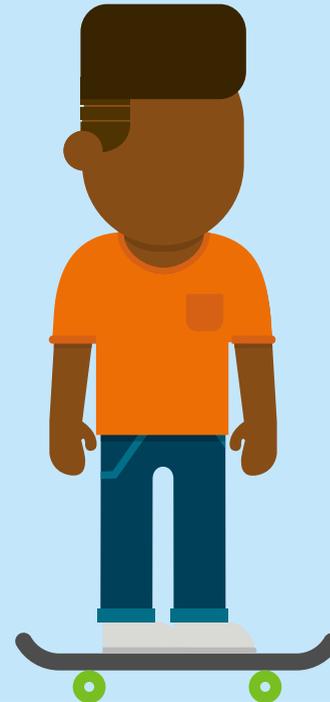


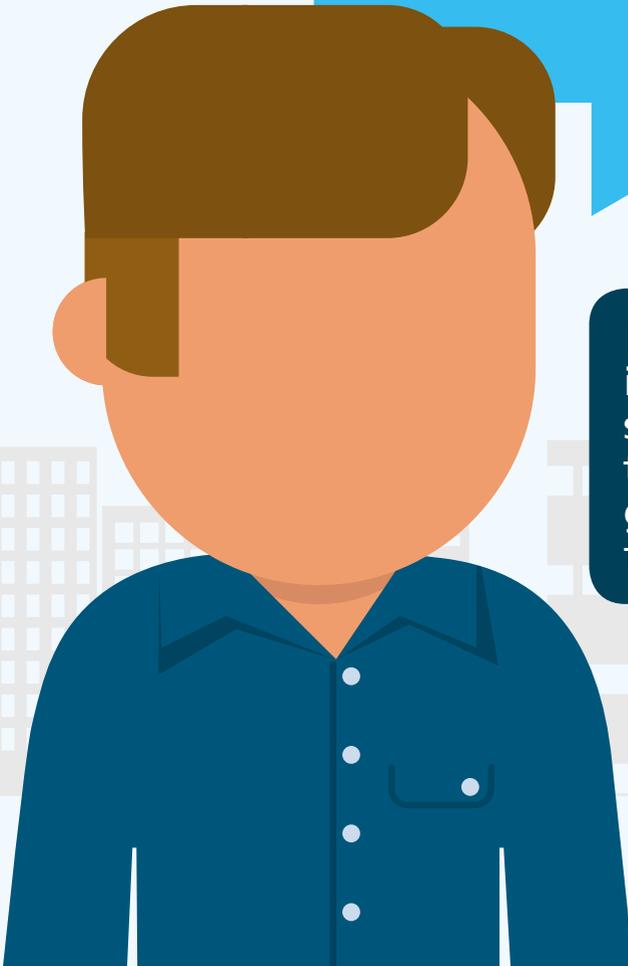
2016–2020

# Future in Mind: Leeds

A quick guide

A plan for the city explaining how people will work together to improve children and young people's emotional and mental health.





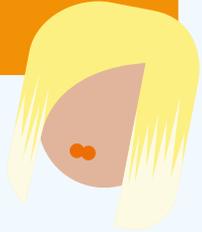
We want schools and places around us to work to tackle the stigma about mental health.

People who work in our schools should know what to say and how to get specialist help for us if we need it.

## The voice of children and young people in Leeds: What we want



We want it to be easy to find information about mental health and wellbeing so we can help ourselves stay emotionally healthy.



We want to be listened to properly about the care we receive and so that we can help shape what happens in the future.



Those of us who are most vulnerable and have the most complex needs should get extra help and support early enough to make a difference.

We want a choice about what help we access – and a range of options.



