

**2 December 2015****Agenda Item: 8****REPORT OF THE DIRECTOR OF PUBLIC HEALTH AND THE CORPORATE  
DIRECTOR OF CHILDREN, FAMILIES & CULTURAL SERVICES****CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING  
TRANSFORMATION PLAN****Purpose of the Report**

The purpose of the report is to:

1. Update the Health and Wellbeing Board on developments in relation to improving the mental health and wellbeing of children and young people, one of the seven agreed priority actions for the Health and Wellbeing Board.
2. Seek approval from the Health and Wellbeing Board for the Nottinghamshire Children and Young People's Mental Health and Wellbeing Transformation Plan.
3. Brief the Health and Wellbeing Board on proposed approaches to public mental health and resilience programmes to promote improved wellbeing and resilience.

**Information and Advice****Future in Mind**

4. In March 2015, the Government published Future in Mind, a national taskforce report into children and young people's mental health. The taskforce considered ways to make it easier for children, young people, parents and carers to access help and support when needed and how to improve the way children and young people's mental health services are organised, commissioned and provided. The taskforce made a series of recommendations for transformation, clustered around five key themes:
  - promoting resilience, prevention and early intervention: acting early to prevent harm, investing in early years and building resilience through to adulthood
  - improving access to effective support – a system without tiers: changing the way services are delivered to be built around the needs of children, young people and families

- care for the most vulnerable: developing a flexible, integrated system without barriers
  - accountability and transparency: developing clear commissioning arrangements across partners with identified leads
  - developing the workforce: ensuring everyone who works with children, young people and their families is excellent in their practice and is delivering evidence based care.
5. In August 2015, the Government announced that all Health and Wellbeing Board areas were required to develop a local transformation plan to describe how the recommendations of Future in Mind will be implemented. The deadline for these plans to be submitted was 16 October 2015.
6. In line with the publication of the requirement to develop transformation plans, each Clinical Commissioning Group (CCG) was notified that they had been allocated additional investment to implement a child and adolescent eating disorder service in 2015/16 that is compliant with the newly published *Access and Waiting Time Standard for Children and Young People with an Eating Disorder*. Further funding for improving children and young people's mental health and wellbeing services was also allocated, subject to approval of the County's transformation plan. The total funding envelope for Nottinghamshire is outlined below.

<b>CCG</b>	<b>Initial allocation of funding for eating disorders and planning in 2015/16</b>	<b>Additional funding available for 2015/16 when Transformation Plan is assured</b>	<b>Minimum recurrent uplift for 2016/17 and beyond if plans are assured. Includes funding for eating disorders</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Bassetlaw	64,097	160,441	224,539
Mansfield & Ashfield	109,008	272,857	381,864
Newark & Sherwood	69,535	174,052	243,587
Nottingham North & East	79,219	198,294	277,514
Nottingham West	51,661	129,313	180,974
Rushcliffe	60,523	151,494	212,017
<b>Total</b>	<b>434,043</b>	<b>1,086,451</b>	<b>1,520,495</b>

7. The key objectives of the additional funding are to:
- build capacity and capability across the system so that measurable progress is made towards closing the health and wellbeing gap and securing sustainable improvements in children and young people's mental health outcomes by 2020
  - roll out the Children and Young People's Improving Access to Psychological Therapies programmes (CYP IAPT) so that by 2018, Child and Adolescent Mental Health Services (CAMHS) across the country are delivering a choice of evidence-based

interventions, adopting routine outcome monitoring and feedback to guide treatment and service design, and working collaboratively with children and young people

- develop evidence-based community eating disorder services for children and young people, with capacity in general teams released to improve self-harm and crisis services
- bring education and local children and young people's mental health services together around the needs of the individual child.

## **The Local Context and the Transformation Plan**

8. The Nottinghamshire Health and Wellbeing Board has received a number of reports in relation to the emotional and mental health of children and young people and local child and adolescent services (CAMHS) and improving the mental health and wellbeing of children and young people is one of the seven agreed priority actions for the Health and Wellbeing Board.
9. In Nottinghamshire, the local transformation plan has been developed by refreshing and superseding the Children's Trust Emotional Health and Wellbeing Strategy 2014-2016. It incorporates the recommendations from the Nottinghamshire CAMHS pathway review, and thus delivers the following:
  - a. a system without tiers through integrating current tier 2 and tier 3 services into one community CAMHS service
  - b. implementing the Choice and Partnership Approach (CAPA) operating model and embedding the Children and Young People's IAPT principles into practice
  - c. integrating or aligning the CAMHS Single Point of Access with wider access arrangements for children's services
  - d. increasing provision for a primary mental health function to provide pre and post CAMHS support to tier 1 and universal services, including primary care and schools
  - e. investing in a Crisis and Extended Treatment Service that is aligned to an all ages Crisis Response Team.
10. The transformation plan also incorporates existing work commenced through the Crisis Care Concordat in relation to the response to young people detained under Section 136 of the Mental Health Act 1983.
11. The plan incorporates key initiatives recommended as part of the Young People's Health Strategy, (which was approved by the Health and Wellbeing Board in October 2015). These include allocating funding to pilot universal access to online and telephone counselling and establishing a health and wellbeing online resource/website for young people (see **Public Mental Health and Resilience** below for details).
12. In addition, the plan recommends support for acute paediatric settings for young people presenting in crisis and the establishment of a robust performance framework for children and young people's mental health services, incorporating core qualitative data as well as feedback from children, young people and families about their experience of the service they receive.

