

Children and Young People - Mental Health Improvement Policy Landscape



A resource to support the planning and delivery of child and youth mental health improvement activity in Greater Glasgow and Clyde. Underpinned by the evidence-based [Greater Glasgow and Clyde Children and Young People Mental Health Improvement Prevention and Early Intervention Framework](#), it illustrates recommendations and links to key mental health policy drivers.

Frequently Asked Questions

We've put together some commonly asked questions to give you more information about the policy landscape. If you have a question that you can't find an answer to please contact ggc.mhead@nhs.scot

1. What is the child and youth policy landscape?

- Child and youth mental health is a national priority area as evidenced by the numerous national strategy documents published over recent years. Navigating and keeping abreast of the national policy picture can be overwhelming for practitioners, teams and organisations. The policy landscape resource is a simple planning tool to help support delivery of child and youth mental health improvement activity. It is underpinned by the evidence-based [Greater Glasgow and Clyde Children and Young People Mental Health Improvement Prevention and Early Intervention Framework](#), a framework which it illustrates the different pre-requisites that children and young people need to develop resiliently. The framework has been mapped against some of the key child and youth mental health national policy documents and illustrates how the themes of the framework correlate with the recommendations outlined in each of the policies.

2. Does the planning tool include all policies relevant to child and youth mental health?

- No. There are an abundance of policies that link to child and youth mental health but the planning tool only includes some of the key policy drivers. These include; A Refresh of the Strategy for Mental Health Services in Greater Glasgow & Clyde: 2023 – 2028, the Scottish Government Mental health and wellbeing strategy, Children and Young People's Mental Health Task Force: recommendations, Creating Hope Together Scotland's Suicide Prevention Strategy 2022-2032, Scotland's Self harm strategy and action plan 2023 to 2027, Curriculum for Excellence and Getting it Right for Every Child. All are hyperlinked to take you directly to the strategy for further information.

3. Who is it for?

- The resource can be used by individuals and teams from both statutory and non-statutory organisations who have a remit for child and youth mental health.

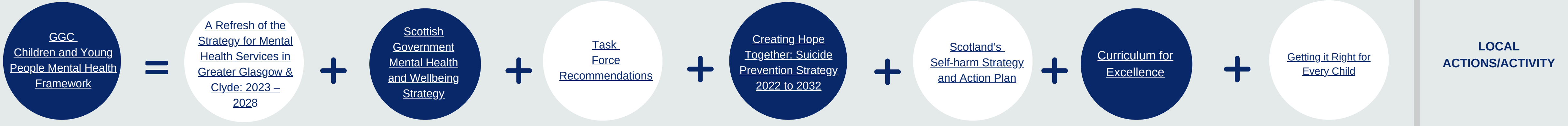
4. How can it be used?

The resource can be used to:

- Map child and youth mental health improvement activity against policy recommendations. This can show teams and organisations where they are translating national policy into local actions.
- Identify gaps in provision and areas for improvement to support child and youth mental health activity planning.

5. What are the benefits of using the policy landscape?

- Gives an overview of how your child and youth mental health improvement activity links to national priorities and recommendations. This information can help support funding applications and organisational reports.
- Highlights strengths and can identify gaps. This can help plan work and prioritise allocation of resources.



One Good Adult

Continue to work to improve the quality of care experienced by looked-after children and young people, for whom HSCPs have Corporate Parenting responsibilities.

A programme to coordinate reduced exposure to ACEs, and to mitigate the effects of ACEs once they occur, for example by developing a 'Family Nurture' strategy in every Partnership with a community infrastructure of support. This should include relational and parenting support, especially for families with ACE risks.

Tackle mental health stigma and discrimination where it exists and ensure people can talk about their mental health and wellbeing and access the person-centred support they require.

Improve population mental health and wellbeing, building resilience and enabling people to access the right information and advice in the right place for them and in a range of formats.

Reduce the risk of poor mental health and wellbeing in adult life by promoting the importance of good relationships and trauma-informed approaches from the earliest years of life, taking account where relevant adverse childhood experiences. Ensure help is available early on when there is a risk of poor mental health, and support the physical health and wellbeing of people with mental health conditions.

Recommendation 4:
The Task Force endorses a whole system approach to addressing children's mental health needs, ensuring preventative action to reduce need, and a prompt and proportionate response which improves outcomes for all children who need support or treatment.

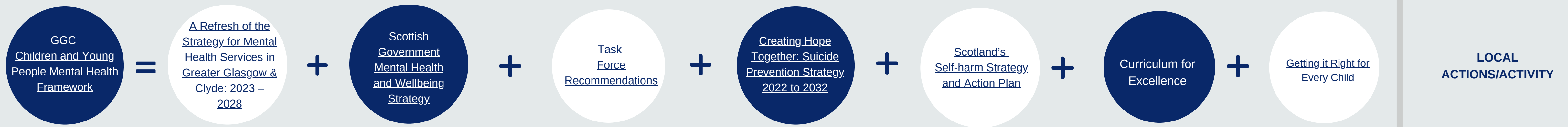
Outcome 2:
Our communities have a clear understanding of suicide, risk factors and its prevention – so that people and organisations are more able to respond in helpful and informed ways when they, or others, need support.

