Appendix 2: HWBB Workshop 5th December 2018: Overarching Themes and priority actions

Three overarching themes were identified:

- **Pathways.** Navigate through the system with the right access, receiving the right service at the right time in the right place
- **Engage** with children, young people, their families, carers and communities
- **Strategic Join Up and Wider work:** maximise the resilience of the population through working with non-MH services, providing information, and through improving wider determinants such as housing,

The table below lists all of the comments made, grouped by participants into 33 areas within the four themes of

- Staying well
- Managing well
- Greatest need
- Enablers

Rows are ordered by the number of votes each area received within the theme

The rows highlighted in grey show the areas that had the highest votes (ranked first or second) within each theme

Theme	Area and actions	Votes	Hearts	LSP priority
Staying well	**Schools** • Whole school approach for emotional wellbeing • Training for SENCO -> teachers • Shift focus in school to emotional wellbeing being the bedrock for learning	**2**	**1**	**Wider**
	Awareness • Train midwives to recognise 'at risk' families at ANC • YP awareness campaigns and tools of positive actions to improve mental wellbeing eg WOW • MH awareness training for all frontline midwives	**2**	**2**	**Pathway and wider**

	• Train health visitors to recognise 'at risk' families 'at risk' of poverty, housing • Devising care maps that identify MH and WB provision			
	Housing • Housing strategy making provision for CYP with MH	**2**		**Wider**
	Parenting support • Parenting to build resilience	**1**	**1**	
	Support for CYP • Online support for CYP to promote self care • Peer support for CYP • Non medical interventions to promote resilience eg sports • Aunties / other voluntary listeners for CYP to talk to in YP settings	**1**	**2**	**Wider**
	Comms • Tell midwives and health visitors how to refer for social support (Gateway. Etc)	**0**	**0**	**wider**
Managing Well	**Easy Access** • Effective step up from universal services • Access to online digital services /support • Easy access to services when needed • Easy access to professionals	**3**	**1**	**Pathway**
	Strategic integrated • Strategic join up of services • Effective multi-agency training	**2**	**1**	**Wider**
	Co-production • Engaging more effectively with what young people need and want.	**2**	**1**	**Engagement**
	Support networks • Peer support groups	**1**	**1**	**wider**

	• Good support • Support in schools • Good transport to enable social prescribing • Good support network			
	Self help • Take meds • Self help available in lots of formats inc digital • Stay fit, feel well	**1**	**1**	**Wider and pathway**
	Communication • Communication re what is available • Good communication of local offer	**1**		**wider**
Greatest Need	**Pathway** • Mapping of all service areas – LA,CCG, schools, voluntary • Follow up check up to ensure managing well after crisis / admission • Clearly defined pathways for professional and patients • Regular service review linked to service user feedback	**5**	**3**	**Pathway**
	Lived experience • Lived experience in service development	**4**	**3**	**Engagement**
	Crisis Service • Crisis team in the community • Community based crisis team not just hospital based	**4**	**1**	**pathway**
	Vulnerable groups • Young people with learning disabilities • Young people with disabilities • Trans kids	**4**	**0**	**Pathway**
	Peer support • Peer support in hospital to show people can get well again • Adequate peer support	**3**		
	Access • Clear identifiable points of access for a service user in crisis	**3**		

	• Swift referral to services			
	Discharge • Careful discharge process / review • Getting people out of hospital – shorter stays	2		
	Individuals • Focus on each person's unique needs • Clear action plans for existing service users	2		
	Feedback • Regular service feedback •	2		
	Carers • Support for carers		1	pathway
	ACEs • Adverse childhood experiences – list of 10. Maternity, HV, what's your score – right support			
	Social media • Role of social media positive and negative			
	Home treatment • Home / community based treatment avoid admission			
	Transition • Remove 'transition' from children to adults			
	Stigma • De-stigmatising metal ill health			
Enablers	**Youth engagement** • Use of role models • National conversation on what we as adults are doing to act on what young people are saying • Mainstreaming conversations between young people at home, at school, on social media.	4	3	**Engagement**
	Resources	4	2	**Pathway and wider**

	• A committed aftercare service that engages with specific need • Assigned resources • Tailored individual services • Enabling communities (eg social prescribing)			
	Evaluation • Identify system service failures and act	3		
	Information • Easy to access information support and guidance for parents / carers (digital/peer etc) • Join up digital offer for mental health • Give schools access to compendium of services (commissioned and non commissioned) • Advertise on line and in schools (posters, help available)			
	Awareness and training =5 2 red dots • Community programme focusing on training, MH awareness • Awareness training for non specialist staff in generic services • Have a trained listener in schools	2		**Wider**
	Overview – 2 red dots • Actions to mitigate risk factors in CYPMH eg education/employmeny opps for all • Whole system focus • Joined up thinking • Publicise the stats on MH in the community promoting the need for us to learn	2		