

**BARNARDOS**

# Delivering integrated mental health support



# Introduction to Barnardo's

Leading children's charity Barnardo's is one of the most comprehensive providers of integrated health and social care services for children and young people, with more than 150 years' experience of supporting them through a variety of challenging circumstances.



We work with a range of commissioners and partners including NHS England (NHSE), Integrated Care Systems (ICSs), Department of Health and Social Care (DHSC), Department for Education (DfE) and local authorities (LAs) to deliver cost-effective and innovative integrated health and wellbeing services across prevention, early intervention, targeted and specialist support in a variety of place-based settings throughout the UK.

Our services take a trauma-informed and inclusive approach based on the principles of personalised care and shared decision making. We put the voices of children, young people and families at the heart of what we do to ensure all our services are accessible and appropriate.

## Our work in this area

**One of the biggest challenges in child health today is effectively supporting their mental health and wellbeing.**

The pandemic and ongoing cost-of-living crisis have impacted on children and young people's mental health which has greatly increased the pressure on children and young people's mental health services across the country.

Barnardo's is commissioned to deliver a wide range of services in partnership with NHS Trusts to meet local needs for mental health and wellbeing support. Our mental health offers are effectively tailored and integrated into the wider local systems so they complement and enhance the existing offer.

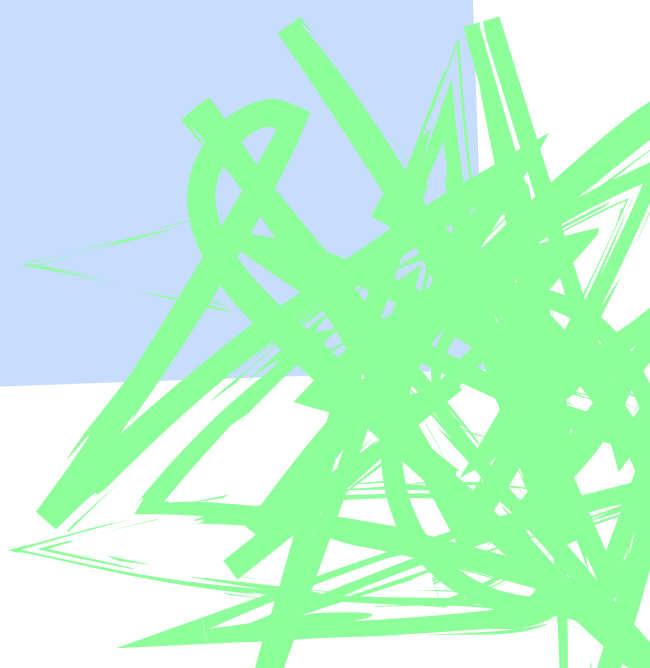
Barnardo's works in collaboration with NHS providers of children and young people's mental health services to adopt the i-Thrive Model of care at a local level. Our services support children and young people through a range of therapies including counselling, art and play therapy, solution focused interventions and structured CBT based programmes on either a 1-1 individual basis or within a group setting.



Our therapeutic staff take a trauma-informed and child-centered approach to delivering effective mental health support, with a clear focus on the individual child or young person's goal-based outcomes. We deliver our support to suit each person's individual needs and preferences – whether that's in-person, taking a blended approach or providing digital only support.

This approach enables us to deliver responsive, innovative and cost-effective therapeutic support to children and young people. This reduces the pressure on mental health services waiting lists and helps more children and young people to access the support they need.

Barnardo's is an established provider with a wealth of experience working with providers of children and young people's mental health services across the UK. The charity is ready to work in partnership with you to best deliver truly integrated mental health services in your area.



## Case studies

### **Solar - An integrated local mental health offer**

**Solar**, a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Barnardo's and Autism West Midlands, provides high-quality emotional wellbeing and mental health services to children, young people and families in Solihull. Solar's aim is to provide timely access to appropriate support in line with children and young people's needs, rather than being structured around thresholds or tiers. It is a truly integrated service with staff from Birmingham and Solihull Mental Health Foundation Trust, Barnardo's and Autism West Midlands working collaboratively. The integrated model is at the heart of the working culture within Solar, with professional respect and integrity between all professionals, recognising the value and skills that each bring to the service.

### **Mindworks Surrey - Working in partnership to help more children and young people earlier**

Barnardo's is working with **13 voluntary sector providers** in Surrey across an Integrated Care System (ICS) to deliver early intervention mental health support and lead to better outcomes and reduce pressure on local CAMHS services. This innovative and long-term approach delivers a more comprehensive and seamless offer in the area. It is built on the foundations of partnership working and shared expertise across a wide range of emotional wellbeing and mental health providers locally, with young people placed firmly at the centre of service design and decision making.

### **Barnardo's and the Black Country NHS Partnership Trust Mental Health and Wellbeing Keyworker Service - working in partnership with CAMHS Crisis to reduce pressure on existing systems**

Barnardo's Keyworkers work in partnership with CAMHS crisis teams in four sites across the Black Country – Russells Hall Hospital, Dudley; Sandwell General Hospital; Walsall Manor Hospital; and New Cross Hospital, Wolverhampton. Six Keyworkers provide help and support on a flexible basis between acute hospitals, the CAMHS crisis base and the community to provide a range of support to children, young people and their families. The Keyworkers aim to improve the mental health and wellbeing of children and young people, whilst reducing pressure and demand on Emergency Departments.



# CSSO - Barnardo's whole service delivery framework for mental health services

CSSO is a whole service delivery framework, providing a coherent evidence-informed structure for the delivery of specialist support mental health services.

It provides clearly structured, outcome-informed methodologies to both shape practice and demonstrate service impact. The CSSO acronym refers to what are known as the four 'practice pathways' within the framework as illustrated below:



## Child-young person directed

A child directed approach puts the child or young person in the 'driving seat', rather than a specific counselling model or method. The therapeutic alliance is a central tool for change. Interventions are shaped by a young client's 'theory of change' and their preferred counselling approaches.

## System focused

Systems focused work links with neurobiological research on the centrality of attachment relationships in buffering adversity and building resilience. CSSO counsellors connect with the key adults in a child's system, promoting relational health to ensure the context can support and sustain positive change.

## Strengths based

Research from Positive Psychology informs the strengths based principle. It highlights the importance of focusing on a child or young person's resources in building a foundation for problem-solving and resilience. CSSO counsellors listen to presenting difficulties, but they balance this within a 'what's right with you?' approach.

## Outcome informed

Research demonstrates that service user feedback dramatically improves counselling effectiveness. CSSO uses a standardised feedback system known as Partners for Change Outcome Management System (PCOMS). Each session young people give feedback on their level of well-being and the therapeutic alliance. Evidence shows that both these elements have a major impact on positive intervention outcomes.



“ I learnt how to distract myself more instead of hurting myself.

**CYP**

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“ Since working with my Keyworker there has been no self-harm. My child has learned how to deal with those feelings and how to understand them, our keyworker has built a great relationship with my child which has really helped them to feel comfortable and take on board the advice given. Their mental health has greatly improved thanks to attending her sessions. Thank you!

**Parent**

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“ I found the support from the Keyworkers have helped me manage my own mental health and abilities to look after my child better.

**Parent**

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“ They [the Keyworker] helped me look into my autism. They helped me understand what it actually is. They brought their laptop, and we researched it. Looked at some videos with real people, real families living with autism as well.

**CYP**

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## To find out more

We'd love to hear from you.  
Please get in touch via  
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if you would like more information.



[barnardos.org.uk](https://www.barnardos.org.uk)



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