



REPORT OF THE DIRECTOR OF PUBLIC HEALTH

LOCAL TRANSFORMATION PLAN FOR CHILDREN AND YOUNG PEOPLE'S EMOTIONAL AND MENTAL HEALTH - UPDATE

Purpose of the Report

1. To provide the Committee with an update of progress on implementing the Local Transformation Plan for children and young people's emotional and mental health.

Information

2. Local areas, led by Clinical Commissioning Groups (CCGs), have been required to have a system-wide local transformation plan (LTP) for children and young people's emotional and mental health since 2015. The current LTP can be accessed here: <https://www.nottinghamshire.gov.uk/care/childrens-social-care/nottinghamshire-children-and-families-alliance/mental-health>. This plan is the fifth iteration for Nottinghamshire and Nottingham. Nottinghamshire's Childrens Integrated Commissioning Hub based in Public Health co-ordinate the implementation of this plan. NHS England has requested the plan is refreshed by March 2021. The plan will update on the achievement of the NHS Five Year Forward View (2015) priorities (required to be completed by 2020/21) and the work in place to ensure the Long Term Plan (2019) priorities for children and young people's mental health and wellbeing are achieved by 2023/24 in addition to any areas identified by partners locally.
3. The Children and Young People's Mental Health Executive comprises representatives from CCGs, Local Authority Children's Services, Public Health, local providers, NHS England and Elected Members from Nottinghamshire County Council and Nottingham City Council.
4. The plan is system-wide and covers services commissioned and provided by the Local Authorities (Public Health and Children's Service functions), local CCGs and NHS England. Progress in implementing the plan is reported to Children and Young People's Committee in the context of the Local Authority's role in relation to safeguarding children and young people.

Covid-19

5. Local mental health services have responded quickly to the Covid-19 crisis and adapted their offer to include telephone and on-line support, including group work. Direct face to face

support has still been delivered to those at high-risk during the crisis. All services remained open to referrals and followed guidance released by NHS England. Providers have shared that some children, young people and families did not want to access telephone or virtual support, and services are working towards re-introducing face to face services where safe, in line with national guidance.

6. Whilst Covid-19 has presented some challenges in terms of service delivery, it has also provided opportunities to develop improvements, which can be continued beyond the crisis period. Commissioners will continue to work with providers, to identify these opportunities and how they can be embedded into service delivery; it is likely this will focus on young people having more choice over how and where support is received. In recent months there has been a focus on sharing that services are still open and able to provide support to children and young people.

Five year forward view achievements

7. As The Five Year Forward View (2015) programme concludes, a summary of Nottinghamshire's achievement against the targets within the programme are as follows:
 - **Ensure a Joint agency LTP is aligned to system plans and refreshed annually.** The plan is on track to be refreshed by March 2021. The plan will reflect the interdependencies between other strategic plans, such as those for Youth Justice, children and young people who are looked after, children and young people who have SEN (Special Educational Needs) and those who have autism and / or intellectual disability (the Transforming Care cohort).
 - **At least 70,000 additional children and young people each year will receive evidence-based treatment – representing an increase in access to NHS-funded community services to meet the needs of at least 35% of those with diagnosable mental health conditions by 2020/2021.** In 2019/20 the area achieved performance of 27.7% against a target of 34%. In response to this underperformance the Nottingham and Nottinghamshire Integrated Care System (ICS) has undertaken a piece of work to increase its commissioned capacity and improve data quality, which will ensure all commissioned activity is contributing to the target. Nottingham and Nottinghamshire are forecasting to achieve the access target for 2020/21. In order to increase performance this year capacity has been addressed, the Small Steps Service, currently provided by Family Action, has been commissioned by Nottingham and Nottinghamshire CCG to enhance the support available for children and young people with needs that may be indicative of Autism Spectrum Disorder (ASD) or Attention deficit hyperactivity disorder (ADHD). The service supports the local neurodevelopmental pathway by providing options of support such as 1:1 support, workshops, parenting programmes, peer support, online and telephone support. After the support package is complete the service identifies if there are ongoing needs and makes onward referrals if required. The service has continued to provide support to parents virtually during Covid-19. This has been particularly important as there has been an increase in need for services for this cohort since the onset of Covid-19.
 - In Bassetlaw, A Place to Call Our Own (APTCOO) have been consulting with parents and carers to develop the service and workshops for pre and post ASD/ADHD diagnosis and children and young people with behaviours indicative of these conditions. They

have also been providing a virtual offer of support and face to face where it has been safe and appropriate.