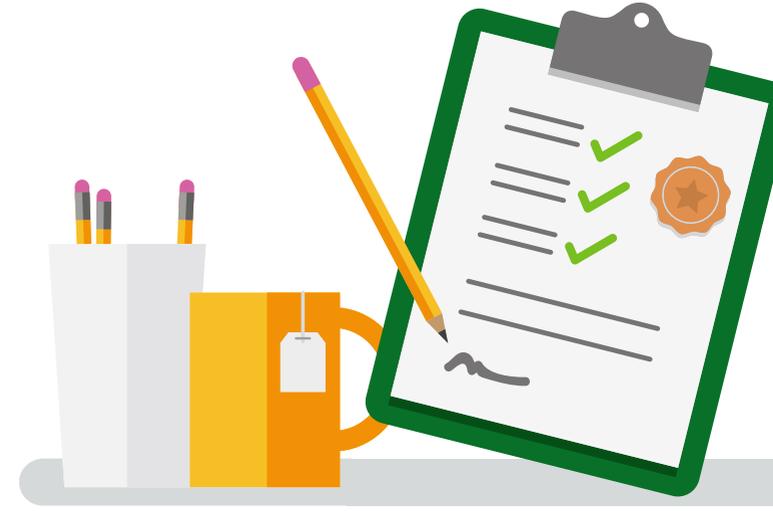
When we get older and if we need to move into adult support services, we want to feel supported and not abandoned.

We want to be able to get help quickly and easily when we ask for it, especially when we are in crisis.

# So, what is the plan?

**Future in Mind: Leeds** is a 'strategy' (plan) explaining how people will work together, across services in the NHS, Leeds City Council and in the community, to improve children and young people's emotional and mental health in the city. This covers children and young people from birth up to age 25.

This plan has **11 Priorities** for action...



## 1. Early help

There will be early help for children who have social, emotional and mental health needs who need more support, close to them.



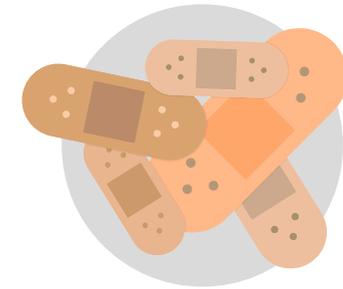
## 2. Letting people know and understand what support is on offer

MindMate.org.uk is a Leeds website created with the help of children and young people. It includes a 'What's in Leeds for me' page, and has lots of information about mental health and wellbeing. MindMate will continue to grow.



## 3. Helping small children and their families to boost their emotional wellbeing

This includes focusing on children in their first 1001 days of life because research shows this is an important time which influences mental health and wellbeing for life.



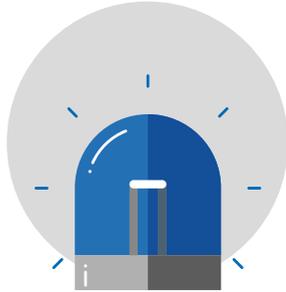
## 4. Helping people 'bounce back' when things are really difficult

Helping young people in schools and other settings to build skills and resilience so they can help themselves stay mentally healthy.



## 5. A Single Point of Access

(SPA) for Children and Young People's Emotional and Mental Health. MindMate SPA is a team of staff that make sure a young person can find the best help.



## 6. Crisis Care

Sometimes young people need to be seen urgently because they are in crisis. Services will work together to provide children and young people with the help they need when in crisis.



## 7. Investing in education settings

Leeds is building specialist schools for young people who need the most help.



## 8. Supporting children and young people from vulnerable backgrounds

Some children and young people are more likely to experience mental health issues (see page 5). At the moment, these young people are less likely to get the help they need. A system is being developed to give quicker access to support for these young people when it is needed.



## 9. Developing all services

Research and evidence about what works best will help improve the quality of care in the future. Children and young people will be involved in decisions about their own care, and be consulted about their experiences. Knowing what works will help improve services for the future.



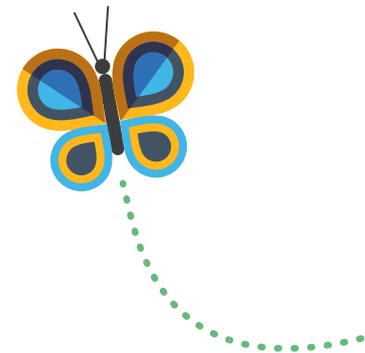
## 10. Helping people move into adult services

Moving on from children's services (e.g. CAMHS) can be a very difficult process, whether it be to other services or being discharged from services altogether. Young people will be supported better when they approach adulthood and involved more in decisions about their care.



## 11. Developing community eating disorder services

Leeds' eating disorder service for children and young people will grow and develop to make sure that it is better for those who might need it in the future.



# Why is Future in Mind important?

There are over 250,000 people in Leeds under the age of 25. 10% of these young people are likely to have a mental health issue or need support with their emotional wellbeing. That means about 25,000 young people need some sort of help. This is why it is so important.

