

# Talking about the Children and Young People's Emotional Wellbeing and Mental Health Draft Strategy 2021-2025

2021-2025



# Hello

## Over 20,000 under 18's in Jersey

Over 20,000\* children and young people live in Jersey. We (the Government of Jersey) want every one of them to be well and resilient with good mental health and wellbeing.

Good mental health and wellbeing is about how you think — feel — and act. It's about:



being healthy in all areas of your life



being resilient and bouncing back



recognising your emotions and managing them



finding a balance



coping with life and its stress



connecting with people and family

Good mental health helps you enjoy your life, enjoy where you live, connect to people around you and reach your goals.

\*Estimation based on trends and 2011 census information.

We've been talking to children, young people, families and professionals about mental health and wellbeing in Jersey.

We wanted to know what things are really like, what support is available, what needs to change and what matters.

This Strategy links to the Children and Young People's Plan 2019-2023 and the Government commitment set out in the 'Putting Children's First' Pledge to Children. See more at: [gov.je/PuttingChildrenFirst](https://gov.je/PuttingChildrenFirst)



# What you said

## Children, young people and families want Jersey to be a place where:

- everyone is supported to be resilient so they have good mental health
- everyone knows where to get support
- everyone who asks, gets support quickly
- the support people get is based on things that work
- everyone is listened to and involved in decisions that affect them.

## All this helped us write this new plan.

"More people asking how I feel, listening, caring, knowing what to say, having better understanding of mental health issues"

"Reducing the waiting lists in CAMHS"

"Earlier intervention and diagnosis with better and quicker access to appropriate services"



"Teaching staff to be better trained and supported to identify and deal with mental health and emotional wellbeing difficulties"

"There needs to be more support for young people in their transition process to other services, especially the Adult Services."

"There was no handover, so I had to keep telling my story over and over"

"More support and training for us as parents in order to identify and better handle difficult circumstances and emotional wellbeing issues"

"Services that can be accessed 'out of hours' is a key theme that comes up in the work I do with young people"



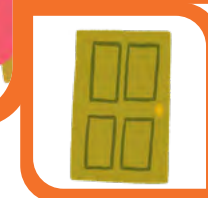
## Many said Covid-19 has been difficult.

It's made the situation around mental health worse. Some said it made them feel worried, lonely and even unsafe sometimes.

# Our Vision

**We want all children and young people in Jersey to be happy and thriving – able to enjoy the best mental health and wellbeing.**

**Thriving** – is about growing well in positive healthy ways.



## How we will do this

Children, young people and families in Jersey will be supported to be well and resilient by focusing on what good mental health and wellbeing is.

If you need support, you won't feel embarrassed to ask for it and it will be available as soon as you need it.

No one should be on long waiting lists, and services will work together so you only have to tell your story once.

Services will be good quality and help you to become well again. They will be offered in the right place and at the right time.

We want to get people thinking of mental health the same way they do physical health. If you need to, you ask for help... it's simple.

**We have 16 actions to make sure this happens. We've grouped them into four main areas.**

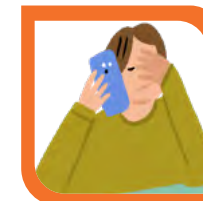
## We want everybody to promote good wellbeing and mental health.

- 1** We will have training so some young people can become mental health ambassadors.
- 2** We will have support for people becoming parents and help them feel well and have strong bonds with their babies.
- 3** We will have training so people understand good mental health and wellbeing and how to help you stay well and resilient.
- 4** We will help professionals be aware of risks to people's mental health like adverse childhood experiences (**ACEs**).

**ACEs** — are traumatic events that happen in childhood like experiencing violence, abuse, or neglect.

## We want it to be easy for everyone to find help and support.

- 5** We will develop a young person's drop in café where they can learn about mental health and find support for mental health problems.
- 6** We will have information, advice and support at the Children and Families Hub.
- 7** We will create a helpline.
- 8** We will run drop-in sessions on different topics that promote wellbeing such as physical activity, eating and sleeping well.



## We want people to get the right help and support, at the right time and in the right place.

- 9** We will have more locations and increase the hours that some services are open, like running Saturday afternoon clinics and out of hours services.
- 10** We will have more support and therapies available including family support, talking therapies and online therapies.
- 11** We will have more support for issues like eating disorders, long-term health conditions, or for those that are care experienced.
- 12** We will improve services for young people who struggle as they become adults or who are caring for a parent.



## We want to listen to people about what works and helps them, because this improves our services.

- 13** We will collect information and evidence so we know how and where services have helped.
- 14** We will set up an advisory panel that includes young people, parents, professionals and people working in the community.
- 15** We will agree a new set of standards and reporting for services that are easy to understand and available for anyone to read.
- 16** We will promote children and young people's rights including **advocacy and peer support**.

**An advocate or peer support** — is someone on your side who will help you be heard.



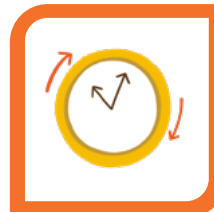


# Outcomes – what we want to see

We will check this plan is working and supports children and young people in the right way.

As it works, we want to see:


- that children and young people's mental health improves
- that families know where to get help and support
- shorter waiting times
- positive feedback about services
- more choice of services available.



## Tell us what you think

We want to make sure that we take the right actions at the right time. So, we want to know what matters to you.

- **Is our vision right?**
- **Are the 16 actions we're taking the right ones?**
- **Which actions should we focus on first?**
- **Is there anything missing that we need to add?**

 Please use this online form to tell us what you think by **11 June 2021**. You can find the online form at: [gov.je/CYPmentalHealth](https://gov.je/CYPmentalHealth)

 Or email: [CYPmentalHealth@gov.je](mailto:CYPmentalHealth@gov.je)

 Or write to us at:

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