

No. 18

One of a series of
Partners in practice
from the Building
Health Partnerships
programme

Building Health Partnerships

Tackling Young Suicide in

Bolton

The overarching focus for the Bolton BHP work was to provide better access to children and young people's mental health support services and to prevent young suicide.

Following a number of young suicides in Bolton there was concern as to whether existing services and systems were as effective as they could be.

The Impact:

The BHP work in Bolton opened up an honest conversation between providers, commissioners, VCSE, service users and potential service users. It has brought about a number of changes in Bolton's approach to Children and Adolescent Mental Health Services (CAMHS) creating a more comprehensive, joined up approach across both the VCSE and public sector. It has:

- Supported the VCSE mental health services to join up their activities into a **coherent local offer** to present a less fragmented picture of provision that is clearer for commissioners and service users in and around Bolton
- Broadened the **understanding, engagement and cross-sector delivery of the mental health strategy** specifically around Children

and Adolescent Mental Health Services (CAMHS) activity and the dissemination of young people's suicide prevention support and training through **Papyrus**

- Supported the Bolton cross-sector partnership to have a common understanding of commissioning language and processes
- Action plan was used to inform the children and young people's mental health transformation plans
- Suicide prevention now a key priority in the Bolton Locality Plan.

The work has also strengthened partnership working between the key stakeholders paving the way for future collaboration in other fields.

“It's very important to the young people of Bolton so that they will know exactly where to go to get help if they are struggling or if they have no one”

Charlotte, Young person involved in Bolton's BHP work.



Background

Following a young suicide in Bolton there was concern as to whether existing services and systems were as effective as they could be. The group had a number of aims they wanted to achieve through their BHP work, namely to:

- Improve awareness of the local ‘offer’ for children and young people that would provide better access to services, and more resilience in the system
- Strategically align commissioning and opportunities for joint/ cross-sector approaches to supporting children and young people in Bolton
- Develop a ‘whole system’ approach to mental health through the engagement and involvement of key stakeholders through the process
- Involve children and young people in the development of future health services.

About Building Health Partnerships

The Building Health Partnerships Programme aims to improve health outcomes through supporting the development of effective partnerships between Clinical Commissioning Groups (CCGs), local authorities and voluntary, community and social enterprise (VCSE) organisations. Supported by NHS England this programme is delivered by Social Enterprise UK and the Institute for Voluntary Action Research (IVAR). It takes a facilitative approach working with a cross sector group.

“Sometimes an impetus is needed to bring people together BHP provides that. By focusing on just a couple of main priorities we have given ourselves the chance to see real, measurable results”

The core sessions include the following:

- A diagnostic session to create a shared understanding of the local and national health context
- A partnership development session to cement partnership working and develop an area based action plan to address the key challenges
- An expert seminar to tackle specific local needs and build local knowledge
- A partnership development session to embed learning and review action plans
- Additional bespoke support from a dedicated facilitator.

www.socialenterprise.org.uk

Our approach

BHP takes a facilitative approach, working with a cross-sector group from the local area. The group in Bolton received a series of facilitated sessions and through them co-designed and led a number of activities, to work towards their aims, these included:

Training in suicide prevention: BHP was the vehicle for launching the national charity PAPHYRUS suicide prevention model in Bolton www.papyrus-uk.org.uk. The organisation has been engaged in all events and are co-producing the roll out of the suicide prevention training with a variety of statutory and VCSE organisations (funded by the CCG with Local Authority contributing).

A **mapping exercise** with over 50 providers of mental health support has taken place and will provide a much needed information point for young people and their families as well as schools and other professionals,

providing an improved set of information from which to make future decisions about meeting the needs of children and young people locally.

Review of service user pathways: Exploring and improving a range of possible pathways for young people utilising an asset based Bolton approach.

Consultation with young people: Wider consultation with young people on what support should look like from their perspective.

Commitment to partnership: Inviting organisations to **pledge their commitment** to the Bolton partnership approach to supporting children and young people.

This work was steered and driven forward by five key organisations; [Bolton CVS](#), [BAND](#), [Bolton CCG](#), [Fortalice](#) and [Bolton Council](#).

“Building Health Partnerships is massively important because it is giving the young people of Bolton the opportunity to stand up and have their opinions about mental health heard by people who can really make a change” Euan, Young person involved with Bolton’s BHP work.

The future

Bolton continues to develop this approach and will:

- Keep exploring and improving a range of possible **pathways for young people** utilising an asset based Bolton approach.
- Continue **consulting** with young people on what support should look like from their perspective.
- Invite organisations to **pledge their commitment** to the Bolton partnership approach to supporting children and young people.
- Work with the VCSE in identifying new ways of working
- Develop whole system pathway development working towards the [CAMHS Thrive Model](#).

Our vision for young people's mental health in Bolton:

“Bolton is a place where all services work together in partnership to support and promote children and young people with their positive mental health and so prevent young suicide.”

Find out more:

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[Social Enterprise UK](#)

We are the national body for social enterprise. We are a membership organisation. We offer business support, do research develop policy, campaign, build networks, share knowledge and understanding and raise awareness of social enterprise and what it can achieve.

[Institute of Voluntary Action Research](#)

We work to understand, support and strengthen voluntary and community sector organisation and management using action research. We work collaboratively; concentrate on problem solving; and want our work to be relevant and useful.