

**7 September 2016****Agenda Item: 4****REPORT OF THE CORPORATE DIRECTOR, CHILDREN, FAMILIES AND  
CULTURAL SERVICES AND THE INTERIM DIRECTOR OF PUBLIC HEALTH****CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING  
TRANSFORMATION PLAN****Purpose of the Report**

1. The purpose of this report is to update the Health and Wellbeing Board on the implementation of the Nottinghamshire Children and Young People's Mental Health and Wellbeing Transformation Plan.

**Information and Advice**Progress to date

2. In December 2015, the Health and Wellbeing Board received an update on the development of a five year transformation plan for children and young people's mental health. The plan was developed as required by NHS England in order to deliver the recommendations from a national taskforce report into children and young people's mental health, *Future in Mind* (March 2015, Department of Health), and to deliver the findings of the Nottinghamshire child and adolescent mental health services (CAMHS) pathway review that was undertaken in 2013/14. To support delivery of the plan, an additional £1.5m of national monies was made available to the six Nottinghamshire clinical commissioning groups (CCGs) in order to fund a community eating disorder service for children and young people, and to build capacity and capability in the workforce supporting children and young people's emotional and mental health and wellbeing. CCGs hold the commissioning responsibility for community CAMHS, with NHS England responsible for commissioning inpatient CAMHS.
3. The plan outlines a range of priority actions to be delivered under the following themes:
  - a. Promoting resilience, prevention and early intervention: acting early to prevent harm, investing in early years and building resilience through to adulthood.
  - b. 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.
  - c. Care for the most vulnerable: developing a flexible, integrated system without barriers.

- d. Accountability and transparency: developing clear commissioning arrangements across partners with identified leads.
  - e. Developing the workforce: ensuring everyone who works with children, young people and their families is excellent in their practice and delivering evidence based care.
4. A summary of the plan can be found as Appendix 1. Implementation of the plan is overseen locally by the multi-agency Children and Young People's Mental Health Executive, which reports through the Children's Trust Board into the Health and Wellbeing Board, as per national requirements. Quarterly monitoring reports are also submitted to NHS England.
5. Key achievements in delivering the plan to date include the following:
- a. Access to CAMHS is now through a single point of access, thus streamlining the referral process. An options appraisal is currently being undertaken to establish whether access would be further improved by closer working with the Early Help Unit.
  - b. A primary mental health function has been established in order to provide consultation, advice and training to universal services including schools and GPs. This is intended to ensure that children and young people receive the right support as early as possible, and to improve the interface between CAMHS and universal services. All posts within the team have been recruited to, and the team will become operational from September 2016.
  - c. Additional funding has been released to CAMHS in order to increase capacity within the service. A recruitment plan is in place and the majority of posts have already been successfully recruited to.
  - d. CAMHS Tier 2 (District Emotional Health and Wellbeing Teams) and Tier 3 (Specialist Community CAMHS) have been integrated and now form the ONE Community CAMH Service. The teams operate across the same three localities as the local authority's social care and family services, thus facilitating easier joint working and alignment of services. Accuracy of data reporting has been a challenge in the early months of 2016/17 due to the migration of Tier 2 cases onto the same case recording system as Tier 3. Data cleansing work has now been completed, and performance reports are being prepared by Nottinghamshire Healthcare NHS Foundation Trust, which going forward will provide an accurate picture of demand for the service, and the timeliness with which the service is provided, as well as impact of the service. Data currently available (from contract monitoring dated 8 August 2016) shows that the average wait from referral to treatment across all CAMH services, was 9.61 weeks, with 64% of young people being treated within 8 weeks of referral. There is however variation across teams.
  - e. A pilot Crisis and Intensive Home Treatment Service for young people in mental health crisis was established in January 2016. The service is now fully staffed and has been offering crisis assessments in the community and in acute hospital settings, in-reach support to acute hospital and tier 4 (inpatient mental health) settings, and intensive home treatment to those young people deteriorating into crisis. Stakeholder feedback has been extremely positive in the first quarter. This particularly relates to the weekend provision the service offers, which includes shared care for young people supported by the Community Eating Disorder Service who require input around mealtimes, and young people supported by the

looked after children team whose needs escalate over the weekend period. The service is being evaluated this autumn to assess whether the delivery model is effective and to inform future service provision.

