



1st November 2021

Agenda Item: 15

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, have been required to have a system-wide local transformation plan for children and young people's emotional and mental health since 2015. The current Local Transformation Plan can be accessed here (<https://healthandcarenotts.co.uk/joint-local-transformation-plan>). This plan is the sixth iteration for Nottingham and Nottinghamshire. Nottinghamshire's Children's Integrated Commissioning Hub based in Public Health co-ordinates the implementation of the system plan. The plan was refreshed in September 2021 and provides a comprehensive overview of achievements, future commitments to improve provision and outcomes for children and young people's mental health. It also reflects on the impact of COVID-19, recovery and restoration plans, and updates on milestones to deliver the ambitions set out in the NHS Long Term Plan (2019), and also those identified locally.
3. The plan has been endorsed by the Children and Young People's Mental Health Executive, which comprises representatives from Clinical Commissioning Groups, Local Authority Children's Services, Public Health, local providers, NHS England and NHS Improvement and Elected Members from Nottinghamshire County Council and Nottingham City Council. The Children and Young People's Mental Health Executive is responsible for delivering a comprehensive action plan which is aligned to the Local Transformation Plan. The endorsed paper has then been approved by the Nottingham and Nottinghamshire Integrated Care System Health and Social Care Board and NHS England and NHS Improvement have reviewed and assured the Plan.
4. The plan is system-wide and covers services commissioned and provided by the two local authorities (Public Health and Children's Service functions), local Clinical Commissioning Groups 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 and ensuring Nottinghamshire is achieving the best outcomes for children and young people.

Impact of COVID-19 and response

5. The impact of COVID-19 on children and young people's mental health is still emerging, however providers are reporting an increase in referrals to mental health services and an increased level of children and young people presenting with more serious and complex needs. Local mental health services responded quickly to the COVID-19 crisis and adapted their service offers to include both telephone and online support (where clinically appropriate this included group work). Providers have shared that some children, young people and families did not want to access telephone or virtual support. As a result, during the recovery period, services have moved to providing a blended service model offer of face to face and digital support. During the pandemic all services remained open to referrals and followed guidance released by NHS England.
6. Whilst COVID-19 has presented challenges in terms of service delivery, it has also expedited transformation, for example, children, young people and families now have access to a wider range of information and self-help tools online and more choice in their support method. Commissioners will continue to work with providers, to identify further opportunities and ensure they are embedded into service delivery, enabling young people to have more choice over how and where support is received.
7. It is recognised that the COVID-19 pandemic has exacerbated existing health inequalities, particularly around mental health and wellbeing. A key recommendation from the Joint Strategic Needs Assessment chapter [Emotional and Mental Health of Children and Young People \(2021\) - Nottinghamshire Insight](#) was to review access to services by minority groups and ensure systemic barriers are mitigated or removed using the framework outlined in the Advancing Mental Health Equality Framework. A Health Inequalities sub-group (of the Children and Young People's Mental Health Executive) was established to take this forward and the group will ensure alignment to wider system work taking place across the Nottingham and Nottinghamshire Integrated Care System.

NHS Long Term Plan achievements and next steps

8. There has been progress in achieving the Long Term Plan deliverables, with plans for further transformation by 2023/24 in line with the NHS Long Term Plan (2019) agreed. They are as follows:
 - **345,000 additional children and young people aged 0-25 will have access to support via NHS-funded mental health services and school or college-based Mental Health Support Teams (MHST).** In 2020/21, Nottingham and Nottinghamshire achieved performance of 52.3% against an access target of 35%, thus exceeding the annual access performance target. In Nottingham and Nottinghamshire, this performance has been achieved by both improving data quality and expanding the existing commissioned provision available. In 2021/22 this has continued via Nottingham and Nottinghamshire Clinical Commissioning Group increasing investment in community Child & Adolescent Mental Health Services (CAMHS), CAMHS crisis and other services and in 2022/23 early support services are planned to transform.

