



# **BROMLEY Y**

# **ANNUAL REPORT**

# **2018/19**





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**“Bromley Y enables children and young people to fulfil their potential by making a positive difference in their emotional wellbeing. It ensures that children, young people and their families are LISTENED too, actively INVOLVED and participating both in their support but also in developing services, that people and their views and beliefs are VALUED and respected ENABLING them to reach their full potential.”**

*Bromley Y operates its services based on the iThrive model and principles, as shown below and delivers this support through being clear on the partnership between **Bromley Y** and the young person through the RESPECT promise.*



**As someone seeking support from Bromley Y, I have a right to:  
 RESPECT**

- |                           |   |
|---------------------------|---|
| <b>Review</b>             | <ul style="list-style-type: none"> <li>• To know what options are available</li> <li>• To know the pros and cons of the different options</li> </ul>  |
| <b>Effective help</b>     | <ul style="list-style-type: none"> <li>• To know the evidence for the help and support being suggested</li> <li>• To know if there are different types of help that may be effective</li> <li>• To know what is expected from me or others</li> </ul> |
| <b>Select</b>             | <ul style="list-style-type: none"> <li>• To make choices about what help I get when different evidence-based approaches exist</li> </ul>  |
| <b>Progress</b>           | <ul style="list-style-type: none"> <li>• To be involved in setting and reviewing goals</li> <li>• To know how soon and to what extent things are likely to improve</li> <li>• To agree what will happen if things don't get better</li> </ul>         |
| <b>Expression</b>         | <ul style="list-style-type: none"> <li>• To be listened to and have my views taken into account</li> </ul>  |
| <b>Clarity</b>            | <ul style="list-style-type: none"> <li>• To know how those supporting me understand the difficulties</li> <li>• To know what is happening to information about me</li> </ul>  |
| <b>Transition support</b> | <ul style="list-style-type: none"> <li>• To be supported to find further help if needed</li> </ul>  |

## CHAIRMAN'S REPORT

On behalf of the Trustees, I would like to acknowledge and thank all the staff and volunteers for the professionalism and hard work that they continue to display in delivering services to children and young people in the London Borough of Bromley. Never have the families needed **Bromley Y** so much as in these turbulent social times we live in. I cannot think of anything worse than having no one to turn to when a young person requires help and support, so **Bromley Y** services fulfil that desperate need.

The past year has been one of achievement for **Bromley Y**, building on the progress of the previous few years. The number of young people supported continues to grow with 2,592 using the Community Wellbeing Service in 2018/19.



Our Director, Gill Allen, has ensured this progress, supported by her managers and the rest of the **Bromley Y** team. The Trailblazer project (called the School Wellbeing Service) now involves 49 schools. All have been visited by the Director and a partnership agreement developed to offer a service under the trailblazer funding. This has taken enormous time and effort whilst continuing to deliver the normal services of **Bromley Y**. Extra staff have been recruited.

A good relationship has been established at Bore Place in Kent which I hope will be expanded in the future subject to funding. More about Bore place later on the agenda.

Our financial position is stronger, my thanks to Jackie Monk, our Treasurer, for overseeing our stronger balance sheet. It became clear in 2018 that our lease in East Street was costing far more than the benefits the property could deliver, so we exercised a break clause and moved out at the end of Sept 2019. This involved a great deal of work on top of the normal services we need to deliver. The Trustees are pleased to report we left the property in very good order and there was no additional cost. This will generate a large saving in future. We are (at time of writing) about to sign a licence for rooms at Bertha James to provide more capacity. Our appreciation and thanks go to Tony Gore for his help and support with this.

We now have a Youth Participation Group, comprised of young people that have accessed our service and want to make a contribution. We have 6-8 young people involved. This is excellent and I would like to thank them for their time and passion in supporting us.

I welcome a new Trustee to the Board, Helen Harper, a Barrister specialising in paediatric law. This will strengthen the expertise on the Board.

Valerie is leading a mentoring programme for young people aged 14-18. This is expanding with new mentors being trained, making sure that supervision is offered too.

