
STATES OF JERSEY



JERSEY YOUTH PARLIAMENT CLOSING REPORT - MENTAL HEALTH (R.143/2022): RESPONSE OF THE MINISTER FOR CHILDREN AND EDUCATION

**Presented to the States on 1st December 2022
by the Minister for Children and Education**

STATES GREFFE

**JERSEY YOUTH PARLIAMENT CLOSING REPORT - MENTAL HEALTH
(R.143/2022): RESPONSE OF THE MINISTER FOR CHILDREN AND
EDUCATION**

Ministerial Response to:	R.143/2022
Ministerial Response required by:	30th November 2022
Review title:	Jersey Youth Parliament closing report - Mental Health

INTRODUCTION

I am pleased to respond to the excellent recommendations made by the Mental Health Campaign Group of Jersey's first Youth Parliament.

RECOMMENDATIONS

	Recommendations	To	Response	Comments
1	Listen to what people have to say	MC ED	Agree – We remain committed to this.	<p>We agree with the findings of the Youth parliament consultation that the key to tackling mental health issues is to listen to people.</p> <p>Young people have been extensively consulted with to develop the strategy and new model of care. The fourth theme in the Children's emotional wellbeing and mental Health strategy (2022-2025) is all about listening and co-producing with young people. 'We listen to children, young people, and families about what helps, and this helps us to improve the quality of our services'.</p> <p>Collaboration with external partners remains a key driver of the current management team. CAMHS staff meet every few weeks with Youthful Minds, have offered the same to the Youth Parliament, attend the Parents ADHD support group monthly, engage with parent carer forum, strategic advisory panel (which features young people), etc.</p> <p>Young People have sat on all interviews in 2022 for new staff, redesigned CAMHS reception, pathways, leaflets and currently working on policy updates.</p>

	Recommendations	To	Response	Comments
				There is clear evidence that people were listened to in the strategy development and the subsequent delivery of services such as new model of CAMHS, commissioned services e.g., Mind Jersey and Kooth.
2	Put a lot of time, effort and funds into mental health facilities	MC ED	Agree - significant finance is in place with a robust strategy and implementation plan.	<p>We understand that Investment in services and care is required, and are ensuring funding is spent where it is needed.</p> <p>Indicative investment of £6 million into CAMHS over three years 2022-2024 has been agreed, with £2.25 million recurring from 2025 onwards as part of Government Plan (2021-2024) indicating a commitment to invest in mental health services.</p> <p>There is now a children's mental health facilities working group that is looking at the build and design of new Community mental health facilities. This will consult widely with the public throughout to ensure the best, most effective provision is built. There is a short pause to planning whilst the politicians debate the new hospital design and site which will impact on options.</p>
3	Focus on initiatives to reduce stigma and raise awareness	MC ED	Agree – this is a key part off the strategy.	<p>We welcome the Youth Parliaments work in this area. It was good to see that the Youth Parliament created an up to date information leaflet that was shared with schools, youth projects and through social media to help young people access support and tackle stigma.</p> <p>Reducing stigma is a key part of the children's mental health strategy. The second theme of the strategy is about making it 'easy for you to find out who can help and what support is available' this will help destigmatise access to mental health services. We asked young people if they have ever felt embarrassed or worried about asking for help or support with emotional wellbeing or mental health. 77% responded that they did. We asked young people how they would like to access support, 77% said</p>

	Recommendations	To	Response	Comments
				<p>face to face, 53% said online and 21% said over the phone. The Strategy has the following actions which are currently being implemented to reduce stigma</p> <p>Implement a whole educational and community setting approach to wellbeing and resilience increasing protective factors and reducing risk factors</p> <p>Develop an integrated parent/carer training and support offer that is relevant to their child and families need.</p> <p>Identify people to become mental health ambassadors developed in partnership with a wide range of stakeholders including but not limited to; Youthful Minds, Youth Parliament and those that are home-schooled.</p> <p>Easy to access support developed out of hours e.g., Kooth, out of hours crisis support and phone line</p> <p>A Mental Health Practitioner will sit within the Children and Families Hub to be able to provide advice, support, signposting and referral support to young people. Parents and professionals between 9-5pm Monday to Friday</p> <p>A wellbeing community drop in is in place every Saturday at YES.</p> <p>The Early Intervention Service is now live with CAMHS Practitioners attached to all schools.</p>
4	Consider the actual needs of young people	MC ED	Agree – we remain committed to this.	<p>The Youth Parliament survey findings were very helpful, as were results of the children's survey 2021 the Youth Parliament refers to.</p> <p>Young people have been extensively consulted with to develop the strategy and new model of care. The fourth theme in the strategy is all about listening and co-producing with young people. 'We listen to children, young people, and families about what helps, and this helps us to improve the quality of our services'</p> <p>In terms of actions this means;</p>

