

Derbyshire county and Derby City's plan for children and young people's mental health and wellbeing 2015-2020

By 2020 our vision is that:

'Children and young people are able to achieve positive emotional health by having access to high quality, local provision, appropriate to their need, as well as a range of support enabling self-help, recovery and wellbeing.'

Our commitment to children young people and families

Our plans will be underpinned by a whole systems change approach. We understand that each part of the system has an integral part to play and that links between education, health and social care across all ages are imperative if our vision is to be realised.

We will involve all stakeholders in the development of an anti-stigma campaign which will be delivered within schools and colleges.

We will provide clear information about the range of services available, so that children, young people and families know who does what and how to access help.

Our priorities

Promoting resilience, prevention and early intervention

- Develop the 'teaching' of resilience within the school curriculum
- Ensure development of peer support and those with lived experience around mental health being more included in delivery of services.
- Develop an improved service for children and young people with eating disorders that will reduce the negative impact of their condition and work towards their recovery by providing effective interventions as early as possible.
- Improving resilience of parents and carers

Improving access to effective support

- Improve integration of CAMHS within schools, Primary Care, Multi Agency Teams (MATs), youth offending and social work teams.
- Develop a 'menu' for young people to personalise their individual needs.
- CAMHS providers will develop a self-referral system for children and young people.

Care for the most vulnerable

- Ensure availability of rapid access provision 24/7 with intensive home treatment is an option for those at risk of inpatient admission.
- Ensure that there is effective support for children and young people who have experienced or are at significant risk of sexual abuse/child sexual exploitation or looked after or youth offenders
- Ensure that evidence-based interventions are available for young people with Learning Disabilities and/or neurodevelopmental disorders including support for parents/carers and young people with learning disabilities and neurodevelopmental disorders

Accountability and transparency

- Develop and implement key performance indicators which will enable a better understanding of all areas including waiting times for CAMHS.
- Ensure that Youth Council and CAMHS service user groups have an active role in scrutiny and development of plans.

Developing the workforce

- Improve and make more training available to professionals working with children, young people and families where there are emotional or mental health difficulties.