- **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 April 2020, a 24/7 all ages crisis helpline was launched, ensuring children and young people have access to crisis support with no barriers to access. In 2021/22 the local crisis home treatment and acute hospital liaison team will recruit additional capacity, enabling the team to provide timely and responsive treatment in both the home and acute hospital. Enhancing both community and crisis teams will ensure children and young people have access to timely care and support within the community which should lead to a reduction in crisis and the need to go to hospital. The service model will be developed further this year with system partners including the East Midlands Provider Collaborative.
- **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 condition specific approach to this work has been agreed. The successful Eating Disorder transition worker model has been extended to wider community mental health teams and a young adult worker model is being tested. In the next year, early intervention support for young adults across a range of mental health presentations will be strengthened. A Clinical Commissioning Group led procurement of an Emotional Wellbeing Early Support Service Work is intended to better coordinate early support available locally including working with universities to support student mental health.
- **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** The CAMHS Eating Disorder service is commissioned to meet the national waiting time standard. Where the waiting time standard¹ has not been met, exception reporting is obtained to inform further improvement. In line with regional and national trends, referrals to the local Eating Disorder services have doubled between March 2020 and April 2021. Additional funding had already been agreed increase the workforce and further recruitment options will be appraised if demand continues to rise.

An ARFID (Avoidant Restrictive Food Intake Disorder) pilot has been completed and work is underway to develop solutions to develop a service offer. This currently involves clinicians from paediatrics, CAMHS and GPs, with a view to developing a service offer for this group, who were not able to access support.

- **Children and young people's mental health plans will align with those for children and young people with learning disability, autism, special educational needs, children and young people's services, and Health and Justice.** The Children and Young People's Mental Health Executive will continue to strengthen alignment with other strategic partnership groups. A Learning Disability and Autism Children & Young People Steering Group oversees and ensures alignment of plans to improve care and support for this group. In 2021/22 the Keyworker role will be tested with a view to pilot how this role can support children and young people by ensuring they have timely support and an improved experience of care. The group will also improve the autism diagnostic pathway by strengthening the multidisciplinary input in line with National Institute for

¹ By 2020/21, 95% of young people with an eating disorder would receive NICE compliant treatment within 1 week of referral for urgent care and treatment and within 4 weeks for routine care and treatment to enable children and young people to have the best possible outcome and recovery.

Health & Care Excellence (NICE) guidance. The Special Educational Needs & Disability Accountability Board has been involved in the development of MHSTs and will continue to receive updates on emotional health and wellbeing from the Children and Young People's Mental Health Executive when appropriate.

- **100% of mental health providers to meet required levels of digitisation by 2023/24** Children and young people's mental health providers have developed digital support, including video consultations, online self-management resources and digitally enabled models of therapy. The principles established as part of the NHS England Children and Young People's Digital Engagement work will be used to inform future digital developments.
- **Deliver against multi-agency suicide prevention plans** Regular reporting between the Suicide Prevention Steering Group and the Children and Young People's Mental Health Executive has been established and an all age social media communications plan has been co-ordinated around suicide prevention. Mapping of the Suicide Prevention Action Plan against the NHS England Rapid Review of Evidence around children and young people's suicide has taken place to ensure the plan reflects an all age approach. Self-Harm pathway mapping work is being undertaken and the results of this work will be used to inform future commissioning plans.

Continued System Improvement

9. In November 2020 Nottingham and Nottinghamshire Clinical Commissioning Group and partners undertook a System Optimisation Programme, led by NHS England and Improvement. The process reviewed how the local mental health system supports children against 10 'good practice' domains. The findings of the programme have been used to inform an action plan that sits underneath the Local Transformation Plan. Key actions that the Children and Young People's Mental Health Executive will oversee are:
 - developing a system wide access policy
 - developing a consistent menu of evidence based, digital interventions
 - developing single branding for all CAMHS, based on a many providers, one system approach
 - developing a common language around mental health, through embedding the THRIVE model. The THRIVE model ensures young people are supported to thrive by a variety of prevention and promotion initiatives in the community, along with more specialist support when needed
 - contributing to the children and young people's element of a shared Integrated Care System wide all ages mental health workforce strategy
 - further developing co-production work
 - strengthening young adults transition arrangements.

