

Children & young peoples mental health, emotional wellbeing and resilience

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Starting Well and Social Determinants

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The challenge – U.K.

1 in 8

Children and young people aged 5-19 years have a clinically diagnosable mental health need

25%

Of young people who require treatment and support receive it (35-50% of those with severe needs)

17years

It takes an estimated 17 years for treatment options to be translated from research to practice.

50%

Half of all adult mental health problems start before the age of 14.

X3

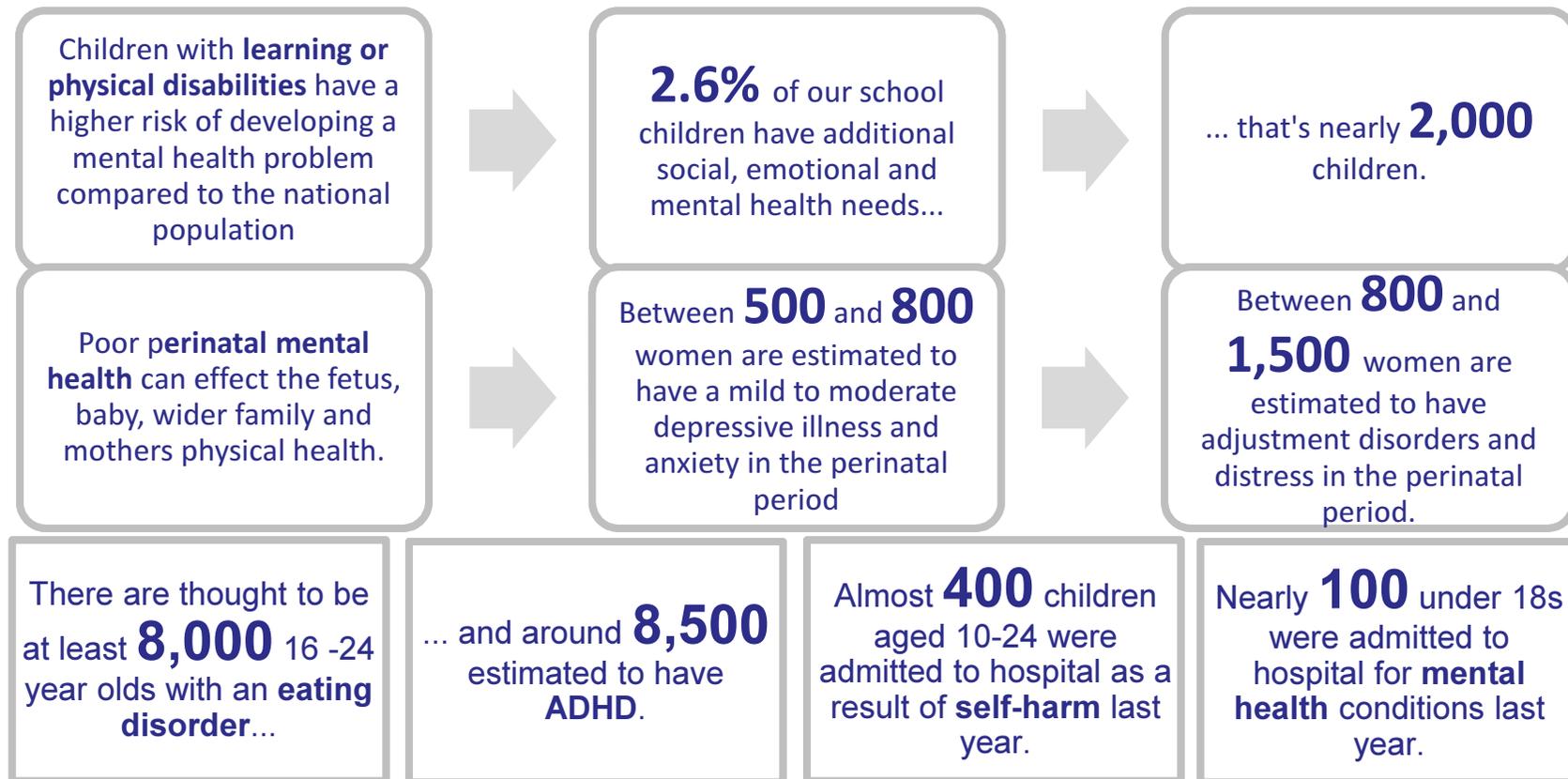
Children in custody are X3 more likely to have mental health problems. They are very likely to have more than one mental health problem, to have a learning disability, to be dependent on drugs and alcohol and to have experienced significant ACEs

