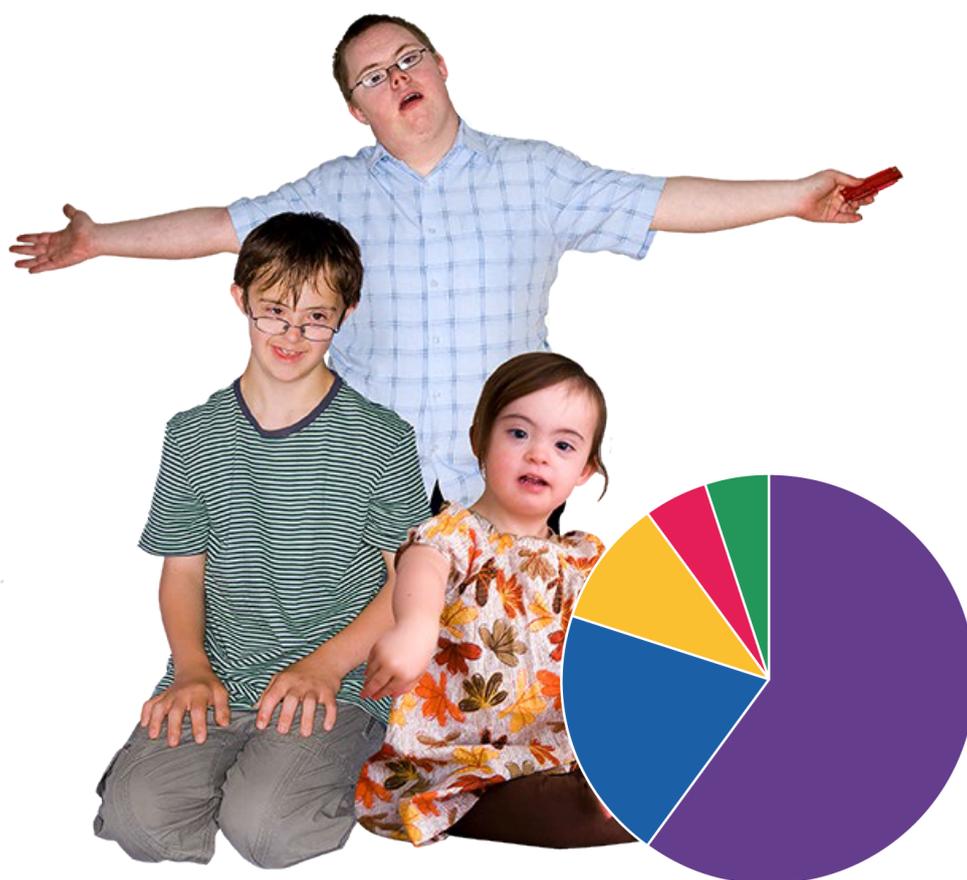


Cheshire and Merseyside Mental Health and Emotional Wellbeing Logic Model

Children and Young People



Easy read booklet

Who we are and what this booklet tells you about



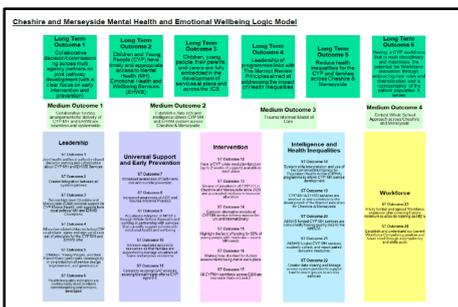
We are **NHS England and NHS Improvement**. We look after healthcare in England.



We **oversee** NHS Trusts and other suppliers who give healthcare services.



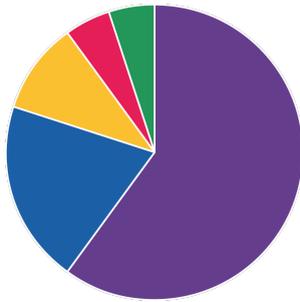
Oversee means we watch what healthcare services do and make sure things are done in the right way.