	Recommendations	To	Response	Comments
				<ul style="list-style-type: none"> • Care plans will be based around the individual child and family need • There will be increased use of advocated and peer support • Clear evidence of ‘you said, we did’ including on the entrance board at CAMHS • Use evidence-based evaluation measures in everyday practitioner practice including feedback forms now in place and pre-post impact measures • Set up a multi-agency Strategic Advisory Panel (SAP) ensuring meaningful input for young people • Set up an publish a yearly quality report which evidence impact of strategy implementation across the mental health system <p>Agree and audit best practice standards of care for wellbeing and mental health services.</p>
5	A fit for purpose Children’s Mental Health Strategy with input from young people	MC ED	Agree - this is in place.	<p>The Children’s Mental Health Strategy was developed with a wide range of stakeholders including children and young people. C At the start of the strategy development in early 2020 a survey was made available to all children and young people on the Island advertised via GoJ social media, children’s cluster groups. 59 children and young people aged 11-25 responded to tell us what was and was not working and opportunities for improvement. In addition, over 300 parents and carers responded and over 100 professionals. This helped us to prioritise strategy areas for action. In addition, a workshop was held with Youthful Minds (Mind Jersey) on the 24 February 2021 for their input into the strategy. There has been regular contact with Youthful Minds throughout the strategy development. A workshop was held with The Youth Parliament Mental Health Subgroup on the 24th of May for their input into the Strategy and also with the Inclusion Project (young</p>

	Recommendations	To	Response	Comments
				<p>people with disabilities) at St Peters Youth Club on the 8th of June.</p> <p>The draft strategy was out for consultation until the 11th of June 2021, this was advertised via Youth groups, schools and GoJ social media. There were 264 responses, with 20 responses being on behalf of an organisation and 127 responses from those under 25 (115 were aged 0-17).</p> <p>The final strategy was launched February 7th of 2022 at the start of children's mental health week. An additional consultation workshop was arranged with Youth Parliament Mental Health Subgroup to agree involvement with strategy implementation but unfortunately this was poorly attended by members.</p> <p>The strategy implementation is being overseen by key stakeholders including young people aged 16-25 via the Strategic Advisory Panel (SAP). The summary version was written by Youth Friendly which has a group of young people sense checking all content ensuring it is easy to read and understand by young people.</p> <p>The strategy development has been reviewed externally by the Control and Auditor General who concluded, 'The approach to developing the Strategy has been comprehensive, thorough, and well governed. A particular emphasis for the development has been a clear focus on engagement and co-production.'</p>
6	Investment in services and care, ensuring funding is spent where it is needed	MC ED	Agree – significant additional finance is in place.	Indicative investment of £6 million into CAMHS over three years 2022-2024 has been agreed, with £2.25 million recurring from 2025 onwards as part of Government Plan (2021-2024) indicating a commitment to invest in mental health services.
7	Ongoing reduction of waiting times for support post Covid 19	MC ED	Agree – good progress has been made with efforts continuing.	We are pleased to see in the Youth Parliament report that there is a feeling that CAMHS have taken lots of steps to improve the service and they are doing great work so far. Referral to CAMHS have grown from 661 in 2019 to 855 in 2021 and continue to rise in 2022. All referrals are now triaged in the Children and

	Recommendations	To	Response	Comments
				<p>families Hub by multi agencies ensuring prompt allocation to the services ideally placed to provide the required support. Despite the volume of referrals CAMHS are currently completing Initial Assessments is less than 21 days after receipt of referral. Waiting times for Autism assessments are down to three months. Work is continuing to bring ADHD assessment waiting times down also from 6-9 months. There has been additional support added for children, young people and families engaged in a neurodevelopmental assessment process.</p> <p>These waiting times are better than any other UK Local Authority that we are aware of, yet we still strive to do better.</p>
8	Age-appropriate admissions care with therapeutic intervention	MC ED	Agree	<p>As in point 10 work is ongoing to improve the environments young people may access to receive inpatient mental health treatment. There has also been investment into therapy posts including an additional 5 psychologists and 3 assistant psychologists from 2022 as part of the CAMHS redesign.</p>
9	Develop inpatient services and care where young people are not isolated from friends and family networks	MC ED	Agree	<p>We agree that the current inpatient facilities are not ideal.</p> <p>Work is currently taking place at the Clinique Pinel site to build new individualised support flats for young people aged 16 and 17 who require inpatient support. These will be ready in Spring 2023 and will replace the use of Orchard House.</p> <p>There is also acceptance that Robin ward is not always ideal for children and young people experiencing mental health crises, though at times there are associated medical and well as mental health issues that require inpatient hospital treatment. The new hospital design had previously detailed a separate and improved area for children and young people who required mental health treatment. As the new multi-site hospital is considered we will await plans for mental health treatment.</p>

