

## Health and Wellbeing Board

23 July 2015



### Children and Young People Mental Health and Emotional Wellbeing Update

---

## Report of Nicola Bailey, Chief Operating Officer, North Durham and Durham Dales, Easington and Sedgefield Clinical Commissioning Groups

---

### Purpose of the report

1. The purpose of this report is to update the Health and Wellbeing Board on the implementation of County Durham Child and Adolescent Mental Services (CAMHS) Interim Joint Strategy and development of the Children and Young People's Mental Health, Emotional Wellbeing and Resilience Plan, which will take into consideration the recent policy document on promoting children and young people's mental health and wellbeing (Future in Mind, 2015).

### Background

2. The County Durham CAMHS Interim Joint Strategy was agreed by the Health and Wellbeing Board on 5 November 2014.
3. There was acknowledgement that the CAMHS Interim Joint Strategy would offer a holding position, while the whole system Children and Young People's Mental Health, Emotional Wellbeing and Resilience Plan is developed by the Children and Young People's Mental Health and Emotional Wellbeing (including CAMHS) Group.
4. The action plan within the Interim Joint Strategy focuses on re-affirming partnership and governance arrangements; refreshing the local needs assessment; consulting and engaging with children, young people and families and reviewing current services to inform the longer term plan.

### Future in Mind

5. Since the endorsement of the CAMHS Interim Joint Strategy, the Department of Health has published the 'Future in Mind Promoting, protecting and improving our children and young people's mental health and wellbeing' (March 2015).
6. 'Future in Mind' makes a number of proposals the government wishes to see by 2020. These include: tackling stigma and improving attitudes to mental illness; introducing more access and waiting time standards for services; establishing 'one stop shop' support services in the community and improving access for children and young people who are particularly vulnerable.

7. The report introduction includes a statement from Simon Stevens CEO of NHS England he stated *'Need is rising and investment and services haven't kept up. The treatment gap and the funding gap are of course linked'*. The report emphasises the need for a whole system approach to ensure that the offer to children, young people and families is comprehensive, clear and utilises all available resources.
8. The report also calls for a step change in the way care is delivered moving away from a tiered model towards one built around the needs of children, young people and their families.
9. The report followed the announcement of an additional £1.25bn investment. However, it is unclear how this will be allocated locally. Further guidance is expected from NHS England.
10. It identifies key themes fundamental to creating a system that properly supports the emotional wellbeing and mental health of children and young people. Themes include:
  - Promoting resilience, prevention and early intervention
  - Improving access to effective support – a system without tiers
  - Care for the most vulnerable
  - Accountability and transparency
  - Developing the workforce
11. This report states that areas will be required to develop and agree a **Transformation Plan for Children and Young People's Mental Health and Wellbeing** which will concentrate on achieving these aspirations and clearly articulate the local offer.
12. In terms of local leadership, Future in Mind anticipates that the lead commissioner, in most cases CCGs, would draw up the Plan, working closely with Health and Wellbeing Board partners including local authorities. However, partners in County Durham have already supported that the Children and Young People's Mental Health and Emotional Wellbeing (including CAMHS) Group will lead the development of a local Plan, the Children and Young People's Mental Health, Emotional Wellbeing and Resilience Plan, as noted in paragraph 3 above.
13. The North of England Strategic Clinical Networks (NESCN) is aiming to gather some local intelligence on how each CCG/ local authority and other partners are currently working to meet the 49 recommendations from the Future in Mind Report and to understand the current challenges and position of each local area. A self- assessment tool has been made available.

### **Update on the Implementation of CAMHS Interim Joint Strategy**

14. The CAMHS Interim Joint Strategy action plan is **attached at Appendix 2**. Actions have been RAG rated.

15. Examples of progress include: refining of the governance around mental health; scoping in regard to the all age mental health needs assessment; pilot of the crisis and liaison / deliberate self-harm service, which will be evaluated as part of the CAMHS review which is being undertaken by the CCGs (detailed in the section below).
16. Work is in progress to cross reference actions with requirements in detailed in Future in Mind, which will need to be transferred into the new Children and Young People's Mental Health, Emotional Wellbeing and Resilience Plan.