60%

Children and young in the looked after system have identified mental health needs

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Within County Durham at least 5,497 children aged between 5-19 years have a clinically diagnosable mental health need



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Background

- Locally adopted strategic plan - Children & young peoples mental health, emotional wellbeing and resilience local transformation plan 2018-2020 (the LTP)
- Investing in Children LTP animation

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County Durham's Children and Young People's Mental Health Emotional Wellbeing and Resilience Transformation Plan 2018-2020

Children, Young People and their Families in County Durham to be supported to achieve their optimum mental health and wellbeing

	Promoting Resilience, Prevention and Early Intervention	Improving Access and Effective Support	Caring for the Most Vulnerable (LAC, care leavers, adopted, young carers, LGBT+, youth offenders, CYP with SEND, those with a known MH disorder)	Workforce
What are we going to do?	<ol style="list-style-type: none"> 1. Reduce stigma and discrimination about MH in communities and schools 2. Improve the process to assess, give brief intervention and signpost parents during antenatal and postnatal period. 3. Clear offer of support, advice and guidance for parents about CYP MHEWS 4. Support development of MH lead in all schools 5. Develop a quality framework for Mental Health and wellbeing in schools and FE 6. Roll out Durham Resilience Programme (DRP) to all primary and special schools 7. Roll out Youth Aware Mental health (YAM) to all mainstream year 9 pupils and develop an adapted version for special schools 	<ol style="list-style-type: none"> 1. Continue with bereavement support and embed as mainstream offer 2. CYP in crisis have access to support in the right place and close to home as possible 3. Roll out intensive home treatment including community support 4. Review and implement a multi-media support offer for advice, support and low-level interventions including digital platforms and social media technology 5. Establish an autism assessment team to reduce the delay in diagnosis for ASD by redesigned pathway. 	<ol style="list-style-type: none"> 1. Understand the MH needs of our vulnerable populations and commission/ provide targeted support accordingly based on identified need 2. Reduce the rate of self-harm through the better identification of CYP, provide consistent support and develop schools and services to manage self-harm in services 3. Implement recommendations from SEND written statement of action plan 4. Improve transition for CYP from CAMHS into appropriate adult services 5. Deliver pre-birth programme and interventions to promote infant attachment, bonding and nurturing 6. All young people who offend will be assessed for mental health and emotional wellbeing needs when referred to CDYOS and given appropriate support 7. Undertake a review of self-harm and suicide for CYP and reduce the risks/triggers through early identification of need 8. Provide targeted Mental health and emotional wellbeing support for young people who are LGBT+ 	<p>Work within:</p> <ul style="list-style-type: none"> • Education • Children's services • Universal health services <p>To improve the CYP workforce's ability to understand mental health, and where appropriate undertake a brief intervention and signpost or refer accordingly</p>
How will we measure it?	<ol style="list-style-type: none"> 1. Annual perceptions survey to monitor attitude changes in the community 2. Number of midwives and health visitors trained in PMH and delivering interventions 3. Parents voice is obtained through parent engagement with VCS / community groups inc. Father-coaster through an 'annual conversation' 4. Number of schools/FE with a designated lead 5. Implement health related behavior questionnaire (HRBQ) to measure mental and physical wellbeing – develop baseline 6. Evaluation of schools DRP action plans: impact of change on school, staff and pupils 7. Number of pupils accessing YAM and academic evaluation of YAM implementation 	<ol style="list-style-type: none"> 1. CYP receiving support and intervention report positive goals / outcomes achieved 2. 90% of CYP who need crisis support will receive it with set time thresholds 3. Intensive home treatment is supporting reduction in Ser 4 admissions 4. Commissioned multimedia offer that CYP can access 5. Reduce waiting times and increase capacity 	<ol style="list-style-type: none"> 1. MH of vulnerable groups will be audited using standard measurements and compared to overall outcomes of the group (e.g SDQ in LAC) 2. A&E attendance for self-harm 3. Detailed project plan to complete HNA and add to Durham JSNA, action plan implemented 4. 90% of CYP open to CAMHS will have a good quality transition plan in place by age 17.5 5. Review programme outcomes and include mental health measures 6. CDYOS health assessments to be audited for quality and impact on mental wellbeing 7. Analysis of local data on self-harm from crisis dataset to identify children potentially at risk of repeated self-harm or suicide 8. Undertake service review and consultations with redesigned service implemented 	<p>Number of staff trained in each of the workforce groups</p> <p>CYP voice in feedback surveys stating that professionals understand mental health and can help effectively</p>
