

# Fullscope Impact Report 2022



## Fullscope

Changing systems,  
improving young lives



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## Welcome to our Impact Report

Three years after Fullscope was first established, we are delighted to share our first impact report with you.

We would like to thank the children, young people and families we have worked alongside, as well as our partners, colleagues and funders, for their inspiration, energy and support since Fullscope began.

Fullscope is a consortium of leading charities supporting the mental health and wellbeing of children and young people in Cambridgeshire and Peterborough. Fullscope creates collaboration between mental health and wellbeing charities in Cambridgeshire and Peterborough, to share specialisms, streamline support, and instigate system change for children and young people's mental health and wellbeing services.

Our vision is a county in which children, young people and their communities are healthy, resilient and empowered around their mental wellbeing.

We work towards this future with a combination of research, testing of ideas, amplifying the lived experience of children, young people and their families and influencing policy and provision with our collective voice.

This report provides brief summaries of what we have learned since Fullscope began. In recent years we have been working to understand how children and young people and their families in Cambridgeshire and Peterborough can be better supported with their mental health, especially if they are disadvantaged, isolated, impacted by inequality and discrimination and struggling with services which are difficult to navigate or access.

From research and pilot projects we have learned or are learning:

- ☹️ That there is, within the system, a lack of understanding about the role and criteria of CAMHS, and poor knowledge about alternative referrals to different kinds of support. We think families should be enabled to make decisions about the kind of help they can access and the system as a whole needs to be educated about alternatives to CAMHS.
- ☹️ What is involved in a simple, effective model for responding to children and young people with mild to moderate mental health needs when they present for help from GPs. We have identified learning which we believe can improve the impact of future single session services.
- ☹️ That there are significant challenges preventing LGBTQ+ young people from accessing the care and support that they deserve, which need to be addressed urgently. We recommend adequate resourcing of mental health services, clearer navigation, LGBTQ+ inclusive language and data systems and collaboration across the mental health system to ensure that LGBTQ+ children and young people are equitably reached and supported.
- ☹️ That creative resources and activity can be used to support the mental wellbeing of children and young people, including those who are isolated and coping with adversities.
- ☹️ That young people affected by self-harm want kinder, less stigmatising and more inclusive responses to their self-harm. We are working with them to raise the skills and awareness of the people around them.
- ☹️ How elements of an established mental health art-in-nature programme can be scaled up to benefit more children.
- ☹️ About the mental health needs of young homeless people and how best to meet them.



With this learning, and with our partnership and development work, we are working to influence the wider system of mental health and children and young people's support in Cambridgeshire and Peterborough:

- ☺ Modelling and maintaining high standards of involvement and co-production with children, young people, parents and carers
- ☺ Discussing and brokering better ways of responding to those children and young people who risk poor engagement from mental health services, by sharing case discussions and learning at multi-agency meetings
- ☺ Acting as a trusted partner within the new system partnership for children and young people's mental health services in Cambridgeshire and Peterborough, YOUnited. Fullscope also facilitates and supports YOUnited's Youth Advisory Group
- ☺ Fullscope was an active partner in the development of the local Children and Young People's Mental Health Strategy, ensuring broad voluntary sector engagement and voice, and feeding in learning and insight to the strategy process
- ☺ Engagement and representation with the new Integrated Care System.



## About Fullscope

Fullscope is a consortium of leading charities supporting the mental health and wellbeing of children and young people in Cambridgeshire and Peterborough. The consortium members are eight charities- Arts and Minds, Blue Smile, Cambridge Curiosity and Imagination, Centre 33, CPSL Mind, The Kite Trust, YMCA Trinity and Ormiston Families. These members form a governing board. The work of the consortium is coordinated by a Programme Director and Programme Coordinator and supported by freelance specialists. This core team have been in place since June 2021.

Fullscope creates collaboration between mental health and wellbeing charities in Cambridgeshire and Peterborough, to share specialisms, streamline support, and instigate system change for children and young people’s mental health and wellbeing services. Fullscope runs both pilot service delivery and research-based projects with its partner organisations.

