Setting the agenda for change – generation lockdown and beyond

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Believe in children
Barnardo's

Agenda

- What has been the impact of Covid-19 on children and young people
- What do children and young people want
- How has Barnardo's adapted and innovated
- Can COVID-19 be a catalyst for change
- A Vision for the Future & How one System is making the change
- Surrey Alliance for Emotional and Mental Health and Wellbeing

Barnardo's – Big, broad and deep. But still agile

Our reach - in numbers:

359,000
improved lives

Over **800**
services

7,822
paid colleagues

14,000
volunteers

We supported work with:

81,200
people through one-to-one support

100,800
through Barnardo's Children's Centres and Family Hubs

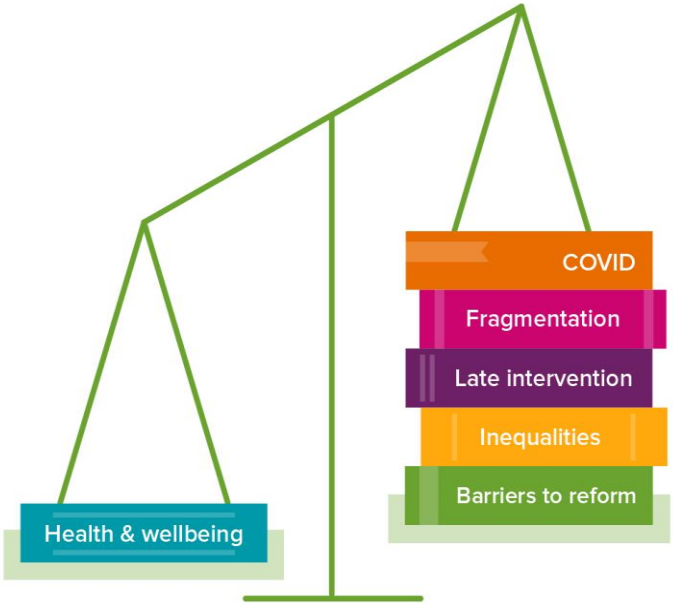
45,100
through our School-based Programmes

131,800
through our partnership with Essex City Council

The Mental Health System

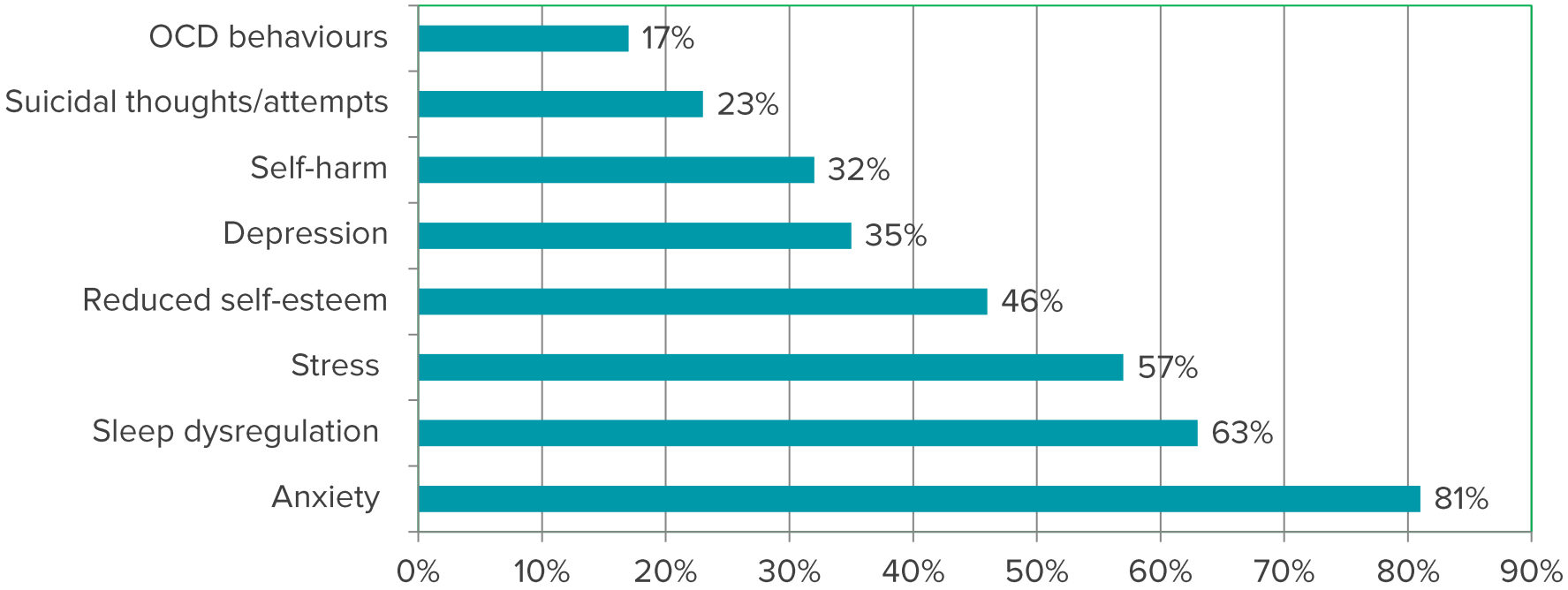
The health and social care system faces significant challenges to meet the needs of CYPF:

