

# Participation in Policy

Grounding

Building

Applying

Participation is central in a range of policy across the whole children and young people's mental health system- including in health, education and social care. Here are some of the key policies to be aware of.

## The national vision

[Future in Mind](#) set out the Government's vision for the children and young people's mental health system.

Future in Mind's recommendations are set against six themes:

1. Promoting resilience, prevention and early intervention
2. Improving access to effective support
3. Care for the most vulnerable
4. Accountability and transparency
5. Developing the workforce

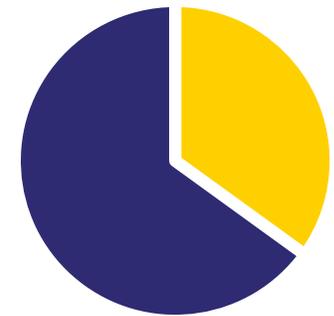
Local Transformation Plans have been developed by Clinical Commissioning Groups (CCGs) across the country. LTPs set out how the national vision in Future in Mind will be achieved in local areas. A range of local partners have to be involved in creating LTPs, including schools, Health and Wellbeing Boards, mental health services and the voluntary and community sector. **Children, young people, and parents and carers must also be involved in the development and delivery of LTPs.**

**Sustainability and Transformation Partnerships** have been introduced too. Set across 44 areas (incorporating multiple CCGs in each), these partnerships are tasked with creating Sustainability and Transformation Plans (STPs) which set out proposals to improve all elements of health and care, including mental health. These need to incorporate the priorities and plans set out in LTPs and as with LTPs, **communities are required to be involved in the development of STPs.**

A [Review of Local Transformation Plans](#) by NHS England (2016) set local approaches to participation into two groups:

1. Co-production and shared decision-making (higher levels of involvement)
2. Consultative and advisory models (lower levels of involvement)

Only 35% of LTPs in 2015 evidenced co-production with children and young people indicating there are many opportunities for local areas to increase the participation of children, young people and parents and carers.



## The national vision

### [Children and Young People's Improving Access to Psychological Therapies Programme](#)

The Children and Young People's Improving Access to Psychological Therapies programme (CYP IAPT) is a change programme delivered by NHS England and Health Education England.

It aims to create, across staff and services, a culture of full collaboration between child, young person and/or their parents or carers by:

- using regular feedback and outcome monitoring to guide therapy in the room
- improving young people's participation in treatment, service design and delivery
- improving access through self-referral
- improving the efficiency of services by training managers and service leads in change, demand and capacity management
- improving access to evidence-based therapies by training existing CYP MHS staff in an agreed, standardised curriculum of NICE approved and best evidence-based therapies.

Amplified is funded as part of the NHS England's national transformation programme in children and young people's health and aims to both support participation within the CYP IAPT Learning Collaborative, and to support participation in other key parts of the children and young people's mental health system including with CCGs, Clinical Networks and Youth Justice.

There are nine participation priorities in CYP-IAPT:

#### Feeling Good...

Priority 1: Get Initial Assessments Right

Priority 2: Make Sure Session Monitoring Involves the Young Person

Priority 3: Provide Easy Access to Complaints and Advocacy

#### Doing the job right...

Priority 4: Make Sure Staff Have the Right Skills and Knowledge

Priority 5: Involve Young People in Recruitment

Priority 6: Involve Young People in Staff Appraisals

#### Running the service well...

Priority 7: Involve Young People in Commissioning

Priority 8: Help Young People Influence Senior Managers

Priority 9: Have a Strong Mission Statement



## Legislation

**Health and Social Care Act, 2012**  
CCGs have to involve patients and the public in the planning and delivery of health services and to set out their plans for doing so publicly. Health and Wellbeing Boards must ensure that the experiences and needs of all groups within their community are heard and taken into account within local health needs assessments.

**The Children and Families Act (2014)** young people and their parents/carers must be supported to participate as fully as possible in planning of support for children with special educational needs and disabilities.

## Statutory Guidance

[Involving people in their own health care](#) (2017) statutory NHS guidance linked to the 2010 Act for CCGs on how to involve people in their own health care e.g. through personal budgets, personalised care planning and shared-decision-making

[Patient and public participation in commissioning health and care](#) (2017) statutory NHS guidance for CCGs on: embedding participation in governance and in commissioning; how public involvement can be reported and providers held to account around involvement.

## Supporting evidence based practice

NICE endorse participation across their guidance, examples include:

### [NICE: Transitions](#)

Guidelines for Transition from children's to adults' services for young people using health or social care services (2016) sets out that young people and their carers need to be involved throughout the planning and delivery of transitions (NG43)

### [NICE: Engagement](#)

partnership between statutory and VCO sector is key in the design and delivery and evaluation of health and wellbeing initiatives and members of the local community need to have their needs and experiences reflected within decision making. (NG44)

## Standards and Quality Assurance

Involvement of young people and parents/carers is included in the regulation of inpatient and community CAMHS. These services fall within CQC's **specialist mental health services regulations**. Multiple outstanding characteristics refer to participation and involvement, for example:

### Safe (Outstanding Characteristic):

- People who use services and those close to them are actively involved in managing their own risks.

### Caring (Outstanding Characteristics):

- There is a strong, visible person-centred culture
- Relationships between people who use the service, those close to them and staff are strong, caring and supportive
- People who use services are active partners in their care
- Staff are fully committed to working in partnership with people and making this a reality for each person
- Staff always empower people who use the service to have a voice and to realise their potential.

