

NEWSLETTER

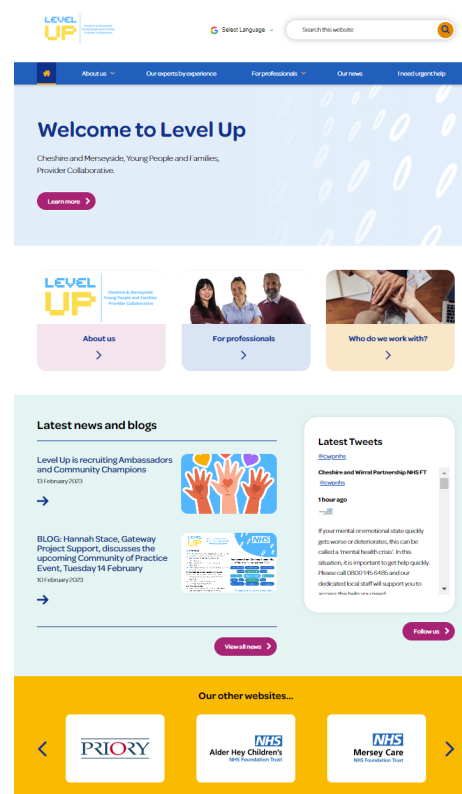


LEVEL UP WEBSITE UPDATE

Level Up is delighted to launch a new website that aims to provide a single digital front door to more information about the provider collaborative, news and events, a dedicated space for experts by experience, carers & families and a zone for professionals.

The Level Up website's look and feel has been developed using an identity co-produced with experts by experience and will continue its development with their support. Visit www.levelupcm.nhs.uk to learn more.

No website is ever really finished, and we always welcome feedback. Let us know what you think of the new website and what content you would like to see by emailing: cwp.levelupforum@nhs.net



Level Up, Cheshire and Merseyside, Young People & Families Provider Collaborative celebrated its one year anniversary in October 2022 at a reflection event held at the Warrington Wolves Stadium in Warrington.

Level Up is focused on ensuring that all services across Cheshire and Merseyside providing Tier 4 Children and Adolescent Mental Specialist Health Services are working closely together to provide the best possible outcome to young people who access the services and their carers/families.

Delegates from all over Cheshire and Merseyside heard from a range of speakers including YoungMinds, a national mental health charity for children and young people and Level Up Expert by Experience Forum member Georgia, who shared her lived experience of accessing specialist mental health services, highlighting barriers, good practice and directly to commissioners.

Georgia said:

"I felt my views and comments were listened to and taken on board. It feels empowering to be moulding specialist mental health services for the future in order to get the best outcomes possible".

Dr Fiona Pender, Level Up Strategic Clinical Advisor said: "Over the last 12 months Level Up has made significant strides in improving the not just the services but the system that underpins the care that young people receive in Cheshire and Merseyside.

"Level Up has recently launched the Complex Needs Escalation and Support Tool Training, and the Cheshire and Merseyside Gateway meetings. These two initiatives will coordinate a multi-agency response to young people and their families to get the most appropriate support and interventions, reducing the risk of admission to a hospital.

"It was a real pleasure to meet experts by experience at the event and it is our priority to ensure that their voices are heard, and they continue to get the opportunity to help us shape services across Cheshire and Merseyside".

LEVEL UP IS RECRUITING AMBASSADORS AND COMMUNITY CHAMPIONS

Level Up Provider Collaborative, is looking for people in the community who can volunteer their time to promote Children, Young People Health and Wellbeing services, and Families/Carers support across Cheshire and Merseyside.

You do not need any formal qualifications to become a Level Up Ambassador/Community Champion as training will be provided.

If you would like to learn more please visit www.levelupcm.nhs.uk/ebc or email: cwp.levelupcommunitychampions@nhs.net



LEVEL UP ON THE ROAD

Over the last few months, the team from Level Up have been on the road to help raise awareness of the Provider Collaborative, deliver training and meet people directly in the community.

