

Making progress, making a difference

Commissioning for children and young people's mental health
and emotional wellbeing in West Sussex

September 2019



Introduction	3
Increased funding and access	4
Early support	5
YES – youth emotional support	5
YMCA Dialogue counselling	5
Community mental health liaison service	6
Targeted services for specific issues	7
Recovering from domestic abuse	
Whole-family bereavement support	7
Support for children affected by substance misuse	7
Therapeutic support for sexual abuse	8
Suicide and self-harm prevention	8
Supporting the transition to adulthood	9
LGBTU support	
Targeted services for vulnerable young people	10
Youth offending service	10
YES health and justice workers	10
Looked after children	10
Unaccompanied asylum seeking children	11
Addressing harmful sexual behaviour	11
Specialist CAMHS	12
Community teams	12
Urgent help service	12
Children and family eating disorder service	12
A&E liaison	13
Neurodevelopmental pathway redesign	13
Building relationships and skills	14
Working with schools	14
Working with GPs	14
Training for professionals, parents and carers	15
Further information and resources	15

Introduction

The Children and Young People’s Mental Health and Emotional Wellbeing Commissioners work jointly on behalf of West Sussex County Council and the NHS clinical commissioning groups (CCGs) for Coastal West Sussex, Crawley, and Horsham and Mid Sussex.

We plan, agree and quality-assure mental health and emotional wellbeing services for local children and young people (CYP). The types of service we commission are described in the diagram below.

This is our third annual *Making progress, making a difference* report, highlighting the progress and achievements since the introduction of our five-year local transformation plan (LTP) in 2015. The LTP was backed by significant and much-needed additional investment. The plan aimed to ensure the new funds not only enabled service expansion to meet demand, but also transformed the way we go about supporting CYP to enjoy the best possible mental health and emotional wellbeing.

Our ambition is to develop services so that CYP have access to information and support to stay well and – should they need it – access to the most appropriate treatment to achieve the best mental health.

We have made great strides and many more CYP than ever before are receiving the support they need. In particular, we have developed and expanded early intervention and targeted services, providing a range of accessible support to address problems early.

An important element of our approach is to help CYP develop personal resilience and coping

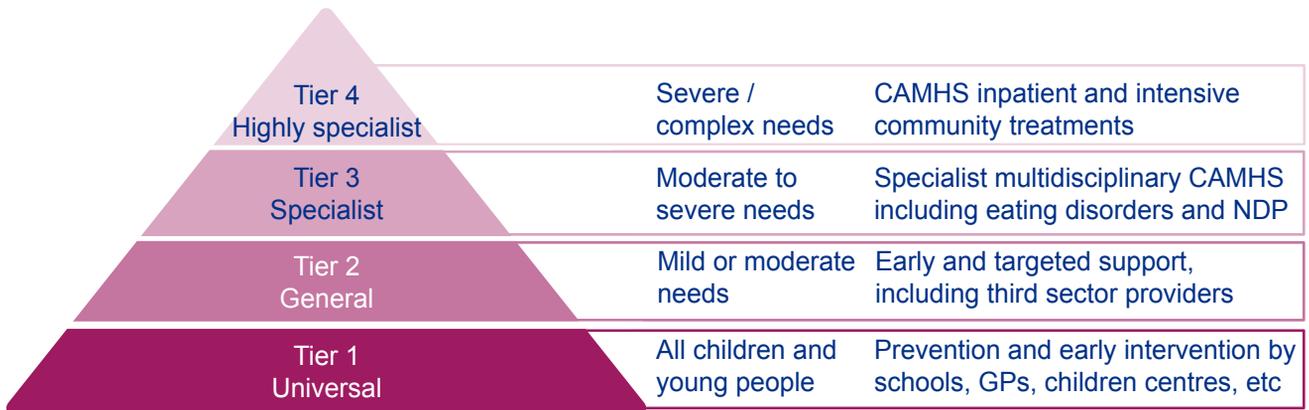
West Sussex Local Transformation Plan

An integrated, multi-agency, system-wide approach to build resilience, improve access to services and support CYP along pathways of care whatever their needs. By 2021, in collaboration with partners, we will have:

