

JDB NEWSLETTER



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



Beccie White
MSYP Edinburgh Pentlands

What is the JDB ?

The Children and Young People's Mental Health and Wellbeing Joint Delivery Board, co-chaired by Scottish Government and COSLA is a group working to help make sure children and young people have access to the mental health services and support they need, when and where they need it.

In order to do this the Board are working on 'deliverables' which include:

- ▶ improving support based in communities for children and young people's wellbeing and for those in distress;
- ▶ making sure crisis support is available 24/7 to children and young people;
- ▶ supporting access to mental health services for the most vulnerable children and young people;
- ▶ supporting improvement of CAHMS and neurodevelopmental services;
- ▶ developing understanding of support that is required for 3-5 year olds; and
- ▶ developing a programme of education and training to increase the skills and knowledge required by all staff to support children and young people's mental health.

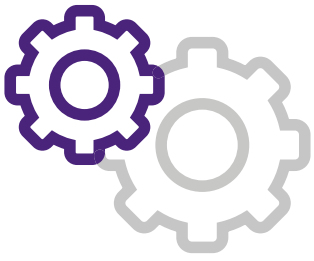
Read more about the Board [here](#).

“ Work to support mental health and wellbeing remains of upmost importance and I look forward to seeing the work of the Joint Delivery Board continue to benefit children and young people in our communities. ”

CIr Stephen McCabe
COSLA Spokesperson -
Children and Young People

“ Children and young people's mental health and wellbeing is of vital importance and the work of the Joint Delivery Board will help ensure the right help is available in the right place for anyone who needs it, at the right time. ”

Kevin Stewart
Minister for Mental
Wellbeing and Social Care



WORK SO FAR...

Donna Bell
Scottish Government, JDB Co-chair



I am delighted to co-chair the CYPMHW Joint Delivery Board, which met for the first time in April 2021.

The Board is still relatively new but is already taking action to support children and young people. For example, providing oversight for school counselling and community wellbeing support. We've brought together Task and Finish groups, with people who are in the right places to make sure we deliver. Future newsletters will keep you updated on how the deliverables progress.

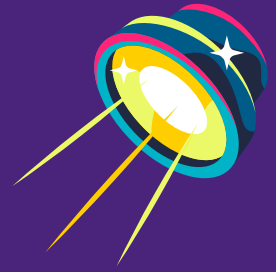
We have established a set of principles on how we'll ensure children and young people's voices are - and remain- at the centre of our work; and that children and young people who serve on the Board are supported properly.

Over the next 16 months we will continue to progress all aspects of the Board's work, aiming to provide the best possible support for children and young people.



“ She's had a life of family trauma and abuse and didn't leave her room for more than a few occasions in 2020. This work has transformed her- you believed in her, you were consistent and now it is like a light has been turned on. ”

Feedback New and Enhanced Community Mental Health Services Midlothian



SPOTLIGHT

Improving support based in communities for children and young peoples' wellbeing and for those in distress.

Local authorities have received funding to develop 'new and enhanced' mental health services for children and young people in communities. These will support them with distress and with their wellbeing. The services have been and continue to be developed based on what young people need locally. You can find out more about the principles behind these services [here](#)

For an example of work being undertaken see:

[Clackmannanshire](#)

Engagement Corner

We are hearing from young people across our deliverables. Our work on crisis has recently benefited from Board attendance at the Young Carers Festival where we spoke to young people about digital mental health services and what they should look like.





SPOTLIGHT

Develop a programme of education and training to increase the skills and knowledge required by all staff to support children and young people's mental health.

At the start of 2021 we published the **Children and Young People's Mental Health and Wellbeing: A Knowledge and Skills Framework for the Scottish Workforce**.

The framework sets out the levels of knowledge and skills required by staff, across agencies, to deliver wellbeing and mental health supports and interventions within the framework of Getting it Right for Every Child (GIRFEC).

We hope that the framework will be a valuable tool for use by children's agencies, across Scotland, to guide workforce development plans. Our goal is to improve the quality of mental health and wellbeing provision to Scottish children, young people and their families and we hope this framework will make a real difference.



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

CYPCommunityMentalHealth@gov.scot



WHAT'S ON ELSEWHERE?

The Mental Health in Schools Working Group has produced two new, free resources:

- an online mental health training resource has been made available for all school staff

CYPMH – Professional Learning Resource

- A Whole School Approach to Mental Health

- The National Suicide Prevention Leadership Group have launched a **Pilot Suicide Bereavement Service** and will shortly launch a youth advisory group . If you or someone you know would like to take part find out more **here**.