

Item 4b - Appendix A

Children & Young People's Empowerment Project (Chilypep)

1.0 Young Commissioners and Strategic Engagement

1.1 This year Chilypep are involving young people in activity with a range of partners who are responsible for young people's services across the Borough as part of the Local Transformation Plan (LTP) for Barnsley. To achieve maximum opportunities for young people, Chilypep will be establishing specific roles within the group for young people to focus on different areas of work, depending on their skills and personal interest. OASIS (Opening up awareness and support and influencing services) is a Chilypep group that aims to empower young people to shape mental health services. In addition to attending the weekly meetings, OASIS members will feedback from participating in their different opportunities outside of the group sessions by reflecting on what role they had and learning obtained through a young person friendly feedback form.

2.0 Promotion of the CAMHS Single Point of Access (SPA)

2.1 OASIS has added the CAMHS SPA poster to the redesign of the Youth Mental Health First Aid (MHFA) book as a way of creatively reaching more young people. The CAMHS SPA poster has also been promoted out to teachers during mental health training as a way of them being able to relay the information to young people they work with. The poster has also been promoted out to young people throughout Mental Health Awareness Week (week commencing 14 May 2018). The CAMHS SPA poster has been added to the redesign of the Youth MHFA Kit and sits as a download on the Chilypep website. Chilypep had 500 copies of the Youth MHFA book printed which have been handed out to young people in a multitude of young people's settings. The process began throughout week commencing 14 May 2018; Mental Health Awareness Week, in the areas Chilypep delivered workshops, and held stalls, including activities from the Youth MHFA kit. This included:

- Barnsley College including Barnsley Sixth Form
- Greencare School
- Horizon College
- Outwood Carlton Academy

2.2 Additional to promoting out the Youth MHFA book to young people through delivery of the self-help creative activities, Chilypep has also met the following organisations working with young people to hand over copies of the book:

- Recovery College
- MindSpace
- CAMHS
- Barnsley Hospital
- Barnsley Job Centre
- TADS

2.3 The next steps are for all services and organisations working with young people in Barnsley, including partners under Future in Mind, to help promote out the CAMHS SPA poster, upload on to young person friendly platforms and put up in their settings.

3.0 Recruitment of CAMHS Employees

3.1 Three OASIS members regularly participate in a young people's interview panels in Specialist CAMHS.

4.0 Pathway for Looked After Children (LAC)

- 4.1 The Children in Care (CiC) CAMHS pathway was reviewed by CAMHS in consultation with the Children in Care Service and was republished in September 2017 in accordance with the Children's Continuous Service Improvement (CSI) Plan.
- 4.2 The CSI action plan also included an action whereby CAMHS would agree a method to evaluate the voice of the child on the revised pathway during the first six months of launch. CAMHS commissioned an independent review by Chilypep (Children and Young People's Empowerment Project) to ensure children are at the centre of services they receive and to have a voice in and improve the CiC CAMHS Pathway. The CAMHS General Manager has shared the 'Voice of the Child' report with the Head of Service for Children in Care to inform the overall review of the effectiveness of the pathway for Children in Care (CiC) to CAMHS and therapeutic services.

Consultation Findings

- 4.3 Whilst the relationship with the CAMHS workers came back as good practice with all the young people Chilypep spoke to that had accessed CAMHS, all young people felt let down by people involved in their care up to the point of accessing CAMHS. Young people found it hard to trust and build relationships with adults and professionals due to experience of being a looked after child and having different workers involved at different points in their lives and for short periods. Young people reflected this was the opposite with the professional they see for their mental health at CAMHS.
- 4.4 Waiting times to receive treatment were an issue for young people. With the exception of a couple of emergency hospital admissions, young people reported they had waited for up to 11 months to two years before being treated.
- 4.5 Young people didn't feel that they had been involved in their referral process, although one young person recognised that as an emergency admission this was not possible.
- 4.6 Young people had lots of ideas about how they could be better involved in the referral process which focused on ensuring that they were made aware of, and included in, any actions being taken. They also wanted to be able to self-refer, and for this to be advertised widely.
- 4.7 Young people felt that a lot of activity happened without their knowledge or involvement, and were concerned about what professionals and carers were saying about them. They also felt that as there were often lots of professionals and carers involved in their lives, that they were told different things by different people, and that sometimes people didn't know them or their history enough to speak on their behalf.
- 4.8 Young people were asked if they would like CAMHS to have a copy of their Strengths and Difficulties Questionnaire (SDQ), as part of the referral and review. Young people felt that this was a helpful practice, and it gave them a chance to inform workers and carers about their lives and needs and improve understanding. They had concerns about workers not supporting them at LAC reviews and wanted wider involvement from family members that they thought were more supportive. One young person said their worker wasn't there to support them on the day so a 'stranger' carried out this role on the day, and that there were a lot of professionals in the room and the pace was too fast for them to engage.

