

# Dorset Youth Representative Group, 17 March 2022

## Peter Feedback Notes

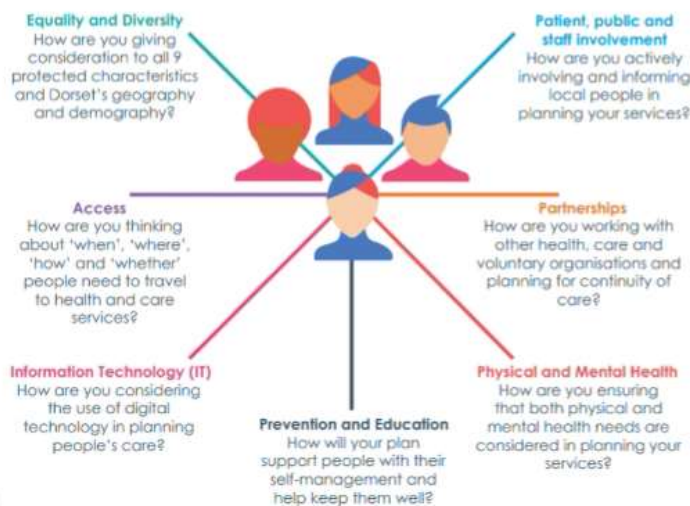
Led by Rebecca Varndell, Casey Jeffery (Dorset CCG)  
Large number of people attending, intros in the chat, I don't know who most of them were.  
Marion Burgess from PCF joined.

Meeting started with a pre-recorded presentation on 'working with people and communities' to "explain our new strategic approach to how we work with people and communities."  
Very waffly in my view! Here's a couple of slide shots.

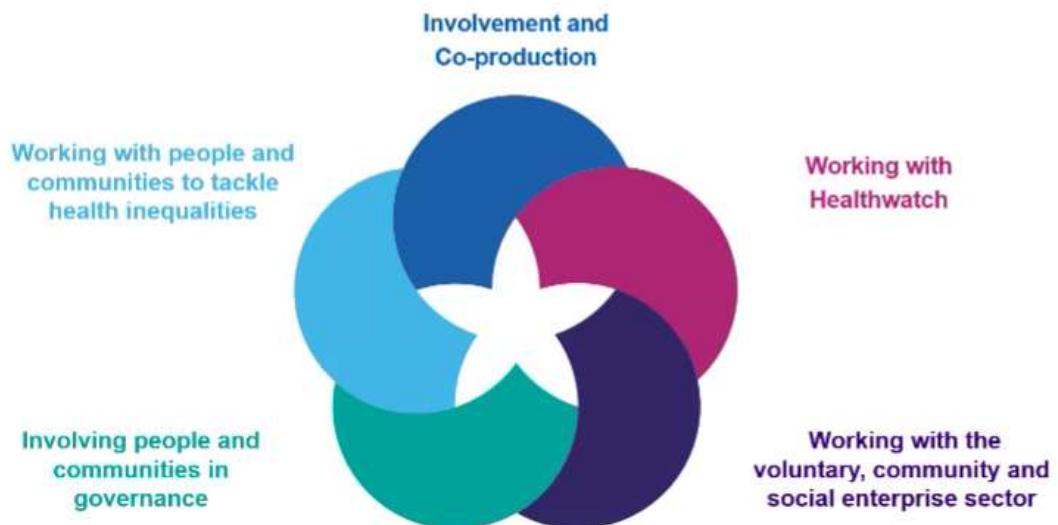
### Putting local people at the centre of our discussions



It starts with the person.



### Working with People and Communities



## CYP Mental Health services.

This was a double-act from:

Elaine Hurl, CCG, commissioner for mental health services across Dorset

Jo Wilson, Public Health Dorset, leading children's and YP work

Points made during discussion:

- New digital tools are available, eg 'chat health' text messaging service; Kooth platform;
- Whole school approaches - link to MH schools teams - this will increase from 4 to 7 MHS teams in 2022.
- Workforce development - MH first aid offer to all schools and professionals
- Wellbeing 'return to education' focus on emotional health during and after covid.
- Discovery project - supporting YP with lived experience to talk to other YP
- CAMHS Gateway pilot now being rolled out more extensively

Looking forwards:

