

# Children and Young People's Emotional Wellbeing and Mental Health Strategy

2022-2025



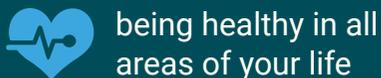
# Hello

## More than 28,000 aged 0-25 in Jersey

More than 28,000\* children and young people live in Jersey. We (the Government of Jersey) want every one of them to be well and resilient with good mental health and wellbeing.

Good mental health and wellbeing is about how you think – feel – and act.

It's about:



being healthy in all areas of your life



being resilient and bouncing back



recognising your emotions and managing them



finding a balance



coping with life and its stress



connecting with people and family

Good mental health helps you enjoy your life, enjoy where you live, connect to people around you and reach your goals.

\*Estimation based on trends and 2011 census information.

This Strategy links to the Children and Young People's Plan 2019-2023 and the Government commitment set out in the 'Putting Children First' Pledge to Children. See more at: [gov.je/PuttingChildrenFirst](https://www.gov.je/PuttingChildrenFirst)

## Talking to people

### 2020

We talked to children, young people, families and professionals about mental health and wellbeing in Jersey.

We wanted to know what things are really like, what support is available, what needs to change and what matters. We used the feedback to write the first draft of this plan.

### 2021

We asked everyone if they agreed with the plan, the vision and if we'd missed anything out. Almost **300** people took part! **We've included their feedback in this final plan.**

### 2022

This is our four-year plan from 2022 to 2025. It links to funding available through the Government so that we can really make a difference.

This plan has much clearer outcomes. It says what we want to do and how we are going to do it and you will be able to check if we deliver on our action plan.



# What you said

## Children, young people, and families want Jersey to be a place where:

- everyone knows what good wellbeing and mental health is
- everyone is supported to be resilient, so they have good mental health
- everyone knows where to get support
- people aren't embarrassed or worried about asking for help
- everyone who asks, gets support quickly
- the support people get is based on things that work
- everyone is listened to and involved in decisions that affect them.

## All this helped us to write our new plan.

"More people asking how I feel, listening, caring, knowing what to say, having better understanding of mental health issues"

"Reducing the waiting lists in CAMHS"

"Earlier intervention and diagnosis with better and quicker access to appropriate services"

"Teaching staff to be better trained and supported to identify and deal with mental health and emotional wellbeing difficulties"

"There needs to be more support for young people in their transition process to other services, especially the Adult Services."



"There was no handover, so I had to keep telling my story over and over"

"More support and training for us as parents in order to identify and better handle difficult circumstances and emotional wellbeing issues"

"Services that can be accessed 'out of hours' is a key theme that comes up in the work I do with young people"



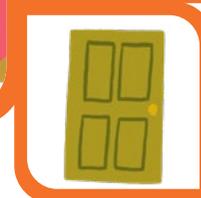
## Many said Covid-19 has been difficult.

It's made the situation around mental health worse. Some said it made them feel worried, lonely, and even unsafe sometimes.

# Our Vision

**We want all children and young people in Jersey to be happy and thriving – able to enjoy the best mental health and wellbeing.**

**Thriving** – is about growing well in positive healthy ways.



## How we will do this

Children, young people and families in Jersey will be supported to be well and resilient by focusing on what good mental health and wellbeing is, and how best to look after yourself.

If you need support, you won't feel embarrassed to ask for it and it will be available as soon as you need it.

No one should be on long waiting lists, and services will work together so you only have to tell your story once.

Services will be good quality and help you to become well again. They will be offered in the right place and at the right time.

We want to get people thinking of mental health in the same way they do physical health. If you need to, you ask for help... it's simple.

**We have 16 actions to make sure this happens. We've grouped them into four main priorities.**

## We want everybody to promote wellbeing, good mental health and resilience, so people aren't embarrassed to get help.

- 1** We will have training, so everyone understands good mental health and wellbeing and how to help children and young people stay well and resilient.
- 2** We will have support for people becoming parents and help them feel well and have strong bonds with their babies.
- 3** We will develop mental health ambassadors across the Island.
- 4** We will help professionals be aware of risks to people's mental health like adverse childhood experiences (**ACEs**) so they can think about wider support to help children, young people, and their families.

**ACEs** – are traumatic events that happen in childhood like experiencing violence, abuse, or neglect.

## We want it to be easy for everyone to find help and support.

- 5** We will create a wellbeing helpline.
- 6** We will have information, advice and support at the Children and Families Hub.
- 7** We will develop a young person's drop in café where they can learn about wellbeing and mental health, what they can do to stay well and where to go to get support.
- 8** We will run drop-in sessions on different topics that promote wellbeing such as physical activity, eating and sleeping well.



## We want people to get the right help and support, at the right time and in the right place.

- 9** We will have more support and therapies available including, support for the whole family, creative therapies, and online support.
- 10** We will have more support for issues like eating disorders, long-term health conditions and disabilities, or for those that are care experienced.
- 11** We will have more locations and increase the hours that some services are open, like running Saturday afternoon clinics and out of hours services.
- 12** We will improve services for young people who struggle as they become adults or who are caring for a parent.

## We want to listen to people about what works and helps them, because this improves our services.

- 13** We will promote children, young people and families being actively involved in their care
- 14** We will collect information and evidence, so we know how and where services have helped.
- 15** We will set up a Strategic Advisory Panel (SAP) that includes young people, parents, professionals, and people working in the community.
- 16** We will agree a set of standards and reporting for services that are easy to understand and available for anyone to read.



# Outcomes – what we want to see

We will check this plan is working and supports children and young people in the right way.

As it works, we want to see:

- that children and young people's mental health improves
- that families know where to get help and support
- that staff such as teachers know more about wellbeing and how they can support
- shorter waiting times
- positive feedback about services
- more choice of services available.



## Thanks for reading this

If you want to find out more tips and support that is available, please visit:

[gov.je/CYPmentalHealth](http://gov.je/CYPmentalHealth)

To read the full plan, then visit:

[gov.je/CYPmentalHealth](http://gov.je/CYPmentalHealth)

You can also contact us by email:

[cypmentalhealth@gov.je](mailto:cypmentalhealth@gov.je)

# Tips for Wellbeing

The Wellbeing Wheel has eight areas that research shows can promote wellbeing. It's everyone's responsibility to make sure these happen!

