

17 June 2019**Agenda Item: 17****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 on progress with implementing the Local Transformation Plan.
2. The report also seeks the nomination of a member of the Children and Young People's Committee to the Children and Young People's Mental Health Executive, which has responsibility for the delivery of the Local Transformation Plan and Action Plan.

Information

3. 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 full LTP is available as a background paper. This plan, which covers the period 2015 to 2021, is the fourth iteration, covering Nottingham and Nottinghamshire (including Bassetlaw). The refreshed plan was taken to the Children and Young People's Committee in December 2018. This report provides an update on the work achieved via the plan in the last six months.
4. A detailed delivery plan for this transformation plan is implemented by Nottinghamshire and Nottingham City Children and Young People's Mental Health Executive which is responsible for:
 - reviewing and monitoring delivery of the plan, including considering the impact on outcomes for children and young people
 - monitoring the risks and issues to ensure appropriate mitigating actions are undertaken, or escalate as necessary
 - ensuring that commissioning of children and young people's mental health services is undertaken in a collaborative and joined up way and that commissioning and contractual mechanisms are utilised to ensure improvements are achieved
 - ensuring that the interdependencies between the strategy and other strategies being implemented are considered and managed.

5. The joint City and County Children and Young People's Mental Health Executive includes representatives from CCGs, Local Authority Children's Services, Public Health, local NHS providers and NHS England and elected Members.
6. The plan is system-wide and as such covers services commissioned and provided by the two local authorities (Public Health and Children's Services 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.
7. Achievements made over the last six months in implementing the plan to improve children and young people's emotional and mental health include:
 - Integrated Personal Commissioning (IPC): in October 2016, NHS England (NHSE) launched a national pilot programme to test how IPC and personal health budgets (PHBs) could improve the mental health and wellbeing outcomes for Children in Care (CiC) and Care Leavers. The pilot seeks to explore how the IPC model could be embedded within health and social care practice, with the aspiration of offering personal budgets to young people who would normally be referred to core commissioned Child and Adolescent Mental Health Services (CAMHS). In August 2017, Nottinghamshire CCGs were selected by NHSE to become a pilot site for this project, with Nottingham City CCG joining in April 2018. Following consultation with CiC and Care Leavers, the pilot has now been re-branded to 'You Know Your Mind'. The programme has gone from strength to strength, with partners agreeing the ongoing funding of the programme through 2019/20 and business cases developed to recurrently fund following this.

As of April 2019, 183 Nottinghamshire CiC and Care Leavers have been referred into the programme, with 161 now in receipt of a personal budget. Their progress continues to be evaluated nationally and locally. The average personal budget allocated is £545 and is being used to purchase a range of activities and items to improve emotional wellbeing and mental health. The pilot is in the early stages but work is underway to quantify its impact on the health and social care system.

- The importance of taking a whole school approach to improving children and young people's mental and emotional wellbeing is now widely recognised and informs government policy in this area. Building children and young people's resilience is a key outcome of this approach. The academic resilience programmes that have been delivered in Nottinghamshire look to develop and deliver an evidence-based resilience programme in schools that will improve the emotional health and wellbeing and build resilience of children and young people. This includes:
 - delivering a whole school approach to resilience; supporting staff to work with children and young people, developing tools, train the trainer packages and support for pupils and students to develop into coaches and mentors. Performance monitoring of the contract for this work indicates a high number of school staff reporting to have an increased understanding of mental health and resilience.

- ensuring schools have the understanding, knowledge, skills and resources to continue independent delivery of the programme via a whole schools approach once the programme has ended. There has been a high level of engagement from schools with the programmes, with a high number of teachers and pupils participating in audit and action planning activity, designed to develop each school's approach to building resilience.
- The programmes are delivered by Young Minds in Rushcliffe, Gedling and Broxtowe and by Each Amazing Breath in Bassetlaw, Mansfield, Ashfield, Newark and Sherwood. Funding has been extended until 2021. This will enable programme delivery to an additional 30 schools Countywide. The full evaluation of these programmes is due in September 2019.
- 107 schools from across Nottinghamshire, along with 48 professionals from a range of services including CAMHS, Healthy Families Teams, Family Service and Youth Justice, took part in the Mental Health and Schools Link Programme which was facilitated by the Anna Freud National Centre for Children and Families. The programme aimed to help 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 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 and that the school know how to draw in support when required. Schools are now working towards developing networks to share learning. A full evaluation of the programme is being undertaken nationally and the evaluation report is expected in summer 2019. Learning from the programme will be shared with all schools across Nottinghamshire and the Joint Nottingham City and Nottinghamshire Children and Young People's Executive, to embed best practice within schools.
- Partners have worked together to secure funding for two Trailblazer Mental Health Support Teams. The teams will cover 42 schools in the Rushcliffe and Gedling areas. 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. The outcome of the support teams will be to ensure timely support is available to children and young people by providing them with early intervention and therefore working to prevent the escalation of needs, where possible. The Team members are in training and the service will be operational in December 2019. A bid for further team pilot sites in Bassetlaw and Mansfield and Ashfield has now been submitted. There is an aspiration to cover the entire Nottinghamshire footprint in a phased approach. As part of this work, the CAMHS Executive Group has a dedicated sub-group focussed on ensuring successful implementation of Mental Health Support Teams.
- Embedding the learning from consultation, engagement and communication has been a key focus in the last six months. Analysis of large scale engagement programme (MH:2K) with children and young people undertaken during 2017/18 and 2018/19 told the Council that young people want better mental health support in school, adults 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, which is reflected in the actions included in the Local Transformation Plan. Examples of the work taking place as a result of the engagement includes the development of a short film to be shared with schools wider workforce and parents and carers, promoting positive mental health messages and challenging stigma. The engagement regarding mental health support in schools has also be instrumental in informing the design of the mental health support teams. The key areas which children and young people fed back as areas for improvement were as follows:

"Not being aware of help available."