This booklet tells you about our **Cheshire and Merseyside Mental Health and Emotional Wellbeing Logic Model**.



Emotional wellbeing means how you manage your thoughts and feelings when good or bad things happen in life.

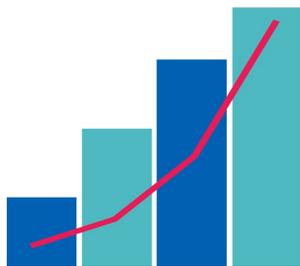


A **logic model** shows lots of **data** about something in a diagram to make it easier to see how

- different parts are connected.
- different parts work together.
- problems can be fixed.
- change can happen.



This booklet is an Easy Read version of a logic model.



Data is information, numbers and facts about a subject.

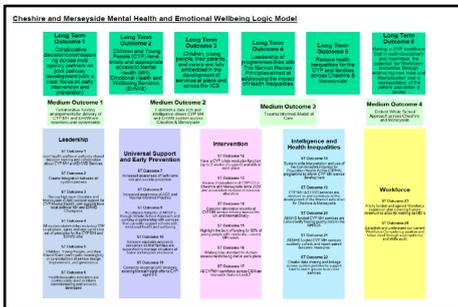
MH

EHWB

In this booklet we use short versions for **Mental Health** and **Emotional Health and Wellbeing** when we are talking about services. We use

- **MH** for **Mental Health**.
- **EHWB** for **Emotional Health and Wellbeing**.

About our logic model



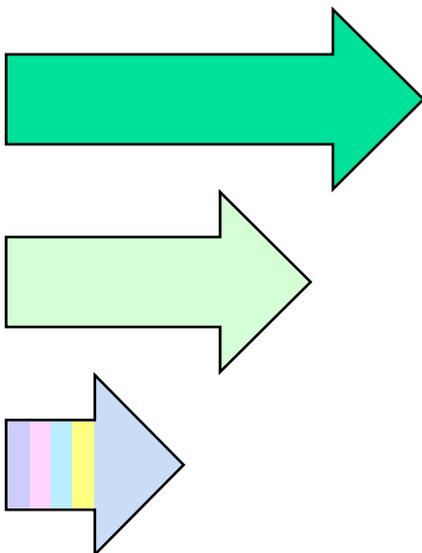
Our Cheshire and Merseyside Mental Health and Emotional Wellbeing Logic Model shows **outcomes** we want to happen for MH services in our area.



Outcomes are the result of something you do.



Our logic model looks at 5 parts of MH services and tells you our **long term, medium term** and **short term** outcomes for each part.



- **Long term outcomes** are big outcomes that will take a long time to happen.
- **Medium term outcomes** are not as big as long term and won't take as long to happen.
- **Short term outcomes** are smaller outcomes that can happen quicker.



The 5 parts of our logic model are called

- **Leadership.**
- **Universal Support and Early Prevention.**
- **Intervention.**
- **Intelligence and Health Inequalities.**
- **Workforce.**

We tell you what each part means on this page and the next page.



Leadership

Leadership means the people who are in charge of health services.

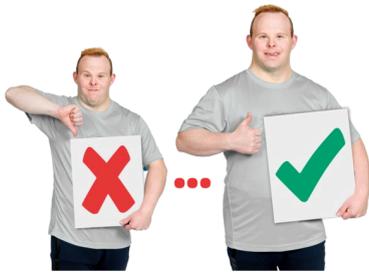


Universal Support and Early Prevention

Universal support means everyone has **access** to the support they need, when they need it. **Access** means you can get what you need in life.



Early prevention means making sure everyone knows how to look after their mental health and finding ways to stop mental health problems before they happen.



Intervention

An **intervention** is anything done to make mental or physical health better for **populations**.

A **population** is all the people who live in a certain area.

Intelligence and Health Inequalities

In this booklet, **intelligence** means having information about the things that affect the health of populations, and using the information to know when interventions are needed.

Health inequalities are unfair differences in health between different groups of people.

