



**REGIONAL SUB-GROUP
ON CHILDREN AND YOUNG
PEOPLE WITH**

EMOTIONAL & BEHAVIOURAL DIFFICULTIES



2011-2014

WHAT'S IT ALL ABOUT?



Lots of organisations have agreed to meet together to plan services for children and young people in Northern Ireland. This includes agencies in charge of health, housing, education, supporting families, keeping people safe and lots of other things.



The job of our group is to look at how we can make things better for children and young people who have emotional and behavioural difficulties. (EBD). That means children and young people who maybe aren't feeling very happy at the minute or who are very worried or sad a lot of the time. They might feel so unhappy that they try to hurt themselves or they might find it hard to make friends or get along with other people or cope with day-to-day life.

This is our plan for making things better for children and young people who have emotional and behavioural difficulties and we want to know what YOU think of it.

**IF YOU HAVE ANY THOUGHTS
OR IDEAS ABOUT THE PLAN
PLEASE LET US KNOW.**

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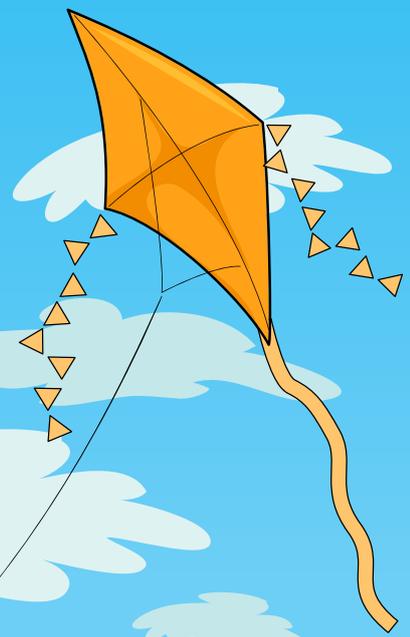
THE GOVERNMENT'S PLAN



The Government in Northern Ireland has a plan for children and young people here. The plan is to make sure that all children and young people:

- * Are healthy
- * Get a good education
- * Are kept safe
- * Live in a good environment and have enough money to live on
- * Are able to have a say about decisions and can do things to help society
- * Know and understand their rights and have their rights respected

Our job is mostly about helping children who have emotional and behavioural difficulties and making sure they have good mental health. Even so, some of what we do can help the Government with other parts of it's plan.





OUR PLAN



1

To make sure that children and young people **are healthy** we will help people understand how important it is to give children help and support at a very young age so that things don't get worse as they get older. We will:

- ✿ Make a plan for improving the mental health of very young children across Northern Ireland.
- ✿ Train workers so that they know about the mental health of very young children and can tell if a child is going to need help.
- ✿ Make sure that everyone who lives in Northern Ireland understands that even very young children might need help and support so that they don't have mental health problems later on.
- ✿ Improve the way all the different agencies work together to share information and provide help and support to children.

**WHAT DO YOU THINK?
IS THERE SOMETHING ELSE
WE COULD DO?**



2

To make sure that children and young people **get a good education** we will come up with a way of getting more people into schools to help and support those who might have emotional and behavioural difficulties. This should make it easier for children to get help if they need it. We will:

- * Find out what types of helping services are already in schools.
- * Find out what services in schools are working well in other places.
- * Work with others to make a plan for putting services inside schools.

