



Supporting Emotional and Mental Health & Wellbeing Scottish Borders

JANUARY 2021



Supporting Emotional and Mental Health & Wellbeing Scottish Borders

- Where are we now?
- What do we have to do next?
- How will we get there?





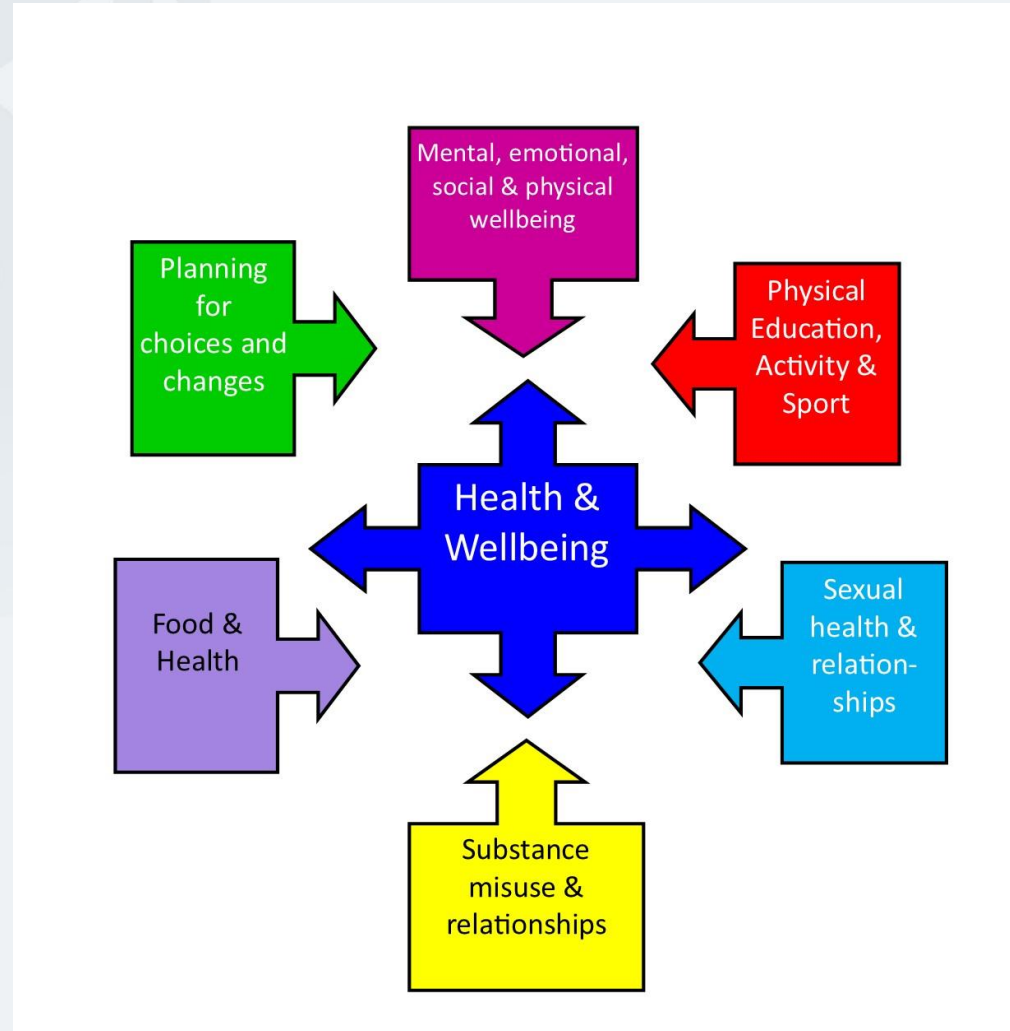
COVID -19

- Lockdown has had an effect on us all.
- Young people – feelings of stress and anxiety, social isolation.
- Social media/TV coverage.
- Families and friends – supporting each other and sharing responsibility to the ups and downs of life.