### **CAMHS Review Update**

17. An action with the CAMHS Interim Joint Strategy was for CCGs to undertake a review of children and young people's mental health and wellbeing services they commission, to identify potential improvement opportunities and inform commissioning decisions.
18. The CAMHS review was initiated following preliminary work which highlighted:
  - A number of historic contract variations which had limited information or service descriptors.
  - A number of service specifications were out of date - reviews had been postponed due to the proposed move to Cluster specifications through the Care Pathways and Packages process.
  - Changes in local authorities funding contribution to the CAMHS budget.
19. Objectives of the review include:
  - For each service area, gather information on access to service, activity levels, waiting times, discharge process and patient outcomes and experience – and where possible assess for added value (quality), pressures and gaps.
  - Seek views of children and young people (also parents/carers) on their experience of current services and seek views of potential users of services; in order to gain an understanding of what more can be done to improve their mental wellbeing and those services commissioned.
  - Identify changes to existing service specifications, quality/information requirements or identify if a full service redesign is required.
  - Understand impact of funding changes.
  - Propose recommendations to inform future commissioning plans.
20. In terms of engagement, the CCGs have commissioned Investing in Children to undertake an Agenda Day with young people to gather feedback on health commissioned services.
21. It is anticipated that information gathered as part of the CAMHS review will feed into wider work, and that there will be an opportunity for further engagement around how all of the wider services, including schools work together.

## **Children and Young People's Mental Health, Emotional Wellbeing and Resilience Plan Update**

22. A multiagency group has been established to take responsibility for the development, implementation and oversight of the Children and Young People Mental Health and Emotional Wellbeing and Resilience Plan as part of the County Durham No Health without Mental Health Implementation Plan.
23. The Children and Young People's Mental Health and Emotional Wellbeing (including CAMHS) Group will develop the Children and Young People Mental Health and Emotional Wellbeing and Resilience Plan. This group is jointly chaired by Catherine Richardson, Portfolio Lead for Mental Health, Public Health and Stephen Cronin, Consultant Paediatrician, Associate Medical Director, County Durham and Darlington NHS Foundation Trust.
24. Terms of reference, for the group have been agreed and Task and finish groups have been set up to explore:
  - Prevention
  - Early identification and intervention
  - Effective care, support, treatment and recovery
25. The governance structure chart for mental health which shows the links to the Health and Wellbeing Board and the Local Safeguarding Children's Board is **attached at Appendix 3**.
26. It is anticipated that a first draft of the Children and Young People Mental Health and Emotional Wellbeing and Resilience Plan will be developed by end of July 2015 which will then be formally consulted upon over a three month period. A timeline for the consultation process is **attached at Appendix 4**.
27. The Children and Young People Mental Health, Emotional Wellbeing and Resilience Plan will be presented to the Health and Wellbeing Board for agreement on 3<sup>rd</sup> November 2015.

### **Implications and Risks**

28. To be aware of the risk relating to the importance of managing the transition between the Interim Joint Strategy and the new plan; whilst factoring in recent policy guidance from the Department of Health and undertaking a full consultation process.

## **Recommendations**

29. The Health and Wellbeing Board is recommended to:

- Note the content of this report.
- Note the work taking place to develop the Children and Young People Mental Health, Emotional Wellbeing and Resilience Plan which will include recommendations from “Future in Mind”
- Receive a draft of the Children and Young People Mental Health, Emotional Wellbeing and Resilience Plan at its meeting in September 2015, as part of the formal consultation process.