This will be my last report as Chairman as I'm standing down from the chair after five great years. I am very pleased to advise that Dr Stuart Robertson is taking over after the AGM. I wish my successor well and I would like to express my gratitude to all my fellow Trustees, the staff, volunteers and others who have made my time as Chairman much easier than it might have been, I feel we have all achieved so much together.

**Hon. Alderman Ernest Noad**

**Chairman of Board of Trustees**

## DIRECTOR'S REPORT

I am delighted that over the last year there has been increasing government and media debate about children and young people's emotional and mental health along with a recognition that much still has to be done to improve the availability of support, at all levels. We welcomed long overdue investment to improve and scale up emotional and mental health support for children and young people with the Green Paper proposals for support in schools and the ambitious commitment within the NHS Long Term Plan. We are still too dependent on a system that cannot cope with the demands required of it. Support focuses on helping those who've reached crisis point rather than when problems start to emerge.

The Government Green Paper and NHS commitment highlights the pressing need for **Bromley Y** to increase its reach and impact. We will endeavour to help more children and young people by working closely with our partner organisations so that we can fight to address gaps in provision. To this end we are working with Oxleas CAMHS in co-designing and co-delivering elements of our future activity and pathways to improve outcomes ensuring consistent access to evidenced-based practice and interventions across Bromley.

Every year **Bromley Y** is busy and 2018-2019 was no exception. This year **Bromley Y** received 2,592 referrals into the Community Wellbeing Service, and we have consistently reported on key indicators for the services **Bromley Y** provides to ensure we met all contractual requirements.

I am delighted that the user participation group is growing and will start to have a greater influence on **Bromley Y's** activities and Board considerations.

We maintain quality by having robust systems for reporting activity and cost, including data for the national dataset and template submission, however, we want to improve our infrastructure and information management. As our work has continued to expand over the last year, we have started to consider utilising digital technology to help us reach more young people with vital messages about looking after their mental health. Our digital offer is in its infancy but, as ever, the focus will be on continuing to make the most positive difference to individuals and families affected by emotional and mental health issues.

The School Wellbeing Service (Trailblazer team) has already delivered 417 interventions in schools covering psycho-education workshops for children, parents and teachers as well as targeted group work and some individual interventions. The team is divided into two hubs across Bromley with 49 schools actively taking part. The eight new Emotional Wellbeing Practitioners (EWP), will finish their course in January and take up employment with **Bromley Y** after this year.

We continue to offer consultation to those schools which are not involved in the trailblazer pilot and we will be part of the Link Programme, which is a major national initiative, being rolled out over four years from September 2019. The Link Programme has a simple aim: to bring together education and mental health professionals to enable more children and young people get the help and support they need, when they need it.



As our work develops, we are moving more into the community and developing links with children centres, libraries and other charitable organisations. We have ended our contract with East Street which will enable us to focus on building relationships and resilience in the community as well as reducing our costs. We have been given access to rooms within the Glades Shopping Centre and the Ikea building for meetings and workshops. Work has also taken place to make sure we use Ethelbert Road as efficiently as possible as an intervention hub.

All **Bromley Y** contracts will now end in March 2021 and we are determined to be 'tender ready' to ensure we continue to be a powerful force for change and to maximise the critical role we play in children's and young people's emotional wellbeing. The manner in which the organisation has faced-up to and overcome challenges and exploited opportunities has also been critical to the overall success.

I would like to thank all the people whose hard work is integral to the charity, our user participation group, the Board of Trustees, our excellent staff team, volunteers, fundraisers and partner organisations.

Lastly, I would like to thank Ernest for all that he has done for **Bromley Y**. During your tenure as Chairman we have seen enormous growth in our organisation, and you have been integral to the important advances we have made in children and young people's emotional health and wellbeing.

Best wishes

**Gill Allen**

**Director**



## OPERATIONAL MANAGERS' REPORT

**Bromley Y** has been a hugely successful organisation over the past year with the development of new systems and the ongoing building of relationships with partners, services and educational establishments.

