



# Future in Mind - 2017 Refresh

Better support for your mental health and wellbeing.

Information for children, young people and their families.

Easy read version of: <http://bit.ly/2kQiDXt>



# What is in this booklet

Page



Future in Mind - 2017 Refresh  
Better support for your mental health and wellbeing.  
Information for children, young people and their families.

For more information visit: <https://www.kirklees.gov.uk/health/mental-health>  
01484 250000 or email [mentalhealth@kirklees.gov.uk](mailto:mentalhealth@kirklees.gov.uk)



- What is this booklet about

3

- Our ideas

4

- What is it like in Kirklees?

5

- What we are doing now

6

- Important things we need to do next

8

- What will hope will be different?

10

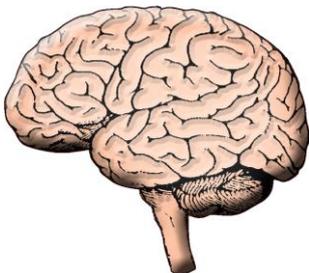
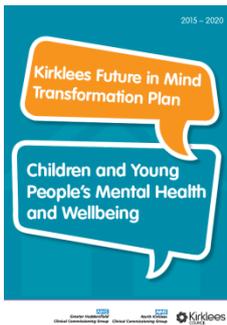
- How we will do this

11

- More information

12

# What is this booklet about . .



When we talk about **mental health** and **wellbeing**, we mean:

- How you feel..... healthy, happy or sad.
- How you deal with difficult things and other people in your life.

In 2015 Kirklees partners wrote a plan called, “Kirklees Future in Mind **Transformation** Plan, Children and Young People Mental Health and Wellbeing 2015 - 2020.”

**Transformation** means – changing things from how they are to something different.

We want to make it easier for children and young people to get help when they are having mental health problems.

We have worked with many people to update the plan.

We have:

- Looked at what has gone well.
- Thought about what still needs doing.
- Asked about what we need to do better.

## Our ideas . .



We want you to have good mental health and wellbeing to stop things getting worse, so you don't need others to help you as much.

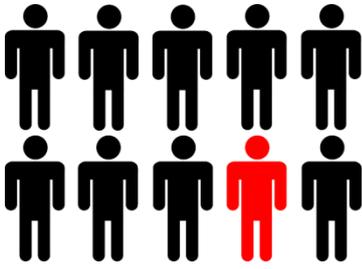
We want everyone to:

- Notice much sooner when children and young people are starting to have mental health problems.
- Give you the help you need in the right place, at the right time.
- Have the right people there so you get help quicker.
- Improve the support that other people give you.
- Make sure everyone gets a fair chance to get the help they need.



Draft V1

## What is it like in Kirklees?



- In England 1 in 10 children have a **mental health** problem.



- More and more young people in Huddersfield and Dewsbury are asking for help.
- We think there are 6,125 children and young people in Huddersfield and Dewsbury with mental health problems.



- There were 3,175 telephone calls for help for children and young people with mental health problems last year.

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# What we are doing now . .



## Helping you

We have set up:

- a new service called **Thriving Kirklees**. This is several services working together to help improve children and young people's emotional health and wellbeing.
- a new telephone helpline to give you and those helping you, advice at all times of the day, including weekends.

We have services which help young people:

- With problems around eating and how they may feel about how they look.
- Within 4 hours who are having a really difficult time.
- Who are most likely to start with serious mental health problems.
- to reduce the time you have to wait for an **Autism Spectrum Condition** assessment.
- If things go really wrong can give you the right care as close to your home as possible.



## Help from others

- We are making it easier for you to get the help and support where and when you need it.
- We are making sure schools, colleges and others that work with children and young people have a named person who understands about mental health.



- We are improving the work we do with young people who are in trouble with the law.

## Information

We want to provide you with more information so you can improve your own mental health.



- Thriving Kirklees is making a website where you can find information on how to keep mentally strong.
- It will give you information about places where you can get help.
- Services will be open and honest, saying how long people have to wait and keep them informed.

## Training



- We run training for teachers and others who work with you. Training helps them know how to support you better.
- We want people to help you sooner when you start to have mental health problems.
- We want to make the way you move from young people's mental health services to adult mental health services better. This is called **transition**.

## Some of the important things we need to do next ..



Nine things we need to work on:



1. Reduce how long you have to wait for a mental health appointment.
2. Give you early help and support locally, when you are waiting for your mental health appointment.



3. Train school staff in mental health first aid.
4. Train people about mental health, so they know how to support you when you need help.



5. Improve support for vulnerable children and young people who need lots of care. Especially those who are sexually abused who need special help.



6. Provide new **social media and networking** information. Social media includes things like websites, apps and what is posted on sites like Facebook, Twitter, Instagram, Snapchat and others.



**7.** Deliver programmes which help families know how to care and protect their children as they grow up.

**8.** Develop a **peer support** programme. Peer support is when other people will use their own experiences to help others.



**9.** Make sure children, young people and their families are involved in changing and improving services.

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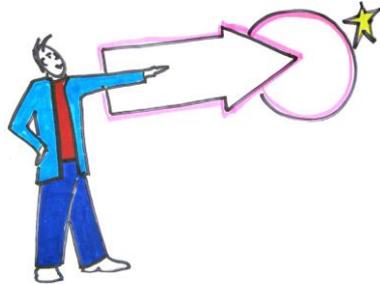
## What we hope will be different . .



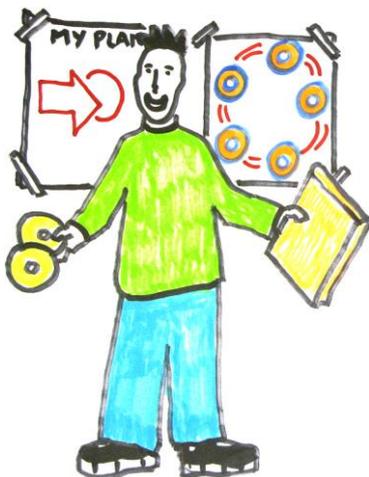
- You do not have to wait so long to be seen.



- There will be more people available so you get good help, when and where you need it.



- People understand your mental health needs much better.



- Professionals will work better with you and your family.
- The care you get will help you and your family have better mental health and wellbeing.

## How we will do this . .



We have an **Integrated Commissioning Group**. This is a group of professional people from the Council, Public Health, Clinical Commissioning Groups and schools. The Group makes sure that:



- Our plan works.
- They work together to improve the plan.
- Services are working well to improve the mental health and wellbeing of children and young people.
- There is enough trained staff in services caring for children and young people.
- Money is spent well to improve the mental health and wellbeing of children and young people.
- We can afford to do the things we are planning to do.
- We involve children, young people and their families to improve our plan and services.



## More information



We need to work together to make things work. If you need more information please contact us at:



Website: [www.kirklees.gov.uk/futureinmind](http://www.kirklees.gov.uk/futureinmind)



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## Credits



This easy read has been prepared with help from PCAN who are a group of parents and carers of children and young people with additional needs in Kirklees.

Website: <http://www.pcankirklees.org>