

Cambridgeshire and Peterborough Children and young people's emotional, mental health and wellbeing Local Transformation Plan - Refresh 2018/19 Briefing paper

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Purpose of this document?

The following provides a brief outline of the priorities and developments for the Cambridgeshire and Peterborough Local Transformation Plan (LTP). A LTP is a plan detailing our improvements over 5 years until 2021 of how we will be investing and developing services to support and treat children and young people (CYP) who are experiencing emotional and or mental health problems.

The full report is currently being updated following feedback on the priorities discussed within this briefing and will provide greater details. The refreshed plan will build upon the 2017 plan which can be found here:

<https://www.cambridgeshireandpeterboroughccg.nhs.uk/your-health-and-services/children-and-young-people/>



We will work together with professionals, children, young people and their families/carers, to improve the lives, mental and emotional health of Cambridgeshire's and Peterborough's children and young people.

This means:

- Enabling children to thrive, be resilient and cope at home, at school and in their neighbourhoods and with friends. This includes easy access to sound
- information and advice.
- Where required, children and families/carers receive focused help from evidenced based interventions as early as possible. Shared decision making supports children and young people's preferences and outcomes are closely monitored and evaluated.
- Where required, children and young people receive more help and intensive treatment from specialist services led by health professionals/teams. This includes being enabled to continue with daily life.
- Where a minority of children are not benefitting from interventions and remain at risk to themselves or other, they and their families/carers, schools and communities are supported to keep children safe in their daily lives and build their capacity to self-manage.



- 1 in 10 Children/young people have a diagnosable mental health condition
- For Cambridgeshire and Peterborough this equates to approximately 18,700 CYP up to the age of 16 with mental health problems - 13,600 in Cambridgeshire and 5,100 in Peterborough. (based on national prevalence data, due for refresh end 2018)
- Demand for services;
 - CAMHS in 17/18 received 4283 referrals (specialist mental health)
 - CHUMS – for first 6 month of service received 2200 referrals (mild to moderate mental health)
 - Emotional wellbeing practitioners – received 161 queries April to June 18 (advice and guidance)
 - Kooth – In 17/18 2,628 individual CYP accessed the service with on average 52 per month accessed the Chat counselling service with the others using the messaging function, forums and articles.
 - There are also a number of providers which are not directly commissioned by statutory services but provide a pivotal role in proving support for CYP for which we do not have the demand data.



Improvements and investments

There have been a range of investments and improvements over the past 3 years regarding CYP emotional, wellbeing and mental health services:

- We have created a central online site for information www.keep-your-head.com and have invested in the maintenance and promotion of the site as the main place for CYP, families/carers and professionals to access mental health advice, guidance and information
- **CHUMS** – since January 2018 they have been commissioned to deliver a mental health and wellbeing service, delivering evidence based interventions in groups, 1 to 1 sessions, drop-ins, recreational groups (music and sport), training and a connections bus to reach a variety of areas. www.chums.uk.com
- **Emotional wellbeing service** – this commenced in January 2018 and provides support to professionals (education, health, and social care) to access the right evidence-based service for CYP. The team is expanding with the inclusion of children’s wellbeing practitioners who can delivery short term evidence based guided self-help for those with mild to moderate needs. The team have also secured opportunity area funds for two workers in Fenland and East Cambridgeshire to deliver an enhanced level of support for professionals in ensuring young people access the correct level of support to meet their needs.
- Young people can now access on-line counselling until 10pm and forums of support through **Kooth** at www.kooth.com



Improvements and Investments - CAMHS

- **CAMHS waiting times** - There has been a reduction in waiting times for specialist CAMH assessments services to below 18 weeks for 93% of CYP
- **Neurodevelopmental pathway** - Improvements have been made in the neurodevelopmental pathway; with greater provision of parenting support through a range of parenting programmes, reduced time to wait for ADHD and autism services and the addition of a secondary school age pathway
- **Eating Disorders** - Implementation in 2017 of a county wide community Eating disorder pathway for CYP up to 18 years with improved waiting times and dedicated staff
- **Transitions** - For those young people transitioning from children to adult mental health services a dedicated service commenced to support young people at this time, which includes peer support workers
- **Crisis** - For those in crisis the 24/7 First response services (111 option 2) has CAMHS expertise to triage calls and dedicated workers providing CAMHS specific advise, guidance and assessment in hospitals and the community 4 – 11pm.



Improvements and Investments

- **Support for parents** with managing their CYP behavioural needs through training sessions and drop-ins is provided by Pinpoint and Family Voice Peterborough
- Improved **Early Help support** and processes and an increase in joint working across agencies.
- **Development of drop-in** for children /young people called **Here:Now** . One in Huntingdon and one in Peterborough. These provide a range of advice, guidance and support for young people on a range of lifestyle subjects including emotional and mental health
- **Workforce** – the need for sufficient and experienced workforce who can deliver the evidence based interventions and support CYP is essential. Work and funding has been made available to support staff to access training courses through CYP Improving access to psychological therapies collaborative. Through this forum new approaches to workforce development such as the new children’s wellbeing practitioner roles (CWP) and recruit to train programme have enable the workforce to expand. 3 new CWP’s are in post with a further 4 are to be trained in 2019



In 2018/19 we are continuing with the above areas of focus and funding has been identified to continue the services either through the NHS CAMHS Transformation funds or other funding streams.

