

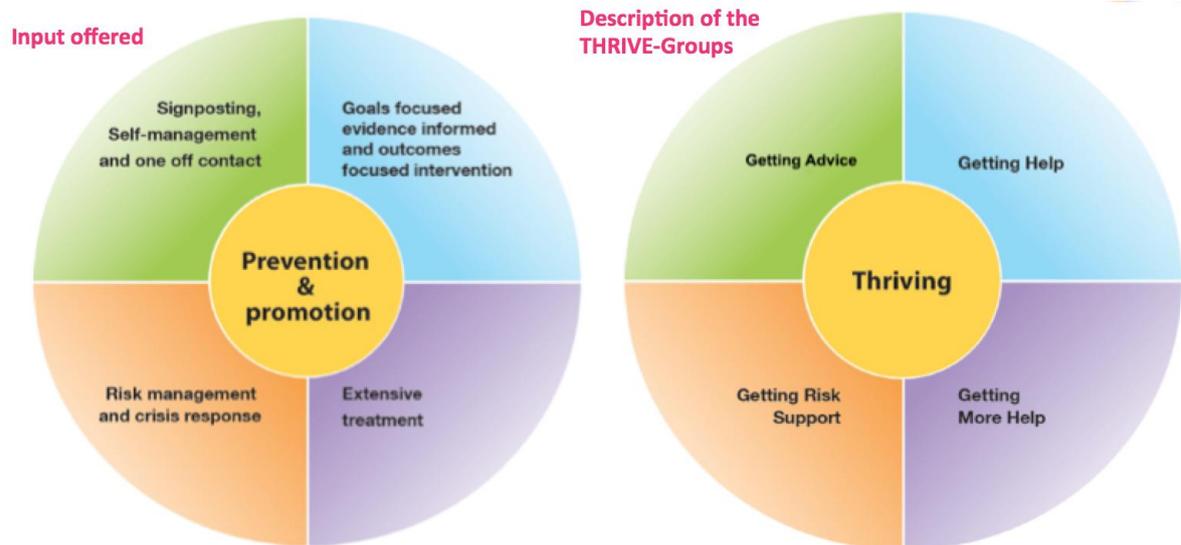
## Emotional Health and Wellbeing and Child & Adolescent Mental Health Services

Professionals Bulletin 7<sup>th</sup> March 2016

You will be aware that there has been an increase in funding nationally to improve emotional health and mental health services to children and young people. It is recognised nationally that there is a high level of need for services to support children's emotional and mental health needs. Some of the funding has to be spent on specific areas e.g. Eating Disorders and enhancing CAMH services.

The Cambridgeshire and Peterborough Clinical Commissioning Group, Cambridgeshire County Council and Peterborough City Council are working together with other partners to identify how needs could be met better, both through refocussing what we already do as well as targeting this new resource effectively.

We have developed short and long term plans. In the long term we are redesigning services so that we are able to identify difficulties and intervene earlier to prevent children and young people needing more specialist services later on. We are working on a model based on a nationally recognised framework called I Thrive.



This model will ensure that the right services are provided at the right time and in the right place to the children and young people who need it. We would hope to have this model in place by April 2017. Working groups have been set up to develop the model with professionals from education, health, voluntary sector, parent / carer representatives and local authorities represented. Once we have developed the model we will share widely.

We have held a number of workshops to work on the redesign, including staff from specialist, children's mental health services, voluntary sector, education, children's health, parent representatives, Healthwatch and Local Authority early help and specialist services. We have also set up a young persons reference group, to work closely with our redesign

Our short term plan is to invest in the following services:

- Counselling for children and young people delivered by the voluntary sector
- Expert parent programmes delivered by our parent representative groups
- Parenting programmes aimed at supporting parents with their children's presenting behaviour that are causing concern delivered by a range of providers locally

- Locality mental health workers
- Additional investment in specialist Child and Adolescent Mental Health Services
- Additional investment in specialist ASD and ADHD services
- Additional investment in specialist Eating Disorder services
- Extending crisis support in accident and emergency units in hospitals

Our aim is to have the above up and running incrementally between April and September 2016. During this time we will provide further updates of the work we are doing.

If you require further information please contact Wendi Ogle-Welbourn who is the Director leading these developments across Cambridgeshire and Peterborough.

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