- accessible, timely services in the community
- a suite of intervention and targeted services to catch problems early
- more capacity and greater choice along the continuum of need
- a focus on outcomes, particularly for the most vulnerable
- fewer gaps between services and improved transition to adult services
- a workforce with the skills to deliver the services CYP want and need.

strategies for life’s inevitable stresses. This can be vital in preventing difficulties developing into conditions that require a medicalised mental health response now or in later life. Central to our vision is enhancing the skills, knowledge and confidence of everyone who works with CYP to identify problems early and know how best to address them.

We continually listen to feedback from CYP and their families, schools, GPs and service providers. While more CYP than ever are able to access



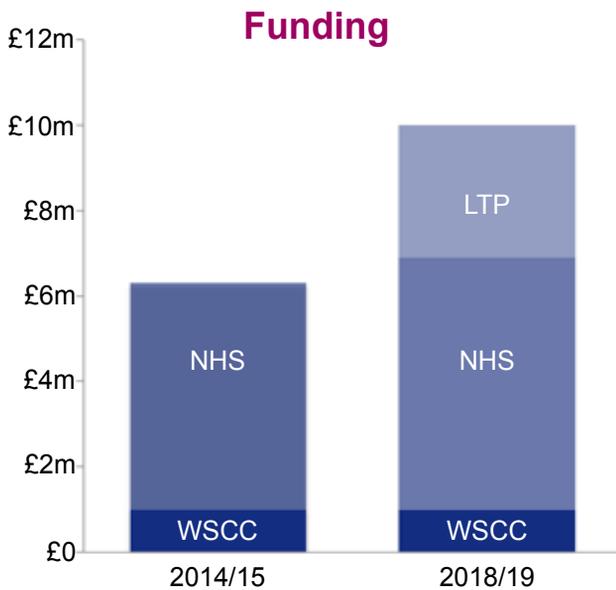
support - and feedback from services users is very good - we know it can sometimes be difficult for CYP, families and professionals to navigate the system and access the right service in a timely way. Sometimes there can be long waits or people can become stuck in gaps between services.

An important focus for the LTP now is on facilitating and developing the professional relationships and knowledge that will enable the whole system around CYP to work more effectively. Through information, networks, training and consultation, we are developing the knowledge and skills for professionals working with CYP to better

understand and address mental health and emotional wellbeing issues. We are empowering support CYP and families directly, build resilience and to signpost and refer to other services as appropriate.

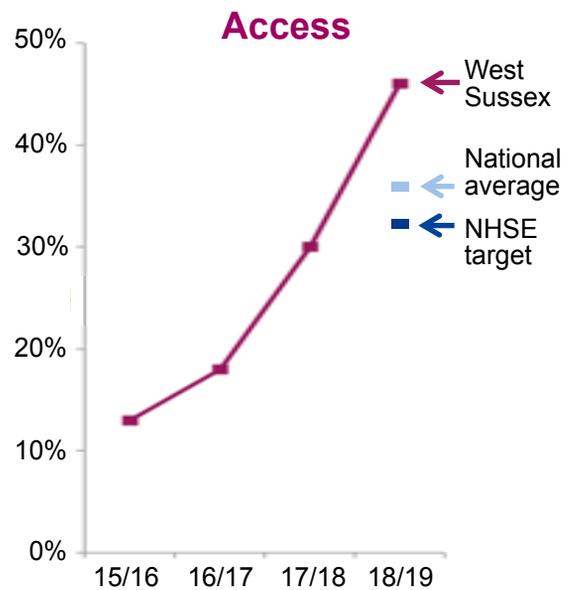
This report illustrates how we work and highlights just some of the many valuable services provided by the organisations we commission. We are proud of the achievements made together with our partners. However, we know there is more to do. We thank our partners for their support as we continue delivering our shared plan for better mental health and emotional wellbeing for CYP.

