

## Health and Wellbeing Board

11 March 2020



### **Children and Young People's (CYP) Mental Health (MH) and wellbeing Local Transformation Plan (LTP) Assurance Report (2019/2020 update)**

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**Report of Amanda Healy, Director of Public Health, Durham County Council and Mike Brierley, Director of Corporate Programmes, Delivery and Operations, County Durham CCG's**

#### **Electoral division(s) affected:**

Countywide

#### **Purpose of the Report**

- 1 To provide the Health and Wellbeing Board with a summary of the 2019/2020 update of the Children and Young People's Mental Health Local Transformation Plan (CYP MH LTP) report and,
- 2 To seek agreement and approval from the Health and Wellbeing Board of the 2019/2020 update of the CYP MH LTP assurance report prior to the required NHS England submission of the plan on the 31 March 2020.

#### **Executive summary**

- 3 Children and young people's mental health and emotional wellbeing has been rising up the national agenda for the past few years. According to the latest research commissioned by NHS digital, mental health problems affect one in eight children and young people between the ages of 5 and 19, with numbers rising during teenage years with around 17 per cent of 17 to 19-year olds experiencing diagnosable mental health problems. However, only a quarter of school-age children with a diagnosable mental health problem receive any intervention, despite most parents of these children seeking professional advice. It is worth noting that 75% of mental health problems in adult life (excluding dementia) start by the age of 18 and hence there is a strong case for prevention and early intervention which avoid expensive interventions in adulthood.

- 4 The aim of the CYP MH LTP assurance 2019/20 update report is to enable the public, partners and stakeholders to see the progress being made against the local five-year plan first launched in 2015.
- 5 This is the fifth and final annual refresh to ensure that the Local Transformation Plan fulfils its purpose of setting out transparent joint agency plans to improve children and young people's mental health. It also sets out progress that has been achieved to date, and the longer term priorities beyond 2020.
- 6 Key Lines of Enquiry (KLoE), published by NHS England, provide the framework and guidance for updating the CYP MH LTPs by 31 March 2020. The criteria outlined in the KLoEs are not mandatory.
- 7 The CYP MH LTP report has been co-produced and developed collaboratively with a wide range of local stakeholders including children, young people and their families.
- 8 The LTP has made good progress against the CYP MH LTP plan, particularly around ensuring accountability to children, young people and families; support for mental health in schools, peer support for parents/carers and suicide prevention (e.g. the Suicide Prevention Alliance which is accountable to the Mental Health Strategic Partnership Board; the Suicide Prevention Action Plan and The Real Time Data Surveillance Standard Operating Procedure).
- 9 A notable progress of the LTP Partnership to date is the recruitment of the Children, Young People and Parents' Advisory Board. This ensures the voices of children and families are at centre stage of all the future work.
- 10 Although there is no formal requirement to continue with the LTP Partnership and produce the LTP assurance report beyond the 5 years, the LTP Partnership has given full assurance that it is here to stay. There is determination to build on the positive partnerships and good progress achieved to date.
- 11 Key areas of future work includes the County Durham and Tees Valley Mental Health and Learning Disability Partnership (referred to as 'The Partnership') which supports the current alternatives to mental crisis for children and young people and oversees the 300K recurrent budget allocated to this work; the CAMHs whole system review and the revision of the LTP plan on a page. The latter includes the development of a joint outcome-based framework; linking to the Public Health managed multiagency self-harm Task and Finish Group which aims to better understand the data and respond to young people who have self-harmed. Future work also includes continuing with the planned work and commitments of the LTP Partnership from 2020 and beyond.

## **Recommendation(s)**

12 Members of the Health and Wellbeing Board are recommended to:

- (a) Note the information provided in the report.
- (b) Agree and endorse the CYP MH LTP report.

