

9th June 2016

REPORT OF THE CHAIR OF THE PEOPLE BOARD

Understanding Self Harm

The outcomes from the Understanding Self Harm Event and research and evidence gathering are summarised below:

- **What works well?**
 - The involvement of young people shaping the services. This offered an exciting opportunity for young people to be involved in shaping and designing services. Washington Mind are currently with the NSPCC and are developing a focus group of young people who have an interest in mental health and who are keen to use this platform to shape services. This work will include the development of websites, social media and a Young People's Mental Health APP.
 - Choice of venue was very important. It was agreed that more social venues were more accessible for young people and a move away from clinical / statutory venues provided choice whilst breaking down stigma therefore removing a major barrier for young people accessing services.
 - Services work better, when they work together. By working together there were advantages such as timely assessments, reduced waiting times, this was through more choice and good access.
 - The important role of the voluntary sector, as it provides choice and an alternative to the medical model.
 - "Minded" is a free educational resource on children and young people's mental health for adults
 - Understanding Self-harm training course and fact sheets - Washington MIND resources currently being delivered
- **What are the gaps/issues?**
 - A lack of knowledge and understanding of who does what and where to go
 - Support for parents and appropriate communication and support for parents via schools
 - Lack of things done to address stigma
 - Mental health training across the board – all educationally based staff, young people themselves, parents and workers would benefit from being trained in mental health awareness in general and self-harm in particular. This would go a very long way in tackling stigma and breaking down the taboos.
 - Existing services do not meet demand leading to wide spread emotional distress
 - Knowledge!
 - How to support young people – especially when they are waiting to be seen
 - Waiting times following referrals
- **What is needed/What would help**
 - Balanced, reputable and co-ordinated information – including leaflets, websites, self-help, age appropriate and in Primary Schools. The more balanced the information is the more it can be promoted and then accessed. One stop shop for information sharing – identifying who does what. Also signposting to support resources – including online and social media. 'Minded' is an e-learning tool and could be publicised more.
 - Mental Health Champions in schools, organisations etc. Mental Health Champions could sign up to attend a training programme as an element of

signing up to the charter mark. Training will also benefit the wellbeing of the workforce

- Mental Health Ambassadors – Young people have expressed an interest in becoming trainers/ mental health ambassadors. A peer support training programme within schools and colleges could be further developed and 'Mental Health Ambassadors' would have access to support and guidance to ensure their own mental wellbeing is also being supported.
- More schools trained in Mental Health Awareness this would help with increased
- Mental Health training:
 - Young people have identified all those who work with young people should be trained in understanding mental health issues and self-harming behaviours. This should include professionals such as Teachers, GP's, Social Workers and Youth Workers, as well as support staff and volunteers in agencies and services.
 - Training would also be beneficial for parents and carers.
 - More schools trained in Mental Health Awareness would help with increased awareness and understanding of the effects of mental health issues upon the person (children, young people and parents) and challenge the stigma of the 'us and them' attitude that can sometimes be present.
 - Training to allow young people to support each other. Training in peer support linked to mental health awareness and understanding self-harm. Support and supervision for those providing peer support to allow them time and space to explore their own mental wellbeing. Some felt that mandatory training for ALL professionals working with young people should be the norm.
 - Non-school based partners felt that training or workshops around self-harm would increase their confidence and help them to engage with the young people they work with around self-harm and help to relieve some of their anxiety surrounding a very taboo subject.
- Mental Health Charter Mark Scheme that schools, colleges, places of learning, organisations and services can sign up to, to highlight that they are committed to increased mental health awareness, trained in mental health awareness and other appropriate training (e.g. self-harm, suicide prevention) and are approachable to discuss concerns and signpost to appropriate services. This 'signing up' would show a determination and a willingness for all who have signed up to be Mental Health Aware. This will include training, and a clear and visible pathway to services that reinforces the collaborative approach that provides choice for young people and their families.
- More support for parents – a co-ordinated Parents Support Network?
- Partnership approach - Working together, offering choice, person centred services and a streamlined approach is what is needed. All coming together utilising our strengths, experience and knowledge to develop and deliver services that meet the needs of the young person. One size does not fit all. Services need to work collaboratively, with the young person's needs being paramount and at the centre of all service delivery. More services/ groups developed with young people and by young people. This involvement will ensure the services are designed and delivered in a person centred way
- From a professional point of view, looking at analysing trends, hot spot areas to highlight what's going on in particular communities/schools and tailor and target support to this.
- An increase in alternate ways of accessing support including further development of online and telephone support mechanisms. Increased

availability of online support services would impact positively on accessibility and tackling stigma.

- Practical help - One referral form with key information (risk, safeguarding concerns) was felt to be a positive 'tool' that would capture all relevant information on one place that then could be utilised by partner organisations/service providers. Increasing the venues in which counselling and support is provided would offer more choice to young people

Continued progress:

1. Work continues to gather data from partners with regards to committing to a Washington Time to Care Partnership. From this targeted group a 'lead' is identified to take forward the proposals agreed. Partnership approach confirmed together with partner's 'contributions' re resources, systems, referrals and information sharing. All partners committed to bringing everything together around the young person.
2. Project brief agreed to implement the following outcomes
 - Co-ordinate and manage a partnership approach to deliver the proposed Time to Care Initiative
 - Determine a way of working that will deliver and support
 - A Washington Parents Support Network for parents and families of young people who self harm
 - A One stop shop approach for information sharing – identifying who does what. Also signposting to support resources – including online and social media.
 - Mental Health Awareness and Self Harm training programme to include training and awareness raising for young people, parents and carers, teachers, GP's, Social Workers and Youth Workers, as well as support staff and volunteers in agencies and services
 - Mental Health Charter Mark and Mental Health Champions schemes/modules
 - Young person's Mental Health Ambassador Scheme - to include peer support and buddy systems (especially for those on waiting lists)
 - Work with local organisations and providers to deliver 'interim support programmes' for those young people on the waiting lists
3. A targeted partnership collaborative bid to deliver the Time To Care initiative on behalf of the Washington Area Committee. It is anticipated this initiative will deliver early interventions, preventative programmes and support for young people who self harm and their parents/carers.