**Our Vision is a county in which children, young people and their communities are healthy, resilient and empowered around their mental wellbeing.**

**Our Mission, as a third sector consortia, is to affect a more accessible, relevant and equitable system to support children and young people with their mental wellbeing.**

To achieve our mission, we aim to work together across sectors:

<b>Learning</b>	To listen to and learn with children, young people and their communities
	To identify gaps and systemic challenges and innovate sustainable solutions
<b>Amplifying and Influencing</b>	Influence policy and provision, using our collective voice
	To maximise quality and positive outcomes and share good practice.

We are driven by **Our Values**

<b>We empower children, young people and their families</b>	We strive always to enable children, young people and their families to exercise agency and control over their lives and services. We communicate positive, strengths-based narratives about mental health.
<b>We challenge health inequalities</b>	We challenge health inequalities and work to overcome them. We take an intersectional approach to understanding the complex needs of individuals, always considering how their health is affected by inequalities in wider society.
<b>We focus on innovation for system improvement</b>	We are creative, innovative and agile in our approaches. We think and work transparently, collaboratively and holistically, with each other and our diverse partners. We focus on long term change rather than short-termism.



**Fullscope partners share the vision of positive mental health for all and believe this can only be achieved through collaboration between children, young people, families, specialist organisations and the wider community.**

## Learning projects

This chapter contains an overview of projects with which Fullscope researched and tested ideas. The issues we were trying to understand better were:

- ☉ How the system can reduce the impact of long waiting lists for specialist mental health services on children and young people in Cambridgeshire and Peterborough
- ☉ The barriers faced by some children and young people when they try to access mental health support
- ☉ How children and young people could be supported in a more agile way when they seek support from their GP
- ☉ How children and young people isolated by the Covid-19 pandemic could be supported
- ☉ Understanding of the rising rates of self-harm amongst young people and what an appropriate response would be
- ☉ How local cultural, natural and community assets can mitigate health inequality
- ☉ How young people living in supported housing can be helped towards better mental health
- ☉ What robust and effective ways are of engaging children and young people to participate in our work and coproduce mental health solutions for themselves, their communities and services
- ☉ How the voluntary and community sector can be influential and embedded in multi-agency responses to mental health need, including for children and young people who are at higher risk of being isolated from support.



## SPA/CAMHS Project

A significant proportion of children and young people who are referred to Child and Adolescent Mental Health services (CAMHS) are not then offered assessment or treatment within CAMHS. We wanted to understand what happens to these children and young people.

For a year between 2020 and 2021 we conducted research jointly funded by the Cambridgeshire and Peterborough Clinical Commissioning Group and the National Voluntary, Community and Social Enterprise Health and Wellbeing Fund.

We found that around half of the children who were referred to CAMHS did not go on to be assessed or supported by CAMHS but were signposted elsewhere. Through the analysis of quantitative and qualitative data we discovered that most of these children and young people were in complex situations and there were high rates of mental distress, self-harm and suicidal thought, alongside often difficult family situations. Of the children and young people who were signposted away from CAMHS, most did not go on to access this service, and one in five returned to CAMHS for a second referral. We published and shared our report widely.

This project led us to understand that there is, within the system, a lack of understanding about the role and criteria of CAMHS, and poor knowledge about alternative referrals to different kinds of support. We think families should be enabled to make decisions about the kind of help they can access and the system as a whole needs to be educated about alternatives to CAMHS. This project had a significant influence on crucial commissioning decisions. A new service, called YOUNited partnership, between CAMHS and the voluntary sector was created and addressing the learning highlighted in our project.



## GP research and pilot

Fullscope were aware that GPs are amongst the largest referrers into CAMHS, and we wanted to explore other ways of understanding and meeting the needs of the children and young people that GPs were seeking help for. The research project was funded by the South Integrated Care Partnership Innovation Fund.

The pilot offered GPs in two Primary Care Networks quick access to a single therapeutic session for children and young people who have mild to moderate mental health issues. Single session therapy (or intervention) is a single session whereby an experienced therapist gives space for the client to express what is troubling them and together identify goals and actions to support recovery. The model provides a resource efficient intervention with targeted further contact where appropriate.

