

Nottinghamshire Child & Young People's Mental Health and Wellbeing Plan 2015-2020



Context:

- Future in Mind published in March 2015, a national taskforce report into children and young people's mental health, making 49 recommendations as to how services can be improved.
- Clinical commissioning groups required to develop transformation plans setting out how they will meet the recommendations. Additional funding available to local areas to improve services, including around eating disorders.
- Local transformation plan developed building on CAMHS pathway review (2014), structured around the Future in Mind recommendations.
- Plan is subject to assurance by NHS England, after which implementation will commence.

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What we want to achieve:

- more young people to have good mental health, including those in vulnerable groups such as children looked after, children subject to child protection plans, children with disabilities and young offenders
- more children and young people with mental health problems to recover
- more children and young people to have a positive experience of care and support
- fewer children and young people to suffer avoidable harm
- fewer children and people to experience stigma and discrimination

Our commitment to children, young people and families:

- We will support children and young people to be actively involved in the design, delivery and evaluation of children and young people's mental health services
- We will provide clear information about the range of services available, so that children, young people and families know who does what and how to access help
- We will commission and provide services in a joined up way, so that money is spent well, on evidence based interventions
- We will monitor the effectiveness of services as we strive for continuous improvement
- We will support and encourage the education, training and development of the local workforce
- We will value mental health equally with physical health (parity of esteem)

Our priorities:

- Promoting Resilience, Prevention and Early Intervention
 - Deliver pilot interventions in schools around academic resilience
 - Family Service interventions on emotional health and wellbeing
 - Implement schools health hub
 - Commission pilot universally accessible online counselling service
 - Website for children and young people around health and wellbeing
- Improving Access to Effective Support – A System without Tiers
 - Increase CAMHS capacity to improve access
 - Integrate CAMHS tiers 2 and 3 into one community CAMHS, including primary mental health workers
 - Implement care bundles based around children's presenting needs
 - Look at integrated CAMHS access with wider children's services
 - Establish crisis and home treatment team
- Care for the most vulnerable
 - Commission specialist support for children who have been sexually abused/exploited
 - Review provision for children and young people with learning difficulties and neurodevelopmental disorders
- Accountability and transparency
 - Establish performance framework across the CAMHS pathway
- Developing the workforce
 - Developing a joined up plan to increase the knowledge, skills and confidence of the Children's Trust workforce around mental health and emotional wellbeing

Next steps:

- NHS England to confirm whether plan has been assured.
- Publish transformation plan online.
- Mental Health and Wellbeing Executive to oversee the plan, and task and finish groups to be established as necessary to take forward key work strands.
- Engagement with stakeholders around key areas of work, including development of primary mental health role, workforce development plan, development of care bundles.

Version 1
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