13. The transformation plan was submitted to NHS England for assurance on 16 October 2015 with the approval of the CCG Chief Officers, Chair of the Health and Wellbeing Board, Corporate Director for Children, Families and Cultural Services and Assistant Director of Commissioning at NHS England Specialised Commissioning.
14. The plan has been approved, with minor revisions being required. The funding has now been released to CCGs and a detailed implementation plan is being developed.

## **Public Mental Health and Resilience**

15. As well as incorporating the recommendations from the pathway review, one of the key priorities within the plan is to develop a number of new local services and pilot a range of initiatives to increase emotional wellbeing and build resilience. The transformation plan describes a range of actions that aim to build resilience in children and young people to support them into adulthood, previously identified by the Board as a priority.
16. *Schools Health Hub*: The development of the Schools Health Hub was approved by the Public Health Committee in May 2015. This service will provide evidence-based up-to-date guidance, information and signposting in relation to a range of health issues (including emotional health and wellbeing) for schools and other professionals and practitioners working with children and young people. A key role will be to provide assurance in relation to the quality of the wide range of existing school-based projects. The service will incorporate a Nottinghamshire focused website, accessible from the existing schools portal and linking to the many high quality on-line resources which already exist.
17. *Young People's Health Strategy*: As recommended in the Young People's Health Strategy (approved by the Board in October 2015), a young people's health on-line resource will be developed, involving young people. Young people themselves identified good emotional and mental health as being very important for health and also the most important topic for a young people's website. In addition, it is proposed that an on-line and telephone counselling service for young people is commissioned by April 2016. Additional funding has been identified in the transformation plan to support these schemes.
18. *Whole school and college approaches*: There is evidence that a whole school approach to promoting children and young people's emotional health and wellbeing is effective, leading to improvements in a range of health and educational outcomes (*PHE and the Children & Young People's Mental Health Coalition, March 2015*). The transformation plan describes plans to continue to develop such whole school approaches, including building on the Department for Education's current work on character and resilience, Personal Social and Health Education (PSHE). In addition the Schools Health Hub will support individual schools to implement this approach as required.
19. *Piloting school-based interventions*: In addition to whole school approaches detailed above, the transformation plan outlines proposals to pilot specific interventions in schools and colleges, focussing on mental wellbeing and academic resilience. Since the evidence base is still emerging, a number of different programmes will be funded, piloted and evaluated over the next two years in schools identified as having high levels of need and that are keen to take part. The decision as to which programmes will be piloted has not been finalised but a number of potentially effective programmes already exist including:

- *The Take Five in Schools Project* – a mindfulness programme for children and teachers
- *YoungMinds*; A whole school academic resilience approach
- *Boing Boing*: an evidence based resilience framework for parents, practitioners and young people
- *UK Resilience Programme/Penn Resilience Programme* – training and resources for schools to support development of skills that allow children and young people to thrive and flourish

20. *Primary Mental Health (PMH) workers* will be recruited by April 2016, to provide training, advice and consultation to schools, primary care and other universal services, with the aim of building capabilities and confidence among those working with children and young people, improving early identification of and support for emerging emotional and mental health needs and supporting referrals when more specialist support is required.

21. Evaluation of the impact of all the above services and interventions will be built in from the start, since it is essential that funding is targeted to effective services that deliver value for money and improve outcomes.

### **Other Options Considered**

22. All local areas were required to develop a transformation plan, so there are no other options considered.

### **Reason for Recommendations**

23. The transformation plan sets out proposals for action in response to the findings of the Nottinghamshire CAMHS Pathway Review and recommendations within the Future in Mind taskforce report. Proposed developments are evidence-based and aim to address local and national priorities. This reflects NHS England's approval of the local transformation plan.

### **Statutory and Policy Implications**

24. This report has been compiled after consideration of implications in respect of crime and disorder, finance, human resources, human rights, the NHS Constitution (public health services), the public sector equality duty, safeguarding of children and adults at risk, service users, sustainability and the environment and ways of working and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

### **Implications for Service Users**

25. The transformation plan will improve outcomes for children and young people experiencing mental health difficulties.

## **RECOMMENDATIONS**

- 1) That the developments in relation to improving the mental health and wellbeing of children and young people, one of the seven agreed priority actions for the Health and Wellbeing Board, are noted.

- 2) That the Nottinghamshire Children and Young People's Mental Health and Wellbeing Transformation Plan be approved.
- 3) The proposed approaches to public mental health and resilience programmes to promote improved wellbeing and resilience are noted.

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**For any enquiries about this report please contact:**

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### **Constitutional Comments (SLB 10/11/15)**

13. The Health and Wellbeing Board is the appropriate body to consider the content of the report.

### **Financial Comments (KLS 9/11/15)**

14. There are no financial implications contained within the report.

### **Background Papers and Published Documents**

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

Nottinghamshire Children and Young People's Mental Health Strategy 2015-2020 (i.e. the Nottinghamshire Children and Young People's Mental Health and Wellbeing Transformation Plan)

Nottinghamshire CAMHS Pathway Review update to the Health and Wellbeing Board, 3<sup>rd</sup> December 2014

Future in Mind - Department of Health, March 2015.

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/414024/Childrens\\_Mental\\_Health.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf)

### **Electoral Divisions and Members Affected**

All

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