



Co-production Bulletin



Improving Emotional and Mental Wellbeing in Bromley

Issue 2

July 2018

WELCOME

In this issue of our co-production bulletin, we share exciting news about the co-design phase of our co-production programme to improve emotional and mental wellbeing for children and young people in Bromley. If you missed issue 1, [you can read this on the CCG website.](#)

If you have any questions about the programme, would like to get further involved or want to opt-out from receiving this bulletin, then please do contact us at broccg.coproduction@nhs.net

WHY CO-PRODUCE?

NHS Bromley CCG is committed to working with local people and involving them in the way services are commissioned and delivered in Bromley. This commitment was recently acknowledged by NHS England who gave the CCG an outstanding rating for engaging patients and the public. Co-production is taking the principles of engagement further and will enable us to jointly develop outcomes against which we can then procure services.

In relation to children's emotional wellbeing services, we cannot continue as we are. We need a robust and sustainable system of support and treatment that improves the emotional wellbeing and mental health of the population as a whole and provides evidence based services.

We are excited that so many of our local partners and stakeholders are on this journey with us and are committed and enthusiastic about making a real change for young people in Bromley.

HOW WILL WE CO-PRODUCE A NEW SYSTEM?

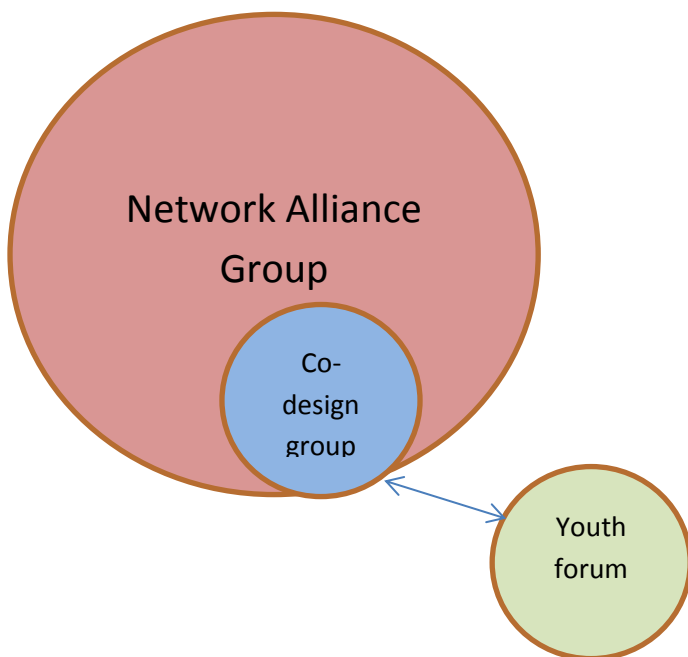
After an intensive engagement period where we tested our understanding and gathered insights from many young people and other stakeholders, we are now in the next phase of the programme which is co-designing the system and service delivery model.

This will work as follows:

Network Meetings: The Network exists as a larger support mechanism for the programme. The Network will include statutory and community and voluntary sectors, as well as parents and families. Everyone is welcome to join the Network. This group will scrutinise the work of the smaller co-design group

Co-design group: The Co-design group will consist of 15 key professionals and CYP who [combined] have the skills, knowledge and insight to analyse/translate current data into meaningful proposals. All work done within the Co-design group will go through the Network before being actioned. You can express your interest for this group via attendance at Network meetings.

Youth Health Forum: The Youth Health Forum will work closely with the Co-design group to ensure the voices of young people are heard throughout the entire programme. Young people will co-design the elements of the emotional and mental wellbeing in which they will be delivering. All children and young people in Bromley are welcome to attend groups.



CO-PRODUCTION NETWORK MEETINGS

Many thanks to all colleagues and nominated leads who attended our first two CYP Wellbeing and Mental Health Network events held on 15 June 2018 and 12 July.

There were lots of very inspiring discussions amongst participants who attended from a wide range of partner organisations. Many members of the Network have expressed an interest in being members of the Co-Design Group.

The Co-Design Group will be tasked with designing the new system and ensuring that the new services take into account the challenge set by the Network members.