---

**Contacts: Christine Scollen, Senior Commissioning Support Officer  
North of England Commissioning Support**

**Tel: 0191 374 4109**

**Emma Thomas, Joint Commissioning Manager (Children)  
North of England Commissioning Support**

**Tel: 07747 457985**

**Tricia Reed, Commissioning Policy and Planning Officer  
Durham County Council**

**Tel: 03000 269095**

**Catherine Richardson, Public Health Lead, Durham County Council**

**Tel: 03000 267667**

---

---

## **Appendix 1: Implications**

---

### **Finance**

No implications

### **Staffing**

No implications

### **Risk**

No implications

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

No implications

### **Accommodation**

No implications

### **Crime and Disorder**

No implications

### **Human Rights**

No implications

### **Consultation**

Consider draft Children and Young People Mental Health, Emotional Wellbeing and Resilience Plan at its meeting in September 2015, as part of the formal consultation process

### **Procurement**

No implications

### **Disability Issues**

No implications

### **Legal Implications**

No implications

## Appendix 2: CAMHS Interim Joint Strategy

Priority	Action(s)	Interventions / Activities / Progress	Lead organisation(s)	RAG Rating	Timescale
<b>1. More children and young people will have good mental health</b>					
1.1 Strategic planning and commissioning organisations will work together effectively to support child and adolescent mental health and emotional wellbeing.	Re-affirm partnership and governance arrangements through the Children and Young People's Mental Health, Emotional Wellbeing and Resilience Group, reporting to the Mental Health Partnership Board and Children and Families Partnership	CYP MH,EW&R Group - meetings scheduled and membership identified; Terms of Reference developed	CCGs/DCC		July 2014
	Gain a more complete picture of local needs by refreshing the mental health needs assessment, identifying vulnerable groups	Scoping document for County Durham all age mental health and emotional wellbeing Health Needs Assessment available; gap analysis (including universal promotion and prevention, early help and vulnerable groups)	CCGs/DCC		September 2015
	Consult and engage with children, young people, parents/carers and other stakeholders to inform future plans	Develop a consultation/engagement plan following appropriate organisational guidelines; build on existing participation mechanisms e.g. Investing in Children, parent forums and Healthwatch; map hard to reach groups and tailor consultation plan accordingly	CCGs/DCC		September 2015
	Develop and ratify the children and young people's mental health, emotional wellbeing and resilience plan for County Durham. This all-encompassing plan will supersede the interim CAMHS strategy and support the County Durham No Health Without Mental Health Implementation Plan	Analyse the results of the needs assessment, consultation and gap analysis to inform plan with a focus on prevention and building resilience and targeting interventions for those at highest risk of developing poor mental health	CCGs/DCC		December 2015

Priority	Action(s)	Interventions / Activities / Progress	Lead organisation(s)	RAG Rating	Timescale
1.2 Improve mental health in priority groups within County Durham	As part of mental health needs assessment identify local CYP vulnerable and priority groups	Scoping paper for needs assessment available	CCGs/DCC		March 2015
	CAMHS to support implementation of SEND code of practice by contributing to EHCPs and SEN support plans when appropriate to do so	Lead named CAMHS practitioner identified; SEN Team are able to make formal requests for information to formulate EHCP assessments.	CCGs/DCC		September 2014
	Continue with nurturing attachment training as part of the fostering and adoption training programme	Training is ongoing	DCC		Ongoing
	Support a preventative approach for Looked After Children through LAC reduction strategy and adoption reforms incorporating pre-birth initiatives	New legislation from 1 May requiring therapeutic support for adopted children to address emotional wellbeing needs of both adopted and those adopting. Working group established to put in place plans and access new government funding. Pre-Birth Service report available Sept-14.	DCC		Ongoing
	Ensure information and education is available on substance misuse and support children and young people to take part in positive activities to reduce risk-taking behaviours	New integrated Drugs & Alcohol Service commenced 1-Apr-15; includes support for CYP; pathways in development with MH services; dual needs strategy includes support and interventions for children & families	DCC		Ongoing



