

## Looked after children and mental health. The post-it note project.

SCIE's [project on improving mental health](#) support for young people in care sees co-production at the centre of activity. This means that care-experienced people are central the design, delivery and evaluation of the project.

Part of the big co-production push has been to capture young people's ideas that have been written on post-it notes. They've been telling us about what's important to them when it comes to emotional wellbeing and mental health. This is important because 72% of children in care have been diagnosed with mental health problems. Below are some of their post-it notes.



The project could impact on 70,000 children and young people who are care-experienced because it's likely to suggest a change to the way that assessments are conducted when considering the mental wellbeing of children in care. The project will help to ensure that in the future children in care have access to high quality services, based on a clear assessment of need, from a range of professionals working across agencies. The snapshot of post-it notes will help to contribute to the aims of the overall project.

And we'll be asking members of the [project's expert group](#) to add their ideas on post-it notes; the expert group also includes young people who have experience of mental health services. Following that we'll be getting the views of unaccompanied asylum-seeking children; all captured on post-it notes.

Below are some more post-it notes from staff working on the front-line; the project is in contact with about 100 professionals working in health, education and social care. They wrote out their post-it note contributions at an event in March 2017.

Resilience  
- ability to cope with life

Put the  
"CASE" back  
into  
"SOCIAL  
CASE"

It's a relational  
conceptual  
theory that links  
individuals with  
social context and  
affective responses

EVERY LAC  
linked to  
therapeutic  
support

We need to  
provide support  
and help that  
addresses the  
whole person  
and their  
relationships

Under  
standing  
of 10 people  
exceeds the  
wisdom of  
1

More  
Mental Health  
Training for  
Residential Care  
Staff

Appreciation  
of the value  
of care staff  
institutions  
to support  
disability

Am for  
quality of  
services to  
care staff  
and support  
staff

My Anxiety  
has caused a  
depression  
- it's been with  
me since I was  
18

Let me  
know how  
you're doing  
- I'll be there  
for you

Change the term  
MENTAL HEALTH  
TO  
EMOTIONAL  
HEALTH

Put the  
CASE back  
into  
SOCIAL  
CASE

Progress of  
LAC - focus on  
the community  
to provide an  
appropriate  
supportive  
environment  
for people with  
learning disabilities

Resilience  
- ability to cope  
with life

Give the  
skills + the  
tools - to care  
staff  
to support  
learning  
disabilities  
before "crisis"  
interventions

"Mental Health  
Awareness and  
Training for  
Residential Care  
Staff"

Up-skill  
the general  
workforce  
(not just  
MHC)  
to recognize  
+ help manage  
MHC

"Mental Health"  
awareness  
training  
for residential  
care staff  
to support  
learning  
disabilities  
before "crisis"  
interventions

More focus  
on community  
care  
services  
to support  
learning  
disabilities

ALL YOUNG  
PEOPLE NEED  
TO KNOW THE  
FEELING OF LOVE  
& BEING LOVED

Don't give up  
- you can't let  
them go  
- you can't  
let them go  
- you can't  
let them go

Empire  
- understanding  
of all adults  
who come into  
contact with  
LAC - to ensure  
that they are  
able to be  
fully supported

Teach up  
- Learning skills  
can help  
care staff  
to be fully  
supported  
in their  
work

About Mental  
Health  
- DO NOT  
ALWAYS  
SUPPORT  
LEARNING  
DISABILITIES  
- MAY BE  
CONTRIBUTOR  
OR  
VICTIM

Clear  
pathways  
about  
learning  
disabilities

Assessment  
that leads  
to  
interventions  
+ helps  
care staff  
work

We need a  
MHC  
professionals  
from the  
health, education  
and social  
care sectors  
to share  
one  
message  
about  
emotional  
wellbeing  
and young  
people  
in care  
and  
learning  
disabilities

Early help  
that  
is easy  
to access  
for all

Service  
experiences  
- how  
learning  
disabilities  
are  
supported  
in  
residential  
care  
staff

Key  
issues  
- learning  
disabilities  
- emotional  
wellbeing  
- young  
people  
in care  
and  
learning  
disabilities

Steps  
to  
support  
MHC  
Trainers

Listening  
Learning  
(I am)

It's ok to be  
angry  
sometimes

We also  
want to  
have  
you  
- Please  
contact us

You don't  
know  
us  
if you  
haven't  
met  
ME!

There is  
good  
practice  
- but  
communication  
is key

PROFICIENCY

ONE  
SILENT  
DOGS  
IN ALL

BE  
HIGHER

ABC  
- THE  
YOUNG  
PEOPLE  
MATTER

More  
of a  
needs-led  
assessment

Each  
step  
has  
one  
key  
point

We  
listened

Feedback  
- it's  
not  
a  
one-way  
street

Let's  
not  
forget  
the  
staff  
- we  
can't  
improve  
things  
if  
we  
don't  
listen  
to  
them

More  
focus  
on  
MHC  
needs

Support  
and  
training  
- we  
can't  
improve  
things  
if  
we  
don't  
listen  
to  
them

Multi-agency  
work  
- we  
can't  
improve  
things  
if  
we  
don't  
listen  
to  
them

Our  
staff  
are  
young  
- we  
can't  
improve  
things  
if  
we  
don't  
listen  
to  
them

Change  
Mental  
Health  
- we  
can't  
improve  
things  
if  
we  
don't  
listen  
to  
them

We  
need  
long  
term  
- we  
can't  
improve  
things  
if  
we  
don't  
listen  
to  
them

Help  
available  
- we  
can't  
improve  
things  
if  
we  
don't  
listen  
to  
them

Support  
and  
training  
- we  
can't  
improve  
things  
if  
we  
don't  
listen  
to  
them

Encourage  
- we  
can't  
improve  
things  
if  
we  
don't  
listen  
to  
them