Increased funding and access



Funding is the total annual investment made available to commissioners from West Sussex County Council, from the NHS CCGs, and from NHSE in relation to the LTP.

Access is assessed using the NHSE target measure of the number of CYP with a diagnosable mental health condition accessing commissioned services at least twice during the year.



Our commissioned services have submitted their high level activity data and this shows that 6,585 CYP accessed these services in 2018/19. In addition, most CYP receiving services are seen well in excess of twice in a year.

Figures before 2018/19 are estimated on the best available data as not all services have reported in a consistent way until now.

Early support

YES – youth emotional support

Youth Emotional Support (YES) provides intensive 1-2-1 emotional wellbeing support and access to counselling, group programmes and support from other agencies. During the year, YES supported 2,152 young people aged 11-18 with a wide range of emotional wellbeing issues, helping them to make positive choices and build resilience. Many others were supported to access other more appropriate services.

Operating from the eight FindItOut centres across the county, YES accepts self-referrals and referrals from GPs, child and adolescent mental health services (CAMHS) and school nurses. YES works closely with the Integrated Prevention and Earliest Help (IPEH) service to ensure integration with other services and wider family support where appropriate. It also works closely with CAMHS to carry out joint assessments and ensure timely and appropriate escalations. On average, less than 2% of people receiving support from YES go on to require a referral to CAMHS.

This year, YES has introduced a range of emotional wellbeing workshops to provide coping strategies, practical tools and tactics to help young people manage their wellbeing in a more proactive and positive way.

“Without your support, and coming with me on a long journey, I wouldn’t have been able to achieve what I have so far this last year... None of this would have been possible without going to YES.”

Service users play an important role in the recruitment of YES staff. Ten current and former service users have been involved in recruitment panels over the year, helping to design interview questions and scoring candidates. Supported by a YES worker, their feedback plays a large part in the final outcome, reflecting the importance of engagement to the service.

YMCA Dialogue counselling

YMCA Dialogue offers face-to-face counselling in various locations for 11-18 year olds with mild to moderate mental health difficulties. The service re-launched in November 2018 to include an integrated online counselling offer.

The service received 1,201 referrals last year, an increase of nearly 10% from 2017/18. Outcomes for young people include coping better, feeling better in themselves or feeling less anxious. Nearly three quarters rated the service 8/10 or more for helpfulness.

Dialogue’s e-wellbeing online service offers eight sessions of counselling and is particularly suited to those who prefer to write down their feelings or find it difficult travelling to one of Dialogue’s centres.

The service has begun offering low-intensity CBT in Worthing and Horsham and plans to soon expand this to Crawley. This evidence-based therapy is

Young people were involved in the design of Dialogue’s newly refurbished space in Crawley. Through questionnaires, group sessions and individual interviews, over 30 CYP helped shape the services on offer, opening times, furnishings and décor and they contributed to inspirational quotes on the walls. Named Crawley YAC (youth advice centre), feedback on the new space has been very positive.



Crawley YAC

particularly suited to anxiety, low mood and phobias. Dialogue is also running a programme of group activities from summer 2019.

"I found I learnt a lot about myself and things to take away that will help me in the future."

"It has really helped me control and accept my anxiety."

"It helped me become more self-confident and has helped me find out who I am."

Community Mental Health Liaison Service

The Community Mental Health Liaison Service (CMHLS) offers advice and support for professionals working with CYP - such as GPs, teachers, school nurses and social workers - who are concerned about a young person's mental health and wellbeing. It has a particular focus on children under 12 and the vulnerable.

