What does this mean for you?

We’re mapping targeted support – is there something you’re doing you would like to tell us about?

Across different agencies and services we are building a workforce development plan. What knowledge and skills do you need to develop your practice?

There’s more work to do on clearer pathways as part of the model’s step up/step down approach. Workshops will be held in early 2015 to develop further.

Outcomes for children and young people

- Children and young people benefit from new and better services that have changed and improved in response to their needs
- When children and young people feel upset and anxious they will know where to get advice and help
- Children and young people will feel and experience less stigma when they have an emotional or mental health problem
- Parents and carers will be better equipped to provide help and support.

The Whole System Model is governed through the Cumbria Emotional Well-Being and Mental Health County Partnership which reports to Cumbria Children’s Trust Board

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Cumbria’s whole system model to ensure the emotional well-being and mental health of our children and young people

Practitioner leaflet
The emotional well-being of children and young people is everyone’s responsibility so we are working to ensure that partners work together to achieve our vision, understand risk and share it, build skills and knowledge and treat children, young people, their parents, carers and families as partners in their care and support.
Our Vision

All our children and young people can access the support they need to achieve emotional well-being and mental health.

The World Health Organisation defines mental health as a state of well-being in which every individual realises their own potential, can cope with normal stresses, work productively and make a contribution to their community.

Mental Health Services for children and young people are provided across a number of ‘Tiers’

Benefits for practitioners, teams and agencies

- Services and those who work in them will understand their role in meeting the emotional well-being and mental health needs of children and young people
- Services will know what other support is available locally and how to facilitate access for children, young people and families
- We need to ensure that practitioners are confident in their role of meeting emotional well-being and mental health needs and that early help and targeted support impacts on outcomes.

How are we going to make it work?

Children, young people and their families have said:

When we are upset and anxious we need to know where to get advice and help quickly from people who know best how to help.

Key work streams integrating with our whole system model

- Promoting Cumbria’s Early Years Strategy, laying firm foundations to enable every child and family to progress and raise aspirations.
- Implementing the Early Help Strategy - to improve our Early Help offer and help everyone understand the contribution that can be made through Early Help services
- Ensure delivery of effective Early Help Services for 0-19 years.
- The Big Lottery Funded HeadStart ‘initial project’ in Carlisle and Furness - to test and learn from innovative ways to build the emotional resilience of children aged 10-14 as they move into adolescence
- Commission a Primary Mental Health Early Intervention Service to provide a single point of access for mental health advice and build skills and knowledge in the children and young people’s workforce
- Improving Access to Psychological Therapies for children and young people, transforming services by training practitioners in both CAMHS and Third Sector services to provide evidence based talking and parenting therapies and closely measure and monitor outcomes together with service users.
- Building an integrated multi-agency continued professional development and learning package to support the whole system approach
- Transforming Specialist CAMHS - to ensure that children and young people suffering mental ill health access timely and appropriate care.