

Partner Engagement

1. GROWING UP IN NORTH YORKSHIRE (GUNY) SURVEY

The GUNY survey was commissioned by the North Yorkshire Children's and Young People's Service to gather robust information and intelligence about young people's learning and well-being. Planning is in early stages for the 2018 Growing Up In North Yorkshire Survey. This will be overseen by a steering group, including representatives from Public Health and a delivery group. Preparation will include a review of questions, however to maintain consistency for comparative analysis these will be essential changes only. The survey is due to take place in schools in May 2018. An updated version of the Children and Young People's plan '**Young and Yorkshire 2**' has been published by the Children's Trust Board can be found at www.northyorks.gov.uk/yandy2

Two key priorities within the plan for children's emotional health and wellbeing are:

1. Promote health and wellbeing through positive choices
2. Improve social, emotional and mental health and resilience

2. NORTH YORKSHIRE POLICE AND CRIME COMMISSIONER (PCC) AND NORTH YORKSHIRE YOUTH COMMISSION

The PCC's Youth Commission enables young people to support, challenge and inform the work of the Police and Crime Commissioner and North Yorkshire Police. The Commission has identified Mental Health and Vulnerable Young People as one of its 6 Priorities and is undertaking peer research and consultation with young people on this priority during 2017, as part of the 'Big Conversation 2017-18' (www.northyorkshire-pcc.gov.uk/for-you/young-people/youth/priorities). The aims of the Mental Health Priority are:

- Raise awareness and tackle the stigma around mental health.
- Show young people how to recognise the signs, seek help and support peers.
- Help the police and agencies to respond effectively with young people in vulnerable situations.

Key findings relating to the Mental Health Priority from the PCC's Youth Commission '**Big Conversation 2017-18**' to date (interim data February – May 2017):

- Many young people told us they had been affected by anxiety, eating disorders, stress, panic attacks, and depression.
- Many of them highlighted the perceived limitations of current support available.

- Many expressed the view there is not enough information and education on mental health and how to spot the signs.
- Some said that they have struggled to offer support to friends and peers, e.g. with self-harm.
- Stigma and stereotypes are still felt to be prevalent. Some young males felt their vulnerability is less well recognised.
- Some perceive that the police do not fully understand or consider mental health when communicating with young people.

Top solutions to address the Mental Health findings:

- Police training on how to react in a more calming and compassionate manner.
- Training for young people so they can spot the signs and support friends and peers.
- Section rights should be given to young people, including making it clear they should never have to be put in an adult centre.

Quotes from Big Conversation to date:

- ***“Mental health is a big issue and shouldn’t be taken lightly. It should be talked about throughout the county to warn people that it is a serious issue.”***
- ***“I think the police should be more aware of mental health issues and all the types.”***
- ***“There’s nowhere people feel comfortable going for mental health help.”***
- ***“Police do not address mental health and treat everyone the same – they do not consider those with anxiety; police are usually shouting and not talking to them in a calm manner”***
- ***“The Police are doing the best they can with handling ill mental health but they are not teaching us on how to deal with those who have mental health issues.”***
- ***“No empathy from police for young people with mental health illnesses. I was sectioned under 136 but no one told me what it meant. They took me to an adult ward even though I am 15.”***
- ***“My friend who has experienced psychosis had to be detained by the police on a number of occasions. They were very friendly and informed us of what might happen next.”***

3. NYCC YOUTH ENGAGEMENT

The Voice, Influence and Participation team (VIP) facilitate opportunities for looked after children and care leavers (Young People’s Council), and young adults with Learning Difficulties and Disabilities (Flying High) to meet on a regular basis to seek their views and thoughts on services which affect them in North Yorkshire.

The Flying high group have met with Managers to look at ensuring young people with disabilities have access to therapists who know how to work with someone with a disability such as autism. They have also discussed the issue of older young people with SEND being asked to access CBT Mental Health services online and the difficulty of this for young people with visual impairment or learning disability.

The Young People's Council have met with Children's Social Care Senior Managers to discuss how looked after young people and care leavers are supported by mental health services. The YPC also told looked after children health nurse managers about their experiences of being supported by their General Practitioners (GP's). Their recommendations about what works well for them were fed back to GP's. Members of the Youth Executive have shared their thoughts with the Health and Wellbeing Board in July 17 and have also met with senior managers from Tees, Esk and Wear Valley to see how they can work together to help support initiatives aimed at helping young people deal with mental health problems.