- **Ensure there is a children and young people's crisis response that meets the needs of under 18-year olds.** Nottinghamshire has a children and young people's crisis, home treatment and liaison service. The team provides crisis support within the community, intensive home treatment and liaison within the acute hospitals to ensure children and young people receive urgent treatment.
- **Achieve 2020/21 target of 95% of children and young people with an eating disorder accessing treatment within 1 week for urgent cases and 4 weeks for routine cases.** The child and adolescent mental health services (CAMHS) Eating Disorder service has been re-designed and is commissioned to provide treatment within the waiting time standard. Where the waiting time standard has not been met, exception reporting is obtained to inform further improvement. Analysis of these reports has shown that this is mainly due to patient choice.

Communications and engagement

8. The communications sub-group of the Children and Young People's Executive co-ordinated communications around Mental Health Awareness Week, World Mental Health Day and World Suicide Prevention Day to ensure that the public are aware that services are open and accessible. An all-ages mental health and wellbeing page on the Nottinghamshire County Council website can be accessed here www.nottinghamshire.gov.uk/mentalhealthwellbeing
9. Nottinghamshire young people will be taking part in a workshop with Young Minds and NHS England to capture their views on the design and delivery of digital services. This will then be used to develop some local guiding principles for children and young people's Mental Health Service professionals, to inform future development and delivery of digital mental health support for children and young people in the region.
10. Embedding learning from consultation, engagement and communication has been a key focus in the last six months. As part of the local recovery response to Covid-19, further engagement with children and young people around their experiences of Covid-19 and its impact on their mental health has been undertaken. Local youth group MH2K were commissioned to lead this work. The focus was on access to CAMHS and social media, Key messages include the need to still provide face to face services, but to also offer choice, the need to have access to support in school and an increase in communication about services via social media. Young people also reported mixed experiences of lockdown, whilst some reported it had impacted negatively on their mental health, others reported it had no impact or they had felt better, as their social anxiety had reduced, and exam pressures had been lifted. This feedback has been shared with the Children and Young People's Mental Health Executive, the Children's Health Network and wider partners and will be used to inform the development of the LTP refresh, which will inform communications strategies wider service developments across the system.

Emotional mental health and wellbeing support for school aged children

11. In Nottinghamshire, CCG, CAMHS, Education and Local Authority partners have worked together to secure funding for six Mental Health Support Teams (MHSTs), covering all localities in Nottinghamshire. The aim of the support teams is to ensure timely support is available to children and young people by providing them with early intervention and preventing the escalation of needs, where possible. Funding is fixed and protected for these teams until 2023/24. The service model was informed by local children and young people. A timetable for the rollout of the teams is outlined below in **Table 1**.

Table 1 - MHST Mobilisation in Nottinghamshire

Wave	Coverage	Training and mobilisation period	Fully operational
Wave One	Nottingham North and East (One MHST) Rushcliffe (One MHST)	January 2019 - December 2019	December 2019
Wave Two	Nottingham City (Two MHSTs) Mansfield and Ashfield (One MHST)	September 2019 - August 2020	November 2020
Wave Three	Newark and Sherwood (One MHST) Nottingham West (One MHST) Bassetlaw (One MHST)	January 2021 - December 2021	January 2022

