

**Agenda Item 5**

**Community Mental Health &  
Wellbeing Presentation**



# Falkirk Community Mental Health Update Session

March 2022

Tier 1

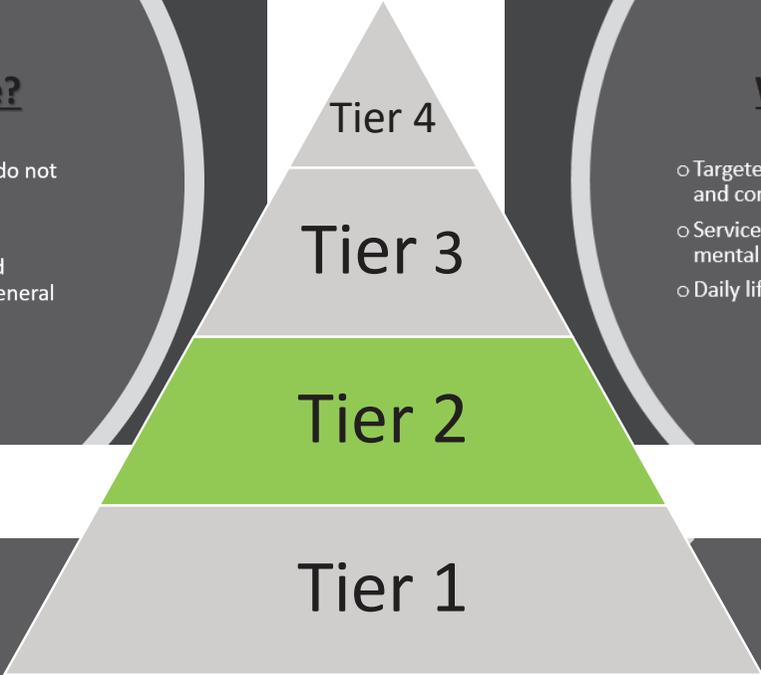
**What does Tier 1 look like?**

- Universal services provided by professionals who do not specialise in mental health
- At Tier 1, there is a focus on early intervention and prevention where practitioners are able to offer general advice and support

Tier 2

**What does tier 2 look like?**

- Targeted services which involve a combination of CAMHS and community-based services
- Services are provided by professionals who specialise in mental health
- Daily life affected



Tier 3

**What does tier 3 look like?**

- Specialist multidisciplinary CAMHS teams and services
- Outpatient service for children and young people with severe and persistent disorders
- Significant impact on psychological, social, educational functioning

Tier 4

**What does tier 4 look like?**

- Highly specialised inpatient services for children and young people at greatest risk of rapidly deteriorating mental health or serious self harm



**Positive Mental Health & Wellbeing Service**

Supporting Children and Young People aged 5-24 (26 if care experienced)

Deliver early intervention positive mental health and wellbeing supports that are evidence based\*, flexible, personalised, and adaptive for children and young people aged 5-24 (26), and their families, for needs such as:

- Body image and self esteem
- Building resilience and coping strategies (emotional regulation)
- Healthy and positive relationships
- Healthy digital interaction
- Parenting support for children and young people of all ages

**Referral routes:** The Positive Mental Health & Wellbeing Service accepts both self-referrals and professional referrals. For all referral information [click here](#) or scan the QR code below:



Call 01324 632903 or email [forthvalleyservices@barnardos.org.uk](mailto:forthvalleyservices@barnardos.org.uk)



**Primary Years Outreach Service**

Supporting Children and Young People aged 5-12

Deliver early intervention emotional distress supports that are evidence based, flexible, personalised, and adaptive for children, young people and their families, for needs such as:

- Anxiety
- Attachment
- Bereavement support
- Depression (mild to moderate)
- Emotional and behavioural difficulties associated with neurodevelopmental disorders
- Gender identity
- Managing emotions
- Repetitive/perseverative behaviours
- Self-harm
- Self- injury
- Social Relationships
- Substance misuse
- Trauma

**Referral routes:**



**Young Person's Service**

Supporting Children and Young People aged 13-24 (26 if care experienced)

**Referral routes:**



Kooth



Togetherall



Shout! Keyword Partnership

Supporting Children and Young People  
aged **8 or 26**

Supporting Children and Young People  
aged **16-24** (26 if care experienced)

All ages

- Helpful articles, personal experiences and tips from young people and our Kooth team.
- Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!
- Chat to our helpful team about anything that's on your mind. Message us or have a live chat.
- Write in your own daily journal to track your feelings or emotions and reflect on how you're doing

- Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing.
- Millions of people in the UK have access via their participating employer, university, college, NHS provider or local council. All armed forces personnel, veterans and their families (16+) also have free access.
- Someone, somewhere will know how you're feeling right now, perhaps even have gone through it themselves. And they'd love to hear your story.
- No judgement. No stigma. This is a place where anyone can begin their journey towards better mental health.
- Take assessments, complete courses, journal and learn more to understand your mental health.