Workforce

Workforce means all the people who work for us.

Long Term Outcomes



Our **Long Term Outcomes** are for all 5 parts of our logic model

- **Leadership.**
- **Universal Support and Early Prevention.**
- **Intervention.**
- **Intelligence and Health Inequalities.**
- **Workforce.**

Long Term Outcome 1



Services work together and share decisions about how to make MH services and **pathways** better, and think about early prevention when they do this.

Pathways are how different services join up, share information and work together to help patients.



Long Term Outcome 2

Children and young people have access to MH and EHWPB services at the time they need them.



Long Term Outcome 3

Children and young people and their families or carers are supported to be an important part of the services they get from the MH **system**.

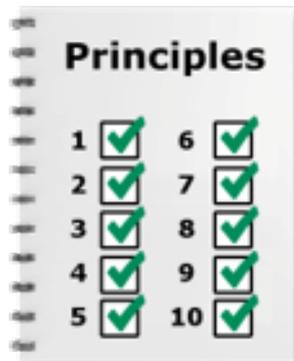
The **system** means how services work and how they happen.



Long Term Outcome 4

The **Marmot Review Principles** are followed.

Principles are rules and ideas you believe in and can follow. The **Marmot Review Principles** are principles about how to have less health inequalities.



Long Term Outcome 5

There are less health inequalities for children and young people and their families in Cheshire and Merseyside.



Long Term Outcome 6

There is a strong workforce for Children and Young People's MH services, who have lots of different skills and can help people in their area.



Medium term outcomes



Our **Medium Term Outcomes** are for all 5 parts of our logic model

- **Leadership.**
- **Universal Support and Early Prevention.**
- **Intervention.**
- **Intelligence and Health Inequalities.**
- **Workforce.**

Medium Term Outcome 1



Funding for Children and Young People's MH and EHWB services happens in a good way that works well for the whole system.

Funding means how services are paid for.

Medium Term Outcome 2



The Cheshire and Merseyside Children and Young People's MH and EHWB system has lots of good data and uses it to make services better.



Medium Term Outcome 3

A **Trauma Informed Model of Care** is used.



A **Trauma Informed Model of Care** means you think about what a person has gone through in their life when you give them care. It means you try to make them feel safe if bad things have happened to them.



Medium Term Outcome 4

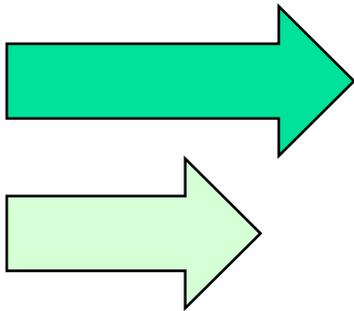
A **Whole School Approach** is used in all schools in Cheshire and Merseyside.



A **Whole School Approach** means everyone who is part of a school and the life of a child does work to make mental health and emotional wellbeing better for children and young people.

Short Term Outcomes

Leadership



Our **Long Term Outcomes** and **Medium Term Outcomes** are the same for all parts, including **Leadership**. They are shown on **page 7** to **page 10** of this booklet.

Short term outcome 1



Health services and local councils work together and make shared decisions about Children and Young People's MH and EHWP services.

Short term outcome 2



System partners work together better.



System partners are all the people who are part of the system.



Short term outcome 3

There is support from Cheshire and Merseyside **politicians** for Children and Young People's MH services.



Politicians are people who make decisions and laws for the country you live in.

Short term outcome 4



System **stakeholders** agree with and sign up to the **core principles** for the Children and Young People's MH and EHWB **offer**.



Stakeholders are people who are interested in or affected by something like a service or a project.

Our **core principles** are a set of important principles we have made.



In this booklet, **offer** means the support you can get to make your physical and mental health better.