## Background

- 13 The aim of the CYP MH LTP assurance report 2019/20 update is to enable the public, partners and stakeholders to see the progress being made against the local five-year plan first launched in 2015.
- 14 The requirement to refresh and republish the CYP MH LTP assurance report update every year is set out in the NHS Planning Guidance.
- 15 This is the fifth and final annual refresh to ensure that the Local Transformation Plan Assurance Report fulfils its purpose of setting out transparent joint agency plans to improve children and young people's mental health. It also sets out progress that has been achieved to date, and the longer-term priorities beyond 2020.
- 16 Key Lines of Enquiry (KLoE), published by NHS England, provide the framework and guidance for updating the CYP MH LTPs by 31 March 2020. The criteria outlined in the KLoEs are not mandatory. They serve as a checklist with the rating system developed to be used only for guidance
- 17 The plan is written as an easy to read document and animations were produced with input from CYP.
- 18 The CYP MH LTP assurance report is considered a live document. It has been co-produced and developed collaboratively with local stakeholders including the NHS, the Local Authority, the voluntary and third sector, education and justice agencies and children, young people and their families.
- 19 In County Durham 6,580 children and young people have a mental health disorder (Durham Insights).
- 20 Children and young people's mental health and emotional wellbeing has been rising up the national agenda for the past few years. According to the latest research commissioned by NHS digital, mental health problems affect one in eight children and young people between the ages of 5 and 19, with numbers rising during teenage years with around 17 per cent of 17 to 19-year olds experiencing diagnosable mental health problems. However, only a quarter of school-age children with a diagnosable mental health problem receive any intervention at all, despite most parents of these children seeking professional advice. It is worth noting that 75% of mental health problems in adult life (excluding dementia) start by the age of 18 and hence there is a strong case for prevention and early intervention which avoid expensive interventions in adulthood. CYPs at higher risk of suffering from poor mental health include: more deprived populations; those living in poor housing; those

with poor educational attainment; lesbian, gay, transgender and trans (LGBT); people with learning disabilities and looked after children.

- 21 The local vision for the plan remains unchanged from the original one and states 'We want Children, Young People and their Families in County Durham to be supported to achieve their optimum mental health and wellbeing. Every child and young person will have access to early help in supporting their emotional and mental health needs. We want to develop children and young people's resilience and coping strategies. We will transform the quality and availability of our services from early help through to specialist provision. Local services will be locally delivered within communities, closer to home, targeted to the most vulnerable ensuring fewer children and young people require specialist mental health services.'
- 22 The CYP MH LTP assurance report reflects the vision and principles of the national "Future in Mind" strategy and the five-year forward view for mental health and is based on the five themes, as outlined below
- (a) **Promoting resilience, prevention and early intervention** - to act early to prevent harm, supporting families and those who care for children and building resilience through to adulthood.
  - (b) **Improving access to effective support** - change how care is delivered and build it around the needs of CYP and families, ensuring that CYP have easy access to the right support from the right service at the right time.
  - (c) **Care for the most vulnerable** - Current service constructs present barriers making it difficult for many vulnerable CYP and those who care for them to get the support they need.
  - (d) **Accountability and Transparency** - To drive improvements in the delivery of care, and standards of performance to ensure we have a better understanding of how to get the best outcomes for CYP and families/carers and value from our investment.
  - (e) **Developing the workforce** - Everyone who works with CYP and their families is ambitious for every child and young person to achieve and able to deliver the best evidenced care.

## Aims

- 23 The plan for 2018-2020 has three overarching aims
- (a) Have a clear, transparent mental health offer for children and young people that is easy to access. This starts from universal

prevention / early intervention, moving through to providing effective support and treatment.

- (b) Have a CYP workforce that is skilled, competent and confident to talk about mental health, understands mental health issues and can effectively support and/or signpost/ refer.
- (c) A developed and well tested mental health and wellbeing communications strategy. This will be a collaborative approach providing clarity of what is available in County Durham.