Recommendations for the Pathway

- 4.9 The following actions were proposed by the CAMHS General Manager to the Corporate Parenting Panel in relation to the Chilypep report:

- *The CAMHS Single Point of Access Team will work with Chilypep to further publish and promote that CAMHS accepts self-referral into the service*
- *CAMHS will ensure the evaluation of the environment is included as part of the pending 'You're Welcome Standards' CAMHS review planned by Chilypep*
- *The CAMHS General Manager and Head of Service for Children in Care should convene a task and finish group with key stakeholders to agree how the SDQ can be embedded in the practice of key services across health and social care.*

- 4.10 Another recommendation is to ensure that young people know when they are being referred and involve them in the process. (CAMHS does ask if the child is aware via the CAMHS referral form).
- 4.11 Additionally, to consider involving family members that the young person chooses to be involved in LAC reviews. (CAMHS do not convene the LAC review meetings so are not able to influence this). Also, ensure the young person feels engaged and that the pace is appropriate for this, and consider how the number of professionals can be reduced.

Recommendation around Consultation Clinics as above recommendations

- 4.12 To be made clear to young people that they have a choice in attending the consultation clinic if they want to and be given younger person friendly ways in which they can engage in this if it is what they want to do. (The pathway has provided this flexibility since September 2017 and they adapt the meeting to accommodate this).
- 4.13 Respond to the suggested ways of supporting young people to feed into the process including different methods such as videos, video calls, voice recordings, writing a letter, drawing a picture, having access to an advocate, and sharing their LAC life story books or something like this that could be designed and adapted specifically for LAC and involve young people in the process developing these. It was also suggested the consultation clinic could be split in half and given equal time separately to both the child and foster carer/worker to enable them to speak freely and openly on their own. (This has been happening since September 2017).

Involving Young People in the Design and Delivery of Services

- 4.14 Young people gave a wide range of feedback about what they want their service to look like. They included:
- Involving young people in their treatment more and giving them more voice and influence.
 - Ensuring workers are appropriately skilled and have a positive, empowering, non-judgmental and supportive approach. Young people talked a lot about having positive relationships with trusted workers that are developed over time and where the young person feels truly listened to and respected.
 - *"I know you are hearing and understanding me but also having the skills to give me understanding of my situation without judgement. It's not always about the deep dark world in my life; it's about sharing the experiences and feeling comfortable to do so at a nice steady pace. The worker should be able to have a joke with you and a laugh and if you have a good relationship with them that will come naturally. The worker I see at CAMHS is all of the above."*
 - Help and support early – early intervention so that young people can get help early on before they become worse.
 - *"The service should work to identify needs of the looked after child early, I know in my situation if this was identified and addressed then I may not have ended up with a criminal record and diagnosed mental illness."*
 - Faster and easier referral processes including self-referral, and shorter waiting times.
 - An out of hours phone line – for the child/young person to receive 24-hour support.
 - Making sure young people know what is happening and keeping them informed.

- Making the environment more young people friendly and inviting, particularly the treatment rooms.
- Ensuring that the wider workforce, including teachers, social workers and carers have access to training about young people's mental health and how to support them.
- Consider independent advocates for young people to help them say what they want or act on their behalf.

4.15 A summary paper of the LAC pathway consultation process and findings was shared at the Corporate Parenting Panel in July 2018. Young people will then help re-design the service based on their feedback with CAMHS support. As a number of issues reflected in the interviews from young people around social services and relationships with the foster carer were evident this has also been fed back to the head of LAC services within Barnsley Council.

5.0 OASIS Input to Local and National Consultation/Campaigns

5.1 Young people are influencing services nationally through inputting into government consultation:

- OASIS participated in the DSA (Domestic, Sexual, Abuse) consultation around the new proposed domestic abuse bill and influencing national development changes in mental health services and support.
- During Mental Health week, OASIS members signed and shared the petition 'Where's Your Head At?' calling on everyone to sign a Change.org petition asking the Government to change Health and Safety regulations so that first aid provision includes mental as well as physical health. This call to action has the backing of the Leader of the Opposition, Jeremy Corbyn MP, and former Minister for Health and Social Care, Norman Lamb MP. This change would mean that all organisations have staff trained in Mental Health First Aid, bringing us a step closer to parity of esteem between mental and physical health in the workplace. Several celebrities including Liam Payne, Jamie Laing, Charlotte Crosby, Megan McKenna and Kem Cetinay have offered their support for the campaign and have all spoken openly about their personal struggles with mental health and why they think it is important to have Mental Health First Aid in the workplace. The petition has received over 75,000 supporters. Chilypep and OASIS have supported, signed the petition and shared this campaign on social media using the hashtag #wheresyourheadat. The post was shared and signed by 65 young people and/or professionals we work or have previously worked with which highlights the importance of people wanting to achieve, support and see parity of esteem in regards to mental health and support the key campaign message #NotJustMe.

