



January 2021 Bulletin

This month's edition includes:

1. HLP CYP Mental Health Crisis Guidelines published
2. CYP MH and Crisis Messaging Communications Toolkit
3. Creating the Future Together programme
4. Good Thinking- CYP Expansion
5. Upcoming events

Publication.....

HLP CYP Mental Health Crisis Guidelines: Improving care for children and young people in mental health crisis in London- Recommendations for transforming the delivery of high-quality and accessible care

In response to the COVID-19 pandemic highlighting the importance of mental health crisis care, the HLP CYP Mental Health Programme have refreshed their CYP Mental Health Crisis Guidelines. These guidelines were first published in October 2016. The refresh of

these guidelines aims to continue to support the system in London in the development of high-quality, accessible, consistent, and effective care for CYP in mental health crisis across London.

The 13 recommendations in the refreshed guidelines are as follows:

1. Meet previously defined standards
2. Develop a Safety and Coping Plan
3. Provide a 24/7 service
4. Ensure effective whole system governance
5. Sign off and publish clear local guidelines
6. Provide education and training
7. Offer a designated Health Based Place of Safety
8. Use acute ward beds (paediatric and adult) as short-term inpatient facilities
9. Enact the London Mental Health Compact for CYP
10. Use efficiencies from joint working to invest in local CYPMH crisis pathways (CYPMH inpatient services Provider Collaboratives)
11. Follow Care, Education and Treatment Reviews (CETR) guidance
12. Establish a protocol with Children's Social Care Services

Provide 24/7 crisis lines for all ages

The refreshed guidelines can be found [here](#).

CYP MH and Crisis Communications Messaging Toolkit

Healthy London Partnership HLP have launched the new **Children and Young People Mental Health and Crisis Messaging Communications toolkit** to support the system across London with consistent communication messages which can be used about CYPMH. This is in response to:

- Referrals to CYP Mental Health Services dropped to 47% of the expected rate during wave 1 of COVID-19.
- A rise in CYPMH presentations to A&E across London despite the availability of all age 24/7 crisis lines that have been established to provide appropriate urgent support.
- Outdated crisis information online including signposting to NHS 111 over the 24/7 crisis lines that should be used.
- It is not always clear that the 24/7 crisis lines are available for children and young people, parents, and their families.

The toolkit sets out key messages with support assets for use on social media that will:

1. Address barriers to accessing services by building on the 'your NHS is here for you' messaging
2. Provide assurance to CYP and their families that CYPMH services are open and safe.
3. Promote 24/7 crisis lines are available for CYP, parents and their families, and to provide clear and consistent messaging on how to seek help in a crisis.

Further information can be found here:

<https://www.healthylondon.org/children-and-young-people-mental-health-and-crisis-messaging-toolkit/>

Creating The Future Together programme

In December 2020 we hosted a shared learning event for The Creating The Future Together programme, an online systems leadership collaboration for the CYPMH system. The programme's underlying foundation was to lead change by supporting CYPMH system leaders to develop projects and initiatives with the aim of improving outcomes for CYP. The programme focused on the themes including, co-design, schools' integration, working with vulnerable groups, demand management and workforce. At the event learning about the 13 projects progressed by delegates during the programme was shared.

All resources and webinar recordings from the programme are available on the [FutureNHS Collaboration Platform](#)

Good Thinking-CYP Expansion

Good Thinking is London' Digital Mental Wellbeing Service. and promotes self-care for the four most common mental health conditions: anxiety, sleep problems, low mood, and stress. [Good Thinking](#) promotes self-care for the four most common mental health conditions: anxiety, sleep problems, low mood and stress. It provides free, 24/7, digital support to Londoners seeking mental health and well-being advice and help.

Although there is an array of resources for [young people](#), and [parents and carers](#) including tips, advice guides, blog and podcasts on Good Thinking the service is formally being extended to young people at the end of January, so look out for more details about this in the coming weeks.

New resources on Good Thinking include [teachers' toolkit](#), an [employer's toolkit](#) and

[student toolkit](#), supporting young people to be mentally healthy in university.

There is also a section on Good Thinking for health and care professionals.

If you have not already used Good Thinking, or not visited for a while, why not have a look today!

Upcoming Events

HLP **CYP** **MH** **Shared** **Learning** **Event**

We will be hosting shared learning events as part of the COVID-19 response to provide key updates and share positive practice.

The first in the series of shared learning events will be taking on **Tuesday 9 February at 11am-12noon**. It will be focusing on a report we published in the Autumn of 2020 and learning from CYPMH reviews undertaken by the NHS Improvement Mental Health System Improvement Team as well as the NHS Improvement CYPMH System Maturity Tool.

Our report can be found here:

[CYP MH: The Mental Health System Improvement Team \(MH SIT\) review findings](#).

You can register for this event using the link below:

<https://www.eventbrite.co.uk/e/hlp-shared-learning-event-mh-sit-review-report-system-maturity-tool-tickets-136816731527>

CYPMH LD/ASD Roundtable: Thursday 25 February 2021

As part of the HLP Children and Young People's Mental Health (CYPMH) COVID-19 Recovery Steering Group priorities, we have been engaging key stakeholders across London to understand the current work taking place within LD/ASD. We have developed a rich narrative from stakeholders focused on CYPMH LD/ASD:

1. Challenges and opportunities across the system
2. Programmes of work
3. Thoughts on a 2021 LD/ASD Case for Change

We would like to play back these findings to you, agree next steps to address any system challenges identified, and discuss HLP's support in further pan-London work in this area for our 2021/22 programme. With that in mind, we would like to invite you to a roundtable on **Thursday 25th February 09.30-11.30am**. We understand schedules are extremely tricky at the moment, however we would very much value your input in shaping this vital area going forward. If you would like to be involved, please email Iyoni Ranasinghe on: iyoni.ranasinghe@ppl.org.uk

We look forward to seeing you soon!