CMHLS supports early intervention and prevention, develops the capacity and capability of professionals in other services and contributes to a multi-agency approach. The service offers consultation and direct therapeutic interventions such as group work with CYP and their families. The team is co-located in the council's six community-based IPEH Hubs and the service lead provides clinical supervision to the YES service.

The service provided nearly 1,000 consultations to professional clients over the last year, most of whom wanted advice on the best course of action or help with appropriate strategies and interventions. Following consultation, around 40% of clients were supported to work with the young

carers. Another 20% resulted in referrals, with the remaining 10% referred to CAMHS.

The service is highly effective. Evaluation feedback found that 95% of professional clients reported progress after a consultation and 92% were satisfied with the outcome (with the remaining 8% reporting the consultation as beneficial but dissatisfied with the outcome because of CAMHS referral thresholds). In addition, 77% of clients reported a greater knowledge and understanding of the mental health needs of CYP following the consultation.

"An invaluable service for both reflecting on individual cases and identifying ways to improve the mental health of students across the school."

"Great service. Helps increase my knowledge, get quicker outcomes for families, and also gave me strategies to talk about with a family to help them."

Targeted services for specific issues

Recovering from domestic abuse

Over the year, 20 CYP and their families have received intensive therapeutic support to recover from domestic abuse. My Sisters' House women's centre in Bognor Regis provides the ten-week, NSPCC-approved Domestic Abuse Recovery Together (DART) programme.

DART supports CYP to communicate about their experiences and rebuild relationships. Afterwards, CYP report greater self-esteem, improved school attendance, fewer emotional and behavioural problems and better peer relationships. In addition, mothers have greater self-esteem, feel more affectionate and more effective as a parent.

"We are a family again and I know I can talk to my mum about anything. I feel safe and I feel better about my life."

Support for children affected by substance misuse

Change Grow Live provide counselling for CYP aged 5-18 years who have been affected by a parent, carer or sibling's substance misuse. Run as a pilot in Worthing, Adur and Crawley in 2018/19, the therapeutic service received 108 referrals. From April 2019 it has been commissioned county-wide and, as an innovative project, has also attracted additional funding from Public Health England relating to alcohol misuse and dependency.

"When I thought I wouldn't get over my hardest times, you helped me to overcome them by listening and understanding."

"She loves the sessions and feels valued and supported. It has had a direct impact on her ability to manage friendships and to challenge behaviour she doesn't like."

Whole-family bereavement support

In 2018, 170 CYP (from 88 families) who experienced the death of a parent or sibling received specialist bereavement support. The death of close family members has a profound impact on every area of a child's life.

Charity Winston's Wish deliver whole-family support, providing therapeutic support not only for the child but also building resilience throughout the family. Nearly nine out of ten parents and carers rated the service 9/10 or higher for helpfulness and understanding of the family's needs.

In addition to the commissioned counselling, this year Winston's Wish also ran a weekend away for bereaved teenagers, days out, drop in sessions and an after school club. A special Christmas event was also held, recognising how difficult the time of year can be for bereaved children.

"For making connections and friendships where grief and loss are understood, the teen weekend has been a great success with a positive impact."



Winston's Wish provide therapeutic support for CYP who have experienced bereavement

Suicide and self harm prevention

The Mind the Gap project, run by YMCA Downslink, helps young people aged 16-25 living in supported accommodation to better manage their emotional wellbeing to reduce the risk of suicide and self-harm. Based in a supported accommodation centre in Crawley, the key worker offers a range of interventions including counselling, drop in sessions, healthy cookery sessions, arts and crafts and 'walk-and-talk' with a dog.

Over the last year, the service supported 134 young people. It has been credited with a reduction in self-harm and suicidal ideation and positive feedback from service users demonstrates the impact of the project on their emotional health and wellbeing.

Supporting the transition to adulthood

Last year Coastal West Sussex Mind and Sussex Oakleaf worked in partnership to provide the Be OK service for 382 young people aged 16-25. Over half were aged 16-18.