67 families were referred over the year, with an average child/young person age of 14 (range 8–24). 63 first sessions were held with an average waiting time of 8 days, and 54 follow-up sessions or emails were done. One in five of the referrals were for children/young people who had previously been turned away from CAMHS. 76% of the children/young people had anxiety symptoms and 69% had low mood symptoms.

Our pilot showed evidence that single therapeutic session is an effective, quick access way to provide low level interventions that improve outcomes for children and young people as well as reduce potential return visits to GPs. Crucial to the success of the pilot were having a person to coordinate the referral and the delivery, a steering group to oversee the project, secure information flow systems, experienced and flexible therapists and engaging families with decision-making.

Half of the children and young people reported a positive outcome (followed up on suggestions, satisfied, improved mood, no need for further support) and half reported negative outcomes (did not follow up suggestions, expressed overall dissatisfaction). The latter group were more likely to return to the GP. Outcomes were positively impacted if there was a fast, clear response from the experienced therapist, where the child or young person could self-express in the session (rather than the parent, for example) and if external systemic factors (lack of capacity in other organisations, Covid impacts) were mitigated.

The pilot has demonstrated a simple, effective model for responding to children and young people with mild to moderate mental health needs. We have identified learning which we believe can improve the impact of future single session services.

## LGBTQ+<sup>1</sup> Youth and Mental Health Research Report

LGBTQ+ young people experience higher rates of mental illness and distress than their peers but are likely to be underrepresented in accessing mental health services. The Kite Trust wanted to explore the factors that help and hinder LGBTQ+ young people in accessing the mental health support they need, when they need it, and to make recommendations on how this might be improved. The research was conducted between July 2021–June 2022 and was funded by the National Voluntary, Community and Social Enterprise Health and Wellbeing Fund.

This research explored LGBTQ+ young people's experiences of accessing, or trying to access, mental health support, and their views on how to improve access to appropriate support. LGBTQ+ young people's voices, views and experiences were central. A steering group of 10 LGBTQ+ young people aged 13–25 provided guidance, input and oversight throughout the project. Interviews were undertaken with 16 young people (aged 16–25) identifying as LGBTQ+ and living, working or in education within Cambridgeshire and Peterborough. The lead researcher also undertook case work with LGBTQ+ young people accessing The Kite Trust and currently trying to access mental health support.



1 LGBTQ+ stands for lesbian, gay, bisexual, transgender, queer (or sometimes questioning), and others.

The key findings relate to LGBTQ+ young people’s experiences of trying to access mental health support, their experiences of any support they accessed, and whether support was appropriate and timely. The Kite Trust found that:

- ☹️ Journeys to accessing mental health support are long and complex
- ☹️ There are barriers in even initiating a search for mental health support
- ☹️ Once accessing services, LGBTQ+ young people’s needs are not fully met
- ☹️ Staff lack specific knowledge and understanding relating to LGBTQ+ identities and experiences
- ☹️ LGBTQ+ young people experiencing multiple marginalisation face particular barriers
- ☹️ Wider networks like friends, family and colleges can play a key role in accessing mental health support
- ☹️ LGBTQ+ young people have clear ideas about what good support looks like for them and how services can better support them.

To address the challenges and barriers highlighted in this research The Kite Trust have made four key recommendations:

1. Adequately resource mental health services
2. Support young people to navigate mental health services and different forms of support
3. Adopt inclusive language and data systems
4. Work collaboratively to create a mental health support system designed for equitable outcomes and experiences

It is clear that there are significant challenges preventing LGBTQ+ young people from accessing the care and support that they deserve, which need to be addressed urgently. It is only in collaboration with LGBTQ+ young people, professionals providing services, commissioners and politicians that we will achieve this.

## Creative Care Programme

The Creative Care Programme was conceived in response to the Covid-19 pandemic and nationwide lock-down in March 2020, which prompted concerns about children and young people becoming isolated and distressed, particularly if they were already facing multiple disadvantage. Creative Care projects have been ongoing since April 2020. They have received funding from multiple sources, including the National Lottery Community Fund, the National Voluntary, Community and Social Enterprise Health and Wellbeing Fund and the Evelyn Trust.