What difference will it have made to CYP?	<ol style="list-style-type: none"> 1. Attitudes will shift to become more accepting that MH is every bodie's business and we all have MH 2. Women are better supported during and after pregnancy, improving attachment with their baby 3. Parents will be better informed and resilient to support their children's mental health 4. Schools/FE will have a SPOC for mental health 5. Increase in mental wellbeing from HRBQ and reduced hospital admissions for self-harm (aged 10-24 yrs) 6. CYP are better supported in primary schools as staff and school environment promote resilience 7. Pupils aged 13 to 14 years will be better equipped to manage life's adversities, know how to support a friend and understand what support is available in County Durham 	<ol style="list-style-type: none"> 1. Bereavement support offered at scale which builds the resilience of CYP to cope with life adversities 2. Crisis support will ensure CYP receive a timely and appropriate offer of support to reduce risk and avoid future crisis events 3. More treatment within the community, closer to home when CYP need it 4. Low level advice, support and intervention is available, which will reduce inappropriate CAMHS referrals 5. CYP / families will have support while going through timely assessment 	<ol style="list-style-type: none"> 1. Vulnerable groups needs will be understood and this will see an improvement in mental health support including a reduction in self-harm with clear pathways in place 2. CYP will be coping with life's adversity through resilience skills 3. Mental Health needs of CYP with SEND are fully supported as part of SEND programme of work 4. CYP will be effectively supported into the most appropriate service whether in mental health services or VCS 5. Positive impact on the child's emotional development and family attachment with reduction in babies being looked after 6. All CDYOS cohort of CYP will receive support with their mental health to reduce risk of re-offending 7. CYP who are at increased suicide risk receive earlier support through changes in pathways and delivery of services 8. Improved mental health and wellbeing of LGBT&QI+ and a reduced risk of suicide and self-harm 	<p>The work force will have the right skills at the right level to ensure they are confident and competent to support CYP.</p>
Cross cutting themes	<p>Accountability, Transparency and Governance Ongoing monitoring of the implementation plan and progress against identified priorities using established national indicators and local metrics for improvement.</p>	<p>Think Family</p>	<p>Intelligence lead and sharing of data</p>	<p>Engagement and Communication Implement a proactive engagement and communication strategy to support the delivery of the local transformation plan and ensure CYP, families and professionals know how to self-help, what support is available, when and how to access it</p>

LTP Plan On A Page 2018-2020

- 4 local priority areas built on the Future in Mind report
 1. Promoting resilience, prevention and early intervention
 2. Improving access and effective support
 3. Caring for the most vulnerable
 4. Workforce
- Number of cross cutting themes

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Examples of recent success

- Roll out of Youth Aware Mental Health (YAM) to year 9 students in mainstream schools and Durham resilience Project
- Successful in Wave two of the national mental health trailblazers fund to develop mental health support teams to work in specific areas
- Development of draft Health & Wellbeing Framework for all schools
- Delivery of a flexible and responsive service 24/7, 365 days a year for crisis support through CAMHS
- Continuation of the CYP Bereavement Service provided by St Cuthbert's Hospice (Jigsaw Project)
- Enhancement of existing Community Eating Disorder Service
- Continuation of the Rollercoaster project to provide parent support
- Production of a directory of provision to guide practitioners when working with CYPs and families – Making Mental Health Everybody's Business: A Practitioners Guide
- Development and roll out of Kooth across County Durham
- Development of forums and events: mental health networks, Anna Freud Link programme
- Development of partnership forms: MH lessons learnt group, LTP CYP and Parents Advisory groups

