



### *Report Card*

## **The Northern Area Outcomes Group and NHSCT Infant Mental Health Strategic Group**

Contributing to Developing Happy, Healthy Children and Young People Conference

Focusing on Positive Universal Promotion of Good Mental Health and Emotional Wellbeing

Held on 15 June 2022



# Background



Improve  
outcomes for  
Mental health &  
Emotional  
Wellbeing

**Outcome: Enhance multi-agency awareness of available support services and evidence gaps in meeting emotional health and wellbeing needs of children**

The Northern Area Outcomes Group identified the following action to achieve this outcome:

*All relevant links are made with other processes in respect of emotional health and wellbeing locally and regionally. Host a conference that highlights services contributing to the EWB of children and families in the Northern Area. To include the journey of the child*



# How Much Did We Do

249  
booked to  
attend

207  
attended

16  
presentations

131  
completed  
evaluations

100s  
conversations  
&  
reconnections

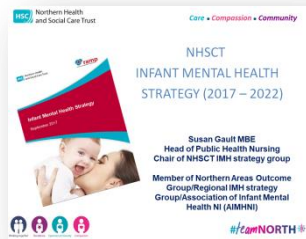
5  
Self-Care  
Activities

20  
Information  
Stalls



## Perinatal and Early Years

# Services Available Throughout the Journey of the Child



## Primary and Post Primary



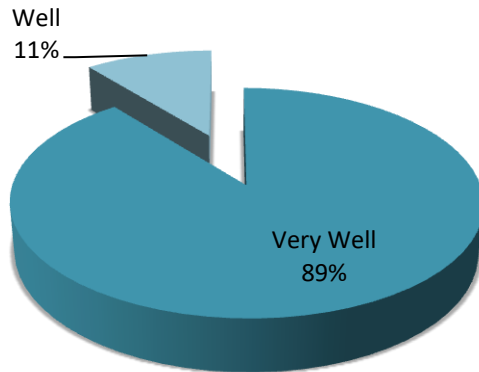
## Transition 18+



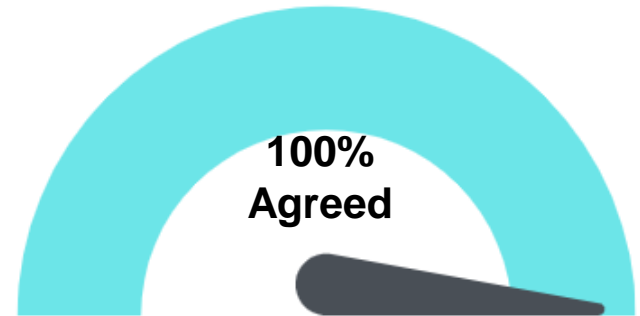
## How Well Did We Do It

The objectives of the contributing to developing happy healthy children and young people conference are: Showcase and celebrate how services contribute to developing happy healthy children and young people, Reconnect with colleagues and learn more about services in the Northern Area

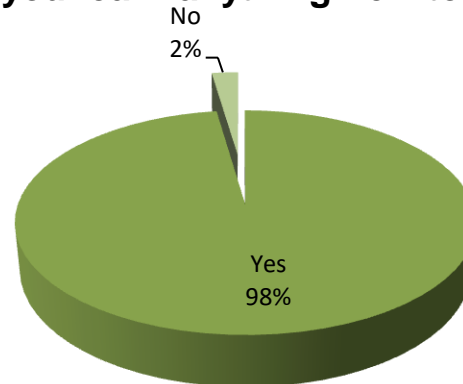
**How well did we meet the objectives of the conference**