Communications

10. The communications sub-group of the Children and Young People's Mental Health Executive continues to coordinate communications activity 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. The group continues to link with adult mental health commissioners and providers to support an all age approach to

mental health communications. The group has also supported the development of the NottAlone website and co-ordinated communications around Mental Health Support Teams in Schools. The group is now seeking to widen its remit to appraise communications across the whole mental health pathway. Since the onset of the pandemic, mental health services have considerably developed and improved their on-line presence, so children and young people can now access a wide range of information about services and support.

Co-production and engagement work

- All system partners remain committed to engagement, involvement and participation to ensure support delivered meets the needs of all children and young people, parents and carers and stakeholders. A wide range of activity has been undertaken by MH2K citizen researchers in the last year, including around the impact of COVID-19, improvements in early intervention services and work on the NottAlone website detailed in **paragraph 16**. This work has been used to influence plans and improve services. Future planned work includes work with Mental Health Support Teams in Schools to develop a new vision and values statement around children and young people’s mental health and improving transitions.

Emotional mental health and wellbeing support for school aged children

- In Nottinghamshire, Clinical Commissioning Group, CAMHS, Education and Local Authority partners have worked together to secure funding for eight Mental Health Support Teams, 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 2024/25. 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
Wave Four	Locality to be confirmed	September 2023	September 2024

Wave Five	Locality to be confirmed	January 2024	January 2025
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13. In total, approximately 150 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, the teams are expected to increase timely access for children and young people to mental health support. In Bassetlaw, the Clinical Commissioning Group commissions the Talkzone counselling service and this provision has been expanded to support MHSTs but also to provide a mental health and wellbeing worker linked to schools.
14. 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.
15. MHSTs and CAMHS teams have also supported the development of the Wellbeing in Education Recovery programme since September 2020. Locally, this has been a City-County collaboration led by the Educational Psychology Services and has offered training to all schools around supporting children and young people's mental health via two webinars in autumn term 2020. Resources have been developed to support schools in the recovery phase with a focus on wellbeing for all [Wellbeing for Education Return Nottingham | The East Midlands Education Support Service \(em-edsupport.org.uk\)](#).
16. The Wellbeing for Education Recovery Steering Group has also worked to co-produce the NottAlone website with children, young people, parents and carers. [NottAlone](#) is a new website sharing local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place. The aim of the NottAlone website is that it will facilitate self-help, as well as speedy access to support, thereby reducing reliance on higher tier services. The website went live in September 2021 and it will be formally launched in November 2021.
17. The Nottinghamshire-Nottingham City Wellbeing for Education Recovery consortium bid has also been successful in delivering Department for Education approved Senior Mental Health Lead Training for Schools. This training programme will be delivered to senior mental health leads in schools across the academic year 2021. All schools and colleges are eligible to apply for the [DfE grant](#) to fund this [training](#).

Other Options Considered

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

Reason/s for Recommendation/s

19. 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

20. 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

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

Financial Implications

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

Implications in relation to the NHS Constitution

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

Public Sector Equality Duty implications

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

Safeguarding of Children and Adults at Risk Implications

25. 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

26. 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

- 1) That Committee considers whether there are any actions they require in relation to issues contained within the report.

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Director of Public Health

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Constitutional Comments (ELP 21/10/21)

27. The recommendations fall within the delegation to Children and Young People's Committee by virtue of its frame of reference.

Financial Comments (DG 06/10/21)

28. There are no additional 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.

C1514