

JDB NEWSLETTER



NEWSLETTER FROM THE CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING JOINT DELIVERY BOARD



Need an introduction or want to refresh your memory on the JDB?

Hear about the Board and the deliverables we are working on from the young people that sit on it [here](#) you can also find out more about our history and principles on our [web page](#).



SPOTLIGHT

Neurodevelopmental Services

The JDB agreed the [Neurodevelopmental Service Specification; Principles and Standards of Care](#) which was published by Scottish Government in September. This is intended to support children with neurodevelopmental needs, who are often referred to CAMHS but do not meet CAMHS criteria. Since it's publication Health Boards have received funding to build capacity to support the neurodevelopmental specification. Recognising the implementation of the specification will be complex, the JDB is also supporting 5 test for change sites to understand challenges and share learning around implementation.

What's in this issue?

Spotlight on Neurodevelopmental Services

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Spotlight on School Counselling

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Engagement Corner





ENGAGEMENT CORNER

ONE GOOD ADULT

The Children and Young People's Mental Health and Wellbeing Framework sets out the levels of knowledge and skills required by staff, across agencies, to deliver wellbeing and mental health supports and interventions under the auspices of Getting it Right for Every Child (GIRFEC).

A key part of the framework development involved hearing from children and young people what they want and need from the adults that support them. Their views were incorporated in the framework and, as a result of the engagement process, children and young people developed the core knowledge and skills required for someone to be 'One Good Adult' into a job description format. These knowledge and skills are needed to be a 'Good Adult' no matter what setting the adult works in or what practice level they work at. We have engaged with children and young people to finalise the One Good Adult's Job Description which will capture key messages, including the vital importance of good relationships for wellbeing and mental health.



We try our best to use plain English at all times but may sometimes include common mental health terms. If there is language you would like to check, why not use our Glossary?

SPOTLIGHT

Spotlight: School Counselling

School counselling reported to the JDB in October. An analysis of the reports showed that between January and June 2021 over 10,000 children and young people accessed counselling services and the overall picture on improving outcomes for young people is positive. The returns from local authorities recognise that there are a number of pupils who are currently continuing to access counselling, and have not yet completed. Recognising this, it is clear that 4854 children and young people have experienced improved outcomes as a result of receiving counselling. Where outcomes have been provided in percentage terms, the average reported is 90.75% and range from 82% to 100%.

Local authorities were provided with 10 suggested categories of issues with which children and young people may present. There was wide variation across local authorities on the issues reported by children and young people accessing counselling services with an additional 52 issues reported. These included issues such as bullying, family relationships, stress, self-esteem, issues related to sexuality, and domestic abuse. A full list is included in the report.





WHAT'S ON ELSEWHERE?

Youngs Scot has launched it's #MakeTimeTo campaign supporting young people's mental health and emotional wellbeing.

It encourages young people to #MakeTimeTo look after their mental health and provides different ideas for the way that young people can do this.

The campaign information can be found [here](#) and there are resources available for those working with children and young people. The campaign will run from 22nd November – 19th December .



For more information, board papers or to sign up to the newsletter see our webpage or contact:

CYPCommunityMentalHealth@gov.scot

At this [link](#) is the most recent release from the United to Prevent Suicide campaign.

The video features Gabriel who describes his experience of losing a loved one.

It is a powerful account of the impact of suicide which may have an emotional effect on you, if this is the case or you need someone to talk to, please reach out for support which is available through the following organisations.



Call 116 123 to talk to Samaritans, or email jo@samaritans.org.

Samaritans are there to listen 24 hours a day, 365 days a year, and it's always free to call from any landline or mobile phone.

Call 111 to talk to NHS 24's mental health hub

Call 0800 83 85 87 to talk to Breathing Space.

The service is open 24 hours at weekends (6pm Friday — 6am Monday) and 6pm to 2am on weekdays (Monday — Thursday).