The programme consisted of the production of “invitations to create”- creative workshops in written form, targeted for the age-groups of children up to age 11, young people and adults, respectively. Five artists were involved in writing the content, designing the invitations, and, where possible, delivering online sessions with a targeted selection of the project participants. In some targeted cases, high-quality art materials were included in the packages. Many of the participants were low-income, many suffered from anxiety and depression, and digital poverty was prevalent. Four of the seven organisations within Fullscope were involved in the development, organisation and/or delivery of the content of Creative Care resources. Three additional organisations were involved through delivering the creative resources.

Across different phases of Creative Care, support was provided to hundreds of children, young people and families across Cambridge. The resource could be downloaded from the CCI website.





The Creative Care Programme has been valued by Fullscope partners, delivery partners and participants alike, and recognised nationally. It has provided the impetus for substantial creative activity and resulted in new collaborations and new ways of working. There has been direct engagement with the project by some of the most disadvantaged communities within Cambridge and beyond, with evidence that there have been tangible benefits to result from the creative resources. Feedback from participants has proven that the consortium's initial aim to support wellbeing has been met through the project.

There is a strong project legacy including new ways of working (home delivery of resources and creative sessions conducted online), new audiences engaged, new distribution channels (including Food Hubs), and collaborations with new partners. These resources can continue to be enjoyed by the project participants, and further distributed to additional participants at any time through the Consortium and other delivery partners.

Learning for Fullscope includes improving internal communication about projects and to improve clarity about outcomes and expectations.

*“One small thing you do for a person can change their lives a lot. It made me feel important that other young people are doing things like this to improve things.”*

*(Y, aged 12)*

*“Thank you for providing us with all the amazing ideas and different ways to keep our children’s brains stimulated. We followed your guidance and collected as many different objects of as many different colours inside and out. My children loved doing the finding and searching as much as they did the creating. Thanks for providing the packages.”*

*Mum*

## Understanding self-harm in young people

Cambridgeshire and Peterborough have some of the highest rates in England for young people attending and being admitted to hospital for self-harm and we wanted to understand these numbers better; where the issues lay, and what causes young people to need this kind of help. Between August 2021 and July 2022, Fullscope delivered phase one of the ‘Understanding self-harm in children and young people’ project. After the success of this first phase, we are now working in phase two.

This work has been commissioned by Cambridgeshire and Peterborough Clinical Commissioning Group, funded by NHS England Wave 4 funding. The delivery of the contract was managed by Public Health.

The project engaged a range of experts about self-harm during adolescence in Cambridgeshire and Peterborough to co-produce a local response which was grounded in the current experiences and insights of young people, families, front-line professionals and researchers. We followed the [Fullscope model of co-production](#), ensuring that groups of young people and parents/carers were empowered and equipped, via access to excellent information and data, to co-produce a response to young people’s self-harm in Cambridgeshire and Peterborough.



The desk review and report examined the data and research around self-harm in children and young people, definitions and pathways for care, national and local prevalence rates and groups known to be at higher risk of self-harm. We drew on the knowledge and networks of our steering group to support this work and received data and case studies from a range of statutory and voluntary sector organisations. Read more about our work [here](#). The recommendations made to Public Health made suggestions about data collection, ways of keeping children and young people safe, clarity about definitions, a focus on gender and better understanding of and response to risk factors.

Based on their interest in the project, we worked in partnership with Astrea Academy, who supported us to engage with two groups of young people, from each of the Academy's schools in St Neots. All students have lived experience of self-harm and were identified for this project by the schools. Between January 2022–July 2022 we facilitated workshops with the students, and four steering group meetings, with two parent/carer consultations.

In phase two, we are working with the same young people to deliver on the ambitions identified in phase one. A film resource is being made, which can be embedded within training courses or other workforce development resources, which are simultaneously being written and produced. Phase two will culminate in 2023 with the launch of coproduced and tested resources for young people, school staff and GPs.

