & Language, OT and CAMHS) to design, develop and manage the coordination of a Fife wide series of workshops for parents and carers of young people where neurodevelopmental difficulties have been identified.

This would complement the current PAPAS course (Parent awareness programme for Autism spectrum) which offers a 6 week programme for post diagnostic support.

*Workshops will:*

* Be accessible to parents and families of YP aged 5-24 (up to 26 if care experienced)
* Provide access to key professionals e.g. Educational and Clinical Psychology, Speech & Language and OT offering support, advice and practical solutions
* Signpost and support with onward referrals where there are identified needs
* Be held Virtually to address the barriers that transport can bring for these families
* Offer periodic ‘in person’ community-based groups to support good conversations and practical solutions (e.g. quarterly)
* Coordinate activities for YP within a group setting to support parents to attend ‘in person’ workshops

Maintain ongoing consultation and engagement with families of young people to support the design of workshops and parent/carer groups.

***Outcomes***

* Increased capacity of parents/carers 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 mental and emotional distress and wellbeing
* 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.

# ***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 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 July 2024 and beyond.

# **Budget**

This project will be in place for a short, fixed-term period from 1.08.22 to 31.07.24 with a budget of £50,000 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.**