Short term outcome 5



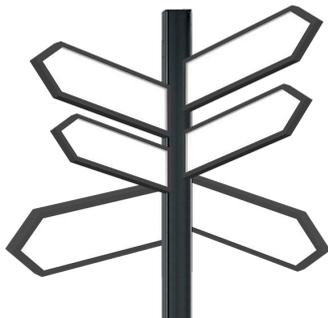
Children and young people and their families or carers are part of

- making services.
- making services better.
- checking services are good.

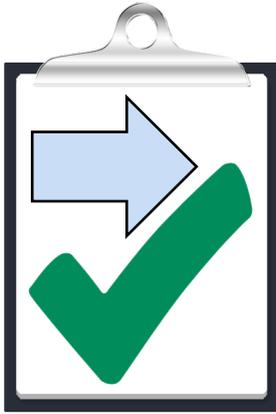


Short term outcome 6

Health Inequality indicators are always used to make services better.



Indicators are things that show what a situation is like.



More about Leadership

These are some things that will show our **Short Term Outcomes** for **Leadership** are happening.



- ✓ All stakeholders and system partners agree with and sign up to the plan called the **Children and Young People's MH and EHWB strategy** and our core principles.

A **strategy** is a plan about how to make something happen.



- ✓ All local councils have a person who speaks up for MH and EHWB.

- ✓ People understand that everyone is part of making MH and EHWB better in Cheshire and Merseyside.



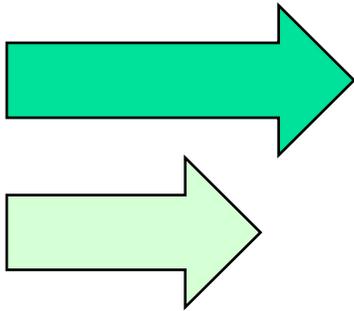
- ✓ Children and young people and their families or carers are able to give feedback about MH and EHWB services.



- ✓ The right meetings happen for groups that support MH and EHWB.

Short Term Outcomes

Universal Support and Early Prevention



Our **Long Term Outcomes** and **Medium Term Outcomes** are the same for all parts, including **Universal Support and Early Prevention**. They are shown on **page 7** to **page 10** of this booklet.



Short term outcome 7

People know more about **Self-Harm risks** and **suicide prevention**.



Self-Harm is when a person hurts themselves on purpose. They might do this because they feel angry or upset.

Self-Harm risks are things that might mean a person is likely to hurt themselves.



Suicide is when a person ends their own life.

Suicide prevention means things we can do to help stop a person from ending their own life.



Short term outcome 8

People know more about **ACE** and **Trauma Informed** Practice.



ACE is short for **Adverse Childhood Experiences**. These are bad things that might happen to a child and affect them as they grow older.

You can find out what **Trauma Informed** means on **page 10**.



Short term outcome 9

The Whole School Approach is used to get **MHSTs** into schools and colleges as soon as possible.

Services who already support schools with MH and EHWB are part of making this happen.



MHST is short for **Mental Health Support Team**.



Short term outcome 10

There is fairer access to **resources** so families are supported to

- manage anything difficult that happens at home on their own.
- become stronger.



Resources are useful things people can use, like a service or information.



Short term outcome 11

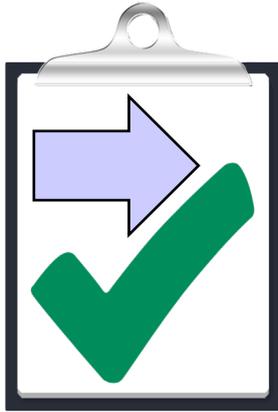
Scoping or a **gap analysis** is done for the MH offer for children who are 0 to 5 years old.



Scoping means look closely at something and find out what it is, who it's for and what the problems are.



A **gap analysis** is when you do checks to find out if there are problems or gaps in something you do. This can show you what you can do to make things better.



More about Universal Support and Early Prevention

These are some things that will show our **Short Term Outcomes** for **Universal Support and Early Prevention** are happening.



- ✓ There is shared learning for the system, about things like
 - what people need.
 - how to give support where people need it.
 - how to pay for services.
 - how to develop a Whole School Approach.