## Branching Out

The [Branching Out](#) programme is investigating how elements of an established mental health art-in-nature programme can be scaled up to benefit more children. Branching Out is a one-year project, started in January 2022. It is funded by National Lottery Community Fund.

Cambridge Curiosity and Imagination (CCI), Cambridge Acorn Project and research partners University of College London University College London Institute of Education and Anglia Ruskin University are working together for one year to create resources and deliver training and mentoring to develop community 'Artscaper' volunteers, increasing the capacity of schools to support children's mental health.

The Branching Out programme is investigating how elements of an established mental health art-in-nature programme can be scaled up to benefit more children. The project will contribute to a national research initiative seeking to understand how local cultural, natural and community assets can mitigate health inequality. The project is piloting across six primary schools, with a view to an evaluation of the feasibility of scaling up in future.

### 9 & 10 Year old artscapers explaining at Westminster Creative Health APPG why the work was valuable:

*"You can be with yourself, find a nice quiet spot and just relax."*

*"Learning isn't sitting in the classroom learning your 12 x 12, learning is discovery, finding out new things."*



*“Outside the sky is open, there are trees, and if you have all of these sense on [...] it’s so much more memorable, you are much more likely to remember and enjoy your experience.”*

*“They didn’t tell us what to make, or how to make it, they just said make some artwork with it.”*

*“You don’t need set rules, just a framework [...] a loose structure to build on, you can then build around the structure.”*

## Mental health for homeless young people projects

Research within one of the Fullscope partners’ services showed that young homeless people are finding it hard to engage with, and stay connected to mental health support. We wanted to address this by testing ways of proactively reaching out to young people living in supported housing.

Fullscope has initiated two one-year projects in March 2022. They are funded by a combination of funding from the Cambridgeshire and Peterborough Clinical Commissioning Group and the National Voluntary, Community and Social Enterprise Health and Wellbeing Fund.

Across the connected projects, the aim is to use a shared evaluation to capture learning for the wider supported housing and mental health systems.

The first project is a partnership of Romsey Mill, YMCA Trinity, CHS group, Arts and Minds and Young People’s Counselling Service and will work to engage 16–25-year-olds living in supported housing and encourage them to take part in creative and sporting activities that serve to develop emotional wellbeing.

The second project is a partnership of Cambridgeshire County Council’s Youth in Communities team, the Salvation Army and Young People’s Counselling Service will deliver a regular “mental health day” at Kings Ripton Court, a young people’s hostel.

The evaluation of these projects will inform Fullscope’s understanding of the mental health needs of young homeless people and how best to meet them. This will result in recommendations, widely shared in April 2023.

*“It’s like therapy where I can open up and vent and they actually listen and try to help. Yasmin and Rich have helped me through a really difficult time in my life and are always there if I need them.”*

*(19 year old girl)*



## Amplifying and influencing projects

### Developing our understanding of co-production

Fullscope hold a core value to empower children, young people and their families. We strive always to enable children, young people and their families to exercise agency and control over their lives and services. We often want to use co-production to ensure that the important experiences of children, young people and families are instrumental in the design of mental health responses. We wanted to be sure that we were carrying out co-production appropriately and to best practice.

Using funding from the National Lottery Community Fund, the Fullscope team worked to develop our model of how to engage and involve children, young people and families in our work. This involved reviewing available research on models of participation and co-production. The team created an overarching model, with a set of guiding principles, which has been used in the design of projects involving co-production/participation (see below).

### Thriving Partners and IThrive implementation

Thriving Partners focuses on discussing the implementation of the IThrive model and within this model how risk support across the mental health system in Cambridgeshire and Peterborough is better achieved.

Since December 2020 Fullscope is a key partner in the system wide thinking about the implementation of the IThrive model. We are taking the lead role on specific workstreams such as language used in our system and how we ensure children and young people's voices are heard in shaping our world.