Since the reflection event in October the team have engaged with:

- Wirral Deen Centre
- Abdullah Quilliam Mosque
- Women 4 Women group in Blackburn with Darwen
- Coping with Winter event in Burnley

Fiona Jenkins, Specialist Mental Health Project Manager said:

"It's been a real privilege to work directly with our communities, experts by experience and identify opportunities for future partnership working.

"Attending events, delivering training and receiving feedback, will support the Level Up Provider Collaborative to drive improvements across Cheshire and Merseyside for young people, families and carers".

LEVEL UP PROFESSIONALS UPDATE

CELEBRATING THE LAUNCH OF THE COMPLEX NEEDS ESCALATION AND SUPPORT TOOL (CNEST)

By Dr Lesley Doyle, Consultant Clinical Psychologist

Well done to everyone involved in launching the Complex Needs Escalation and Support Tool (CNEST). Over 100 people from across Cheshire and Merseyside joined the launch to learn about the tool.

What is CNEST?

The CNEST was developed to provide a consistent, evidence-based approach to the early identification of young people at high risk of admission to a Tier 4 CAMHS inpatient unit and facilitate a coordinated multiagency response to the child and their family via the Gateway meeting, so that appropriate support and interventions may be offered.

The CNEST does this through the identification of individual and contextual risk factors that if left unaddressed and supported, are most likely to lead to a hospital admission.

If you would like to learn more about CNEST, please visit www.levelupcm.nhs.uk/cnest

INTRODUCING THE GATEWAY PROGRAMME

By Elizabeth Collins, Gateway Programme Manager

The Gateway Programme is an approach for multi-agency professionals to provide a consistent evidence-base and recommendations where young people's moderate to severe mental health difficulties combine with risk factors, including Tier 4 admission. Gateway meetings are designed to ensure that the local system takes collective responsibility for the care and welfare of their young people.

Multi-agency Gateway meetings are held in each place across Cheshire and Merseyside to meet the needs of young people who have moderate to severe mental health difficulties and/or high levels of risk of self-harm and suicide and are:

- at risk of admission to Tier 4 CAMHS
- awaiting discharge from Tier 4 CAMHS
- delayed discharge from Paediatric wards
- at risk of care placement breakdown
- at risk of custody

Since the launch of the Gateway Programme:

- Funding awarded by Beyond Children & Young People's Transformation Programme for Gateway Programme support for implementation, development and evaluation
- Since February 2022, all 9 Local Authority Places established Gateway Meetings, with the Gateway Programme Team supporting the ninth implement
- During this period, 86 Gateway Meetings reviewed 156 SBAR tools via multi-agency discussion. This reduced the requirement for escalation beyond local teams at Place: unmet needs of children and young people are being addressed via discussion at Gateway. Connections between this activity and reduction in avoidable admissions are being explored. next year's Big Book of Best Practice to submit your nomination.
- Launch of the gateway programme section on the Level Up website
- Launch of Community of Practice event, an event that enables professionals from around Cheshire and Merseyside to share best practice and learn more about the Gateway programme.

If you would like to learn more visit www.levelupcm.nhs.uk/CYPMH-gateway or join the Community of Practice events please contact Gateway Project Support, Hannah Stace, hannah.stace@nhs.net or Gateway Programme Manager, Elizabeth Collins, Elizabeth.Collins21@nhs.net

NEED URGENT MENTAL HEALTH CRISIS SUPPORT?

If your mental or emotional state quickly gets worse or deteriorates, this can be called a 'mental health crisis'. In this situation, it is important to get help quickly.

Depending on the area you live, in please call the numbers below and dedicated local staff will support you to access the help you need.

The phone lines are open 24 hours a day, seven days a week and is open to people of all ages, including children and young people.

LOCATION	TEL.
Cheshire and Wirral	0800 145 6485
Bolton, Salford, Trafford, Manchester	0800 953 0285
Halton, Knowsley, St Helens and Warrington	0800 051 1508
Lancashire and South Cumbria	0800 953 0110
Liverpool and Sefton * Anyone aged 16 and over	0800 145 6570
Wigan	0800 051 3253