

# Young People's Mental Health, Wellbeing & Resilience



**Mairead McCafferty**

7<sup>th</sup> February 2019

**Chief Executive NICCY**

# UN CONVENTION ON THE RIGHTS OF THE CHILD



## What is the UNCR?C?

The UN Convention on the Rights of the Child is a list of the rights for every child up to 18. Government has promised to make these rights a reality for all children and young people in Northern Ireland.

**GENERAL PRINCIPLE 1:** All children have these rights, no matter who they are or what their culture, language, religion or gender is. No child should be treated unfairly on any basis.

You have the right to a name, nationality and identity.

If you have a disability you should be given the help you need.

You have the right to speak your own language and to practice your religion and culture freely.

You should always be treated fairly and respected.

**GENERAL PRINCIPLE 2:** All adults should do what is best for you.

You should be safe and cared for.

You should be protected from any harm and if you have been hurt you should get the help you need.

If you break the law you should be supported not to do it again.

You have the right to keep some things private.

**GENERAL PRINCIPLE 3:** You have the right to live and develop fully. You should have food, clothing and a safe place to live.

You should be respected and safe.

You have the right to rest and play.

You have the right to the best health care possible.

Your family should get the money they need to support you.

**GENERAL PRINCIPLE 4:** You have the right to give your opinion, for adults to listen to it and take it seriously.

You have the right to get information safely and to express yourself.

You have the right to meet with others to voice your opinion.

You have the right to free education that develops your skills and abilities.

<b>Step 1</b>	Targeted Prevention	GP, <b>school nursing</b> , maternal care services, health visiting, public health education, community / voluntary development, <b>youth services, education</b> , independent sector.
<b>Step 2</b>	Early Intervention	Primary mental health services, paediatric care services, child development services, infant mental health services, family support and social care, LAC Therapeutic services, community led mental health services, <b>youth counselling (ICSS)</b> , children's disability teams.
<b>Step 3</b>	Specialised Intervention Services	Elective CAMHS teams, eating disorder, addiction services, specialist autism service, safeguarding services, Family Trauma Services, Behavioural Support for Learning Disability Services,
<b>Step 4</b>	Integrated Crisis Intervention Child and Family Services	CAMHS resolution and home treatment teams, crisis residential care, intensive day care support services.
<b>Step 5</b>	Inpatient and Regional Specialist Services	Paediatric intensive care unit (PICU), acute inpatient care, Secure care, forensic CAMHS.

**Stepped Care Model (2012)**

# Wellbeing & Resilience

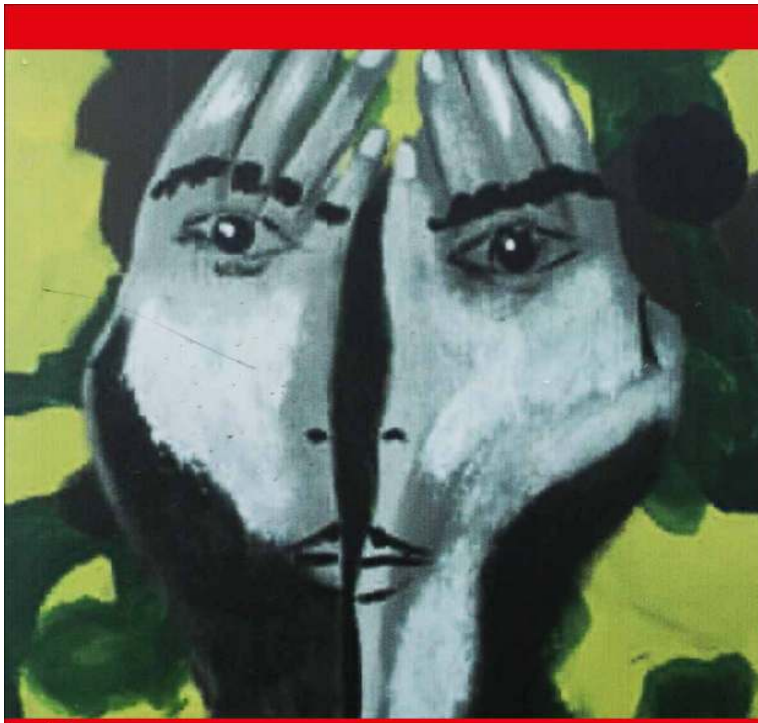
## MHR Rec' 33.

- Education and mental health service providers should develop formal partnerships in order to holistically meet the needs of children in education at all levels, and for those children and young people receiving their education 'other than at school'.

**Dept of Education:** is currently progressing a wellbeing measurement in schools; working with DoH and PHA to develop a framework for pupils' emotional health and wellbeing.