### **Achievements in the last year**

- 24 The partnership has made good progress against the CYP MH LTP plan, particularly around ensuring accountability to children, young people and families; support for mental health in schools and peer support for parents/carers. Key achievements to note here include:
- (a) The development of the children, young people and parents advisory board. With equal status to the LTP, this board ensure all what is planned, commissioned, delivered and evaluated truly embed the voice of service users and that the LTP is accountable to the children, young people and families it serves text;
  - (b) Rollercoaster, the Parent Support Project which supports parents and carers of children and young people experiencing emotional or mental health difficulties has now achieved financial stability by embedding into core CCG budgets.
  - (c) The work of Stamp It Out has been acknowledged nationally through Time To Change as an example of good practice. In March 2019 County Durham became a Time To Change Funded Hub. Investing in Children have been tasked with coordinating the Hub. Stamp It Out and County Durham Time To Change Hub – Challenging Stigma and Discrimination continues to develop reaching new audiences and challenging and changing public perceptions of mental health.
  - (d) Due to the success of the Young Adults Support Café (Emotional Wellbeing Peer Support and supporting the transition from Children's to Adult's Services) project, Investing in Children were successful in March 2019 in obtaining 3 years funding through the National Lotteries Community Fund to support funding to 2022.
  - (e) The Peer Mentoring Programme which was developed by Investing in Children and which enables children and young people peer support in schools is now ASDAN accredited.

- (f) The Durham Resilience Programme (DRP), which promotes resilience and emotional wellbeing in schools, was positively evaluated by Brighton University and was a finalist in the LGC awards. An expanding support to mental health in schools has seen the introduction of the Resilience Nurses and the Durham Resilience Project and the development of the 'making mental health everyone's business. A practitioner's guide' interactive PDF in September 2019.
- (g) There has also been continuing support to the CASCADE training in County Durham (or Anna Freud Centre for Mental Health) with a target that all schools will have at least 1 individual trained in this approach.
- (h) Youth Aware Mental Health (YAM), a universal evidence-based mental health promotion program for 14-16-year olds, is a culturally sensitive programme promoting increased knowledge about mental health through dialogue and role-play. YAM offers a hands-on approach to mental health issues such as stress, crisis, depression and suicide.
- (i) An Online Recovery College offers a wide range of courses which are broken into sections for under 12s, over 13's, parents and carers, professionals and a specific section for teachers. The online recovery college also has an easy read version to support young people and parents and carers who need further support with literacy or have a learning need. This online offer is a critical element to the wellbeing pathway ensuring that children and young people can access support at the right time in the right place.
- (j) Kooth has also been commissioned to provide online forums of support and online counselling for children and young people across county Durham. This builds a strong online offer ensuring that a range of options are available to support children, young people and families at a time of need and to prevent and build resilience.
- (k) Preventing suicide is a priority for County Durham. A local suicide prevention alliance is in place which includes Durham County Council, along with partners including the Police, Fire and Rescue Service, NHS mental health services and the community and voluntary sector. The Alliance aims to contribute to the reduction of deaths by suicide across County Durham. It meets quarterly and is accountable to the Mental Health Strategic Partnership Board which monitors the associated Suicide Prevention Action Plan. A key priority for developing the local

plan was to understand local data in line with the national context. Hence of the work streams of the Alliance included the local Real Time Surveillance System (RTDS) which was endorsed by the Suicide Prevention Alliance. This system complements the Child Death process for children up to the age of 18.

- (l) The Jigsaw Project provided by St Cuthbert's this service offers timely and appropriate bereavement support to children and young people from 5 up to 18 years of age. Specialist bereavement and post intervention counselling service takes referrals from several sources, the most common via family/friends, and for various reasons of death including suicide.
- (m) The eating disorder team has produced a pathway to support admission of children and young people to Paediatrics when at risk of physical complications associated with an eating disorder presentation. This pathway has helped staff to be clear on how to manage different situations and arrange specialist advice and daily visits from the Eating Disorder Team within normal working hours. This pathway was presented at a national event with colleagues from other CYP Eating Disorder Teams from across the country and won a poster presentation prize.