Be OK managing anxiety workshop

Reducing self-harm

Recognising and reducing the risk of self-harm has been a focus for all commissioned services over the last year, from early intervention to specialist care. Self-harm is one of the key measures in our outcomes framework and we are working to better monitor this across all of our services to demonstrate their impact on this important issue.

"I talk about emotional things that I don't talk to anyone else about. Checking in with her reminds me to look after myself, and that people do care."

The service works with young people concerned about their mental health to promote resilience and independence. It supports people to move into work or education and can address the specific challenges associated with the transition to adult mental health services. Be OK offers 1-2-1 sessions, learning activities and informal social opportunities such as badminton, photography, dog-walking and guest speakers.

"Be OK has allowed me to grow as a person and helped me to overcome my vices."

"Be OK has helped me to meet new people going through the same emotional difficulties as me. They have helped me to feel less alone."

LGBTU support

Allsorts supports young people aged 11-19 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation or gender identity. Many LGBTU young people experience isolation and the service enables them to be themselves, talk about their feelings and make friends in a safe and fun environment.

The service expanded rapidly in 2018/19, with over 100 individuals attending regular groups in Horsham, Chichester and now also Worthing. In addition, more than 150 individuals from across the county accessed 1-2-1 sessions. In the most recent Allsorts survey, 88% of respondents said they had experienced mental health issues and 88% also said that Allsorts had improved their wellbeing.

In addition to the commissioned sessions, workshops and age-appropriate activities, Allsorts also provide specialist LGBTU youth support and education in schools and colleges, reaching over 2,000 young people and staff over the last year.

"Allsorts is my home where I don't have to worry about how I look or how I act. I don't know where I'd be without Allsorts."

"We are hugely grateful for the unique and invaluable support offered by Allsorts in helping our child to navigate their teenage journey. It's a godsend."



Allsorts placards for Pride parade

Therapeutic support for sexual abuse

A therapeutic support service for CYP affected by sexual abuse received over 194 referrals in 2018. Provided by Lifecentre, the service offers pre-trial therapy, face-to-face counselling for CYP and their families and play therapy for younger children, supported by telephone and text helplines. It has supported CYP from ages 2-18 and has demonstrated significant improvements in self-confidence, emotional coping and relationships.

"I like playing in my house and in my garden now. I don't hide in my room anymore."

"When I first came to Lifecentre, I felt depressed and stuck in the mind of my past. Now, a week away from 18, I'm able to realise that I'm no longer that 14 year old and don't have to wear her like a second, flinching skin."

Targeted services for vulnerable people

Youth Offending Service

The council's Youth Offending Service (YOS) is supported by a Sussex Partnership NHS Foundation Trust (SPFT) psychologist and CAMHS practitioners. Co-located with the YOS, they offer advice to the team to enhance their support for young people at risk of offending, carry out mental health assessments and work therapeutically with children and families.

Over the last year, the SPFT team have supported 64 young people referred for a range of reasons, including low mood, anxiety, self-harm and poor emotional regulation. The service carried out 37 mental health assessments and provided direct interventions in 31 cases. The team are part of SPFT's therapeutic and family intervention team and work collaboratively to address the needs of children and families.

The team also provide consultancy to YOS staff to help them work effectively with individual children. This reduces the number of professionals involved in a child's life – whilst ensuring they receive appropriate intervention and support – and enhances the skills, knowledge and confidence of the YOS team.

Looked after children

The CAMHS Looked After and Special Guardianship Team work with CYP in the care of social services or under a special guardianship order. They are trained to deal with issues that arise for CYP who have experienced abuse, neglect or traumatic loss and are now in alternative care. In addition to providing direct therapeutic interventions, the team support those with day-to-day responsibility for the individual and the wider systems around them.

Over the last year, the team has worked with more than 100 CYP, providing direct therapeutic interventions to just over half and providing support to carers and other professionals for the other 45%.

