

All about me, *for the benefit of everyone*

A North East London Conference on Children and Young People's Mental Health
Thursday 10th June 16:30 – 19:30

Frequently Asked Questions

1. When is the event?

- 10th June 16:30-19:30 on Zoom
- Please register via: <https://www.eventbrite.co.uk/e/mhearly-interventions-schools-conference-tickets-154831684737>

2. What is the event?

- As the title suggests we want to hear and act upon individuals' experience of seeking help, supporting children, young people and their families with social, emotional and mental health. We also want to ensure that our system focuses on collaboration for the benefit of everyone.
- It will be an interactive evening shifting our participation from "Doing For" to "Doing With". On the evening our young people, parents, carers and partners across health, social care, education and VCS will be the experts.
- The conference will be a mixture of interactive breakout rooms as well as a panel of young people, parents, carers and CYP professionals talking about their experiences and missed opportunities.
- There are some fantastic pieces of work across NEL and nationally that we want to hear about. If its great let's look at scaling it up!

3. Why are we doing the event?

- The reason we are asking for attendees across the CYP system is that, whilst we know that our system can often respond well in a crisis, we also know that the current offer does not suit all children, young people and families. It can be especially challenging to get help early for children and young people, meeting them exactly where they are at.
- Covid-19 has been devastating for many and it has pushed professionals into thinking differently, being open to change and innovation based on the feedback of users and partners.

- Across North East London we are responsible for meeting the strategic ambitions of the NHS Long Term Plan, whilst tailoring our transformation work to meet local needs and borough-level priorities and seeking to address the health inequalities across our populations. Whilst we often provide detailed plans on the specialist mental health support required for children and young people, we are also very mindful of the need to develop our prevention and early intervention approaches. To achieve this, we need local intelligence from children, young people and families as well as non-mental health professionals to understand what is working well, what the challenges are and what the opportunities are to think and work differently. If we do more of the same, we will achieve the same outcomes!

4. How will we take forwards feedback from the event?

- We will use the intelligence we gather at the conference to develop some clear outcomes and principles for NEL which can be tailored locally – ensuring they are connected to Local Transformation Plans and steering groups. This is an opportunity to ensure our outcomes and ambitions are co-produced with local input and ownership.
- The NEL Children and Young People’s Mental Health delivery group and the Babies, Children and Young People’s Group are collaborating to deliver improvements for our local communities. There are some real examples of where we would like to further our collaborations over the coming year – for example on developing our crisis services, workforce and digital plans and improving transitions to adult services.
- There are also some specific developments such as the Mental Health Support Teams, and developing CYP social prescribing, which focus on early intervention and reach into the heart of our communities.
- We are committed to ensuring that all of the feedback from the event will be captured and fed back into our plans across North East London, as well as in local systems and borough-based groups.

**Sarah Wilson, Director of Specialist Services, East London Foundation Trust
Co-chair of the NEL CYP Mental Health Group**

**Melody Williams, Integrated Care Director, North East London Foundation Trust
Co-chair of the NEL CYP Mental Health Group**

**Kath Evans, Director of Children’s Nursing, Bart’s Health
Clinical lead of the NEL CYP Programme**