- f. A specialist therapeutic service for children and young people who have experienced sexual abuse and/or exploitation has been commissioned. The Children's Society was awarded the contract and service delivery has commenced.

### Current Priorities

- 6. In terms of the national requirement to develop a Community Eating Disorder Service, a pilot service was already in place in Nottinghamshire and the *Future in Mind* monies have enabled this service to be mainstreamed. The team is multi-disciplinary and provides a wide range of evidence based interventions. A pilot is underway with the Crisis Team to provide intensive home treatment including meal support over weekends. The service will be evaluated this summer to ensure the appropriate model that is compliant with the access and waiting time standards, is in place by March 2017.
- 7. Other priorities within the plan for 2016/17 include focussing on the early intervention strand of *Future in Mind*, as well as support for vulnerable groups and focusing on accountability and transparency:
  - a. Commissioning an online counselling service.
  - b. Implementation of programmes to develop academic resilience in schools.
  - c. Implementation of the young people's health website and schools health hub.
  - d. Improving the information provided to children, young people, families and professional referrers about referral pathways for CAMHS, including what the service offers and what needs it will address.
  - e. Development of a multi-agency workforce development offer in relation to emotional and mental health.
  - f. Implementation of the recommendations from the health needs assessment into looked after children and care leavers, which will incorporate recommendations in relation to mental health provision.
  - g. Implementation of the performance framework for children and young people's mental health.

### Future Developments

- 8. In July 2016, the implementation guidance for the *Five Year Forward View for Mental Health* was published. This includes a chapter clarifying the priorities for children's mental health which are expected to be delivered by 2021. The guidance sets the following expectations:
  - a. Local areas should have expanded, refreshed and republished their local transformation plans by 31 October 2016, detailing how the extra national funds committed will be utilised to improve access to services in each year to 2020/21.

- b. By 2021, 95% of children and young people requiring community-based eating disorder services will receive evidence-based treatment within one week (urgent cases) or four weeks (routine cases).
- c. By 2021, inpatient stays for children and young people will be for the minimum length possible and will be as close to home as possible. Inappropriate use of beds in paediatric and adult wards will be eliminated. Collaborative commissioning plans between CCGs and NHS England should be developed by December 2016 in support of this.
- d. By 2021, the NHS-funded community services workforce will be expanded with additional therapists and supervisors so that greater numbers of children and young people are able to access evidence-based interventions in a timely manner. This expansion should include 24/7 crisis resolution and liaison mental health services which are appropriate for children and young people.
- e. CCGs and providers should ensure that joint agency plans are in place by December 2016 for ensuring the continuity of professional development of existing staff, for example training through the Children and Young People's Improving Access to Psychological Therapies (CYP-IAPT) programme.
- f. That the year-on year growth in CCG baseline allocations identified for children and young people's mental health is invested in delivering the priorities outlined above. In addition to this, local agencies should work together to ensure best use of existing as well as new resources, so that all available funds are used to support improved outcomes.
- g. That as data collection through the Mental Health Services Dataset improves, a number of potential activity and outcomes metrics will become available, to monitor the impact of transformation activity on outcomes for children and young people.

Work has commenced to incorporate these requirements within the current transformation plan, ahead of re-publication by the end of October 2016 as required.

### **Other Options Considered**

9. None. This report is for noting only.

### **Reason/s for Recommendation/s**

10. This report is for noting only.

### **Statutory and Policy Implications**

11. 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.

## **Safeguarding of Children and Adults at Risk Implications**

### **Implications for Service Users**

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

## **RECOMMENDATION/S**

- 1) That Members of the Board note the progress in implementing the Children and Young People's Mental Health Transformation Plan.
- 2) That Members of the Board are invited to comment on the report and to discuss the future developments.

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### **Constitutional Comments (SLB 30/08/2016)**

13. This report is for noting only.

### **Financial Comments (KS 31/08/2016)**

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

Nottinghamshire CAMHS Pathway Review update to Children and Young People's Committee, 12 January 2015

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)

Five Year Forward View for Mental Health.

**Electoral Division(s) and Member(s) Affected**

All.

**See Chairs report items:**

- 5: Texting Service for Young People
- 12 & 13: Papers to Children & Young People's Committee
- 22: Dream it, try it, Live it – healthy behaviours for young people
- 23: Best start in life: promoting good emotional wellbeing and mental health for children and young people.