**Do you now have a better understanding of the services available in the Northern Area?**



**Did you learn anything new today?**

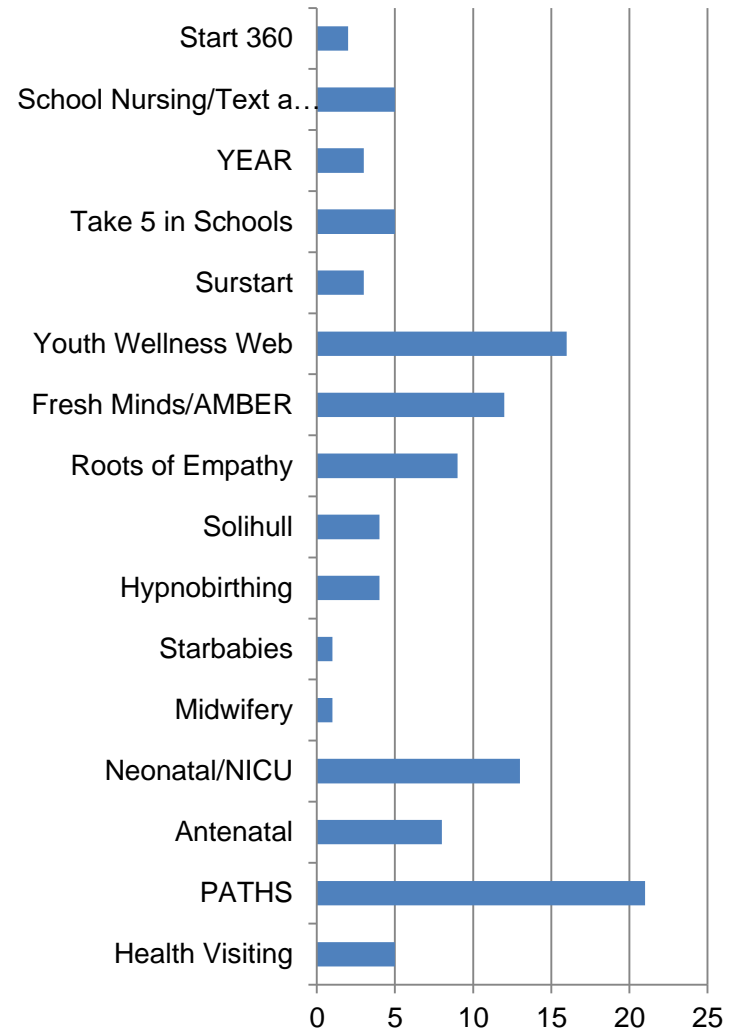




# Is Anyone Better Off – Did you learn anything new today?



## Number of times specific services mentioned



## Is Anyone Better Off?

Do you now have a better understanding of the services available in the Northern Area?

The relationship between services was made clear and also networking at the event was of great help in understanding peoples roles and responsibilities.

Extremely useful

the breadth of services is amazing. The consistent message is clear across the preschool, primary & post primary sectors no matter which service is providing the service.

On beginning my journey as a health visitor I felt the day and showcasing services was of significant benefit

Access to resources  
Recognising services available/ previously unaware of

Really opened my eyes to what there is available

Was unaware of  
"Text a Nurse until today

Text a nurse, thought it was really interesting & good to know about with the young people I work with.

Parents "parents in care" Very creative approaches - the neonatal strategies were brilliant e.g. flashing ears, crochet hearts, meal vouchers, parents rest area for taking breaks, incubator covers - love, love

It was great to meet other people and organisations face to face after so long

I was blown away by the Neo-natal team presentation

# Is Anyone Better Off?

## What are your main take-home messages from today's conference?

We are stronger together

The importance of better connecting and expanding universal services including through the C&V sector providers

The conference pointed up the importance of locality groups in ensuring good comms and organisations working together

Together we are doing a great job for our children and families.

Everything is rooted in relationships -the parent infant relationship is fundamental. Liked the dispel myth message- you cannot spoil a baby -this needs to be shared widely in population.

How lucky we are that all these services, are available & the connections we can build on

Keep joining up the services and language across them

The importance of working together to avoid duplication.

The huge breadth of work taking place is phenomenal!

Journey of child and how connected it is and the importance of a consistent connected approach to promote happiness and wellbeing

That every interaction is an intervention and we all must make children's mental/emotional health a priority in our work and support. That there is a lot of great work going on but the need remains high and services are stretched. Funding is essential from the top



## Further Comments

I know that days like these can be expensive, however, the benefits of showcasing and perhaps focusing in on the commonalities of service provision is vital in ensuring that progress is not seen in isolation to one service area.

Thank you for hosting such an uplifting celebration of services

Good range of presenters

I found the conference very informative and got a lot of information from it and what is in place to help all ages of children and carers and parents

Brilliant days training, very informative. Great resources on display

Excellent session - great learning and sharing of information and resources. Also great to be out meeting staff face to face!

P.S. The Rest, Restore, relax sessions were very enjoyable - good to take some time to ground yourself and breathe!

well delivered sessions from a wide scope of professionals who are passionate in their roles

Met some new contacts due to the info stands

Loved the singing/interactions with attendees. Thank you to all the speakers/singers - all showed great passion for their areas of work

For the full photo album of the conference

<https://cypsp.hscni.net/download/378/cypsp/38041/photoalbum.pdf>