

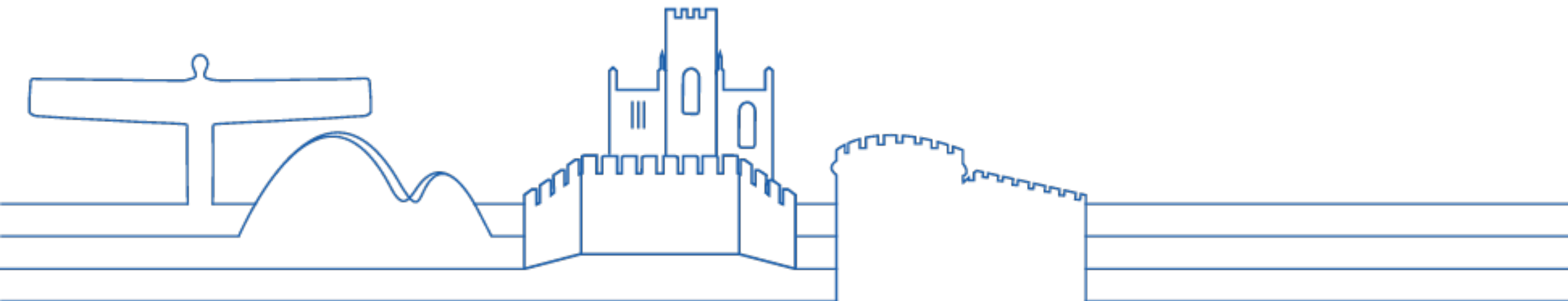


**North East and  
North Cumbria**

# **Whole System Work – Children & Young People's Mental Health and Emotional Wellbeing**

**Janet Arris**

**Deputy Director of Commissioning  
North Tyneside Place**

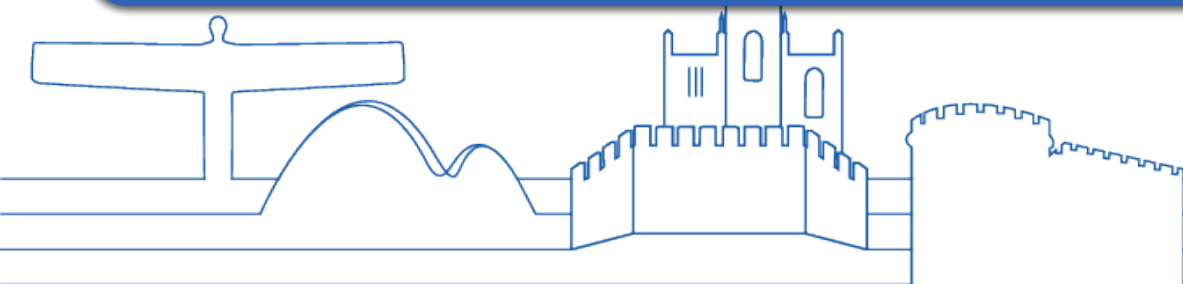


# Children & Young People's Mental Health

North Tyneside has a well-established Children and Young People's Mental Health and Emotional Wellbeing Partnership.

Barnardo's Strategic Alliance

Children and Young people's Mental Health and Emotional and Wellbeing Strategy 2021 – 2026



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

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**The aim of our Mental Health and Emotional Wellbeing Strategy is to**

Develop resilient children, young people and families

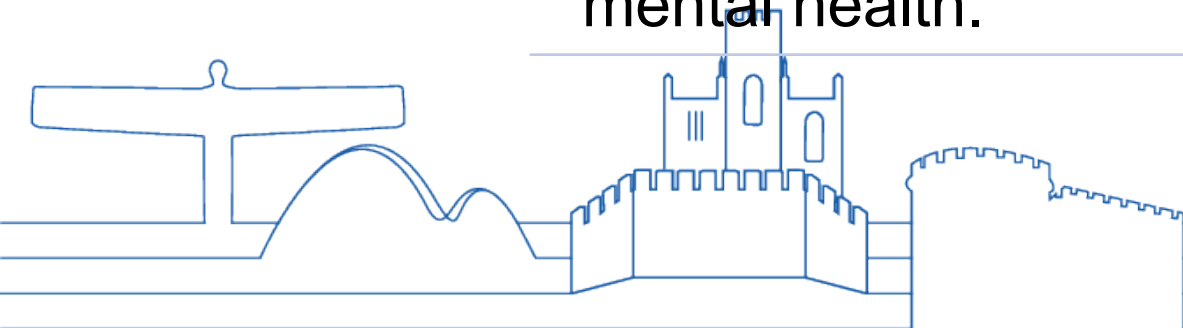
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Ensure easy access for children, young people and families to get the right mental health support at an early stage from universal services

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Improve access to specialist mental service for those children and young people who are at high risk of poor mental health.

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# Mental Health & Emotional Wellbeing Partnership

Complex Trauma  
Pathway

Discover Me

Early Help Workers  
in Primary Care

Child Wellbeing  
Practitioners

Mental Health  
Support Teams for  
Schools

Additional funding  
for Cygnet  
Programme

Voluntary Sector  
Alliance Worker

# Barnardo's Strategic Alliance

School Survey

Family Partners  
in CAMHS Access  
Team

Friends  
Resilience

Mental Health  
First Aid in  
Schools

Resilience Film

Sleep  
Counselling

Cornerstone VR  
Headsets

Children's  
Wellbeing  
Practitioners

Thrive Approach  
in Secondary and  
Middle Schools

Social  
Prescribing  
Model

# Challenges

Ensure Strategic Oversight

COVID

Acuity

Non School Attendance

Significant Waiting Lists for Specific Pathways

SEND

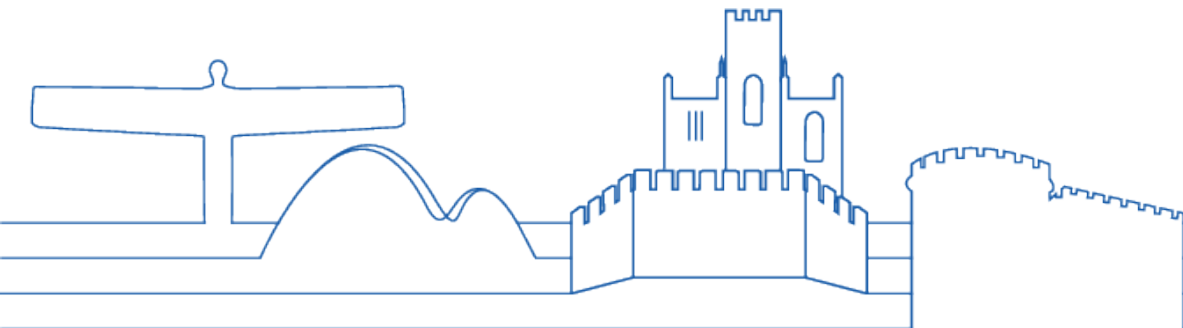
# System Priorities

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Develop a system wide Triage Function –  
Right Support at the Right Time

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Undertake a whole system review of  
attitudes and approaches to neurodiversity





**North East and  
North Cumbria**

**Thank you & Any Questions?**