- ✓ The workforce has better skills to support children and young people who might self-harm.

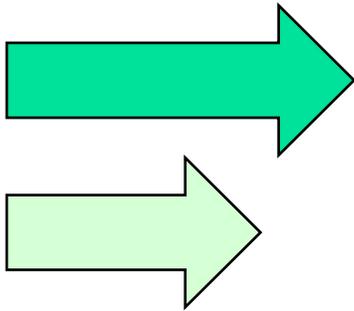


- ✓ Children and young people and their families or carers are more involved and can give more feedback.



- ✓ There is good support and information for the problems families or carers tell us about.
- ✓ Families or carers get the support they need, when they need it.

Short Term Outcomes Intervention



Our **Long Term Outcomes** and **Medium Term Outcomes** are the same for all parts, including **Intervention**. They are shown on **page 7** to **page 10** of this booklet.

Short term outcome 12



There is **crisis resolution** for up to 2 weeks of support in each place in our area.

Crisis means when things are very difficult and you need urgent help.

Crisis resolution is support you can get in your home if you have a mental health crisis.



Short term outcome 13



A **review** is done about how many children and young people in our area have been affected by **eating disorders** since 2020. The review looks at how much resources have gone up.



A **review** is when you look at how good or bad something is.

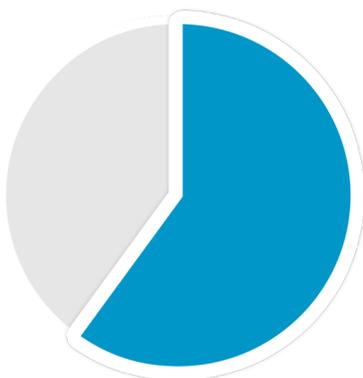


Eating disorders are mental health problems about eating, exercise and body image, like anorexia nervosa and bulimia nervosa.



Short term outcome 14

Different ways to give Children and Young People's MH services that are being used in other parts of the country or in other countries are thought about for our area.



Short term outcome 15

It is made clear that there is not enough funding for 2 thirds of young people with bad or very bad mental health problems.



Short term outcome 16

Waiting times for **autism assessments** are good in each place in our area.



Autism means your brain works in a different way from other people, and you might need help with some things in life.

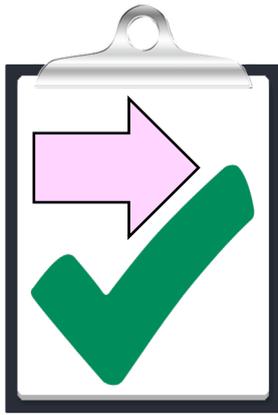


Assessments are when healthcare workers do checks to find out what care and support a person needs.



Short term outcome 17

All Children and Young People's MH staff in Cheshire and Merseyside have training called **Autism Level 2**.



More about Intervention

These are some things that will show our **Short Term Outcomes** for **Intervention** are happening.



✓ Less children and young people go to hospital because of a mental health crisis.

✓ There is a Cheshire and Merseyside strategy to make outcomes better for children and young people with eating disorders.



✓ There are meetings in the right places to support young people and make it less likely they will have a mental health crisis.

✓ There is better access to eating disorder and autism services for children and young people who need them.



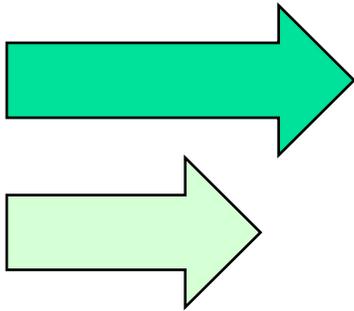
✓ There is crisis **provision** where it's needed for all of Cheshire and Merseyside.



Provision means all the different parts of healthcare, like hospitals, nursing, medication and equipment, are there and working.