Currently seconded from SPFT, the team will become part of the new Child and Adolescent Multidisciplinary Psychological Service from October 2019.

YES health and justice workers

YES has two dedicated caseworkers funded by NHS England to support vulnerable young people who are in - or at risk of being taken in - to detention, secure accommodation or inpatient care. Many of these young people have experienced sexual or criminal exploitation. The caseworkers develop a relationship with the young person before providing interventions to improve their social and emotional resilience and promote stability.

Over the last year, the service supported 28 young people. Assessments of stability, risk and missing episodes have shown that the interventions help young people on a journey from chaos to stability and structure. There was a 25% reduction in the number of children assessed at high risk of exploitation, a 50% reduction in missing episodes and a 50% reduction in crime and disorder.

Following a recent national evaluation, our West Sussex service and model have been identified as an example of best practice and recognised for the impact they have had on CYP and the wider system.

"I really like the way my caseworker works with me. She does not judge and I feel comfortable with her."

Unaccompanied asylum seeking children

Over 80 vulnerable young people were helped by the mental health assessment and treatment service for unaccompanied asylum seeking children.

SPFT provides the service for children who are looked after by the council. The practitioner sees children with various trauma related and behavioural issues including anxiety, self-harm and difficulties with sleeping, often working with interpreters and liaising with other services. Activities this year included art groups, allotment projects and 'staying safe' workshops.

Many of the children have seen and experienced unimaginable distress. They benefit from a distinct service because of the complexities of their needs and common barriers around language. The aim is to offer therapy as far as possible and on-going support to prevent further mental health problems from developing.

"Our sessions have helped me a lot. I appreciate everything. I've tried to make better use of my time."

"I liked the gardening the most, the painting and just having some conversation. Thank you."

Addressing harmful sexual behaviour

The Assessment and Treatment Service (ATS) provided by SPFT offers psychological support to CYP who engage in harmful sexual behaviour. It provides consultation to other agencies and carries out assessments and therapeutic interventions with CYP and families.

Last year ATS accepted 44 new referrals for CYP aged 4-17. In addition, the service delivers well-received training through the local safeguarding children's board to equip professionals with a better understanding of harmful sexual behaviour and how to identify and address it.

ATS has also worked closely with the Safeguarding in Education team over the last year to develop and implement a tool to help schools respond quickly and effectively to harmful sexual behaviour and to ensure robust safeguarding plans are in place.

CHAMPS: New Child and Adolescent Multidisciplinary Psychological Service

From October 2019 all these targeted services for vulnerable CYP, with the exception of the Youth Offending Service, will become part of the new Child and Adolescent Multidisciplinary Psychological Service. The service name – and CHAMPS acronym – was decided by CYP themselves.

Specialist CAMHS

Specialist tier three CAMHS are provided by SPFT. They receive an average of 340 referrals a month and go on to treat around half, signposting the remaining 50% to other services such as YES. All referrals are triaged by professionals and a decision made about how best to meet the needs of the CYP

Community teams

The majority of specialist tier three CAMHS services are provided through the four community teams based in Mid Sussex; Northern West Sussex; Worthing; and Chichester. Specialist multi-disciplinary teams offer assessment and treatment to CYP with emotional, behavioural or mental health problems.

They work with CYP with moderate, acute or severe mental health problems that are causing significant impairment to their day-to-day life. These include:

- depression, anxiety, PTSD and behavioural problems
- hyperkinetic and obsessive compulsive disorders and tics
- significant self-harm or suicidal thoughts
- attention deficit hyperactivity disorder, autism spectrum and neuropsychiatric conditions.

The demand for specialist CAMHS services is increasing year on year. All referrals are triaged by a professional panel to ensure the CYP receives the most appropriate support. This may mean the referral (for example if it is related to bullying, bereavement or substance misuse) is redirected to another service.

