

**EMOTIONAL HEALTH AND
WELLBEING SUPPORT***for children and young people*

Stakeholder bulletin - 12

Chair's Update

Welcome to the twelfth bulletin of the Sussex-wide review of emotional health and wellbeing support for children and young people. As we move towards autumn and the end of our engagement phase, I want to thank everyone who has been involved in the review so far. We've still got a lot of work to do, but we've made great headway over the summer, engaging with more than 260 stakeholder organisations, talking to children and young people and building a robust evidence base through data collection and analysis.

Engagement is still underway, and I'd encourage you to check out the update that accompanies this bulletin for the latest information on how you can get involved. I'll be attending a series of events and meetings over the coming weeks including local strategic and planning forums. The review team and I are planning service visits where we can hear first-hand from children and young people, and our hardworking staff and professionals on the front line - these are the voices that will ensure our recommendations are based on lived experiences which are at the very heart of this review.

I wrote to local MPs and councillors in August, inviting them to talk to me directly with their views and feedback as well as giving them the opportunity to engage by attending events or completing our surveys. We're making good progress with data collection and analysis as the NHS Benchmarking Network is looking at performance, finance and quality data from NHS, local authorities and other organisations and will present a full report to the Review Panel over the next few weeks.

Review Panel update

The Panel held meetings in July and August. At the July meeting we were fortunate enough to be joined by two members of the East Sussex Youth Cabinet who gave an excellent and insightful presentation on work they've been doing to promote mental health within schools, including developing a guide for teachers which can be [found here](#). I know I speak for my colleagues on the Review Panel when I say this is exactly the sort of input that the review is all about; hearing about initiatives and solutions that have been designed by young people, for young people.

Next steps – developing the report and recommendations

The Oversight Group has proposed a ‘meeting in common’ with the Review Panel in October to better understand the issues, challenges and ideas that the panel are encountering as the review progresses. We’re delighted that this meeting will be taking place and we’re confident that this meeting in common will stimulate collective ownership of the report and recommendations.

We’re planning some **evidence sessions** to test proof of concept once the engagement period is over and will bring you more details about these sessions in future editions of the bulletin. The sessions will be designed to help the Review Panel work through the rich tapestry of information gathered during the review, revisit emerging themes and issues and test the elements that will make up the final report and recommendations.

We’re planning **reflective sessions** with health, care and education professionals where we can present our initial findings, understand if these resonate and look at priority areas and recommendations that should come out of the review’s evidence base. More information on these sessions will be released soon.

Engagement update - more opportunities to get involved

We want to hear from as many people as possible during the review process and have created a variety of ways for people to have their say. You can find a full update on engagement opportunities along with this bulletin, including links to surveys, dates for focus groups and details of our remaining open space events. Please do complete the surveys, book on to one of the events or groups and share this information with your peers, contacts and networks.

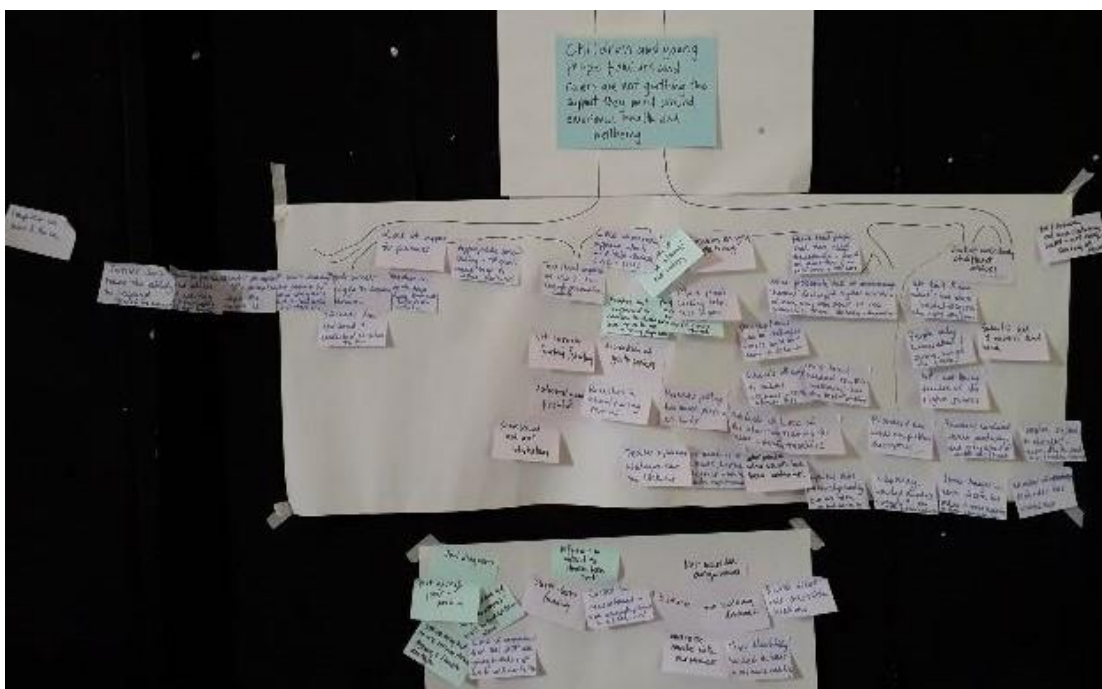
Other ways for people to tell us what they think