We have sadly said goodbye to some long serving members of the service through retirement, relocation and also for new opportunities. Thank you to Wendy Whybrew, Jane Burton, Lou Stratford, Irene Brown-Martin and Jill Elms for their hard work, passion and dedication to the service. With staff leaving we have welcomed new staff, either as part of new services or to contribute their experience and expertise to established **Bromley Y** services, two new School Wellbeing Practitioners, two Outreach Wellbeing Practitioners to further support our outreach work to schools and new staff in the hub as Referral Officers. January 2019 was a very busy month with staff undertaking training alongside their work within **Bromley Y** this included two Children's Wellbeing Practitioners (CWPs) and eight Educational Wellbeing Practitioners (EWP's) previously referred to as Educational Mental Health Practitioners (EMHPs) undertaking their qualification training.



Bromley was successful in gaining funding through the trailblazer pilot for two of the four teams it bid for. The School Wellbeing Service is currently supporting 49 schools in the borough, both primary and secondary. Since January we have been developing our offer to schools, both universal and targeted, and have met with all schools to agree an individual partnership agreement for the delivery of the services into the school. We are incredibly excited to be involved in this pilot and are proud to be a third sector organisation awarded funding in the first wave of this initiative to support the emotional and mental health needs of children and young people.

We continue to offer a traded service to a number of schools in the borough and value this close working relationship that ensures greater access for young people and seamless referrals on to the Community Wellbeing Service and CAMHS if necessary.

We have spent time reviewing our internal systems to maximise efficiency, placing a priority on safeguarding, pathways and client experience. To further enhance our decision-making, we hold weekly multi-disciplinary meetings to discuss complex assessments. We have also developed our initial assessment screening, incorporating standard risk assessments and safety packs to be used across the services and developing a safeguarding audit and duty rota to ensure the safeguarding of all young people who we come into contact with. We are constantly reviewing our interventions in order to respond to need, pre-empt trends in referrals and offer evidence-based options to the children and young people who access our service. These include a short term one to one offer (up to 6 sessions), longer term interventions (up to 16 sessions) for more complex and/or risky referrals, group work delivered over a number of weeks and workshops for both young people and their parents as a one to one session model to deliver psycho-education.

**Bromley Y** has worked in partnership with a range of providers with ongoing close links with School Nurses providing them with supervision, weekly representation with social care, regular consultation meetings with Bromley Children's Project, and consultation meetings and behaviour outreach into primary and secondary schools. The flow from referral, through triage, and onto to CAMHS has developed with regular partnership working between **Bromley Y** and CAMHS ensuring those children and young people who are at risk or who require more help are identified early and experience a smooth and timely transition onto CAMHS.

Our work with the Children Looked After (CLA) Forum has seen the development of a Health Specific sub-group, providing improved partnership working and a more robust response to feedback from the Corporate Parents Board around access to services. This has led to greater understanding of the needs of this vulnerable group and highlighted areas where we can improve our offer. Partnership working is highly valued and ensures the children and young people in Bromley requiring support around their emotional and mental health, receive the services they require.

The number of referrals into the service has remained steady with anxiety and/or low mood featuring in most referrals. The children and young people referred present with self-harm, suicidal thoughts, relationship difficulties as well as bereavement, sexual abuse and gender difficulties. The reasons for referral remain similar year on year but the complexity appears to be increasing with regular co-morbidity in presentations and higher scores when self-reporting impact. This is demonstrated by our continued use of Routine Outcome Measures which include the use of the Strength and Difficulties Questionnaires (SDQs) that help to inform our work. Impact of the work we do is shown in the table below:

#### SDQ Outcomes from 1st April 2018 to 31st March 2019

*(Based on the 4 categories for Overall Distress: 'Very high 20 - 40', 'High 17 - 19', 'Slightly raised 14 - 16' and 'Close to normal 0 - 13')*

**79%** young people showed an improvement in their scores of which **67%** moved from the 'very high' category to a lower category ('high', 'slightly raised' or 'close to normal')

**50%** of young people who initially scored in the 'high' range moved into the 'slightly raised' and 'close to normal' range

**58%** of young people who initially scored in the 'high' range moved into the 'normal' range

This is similar to the previous year with **77%** reporting an improvement in scores however, an interesting point to raise is that the average pre score in April17/Mar18 was 18.1 ('high') but had raised to 22.9 ('very high') in 2018/19 implying an increase in complexity in referrals.