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Mental Health Support Teams

- 3 years funding – NHSE
- 3 teams across 60 schools
- Model developed through consultation with CYPs, parents and carers and schools
- Delivery of support for schools, CYPs and families within the pilot sites for mild to moderate mental health issues
- Working across the system
- Trainees have been recruited and attending Northumbria University
- Roll out starts from December 2020
- DCC PH funding peer support workers and specialist SEND provision to work within teams

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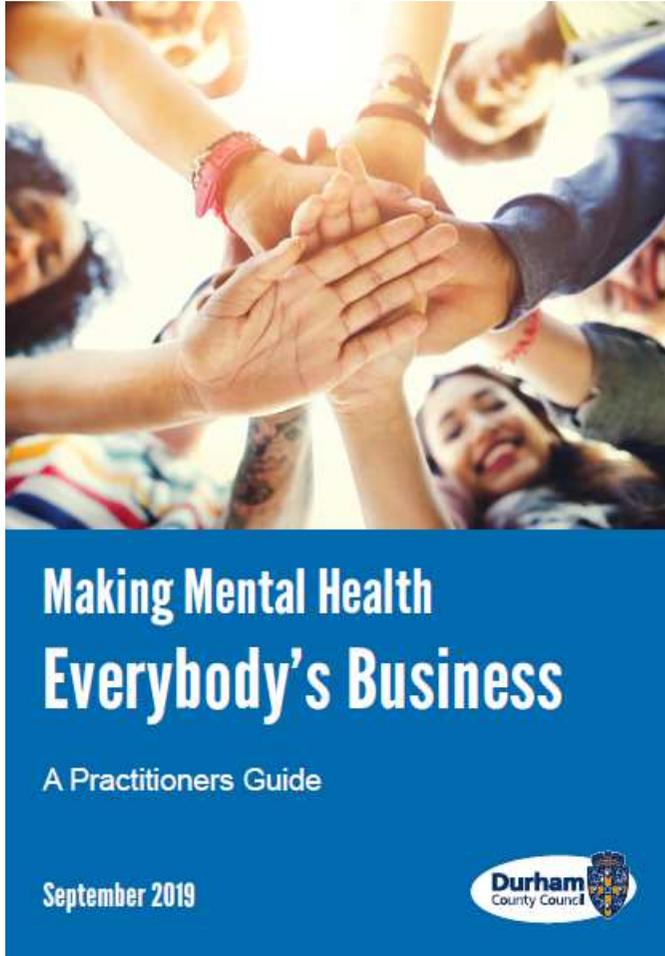
Kooth

- Award winning online support service for 11-18 yr olds
- Rolled out for CYPs across County Durham from Oct 2019
- Digital support for CYPs to access emotional wellbeing and early intervention mental health support.



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Making Mental Health Everybody's Business



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- Interactive pdf for practitioners
- Based on recognised Thrive model
- Provides details on online resources and local services
- Developed following feedback that the local offer on mental health provision was unclear
- Being rolled out to all frontline practitioner and schools who work with CYPs



Key Challenges

- To establish a shared language and understanding of MH; and a confidence in the approaches we use to best support C&YP
- To create operational links between our services
- To develop a more integrated system of support to ensure early intervention to reduce escalation needs are better met both preventatively and in response to identified difficulties
- Not everything available all of the time in all areas - capacity an issue
- Need to work towards growing to scale what we know works - resource intensive
- Complex picture in terms of provision - some things funded by CCGs, some by Public Health England, some by the Local Authority, and a growing amount directly by schools. Need to ensure coordination of provision.

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Next Steps

- Continue to work with the LTP Group to deliver against the priorities outlined with the POAP
- Sustain what we have and look for opportunities to grow it to scale
- Beyond 2020 – develop aspirational ambitions that all stakeholders are signed up to

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Any Questions?

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