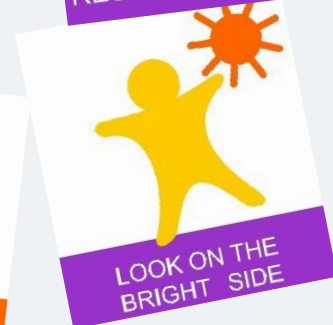
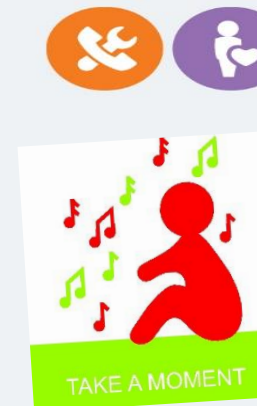
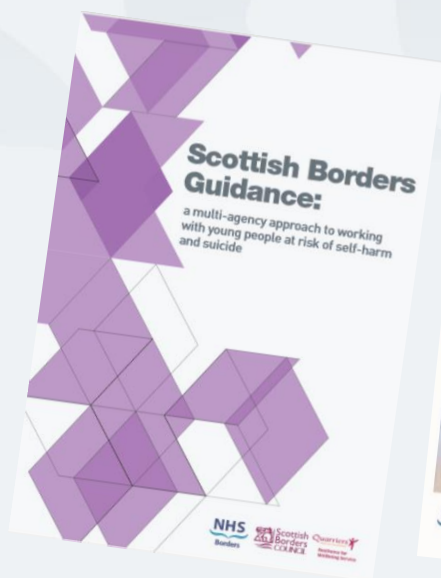
National Picture