Priority	Action(s)	Interventions / Activities / Progress	Lead organisation(s)	RAG Rating	Timescale
	Continue to identify and support young carers and provide early help to families with additional needs coordinated through One Point	Young Carers Workshop 17-Mar-15; action plan refreshed taking account of legislation; draft action plan presented to the County Durham young carers steering group	DCC	Green	Ongoing
	Ensure timely support is available for children with additional needs and disabilities and strengthen the work of primary mental health workers and early intervention within One Point.	PMHWs part of CAMHS review being undertaken by CCG; Task group 2 exploring actions re early intervention; Independent Review Officers and Full ; Circle in place – update on outcomes required	CCGs/DCC	Yellow	Ongoing
<b>2. More children and young people with mental health problems will recover</b>					
2.1 High quality targeted and specialist services will be available to those most in need	Undertake a review of CCG commissioned CAMHS, capturing accessibility/choice and patient outcomes including patient and carer satisfaction	CCG commissioning intention 2014/15; PID completed; some project slippage resulting from delays in planning stakeholder engagement; CAMHS Agenda Day being explored; outputs of review will need to inform CYP MH, Emotional Wellbeing Plan	CCGs	Yellow	March 2015
	Explore mechanisms for increasing utilisation of out-reach work i.e. clinics within children centres and general practices	PMHW part of CAMHS review	CCGs/TEWW	Yellow	March 2015
	Ensure support/signposting is available in schools for people suffering from mental health issues	Mindfulness commissioned by Public Health – selected secondary schools; Relax Kids – approx.90 people trained to deliver nationally recognised training programme; Emotional Health & Psychological Wellbeing Service into schools; CAMHS input into schools;	CCGs/DCC	Green	Ongoing

Priority	Action(s)	Interventions / Activities / Progress	Lead organisation(s)	RAG Rating	Timescale
		school nursing currently under review, scope to explore emotional wellbeing support			
	Continue to improve access to and recovery rate from psychological therapies for children and young people, increasing capacity to deliver evidenced-based interventions and linking to the CYP IAPT national project	Additional training places made available; need to explore baseline data on access and recovery rates	TEWV CCGs		Ongoing
	Ongoing monitoring of joint referral protocol between Full Circle and CAMHS and review	Ongoing monitoring, the protocol will be reviewed at next stakeholder meeting in November 2015.	DCC		July 2015
	Develop CAMHS performance dashboard for monitoring and reporting purposes	Core data in line with National CAMHS data set yet to be agreed; scoping exercise re CAMHS information requirements (to include referrals by source, service user/carer experience)	CCGs/TEWV		TBC
2.2 Service provision will be well-coordinated and joined-up	Adopt a continuous improvement approach to pathway development/implementation; review progress against CYPS pathway programme specific to County Durham; explore opportunities for integrated approach where appropriate	Review and implement pathways specific to ADHD, ASD, challenging behaviour, eating disorder and other; update on CYPS pathway programme provided by TEWV	CCGs/TEWV		Ongoing

Priority	Action(s)	Interventions / Activities / Progress	Lead organisation(s)	RAG Rating	Timescale
	Engage with NHS England to review discharge process from Tier 4 to Tier 3	Review discharge pathway from Tier 4 to community services; mapping exercise	NHS England		March 2016
<b>3. More children and young people with mental health problems will have good physical health</b>					
3.1 Improve integrated response to co- and multi-morbidity mental health and physical health conditions	Explore further via health needs assessment; specific actions to be incorporate in wider plan	Needs assessment and CYP MH, Emotional Wellbeing and Resilience plan to reference smoking, obesity, alcohol and substance misuse	CCGs/DCC		July 2015
	Children and young people with mental health issues and LTC to be considered as part of integrated pathway development	Link to needs assessment; map psychological support for children with a disability or LTC e.g. diabetes, obesity, chronic fatigue; consider links to pathway development/ IAPT/LD health checks	CCGs/DCC		TBC
<b>4. More children and young people will have a positive experience of care and support</b>					
4.1 Involve children and young people and their parents/carers in service evaluation and improvement	Service satisfaction questionnaire and taken action where appropriate	When evaluating service user and carer experience take into consideration Think Family approach and gather feedback on family involvement in assessment/care planning process. Service user experience part of proposed MH Trust data set/information requirements; need to consider all providers	CCGs/TEWV		Ongoing