The Network identified a number of priorities for the Co-Design Group to consider when designing the new emotional wellbeing and mental health system for Bromley. These were:

- How can schools be helped more to support young people in schools i.e more specific skilled workers and services being based in schools or accessing young people within school settings. Schools should be supported (through funding) to challenge mental health stigma.
- How can we maintain a focus on quality – avoid targets that create perverse incentives.
- Can the co design group focus on prevention, education and early intervention as we have treatment services.
- How will the system flex and adapt to meet the changing needs of CYP.
- How are we going to be pro-active towards mental health and emotional well- being rather than reactive.
- How can we support parents to promote emotional health and wellbeing?

What's next?

In order to continue to build relationships between the network members the next network meeting will be an Open Space Event. Attendees will have the opportunity to get to know each other better and explore similar interests. The next meeting will be held on 14 September 2018.

DR DUNCAN LAW

We have invited Dr Duncan Law, an external Subject Matter Expert to support the Network and Co-design meetings and processes.

Dr Law is a consultant clinical psychologist with over 25 years' experience across NHS, Higher Education institutes Voluntary Sectors. He has extensive experience of clinical management, leadership and service development across children and adolescent mental health services and the wider mental health setting.

At the June Network meeting, Dr Law gave a very interesting and informative presentation about the current national picture in child emotional wellbeing and mental health. Dr Law will be accompanying us throughout our Network, Co-Design and Co-Production journey. As well as giving presentations on the evidence base for emotional wellbeing and mental health systems, services and interventions, he has been retained as the Co-Production independent evaluator of the final system and service model.

BROMLEY HEALTH YOUTH FORUM

EMPOWERING YOUNG PEOPLE TO HAVE THEIR SAY

The first Bromley Health Youth Forum was held at Bromley and Downham Youth Club on 15 June. 14 young people attended to talk about what health care means to them.

CYP also shared their views on their future engagement with the youth forum using a SWOT Analysis (Strengths, Weakness, Opportunities and Threats).

STRENGTHS: Communication, trust, willingness to learn and resilience

WEAKNESS: English language, physical challenges (such as sports), accepting support, difficulty expressing feelings

OPPORTUNITY: Friendships, mental health awareness, better/improved life, to educate peers and empathise with them.

THREATS : Personal mental health needs, loss of interest or boring sessions, too young to understand things, intimidation or bullying.

At a further session in early July, we talked to young people about the services they use and asked them to think about where to go when they needed treatment. We are using the outcomes of this piece of work to develop some communications for young people about where to go when they feel unwell.



We will be having conversations with partners about what they can do to support youth involvement to insure their voice is heard in this process. Our aim is to ensure that young people are front and centre in the design and and in holding the system to account in the future.

JOIN US AT OUR NEXT NETWORK MEETING

Our next network meeting takes place on 14 September 2018. We have cancelled the scheduled August meeting due to the holiday period, but please do continue to share your thoughts and ideas over the summer. We will continue to build relationships between network members and start to investigate and respond to the questions that are being raised through those meetings.

As described previously, running alongside the regular network meetings will be a **co-design group** of people (practitioners and service providers) who will be working together to start to build aspects of the new service proposition.

The success of the Network and the Co-design phase of the programme rely on your contributions, commitment and enthusiasm to work together. The Network and the Co-design group will be the key drivers in transforming Children and Young People Mental Health and Emotional Well-being services. Dates of future meetings are shown opposite.

| Youth Forum 4.30pm – 6.30pm Bromley and Downham Youth Club 41 Valeswood Road Bromley Kent BR1 4RD | Co-design group Bromley and Downham Youth Club 41 Valeswood Road Bromley Kent BR1 4RD | Network 10am – 12pm The Hobbit, Metropolitan Police Hayes Sports Club, The Warren, Croydon Road, Hayes BR2 7AL |
|--|---|--|
| Friday 27 July Friday 10 August Friday 24 August Friday 7 September Friday 21 September | Thursday 26 July (4pm to 6.30pm) Thursday 6 September (2pm to 4pm) Thursday 27 September (2pm to 4pm) Thursday 25 October (2pm to 4pm) | Friday 14 September Thursday 18 October Friday 16 November |

WANT TO GET INVOLVED?

If you want to know more about the co-production programme and get involved, please email broccg.coproduction@nhs.net

For more information about
 The Health Youth Forum you can also:
 Text: 07736614927

This Bulletin will be produced on a quarterly basis. Further updates will be posted on the CCG website.