5.2 NHS Yorkshire and Humber Stairways event - five OASIS members attended in April 2018 and input views to the development of the NHS Stairways Mental Health Awareness week campaign. NHS Stairways is the children and young people's advisory group who work with the NHS Clinical Network responsible for children's services.

5.3 Youth work consultation - OASIS took part in a consultation for National Youth Advocacy inquiry into Youth Work in June 2018. Their contribution has been submitted as part of a whole transition report from Chilypep.

5.4 Public Health consultation with OASIS in June 2018 focused on creating an action plan (below) of development work. The group have already given their feedback and helped to create a new feedback form that is more young person friendly for the Public Health Nurses (PHN) to use with young people they see. OASIS will continue to work with Public Health to look at how they support and engage young people aged 0-19 with a particular focus as to how they can support young people with their mental health in school.

OASIS	Public Health Nursing
Consultation with young people in schools 'what support would young people want from PHN' 'Do PHN change their name?' 'Difference between 'school nurses' (physical first aiders) & public health 0-19'	Change feedback form based on OASIS feedback.
Young people to suggest new names for service	Inform wider team of discussions in the session
Young people need to be informed about the differences between PHN and school nurses	To develop promotional material and bring back to OASIS to review e.g. video idea
How to include social media in promoting PHN services	Create a description of the service and what it offers for Barnsley Open Up Directory
Video development	
Include PHN in Barnsley Open Up Directory	

6.0 Youth MHFA Kit

6.1 Youth MHFA Kit, providing creative self-help wellbeing sessions to young people and teachers. Workshops took place during May Mental Health Awareness Week at the following places:

- Barnsley College
- Horizon College Big MH event
- Outwood Carlton Academy

6.2 National influence of the Youth MHFA Kit has begun with elements of this built into bespoke training set to be delivered at Wakefield College in July to 50 teachers. The Youth MHFA Kit has also been sent into the NHS 70 years' good practice online marketplace and a poster designed for this. A postcard to promote the Youth MHFA Kit, manifesto and resources was designed in May 2018 with 200 of these printed and will be promoted out during stalls, events as well as on social media. A further 200 copies of the manifesto have been printed and distributed.

6.3 Against Violence and Abuse (AVA), a UK Charity working to end violence and abuse, have also contacted Chilypep for the Youth MHFA kit.

7.0 Development of a MHFA Kit in Greenacre School During Mental Health Awareness Week

7.1 Greenacre School tasked every teacher to develop and create their own Youth MHFA kit alongside the young people in their class during Mental Health Awareness Week. Chilypep/OASIS went to visit the school to see the work being done and held a meeting on the 10 July to explore further development of this across primary school settings and settings for young people with special educational needs:

"Each class were asked to develop their own mental health first aid kits for use within the classroom setting. All 17 classes across Greenacre School including satellite provision, were asked to develop a kit. Classes were asked that objects/activities be placed in the boxes that could be used to support the mental health and well-being of each child and young person

9.0 Development Work

- 9.1 This year OASIS were asked to develop a mixed programme that schools could choose from, so as to make the training more bespoke for each school's needs. As every secondary school in Barnsley has had participants attend mental health training through Chilypep, OASIS are now focusing on training others working with young people outside of educational settings as well as those working in educational settings.
- 9.2 The CAMHS SPA Poster has been promoted out during delivery of training from the end of January 2018 and will continue to be promoted out through delivery of ongoing training to teachers and young people.
- 9.3 Chilypep met with CAMHS on the 30 April 2018 to discuss the possibility of training the reception staff at CAMHS in the Youth MHFA two day course.
- 9.4 Chilypep met with Barnsley Hospital on the 8 June 2018 to discuss the possibility of training nurses in the hospital working on the Children's ward in Youth MHFA.

10.0 Barnsley College Peer Mentors: National Council for Voluntary Organisation (NCVO) Assessment

- 10.1 Chilypep has been awarded Approved Provider Status from NCVO for their Peer Mentoring Project at Barnsley College, after completion of the recommendations made following the assessment in March. The accreditation lasts until June 2021. There have been 12 wellbeing sessions run by Peer Mentors April to June 2018.
- 10.2 Sessions have been delivered at Old Mill Lane Students Union, Eastgate Campus & GAINspace at Sixth Form. Topics covered included Exam Stress, Revision Support, Transitions, Creative Wellbeing and Managing Stress.

11.0 Development Work - Transitions

- 11.1 Partnership work with MindSpace is progressing in order to train a group of students from each secondary school as 'Young Ambassadors' (Peer Mentors). Chilypep have supported this so far with the delivery of the Youth Lite Mental Health First Aid Training; are in the process of developing the links between this group and the Peer Mentors at Barnsley College; and have training sessions booked in with the Mental Health Ambassadors in July. The aim is by working together, Chilypep will be able to better support students with the transition between secondary school and higher education.
- 11.2 OASIS have been consulted around transitions through transition agenda – this consultation will be carried out with young people in a multitude of different settings and a report based on the findings will be written by February 2019.