



10th February 2020

Agenda Item: 9

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 and seek support for the delivery of the cross-partnership communications strategy.

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 LTP can be found here: <https://www.nottinghamshire.gov.uk/care/childrens-social-care/nottinghamshire-children-and-families-alliance/mental-health>. This plan for 2015 to 2021 is the fifth iteration for Nottinghamshire and Nottingham. Nottinghamshire's Childrens Integrated Commissioned Hub based in Public Health co-ordinate the implementation of this plan.
3. A detailed delivery plan for the LTP is implemented by the Nottinghamshire and Nottingham City Children and Young People's Mental Health Executive. The group is responsible for:
 - reviewing and monitoring delivery of the plan
 - monitoring risks and issues and implementing mitigating actions
 - ensuring commissioning of children and young people's mental health services is undertaken in a collaborative and joined up way in order to improve outcomes for children and young people
 - ensuring the interdependencies between the LTP and other strategies are considered and managed.
4. The Children and Young People's Mental Health Executive comprises representatives from CCGs, Local Authority Children's Services, Public Health, local NHS providers, NHS England and an Elected Member from Nottinghamshire County Council: shortly an Elected Member from Nottingham City Council will also join the Executive.

5. 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.

Achievements in 2019-20

6. Key achievements made over the last six months in implementing the plan to improve children and young people's emotional and mental health include:
 - continuation of the Integrated Personal Commissioning (IPC) pilot, providing personal budgets for looked after children
 - operationalisation of Mental Health Support Teams in schools in the Rushcliffe and Gedling areas
 - further rollout of the Mental Health and Schools Link Programme, ensuring schools and partners work together to improve support available for children and young people
 - developing a suite of communications tools, created by and for young people, ensuring Nottinghamshire has the right materials available to share the services available to support young people
 - mobilising the Small Steps service which supports Nottinghamshire's neurodevelopmental pathway, ensuring parenting programmes and support are available.
7. Nottinghamshire is a test site for IPC. Following consultation with Children in Care (CiC) and Care Leavers the pilot which began in August 2017 has now been branded 'You Know Your Mind'.
8. As of December 2019, 298 Nottinghamshire CiC and Care Leavers have been referred into the programme, with 262 now in receipt of a personal budget. Their progress continues to be evaluated locally. The average personal budget allocated is £471 and is being used to purchase a range of activities and items to improve emotional wellbeing and mental health. These plans have ranged from physical activities (such as gym memberships, boxing clubs, dance classes) to creative pursuits (photography, guitar lessons, floristry) and community engagement (fishing, brownies, cadets).
9. To date, 65 (24%) of Nottinghamshire's LAC and care leavers have been involved in evaluation to ascertain the impact of this approach on mental health outcomes. This has included face-to-face discussions with the young person, their carer and their keyworker to understand how the personalised support plan has impacted on various areas of the young person's life. The evaluations have shown that:
 - 90% of young people feel better or a lot better about their quality of life
 - 81% of young people felt that their health & wellbeing has improved
 - 71% of young people reported feeling more confident
 - 77% of young people felt that it gave them something to look forward to or focus on.
10. As part of Nottinghamshire's commitment to delivering the vision of the Transforming Children and Young People's Mental Health Green Paper (DfE December 2017), Nottinghamshire will continue to deliver the Mental Health and Schools Link Programme.

This programme is facilitated by the Anna Freud National Centre for Children and Families. Workshops will be taking 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. Initial feedback from the six workshops delivered during 2018/19 was extremely positive with all schools signing up to the 'one small step' action and the majority going the extra mile and developing processes within school to ensure children and young people are well supported. Further workshops will be delivered in autumn/winter 2020/21 to ensure all education settings across Nottinghamshire have participated in the programme.

11. In 2019, the NHS Long Term Plan was published outlining clear ambitions around improving children and young people's mental health. CCG and Local Authority partners have worked together to secure funding for three County Mental Health Support Teams for Schools. 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. The first two teams became operational in December 2019 and cover 42 schools in the Rushcliffe and Gedling areas. A third team covering 19 schools in Mansfield and Ashfield, will become operational in September 2020. 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.
12. Another key function of the Mental Health Support Teams (MHST) is to support the establishment of schools to identify and implement a Senior Mental Health Lead role. A Senior Mental Health Leads network group for the MHST schools in Rushcliffe and Gedling has been established and will be extended to Mansfield and Ashfield. The pilots will be closely evaluated in order to inform future commissioning plans. If NHS England provide another bidding round in 2020 to pilot further MHSTs, districts which do not have pilots will submit bids.
13. Embedding learning from consultation, engagement and communication has been a key focus in the last six months. Analysis of a large scale engagement programme (MH: 2K) with children and young people undertaken during 2017/18 and 2018/19 told us that young people want better mental health support in school and staff and parents want to have a better understanding of mental health issues and clear information on where they can get support that is easily accessible. A 'Findings and Recommendations' report has been produced and informed the detailed delivery plan for 2019/20. Examples of the work that has taken place as a result of the engagement includes the development of a short film to be shared with schools, wider workforce and parents, promoting positive mental health messages and challenging stigma. The engagement regarding mental health support in schools has also been instrumental in informing the design of the mental health support teams.
14. The MH:2K project is a co-production and engagement programme. A further 19 Citizen Researchers have been recruited and the group have produced a leaflet, poster and short film about access to local mental health support. These resources will be shared across the County and roadshows for young people are planned between January and March 2020.

These roadshows are designed to promote the materials and encourage children and young people to access support early if they require it.