**Bromley Y** staff never stop thinking about the development of the service and are always looking to improve efficiency and effectiveness. In the past few months we have started to focus on making the principles of iThrive more transparent in our service delivery, with plans to introduce POD across the service for better data collection of Routine Outcome Measures. Further development of partnerships, an ongoing commitment to improving our intervention offer to all age groups and integration of the Community Wellbeing Service alongside the ongoing development of the School Wellbeing Service will continue. We are also looking at our digital offer and have placed a priority on upgrading and updating our website.

**Sarah Parson and Sam Reynolds**

**Operational Managers**



## PARTNER ORGANISATION REFLECTIONS ON BROMLEY Y

*Bromley Y has over the last fifty plus years changed and developed to meet the needs of children and young people, never losing sight of the fundamental aim of enabling children and young people to fulfil their potential by making a positive difference in their emotional wellbeing. Some of our partners reflect on their own experiences of working with Bromley Y and the challenges going forward.*

### Get involved! User Participation

The voice of more than four thousand young people and their families who have contact with **Bromley Y** helped to influence and shape our work in the last year. Every time we meet with a young person and their parent or carer, we set goals together. 'Together' means that their views and voice is important when thinking about the best care pathway that can make a difference to them and agreeing on what 'better' looks like. Throughout our work, we use session ratings to check that the young person feels understood, that they are working on what is important to them and are making progress. At the end of our work, families and children give their feedback on the support they received, and if the environment feels welcoming, safe and comfortable. We received over 4,000, User Experience of Service questionnaires last year with high levels of positive feedback, 96% last year. Our senior leadership review this feedback quarterly and it is shared with trustees. We plan to report on a more regular basis.

**Bromley Y's** participation group is made up of young people who have accessed our services and want to contribute to how the services are designed, delivered and monitored. The group is also open to young people who attend school or live within Bromley and are interested in mental health and wellbeing. It forms part of our offer to provide continuing support and confidence building to young people at the end of their intervention. We work on monthly projects to improve our services, raise awareness and reduce stigma around mental health and promote positive emotional wellbeing. Some of the things we have done include: Creating and designing a Transitions Leaflet for the waiting room - transition is an important time for children and young people, and we wanted to create a simple and clear resource to reassure young people that may be anxious about the transition; creating a wellbeing game to be used by practitioners in groups in schools or in the community service; creating a user participation recruitment poster; providing feedback on a revised referral form; meeting with the Director, holding her to account for how the service is performing, to hear first about the school trailblazer project and plans to get more young people's voices heard; reporting to Trustees on what we do; creating two Wellbeing Youth Ambassadors to help lead and shape the group; and creating a video to raise awareness about **Bromley Y** and what the participation group does.

We have around six to eight young people attend the session every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday every month. Here are some comments from those who have been involved.

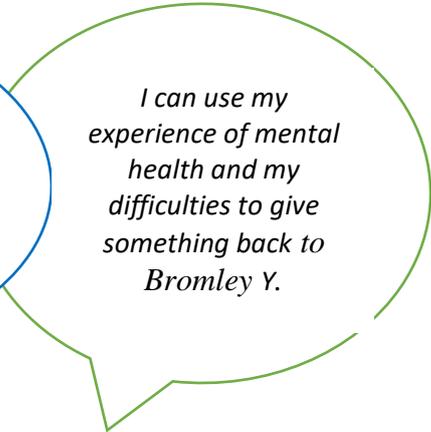
### User Participation Group



*I've had the opportunity to get lots of experience and give workshops*



*I've had loads of opportunities to come up with different ideas and give feedback*



*I can use my experience of mental health and my difficulties to give something back to Bromley Y.*

## Update from Children's Social Care

The relationship with Bromley Y has gone from strength to strength in particular with regular meetings with the Director of Bromley Y and the Director of Children Services.

