



April 2021 Bulletin

This month's edition includes:

1. **Upcoming events**
2. **CYP MH ICS Inequalities Data Snapshots**
3. **Mental Health in schools: Positive practice report**
4. **Good Thinking YP Expansion**
5. **Partnership for Young London: Mapping Young London**
6. **Early Intervention in Psychosis (EIP) Audit**
7. **Place2Be- Free mental health training for school staff in London**

Upcoming events

HLP CYP MH Shared Learning Webinars

We have been hosting shared learning webinars as part of the COVID-19 response and recovery to provide key updates and share positive practice. We can confirm two further webinars which we will be hosting: Suicide Prevention and NHS Benchmarking and CYP MH data for London.

Suicide Prevention: Wednesday 12 May 2021, 2pm-3pm

The next event will be about CYP, their mental health and suicide prevention. There will be presentations from the following speakers:

- Andrea King, Assistant Director of Programmes, **CYP Mental Health - NHSE South East Region**
- Priya Nagda-Swainson, Community Development Officer for London, **PAPYRUS Prevention of Young Suicide**
- Jonjo Hurley, **Thrive London**

Register on Eventbrite using the following link: <https://www.eventbrite.co.uk/e/hlp-cyp-mh-shared-learning-event-suicide-prevention-tickets-152472444185>

Coming Soon: NHS Benchmarking and CYP MH data for London

Exciting news! The Cavendish Square Group, CYPMH Inpatient Provider Collaboratives and HLP CYPMH Programme have agreed a joint initiative to commission NHS Benchmarking to undertake a CYPMH data/analysis project resulting in the publication of data analysis reports for system partners (e.g., providers and commissioners) and there will be a shared learning event to share findings.

Further details about this webinar will be circulate shortly so watch this space!



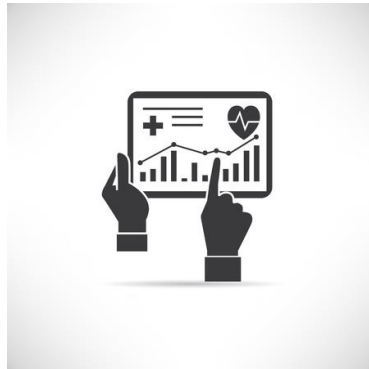
CYP MH ICS Inequalities Data Snapshots

Last week the HLP [Children and Young People's Mental Health \(CYP MH\) programme](#) published data inequalities snapshots for each Integrated Care System (ICS) in London. The purpose of these data snapshots is to support local systems in addressing health inequalities in access, experience, and outcomes in CYP MH care.

This resource could support system partners to identify and begin to understand where action is needed in London to tackle inequalities in the CYP MH system. It is intended to support further discussion about inequalities faced by marginalised groups in local systems.

The snapshots use existing datasets and intelligence, providing a reference point to begin planning, commissioning, and delivering CYP MH services in London which are preventive and protective.

The snapshots can be found here: <https://www.healthylondon.org/cypmh-inequalities-ics-data-snapshots/>



Mental Health in schools: Positive practice report

London's programme of Mental Health in Schools Teams (MHSTs) was established in 2017, through a Trailblazer Programme. The teams have remained in place throughout the pandemic, working in different ways to continue to deliver services to young people and their families to support mental health needs.

We have developed a report which draws together learning from MHSTs' in London collective experience, in particular examples of innovation and best practice gained during the periods of lockdown associated with Covid-19, as well as challenges.

Operational and strategic innovations and challenges are described, with many of the experiences common across different areas. Sharing the learning from both will be beneficial to existing teams and those that develop in the future.

You can access this report using the following link: <https://www.healthylondon.org/mental-health-in-schools-positive-practice-report/>

There is a pdf version, can be accessed here: <https://www.healthylondon.org/wp-content/uploads/2021/04/Mental-health-in-schools-positive-practice-report-002.pdf>

Good Thinking- YP Expansion



On 10 March, the Mayor's drive to help and support children and young people on improving the mental health and wellbeing of all young Londoners through the YP expansion of Good Thinking was formally launched. Young Londoners were at the forefront of a roundtable hosted by the Mayor of London, Sadiq Khan, and chaired by Deputy Mayor, Joanne McCartney, to mark Good Thinking's new expanded digital platform to provide young people aged 13-18 with access to free resources and new NHS approved apps to improve mental well-being and emotional resilience. For more information about the mayoral launch of the CYP section of Good Thinking: <https://www.healthy london.org/young-people-share-their-lived-experience-of-lockdown-at-the-mayors-mental-health-roundtable/>