**ETI:** carried out '*An evaluation of the effectiveness of Emotional Health and Well-Being support for pupils in schools and EOTAS centres*' published 29 November 2018 quotes our 'Child and Adolescent Mental Health in NI' (April 2017) states 'more than one in five pupils *"are suffering significant mental health problems by the time they reach 18"* and stated that there *"is very little monitoring of children and young people's mental health, ...."*

- **Primary schools:** .....prioritise early intervention .....educating and talking with parents about emotional health and well-being to enable their involvement and support.
- **Schools and centres:** ..... need to ensure that the curriculum is centred on the development of both physical health and emotional well-being and resilience. Specifically, .....need to address and support pupils in coping with particular challenges online to enable them to become more digitally resilient.
- **External agencies:** .... need to develop a more effective joint infrastructure to support pupils .... enable them to respond quickly to referrals from schools and centres .....
- **Resourcing:** ..... need for specialist support for very vulnerable pupils and specialist training for teachers .....
- **Counselling:** ..... Further counselling resources are required by schools to support their pupils and most report that they also draw on their own budgets to fund additional external counselling support. There is also a need to include primary schools within this counselling service provision.
- **Health and Social Services:** Inconsistencies in the accessibility of the health and social services need to be addressed so that schools and centres have equal access to provision, particularly nurture provision which is valued by schools as an effective approach to early intervention.



# 'STILL WAITING'

A Rights Based Review of Mental Health Services and Support for Children and Young People in Northern Ireland

September 2018



# 'STILL WAITING'

A Rights Based Review of Mental Health Services and Support for Children and Young People in Northern Ireland

Young Person's Report

September 2018



A Rights Based Review of Mental Health Services and Support for Children and Young People in Northern Ireland

Summary Report

September 2018



Easy read



Northern Ireland Commissioner for Children and Young People



# Working Effectively



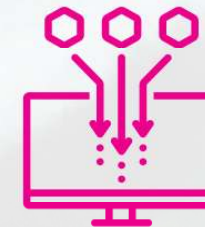
Set up a **Project Board**



Invest **additional** money



Collect **better information** more regularly



**Joined up** working between services



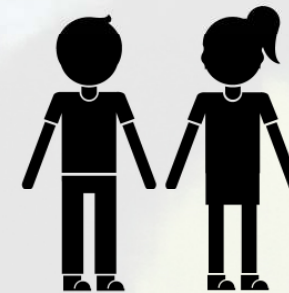
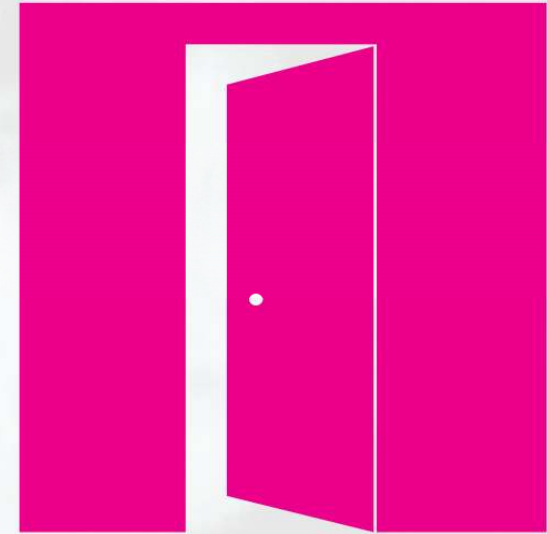
# Accessing Help



Removing barriers that stop young people **accessing** services



Greater **flexibility** and **choice** in how young people engage with services



# Supporting adults working with children and young people



Mandatory mental health **training** for **all professionals** who work with young people



Mental health practitioners attached to **every GP** surgery and **school**

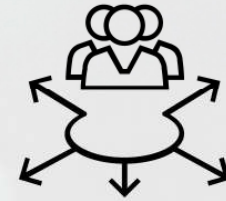


Develop **networks** between GPs and the Voluntary and Community Sector





# Flexible treatment options




 Greater **choice** of Psychological Therapies

 Medication only after all other **non-drug treatments** considered



 Provide **clear information** on service standards and how to make a **complaint** and **feedback**

 Strengthen **involvement** of young people in **decisions** about their care and how services are delivered

# Young People with additional needs



**Equal access** for young people with a learning disability to services and support



**Access to services** to address mental health and substance use problems at the same time



# Mental health awareness and understanding



Educate children and young people about their emotional wellbeing as part of the curriculum



Education providers should work more closely with mental health services



Provide information at key stages and transition points



Strengthen public awareness and community capacity building



REGUARDING  
D PROMOTING  
E RIGHTS AND  
ST INTERESTS  
CHILDREN AND  
UNG P



# Thank You For Your Time

For further information go to [www.niccy.org](http://www.niccy.org)

For follow-up information:

E: [Mairead@niccy.org](mailto:Mairead@niccy.org) T: 028 9031 6397

Twitter: @nichildcom

