

# Promoting Resilience, Prevention and Early Interventions

- Management of the priority workstream Promoting Resilience, Prevention & Early Intervention to ensure that there is an equitable system across pan-Lancashire where building resilience, prevention and early intervention provides the foundation for promoting children and young people positive emotional health & wellbeing.

## Workstream Objectives – what we are going to do

- To build resilient communities in all settings including home, school and wider community which promote improve and maintain the emotional health, mental health and wellbeing of children, young people and their families, to encourage them to help themselves (Objective 1)
- Improve Access to Evidence based interventions which support attachment between parent and child, to build resilience, improve behaviour and avoid early trauma (Objective 2)
- Improve public awareness and understanding of children and young people mental health and wellbeing as well as perinatal mental health and work to reduce stigma and discrimination (Objective 3)
- Improve the availability of information regarding self-help and support that is available and how to access it (Objective 4)
- Improve early identification and timely intervention for pregnant women and new parents at risk of and or experiencing poor mental health (Objective 5)
- Ensure ease of access to support based on the needs of children, young people and their families, through coordinated care in the most appropriate place (Objective 6)
- Improve early identification and timely intervention for pregnant women and new parents at risk of and or experiencing poor mental health (Objective 7)

## Workstream Approach – how we are going to do it

- Work in close partnership with existing partners and groups. The workstream will use national guidance and frameworks to develop evidence based approaches.
- Benchmarking how local services across Lancashire are implementing the THRIVE model to determine a conceptual pan-Lancashire framework.
- To agree championship of the resilience movement, early intervention and prevention through engagement activities and through workshop events.
- To develop a Children and Young People Emotional Wellbeing Mental Health transformation work plan to deliver the improvements by 2020.



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## Workstream Deliverables – this is our plan

### Deliverable

Develop resilience training programmes and delivery plan in order to roll out to all people, families, high priority groups and or / engaging with children and young people (CYP)

Identify existing data points where data is collected about CYPs emotional health and wellbeing

Establish a provider forum including third sector, health & social care and those working around CYP emotional health and wellbeing

Identify evidence based interventions which support attachment between parent & child, are appropriate, meet need and learn from existing programmes of work and develop an implementation plan. Ensure commissioned services utilise and support the implementation plan by utilising identified evidence based interventions

Engage CYP to develop a pan Lancashire awareness raising campaign, with an emphasis on addressing stigma and implement a communication strategy including the development of a single brand for emotional health and wellbeing services across Lancashire in Partnership with children and young people

Scope mechanisms of self-help including peer support that is available for CYP / parents / carers in relation to emotional health and wellbeing. Promote existing telephone helplines throughout Lancashire

Ensure all Commissioners and providers of universal services, including primary care - deliver mental health promotion and prevention activities on a whole system basis

Develop pathways which ensure that parents / carers are equipped, feel confident in their ability and are supported to nurture the good emotional health & wellbeing of their children

Develop a system process for providing named Child Adolescent Mental Health Service (CAMHS) contacts for all CYP settings (including primary and secondary schools) working with young people at risk of experiencing poor mental health

Develop training across the workforce to ensure early identification and low level brief interventions for all people working with and or engaging with CYP across the following settings - Birth (including pregnancy) to 25 years old; Schools, colleges & universities; universal and community settings including maternity, early years settings including children's centres, primary care, youth work. Roll out training to highest priority groups and monitor the effectiveness of the pathway.

Establish clear policies, procedures and guidance for the CYP workforce which improve early identification.

Develop guidance for schools to ensure emotional health and wellbeing pathway to include counselling is consistent

Building on the learning from Targeted Mental Health in Schools (TAMHS) develop the role of primary mental health workers across Blackpool

Ensure Child Adolescent Mental Health Service (CAMHS) is reach down and accessible in school settings and other 'vulnerable CYP' services

Explore methodology of routine enquiry into Adverse Childhood Experiences (ACEs). Begin implementation of routine enquiry into ACEs

Ensure a consistent continuous assessment process across Lancashire including appropriate use of the lead professional

Promote the emotional health and wellbeing pathway to all CYP settings primary & secondary care networks and ensure it is embedded in all services in contact with CYP

In partnership with the strategic clinical network, benchmark the current peri - natal mental health services across Lancashire. Develop commissioning intentions for peri-natal mental health services in line with the forthcoming commissioning guidance for peri-natal mental health

Develop clear policies, procedures, guidance and training for the workforce and ensure that they are in place for pregnant women and new parents which improve early identification

Develop a pan Lancashire pathway describing each service and routes of access as part of the single point of access, roll out training to the highest priority groups and monitor the effectiveness of the pathway