- Shout 85258 is the UK's only 24/7 text messaging support service for anyone who is struggling to cope.
- The service is powered by a team of Shout Volunteers who take 2-4 hour shifts remotely from their own homes and are overseen on an online platform by Clinical Supervisors.
- For the texter, the service is free and off-bill and requires no app, data, password or registration, just text.
- Initially, the texter receives an automated response from Shout before being paired with a trained volunteer

# Overview of New Services (by age)

| 5   | 6 | 7 | 8 | 9 | 10  | 11 | 12 | 13  | 14 | 15 | 16  | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |  |  |
|---|---|---|---|---|---|----|----|---|----|----|---|----|----|----|----|----|----|----|----|--|--|
| <u>Barnardo's Positive Mental Health and Wellbeing Service (5-24 years, 26 if care experienced)</u> |   |   |   |   |   |    |    |   |    |    |   |    |    |    |    |    |    |    |    |  |  |
| <u>Aberlour's Primary Outreach Service (5-12 years)</u>   |   |   |   |   |   |    |    |   |    |    |   |    |    |    |    |    |    |    |    |  |  |
|   |   |   |   |   |   |    |    | <u>FDAMH's Young Person's Service (13-24 years, 26 if care experienced)</u> |    |    |   |    |    |    |    |    |    |    |    |  |  |
|   |   |   |   |   | <u>Kooth Online Support (10-18 years)</u> |    |    |   |    |    |   |    |    |    |    |    |    |    |    |  |  |
|   |   |   |   |   |   |    |    |   |    |    | <u>Togetherall Online Support (16-26 years)</u> |    |    |    |    |    |    |    |    |  |  |
| <u>Shout 24/7 SMS Support (all ages)</u>  |   |   |   |   |   |    |    |   |    |    |   |    |    |    |    |    |    |    |    |  |  |

# Positive Mental Health & Wellbeing Service

Live since 1<sup>st</sup>  
Nov 2021

## Who is the service for?

Children and young people age 5-24 (26 if care experienced)

## What does the service do?

It provides early intervention support for mental health and wellbeing.

The service can help you or your child with positive mental health and wellbeing needs including:

- Social emotional and behavioural needs
- Body image and self esteem
- Building resilience and coping strategies (emotional regulation)
- Healthy and positive relationships
- Healthy digital interaction
- Parenting support for children and young people of all ages

Sessions will be provided by highly skilled project workers employed by Barnardo's.

Overall, service delivery is very flexible and sessions can be:

- On an individual basis, in a group setting, or in a family setting
- Through digital platforms or face-to-face
- Out with school hours Monday- Friday, alongside the potential for some weekend flexibility



# Primary Outreach Service

Live  
15th March  
2022

**1:1 for children and parents** - including emotional support, Decider Skills resources, play therapy, art/drawing therapy etc

**Child Development Programmes-** For parents to understanding how to best meet their children's needs (1:1 and group work)

**Sleep Scotland Counselling** - 1:1 work with parents and children

**Seasons For Growth-** Support for children who have experienced loss and /or bereavement.

## **Individual outreach work with families**

With parents: understanding child development; promoting attachment, nurture, and the value of play through use of FIVE to THRIVE model. Offer of how to best manage their own mental health and well-being.

With children: activities that build self-esteem and confidence; support to understand their own well-being and strategies for managing feelings of stress and anxiety.