Inequalities	Wide **disparity in outcomes** and **access** between most and least deprived deciles.
Late intervention	Long **waiting lists** and **service gaps** for CAMHS, eating disorders and perinatal mental health. Huge **acute cost** from preventable non-communicable diseases.
Fragmentation	Challenges in effectively **integrating health and social care** budgets and service pathways.
Barriers to reform	Achieving effective **blended digital and face-to-face** offers. **Workforce and recruitment** crisis.[1] Shifting spend to **early intervention** and moving services into **community settings.**



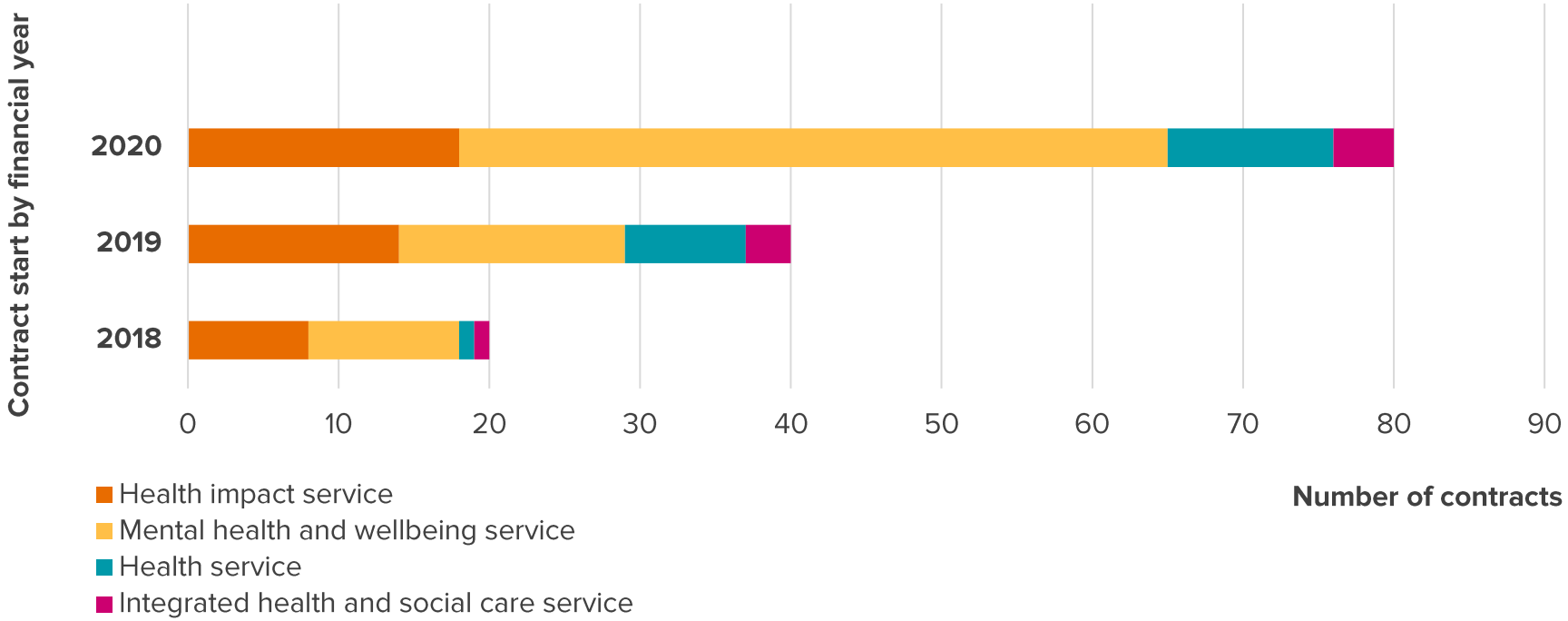
Notes: (1) Total vacancies are projected to reach 350,000 by 2030. 25% of current vacancies are for mental health nursing. The Health Foundation (REAL Centre), Building the NHS nursing workforce in England, December 2020.