12. In total, approximately 111 schools will receive support from a MHST, as well as some pupils in alternative provision. These NHS funded teams will provide early intervention and support for children and young people with mild to moderate mental health needs on or near school sites. MHST staff have worked with schools during Covid-19 and have developed self-referral mechanisms to the teams for children and young people, parents and carers, whilst schools were closed. Whilst the operationalisation of the teams has been relatively recent and delivery has been interrupted by school closures, referrals to the teams are increasing and they are expected to increase timely access for children and young people to mental health support.
13. Early evidence indicates the teams have had a positive impact on both schools and pupils. Feedback from children, young people and parents and carers indicates they value the service being offered locally, they found staff approachable and empathetic and that accessing the MHSTs helped them to feel less isolated and more able to deal with the challenges of school life, including academic pressures. Schools have also given positive feedback on work that has been completed during the pandemic, for example, workshops were delivered in the Summer term around staff mental health and wellbeing and transition. This has now resulted in schools developing their own staff mental health and wellbeing policies, which will then enable them to effectively support their pupils. Schools also report the transition workshops were delivered at a key point of time and increased their understanding of how to incorporate wellbeing into transition planning and how to manage

anxiety around transition. The workshop used a train the trainer model, which enables staff to cascade the learning in their schools.

14. Another key function of the MHSTs is to support the establishment of schools to identify and implement a Senior Mental Health Lead role. Senior Mental Health Leads network groups for the MHST schools in Rushcliffe, Gedling and Mansfield and Ashfield have been established. These networks have been meeting fortnightly at the school's request during the Covid-19 crisis, in order to support staff wellbeing and to help provide staff with a forum to discuss cases and develop best practice around children and young people's mental health.
15. MHSTs and CAMHS teams have also supported the development of the Wellbeing in Education Return programme. Locally, this is led by the Educational Psychology Service and will offer training to all schools around supporting children and young people's mental health via two webinars. Partners will also develop a Local Offer for Children and Young People's Mental Health, which will be completed by March 2021. This work will complement the Anna Freud National Centre for Children and Families programmes, which provides training to schools. Workshops took place from January 2020 with 80 schools, including alternative provision and colleges. The programme aims to help partners (CCGs, other service providers and local authorities) work together with schools and colleges to provide timely mental health support to children and young people. It works to empower professionals and support staff by brokering contact, sharing expertise and developing a joint vision for children and young people's mental health and emotional wellbeing. Face to face workshops were paused in March, due to Covid-19, but will be delivered virtually in November.
16. Building children and young people's resilience is a key to supporting children and young people manage their emotional health and wellbeing. The academic resilience programmes that have been commissioned by Public Health, aimed to equip schools with the skills to build resilience within their practice and ensure this approach is sustained; this programme is set conclude in March 2021. In Bassetlaw, Bassetlaw CCG has commissioned Each Amazing Breath virtual offer and a Take 5 Anywhere App to directly work with schools; this model works directly within children and young people within schools.

Ensuring inclusivity in support

17. Partners within Nottinghamshire have been working to ensure support is tailored to meet the needs of all young people. Two pilots have been in place since January 2019, funded by NHS England, that bring together Clinical Psychology, Speech and Language Therapy and Youth Justice. From a Clinical Psychology perspective, the aim is to support the Youth Justice service to understand the impact of trauma, identify young people who have experienced trauma and support their additional needs with clinical psychology input. The aim of the Speech and Language Therapy is to support the Youth Justice service to understand the impact of speech and language needs, identify young people who may require additional support and develop tools to assess need. The pilots are currently in their evaluation phase.
18. As of October 2020, 368 Nottinghamshire Children in Care (CiC) and Care Leavers have been referred into the You Know Your Mind (YKYM) programme, with 333 now in receipt of a personal budget. Their progress continues to be evaluated locally. Nottingham Trent

University undertook an external evaluation of this approach and interviewed 403 children and young people. The evaluation found that the approach taken by You Know Your Mind provides an alternative method of support to improve children and young people's wellbeing and service planners and commissioners are using this learning to inform their plans for 2021/2022.