Priority 2:
Continue to build person-centred support and services across Scotland to meet the needs of people affected by self-harm.

Confident Individuals

Safe
Nurtured

LOCAL ACTIONS/ACTIVITY



								LOCAL ACTIONS/ACTIVITY
Resilience Development in Schools	<p>A new collaboration with Education and Social Care services to conduct and behavioural problems in primary-school age children.</p>	<p>Tackle mental health stigma and discrimination where it exists and ensure people can talk about their mental health and wellbeing and access the person-centred support they require.</p> <p>Improve population mental health and wellbeing, building resilience, enabling people to access the right information and advice in the right place for them and in a range of formats.</p> <p>Expand and improve the support available to people in mental health distress and crisis and those who care for them through our national approach on Time, Space and Compassion.</p>	<p>Recommendation 6: The Taskforce has begun to identify a set of building blocks integrating the recommendations of all its workstreams. These will embed prevention and best practice in all our work with children, young people and their families. Scottish Government and COSLA should ensure future approaches to children and young people's mental health are based on these building blocks.</p>	<p>Outcome 1: The environment we live in promotes conditions which protect against suicide risk – this includes our psychological, social, cultural, economic and physical environment.</p>	<p>Priority 1: Continue to expand and deepen knowledge and embed compassionate understanding of self-harm and tackle stigma and discrimination.</p>	<p>Successful Learners</p>	<p>Safe Nurtured</p>	
Resilience Development in Communities	<p>Support community planning partners to develop and implement strategies to address child poverty within their area.</p> <p>Work with community planning partners to extend the development of community-based initiatives that build social connection, tackle isolation and help build skills, confidence and productive engagement, with particular attention to marginalised groups.</p>	<p>Tackle mental health stigma and discrimination where it exists and ensure people can talk about their mental health and wellbeing and access the person-centred support they require.</p> <p>Improve population mental health and wellbeing, building resilience and enabling people to access the right information and advice in the right place for them and in a range of formats.</p> <p>Expand and improve the support available to people in mental health distress and crisis and those who care for them through our national approach on Time, Space and Compassion.</p>	<p>Recommendation 3: The Scottish Government and COSLA should recognise the vital and increasing role the third sector performs in supporting and improving the mental health of children and young people and should ensure they are fully involved and represented in strategic partnerships at a local and national level.</p>	<p>Outcome 2: Our communities have a clear understanding of suicide, risk factors and its prevention – so that people and organisations are more able to respond in helpful and informed ways when they, or others, need support.</p>	<p>Priority 1: Continue to expand and deepen knowledge and embed compassionate understanding of self-harm and tackle stigma and discrimination.</p>	<p>Responsible citizens</p>	<p>Included Respected Achieving</p>	

GGC
Children and Young
People Mental Health
Framework

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A Refresh of the
Strategy for Mental
Health Services in
Greater Glasgow &
Clyde: 2023 –
2028

+

Scottish
Government
Mental Health
and Wellbeing
Strategy.

+

Task
Force
Recommendations

+

Creating Hope
Together: Suicide
Prevention Strategy
2022 to 2032

+

Scotland's
Self-harm Strategy
and Action Plan

+

Curriculum for
Excellence

+

Getting it Right for
Every Child

LOCAL
ACTIONS/ACTIVITY

**Guiding Through
The Service
Maze**

Continue to improve processes that promote more integrated working across Adult Mental Health Services and Children and Family services.

A new collaboration with Criminal Justice services to develop and implement a Mental Health strategy for young people involved in the justice system, including early intervention access services.

Tackle mental health stigma and discrimination where it exists and ensure people can talk about their mental health and wellbeing and access the person-centred support they require.

Improve population mental health and wellbeing, building resilience and enabling people to access the right information and advice in the right place for them and in a range of formats.

Increase mental health capacity within General Practice and primary care, universal services and community-based mental health supports. Promote the whole system, whole person approach by helping partners to work together and removing barriers faced by people from marginalised groups when accessing services.

Improve mental health and wellbeing support in a wide range of settings with reduced waiting times and improved outcomes for people accessing all services, including CAMHS and psychological therapies.

Recommendation 5: Scottish Government and COSLA should support future investments in children and young people's mental health that prioritise early intervention and prevention approaches.

Recommendation 10: Building on existing work, the Scottish Government should commission a quality/ performance improvement plan to improve consistency, in the short term, of CAMHS performance and CAMHS acceptance criteria. This will be of particular importance given the £4m investment in CAMHS to ensure there is a measurable improvement, in line with Taskforce recommendations, as a result of this investment.