**Volunteer Befrienders-** Aberlour will recruit, train and match volunteer befrienders to children/ families.

**Signposting-** To relevant agencies for further information/ advice



# Young Person's Mental Health Service

Live since 21<sup>st</sup> Feb  
2022

- Bespoke 1:1 support from a qualified and experienced Mental Wellbeing practitioner
- Initial assessment will be followed by further 8 sessions
- Preferred policy of “Tell your story once”.
- Those not suitable for the service will be signposted / referred on (e.g. CAMHS).
- “Whole-Person” approach, carefully planned sessions, promoting recovery, self-management & resilience
- Emotional and practical support will be given

## **Key benefits of the service:**

- Easing burden on CAMHS, allowing them to focus on those requiring specialist intervention
- Follows GIRFEC Principles
- Training for Parents / Teachers as required
- Robust monitoring, reporting and evaluation
- Young Person Specialist Practitioners
- Telephone or in-person appointments
- After-school appointments and weekends as required



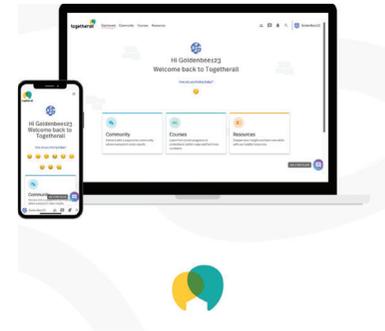
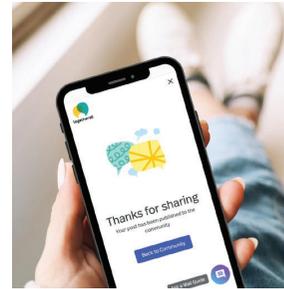
# kooth (10-18 years)

Live  
1<sup>st</sup> March  
2022

- Digital mental health & wellbeing support for young people aged **10-18** in Falkirk
- ‘Live chat’ option where users can speak to a trained counsellor for support- available until 10pm every evening
- Support also includes access to self-help articles, anonymous peer-to-peer support via the discussion board feature, and a ‘Kooth journal’ where members can track their mood changes in response to events that happen throughout the day / week
- Will be available in Clacks and Falkirk, Stirling are also currently negotiating a contract
- Similar to Togetherall but developmentally more suited to a younger age group
- Both Kooth and Togetherall monitored by professionals to ensure no posts break community guidelines



# (16-26 years)



Live  
21<sup>st</sup> February  
2022

- Clinically managed 'ask a wall guide' where members can post to speak to a professional for support
- Offers anonymous peer-to-peer support and self-management tools such as an online journal, self-assessments, goal setter as well as evidence-based courses
- Will be available across all of Forth Valley now
- Registration requires no collection of names, exact DOB, addresses or phone numbers. Individuals will only be asked for their postcodes and email addresses to activate their account
- Upon activation, members will be presented with a short questionnaire that asks for details about their current mental health to help personalise their experience on Togetherall and help Togetherall identify high-risk cases.

Text  
'Falkirk'  
to

85258

Live from  
1<sup>st</sup> March 2022

## Shout! Keyword Partnership

- Shout 85258 is the UK's only 24/7 text messaging support service for anyone who is struggling to cope.
- The service is powered by a team of Shout Volunteers who take 2-4 hour shifts remotely from their own homes and are overseen on an online platform by Clinical Supervisors.
- For the texter, the service is free and off-bill and requires no app, data, password or registration, just text.
- Initially, the texter receives an automated response from Shout before being paired with a trained volunteer.
- The aim of a conversation is for the texter to move from a hot moment of crisis to a cool, calm state. Shout Volunteers support this process by building up rapport with the texter, collaborative problem-solving and supporting the texter to feel empowered to take positive next steps.
- Sometimes texters are signposted with details of where to go for longer-term support, if appropriate.

# Mind Moose

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Pilot Live  
from  
13<sup>th</sup> Jan 2022



- Mind Moose and his friends take children on a fun, interactive journey to learn about mental health & wellbeing
- Helps children develop self-awareness, understand how to manage their emotions and build resilience
- Most effective when used individually with children as opposed to a whole classroom approach
- Currently piloting across 7 primary schools in Falkirk



## March- June Priorities

CYPIC/HIS Service Design  
work

Ongoing pilots and  
collaboration with CVS to  
award small grants

Initial gap analysis (by  
end of March)

Workforce development  
planning (ongoing)  
(Decider Skills, Seasons  
for Growth)

Counselling in schools  
(10-12 year old and  
summer provision)

Monitoring and  
evaluation of new  
services and completed  
pilots (ongoing)

Marketing and Comms  
Plan (ongoing)

Mapping of Services