During the roundtable, the Mayor spoke with a group of young Londoners, covering topics such as the impact of the pandemic on young people's mental health, lived experience on how young people today are coping with stress and exploring how Good Thinking can help build resilience through its new content which includes advice and blogs, podcasts and several new apps. You can access here: <https://www.good-thinking.uk/youngpeople/>

Apps include:

- [Feeling Good](#) & [Feeling Good Teen](#) – positive mental training based on sports psychology
 - [Combined minds](#)– to help families and friends support young people with their mental health
 - [Clear Fear](#)– provides you with a range of ways to manage the symptoms of anxiety
 - [International Student](#)– information, tips and useful links for international students in the UK
 - [Apart of me](#) a quest into loss and love, safe space for young people to explore grief
 - [Move Mood](#) – helping teenagers manage low mood and depression.
 - [Student Health](#)– reliable, relevant health advice for young adults
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Partnership for Young London: Mapping Young London

Partnership for Young London has launched the report: '[Mapping Young London](#)' and the 'London G-Z,' an accompanying literature review of research about Gen-Z in London. 'Mapping Young London' has been co-designed with young people, using an extensive survey and focus groups that spoke to over 1,600 young Londoners aged 16-25. The young people surveyed have a broad range of lived experiences.

The research was conducted by [Partnership for Young London](#), London's regional youth unit, and is a collaboration across a range of partners who have gathered data and insight on young people's needs across London. The full list of contributors is in the posted at the end of this press release and this work was generously supported by [Trust for London](#).

Keith Bottomley Chair of Trustees, Partnership for Young London Comments:

"I really welcome this report which captures so many insights from young Londoners, the data gives a stark overview of the inequalities across our City, it highlights the disproportional impact that Covid19 has had on young people. I strongly feel that all policy makers and practitioners should use this when they are looking at London's Recovery from the pandemic, we must put young people's voices at the core of future planning to make sure we create a fairer and more equal London. This report is collection of data from us and a huge range of partners which illustrates how London's youth sector collaborates and works in partnership to drive up outcomes for young people."

Bharat Mehta CBE, Chief Executive, Trust for London Comments:

"The pandemic is having a profound impact on young people in London. Too many are experiencing unacceptable hardship across education, work, housing, and mental health, at some of the most important junctures of their lives. But as this report shows, organisations

can collaborate with young people, putting their lived experience at the heart of the response, helping to develop solutions that will create a better future for young Londoners.”



Early Intervention in Psychosis (EIP) Audit

The National Clinical Audit of Psychosis (NCAP) and the NHS England CYPMH Programme (National) have been working in collaboration to develop a bespoke survey to understand the service offer for all young people with first episode or emerging psychosis. Earlier this year the survey was tested, and the final survey will be distributed at the beginning of May followed by 6 weeks of data submission and collection. Analysis of the responses will take place during the summer with the aim of publishing a national finding report in August.

CYP MH and specialist under 18s EIP services are invited to register [HERE](#) to take part in the survey.

The NHS England National CYP and adult MH programmes are organising a **webinar** on improving the experience and care for children and young people planned for **May 11th** – they are looking to showcase best practice examples of joint work between EIP and CYP MH teams, please get in touch with diana.gomes2@nhs.net if interested or would like more information.

Further information can also be found on the FutureNHS Collaboration Platform and read the flyer [HERE](#)

Place2Be- Free mental health training for school staff in London

Children's mental health charity Place2Be is offering its [Mental Health Champions – Foundation programme](#) for free to all school-based staff in London. This online training course enhances teaching professionals' understanding of children's mental health and introduces approaches that promote positive wellbeing in schools and communities.

The course is fully flexible and can be completed from any device, at a time to suit you. Content can be broken down into 15-minute sections.

Please share with any school staff you know so they can join the 45,000 who have already started our online mental health training. Places are limited.

Find out more and sign up at place2be.org.uk/foundation

ThriveLDN- Youth Mental Health First Aid

Youth Mental Health First Aid (YMHFA) Training is a course delivered by Mental Health First Aid (MHFAE) England. The course provides participants with a more in-depth understanding of the factors that may impact upon a young person's wellbeing and mental health. This includes practical skills to spot the triggers and signs of mental health issues, confidence to reassure and support a young person in distress and enhanced interpersonal skills, such as non-judgemental listening to reassure and listen to the young person, in turn acting as a form of early intervention in a potential mental health crisis.

Due to COVID-19 restrictions this course is currently an online course. There is either a 1-day or 2-day training course and if you are interested in undertaking one of these courses, please contact youthmhfa@thrivedn.co.uk.