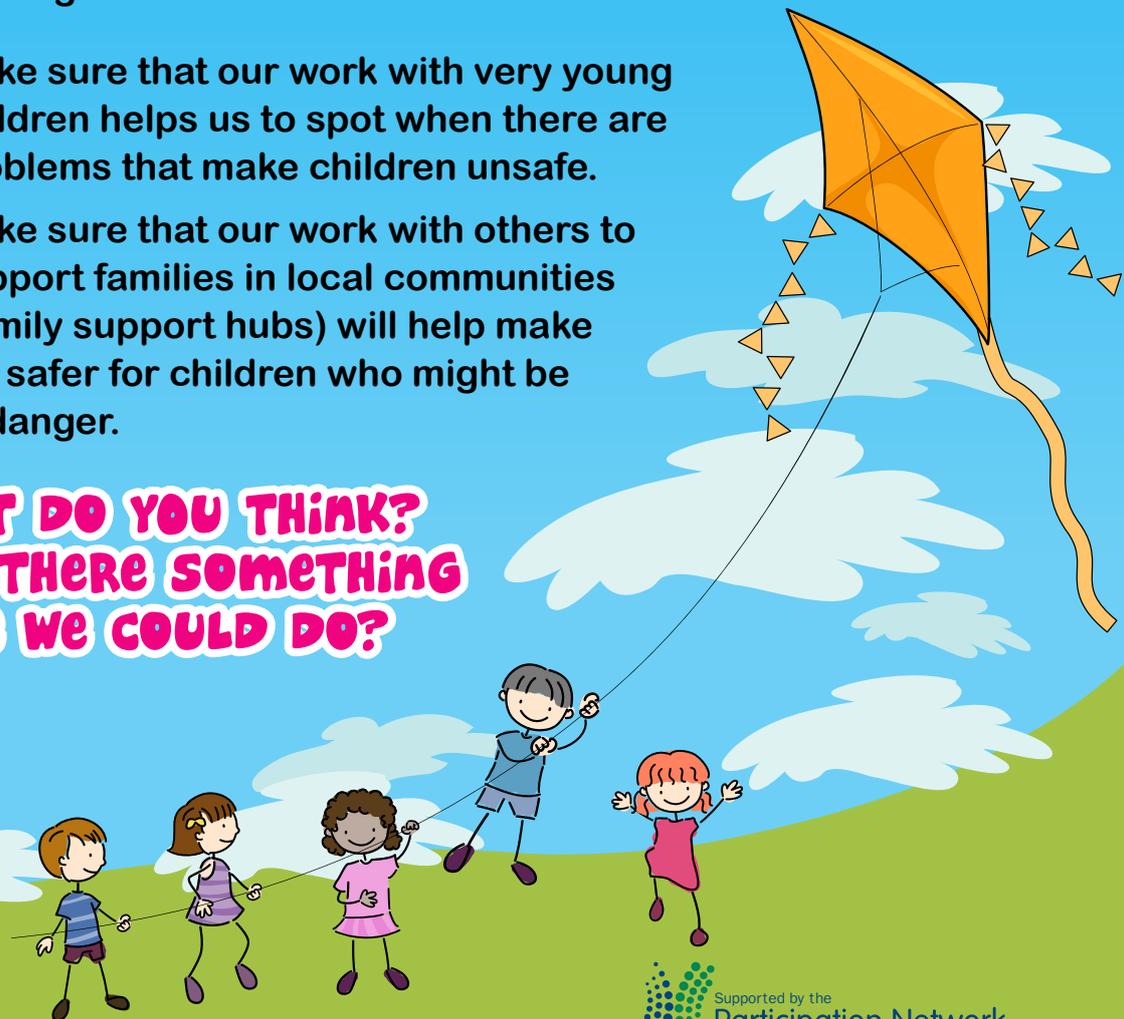
**WHAT DO YOU THINK?
IS THERE SOMETHING ELSE WE COULD DO?**

3

To make sure that children and young people **are kept safe** we will work with others to tackle the things that put children in danger e.g. parents fighting and hurting each other, parents drinking too much, parents not looking after children well enough. We will:

- * Make sure that our work with very young children helps us to spot when there are problems that make children unsafe.
- * Make sure that our work with others to support families in local communities (family support hubs) will help make life safer for children who might be in danger.

**WHAT DO YOU THINK?
IS THERE SOMETHING
ELSE WE COULD DO?**



4

To make sure that children and young people live in a good environment and have enough money to live on we will:

- ✿ Support parents and families to get the services and supports they need.
- ✿ Reduce the number of people in communities who have serious mental health problems by helping and supporting them at an early stage.

**WHAT DO YOU THINK?
IS THERE SOMETHING ELSE WE COULD DO?**

5

To make sure that children and young people are able to have a say about decisions and can do things to help society we will:

- ✿ Find out the best ways of getting parents involved in schools and make sure that our work to put support services into schools includes parents.
- ✿ Make sure that children can do things to help society by getting involved in community activities in schools.

**WHAT DO YOU THINK?
IS THERE SOMETHING ELSE WE COULD DO?**



6

To make sure that children and young people **know and understand their rights and have their rights respected** we will work to make sure that children who are developing problems get help early on - before things get so serious that they might have to take medication or go to hospital. We will:

- ✿ Make sure that services available to children in their own area, through the family support hubs, can help them with emotional and behavioural difficulties before problems get serious.
- ✿ Study all the mental health services across Northern Ireland designed to help people before problems get too serious - and see how good they are at giving help at an early stage.
- ✿ Make a new plan for these services that will help different types of organisations to work together and to agree what they will do and how they will do it.

**WHAT DO YOU THINK?
IS THERE SOMETHING ELSE WE
COULD DO?**





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