

MHST Trailblazer Consultation - Outreach

What are we making better?

The local Clinical Commissioning Group CCG were awarded £2.3 million by NHS England (NHSE) with Barnardo's as lead provider working deliver on the Trailblazer Mental Health Support Teams (MHST) in Swindon until 2020/21. From the outset it was agreed that *Children, young people and families will shape the design and delivery of Mental Health Support Teams with co-production being the 'golden thread'*. To ensure service development was inline with the specific needs of Swindon's children and young people, it was crucial that their experiences, views and opinions were sought.

What has been the Impact?

It was identified by young people that a number of factors contributed to their mental health problems. Young people identified ten factors: Bullying; School or exam pressures; Home or family life; Social media; Pressure from friends; Drugs or Alcohol; Disability; Relationships; Anti-social, behaviour or crime; Identity or sexuality

One of the recommendations was, that although the Trailblazer programmes were designed to run specifically within educational settings; 20% young people stated a preference for receiving a service outside of school, and 39% stated they would prefer their support out of school hours / term time of evidence); highlighting a need for additional outreach provisions.

What have we done?

To capture the widest possible cohort of children and young people, it was decided that a survey should be created. The survey structure and questions were developed over 5 focus groups with children & young people. Once finalised and tested the survey was formatted into a SurveyMonkey online questionnaire and distributed (April 2019) using social media and all Swindon primary and secondary schools through STEP contacts. In total, 436 children and young people (21% c&yp with SEND) and 100 parent / carers (representative of sixty-two primary, special, secondary schools and colleges and EOTAS) contributed.

What has been the evidence?

An Outreach Team has been set up to work within the community to raise awareness of mental health issues and promote healthy mental wellbeing. Barnardo's have created a dedicated therapeutic room based within their office space where children and young people can visit and have a trained worker they can trust and talk to.

Positive comments from parents / young people regarding face-to-face service at Nexus House:

Felt she engaged better because was in a setting that was not home (with all its distractions) and not at school (where she is having the issues). Parent of 8-year-old.

My son plays up when at home, and school'; he was much more settled and receptive when face-to-face with his worker at Nexus House. Parent 9-year-old.

My son was more comfortable in the therapy room at Nexus and seemed to concentrate better in face-to-face sessions. Parent of 11-year-old.

I liked going to their nice room (Nexus), it's better than school, no one knows you – not as embarrassing. 13-year-old.

*It was so much better when I could go to Nexus House to have the sessions with *****; I was comfortable and had better concentration than in my school. 12-year-old.*