

September 2023

Ref: MHST Changes

Re: Introduction of Be U Swindon - A New Era in Mental Health Services for Swindon Children and Young People

We are delighted to share some exciting news regarding the evolving landscape of Mental Health Services for Children and Young People (CYP) in Swindon. Following a recent tender process led by the NHS Bath and Northeast Somerset, Swindon and Wiltshire Integrated Care Board (ICB), we are thrilled to announce that ABL Health, an experienced and CQC accredited healthcare provider, has been awarded the responsibility for early intervention wellbeing support service.

Our primary objective in this new commission is to create a more integrated and accessible mental health pathway for the youth of Swindon. To achieve this, we are combining the existing three services - Targeted and Mental Health Support (TAMHS), Mental Health Support Teams (MHST), and introducing a revised online resource/digital counselling offer called 'The Sandbox', under the banner of "Be U Swindon."

At ABL Health, we firmly believe that every individual deserves access to good healthcare provision. Our commitment lies in reducing health inequalities and promoting healthy behaviours through community-driven healthcare services. Our goal is to facilitate equal access to mental health and emotional wellbeing support for children and young people, in a friendly, non-judgmental and supportive environment.

Beginning 1 October 2023, children, young people, their families, professionals and the school community will access the 'Be U Swindon' service through the Swindon Single Point of Access (SSPA). This comprehensive service will encompass therapeutic interventions such as counselling, youth work, and social prescribing, in addition to providing a digital self-help platform and the Mental Health Teams in School (MHST) provision.

As we streamline these three services into Be U Swindon, our core focus is on adapting the system to best serve the needs of CYP. This entails:

- **Prioritising Relationships:** Minimising 'hand-offs' and the need for children and young people to repeatedly share their stories.
- **Establishing Clear Access Routes:** Ensuring straightforward access for CYP and professionals.
- **Emphasising Thriving:** Investing in early prevention and striving to return those facing difficulties to a thriving state.
- **Community Based Approach:** Serving local communities and building community capacity.
- **Collaborative System:** Operating as a unified system with shared case management, performance assessments, and assessments across providers.



- **Multi-Agency, Multidisciplinary Teams:** Providing support to families, professionals, and universal settings, with a particular emphasis on schools.
- **Goal-Oriented & Episodic Interventions:** Involving children and young people in goal setting and decision-making.

Be U Swindon eagerly anticipates collaborating with all settings supported by the MHSTs, building upon the 'Whole School Approach' introduced by Barnardo's and further enhancing our commitment to co-producing flexible, responsive services that offer timely recovery pathways for the Children and Young People of Swindon.

We will be reaching out to introduce ourselves in October 2023 and look forward to engaging with you to tailor MHST support packages that align with the unique needs and aspirations of your learners and staff.

In the meantime, please continue to use your current Mental Health Support teams provided by Barnardo's and TaMHS service provided by Swindon Borough Council as usual.

Yours sincerely,

ABL Health