Community teams do not provide a crisis service. Any referrals marked as urgent are reviewed within four hours and, if a crisis response is required, will be passed to the urgent help team. Urgent CAMHS referrals are seen within seven days if the referral meets the criteria.

Urgent help service

This specialist crisis resolution and home treatment team offers assessment and intervention for young people in crisis whose needs cannot be safely met by other services because they are at significant risk of harm to themselves or others. The service aims to provide the least restrictive options to hospital admission, trying to help CYP at home with their family or carers wherever possible.

Urgent and emergency care has been identified as a priority for investment across Sussex. Additional funding will be used to increase intensive home treatments and strengthen liaison services. A business case is being developed which is looking at patient flows to ensure the maximum impact for the additional investment. Commissioners hope the new enhanced service will be in place by April 2020.

Children and family eating disorder service

Commissioners across Sussex have joined forces to commission a Sussex-wide eating disorder service for CYP. Provided by SPFT, the service focuses on supporting the whole family, not just the young person. The team receives an average of 16 new West Sussex referrals every month.

The service offers intensive home treatment to CYP and their families, including psychological interventions, family therapy, psychiatry and nursing support.

A&E liaison

The CAMHS A&E Liaison Service, based at Worthing Hospital and St Richards Hospital in Chichester, provides mental health assessments, care planning and advice for CYP presenting at A&E. It supports CYP following a suicide attempt, self-harm, suicidal thoughts or psychosis.

It improves the quality of care for CYP experiencing mental health problems while in hospital and aims to prevent admission to inpatient mental health services where possible. The team also works with hospital staff, empowering them to better support patients with mental health needs. The service arranges onward referrals as appropriate and provides a follow up appointment for young people not known to CAMHS to aid with assessment, transition, signposting and any referrals.

There is an equivalent in-reach service to support West Sussex CYP who present at East Surrey hospital in Redhill.

Other SPFT services

SPFT also provides the Community Mental Health Liaison Service (see page 6); Assessment and Treatment Service for addressing harmful sexual behaviour (see page 11); support for the Youth Offending Service (see page 10); support for the Looked After and Special Guardianship Team (see page 10); support for unaccompanied asylum seeking children (see page 11) and is one of the providers of neurodevelopmental services (see page 13).

Neurodevelopmental pathway redesign

Commissioners have brought together SPFT, Sussex Community NHS Foundation Trust and Western Sussex Hospitals NHS Foundation Trust to transform pathways of care for CYP with attention deficit hyperactivity disorder (ADHD) and autism spectrum conditions (ASC).

A neurodevelopmental pathway (NDP) steering group has been established involving commissioners, the providers, West Sussex Parent Carers Forum, the CCGs, third sector providers and the local authority to develop a new service model for April 2020.

Families often report long waiting times for diagnosis and care; confusion about the roles of professionals on the pathway; and a need for more information and individual support before, during and after a diagnosis. The new service model aims to address all these issues and is backed by additional funding which will enable an expansion in the NDP workforce over the coming months.

In addition to senior clinical commitment to the NDP steering group and service redesign from the three main service providers, achievements this year include:

- The introduction of a multi-disciplinary team clinic to see CYP with possible dual diagnosis, reducing the need for additional appointments to see other specialists.
- The introduction of collaborative waiting list initiatives.
- Increased staff resource working specifically on the neurodevelopmental pathway.
- The introduction of a standard referral pack for ASC and ADHD to streamline and simplify the process for schools, GPs and families.
- Work with GPs to raise awareness and understanding of the condition and the most appropriate referral routes.

Building relationships and skills

Central to delivering our vision for better emotional wellbeing is enhancing the skills, knowledge and confidence of everyone who works with CYP to identify problems early and know how best to address them.

This year we have continued our successful training programme for the wider workforce. We have also made great progress in developing relationships across the whole system, with a particular focus on schools and GPs.

