

Community Mental Health and Wellbeing Supports and Services - Draft Framework

The framework aims to set out a clear broad national approach for the support that children and young people should be able to access for their mental health and emotional wellbeing within their community. It also aims to assist local partnerships with the commissioning and establishment of new local community mental health and wellbeing supports or services or the development of existing supports or services, in line with this framework.

This is an early draft of the framework which the Programme Board will consider at a future meeting, taking account of comments from networks and evidence gathering exercises. The Programme Board will then present the framework to Scottish Government and COSLA seeking joint agreement to take this forward.

At this stage the Programme Board would find it helpful for networks to feedback on:

1. The opportunities; and
2. The key challenges;

associated with how this framework is interpreted locally.

- 1. What do you consider to be the opportunities associated with how this framework is interpreted locally?**
 - **Child centred support and opportunities for children and young people to be meaningfully involved in the design of services.**

Corra Foundation works alongside communities, voluntary sector organisations and partners to support positive change. Listening is at the heart of Corra, engaging with people and partners to understand their experiences and insights informs Corra's different approaches. In 2018 Corra Foundation's [Henry Duncan Grants](#) supported eleven grassroots projects that specifically aimed to provide accessible emotional wellbeing support to children and young people. Through its other grants, Corra also supported a range of organisations that deliver creative arts, youth work and skills development opportunities to children and young people.

Corra welcomes the framework's recognition of child centred approaches to support, as well as the importance of involving young people in the design and delivery of services. Findings from Corra's 2015 action research project [Everyone Has a Story \(EHAS\)](#) highlighted the importance of creating safe spaces for children and young people to share their experiences, ideas and what is important to them. This learning has informed several recent initiatives including young people's involvement in the application design for [The Listening Fund](#).

Corra Foundation also welcomes the core principles outlined in framework. Particularly the importance of strengths based accessible support within communities. Communities should be supported to put these core principles into practice as well as involving children and young people in the evaluation of support that's developed. Corra Foundation's Partnership Drugs Initiative is currently researching the role of relationship-based approaches to support children and young people affected by parental alcohol and drug use. The findings will be launched in 2020.

- **Promote a more collaborative joined up approach to support.**

"There is not enough shared understanding between children and adult services. There needs to be better information sharing between different services" EHAS survey respondent

The framework presents an opportunity to improve the collaboration between services. EHAS highlighted the importance of whole family approaches, to ensure support for families is cohesive and holistic. These findings helped to develop the Whole Family Approaches; systemic change fund that Corra delivered on behalf of the Scottish Government. The funding supported Clued Up in Fife to deliver their Making it Work for Families project that brought together workers from five local services to collectively deliver wrap around support tailored to the needs of families. Learning from this project demonstrated the importance of collaboration between local services to allow family support to be all-inclusive.

- **Take a place-based approach to service development**

As part of Corra's place based programme 'People in Place' there is a strand which is about '[getting alongside Communities](#)'. Through this, Corra works alongside nine communities engaging with local people and partners to support the change that matters to them. Understanding community priorities and local context will be key to the success of community mental health and wellbeing supports and services. As well as providing space for children and young people to voice their ideas, the framework should reinforce the importance of drawing on the insights of local people and organisations that are already active within the community.

2. What do you consider to be the key challenges associated with how this framework is interpreted locally?

Language and stigma

Learning from Corra's People in Place programme demonstrates the importance of language within community services. Language can both amplify and eradicate stigma associated with accessing support. Community mental health support should be mindful of the stigma that may stand in the way of people accessing the support they need.



Corra's recent poverty insight briefing (<https://www.corra.scot/insight-briefing-poverty-october-2019/>), draws on learning from the People in Place programme and highlights the ways some communities have found changing the language used in local services to be a helpful way of making them more accessible. For instance, 'food shares' instead of 'food bank' and 'preloved' instead of 'second-hand'. The framework and subsequent services should consider ways of challenging similar stigmas that prevail around accessing mental health and wellbeing support. In addition, the language within the framework should be clear, jargon free plain English.

Equal Partnerships

Collaborative working will be important to the implementation of the framework at a local level. The framework must endeavour to support equal partnerships, where there is a balance of power and all partners can contribute throughout the design and delivery of community mental health and wellbeing supports. The processes and language should be developed with this in mind.