

Trailblazer Case Study – Health and Justice

East Midlands Community Forensic Child and Adolescent Mental Health Service (Community FCAMHS)

About Community Forensic CAMHS

- Community FCAMHS provide support to young people who have mental health problems who may be in contact with the criminal justice system.
- A Community FCAMHS team will usually be made up of professionals who come from a variety of backgrounds and disciplines. This is particularly important in cases where young people may be particularly vulnerable or present with highly complex needs and risks.
- Young people accessing the service present with highly complex needs and associated risks and severe neurodevelopmental issues.
- Often young people accessing the service have histories of trauma and abuse.

Trailblazer project

Supporting East Midlands Community FCAMHS staff to develop a meaningful participation approach that captures the voice/opinions of young people accessing services and constructively uses it to improve services.

Why

To get as many staff as possible involved in service delivery to think about what participation means for Community FCAMHS and how best it could be used to improve the services and experiences of young people.

What happened

East Midlands Community FCAMHS staff and YoungMinds Amplified team held a number of conversations to **scope out the support**.

The aim was to develop a tool that would allow participation to be built into the service's general approach rather than added on to the end of an assessment of session with a young person.

This may look like **an emotional/mental health passport** that young people could take with them following their involvement with Community FCAMHS. This would be co-produced and would help young people when they engage with services later in their journey.

There was a desire for this tool to applied to other services working with young people where Community FCAMHS may only offer advice or consultation.

To develop the work, there was an **initial session** facilitated by YoungMinds to think about meaningful participation and how best to capture the voice/opinions of young people accessing Community FCAMHS and how to use that voice constructively to shape service development.

This initial session was attended by a range of staff including East Midlands Community FCAMHS staff, a member of the healthcare team from Clayfields House Secure Children's Home, someone from the CAMHS Head2Head Team and a representative from the Looked After Children's Team (part of the CAMHS service).

From the first session, the group agreed on the need to develop a tool that could be used within assessments and/ or direct work with young people to capture their voice in relation to:

- Who they are
- What challenges they face
- Why they think they've been referred to Community FCAMHS
- What works for them in terms of support, and what doesn't
- What young people want and how they think services can help them from their perspective.
- And to allow young people who access our service to say who they are as a person; beyond the reason they were referred to Community FCAMHS.

Progressing the work

"Following this development day we went away and gathered some resources that we were aware of - existing journey mapping, participation tools - and searched the internet for other examples. We then drafted a tool that we thought was a good first step and asked partners to comment on it. We asked partner teams to use this draft with young people and get their feedback. We also asked some young people and colleagues what they thought. As you know teenagers can be very honest!" - Sarah Littler, Clinical Nurse Specialist, East Midlands Community FCAMHS.

Once the tool was drafted and feedback received, East Midlands shared the first draft with Young Minds.

From this feedback, the tool was evolved. Further input from a speech and language therapy colleague helped to make the format and language of the tool more accessible. In April 2019, a second day facilitated by Young Minds was attended by the same original working party, plus the speech and language colleague. The group was able to review the tool and plan how to further evolve it and take it forward.

Outputs

From all of this work, East Midlands Community FCAMHS service developed a '**This is Me**' tool.

This Is Me allows young people using the service to inform staff on:

- What I like to be called;
- Things I like / things I don't like;
- What I want;
- What people say I need;
- Problems I have;
- Things / people that help me;
- Things / people that haven't helped me in the past;
- What help I want
- How would I change services for young people
- What I want people to do for me;
- My future / my plan

Next steps

East Midlands Community FCAMHS service has started using the tool with young people approaching 18 in the transition to adult services. Staff are hopeful it will provide something that helps young people explain their emotional/mental health and themselves as a person to the professionals they come into contact with in situations where they may find explaining this difficult

The Looked After Children's Team in Nottinghamshire CAMHS have also expressed an interest in using it.

What's the impact?

Young people and services using the new resource feel more empowered to communicate with staff around the planning of their care.
More young people are influencing the work around service design.

Working in partnership with Young Minds was essential to the success of this project. The Amplified Trailblazer provided a framework for Community FCamhs to move our ideas and experiences of participation into action. The energy, commitment and focus of the facilitators from Young Minds provided the impetus to complete this journey. The regular phone/email contact and the Trailblazer days facilitated by Young Minds gave the project structure and ensured we worked towards and achieved our goal of producing a meaningful participation tool that can be built into our everyday practice.