Life can be challenging. Family life, friends, school, work and many other things can leave you feeling stressed, sad, lonely or worried. But being able to talk about it can often help.

**We know that the children and young people who are most likely to develop problems with their mental health are those who are:**

Have experienced trauma

In the justice system

Excluded from school

Living in poverty

Looked after children in the care system

New to the country and particularly asylum seekers

Have special educational needs

We can all have days when we don't feel so emotionally healthy. It's important that we all are better at talking about how we feel and knowing it's ok to ask for help.



# Listening and making changes

Leeds has been listening to what children and young people (and their families) have said and making changes to try to improve things for the future.

## You said:

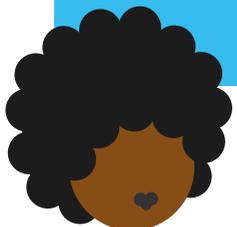
Finding the right service is too complicated and professionals don't always know how to refer.



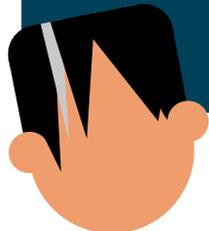
The waiting times for support services are too long.



There should be more early help and education in schools about mental health.



There should be better information about how to get help and about the services on offer.



## We did:

Introduced Mindmate SPA 'Single Point of Access' which is a specialist team to help get people to the right services.



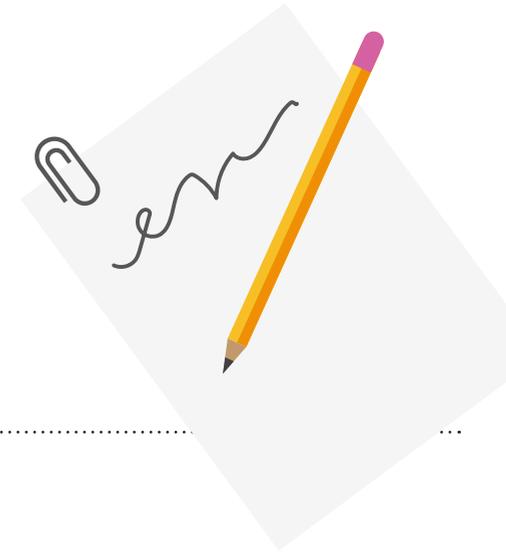
Reduced waiting times for specialist services.



Developed a set of lessons about wellbeing and mental health for Leeds schools. Supporting staff in schools to be able to respond better through the MindMate Champions programme.



Developed a website (helped by young people) [MindMate.org.uk](http://MindMate.org.uk) which includes a 'What's in Leeds for me' page and short animations to describe different services.



# But how will we know the plan is working?

We'll keep on asking children, young people and their families about Future in Mind and things relating to the 11 priorities

We'll set up a system in schools so they can show how they are properly supporting the mental health of their students

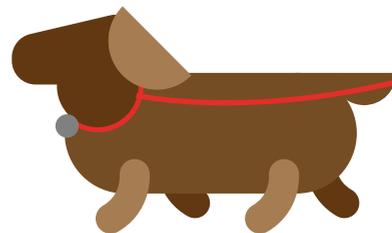
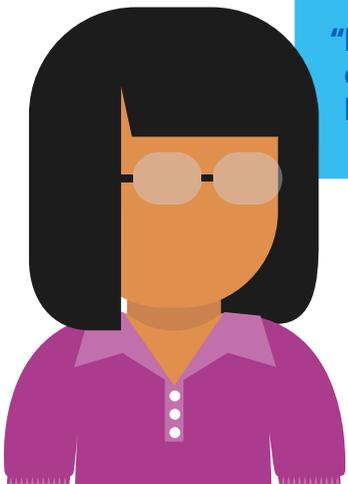
We'll monitor visits to the MindMate website and respond to comments

We'll get detailed feedback from children, young people and their families who are using services

We'll check the number of children and young people who are going to hospital in crisis for example when they self-harm

Overall we'll try and find out if young people can say:

**"I feel happy or positive most of the time and I'm confident I can get support if I need to"**



## We want you!

Are you under 25? Are you interested in being involved in Future in Mind: Leeds?

We have regular meetings and would love to hear from you.

Search for the 'Future in Mind: Leeds Involvement' page on Facebook to find out what's going on.



You can also email us at [mindmate@nhs.net](mailto:mindmate@nhs.net) to find out how you can get involved.