### Responsive (Outstanding Characteristics):

- People's individual needs and preferences are central to the planning and delivery of tailored services
- People can access services in a way and at a time that suits them.



# Standards and Quality Assurance

A range of standards and quality assurance measures set out what excellent care looks like in children and young people's mental health. These all include standards related to participation.

[Delivering With, Delivering Well](#) (DH, 2015) standards for the involvement of children and young people in child and adolescent mental health services within the CYP-IAPT programme

[The Quality Network for Community CAMHS \(QNCC\)](#) is part of the Royal College of Psychiatrists' Centre for Quality Improvement. Established in 2005, the network sets comprehensive service standards for community based CAMH teams and reviews them through a process of self and peer review. Services meeting the required standards can be accredited by the college. The CYP IAPT values and qualities included in Delivering With, Delivering Well are featured in the QNCC standards and for a service to be accredited as excellent, they will need to demonstrate their compliance with all of these.

[You're Welcome](#) is a set of quality criteria for young people friendly health services. It provides a systematic framework to help commissioners and service providers to improve the suitability, accessibility, quality and safety of health services for young people. The standards are supported by Public Health England, NHS England and the Department of Health. They are currently being refreshed by the British Youth Council, the Association for Young People's Health and Youth Focus North West.

## Current practice

In 2016 two independent commissions considered young people's mental health services and included findings related to participation.

### 1. [The Values-Based Child and Adolescent Mental Health System Commission](#) (VBC) (2016)

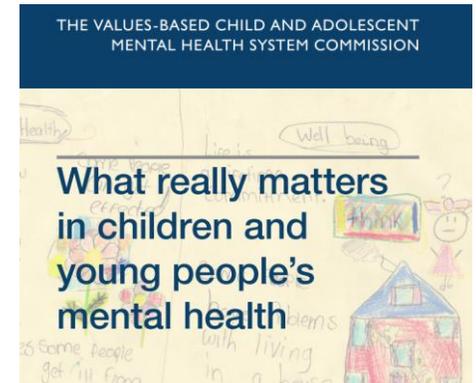
Values-based approach is one which puts 'patients at the heart of everything'

*'Co-production with children, young people, parents and carers is not only good for services, it is also good for children and young people and helps them to achieve optimal outcomes.'*

It recommended that *'Co-production with young people and parents should be at the heart of all recovery, service redesign, commissioning and training.'*

### 2. [Time to Deliver: Independent Commission on Children and Young People's Mental Health. Education Policy Institute](#) (2016)

The report of the Independent Commission on Children and Young People's Mental Health, led by the Education Policy Institute identified a number of barriers regarding participation in young people's mental health including young people moving quickly onto different stages of their life, young people's mental health conditions and the difficulty in finding meeting times that are mutually convenient for staff and young people.



### Other programmes to look out for...

**Youth Health Champions** - Led by the Royal Society of Public Health, Youth Health Champions and the Youth Health Movement offers a qualification for young people aged 14-18 to become 'health advisors' to their peers. Schools and other youth settings can deliver the programme which equips young people with a basic understanding of the key determinants of health, the skills to deliver health messages to their peers, and the opportunity to deepen their understanding of a specific aspect of health, including an option to study emotional wellbeing. The programme supports the drive to put young people in control of their own health.

[www.youthhealthmovement.org.uk](http://www.youthhealthmovement.org.uk)

**Realising the Value** - this programme, funded by NHS England and delivered by Nesta and the Health Foundation in partnership with voluntary sector organisations, aimed to enable people to take an active role in their own health and care through assessing the impact of person and community-centred approaches and working with five local sites to develop and test tools and resources. The programme resources introduce a range of person and community-centred approaches which could be tested in youth mental health, as well as providing accessible guidance for commissioners, system leaders and providers around introducing these types of approaches. [www.nesta.org.uk/project/realising-value](http://www.nesta.org.uk/project/realising-value)

**Amplified** is about building participation right across the children and young people's mental health system through providing participation training and consultancy, sharing good practice across the country and promoting access to participation tools and resources.

It is an NHS England funded programme, led by YoungMinds and NEL Commissioning Support Unit.

Visit: [www.youngminds.org.uk/amplified](http://www.youngminds.org.uk/amplified) to find out more or email: [amplified@youngminds.org.uk](mailto:amplified@youngminds.org.uk) if you have any questions.

## Amplified Training and Development

The Amplified training and development programme provides participation focussed capacity building for NHS England funded organisations working in children and young people's mental health, including: mental health services (community, inpatient, community eating disorder services), clinical commissioning groups and clinical networks, health and justice commissioners, education settings, local authorities and children's services and youth justice settings.



There are three levels within the training and development strand:

**Grounding** Resources providing foundation knowledge about participation in children and young people's mental health and signposting to other useful participation resources.

To access the Building and Applying events and resources sign up to the Amplified professional Voices network: [LINK](#)

**Building** Practical guidance on delivering the nine CYP-IAPT participation principles delivered through webinars and resources. The focus is on showcasing practice from within the system and promoting conversation and shared learning between professionals, children and young people and parents and carers around participation in mental health.

**Applying** Setting and profession specific participation events, resources and webinars aimed at addressing the specific types of participation in mental health services; commissioning; youth justice and education- with a focus on peer learning and leadership. Delivered in partnership with services and other partners across the system.



[youngminds.org.uk/amplified](https://youngminds.org.uk/amplified)

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