

Children's Trust Executive Sponsor: Dr Kate Allen

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING TRANSFORMATION PLAN

Purpose of the Report

1. The purpose of this report is to update the Children's Trust Executive on the implementation of the Nottinghamshire Children and Young People's Mental Health and Wellbeing Transformation Plan.

Information and Advice

Progress to date

2. In October 2015, a five year transformation plan for children and young people's mental health was developed. The plan aimed to deliver the recommendations from a national taskforce report into children and young people's mental health, *Future in Mind* (March 2015, Department of Health), and to deliver the findings of the Nottinghamshire child and adolescent mental health services (CAMHS) pathway review that was undertaken in 2013/14. To support delivery of the plan, an additional £1.5m of national monies was made available to the six Nottinghamshire clinical commissioning groups (CCGs) in order to fund a community eating disorder service for children and young people, and to build capacity and capability in the workforce supporting children and young people's emotional and mental health and wellbeing. CCGs hold the commissioning responsibility for community CAMHS, with NHS England responsible for commissioning inpatient CAMHS.
3. In October 2016, the plan was refreshed and combined with the equivalent plan for Nottingham City, in order to align with the Sustainability and Transformation Plan footprint. The broad priorities remain the same, but with some specific additional actions being added to the plan.
4. The priority actions to be delivered are grouped under the *Future in Mind* themes:
 - a. Promoting resilience, prevention and early intervention: acting early to prevent harm, investing in early years and building resilience through to adulthood.
 - b. Improving access to effective support – a system without tiers: changing the way services are delivered to be built around the needs of children, young people and families.
 - c. Care for the most vulnerable: developing a flexible, integrated system without barriers.

- d. Accountability and transparency: developing clear commissioning arrangements across partners with identified leads.
 - e. Developing the workforce: ensuring everyone who works with children, young people and their families is excellent in their practice and delivering evidence based care.
5. A summary of the plan can be found as Appendix 1. Implementation of the plan is overseen locally by the multi-agency Children and Young People's Mental Health Executive, which reports through the Children's Trust into the Health and Wellbeing Board, as per national requirements. Quarterly monitoring reports are also submitted to NHS England as part of the CCG's Improvement and Assessment Framework.
6. Key achievements in delivering the plan to date include the following:
- Academic resilience programmes are to be delivered to more schools in Bassetlaw, and a contract has been awarded to Each Amazing Breath to provide programmes in Mansfield and Ashfield, and Newark and Sherwood. The procurement process to establish a Provider for the contract to deliver academic resilience programmes in the south of the county is complete, and a preferred Provider has been identified. At the time of writing this report, NCC is in the 10 day standstill period and the successful bidder will be announced imminently. Both contracts are due to commence on 1st April 2017. An evaluation of the impact of the different approaches to developing academic resilience programmes on outcomes for children and young people will be undertaken by the educational psychology service.
 - The Healthforteens website went live in Nottinghamshire in January 2017, providing information, advice and guidance for young people about a range of health issues including emotional and mental health. Young people can also see what services are available and how to access them. The website will be kept up to date by the schools health hub, who are now fully recruited to. This team will also support schools in advice and guidance around policies, evidence based interventions and training, including around emotional health. They will work closely with the primary mental health service within child and adolescent mental health services (CAMHS), whose remit it is to act as a link between CAMHS and schools, through providing case consultation, advice and training. They also provide this role for GPs and school nurses.
 - In January 2017, Kooth.com became available to Nottinghamshire children and young people. The service provides online counselling to young people up to the age of 25.
 - The expansion of CAMHS and integration of tiers 2 and 3 into one community service has positively impacted on waiting times for children waiting for assessment or treatment. Whilst there is some variation across teams, the average wait from referral to treatment in the county is now 6.61 weeks (snapshot of those waiting on 10 January 2017).

- The pilot Crisis and Intensive Home Treatment Service for young people in mental health crisis established in January 2016 has now been recurrently funded, and is providing timely access for children and young people who require a community assessment due to their acute mental illness. The service also provides in-reach mental health assessments to young people attending acute hospitals, and intensive home treatment to try and support young people to be able to remain in the community.
- The new therapeutic service for children and young people who have experienced sexual abuse and/or exploitation provided by the Children's Society is now fully mobilised.

Priorities for 2017/18

The transformation plan spans the five years to 2020, and is in its second year of implementation. Key priorities for the next year are as follows:

- Involving children and young people in the on-going development of the transformation plan, including vulnerable groups.
- Increasing the number of children and young people with diagnosable mental health needs who have timely access to evidence based interventions. This will be achieved through the development of a joint agency workforce plan, which will consider both the capacity within the CAMHS workforce, but also the skill mix in the CAMHS and wider children's workforce.
- Ensuring that children and young people who have an eating disorder are able to access timely evidence based assessment and treatment in the community, in line with national standards.
- Further develop the support to young people in mental health crisis, including those who may also have social care needs, and those who attend accident and emergency.
- Ensure that looked after children have equitable access to emotional and mental health support, whatever placement they are in, including unaccompanied asylum seeking children and young people.
- Assessing whether the emotional and health needs of care leavers are being effectively met.
- Develop a collaborative commissioning plan with NHS England Specialised Commissioning, to ensure that young people requiring inpatient admission receive treatment in the most appropriate setting, close to home.
- Embedding data collection and reporting across all services supporting children and young people's emotional and mental health, including the use of routine outcome measures, so that there is transparency over access to services and impact of interventions.

Whilst significant progress has been made in the first year of the transformation plan, there remains a significant amount to do across the Children's Trust to achieve these priorities, and thus improve children and young people's outcomes in relation to emotional and mental health.

RECOMMENDATION/S

- 1) That Members of the Executive note the progress in implementing the Children and Young People's Mental Health Transformation Plan.
- 2) That Members of the Executive are invited to comment on the report and to discuss the future developments.

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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 Children and Young People's Mental Health Strategy 2015-2020

Nottinghamshire CAMHS Pathway Review update to Children and Young People's Committee, 12 January 2015

Future in Mind. Department of Health. March 2015.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

Five Year Forward View for Mental Health.