The North Yorkshire Youth Executive, which was formed in February 2017, meet regularly to campaign on issues important to young people and this year they have identified 'Developing Resilience and Emotional Wellbeing' as a key priority.

The Youth Executive is made up of a number of youth voice groups from across the county. These include:

- Young Peoples Council (YPC)
- Flying High (a disability advocacy group engaging and including those with disabilities in community activities and decisions about themselves).
- Harrogate and District NHS Foundation Trust - Young Peoples Panel
- Harrogate Youth Council
- Lesbian Gay Bisexual and Transgender
- Military Kids Club
- North Yorkshire Police and Crime Commissioner – Youth Commission
- Young Advisors
- Young Carers

The VIP are supporting the running of both area youth voice groups and county wide meetings which will take place throughout the year, where young people can meet with others to work together locally and to meet with local managers and senior decision makers.

Furthermore, to enable the views of young people in North Yorkshire to be heard regionally and nationally we also work with and support our 3 members of the youth parliament (MYPs) who meet regularly with other MYPs from across Yorkshire and the Humber and who attend the annual sitting in the House of Commons along with over 600 young people from across the United Kingdom in November each year.

4. COMPASS BUZZ ENGAGEMENT

Young people were involved in the CCG procurement process for the school Wellbeing Workers project. Compass have in place a Participation Plan (**see Appendix 6**) which outlines how the services will work with children and young people in order to inform the decisions that are made about the delivery and direction of their services in North Yorkshire.

A number of activities have taken place since the Compass BUZZ service was commissioned in April 2016. These activities were:

- Two Wellbeing Workers attended the Selby Youth Council meeting in July 2017. At the meeting they asked the young people for their input and thoughts on what Compass could call the new School Mental Health and Wellbeing Project. Young people contributed really well throughout and were extremely pleased to be asked their opinion. It was decided that we would adopt the name Compass BUZZ.
- The name 'Compass BUZZ' has allowed us to be creative around the theme of 'creating a BUZZ about mental health' and wellBEEing #BUZZingaboutmentalhealth
- The Wellbeing Worker for the Harrogate area has been identified as the Compass BUZZ specialist lead for service user participation and engagement and will attend the North Yorkshire 'Youth Voice Conference' in November. This will provide an opportunity to show young people the outline of the new Compass website and ask for their views on how to ensure it works for them.
- The new logo for the project is included below:



5. SPECIALIST CAMHS ENGAGEMENT (TEWV)

TEWV have undertaken a number of key engagement activities, these are outlined below.

- Regular service participation groups take place for children and young people. These cover different themes and impact on service planning and delivery. For example, young people have been involved in developing trauma packs, naming treatment rooms and have contributed to ideas for resources for waiting area.
- Young people are encouraged to attend the adult mental health service user group 'Phoenix' to encourage them to have a voice and support transition into adults services. This is ongoing work in progress.
- Young people are involved in interviews for all staff employed by TEWV.
- Children and young people have been involved in the training of GPs and have spoken at the national IAPT conference about how to conduct an interview as well as delivering training on suicide and section 136. This has received excellent feedback.
- TEWV have undertaken semi structured interviews with parents, carers and young people, this feeds back into service delivery and management.
- During the recent CQC thematic review in September 2017, 12 children and 8 parents were interviewed. This will feedback into service planning and delivery.

6. SEND ENGAGEMENT

North Yorkshire County Council is in the latter stages of reviewing provision for children and young people with special educational needs and/or disabilities (SEND) aged 0-25 years, and is developing a strategic plan that sets out how such provision should be made. This plan will be published in March 2018.

As part of this review, local workshops and task and finish groups took place and suggestions for the continuum of SEMH provision in each locality were explored. Initial proposals reflecting the views of each local area on the provision required were collated for consideration and response. Consultation in localities took place on these initial proposals during July 2017, through a survey. Some colleagues and partners submitted additional helpful responses during this consultation. The outcome of the engagement will inform the Strategic Plan for SEND provision, scheduled for publication in March 2018.