Priority	Action(s)	Interventions / Activities / Progress	Lead organisation(s)	RAG Rating	Timescale
4.2 Improve access	Information on what support services are available		CCGs/TEWV		Ongoing
	Develop open access and drop in clinics	Action included in CYPFP – need to cross reference	CCGs/TEWV		March 2015
	Adopt a better use of technology within CAMHS e.g. Skype, texts appointment alerts	Action included in CYPFP - need to cross reference	CCGs/TEWV		March 2015
	Review web-based tool (previously commissioned by PCT) and make recommendation	Part of CAMHS review	CCGs		March 2015
4.3 Improve transition to adulthood	Adopt a planned approach to transition to adulthood taking into account individual housing, education and employment needs; establish joint transition team	A transitions steering group has been established, as part of the current adults and children's work stream; developing and implementing a transitions programme, including joint protocol Increase involvement of CAMHS in transitions work around MH and LD and SEN reforms. Work ongoing.	DCC		Ongoing

Priority	Action(s)	Interventions / Activities / Progress	Lead organisation(s)	RAG Rating	Timescale
4.4 Contribute to supporting families and carers	Implement local CQUIN scheme, specifically to improve support to families who have a child or young person with mental health difficulties open to the mental health trust	CQUIN applied via contracting process	CCGs/TEWV		March 2015
	Provide training to professionals and develop a range of marketing materials to raise awareness of young carers needs		DCC		March 2015
<b>5. Fewer children and young people will suffer avoidable harm</b>					
5.1 Reduce rate of self-harm in children and young people	Increasing the availability of information on self-harm e.g. recognising the signs and how to access help	'Scoping report for review on self-harm by young people, presented to O&S in Sept-14; working group established A group has been set up with representatives of Full Circle, CAMHS and Fostering managers to look at prevention of self-harm including guidance for foster carers. Joint training on self-harm between Full Circle, CAMHS and Crisis service.	CCGs/DCC		March 2015
	Pilot crisis/deliberate self-harm service	Initiative taken forward as commissioning intention 2014/15; service specification developed; service 'live' since June 2014; interim review in progress; report to be submitted to commissioners when through internal processes.	CCGs/TEWV		Ongoing

Priority	Action(s)	Interventions / Activities / Progress	Lead organisation(s)	RAG Rating	Timescale
	Review pathway for paediatric self-harm admissions	Task and finish group to review pathway; need to ensure effective engagement with Primary Care / GPs	CCGs/TEWW CDDFT		March 2015
	Develop knowledge and skill of school based staff to recognise and respond to signs of self-harm	Guidance for school based staff being produced	DCC		March 2015
	Promote awareness of self-harm in Primary Care	Arrangements for development session for Practice Safeguarding Children Leads made; Protected Learning Time (PLT) for all GPs to be scheduled re early help / self-harm	CCGs		Dec-14
5.2 Effective safeguarding	Implementation of Never Do Nothing initiative	Voluntary and Community Sector to be aware of simple actions they can carry out if they have concerns about a child, suspect that a child is in danger of harm or if there are concerns for a child's safety and welfare	DCC		Ongoing
	Continue to develop a local Multi-Agency Safeguard Hub (MASH)	MASH live from 2-Mar-15	CCGs/DCC		Ongoing

Priority	Action(s)	Interventions / Activities / Progress	Lead organisation(s)	RAG Rating	Timescale
	Continue to work together to safeguard children and young people including those who are Vulnerable, Exploited, Missing, Trafficked (VEMT)	LSCB has established a strategic CSE sub group; locality meetings taking place fortnightly to manage individual cases; beginning discussions around information flows with GPs.	DCC		Ongoing
6. Fewer children and young people will experience stigma and discrimination					
6.1 Tackling stigma and discrimination	Support National campaigns		All		TBC
	Promote newsletter written by young people with lived experience of mental distress		All		Ongoing

### RAG Rating Key

Not commenced	On track with minor issues
Concerns / issues	On track