"If people can easily see help, it would be more likely that they would seek it."

"Organisations need to promote themselves via social media/ ads in schools and colleges."

- The MH:2K project has now been extended until March 2020 and recruitment is underway for a further 20 Citizen Researchers and further roadshows are planned across the County in the autumn. The focus of the next engagement is to improve mental health support in schools, reduce stigma and encourage children, young people and families to access appropriate mental health support.
- The communications plan has been developed by partners to ensure children, families, carers and professionals understand how to access services as per the recommendation in the MH2K project. Key actions include developing the use of social media to send positive mental health messages, joining up information on websites and streamlining the process for referrals in to CAMHS.
- Public Health is working with the 0-19 service, Healthy Families, to enhance the support available for children and young people with behaviour that challenges. A service called Small Steps has been embedded within the service, working to ensure children and young people with behavioural needs that may be indicative of Autism Spectrum Disorder (ASD) or Attention Deficit Hyperactivity Disorder (ADHD) have access to additional support, such as workshops, an advice line, peer support and direct support. The aim of the service is to support families to improve wellbeing, to better understand and manage their child's behaviour positively.
- Two new pilots, funded through the NHS England CAMHS Transformation Innovation Project have now started with the recruitment of a speech and language therapist and a specialist psychologist within the CAMHS Head2Head team working alongside City and County Youth Offending Teams. The speech and language therapist is measuring and evaluating 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), evaluating the impact of speech and language communication need screening tools and staff training on the experience of young people in contact with youth offending teams and offering 1:1 direct work with young people with a high level of needs or complexities. There is an established link between poor communication skills and poor behaviour in children and young people, therefore, this approach will ensure that staff have the skills to

recognise this and ensure that the young people they are working with get the right support. The specialist psychologist will offer a training and consultation model to enable 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. A multi-agency steering group will be reconvened to ensure that both pilots are meeting key performance indicators. Both pilots are being evaluated by NHS England over the next 18 months.

8. The Five Year Forward View for Mental Health (NHS England, February 2016) introduced two targets for children and young people's mental health. These national targets are key areas used to improve provision of support for children and young people.
 - The first target is to increase the number of children and young people receiving treatment from an NHS commissioned community service for emotional and mental health needs by 34% by (2019/20). NHS Digital recently undertook an analysis of the prevalence (2017) using national data from the 2011 ONS survey. 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 understand needs locally and ensure provision of support meets demand.
 - Commissioners are working with all local providers to ensure services are configured in the most child and young person centred way and providing the right support at the right time. In the Nottinghamshire County mental health contract (covering the Nottinghamshire County CCGs, excluding Bassetlaw) a new activity plan has been agreed with the provider. This plan presents a significant stretch to the previously commissioned activity levels and the provider is working to implement new ways of working to increase access into the service.
 - The second target is to ensure CAMHS Eating Disorder Services treat 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 is now configured to meet the access and waiting time standard ahead of the 2020 timeframe set by NHS England. The service now offers a same day 'assess and treat' model to ensure young people start treatment at the earliest opportunity.

Other Options Considered

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

Reason/s for Recommendation/s

10. 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

11. 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

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

Financial Implications

13. 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.
14. 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 44 of the LTP which is available as a background paper.

Implications in relation to the NHS Constitution

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

Public Sector Equality Duty implications

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

Safeguarding of Children and Adults at Risk Implications

17. 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

18. 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) considers whether there are any further actions it requires in relation to the update on progress with implementing the Local Transformation Plan.
- 2) nominates a member of the Children and Young People's Committee to be a member of the Children and Young People's Mental Health Executive, which has responsibility for the delivery of the Local Transformation Plan and Action Plan.

Jonathan Gribbin
Director of Public Health

For any enquiries about this report please contact:

Rachel Clark
Programme Lead Children and Young People's Mental Health and Wellbeing
T: 0115 9932747
E: rachel.clark@nottsgov.uk

Constitutional Comments (EP 05/06/19)

19. The recommendations fall within the remit of the Children and Young People's Committee by virtue of its terms of reference. If Committee resolves that any further actions are required, it must be satisfied that such actions are within the Committee's terms of reference.

Financial Comments (SAS 05/06/19)

20. The services outlined in the plan are funded by individual partner and service budgets. 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 44 of the LTP which is available as a background paper. It is acknowledged that the figures need updating to reflect the actual spend for 2018/19.

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 CAMHS Pathway Review update – report to Children and Young People's Committee on 12th January 2015

Annual refresh of the Local Transformation Plan for Children and Young People's Emotional and Mental Health – report to Children and Young People's Committee on 17th December 2018

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>

Nottingham City and Nottinghamshire Joint Local Transformation Plan Children and Young People's Emotional and Mental Health 2016 – 2021 – updated October 2018

<https://www.mansfieldandashfieldccg.nhs.uk/media/40214/nottingham-and-nottingham-joint-local-transformation-plan-cyp-mh-2018.pdf>

Electoral Division(s) and Member(s) Affected

All.

C1251