With the advent of the Children and Social Work Act and the extension of support for our care leavers from 19 – 25 years there was a chasm whereby many of our care leavers would not meet the criteria for services from adult mental health services. **Bromley Y** recognised this and together with the Local Authority offered support services through their triage for any care leaver who required this support or signposting, this has worked well. This was not part of any contract but portrays the vision of a child centred perspective with the Local Authority in the health and wellbeing of our care leavers which is critical to ensuring that they do not enter the adult world in crisis. The support given to our care leavers population is vital. This is a cohort of young people who can struggle to manage the transition from CAMHS to adult mental health service and can be difficult to engage. **Bromley Y** offers a service for care leavers until the age of 25 to support that transition, we are looking a further improving our relationship with young people becoming part of a participation panel in order to help ensure their needs are met.

In addition, we have discussed our Multi-Agency Safeguarding Hub (MASH) and partnership participation, whilst **Bromley Y** is not a member of our Missing, Exploitation and Gang Affiliation (MEGA) panel, they recognised the value of having a presence within the MASH on a regular basis. Emma Madden, Wellbeing Practitioner is co-located in the MASH once a week on every Thursday. This has enabled joint work but more importantly increasing the awareness of social work staff, in supporting the signs and symptoms of mental health wellbeing often at the lower level but which with support can prevent further crisis.

We recently had a SEND inspection and **Bromley Y** played an active part in the inspection in supporting and offering support to our children and families whose children have special needs. These special needs often manifest themselves in various ways and have underlying low level areas of mental wellbeing. **Bromley Y** have been partners in the Trailblazer bid which was successful working with our Special Educational Needs colleagues and schools in delivering support and services to a wide range of children.

The Youth Offending Service is a multi-agency team comprising of key statutory agencies, Police, Probation, Health and the Local Authority and works in partnership with other key agencies in the borough. The work of the YOS is a partnership which contributes to safeguarding children and protecting them from harm, public protection and community safety. We work with some of the most vulnerable children and young people who are at high risk of social exclusion and often with a range of complex needs. The Youth Offending Service has worked closely with **Bromley Y** over the last two years to strengthen the offer of support to children and young people involved in the justice system. This involved having a part time Wellbeing Practitioner with support from a senior colleague seeing young people many of whom would not ordinarily attend the **Bromley Y** premises. The coordinator of health support has enabled children and young people to be helped and the opportunity for the support to go beyond their time with the YOS. There is a much improved multi agency approach to supporting the health needs of young people within the YOS. All health practitioners have adjusted their service models to ensure there is opportunity for multi- agency discussions and agreement on deciding the lead health professional and commissioners have become better sighted on receiving and analysing data which identifies appropriate levels of activity. As a result of good partnership working across health providers, the health offer to YOS has been considerably improved since 2018 and significant improvements are now embedded within the service. The service has benefited for the allocation of a Wellbeing Practitioner as a direct resource to the YOS and is highly valued and it is hope this will continue to be supported.

**Janet Bailey**

**Director Children's Services**

## Joint working to develop good practice for children and young people with special educational needs and disabilities (SEND)

Over the last year **Bromley Y** has worked very closely with the Designated Clinical Officer (DCO) to develop practice in line with the SEND Code of Practice 2014. There is now a designated member of the **Bromley Y** team developing their knowledge and skills as a SEND Champion.

As the **Bromley Y** SEND champion, this member of staff will develop a lead role for SEND within the organisation acting as a point of contact for other staff members and meeting regularly with the DCO to develop SEND practice across the organisation. To date these meetings have focused on completing a 'whole system SEND audit' to establish current areas of strength and areas for development. This will also provide a mechanism for tracking change and improvement over the coming year.

As part of the Bromley local area approach to quality assurance of Education, Health and Care (EHC) plans locally, **Bromley Y** is engaged in a monthly multi-agency quality assurance group. Attendance at these groups not only enables a breadth of representation that includes emotional wellbeing services but also offers a learning opportunity with regards to developing the quality of EHC needs assessment advice given by **Bromley Y**.

Further to developing the role of SEND Champion, **Bromley Y** has worked with the DCO and partners in Oxleas NHS Foundation Trust to schedule a series of information sessions to develop understanding of the Bromley Emotional Wellbeing and Mental Health services. The aim of this is to ensure a greater understanding of the services available through the single point of access, to date the teams have delivered one session which was positively received.