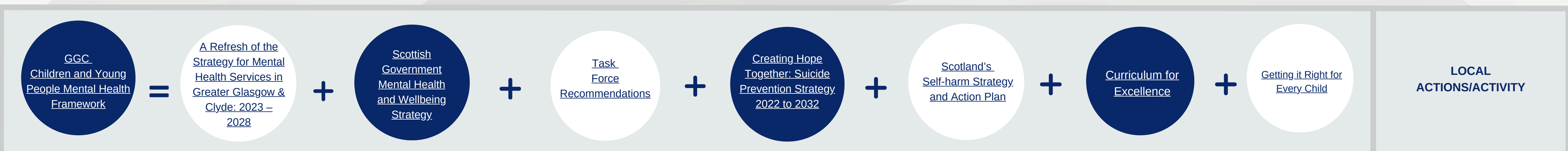
Outcome 3: Everyone affected by suicide is able to access high quality, compassionate, appropriate and timely support – which promotes wellbeing and recovery. This applies to all children, young people and adults who experience suicidal thoughts and behaviour, anyone who cares for them, and anyone affected by suicide in other ways.

Outcome 4: Our approach to suicide prevention is well planned and delivered, through close collaboration between national, local and sectoral partners. Our work is designed with lived experience insight, practice, data, research and intelligence. We improve our approach through regular monitoring, evaluation and review.

Priority 2: Continue to build person-centred support and services across Scotland to meet the needs of people affected by self-harm.

Effective contributors

Healthy
Included



								LOCAL ACTIONS/ACTIVITY
<p>Responding to Distress</p>	<p>Significantly up-scale Mental Health training and support for all staff in Partnerships and related services (including trauma-informed, ACE aware, one good adult, mental health first aid).</p> <p>Coordinate and extend current Partnership work for the prevention of suicide through joint training, risk management, and acute distress responses, including with primary care.</p> <p>Access to 'distress' services delivered as part of the Unscheduled Care Review.</p>	<p>Expand and improve the support available to people in mental health distress and crisis and those who care for them through our national approach on Time, Space and Compassion.</p>	<p>Recommendation 12: Scottish Government and COSLA should support the implementation of a programme of education and training for the multi-sector work force in support of the Task force's ambitions for a whole system approach model.</p> <p>Recommendation 13: Scottish Government and COSLA should work with partners to ensure that the supply of well-trained staff is maintained and expanded. This should include working alongside the Third Sector on a recruitment drive for children and young people's mental health services to attract bright, compassionate people of all ages and backgrounds to this work.</p>	<p>Outcome 2: Our communities have a clear understanding of suicide, risk factors and its prevention – so that people and organisations are more able to respond in helpful and informed ways when they, or others, need support.</p> <p>Outcome 3: Everyone affected by suicide is able to access high quality, compassionate, appropriate and timely support – which promotes wellbeing and recovery. This applies to all children, young people and adults who experience suicidal thoughts and behaviour, anyone who cares for them, and anyone affected by suicide in other ways.</p>	<p>Priority 1: Continue to expand and deepen knowledge and embed compassionate understanding of self-harm and tackle stigma and discrimination.</p> <p>Priority 2: Continue to build person-centred support and services across Scotland to meet the needs of people affected by self-harm.</p>	<p>Confident Individuals</p>	<p>Included Safe Respected</p>	
<p>Peer Support and Social Media</p>	<p>Work with multiple partners to build awareness of practical steps to promoting Mental Wellbeing and challenging stigma and discrimination (linking to initiatives such as Walk a Mile , See Me and the Scottish Mental Health Arts Festival) – with a priority focus on groups with higher risk, marginalised and protected characteristics.</p>	<p>Tackle mental health stigma and discrimination where it exists and ensure people can talk about their mental health and wellbeing and access the person-centred support they require.</p>	<p>Recommendation 8: Scottish Government and COSLA should provide support to local partnerships to develop fit for purpose systems for sharing information digitally to better support children, young people and families in line with GIRFEC.</p> <p>Recommendation 9: Scottish Government and COSLA should endorse further exploration of the digital solutions children, young people, and their families would find useful. This should include consideration of the needs of those accessing CAMHS and neurodevelopmental services, as well as those who are looking for tools to support their wellbeing.</p>	<p>Outcome 1: The environment we live in promotes conditions which protect against suicide risk – this includes our psychological, social, cultural, economic and physical environment.</p>	<p>Priority 1: Continue to expand and deepen knowledge and embed compassionate understanding of self-harm and tackle stigma and discrimination.</p> <p>Priority 2: Continue to build person-centred support and services across Scotland to meet the needs of people affected by self-harm.</p>	<p>Successful learners Effective contributors</p>	<p>Included Respected</p>	