Following 18 months of development work, multi-agency partnership Thriving Partners was established at the end of 2021, comprising providers and commissioners across the statutory and voluntary sectors in Cambridgeshire and Peterborough. The project involves monthly meetings to share experience and learning through case discussions using the AMBIT model of thinking together. The focus and the intention of the work is to work together as a group to offer help, ideas and thinking from a multi-agency perspective. The group has a wide-ranging representations from statutory services and VCSE.

Fullscope is a key partner in the system wide thinking about the implementation of the IThrive model. We are taking the lead role on specific workstreams such as language used in our system and how we ensure children and young people's voices are heard in shaping our world.



**“Fullscope is about hearing the voice of young people and families and working to influence systems in ways that genuinely fit with the needs of young people. Fullscope is about working creatively, engaging people and thinking outside the box about how our systems can best adapt to meet the needs of the clients we serve”**

**Fullscope stakeholder**

**“In my eyes, Fullscope is a highly respected children’s mental health think tank that researches the problems, brings credible ideas and solutions to enable system change, advocates and acts as a broker channelling knowledge and expertise between voluntary organisations, statutory services and commissioners and in doing so strengthens the long-term prospects of Cambridgeshire and Peterborough’s children.”**

**Commissioner**

## YOUnited development and support

Last year has seen the development of a new system partnership which became known as YOUnited. Two members of Fullscope are delivery partners in YOUnited. Fullscope is taking the lead role in the development of YOUnited co-production workstream which is in line with our strategic plan. Fullscope has a place at Board meetings beyond our co-pro work as a voice for the voluntary sector/encouraging thinking across the system. Fullscope has a key supporting role in developing YOUnited's Single Session Thinking which Fullscope has piloted in the GP project (see above).



## YOUnited involving young people in co-production

Since July 2021 Fullscope has been funded by the Cambridgeshire and Peterborough Foundation Trust, Centre 33 and Ormiston Families to assist and facilitate the creation of a Youth Advisory Group to work alongside the YOUnited Service. It has done this through the recruitment of 11 young people.

The engagement process has been challenging but the group is now slowly growing. Meetings currently take place monthly via Zoom, with plans to start quarterly in-person meetings. We have developed recruitment materials to attract more young people to join the group, and are working with YOUnited clinicians on the recruitment of more former service-users. The young people who have engaged with the work have been enthusiastic and shared their ideas and views with interest. These have been developed into a plan for 2022/23, and the development of a young person led channel of communication around access to the YOUnited service and wider support for mental health and wellbeing, as well as addressing issues of stigma.



Co-production can be a slow process and requires engagement from all levels of a partnership. It requires leadership to take young people's ideas forwards. Groups of young people will be transient, and it requires resources to maintain interest: creative projects work well. Fullscope are supporting CPFT's work around a participation policy which will incorporate our learnings from YOUnited.

## Support to the writing of the Children and Young People's Mental Health Strategy

Fullscope has supported a local consultancy, Taproot, in the development of the local CYP MH strategy. Fullscope members are representatives on each priority groups to take forward the delivery plan.

## Engaging with the emerging Integrated Care System

In July 2022 the new Integrated Care Board took over the Clinical Commissioning Group. As VCSE being key to deliver a successful Integrated Care System, Fullscope is represented at various forums. Supported the creation of the local Health Alliance and contributed to the VCSE's voice through the Memorandum of Understanding. We have representations at the CYP and Maternity and the MH and LD Collaboratives. We are part of the development of the Health and Wellbeing Integrated Board priority group on mental health.

## No impact without the help of many

We thank all of our colleagues across the wide ecosystem of children and young people's mental health and wellbeing. You have been amazing to challenge our thinking, fund and deliver some ground-breaking projects to prove that we can offer support in many different ways and help to start shifting our system to meet the needs of the changing world.

We hope you have been inspired by our thinking and doing and we want to thank you for co-creating the inspiring work we do together. We hope you are up for an even more exciting year ahead with Fullscope!

If you would like to find out more about our projects, please visit Fullscope or contact us via: [info@fullscopecollaboration.org.uk](mailto:info@fullscopecollaboration.org.uk)

[www.fullscopecollaboration.org.uk](http://www.fullscopecollaboration.org.uk)

