

NORTH TYNESIDE

Children and Young People's Mental Health and Emotional Wellbeing Strategy

2021 - 2026



North Tyneside Council

The aim of our Mental Health and Emotional Wellbeing Strategy is to work together as a system in North Tyneside across all agencies and partners to:

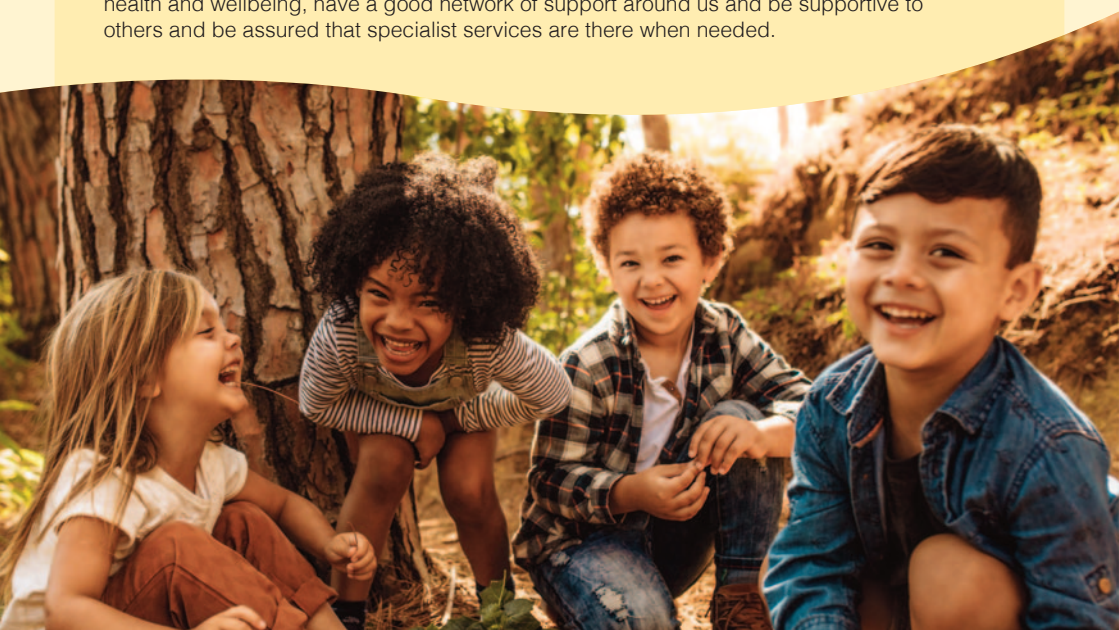
Develop resilient children, young people and families.

Ensure easy access for children, young people and families to get the right mental health support at an early stage from universal services

Improve access to specialist mental health services for those children and young people who are at high risk of poor mental health

North Tyneside's Mental Health and Emotional Wellbeing Strategy is focused on supporting children, young people and their families to manage whatever life brings. Just like the sea along our beautiful coastline there will be times when life is good and the sea is calm, there will be other times when the sea becomes choppy and the help of friends, family and others may be needed, and for some, there may be stormy days when specialist support is necessary.

Our strategy is divided into three sections to reflect the need to look after our own mental health and wellbeing, have a good network of support around us and be supportive to others and be assured that specialist services are there when needed.



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Look Out for Yourself

Gentle waves – everyday stress that you can manage by yourself, with the right resources and a positive attitude.

Look Out for Each Other

Bigger waves – specific problems where you might need some help from friends, family, neighbours or professionals in universal services.



We're looking out for you

Life feels like a storm – more complex problems, specialist services are available to help.



Look out for Yourself

A sense of wellbeing comes from being able to cope with everyday stresses. Humans are complex beings and life will always give us problems to overcome but we want our children, young people and families to have the inner resources to manage most of what life brings.



This means:

Keeping a sense of perspective and recognising what tolerable stress is

Becoming more self-aware and taking time to look after your own wellbeing

Feeling a sense of gratitude and appreciating the little things that make life good

Developing a sense of self-efficacy (belief in own ability to manage)

Having a range of coping strategies

Being brave and asking for help when needed

Look Out for Each Other

Our strategy seeks to create communities that have the knowledge and skills to support the mental health and emotional wellbeing of our children and young people. This includes making sure our universal and early help services have the ability to provide information, advice and interventions that support children and young people with a range of mental health difficulties, including anxiety, sleep difficulties and low mood.



For children, young people and parents / carers this means:

- Ensuring children and young people can sustain healthy relationships.
- Being able to recognise the signs of mental health difficulties in others
- Showing kindness to others
- Being able to join youth groups and take part in sports, arts and cultural activities.
- Being non-judgmental about mental health difficulties and being a good listener.

For professionals working in schools and other universal and early help services this means:

- Being trained to use evidence-based interventions
- Building trusting relationships with children, young people and parents/carers to maximise access to early support.
- Providing support where and when needed.

We'll Look out for you

There may be times in life when some specialist help is needed, and our strategy is designed to reduce pressure on these services so they can become more effective and provide support in a timely way. There are also some children and young people that require the support of Children's Services and Specialist Mental Health services (both high and low intensity) and we want to ensure that these are high quality and can effectively meet the needs of those that need them.



For specialist services this means:

- Having well-trained professionals able to provide effective, evidence-based specialist support.
- Providing advice, information and interventions in a timely way.
- Working in close partnership with professionals from different agencies, including the voluntary sector, to meet the needs of those with multi-faceted needs.
- Gathering regular feedback from service users to drive improvements
- Providing trauma-responsive services

We will know we are succeeding when we see measurable systems change over the next 5 years, which involves:

More children and young people reporting wellbeing and positive satisfaction with life in the biennial mental health and wellbeing survey across schools.

Fewer children and young people with social, emotional and mental health issues being noted as their primary special educational need

Professionals across universal services have a greater awareness and understanding, leading to increased confidence around mental health and emotional wellbeing.

Increasing the range of support available to children, young people and their families.

Appropriate referrals into specialist mental health services, with positive measurable outcomes.

We all have a responsibility to contribute to the success of this strategy by Looking Out for Ourselves and taking care of our emotional wellbeing, as well as Looking Out for Each Other by being there for our friends, families and colleagues when they need us.

To ensure we continue to Look Out for You, our Mental Health and Emotional Wellbeing Strategy is supported by a Delivery Plan to help us to achieve our ambitions in a timely way.

This strategy was written by:

Jane Pickthall, Virtual School Head for Education, Mental Health and Emotional Wellbeing
Janet Arris, Deputy Director of Commissioning, CCG
Wendy Burke, Director of Public Health
Alexandra Kent, Clinical Lead, CCG
Rachel Nicholson, Public Health Senior Manager

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