In addition the NHS transformation funds annual uplift is able to support the following projects:

- **Access targets:** An important driver for changes nationally is to increase the number of CYP with a mental health condition to be seen within services. This has two main elements; firstly the need for additional capacity within services to see more CYP and secondly the ability for services to demonstrate this through the mental health services data set, which is an NHS data reporting platform. To enable us to achieve both of these elements requires additional resource and as such funding has been identified to increase service provision and to then have the correct data processes in place to report and evidence this increase. We are working with local providers to see how we can achieve both of these elements
- **Transforming care:** This is focusing on children and young people with learning disabilities and ensuring they are supported in the community and reduce need for residential / inpatient services. The funding is providing a lead to drive the improvements over the next 18 months and also a small amount of funds to support community initiatives.
- **Children in care:** There has been work undertaken over the past year to look at the needs of children in care and funds have been allocated to provide some dedicated support and enable access to interventions to support their needs. This will have a focus initially on those who often experience placement breakdown due to behavioural concerns by supporting both child and their carers.



In addition to these initiatives there are other areas of work which are a priority for 18/19 :

- **Risk Support** – This is an element of the Thrive framework and concerns those who are at risk to themselves and/or others and for whom current service provision does not meet their needs. This priority is looking at how we can support these CYP some of which may be in care, in the justice system, known to services due to their risk of adverse childhood experiences. This project will look at how we can work more effectively as systems to support these young people and their families to minimise their risks and improve their wellbeing and mental health. Those at risk may also need quick access when in a mental health crisis and this will come through improvements and expansions of the first response service, with the aim on reduced need for hospital attendances and admissions
- **Integrated Front Door** – There has been a significant amount of work over the past 18 months looking at how we can provide a more seamless entry into the range of mental health services. This has been challenging in that there are wider system changes within local authorities and health that have impacted. The project continues to explore options and has developed a greater understanding and improved relationships between providers and commissioners, which has positively impacted on the understanding of the system and helping to facilitate CYP getting to the right point first time.
- **Suicide prevention** – There has been work undertaken in 2018 to have a more co-ordinated response and prevention activities to CYP suicide. This has resulted in four key priority being identified; learning culture and training, 24/7 crisis support, links with schools and community support. These four areas are consistent across; the refreshed LTP, Zero suicide strategy of CPFT, public health suicide prevention strategy and crisis care concordat. Learning events and sharing amongst agencies has been a key element of the work and this will continue into 2018/19.



Work with Educational Establishments

We have worked hard over the past year to engage with educational establishments and support them with the challenges and demands that emotional and mental health issues has on their pupils and settings as a whole. This has resulted in a number of projects:

- **Anglian Gateway Alliance conference** – this gave an opportunity for a range of schools to come together to consider how they could approach the issue of mental health through using a whole school approach, develop networks, approaches and actions plans to implement within their own settings.
- **Project for schools** – A project to run through Autumn term 2018 across the county in collaboration with Anna Freud Centre, the aim being to link schools with professionals in mental health services, building networks and enabling joint working
- **Training Review** – there has been a review of the training available by a range of providers which educational establishments can access. The aim of this work is to develop a coordinated list which will enable schools and colleges to review and identify the training that would meet their needs.
- **Bottisham group** – This group commenced with Bottisham school who developed a protocol to promote positive mental health and wellbeing within their school. The groups aim now is to build upon this and the recommendations in the Government Green Paper to support school staff in understanding and developing approaches and consider the mental health lead role locally.
- **The Green paper** – Although as an area we have not been chosen as a trail blazer site for any of the initiatives, there is considerable enthusiasm locally to see how we can develop the mental health lead roles in school and take learning from the emotional wellbeing practitioners for the support team role.
- **Existing services support** – Schools are also supported through the Emotional wellbeing service, CHUMS, Kooth and can access advice from CAMHS. Many schools also commission independent counselling and emotional support services.



Risks and Issues

- There are a number of risks that are noted and plans are in place to address

Risk	Impact	Mitigations	Lead
Non-NHS providers are not flowing access data through MHSDS	Inability to demonstrate improved access to NHSE	Project and action plan in place to flow data	CCG
Workforce – challenges across providers to recruit skilled workers	Impact on service delivery, potential increased waits for service	Working with all providers to ensure workforce is maximized. STP and CCG working to address issue	CCG / STP
Demand and acuity of needs of CYP is increasing	Greater pressure on the system and delays in access to the right level of support	Work with providers to monitor demand and develop mitigating actions as required.	Commissioners
Complexity of system impacts on gaining the more effective support	CYP may experience delay in support or multiple referrals	The Emotional wellbeing service aims to help navigate the system. Regular communication and expectation setting of services Project regarding an integrated front door	Emotional wellbeing steering group



The programme of work and implementation of this Local Transformation Plan is overseen by the Emotional wellbeing board which is chaired by Lee Miller, Head of Commissioning and Transformation (Children and maternity) from the CCG. It is a multiagency board which includes health, local authority, voluntary sector, education section, parent/carer representatives. The board is supported by a steering group and a range of task and finish groups which facilitate and enable implementation of the priorities of the plan.

The Local Transformation Plan will be shared with a range of key partners to gain their views on the priorities within it. These will include:

- Health and wellbeing boards
- Joint Commissioning Unit
- Specialist commissioning within the NHS
- Local safeguarding boards
- Local authorities
- Transforming care partnerships
- Parent/carer and young people groups



Next Steps

Once the initial plan has been shared with the above, all feedback will be collated and the plan will reflect these views. The plan will require sign-off from the regional team at NHS England and this will occur 17th October. The plan will then be finalised and published on 31st October 2018.

The current plan for 17/18 will be the basis for the refresh with the addition of the improvements made over 17/18 and the priorities for 18/19. It will contain up to date population information and refreshed finance, workforce and activity data.

Any comments and feedback can be made to:

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