

Children and Young People's Mental Health and Wellbeing – Recovery and Renewal

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Support provided to Children & Young People through Scottish Government Investment

£26m invested in perinatal and infant mental health programmes from 2019-2023 including up to £1m per year for the third sector, who have provided peer support, counselling and befriending to **over 7,000 parents, expectant parents and infants.**

1,8 million reaches of Young Scot's mental health and wellbeing 'AyeFeel' webpages and **over 100k** views and engagement through social media campaigns.

We have ensured access to **counselling services in all secondary schools** in Scotland, and continue to support local authorities with £16m a year.

Over 45,000 children and young people accessed community-based supports between July and December 2022.

Beat provided with over £600,000 to provide **a range of support services for those impacted by an eating disorder**, including the expansion of their helpline, and specialist support for those impacted by binge eating disorders

Staffing in CAMHS has more than doubled since 2007 and the investments we are making in CAMHS will make it possible for Boards to **recruit 320 additional staff by 2026**

Slido Instructions

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2. Input the code **nhsscot23**
3. Select your session from the options listed **OR**
4. Scan the QR code (attached) and go straight to select your session



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**Finding out what you know about Children
and Young People's Mental Health...**

Digital supports available

Our aim is to support young people to **positively engage with their mental health at an early stage**, promoting and supporting the conditions for good mental health and wellbeing at a population level.



Parent Club

ASK

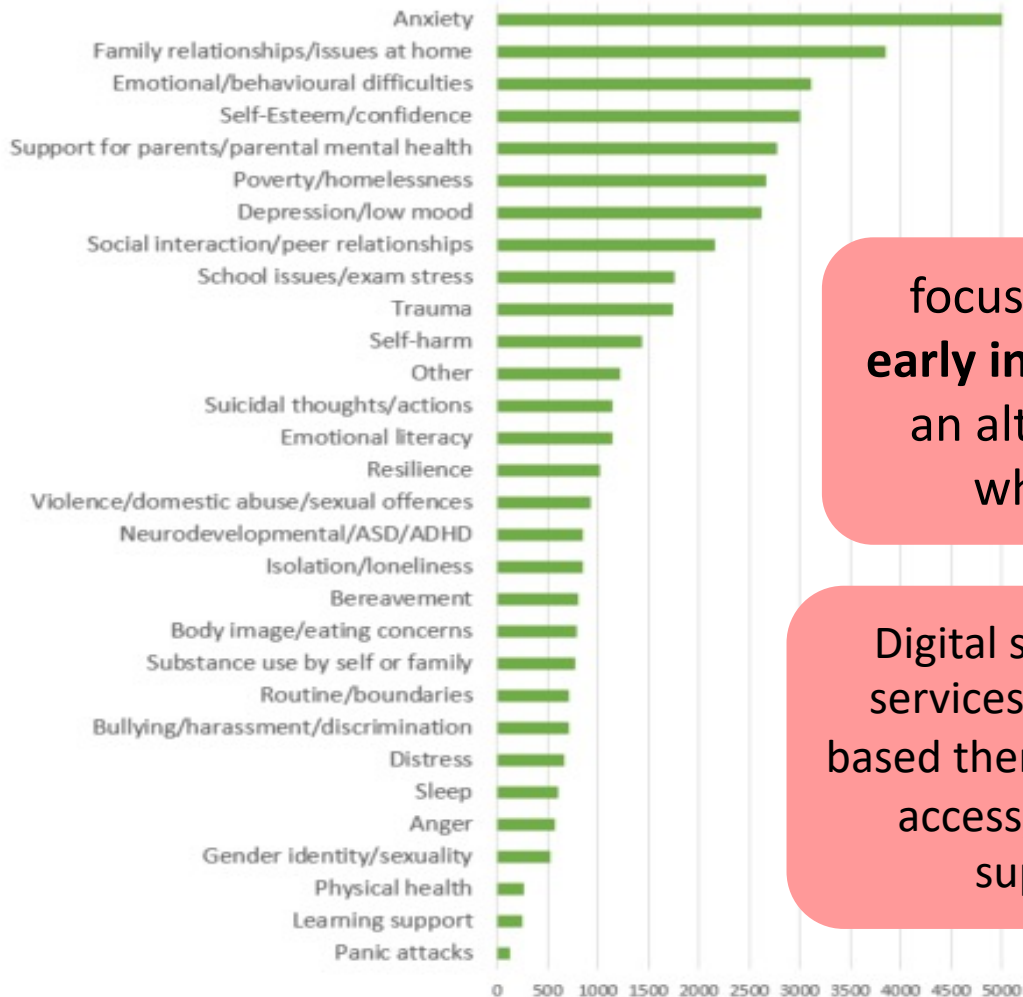
UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

Support in the Community

Reasons for presenting to services



Over 300 community-based supports and services are now in place across the country.

All local authorities have confirmed counselling services are in place in all secondary schools, which is available for children 10 years and over.

focus on prevention and early intervention, and offer an alternative to CAMHS where appropriate

Over 14,500 young people accessed school counselling services between January and June 2022.

Digital supports, mentoring services, peer supports, art-based therapies, single points of access, and whole-family support services.

Publication - Advice and guidance

Mental health and wellbeing: whole school approach: framework

Published: 24 August 2021
 Directorate: [Learning Directorate](#)
 Part of: [Children and families, Education, Health and social care](#)
 ISBN: 9781800049871

A whole school approach framework for schools to support children and young people's mental health and wellbeing.