Working with schools

Over the year we have continued to strengthen our partnership with schools and colleges. Our aim is to support school staff to help children and families directly with appropriate advice, signposting and referrals and to help build a network for schools to work more closely and effectively with health services, particularly GPs.

We successfully applied to become a trailblazer site to develop and implement Mental Health Support Teams (MHSTs) in Crawley and Bognor. The pilot is funded by NHS England for two years and will enable us to enhance the support available to schools and colleges.

MHSTs are an important strand of the Government's 2017 Green Paper 'Transforming Children and Young People's Mental Health Provision'. They will deliver evidence-based interventions for mild to moderate mental health issues and support the development of a whole school/college approach in each institution. They will also give timely advice to school and college staff and liaise with other services to help CYP get the right support and stay in education. Each MHST will include mental health and emotional wellbeing practitioners, senior therapist and educational psychologist and will work directly with around 500 CYP.

MHSTs are being introduced in a number of schools and colleges during the 2019/20 academic

Children's wellbeing practitioners for schools and colleges

Two children's wellbeing practitioners have been recruited to work specifically with schools and colleges to enhance access and referral routes for CYP with low to moderate mental health needs. The new roles sit within the YES service, extending the reach of these crucial early support services and strengthening the integration with schools, colleges and other partners.

year, with the new staff undergoing placements and training with the University of Sussex. The MHSTs will start full operation from September 2020, with on-going rollout if they prove successful.

Working with GPs

We have been working with groups of GPs in Crawley and Worthing to explore their experiences of specialist CAMHS and emotional wellbeing services. The focus is on understanding how we can better engage GPs in the CYP mental health pathway and strengthen relationships between general practice and SPFT. We will be continuing this work, aiming to engage with all GP practices, to listen to their feedback and develop a shared understanding of the most effective pathways for CYP with mental health and emotional wellbeing needs.

Training for professionals, parents and carers

Since May 2016 Coastal West Sussex Mind, in partnership with other subject experts, has been providing training to professionals and volunteers working with CYP such as GPs, social workers, teachers and police officers. This year, nearly 500 more have received training to increase their skills and confidence to identify and support CYP

experiencing mental health and emotional wellbeing issues, taking the total trained to over 2,000.

The service continues to offer in-house courses for schools, with topics including anxiety, low mood, attachment and trauma, and emotional resilience.

Training has also been extended this year to parents and careers, with over 150 attending courses covering a diverse range of issues from tics and Tourette's to exam stress and the adolescent brain. In addition, a number of e-learning courses for parents and careers are now being offered.

"I have a better understanding of the young person's world, how to engage them in dialogue, and the impact on their life."

Further information and resources

Resources available

Leaflets for parents and young people on self-harm and emotional wellbeing, containing useful tips and links to national and local services, have been developed in collaboration with young people.

Copies are available from:
publications@westsussex.gov.uk

Useful websites

Your space

West Sussex site offering information, resources and access to services for young people:
www.westsussex.gov.uk/education-children-and-families/your-space/

Contact the commissioning team

To get in touch with the team, please contact Aaron Gain, Children and Young People's Commissioning Team: aaron.gain@westsussex.gov.uk

Youth Emotional Support (YES)

Find out more about the YES service and how to access it: www.bit.ly/wsxyes

Sussex CAMHS website

Information about CAMHS for CYP, families, carers and professionals from SPFT:
www.sussexcamhs.nhs.uk

Free Your Mind

Find out more about the award-winning West Sussex young people's mental health campaign group: www.westsussex.gov.uk/education-children-and-families/your-space/participate/free-your-mind-mental-health-campaign-group/

Local transformation plan

Download the latest version of the LTP:
www.bit.ly/ltpoct18

Delivering With, Delivering Well

Information and newsletters from the West Sussex CYP IAPT (Improving Access to Psychological Therapies) programme and community of practice: <https://cypipt.com/sussex-delivering-with-delivering-well-newsletter/>

