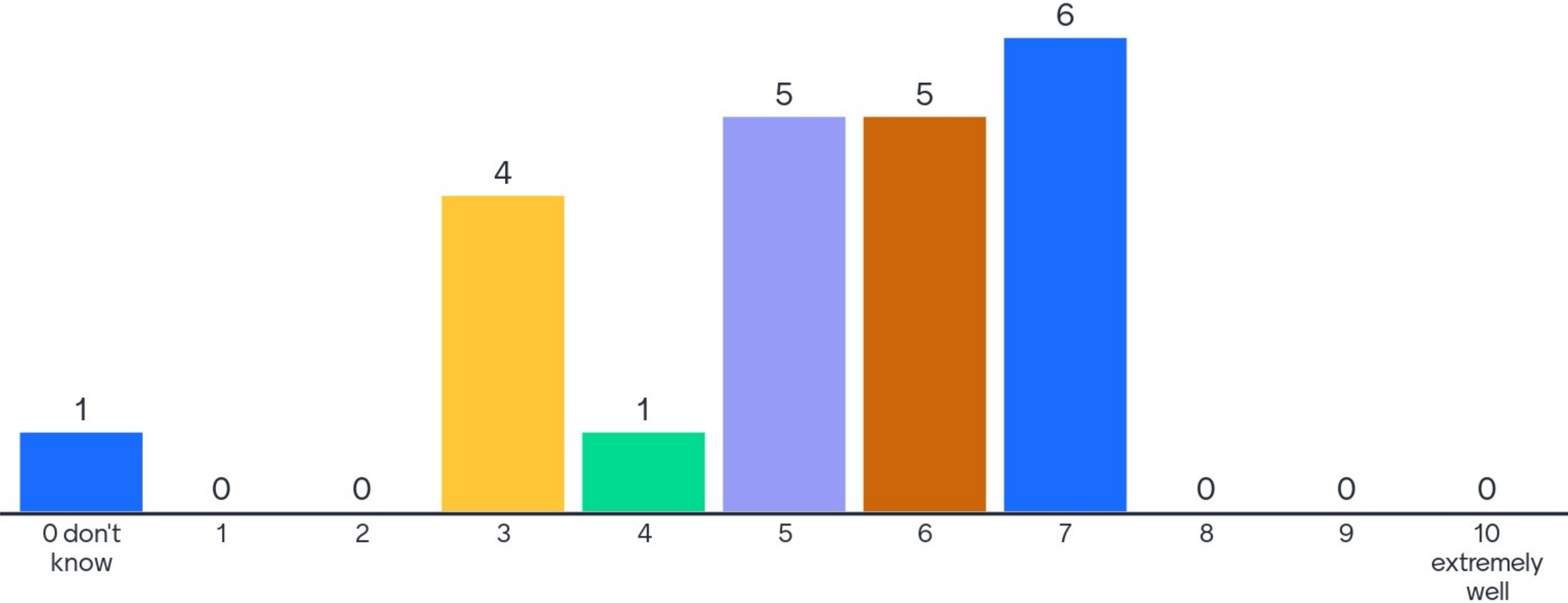


Think about your services- how well do you support the emotional health and wellbeing needs of your care leavers?



One thing we're doing well?

Listening to young people's voice

That's a tricky one...not very much :(

check in with our care leavers

Listening to needs of our care leavers. As their needs are as individual as they are

Care Leaver get-togethers and outings

We have really strong relationships with our young people

Working in trauma informed ways and signposting to wellbeing services.

Focusing on ensuring mental health and well being is a key focus

Listening to our young people.

One thing we're doing well?

Being consistent, listening, referring to other services, providing safe places and helping reduce isolation by holding regular groups/positive opportunities

Having lunch dates with care leavers

Listening

Pilot programme with SLAM about resilience and EW

Being a champion to improving health services for young people

Liaising with LAC nurse and following up on recommendations, consulting with the young person and getting their view on what they need

Offer activities that can help care leavers to maintain good mental health - sport/art/cooking/whatever they want/need

We have really good relationships with our young people

Good relationships with PAs and Young People

One thing we're doing well?

Creating a care experienced community meeting in large and small groups informal and more formal enabling people to feel less alone. Shared experiences can be really positive

Making sure wishes and feelings are heard and taken seriously

Keeping well being on the agenda at home visits and other meetings

Caring and understanding challenges

We have secured funding for a Mental Health Practitioner to be part of the Leaving Care service for 18 months with a view to make it a permanent position funded by health

My role is Transformation lead - care leaver and send emotional wellbeing and mental health services (councils investment to this)

Creating programs/workshops to address gaps in emotional health provision

Have pilot with free travel passes to improve attendance at appointments -engage in leisure activities see friends & families. Trauma informed services up to 25 years commissioned to meet transitional needs

Task and finish group cic and cl ewb and mh key partners including commissioners, directors, heads of service etc.

One thing we want to do better?

Recognition in wider system of well being needs of care leavers

More specialist resources

Better mental health services for 18+

Be able to offer more support services.

get more care leavers involved in the forum

Broaden our reach to young people

Would love a mental health practitioner based in the service

Better support from adults services

Be creative in supporting young people's emotional well being

One thing we want to do better?

Have a larger resource to be able reach more young people and support staff

Not to get bogged down in the practical issues. Also raise well being rights

Trauma informed approaches - more training needed. More mental health first aid training

More support for general health issues - health navigators - joined up with nPAs

Enable a better transition from looked after experience. Currently working on a tool to use to help this by understanding what's worked in past and how young person wants a service delivered to them

Work more as a multi agency

Linking in with other participation services

Work more holistically with input from city wide services

More ewb and mh support for care leavers (a designated person)