Increasing mental health issues[1]



(1) Data from our June 2020 Quarterly Practitioners Survey

The number of Barnardo's mental health contracts have tripled



We asked young people:

What do you wish decision makers understood about your experience?

'Simple. Recognise that we exist... and not as an add on at some unknown future date'

'That not everybody copes the same, that some people need people they don't see all the time to talk to'

'I wish they understood how important mental health is during and after this time' [COVID]

We asked young people:

What do you wish decision makers understood about your experience?

'There cannot be a one size fits all solution. What is right for me will not be right for someone else.'

'The needs and voices of the most vulnerable children and young people [have] been forgotten in the pandemic, with many [of us]...left with no support at all. If we learn anything from coronavirus it must be to make a change...'

'We all know that life as we knew it isn't going to be the same...it would be nice for the world to still be part of a community – people caring for each other and offering each other help like we have done during lockdown, people checking up on each other – to see that again because we had all stopped doing it before'

Adapting and innovating

- Digital and online
- Agility and flexibility
- Meeting new needs

See, Hear, Respond

Boloh helpline

In Our Own Words

Barnardo's Education Community

Social Prescribing in Cumbria

System around the child

- Too many children and young people reaching crisis point before they reach support
- There must be investment in the system around children and young people
- No one agency can tackle this alone
- Call to Action to invest in children, and in transforming the mental health and wellbeing support needs

In Our Own Words

Time for a Clean Slate

Creating better mental health and wellbeing

Where we are now	Where we need to be
Short term contracts and commissioning cycles	Long term investment, sustainable funding cycles in early intervention to improve outcomes
‘Postcode lottery’ of support lacking coherent, shared records and evidence base	Accessible universal models & targeted bespoke offers linked to evidence based need & impact
Fragmented system not always working together or linked into wider VCSE offers	**Integrated, holistic, wrap around models** built around individual & ‘family’ needs
Services ‘doing to’ and not ‘with’ in clinical settings	Co-production and embracing ‘continuum’ of roles in community settings
‘**Deficit model**’: Preventing ‘ill health’ & crisis intervention	‘**Wellbeing**’ early intervention model focus on co-creating health
Fail to acknowledge trauma & structural inequality: ‘Hard to reach’	**Child and family centred: trauma informed, culturally competent**, anti-discriminatory

Barnardo's learning and our future vision

Resurgence a system that delivers better outcomes for the next generation

Innovation - digital technology as blended offers to increase reach, reduce waiting times, deliver easy access to support, manage demand and respond to children's changing needs

Shift from traditional, transactional approach to commissioning to co-production and **partnership working**

Long-term thinking and investment - to transform outcomes and tackle entrenched inequality and disadvantage

Evidence of impact from shared data

Co-production results in better decision making and more effective services

How this vision can be implemented

Macro level	Meso level	Micro level
"**Universal**" services and an **open front door** provide a gateway to reach families ICSs not reinventing the wheel, but be a springboard to leverage and catalyse change 'Wire a new house' setting a system of how we want to work differently rapidly adjust policies, set priorities, target resources, ensure multi-sectoral responses	Prioritise by listening to children and coproducing to achieve better outcomes Develop partnerships *at a place based level* to ensure integrated and inclusive system wide response to wider determinants of health Interrogating data & open conversations about solutions Different support and treatment options	**Good informal relationships** with workers to identify challenges parents may be reluctant to disclose Children & young people **telling the story once** **Flexible delivery**, recognising the need to shift focus as the needs of individual families change Support frontline delivery Intervening early to impact downstream and cost benefits over a life-course Ensure long waiting lists are not a cliff edge-triage vulnerable people, offer support solutions

Thank you

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