15. Adult Social Care and Public Health Committee approved allocation of Public Health grant reserves to pilot the Small Steps service. During 2018 and 2019 a pilot service, Small Steps, has been operating in Nottinghamshire currently provided by Family Action which has enhanced the support available for children and young people with behavioural 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.
16. The Speech and Language Therapist and specialist psychologist pilot within CAMHS (Child and Adolescent Mental Health Services) Head2Head has enhanced the team's workforce. An additional Speech and Language Therapist has measured and evaluated the skills and knowledge of youth offending teams around identifying and supporting young people with speech, language and communication needs and/or Special Educational Needs & Disability (SEND). They have delivered several training sessions to the youth justice workforce to ensure the workforce has a consistent level of knowledge. The next round of training will deliver practical tools to use with young people to support their speech and language needs. The Speech and Language Therapist has also delivered direct and indirect sessions to young people with a high level of needs who need specialist input to move their support forward. The specialist psychologist has provided training sessions to Youth Offending Team case managers and others working in the youth justice system to develop a better understanding of trauma, including the use of trauma informed practice and psychologically informed work to support young people who are already in contact with the police and are at risk of continued, escalating offending behaviour. Feedback from the training has been positive with one attendee stating, "I feel I will be able to discuss trauma in a child friendly manner". The psychologist has also delivered case consultations to professionals with 67% of these deemed as excellent and 27% as very good. A trauma audit is due to be published in the new year and commissioners are working with the psychologist to identify further areas to develop the training, for example with the police.
17. In October 2019 the Integrated Childrens Commissioning Hub successfully bid on behalf of CCGs for additional funding to pilot a research and service development project for young people who have Avoidant Restrictive Food Intake Disorder (ARFID). It should be noted this is a new emerging need and it is recognised that young people with ARFID currently do not have a clear service offer nationally and often receive no specialist support to address their needs. A short term piece of work is being delivered by the Nottinghamshire CAMHS Community Eating Disorder Service, to map the current local need and develop a referral and care pathway. Nottinghamshire has been selected to work with six other sites across the country to develop a delivery model by March 2020, this will then be shared nationally.

Future Priorities

18. The NHS Long Term Plan was published in January 2019. It contains the following targets related to children and young people's mental health, achieving these is an ICS priority:

- there will be an increase in the number of children and young people receiving evidence based community services.
 - an additional 345,000 children and young people aged 0-25 yrs will be able to access support via NHS funded mental health services and school or college-based Mental Health Support Teams.
 - the new waiting time standards for eating disorders will be achieved and maintained.
 - there will be a 24/7 mental health crisis provision for children and young people that combines crisis assessment, brief response and intensive home treatment functions.
 - there will be a comprehensive offer for 0-25 year olds that reaches across mental health services for children and young people and adults.
 - CCGs within this local transformation plan are committed to achieving the mental health investment standards laid out in the NHS Long Term Plan. It is expected that investment will increase, taking into account any national inflation.
19. Work is already underway to achieve these targets and further improve the support Nottinghamshire children and young people receive. In 2017, NHS Digital undertook an analysis of the prevalence of mental health disorders. It is now understood that one in eight (12.8%) 5 to 19 year olds had at least one mental disorder when assessed in 2017. This survey reveals a slight increase over time in the prevalence of mental disorder in 5 to 15 year olds (the age-group covered on all surveys in this series), rising from 9.7% in 1999 and 10.1% in 2004, to 11.2% in 2017. This intelligence is being used to assess needs locally and ensure provision meets demand. Nottinghamshire providers and commissioners are working to ensure commissioning plans meet the growing needs of the local population. Nottinghamshire's performance against the national access rate reflects this as performance is on track to increase in 2019/20 against 2018/19 performance.
20. A cross-partnership communications strategy has also been developed and is being delivered across the County in order to increase awareness of mental health support services and encourage children and young people to access this support. All members of the Children and Young People's Mental Health Executive are being asked to promote the provision of support and services available to children and young people.
21. Nottinghamshire re-configured its CAMHS Eating Disorder Service to ensure it treats 95% of patients within four weeks for routine cases and within one week for urgent cases. The service has received additional funding via Clinical Commissioning Groups and now offers a same day 'assess and treat' model to ensure young people start treatment at the earliest opportunity. In Quarters 1 and 2 in 2019/20 the service consistently met the access standard.
22. Work has begun locally to develop a comprehensive provision of support for young people aged 0-25 yrs. Nottinghamshire has examples of successful initiatives to test this model including a transitions worker in the specialist eating disorder team within Adult Mental Health and is looking to extend this model to Looked After Children. A local Best Practice Event for 0-25 care models in mental health is planned for 22nd January 2020 and will provide an opportunity for partners to share best practice and plan for improvements locally.

Other Options Considered

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

Reason/s for Recommendation/s

24. 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

25. 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

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

Financial Implications

27. The services outlined in the plan are funded by individual partner and service budgets. There are no additional financial implications arising directly from this report.
28. It is a requirement of the Local Transformation Plan to publish each partners' spend. These figures can be found in the 'Accountability and Transparency' section on page 70 of the LTP which can be found here <https://www.nottinghamshire.gov.uk/care/childrens-social-care/nottinghamshire-children-and-families-alliance/mental-health>

Implications in relation to the NHS Constitution

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

Public Sector Equality Duty implications

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

Safeguarding of Children and Adults at Risk Implications

31. 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

32. 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 Committee:

- 1) supports the delivery of the cross-partnership communications strategy referred to in paragraph 20.
- 2) considers the content of this report and advises of any further actions necessary.

Jonathan Gribbin
Director of Public Health

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Constitutional Comments (EP 13/01/20)

33. The Children and Young People's Committee is the appropriate body to consider the content of the report. If the Committee resolves that any actions are required it must be satisfied that such actions are within the Committee's terms of reference.

Financial Comments (SAS 13/01/20)

34. 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.

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