

## **Find it Out Plus, Worthing**

Jan 2020  
Tina Favier

**Find it Out Plus** is a children and young people's emotional wellbeing and mental health approach being developed in Worthing. Its purpose is to provide a place where children, young people (and parents) can find and access **support and help** in relation to their **emotional wellbeing and mental health**, easily and early.

Find it Out Plus will be provided in a new Community Hub (opening Summer 2020) which will be **open and welcoming** and where young person will be **met and greeted** by a dedicated worker (a YMCA worker), with **no need for a referral**. A conversation and a **light tough triage** will be carried out, to understand what is happening for the young person and what they might need, to **support their connection and transition** into the right type of service or activity that is helpful to them. By **listening to a young person's story once**, at the point they need to tell, the aim is to support young people to access the services and help they need, the first time.

Behind the scenes the ambition is to develop a formalised and willing coalition of **statutory, clinical and voluntary sector providers**, who will willingly work together. This will be more than co-location; this workforce will need to develop a strong sense of a shared purpose and **good and trusting relationships**, with and emphasis on **sharing skills and knowledge**.

### **Some of the local evidence driving the need for this service has been in relation to:**

**Only 25%** of young people estimated to need mental health services having access to them.\*

The rate of **self-harm** among CYP (aged 10-24) **exceeding the national rate**  
Adult IAPT **outcomes being significantly lower (poorer) in the under 25 age group** and IAPT provision experiences showing very **high dropout rates and DNA rates** amongst the under 25's.

GPs, Schools and other professionals stressing the need for change, citing: confusion around 'pathways' to support, a lack of timely and appropriate support and help; accessibility thresh-holds; a lack of coherency in the offer; and a cliff edge between youth and adult provision.

\*Detailed analysis conducted by Sussex Partnership Foundation Trust

**Find it Out Plus**, will open a **front door** to what is available for children and young people and develop more coherency around provision by bringing together a coalition of providers and commissioners to see how services can work much more effectively together around children and young people through a **systems leadership** approach. It will not be putting in place new services behind the scene – therefore, **how** we work will be fundamental to making this a success

It is being co-led by a number of system leaders from the County Councils Early Help service, Adur and Worthing Councils, NHS (commissioners, mental health providers and GPs) and YMCA and Mind, educators, plus a range of other partners.

The purpose of this Find It Out Plus is being formed around:

- Providing **accessible and easy access on the day** with skilled front of house professionals (social prescribing) and no need for a referral;
- Ensuring a **holistic approach** focused on what **individuals need**;
- **Integrating a workforce** around children and young people in a place;
- Working through age boundaries (10 – 25YOs);
- Valuing clinical and social support, equally
- Prioritising **early intervention**;
- Networking provision for young people;
- Developing the **capacity of the wider system**

### **Workforce and leadership**

Two new posts have been developed, managed by the YMCA, to provide front line support (a meet and greet post for YP) and a part-time Co-ordinator.

The existing Find it Out service and Early Help Team will be wrapping its services around this new approach, aligning their staff within this approach. The ambition is to also bring other teams into this approach to create a multi-agency workforce needed to connect into all of the services needed to support young people, including clinical and social support across the NHS, Local Authority and Voluntary Sector.

### **Indicative Outcomes**

Yet to be confirmed but will include:

- Reduction in A&E mental health presentations
- Reduction in duplication of triage and assessments.
- Reduction in touchpoints and delay.
- CYP accessing services when they would otherwise not
- Retention/engagement in education and employment
- More effective use of low intensity and/or third sector provision/ self-help
- Greater choice
- No DNA's & improved engagement.
- Timely intervention
- Greater satisfaction
- Immediate reduction in reported distress

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### **Research background**

We have been seeking academic input into this approach through local universities to consider how we might evaluate this work and consider our models of engagement. Our ambition is to embed academic researcher within Find it Out Plus as a partnership between CRN, Adur and Worthing district councils, Sussex University and SPFT.