We have set the conditions needed for long-term, sustainable improvement to the CAMHS system

Publication - Factsheet

Child And Adolescent Mental Health Services: national service specification

Published: 2 February 2020

From: [Minister for Mental Wellbeing and Social Care](#)

Part of: [Health and social care](#)

ISBN: 9781839605369

The Child and Adolescent Mental Health Services (CAMHS) NHS Scotland national service specification outlining provisions young people and their families can expect from the NHS.



Publication - Advice and guidance

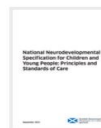
Children and young people - national neurodevelopmental specification: principles and standards of care

Published: 8 September 2021

Part of: [Children and families, Health and social care](#)

ISBN: 9781802013276

Seven standards for services to support children and young people who have neurodevelopmental profiles with support needs and require more support than currently available.



In 2022-23, we have allocated funding of £32 million via the 2022-23 Mental Health Outcomes Framework to **improve the quality and delivery of mental health and psychological services for all.**

In March 2022, five local areas were funded to take forward **Tests of Change (ToC)** on the implementation of the Neurodevelopmental Service Specification,

Learning and evidence to be shared from ToCs once concluded to support other local partners to implement the Specification successfully.

Eating Disorders Policy Next Steps

Over the last three years we have taken significant actions to ensure that those who require support for an eating disorder can receive timely access to appropriate treatment.

NHS Benchmarking has been commissioned to undertake a **“deep dive”** into Eating Disorders services and data

This data will provide us with an **up to date baseline position on services** across NHS Boards, to inform future policy development and resourcing.

The **Eating Disorder Quality Standards** are currently being developed by a team of experts in eating disorders. Currently there are 9 quality standards naming:

Service structure
Education and training
Shared Transitions
and supported decision making
Supporting people with co-occurring considerations
Assessment and monitoring
Leadership and governance
Access to care
Discharge

Perinatal & Infant Mental Health

Since 2019...we have put in place **11 new and 3 expanded Community Perinatal Mental Health Teams**. Alongside this there are **10 new Infant Mental Health services** with a **further 4** in development.

Maternity and Neonatal Psychological Interventions have **9 new services and 1 expanded service**. We have also **increased staffing in Mother and Baby Units** including the introduction of peer support workers

The Perinatal and Infant Mental Health Fund and Small Grants Fund **provide support to 34 third sector organisations**. So far this has **supported over 5,000 parents and infants** to improve wellbeing/relationships and the funding arrangement has been extended through to March 2024.

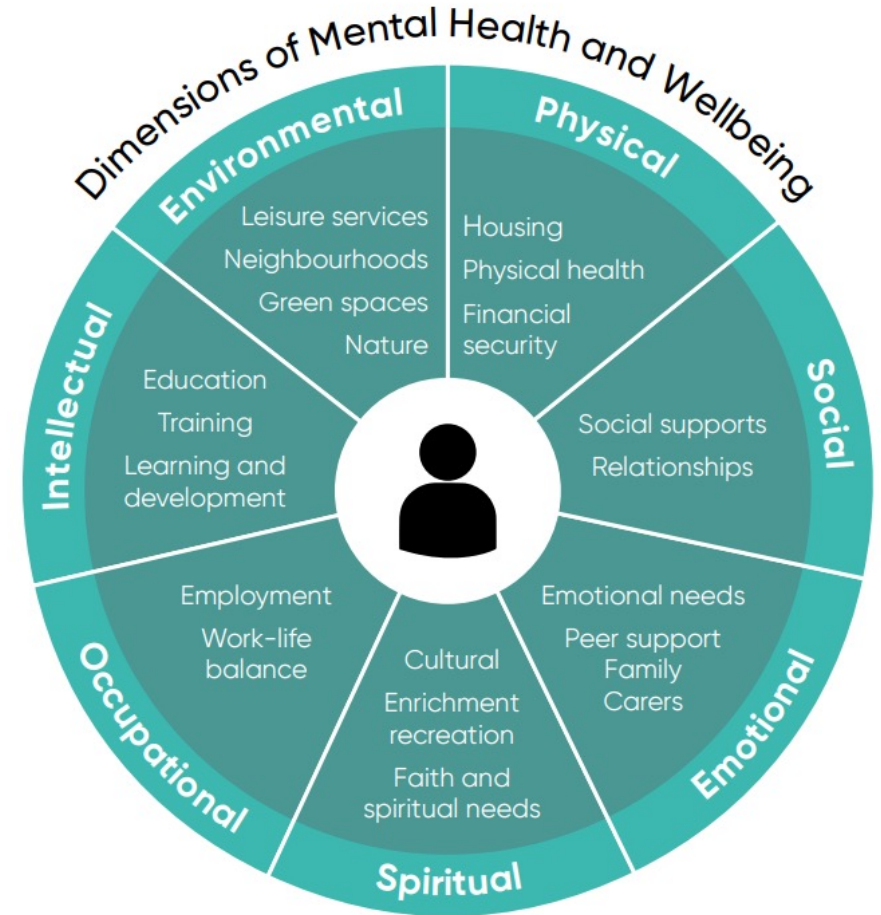
A national campaign called **Wellbeing for Wee Ones** has enabled parents, practitioners and the general public to understand why early interactions are so important to give infants the best start in life.



Mental Health & Wellbeing Strategy

Our new Strategy will allow us to look ahead to make sure we are doing the right things to meet **changing Mental Health needs** over the coming years.

It sets out a **clear vision** for future population mental health, wellbeing and care; and our priorities to help us get there.



Whole Systems Model

Thank you for attending

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