In September 2019, Bromley had its local area SEND inspection. **Bromley Y** was a key partner in this inspection providing documentary evidence, participating in focus groups and sharing examples of effective joint practice.

The outcome of this inspection will be announced in early November 2019 when a letter will be published, detailing the identified strengths and areas for further development. The following priorities have been identified as a result of the whole system SEND audit,

- Enhancing the knowledge and skills of the SEND Champion
- Developing a **Bromley Y** operational policy or guidance document in relation to SEND
- Establishing processes and practice in relation to providing advice for Education, Health and Care (EHC) needs assessment.

The next year will focus on actions to develop in these three areas and further embed good practice. This will be achieved through continued joint working between the DCO and the **Bromley Y** SEND Champion.

**Sarah Childs,**

**Designated Clinical Officer (DCO) for SEND, Bromley CCG**



## Partnership with Bore Place (Commonwork Trust) to deliver new projects

Bore Place has been providing programmes for young people to learn about the countryside, nature, food and farming for over 40 years, programmes to support young people with additional needs for over 25 years and young people with mental health, self-confidence and self-esteem issues for the last eight years. The programmes include: Therapeutic and educational support programmes for 14-24-year olds, outdoor learning programmes for schools and teachers, additional needs programmes for weekly groups (focused on work related learning and life skills development) including the Arts Award, Holiday and Saturday clubs for 8-17 -year olds with additional needs and events, courses and activities for families, adults and children

Over the last eight years, Bore Place has been providing a programme called “Grow to Grow” and as part of this programme the “*Reaching In Reaching Out*” programme funded by the Reaching Communities Big Lottery Fund. The programme is a therapeutic project, based in the organic Market Garden at Bore Place and is focused around improving vocational, emotional, social and life skills.

In November 2018 Trustees at Bore Place decided they wished to strengthen their therapeutic approach and sought a partner whose core purpose is to provide therapeutic support to children and young people. **Bromley Y** was identified as a potential partner which led to initial discussions between the Directors and a joint formal proposal being prepared outlining an exciting way forward for both organisations to bring their respective skills and resources together to provide services for young people whose needs are not currently being met. Both Boards of Trustees ratified this in February 2019.

Both Bore Place and **Bromley Y** believe they will be able to deliver better outcomes for young people in the local area by working collaboratively and pooling expertise and resources. Our aligned organisational goals and values, yet different approaches, professional skills and working environments will be the strength in supporting young people, families and schools in the local community. The health and educational systems are not responding quickly enough to provide the early intervention and prevention services for young people dealing with mental health and emotional wellbeing issues. To address some of these inequalities and to support everyone to fulfil their potential we want to develop effective ways of working which support more young people, whilst providing evidence on new ways to achieve this. We would work to provide mental health and emotional wellbeing services to young people who are not receiving the early intervention support they need to enable them to do this. We plan to do so by taking a holistic approach to support the young person and their surrounding community both at home and at school, by providing services to support the individual young person, their families, carers, and their school and teachers.

During this year the focus has been on developing our partnership via: Staff from **Bromley Y** being seconded to work at Bore Place to provide therapeutic support as part of the “*Grow to Grow*” programme and to deliver programmes to young people from Gravesham and Tonbridge funded by KCC Early Help; submitting an application to the National Lottery for a three- year programme to offer provision for 11-15-year olds working in partnership with schools (awaiting decision) and working with Kent Public Health, West Kent CCG and KCC to develop an early intervention and prevention resilience project for young people with Autism (ASD).

The next stages are to develop the proposed projects more fully with the engagement of the young people, parents and schools involved in our communities, continue to find opportunities for **Bromley Y** staff to deliver programmes at Bore Place, secure the funding required to facilitate delivery of the projects and to establish a partnership agreement and a Joint Steering Group between the two organisations.

