

**Engaging on NHS Cheshire and Merseyside’s Children and Young People’s Mental Health Transformation Plan**



Introduction

From Friday 19 January to Friday, 1 March NHS Cheshire and Merseyside is holding a six-week period of engagement to help inform a refresh of the Children and Young People’s (CYP) Mental Health Transformation Plan.

As part of this, we want to gather views about people’s experience of using children’s and young people’s mental health services as patients, carers or family members – what works well, and what could be done better? What barriers have they faced, and do they feel they have been treated differently or unfairly when accessing services?

**Although the engagement includes an online survey, to help ensure that we reach as many people as possible, we’re asking partners to use existing groups to discuss some key questions raised in the engagement.**

This discussion guide has been produced to support this. It contains:

• Some general guidance for holding discussions

• A link to a video introducing the engagement

• A list of questions for discussion

• A form for providing feedback

**If you would like help and support in facilitating your group discussions, please contact NHS Cheshire and Merseyside’s Engagement Team at** **engagement@cheshireandmerseyside.nhs.uk**

**General guidance for holding discussions.**

Think about how you can best support children and young people to best share their views. Consider:

* Methods can be face-to-face or online and should include break-out group opportunities if the group is large.
* Group sessions can help stimulate ideas and enable collaboration.
* Good to have practical, hands-on engagement options – not everyone likes sitting around a table talking, flip charts round the room where they can leave comments.
* Simple and anonymous feedback options are good for those who are shy about sharing ideas.
* Activity based engagement, learning and sharing – all the activities are designed to be directly connected to the research questions and conversation.
* Weave the story – the engagement should tell a story that children and young people understand, feel included and reflected in, and will remember.

[Short Video Introduction](https://www.youtube.com/shorts/r7myicjcgjo)

**Questions/themes for discussion**

Here are a series of questions that we have developed with CYP. The additional information under each question is there to support group discussion if needed.

**Questions for Children and Young People**

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| --- | --- |
| **1. In your experience of children and young people’s mental health services, what works well?** | *Think about any positive experiences, what you’ve enjoyed, what’s been helpful, etc.* |
| **2. As a child or young person, what do you think could be done better?** | *How did you find support, did you feel listened to or understood, what wasn’t helpful, etc.* |
| **3. Do you have any ideas for how we could improve?** | *What changes could be made that would be more helpful?* |
| **4. Please tell us about anything else that helps your mental health.** | *Can you share any hobbies or activities that you find help your mental health? This might be things like exercising, being creative, seeing friends etc.**Are there any places or environments that you find improve your mental health? This could be your home, the outdoors, with animals etc.**What helps you to manage things when you’re struggling with your mental health that could be helpful to others?* |
| **5. We would like to know if you, or someone you know, has faced any barriers when accessing mental health support services?** | *Think about any reasons why children and young people don’t access mental health services.* |
| **6. Have you, or someone you know, been treated differently or unfairly when accessing mental health support services?** | *Have you or someone you know felt judged based on your age, gender, ethnicity, sexuality, or any other reason when accessing mental health services?**How important is it for children and young people’s mental health services to be inclusive? Do you think more could be done to improve this?* |

**Questions for Parents & Carers**

1. In your experience as a parent or carer, what works well in children and young people’s mental health services?
2. What do you think could be done better?
3. Do you have any ideas for how we could improve?
4. Is there anything else that you think improves the mental health of children and young people outside of traditional support services?
5. Has your child, young person, or anyone you know faced any barriers when accessing mental health support services?
6. Has your child, young person, or anyone you know been treated differently or unfairly when accessing mental health support services?

**Engagement Recording Form**

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| **Date:****Service/Staff Member:****The area of Cheshire and Merseyside you are discussing:****Total Number of people at the table:****Number of children and young people at the table:****Number of parents and carers at the table:**  |
| **Q1.** |  |
| **Q2.** |  |
| **Q3.** |  |
| **Q4.** |  |
| **Q5.** |  |
| **Q6.** |  |

**Please return this form to:** **engagement@cheshireandmerseyside.nhs.uk**