- More communications. YP say it is still too complicated to navigate services. How to do this better. They talked about a newsletter. Do we already see this?  
**Action: Should we offer PCT as a channel for their newsletter? Do we already get communications from Jo/Elaine?**
- National target for MH services aims for CAMHS funding for just 41% of those who need it. I was completely shocked to hear this figure!! What an appallingly low target!! They said the Dorset target was more ambitious, so I asked them to be more definite. Their aim is to increase this to 100% over the next two years. In Dorset, CAMHS is currently seeing 5000 c&yp - aim to increase this to 19,000, which is what they believe is the 'prevalent population'.
- CAMHS Gateway aims to reduce waiting times - but I didn't catch the targets.
- New Crisis Home Treatments - aim to offer up to 2-3 home visits per day in order to avoid hospital admission. This sounds like a positive step to me.
- Next step: What should core CAMHS offer look like? Need to think about ASC, ADHD, Trauma. I was glad to hear this.
- Should we have more formal crisis offer? I've typed this in my notes, but I can't recall what it was about. Sorry!

Notes I made during discussion / Q&A:

- CAMHS will cater for YP up to 25 by 2023-4, instead of cutting off at 18. This is great news, in my view! There's no national model for how to do this, so they're working locally on scoping how this should work. Repeated the comment about making sure CAMHS works better with ASC, ADHD, Trauma.  
**Action: I suggest PCT should definitely aim to engage in this.**
- Someone raised the point re transition from CAMHS to (adult) CMHT is very difficult. They said this should improve with CAMHS going to 25. Also changes to adult MH services should lead to a much more flexible approach to the individual. Therefore there will be complementary overlapping services for individuals 18-25, depending on what suits them best, more aligned to primary care. Sounds great to me, provided it becomes reality, not just wishful thinking!
- But this extension to 25 doesn't yet apply to hospitals / specialist units (eg Pebble Lodge) - they admitted there's a massive jump between child and adult units - and a lot of things still needs to be considered (eg complications of over18s and under 18s in the same unit).
- Eating disorder service - apparently Dorset had a brilliant service pre-covid, nationally recognised, but now they're seeing a huge increase in referrals, and the service has 'significant challenges'.

- Patchy funding. How do we work to make sure funding gets to the right place? Elaine said this, but I can't recall anything else about this point. Sorry!
- Stormbreak online service - complements Kooth, aimed at earlier year groups. Available to schools and all children and families. Stormbreak.org.uk
- Developing a network of practitioners to work with self-harm. Most children who self-harm don't reach CAMHS threshold - this is an early help offer. Two programmes: FLASH (Families learning about self-harm), SHARP (Self-harm awareness and resource project). Commissioning training from Ministry For Parenting - aiming for 300 practitioners in 3 years. FLASH course is aimed at parents. Aim to create a network of practitioners to help deliver this, 12 weeks training. Open to anyone who wants to do this from any sector.  
**Action: We could promote this to PCT members.**
- Kooth was previously funded based on 300 consultation sessions per year - now increased to 300 per month, which reflects the real demand. Initially, the funding was based on a guess, and demand was actually far greater. Basic Kooth service is text-based and free for all 11-18. <https://www.publichealthdorset.org.uk/your-health/children-and-families/kooth>
- Jodie and Beth (I don't know surnames) were twenty-somethings who were very strong advocates for YP MH support. They've set up a group in Bournemouth called SPACE - for young people who don't necessarily meet CAMHS thresholds - mixture of peer support and helping YP with CAMHS referrals. They came across very strongly, based on real lived experience.
- Francesca Smith (message in chat, I don't know what organisation she's from): "I have spent the last three months compiling a 'directory' of local and online mental health services. It is currently at 30 pages and is with BCP comms for formatting. It has been worked on by BCP care leavers. I have been networking with and visiting some of the local services to support the recommendations in the directory. This may be of interest in the future for everyone (if I am allowed to share!)" I said, yes - please share.  
**Action: does anyone want to follow this up?**
- Mike Bennett (Dorset Youth Association). There are so many groups, 7500 voluntary orgs across Dorset! But mostly we don't know who they are! He's looking to build database for voluntary sector to improve visibility. Mapping the 0-25 services. [mikebennett@dorsetyouth.com](mailto:mikebennett@dorsetyouth.com)
- Jo and Elaine to be invited back to this group in 6 months for a further update.