

**Kirklees Future in Mind
Transformation Plan**

**Children and Young
People's Mental Health
and Wellbeing**

Transforming the emotional wellbeing and mental health of children and young people in Kirklees

What is the transformation plan about?

We want every child and young person in Kirklees to enjoy a happy and healthy childhood and to become confident adults who can cope with the demands of everyday life and contribute to their community.

The plan describes how we will improve services for children and young people with emotional, behavioural and mental health difficulties over the next five years. It was developed by the local NHS and Kirklees Council in response to a national drive to improve services for young people and their families.

Why do things need to improve?

We have some very good services for children and young people in Kirklees, however not all of them meet the needs of children, young people or their families.

- There are no inpatient child and adolescent mental health services in Kirklees for people with the most complex needs. This means that young people have to travel further for support.
- Locally, children's emotional wellbeing services provide either short-term support or help those with more complex needs. We want more people to be able to access these services more rapidly.
- We must improve the capacity and capability of local mental health services because children and young people often have to wait longer than they should to access professional help.

How was the plan developed?

NHS North Kirklees and Greater Huddersfield Clinical Commissioning Groups (CCGs) and Kirklees Council wrote the plan. Children and young people gave us their views about mental health. Parents, schools, community and voluntary organisations - as well as lots of other groups - also told us what changes they wanted to see.

These are some of the things young people said:

- There isn't any one particular person you can ask for help in school
- When I know something isn't right, I know I need to speak to someone. I'm just not really sure who
- We want people close to us to notice changes in our behaviour and mood, to care and ask us what's wrong
- Tell us from the beginning what can be kept private and what can't
- I know my mum wouldn't have a clue what to do if I told her about the problems I have. She would get upset, stress and panic
- Sometimes when I'm panicked, I just need someone to say it's ok
- You have to wait ages to be seen
- Trust and confidentiality is most important
- Drop in services are really helpful when we feel very wobbly
- It can be hard to find web-based information that I can trust



You said...



Your views count...

These are some of the things schools and parents said:

- Schools need to be more involved and kept informed; there are things that can be done in schools to support students
- Provide a range of information, advice and guidance so schools and parents are able to support and get involved at an earlier stage
- More training opportunities for schools so that staff are able to identify mental health issues early and provide support to children and their families
- Quicker support to meet children and family's needs rather than waiting until they are at crisis point
- Without early intervention the same children continue to have mental health issues which can affect their learning throughout their school lives
- Be able to offer these services in a place which is accessible and at times which are convenient, within the school day

Kirklees fact file

- There are 107,402 children and young people aged 0 to 19 in Kirklees
- 3,063 referrals were made to child and adolescent mental health services in 2014/15
- Around 6,000 people between the ages of 5 and 16 have some form of mental health disorder
- 51 children and young people are expected to have a serious eating disorder each year

What changes are planned?

By the end of 2017 we will have:

- a single contact point for all children and young people's mental health services, providing advice and support 24 hours a day, 7 days a week
- a new eating disorder service in place
- a named contact for children and young people in every Kirklees school
- a bespoke service for vulnerable children, including those with a child protection plan or involved in the youth justice system
- re-developed our child and adolescent mental health services (CAMHS) to improve access and equality
- a greater focus on children and young people's emotional health and wellbeing
- reduced waiting times for services

In the longer term, more changes are planned:

- improved training for staff working within child and adolescent mental health services (CAMHS)
- more joined up working between schools and other services
- better communication between services and service users
- a 24-hour psychiatric liaison service within Accident and Emergency departments for those aged over 16 who are in crisis

Further information

This document is a short introduction to the Kirklees Future in Mind Transformation Plan. You can find the full plan as well as more information about our progress on the Kirklees Council website. We are always keen to hear your views, suggestions and comments on our plans. Please contact us via email: CSA.Admin@kirklees.gov.uk

www.kirklees.gov.uk/futureinmind

Alternative formats

If you would like this information in a different language or another format such as braille or large print, please contact:

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