A request has been placed on an academic network:

*A multi-partner project in Adur & Worthing is looking to add academic rigour to strengthen and understand a unique systems leadership approach in how to support children and young people's emotional wellbeing and mental health. Adur & Worth Council - along with NHS*

partners, Mind, YMCA, etc. – want to provide an open place for young people (aged 10-24) to feel welcome and supported, no matter what their need, and without any requirement for a referral. The challenge is how to design such a service across multiple partners, providing a holistic approach (in what is often a fragmented system) to individual needs, so that no one 'slips through the cracks'. In designing this service, they want to include the voices of young people into all aspects, including thinking about metrics, and are particularly interested to know how to design this. The programme is called 'Find it Out Plus', and though talks have begun amongst partners, they are keen to ensure they proceed in a way that creates a robust framework for practical support for young people, as well as future research in the area of systems & partnership working (& inclusion of stakeholder voices) and innovative models for supporting young people's mental and emotional wellbeing. If you are interested in getting involved, or finding out more, in this stage of this feasibility project, please let me know. This project is moving fast, and it would be ideal to have initial discussions later with partners in the next couple weeks.

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### **Megan and Nora circulation to the Schools of Psychology, Education and Social Work and Social Care:**

*IAA funding requires a Sussex academic (employed) working with non academic partner(s) (see attachment) it cannot fund the research post but can be used to support research process.*

*Clinical Research Network (CRN) can potentially fund a named individual to undertake a piece of clinical research. It can fund the research post but cannot undertake or fund the research. Research proposal(s) can be submitted to exec committee (convenes monthly) for consideration for funding. I am advised potential offer of up to 12 months duration equivalent AfC Band 6 salary. "Starting well" is a key theme and they are keen to facilitate more social care research in KSS.*

*Research Design Service (RDS) can offer assistance and expertise as needed in framing a research question in line with NIHR parameters. Bernadette has helped shape the conversation and has suggested linking in colleagues in Sussex locality.*

*IAA and CRN offers are complementary and synergistic, we discussed the need to frame any proposal/ask to meet shared parameters as follows:*

*-Sussex Academic, non academic partner(s), named individual researcher for funded post with agreed research goals/outcomes/ learning objectives, hosted by Adur and Worthing.*

Feedback from Clio is:

*I agree with all Mary's points below and would support a mixed methods approach targeting from 'hard' (e.g. reductions in A&E visits, hospital admissions, etc if such data available, individual NEET status etc and so on) through to symptoms, and 'softer' outcomes around subjective improvements, psychosocial wellbeing and so on, and also coupled with qualitative data too - both in terms of process and change as Mary states. Also I'd suggest thinking about evaluation data pertaining to experiences of accessing the service - again both quant (e.g. numbers accessing, maybe recording pathways to care both in and out of service as is possible) and qualitative (e.g. interviewing/surveying young people and potentially also practitioners). I also agree re the fit of ethnography/action research - but Tracey, Mary and potentially others much better placed to advise on this than me - and would agree re involvement of peer researchers too.*

Our next steps require us to:

- Secure a researcher willing to do this work for one year
- Organise the arrangements for them to sit within the Councils as the host
- Consider how we can formulate a research question and methodological approach for this project, which is co-designed with YP

Identify willing academic partner and codesign research question.

Utilise expertise of RDS to assess proposal and advise refinements as required.

Submit to CRN for funding consideration.

Draw up work plan and hosting arrangements for embedded researcher.

I am in London on Monday at an event looking at embedded research nationally

<https://www.eventbrite.co.uk/e/growing-embedded-research-tickets-82818082113?ref=eios>

I would be happy to approach kaleidoscope with any queries perhaps if we have any ongoing question tomorrow I could collate and seek feedback from delegates?

**END**

*Tina Favier, Adur and Worthing Councils, on behalf of the Find It Out Plus system partners.*