	Recommendations	To	Response	Comments
				<p>In the last 12 months only one young person has gone off island for specialist mental health treatment.</p> <p>All young people receiving inpatient care are offered independent advocacy support.</p>
10	Continuity of care and a better journey through mental health services	MC ED	Agree	<p>There have been historical concerns regarding transitions from CAMHS to Adult Mental Health. Continuity of care as suggested is important. These have improved in 2022 with the introduction of monthly transition planning meetings between services. All young people aged 17.5 years are discussed in these meetings and included to develop a transition plan. The meetings included service managers, nurses, doctors and other key practitioners. The transition policy is currently being concluded ahead of ratification. CAMHS has also ensured there is not a clear cut off at 18 years if they remain the best service for input at that stage.</p>
11	Tackle recruitment and retention problems for professionals working in mental health services	MC ED	Agree – recruitment has been positive in 2022.	<p>CAMHS has had a very successful recruitment campaign over the last 12 months, increasing from 21 staff to 56. Further recruitment will take place over the next few months with additional staff funding in 2023. CAMHS is also part of the workforce strategy group in CYPES, that is exploring recruitment and retention issues common to all Government departments.</p>
12	Update the Jersey PSHE curriculum to include better knowledge of mental health and wellbeing	MC ED	Agree – Anna Freud has made similar recommendations.	<p>In 2021 the Anna Freud National Centre for Children and Families reviewed the role of education in Jersey supporting mental health. The Anna Freud Center play a leading role in the development of policy and practice in the UK and beyond to ensure that it is built on science, tested experience and has the input of children, young people and their families. For Jersey Anna Freud have recommended some changes to PSHE curriculums, described below which will be actioned:</p>

	Recommendations	To	Response	Comments
				<p><i>“Given the reported range in the quality and priority given to PSHE provision across the Island, we recommend the GoJ offer guidance to ensure consistent good practice across all schools. The approach to this might include:</i></p> <ul style="list-style-type: none"> <i>• Convening a task and finish group to lead this work made up of a range of relevant professionals, including relevant professionals from CYPES and schools</i> <i>• Drawing on existing good practice in Jersey schools</i> <i>• Drawing on guidance from the on PSHE association, including resources and material that can be used to develop a suitable PHSE program.</i> <p><i>• Considering external PSHE packages available to purchase, for example Jigsaw PHSE which several schools in Jersey are already using. The group would identify a core set of PHSE subject areas in relation to mental health and wellbeing and key messages, themes and learning outcomes, and signpost to relevant materials and content. The group would also articulate good practice expectations for Jersey schools in relation to PSHE and the capabilities needed for PHSE delivery staff. Appropriate training should be developed and provided as required. An alternative approach could be a mental health and wellbeing PSHE programme based on AFC resources available free on the website and supported by a Jersey specific training programme”</i></p>
13	Ensure that young people know how to access support	MC ED	Agree	<p>All support for CYPES services, including CAMHS, comes through the Child and Family Hub. Youthful Minds supported the development of new CAMHS leaflets in 2022 which are now complete and being distributed-which describe how to access support. Work is ongoing to develop a new website which will also describe how to access support. There is a Saturday Drop in facility at YES, featuring a CAMHS Practitioner, which can signpost children, young people, families and professionals to support. This has been widely advertised in schools and on social media. We will continue to work with Youthful Minds,</p>

	Recommendations	To	Response	Comments
				Youth parliament, Education and Youth service, and other partners, to ensure clarity on how support can be accessed.

CONCLUSION

I am grateful to the Mental Health campaign group for taking on this area of significant interest for children and young people. It is clear that demand for our services is increasing after the pandemic and the work of the group has been really useful to help us focus our efforts in the right places to meet the needs of all children, young people and their families. I am also grateful to all the professionals in our care services in CYPES who continue to work tirelessly to meet the growing demand whilst continuing to develop and expand our services.