Supporting Emotional and Mental Health & Wellbeing

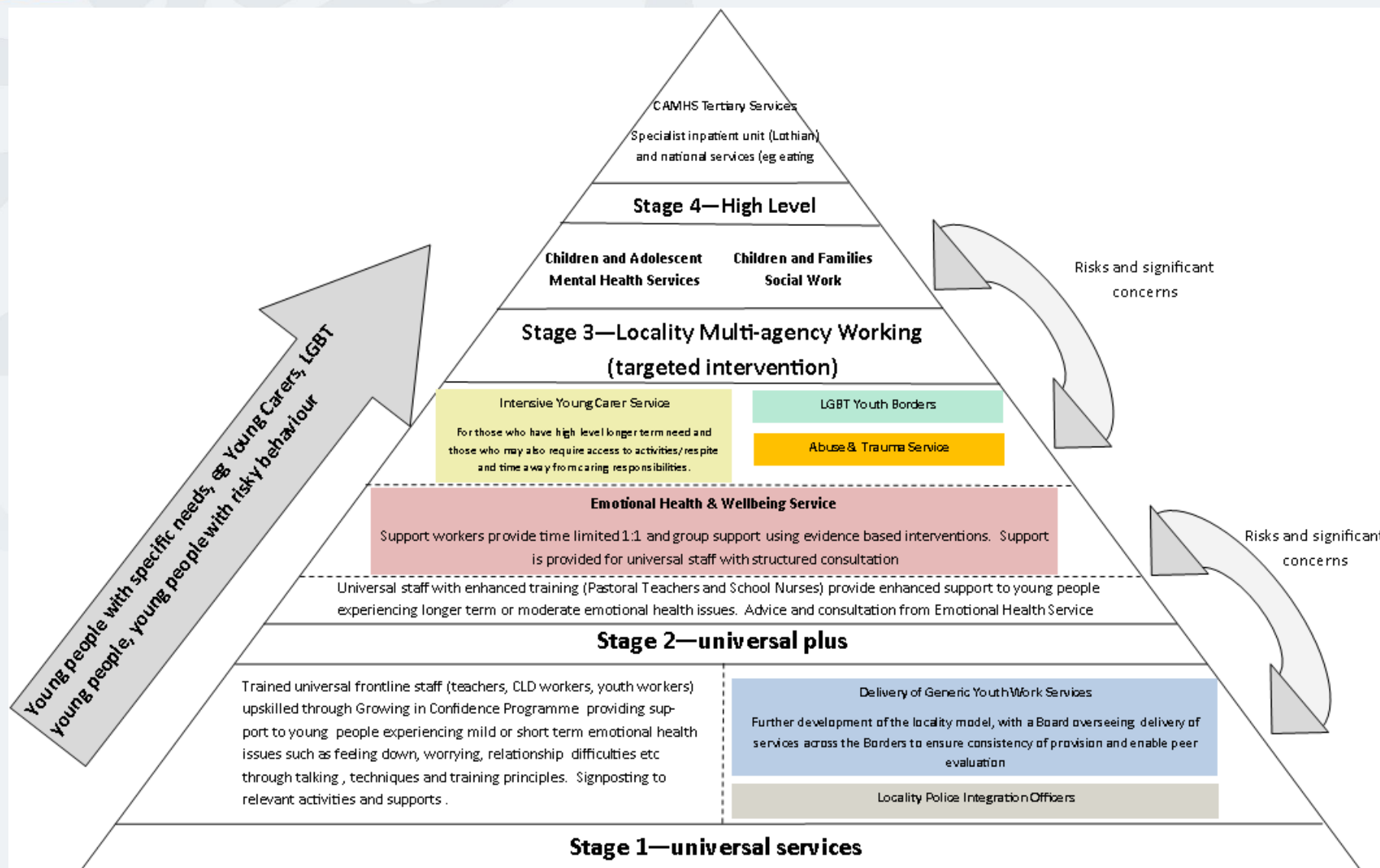
Scottish Borders





- Supporting positive mental health and wellbeing.
(stages 1 & 2)
- Supporting mental health disorders.
(stages 3 & 4)





Quarriers Resilience for Wellbeing Service



'Helping young people to build their resilience to enable them to cope and manage when times are tough'

- Quarriers Resilience for Wellbeing Service works with secondary school aged young people up to age 18.
- A Resilience Practitioner is based in every Secondary School in the Scottish Borders
- Focus on prevention and early intervention
- Non-clinical: a person centred, solution focussed, strength based holistic model of support
- Improving emotional health and wellbeing resulting in a reduction in risk taking behaviour
- Focused 1:1 sessions
- Targeted small group work
- Classroom Input
- Wellbeing Ambassadors
- Time Limited Intervention promoting resilience not reliance





School Nursing Service

- Specialist School Nurse Service available via referral from child, parent/carer or Professional
- Work with children and young people aged 4-18 years
- Work in partnership with Education, Social Work and Third Sector partners as well as CAMHS, Paediatrics and Allied Health Professionals
- Currently under nationally review with funding to train additional SCPHN School Nurses (Specialist Community Public Health Nursing Post Graduate Qualification)
- 10 key priority areas in the Specialist School Nurse Role: emotional health and well being is one of these priorities



More information about the Role of the Specialist School Nurse can be found here -

<https://www.gov.scot/publications/school-nursing-role-integrated-community-nursing-teams/>



New funding - Counselling Service

Scottish Government Aims :

- Access to counselling through schools, enabling locally provided support for children and young people towards positive mental health and wellbeing.
- High quality and effective counselling support as part of a range of supports available locally to children and young people.
- Counsellors who are registered and working to an agreed standard across Scotland.
- Access to counselling through primary, secondary and special schools, ensuring consistently high quality services available locally, for pupils aged 10 and over.





New funding coming -Community Mental Health Funding

Scottish Government Objective:

- Every child and young person in Scotland will be able to access local community services which support and improve their mental health and emotional wellbeing.
- Every child and young person and their families or carers will get the help they need, when they need it, from people with the right knowledge, skills and experience to support them. This will be available in the form of easily accessible support close to their home, education, employment or community.





Scottish Borders -Next steps

- Programme manager – operational.
- Continue to up-skill/train staff working directly with children and young people.
- Commissioned services – contracts re-visited.
- Consultation with children, young people and families.
- Emphasis on early intervention and prevention, continue to build capacity.
- Continue to work on a multi-agency approach – building on current partnerships.
- Digital involvement – Inspire Learning.
- Mental health survey – all schools.





Timeline

- January – April 2021
- April – June 2021
- August 2021
- October 2021

(COVID – 19 highlights the need for action, but can challenge how we traditionally operate, making us think differently at times in our approach).





Any questions?

