

## CYP Emotional Health and Wellbeing Strategy

### Discussion at CYP Alliance

- Emphasis on how difficult it is for people with additional needs to access services
- Services and programmes need to be inclusive and support inclusion
- Is the strategy flexible enough to reflect changes in technology
- Ensure services are preventative
- Make it clear that the strategy isn't just about CAHMS
- Need to have examples of what good emotional health and wellbeing looks like and how it links to resilience, through the voice of children and young people

What organisations can do	What organisations can do together with the community	What communities can do
<ul style="list-style-type: none"> <li>• Ensure our staff know about and use izeone</li> <li>• Reinforce what we have already</li> <li>• Better use our public facing website</li> <li>• Use resilience factors as outcomes for services and programmes</li> <li>• Promote mental health and wellbeing through social media</li> <li>• More opportunity for CYP to participate</li> <li>• Provide opportunities for inclusion</li> <li>• Look to use football club community programmes</li> <li>• Take ACEs approaches</li> <li>• Enable staff to connect CYP and families to assets in the community</li> <li>• Better understanding of the impact that mental health problems have on CYP and families, are diagnoses appropriate?</li> </ul>	<ul style="list-style-type: none"> <li>• Support PTAs in relation to emotional health, wellbeing and resilience</li> <li>• Engage patient participation groups</li> <li>• Engage foster carers</li> <li>• Stimulate intergenerational work</li> <li>• Create opportunities for young people to contribute</li> <li>• Stimulate existing groups to be more inclusive</li> <li>• Focus on building resilience in YP</li> <li>• Provide holistic support, catch people early, provide low level support quicker</li> <li>• Need more advocates</li> <li>• Provide support to parents, e.g. coping strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Peer mentors across generations</li> <li>• Role of grandparents in supporting emotional health and wellbeing and resilience</li> <li>• Set up and join peer groups, e.g. post-natal groups, health champions</li> <li>• Empower people to set up groups through skills development and provide spaces to meet</li> </ul>