**CAROLINE ARNOLD**  
Director  
Bore Place



## Oxleas Children and Adolescents Mental Health Service (CAMHS) and Bromley Y Partnership Working

**Bromley Y** and Oxleas CAMHS have continued to build upon the weekly referrals discussion forum that has been in place since July 2018. This space has proved to be instrumental in developing a shared understanding of care pathways across both services and in ensuring that children and young people are accessing the support and services that best meets their needs. On a more practical level, the quality and presentation of information contained within referrals has improved significantly, whilst CAMHS has implemented a more robust administrative support system to ensure a timelier response to referrals. The weekly referral discussion has also provided an opportunity for **Bromley Y** practitioners to discuss cases of concern with CAMHS clinicians, who are able to provide advice regarding the child's treatment in **Bromley Y** and/or advocate for a referral to CAMHS for further support. Improvements have also been made in managing young people who present at A&E but who do not require ongoing support from CAMHS in the community, with agreement for referrals to be made to **Bromley Y** for some additional support on a case-by-case basis. The ambition of both organisations is to further integrate referral and triage pathways across **Bromley Y** and CAMHS. This will improve the quality of triage decisions, understanding of services and reduce waste/duplication across pathways. In addition, both services have met to consider the possibility of developing a bespoke pathway for children aged 0-5yrs who often present with attachment difficulties that can lead to more entrenched mental health difficulties if not treated at an early stage. Although there is no indication that a pathway specifically designed for 0-5s will be commissioned, both services have expressed a willingness to commit resources to ensure that such cases can be reviewed by practitioners with the appropriate expertise.

**Bromley Y** and CAMHS were successful in a joint bid with Bromley CCG to become a Wave 1 Trailblazer Site for delivering national ambitions for children and young people's mental health services. As part of this, **Bromley Y** is leading on the development and management of a School Wellbeing Service, whilst CAMHS are to pilot new pathways to meet a proposed 4-week waiting time standard from referral to assessment. Although there are distinct roles for each service in leading separate aspects of the Trailblazer initiative, there has been much consideration of opportunities for joint work. This includes: CAMHS clinical supervision for practitioners within the School Wellbeing Service, Joint self-harm training for LBB mental health leads network, CAMHS support and involvement in the School Wellbeing Service launch event and joint participation in the Bromley Trailblazer Steering Group.

CAMHS is also planning to support Bromley Y in providing specialist self-harm training to a mainstream secondary school following a specific request. This will represent the first step in a broader strategy to provide access to specialist mental health training to schools in Bromley, over and above the training and workshops already being provided by the School Wellbeing Service and Mental Health First Aid training. Over the last 12 months **Bromley Y** and CAMHS has offered reciprocal induction programmes for new starters in both services. This has included a group induction workshop provided by CAMHS for School Wellbeing Practitioners (School Wellbeing Service) and opportunities for staff from both services to shadow triage meetings.

**Bromley Y** and CAMHS have also jointly held workshops for staff employed by the London Borough of Bromley to help improve awareness and understanding of mental health pathways and guidance as to how to access relevant services. These workshops were initially developed in preparation for a Local Area SEND Inspection in Bromley, but further dates have been offered with a view to capturing a broader audience. A senior psychotherapist from CAMHS also presented on the topic of child attachment and disconnection at a **Bromley Y** development day, whilst **Bromley Y** and CAMHS hosted a joint Christmas Lunch in 2018, with a second event arranged for 2019.

In terms of training and development, CAMHS has offered practitioners from Bromley Y the opportunity to participate in facilitator training for a 'Hearing Voices Group', designed to support young people who suffer from hearing voices and/or unusual experiences. Once trained, clinicians and practitioners from CAMHS and **Bromley Y** will co-facilitate a group for young people in Bromley.

**Dominic Leigh**  
Operational Manager, Bromley CAMHS



**Bromley Y Trustees and staff would like to thank the volunteers and to all who support us through fundraising and giving their time.**



***Bromley Y*** is a charity commissioned to deliver the Wellbeing Service by the London Borough of Bromley and the Bromley Clinical Commissioning Group.

*We are kindly asking for any donations towards the **Bromley Y** charity. The contributions we receive go directly to our fund our mentoring scheme which supports our young people aged 13-18 within the community for a longer period of time.*

*To find out more about the mentoring scheme or if you would like to make a donation, please visit our website or ask a staff member who will provide you with a donation envelope.*

*Every donation is much appreciated*

*Thank you for your support*