

Our Vision

We want all children and young people in Portsmouth to enjoy good emotional wellbeing and mental health.

The way in which we will achieve this vision is by:

- Establishing a clearly understood needs-led model of support for children and young people with Social Emotional Mental Health difficulties which will provide access to the right help at the right time through all stages of their emotional and mental health development.
- Ensuring that every child and young person has access to a range of early help in supporting their emotional wellbeing and mental health needs which will prevent difficulties escalating and requiring specialist mental health services.
- Supporting professionals working with children and young people to have a shared understanding of Social Emotional Mental Health and to promote resilience and emotional wellbeing in their work.

Achievements over the last 12 months	
We have continued to progress with our transformation plans working alongside young people, parents and our strategic partners from the local authority, health, education and the voluntary sector using the principles of co-production.	
Strategy for Improving Wellbeing and Resilience in Education	The strategy is complete; a working group is in place alongside a robust delivery plan.
Children and Young People's Improving Access to Psychological Therapies (CYP IAPT)	Children and Adolescent Mental Health Service (CAMHS) members of staff have been accepted on the courses and the service is now part of the Reading/Oxford collaborative.
Restorative Practice	We have trained over 200 professionals in Restorative Practice and a third of our schools have signed up to becoming restorative schools.
Children and Young People's Mental Health Guides for Professionals, Parents & Young People	The guides are now complete and are being widely used to access support.
Early Help - U Matter Service	The service is fully operational, in demand and working with young people in a timely responsive way.
Early Years Team	The enhanced offer is supporting the Multi Agency Teams to recognise and intervene to support families with attachment issues.
Crisis Post	The Crisis worker has delivered packages for young people that have resulted in reduced numbers of acute admissions as well as length of stay of admissions.
Early Intervention and Specialist Perinatal Support services	The new services are both fully operational and supporting women in the community in a timely responsive way.

What we will do	What will change
Complete the Social Emotional and Mental Health Needs Assessment	Professionals will gain a better understanding of needs and capacity in the system.
Review the Eating Disorder offer	Commissioners and NHS England will be assured that the service model they choose to adopt will meet the standards as set in the national guidance.
Commission an all Age Psychiatric Liaison Service	Young people who attend/admitted to hospital will receive rapid access to specialist mental health assessment and timely appropriate follow up support in their community.
Strategy for Improving Wellbeing and Resilience in Education	Children and young people feel that their school and other local services are helping them to be resilient and to cope with life situations.
Review the Early Intervention in Psychosis offer for Young People	Young people experiencing psychosis for the first time are treated as early as possible with appropriate support and treatment.
Managing demand into the Early Help - U Matter Service	Increased capacity of the service to cope with demand meaning young people are supported at an earlier stage therefore reducing their need for specialist mental health services.
Embed the Team around the Worker Model	Professionals across the young people's workforce will be more confident in being able to support young people's wellbeing and resilience.
Complete and promote the Behaviour Management Guide	Families know how to access the behaviour management support across the community if they need it.
Embed Children and Young People's Improving Access to Psychological Therapies (CYP IAPT)	Improved access to evidence based interventions and reduced waiting times for treatment.
Review and agree CAMHS Performance Measures	Professionals will gain a better understanding of how well the system is performing which will help to continually improve how it responds.
Wessex Healthier Together website	Young people and their families will have access to a range of online information advice and guidance relating to mental health and wellbeing.