People can give us their views by:

- writing to us: Freepost SEA2474, BN8 2ZZ (please mark any correspondence ‘CYP Review’)
- emailing us: s.lofts@nhs.net
- calling us: 01273 403561

Open space events – what we’ve heard so far

We’ve held two open space events this summer, at venues in Haywards Heath and Worthing. Both events produced helpful and rich discussions and drew out some key issues. Attendees included parents and carers, representatives from the voluntary sector including Youth Emotional Support (YES), staff from the Sussex Partnership NHS Foundation Trust and local authorities. The events started with a ‘problem tree’ exercise where attendees identified current issues with existing services or pathways for children and young people before detailed group discussion to look at potential solutions.



Here are some of the areas that attendees recommended we look at further:

- A greater focus on **prevention**, stressing the importance of mental wellbeing rather than mental health problems
- Improving **understanding and awareness** about the services and support that are available for children and young people
- **Working better together** – better communication, joining up services and support and more partnership working across organisations
- More **support for parents and carers**
- **Improving links** between health and care and colleagues within the education sector and looking at resources and solutions for schools and colleges
- Making **better use of technology** in supporting mental health and wellbeing and improving partnership working
- Improving access to services and support – **creating flexible, appropriate and effective services and support** that meet the needs of children and young people
- ***“A space which isn’t home or schools to talk to peers and a youth worker and have fun!”***

Three more events are scheduled for 4th and 5th September in Hastings, Uckfield and Brighton – you can find full details in the engagement summary.

More than 200 GPs give their views on services and support

We’ve had a fantastic response to our GP survey with more than 208 responses

received, equating to around one in four family doctors working in Sussex. There's good representation from all clinical commissioning group areas, demonstrating that emotional health and wellbeing of children and young people is an important issue across the review's catchment area. Detailed analysis of responses is underway but it is clear that GPs feel strongly about this area of work and want to know how they can help address and understand the issues and find ways to improve services and support;

There's more work to be done to establish a clearer pattern of opinion but in the meantime, we'd like to thank our GP colleagues across the system for taking the time to give us their insights.



Who's who on the Review Panel

In this edition of the bulletin, find out more about our Panel member, **Amy Mary Rose Herring**.

Amy is a National Children and Young People's Adviser, representing the views of children and young people for a variety of national organisations, advising and supporting them to make changes and be innovative (such as NHS England Youth Forum, Anna Freud National Centre for Children and Families, Association of Young People's Health). Amy represents lived experience views of mental health from an all age approach (such as NHS Digital and NHS Personalised Care) and is the Lead Governor of Sussex Partnership NHS Foundation Trust.

Currently Amy is also co-chairing the national Standards and Guidelines for Sexual Safety in Mental Health Inpatient Wards. Amy's role as a Review Panel member is to advise on engagement and ensure that the views of children and young people are at the very heart of the review process and are being sought from a wide variety of areas. The review is important to Amy because she knows first-hand how confusing it can be for children and young people to navigate their way through local services and support to get the help they need.

Amy believes the review can have a really positive impact on children and young people's emotional and wellbeing services in Sussex because it will provide clarity on what is currently available, as well as providing clear direction as to what is missing and what is needed to meet the needs of local children and young people.

I hope you've found this edition of the bulletin useful. Please do get in contact with if you'd like to know more.

Steve Appleton
Independent Chair of the review