Future Priorities and next steps

19. A number of areas require further transformation by 2023/24 in line with the NHS Long Term Plan (2019) and will be a priority of the Children and Young People's Mental Health Executive. Work has already begun to take place on the key areas, which are as follows;
 - **345,000 additional children and young people aged 0-25 years will have access to support via NHS-funded mental health services and school or college-based Mental Health Support Teams (MHST).** The section on Emotional Mental Health and Wellbeing support for school aged children outlines the work that has been undertaken to begin to test this new service model.
 - **There will be 24/7 mental health crisis provision for children and young people that combines crisis assessment, brief response and intensive home treatment functions.** In preparation for Winter it is planned that 24/7 in reach will be provided to the acute hospitals. In April 2020 a 24/7 all ages crisis helpline was launched.
 - **There will be a comprehensive offer for 0-25 year olds that reaches across mental health services for children and young people and adults.** A system wide 0-25 event was held at the end of January, where partners came together to look at models of delivery of this agenda. Further work has since been undertaken, which has identified good practice around disorder specific presentation, where a keyworker is in place. This learning and work undertaken by members of the CYP Mental Health Executive will be used to further develop local pathways, ensuring that as young people move into young adulthood they have the appropriate and joined up support.
 - **The 95% waiting time standard for children and young people's eating disorder service referral to treatment achieved in 2020/21 will continue to be maintained** and service improvements will be undertaken to further develop the local offer, including those children and young people with avoidant restrictive intake disorder (ARFID).
 - **Children and young people's mental health plans will align with those for children and young people with learning disability, autism, special educational needs (SEN), children and young people's services, and Health and Justice.** The Children and Young People's Mental Health Executive will continue to strengthen alignments with other strategic partnership groups.
20. In order to ensure successful delivery of the Long Term Plan priority areas, the local system worked with NHS Improvement to participate in a service optimisation visit. A full report of recommendations will be shared in November, but it is expected that there will be recommendations around further improving data processes in relation to the mental health services data set (MHSDS), understanding local capacity and demand at a system level and working to resolve issues and the interface between adults and children's services.

Other Options Considered

21. No other options have been considered. This plan is in line with NHS England planning requirements.

Reason/s for Recommendation/s

22. Children and young people's emotional and mental health is an issue for all services working with children and young people across local government, health, schools, police and voluntary, community and independent sectors. This is reflected in the content of the local transformation plan. It also falls within the Council's statutory duties in relation to safeguarding children and young people.

Statutory and Policy Implications

23. This report has been compiled after consideration of implications in respect of crime and disorder, data protection and information governance, 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, smarter working, sustainability and the environment and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

Crime and Disorder Implications

24. Implementation of this plan will contribute to reducing health inequalities for vulnerable children and young people.

Financial Implications

25. There are no additional financial implications arising directly from this report.

Implications in relation to the NHS Constitution

26. Implementation of this plan is in line with the NHS Constitutional Standards.

Public Sector Equality Duty implications

27. Implementation of this plan will contribute to reducing health inequalities for vulnerable children and young people.

Safeguarding of Children and Adults at Risk Implications

28. Implementation of this plan will contribute to reducing the risk of harm to children and young people with emotional or mental health needs.

Implications for Service Users

29. Implementation of this plan will improve the response of services to children and young people with mental health needs and thus improve outcomes.

RECOMMENDATION/S

That:

- 1) Committee members consider whether there are any actions they require in relation to issues contained within the report
- 2) Committee agrees to receive a follow up report in the next six months and that this be included in the work programme.

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Director of Public Health

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Constitutional Comments (LW 13/11/20)

30. Children & Young People's Committee is the appropriate body to consider the content of the report.

Financial Comments (SAS 14/11/20)

31. There are no financial implications arising directly from this 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.

[Children and Young People's Mental Health and Wellbeing Transformation Plan – report to Children and Young People's Committee on 17th June 2019](#)

Future in Mind - Department of Health (March 2015)
<https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people>

Five Year Forward View for Mental Health – Mental Health Taskforce Strategy - NHS England (February 2016)

<https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>

Transforming Children and Young People's Mental Health Provision: A Green Paper - Department of Health/ Department for Education (December 2017)

<https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper>

Long Term Plan (2019)

<https://www.longtermplan.nhs.uk/publication/nhs-long-term-plan/>

Electoral Division(s) and Member(s) Affected

All.

C1408