

## Sector Connector: Foundations For Our Future

### East Sussex Breakout Room Notes

22<sup>nd</sup> March 2022

**How can the FFOF strategy best be taken forward? How can we use a whole system approach? How can we work more collaboratively?**

#### Reflections and perspectives on: Partnership Working

- We are not far down the road of whole system working (WSW)
- There are some local examples of WSW but services are not always talking to each other, such as NHS and local authorities not collaborating. *This has a knock-on effect for other agencies and leads to disjointed services and fewer outcomes for children and youth.*
- CAMHs, schools, primary care and the VCSE need to communicate well, particularly on referral pathways, where links, roles and responsibilities aren't always clear.
- The NHS take a top-down approach and the VCSE work bottom-up, so we need more holistic approaches and pathways, *evidenced by the issue of young people seeing lots of different staff and having to re-tell their lived experience and symptoms multiple times.* The disconnect between the NHS and VCSE is frustrating and a wasted opportunity.

#### Reflections and perspectives on: Youth Services and Engagement

- Competing priorities and time pressures in schools means time isn't always found for leading on mental health, whether this be service delivery, referrals or general awareness in educational settings.
- Prevention and early help are key along with the whole school approach. CYP want choice such as individual budgets. CYP also may want more freedom over their provider (such as SPFT vs a voluntary sector service).
- More forward thinking is needed with 'at risk' CYP, such as when disruptive behaviour starts. Physical activity interventions can help those falling behind academically at school by providing another route to 'success'.
- Co-design and co-production between services and CYP is the best route to improved services, especially for CYP with complex or multiple needs.
- Services need to hear more lived experiences, particularly those of trauma backgrounds (including youth homelessness), and this generation of service-user feedback will inform the work of professionals.
- Staff working in some potential early intervention settings are not trained in how to support young people with MH problems, such as MH First Aid training.
- Empowering CYP should be our aim, using different methods, and working toward qualifications where possible. The importance of leadership (self and others), sports coaching, real life skills and recognising parental support is all sometimes absent. Transferable skills help build resilience and instigate further personal development.