## **Future areas**

- 25 Although there is no formal requirement to continue with the LTP Partnership and produce the LTP assurance report beyond the 5 years, the LTP Partnership has given full assurance that it is here to stay. There is determination to build on the positive partnerships and good progress achieved to date.
- 26 A multi-agency workshop is being arranged by public health at Durham County Council to review and refresh the current County Durham's Children and Young People's Mental Health Emotional Wellbeing and Resilience Transformation Plan 2018-2020. Going forward there will be a strong focus on suicide prevention as well as on understanding the prevalence and needs of young people who have used, or are at risk of using, self-harm in County Durham with the aim of achieving a consistent and robust 'whole system' response for both the young people identified and those who support them. Work building resilience in all CYPs, including vulnerable groups such as those with SEND and in the youth justice system will be trauma informed. Similar to previous years, a wider consultation, including this year with the Children, Young People and Parents' Advisory Board will be planned after a draft plan is produced.
- 27 Another recent development is the County Durham and Tees Valley Mental Health and Learning Disability Partnership (referred to as 'The



Partnership') which aim to support the current alternatives to mental crisis for children and young people, while also aiming to develop needs led services for the future. The work is funded at £300,000 per year with part year effect in Year 1. The group will have strategic oversight of the work and finances and aims to oversee the development of a coordinated non-clinical community-based model and children and young people's offer to support alternatives to crisis.

- 28 A significant area of work going forward is the CAMHs whole system review to consider how the partnership will work together to shift the spend upstream and invest in effective and efficient services for when young people need more intensive support. This work aims to build better understanding, relationships and integration across health, social care, education and beyond to improve outcomes for all children and young people and their families.
- 29 The local campaign Stamp It Out continues to prioritise primary school aged children as part of the prevention and early intervention agenda to get CYPs having conversations about mental health at an earlier age.
- 30 Integrated commission is leading on an outcomes-based model which supports increased investment in community services resulting in a better coordination of finance and activity.

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## **Appendix 1: Implications**

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### **Legal Implications:**

This plan complies with the Council's legal obligations under the Health and Social Care Act 2012, giving Local Authorities responsibility for improving the health of their local populations.

### **Finance**

Sets strategic context within which financial plans are set.

### **Consultation**

Engagement across all relevant stakeholders has taken place

### **Equality and Diversity / Public Sector Equality Duty**

The report pays particular attention to needs of vulnerable groups, including groups protected under equalities legislation Text.

### **Climate Change**

Not applicable at this point

### **Human Rights**

In placing an emphasis on engaging with children and young people and their families in shaping support services, the strategy promotes and protects the human rights of those in receipt of services and support.

### **Crime and Disorder**

Not applicable at this point.

### **Staffing**

The report includes plans to strengthening staff development and support

### **Accommodation**

Not applicable at this point.

### **Risk**

These relate to reputational risks should a strong strategic framework for improving children and young people's services in the County not be clearly articulated.

### **Procurement**

Not applicable at this point.

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**Appendix 2: Children and Young People Mental Health LTP  
Assurance report 2019/20 update**

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Attached as a separate document

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## Appendix 3: The Thrive Framework

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The THRIVE Framework provides a set of principles for creating coherent and resource-efficient communities of mental health and wellbeing support for children, young people and families. It aims to talk about mental health and mental health support in a common language that everyone understands.

The Framework is needs-led. This means that mental health needs are defined by children, young people and families alongside professionals through shared decision making. Needs are not based on severity, diagnosis or health care pathways.

The THRIVE framework is for:

- all children and young people aged 0–25 within a specified locality
- all families and carers of children and young people aged 0–25 within a specified locality
- any professionals who seek to promote mental health awareness and help children and young people with mental health and wellbeing needs or those at risk of mental health difficulties (whether staff in educational settings, social care, voluntary or health sectors or others).

- Taken from The Anna Freud Centre for Mental Health

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**Appendix 4: Plan on a page-County Durham's Children and Young People's Mental Health Emotional Wellbeing and Resilience Transformation Plan 2018-2020**

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Attached as a separate document