Social Emotional Mental Health plan
(2017 – 2020)
Introduction

This plan was developed by the Social Emotional and Mental Health Steering Group to represent the co-ordinated action partners will take to deliver the SEMH elements contained within Young in Yorkshire 2, Hope Control and Choice, local CCG Future in Mind Local Transformation Plans and SEMH aspects of the SEND Strategy.

Defining Social Emotional Mental Health (SEMH)

There are many definitions associated with mental health and emotional wellbeing. Partners working to this plan have chosen to use SEMH as an overarching term to capture action that seeks to be preventative, promote resilience and wellbeing but also provide support to individual children who have difficulties with emotional wellbeing, social interaction or live with a mental health condition.

SEMH Vision

A local area that is able to effectively meet the social, emotional and mental health needs of all children and young people across the county.

Principles

- Involve children, young people and their families in the planning of local services.
- Ensure that information relating to Social, Emotional and Mental Health is accessible and user friendly so that children, young people and their families know where to go for help if they need it.
- Implement quality assurance mechanisms to ensure that services are making a positive difference to children’s social emotional and mental health needs.

Priorities

1. Ensure there is a coordinated system for SEMH across health, education and social care and that services meet the needs identified locally.
2. Improve individual outcomes for CYP with Social, Emotional and mental health needs.
3. To improve confidence skills and knowledge across the CYP workforce around SEMH.

Priority 1
Ensure there is a coordinated system for SEMH across health, education and social care and that services meet the needs identified locally.

Supporting Future in Mind Themes; Promoting resilience, Early intervention, Improving access & Care for the most vulnerable, Accountability and Transparency.

1. Develop and sustain the SEMH governance framework across partner organisations (30)
2. All opportunities for joint planning and commissioning will be explored (30, 38)
3. Agree a shared outcome framework and common performance indicators (4, 17)
4. Ensure shared goals across all local strategies and plans that impact on SEMH needs of children and young people (30, 46)
5. Develop and embed a new strategic SEND plan for SEMH across North Yorkshire which specifies the continuum of educational provision. To include exploring the creation of SEND multi-disciplinary hubs to provide responsive early intervention (2)
6. Delivery of Partners in Practice SEMH Activity – Back on Track (2)
7. Agree on a range of evidence based interventions locally that maximise positive outcomes for children and young people with SEMH needs and promote resilience and recovery (1, 2, 4, 13, 21, 24)
8. Create a communication strategy and develop the local offer/Web information around SEMH (7, 18)
9. Jointly agree a complex case pathway for children and young people with mental health issues to ensure effective commissioning of placements across education, health and care
10. Establish communication and engagement routes with Children, Young People & Families

Priority 2
Improve individual outcomes for CYP with Social, Emotional and mental health needs.

Supporting Future in Mind Themes; Promoting resilience, Early intervention, Improving access & Care for the most vulnerable.

1. Ensure schools and colleges recognise their role in preventing, identifying and supporting SEMH needs
2. Ensure schools and colleges understand and can access the wider local SEMH support offer
3. Develop a robust multi-disciplinary early intervention pathway for children and young people experiencing 3 or more exclusions per year
4. Ensure CYP IAPT principles are embedded in all service delivery (43)
5. Evidence the impact of the Thrive approach across the pilot schools (6)
6. Evidence the impact of the academic resilience framework across pilot schools (2)
7. Demonstrate positive impact associated with Back on Track (2, 28)
8. Implement Compass BUZZ and evidence the impact of the model (2)
9. Implement the Community Eating disorder service and evidence impact associated with the service
10. Embed local crisis and intensive home treatment solutions (32, 12, 13)
11. Ensure connectivity between NYCC Contact Centre and all CAMHS access points (8)
12. Review integrated care pathways for vulnerable children and young people – Self Harm, Youth Justice, Attachment, Challenging Behaviour, ‘Does not Bring’ & Transition (14, 15, 20, 21)
13. Develop a co-ordinated approach to Perinatal Mental Health (1.1, 4)
14. Influence Raising Achievement Strategy to ensure positive outcomes for CYP SEMH are embedded in the strategy
Priority 3
To improve the confidence skills and knowledge across the CYP workforce around SEMH.

Supporting Future in Mind theme - Developing the Workforce.

1. Develop a workforce development plan for SEMH across partner organisations (40, 43, 44, 45)
2. Develop and communicate a clear SEMH offer within all districts of North Yorkshire which is informed by system wide referral pathways and eligibility criteria (9)
3. Ensure the SEMH workforce in all districts of North Yorkshire are connected and communicate regularly (8)
4. Develop a menu of training available to schools/settings/voluntary organisations around Social, Emotional and Mental health across partner organisations and communicate this effectively with universal services (9, 40, 43, 45)
5. Develop and implement SEMH competency framework (27)
6. Co-develop an anti-stigma action plan with the Hope, Control & Choice Public Mental Health Group including self help and support for parents and carers (3)

Glossary

1. Young & Yorkshire 2 - The plan aims to improve the lives of children and young people living in North Yorkshire, as well as their families and those who care for them. https://www.northyorks.gov.uk/young-and-yorkshire-2
2. Hope Control and Choice – This is a partnership document which sets out North Yorkshire’s over-arching strategy for developing mental health services and promoting well-being from 2015-2020. http://www.nypartnerships.org.uk/sites/default/files/Partnership%20files/Health%20and%20wellbeing/Public%20health/Mental%20health%20strategy.pdf
3. Local CCG Future in Mind Implementation Plans - A document written by the Clinical Commissioning Group (CCG) which sets out a number of ways to improve Mental Health care for children and young people.
4. SEMH SEND Strategy – A Strategy about how we support children and young people who need extra help with the social, emotional and mental health (SEMH) and for children and young people with special educational needs and/or disability and their parents and carers.
5. Universal level – supports the whole population
6. Targeted level - offer specific support for those children and young people who are felt to be vulnerable.
7. Governance Framework – this enable the authority to monitor the achievements of its strategic objectives and to consider whether those objective have led to the delivery of appropriate, cost-effective services.
8. Local Offer - The Local Offer is a way of giving children and young people with special educational needs and disabilities (SEND) and their parents or carers information about what activities and support is available in the area where they live.
9. CYP IAPT - The Children and Young People’s Improving Access to Psychological Therapies programme (CYP IAPT) is a change programme delivered by NHS England in partnership with Health Education England.
10. Thrive Approach - Thrive is a specific way of working with all children that helps to develop their social and emotional well-being, enabling them to engage with life and learning. It supports them in becoming more self-assured, capable and adaptable.