Short Term Outcomes

Intelligence and Health Inequalities

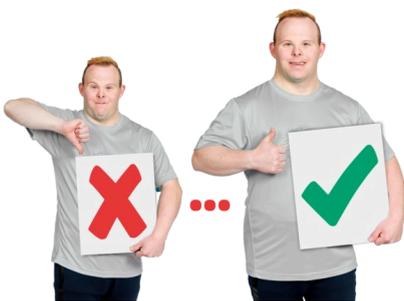


Our **Long Term Outcomes** and **Medium Term Outcomes** are the same for all parts, including **Intelligence and Health Inequalities**. They are shown on **page 7** to **page 10** of this booklet.

Short term outcome 18



The system follows and uses the programme called **CIPHA** when it **develops** Children and Young People's MH services.



CIPHA is short for **Combined Intelligence for Population Health Action**.

Develop means grow and make better.



Short term outcome 19

Children and Young People's MH and EHWP services are part of work done to develop Marmot Review indicators for Cheshire and Merseyside.

Short term outcome 20



All NHS Children and Young People's MH services send good data to the **MHSDS**.

MHSDS is short for **Mental Health Services Data Set**.

Short term outcome 21



All NHS Children and Young People's MH services give good information about their **outcome measures**.

Outcome measures are ways to check the good and bad effect of an intervention or a treatment.



Short term outcome 22



System partners share data in a better way to help groups that normally find it hard to access services.



More about Intelligence and Health Inequalities

These are some things that will show our **Short Term Outcomes** for **Intelligence and Health Inequalities** are happening.



✓ All main partners have access to CIPHA.

✓ All system partners agree with and sign up to a new guide about how to share and look after data.

✓ All system partners use data to find people who have health inequalities and help them access services.

✓ Workshops about Marmot Review indicators include people from lots of different parts of the MH system.

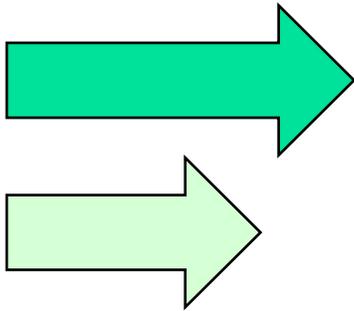
✓ A **database** is set up so the Cheshire and Merseyside Children and Young People's MH Strategy can be followed.



A **database** is organised data kept on a computer.

Short Term Outcomes

Workforce



Our Long Term Outcomes and **Medium Term Outcomes** are the same for all parts, including **Workforce**. They are shown on **page 7** to **page 10** of this booklet.



Short term outcome 23

There is a funded plan about how to make our workforce bigger. The plan should be for at least 5 years so staff can train at **HEI's**.



HEI's is short for **Higher Education Institutions**, like universities.

Short term outcome 24



Our ideas about **workplace competency** are understood and a **competency and skills audit** is done to find out how we can develop them.



Workplace competency means the skills a person needs to do a certain job, and how they should behave when they do the job.



A **competency and skills audit** looks at what skills are needed for certain jobs and who has the skills to do them. This can help you use your staff in the best way.



More about Workforce

These are some things that will show our **Short Term Outcomes** for **Workforce** are happening.



- ✓ Stakeholders are involved for the whole Children and Young People's system.
- ✓ Skills and competency audits are done for the whole system.
- ✓ The workforce has the right skills to look after people's changing needs.
- ✓ The workforce has the right skills to follow the Cheshire and Merseyside Children and Young People's MH Strategy.
- ✓ A plan about workplace competency is made.



Who are outcomes will affect



- Children and young people and their families or carers.
- Schools and colleges.
- Early Help.
- Public Health.
- Children's Services.
- Foster Carers.
- Residential Care.
- Primary and Secondary Health.
- 3rd Sector Organisations.
- NWAS.
- Police.
- Community Children and Young People's MH Teams.
- Edge of Care Early Help and Parenting programmes.
- Children's social care.
- NEET.
- Local public health teams.
- Housing.
- Youth provision.
- Youth Justice.
- Safeguarding leads.
- School health.
- Health visitors.
- Family Nurse Partnership.