

## Health and Wellbeing Board

27 November 2017



### Children and Young people's mental Health, Emotional Wellbeing and Resilience Local Transformation Plan

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

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#### Purpose of the Report

- 1 To provide the Health and Wellbeing Board (HWB) with the background to the development of the nationally required children and young people's mental health, emotional wellbeing and resilience local transformation plan (CYP MH LTP), how the CYP MH LTP feeds into the County wide strategic mental health plan on a page and to describe the current governance arrangements for the plans.

#### Background

- 2 The County Durham Children and Young People's Mental Health, Emotional Wellbeing and Resilience Local Transformation Plan (2015-2020) (CYP MH LTP) was approved by the Health and Wellbeing Board in November 2015 with a refreshed plan agreed by the Board in January 2017.
- 3 The voice of children, young people and parents has been sought every year through consultation via Investors in Children and also a dedicated commission to work with parents.
- 4 The CYP MH LTP reflects the vision and principles of the national "Future in Mind" strategy and the five year forward view for mental health. The core overarching aims of the CYP MH LTP are to:
  - Facilitate greater access and standards for mental health services;
  - Promote positive mental health and wellbeing for children and young people;
  - Have greater system co-ordination and a significant improvement in meeting the mental health needs of children and young people from vulnerable backgrounds.

5 The CYP MH LTP is based on the five themes within “Future in Mind” and these continue to be the themes for the current plan 2017/18, as outlined below:

- **Promoting resilience, prevention and early intervention** - Our aim is to act early to prevent harm, by investing in the early years, supporting families and those who care for children and building resilience through to adulthood.
- **Improving access to effective support** - Our aim is to change how care is delivered and build it around the needs of children and young people and families. This means moving away from a system of care defined in terms of the services organisations provide to ensure that children and young people have easy access to the right support from the right service at the right time.
- **Care for the most vulnerable** - Current service constructs present barriers making it difficult for many vulnerable children, young people and those who care for them to get the support they need. Our aim is to dismantle these barriers and reach out to children and young people in need.
- **Accountability and Transparency** - Far too often, a lack of accountability and transparency defeats the best of intentions and hides the need for action in a fog of uncertainty. Our aim is to drive improvements in the delivery of care, and standards of performance to ensure we have a much better understanding of how to get the best outcomes for children, young people and families/carers and value from our investment.
- **Developing the workforce** - It is our aim that everyone who works with children, young people and their families is ambitious for every child and young person to achieve goals that are meaningful and achievable for them. They should be excellent in their practice and able to deliver the best evidenced care, be committed to partnership and integrated working with children, young people, families and their fellow professionals and be respected and valued as professionals themselves.

### **Governance and Accountability**

- 6 The progress on implementing the CYP MH LTP is reported into NHS England’s assurance process, which requires the CCGs to publish an annual updated plan on 31<sup>st</sup> October.
- 7 The HWB has overall responsibility to agree and sign off the CYP MH LTP on an annual basis.
- 8 The Mental Health Partnership Board (MHPB) is established as an all age mental health partnership and reports into the Health and Wellbeing Board. The MHPB is currently in the process of developing an overarching mental health strategic plan on a page which incorporates the five work streams of the MHPB. This overarching draft mental health strategic plan on a page will

be presented to the HWB on 27<sup>th</sup> November 2017 to launch the consultation on the plan and key outcomes.

- 9 To ensure the CYP MH LTP is being progressed locally with stakeholders there is a CYP MH LTP group which is a sub group of the County Durham Mental Health Partnership (MHPB).

### **Annual re-fresh of the CYP MH LTP**

- 10 In line with NHS England's requirements of an annual update of the CYP MH LTP, a re-fresh workshop was held in June 2017. A wide range of stakeholders were invited to participate in the workshop to determine:
- Latest health intelligence and data to inform priorities
  - Progress made on actions to date
  - Gaps and duplication requiring further attention
  - Actions falling behind schedule requiring additional attention
  - Hearing from CYP and parents to ensure their priorities are visible in the plan
- 11 Following the workshop the feedback has been fully incorporated into the refreshed action plan for 2017/18.
- 12 Delegated authority to agree the Children & Young People Mental Health Local Transformation Plan prior to submission to NHS England took place with the Corporate Director for Children and Young People's Services and the chair of the Health and Wellbeing Board prior to submission of the plan on 31<sup>st</sup> October 2017.

### **CYP MH LTP ambitions 2020/21**

- 13 By 2020/21 we will have built on existing practice to ensure:-
- Every young person in County Durham has access to a graduated and timely response to emotional health issues, ranging from maintaining a healthy mind to acute crisis.
  - That County Durham has a joined up system for early help that operates based on the THRIVE approach and harnesses the capacity of the third sector.
  - All County Durham educational settings are better equipped to support the emotional health of their populations working within the getting advice and getting help quadrants of the THRIVE approach.
  - That access to getting more help and risk support is available through local settings including primary, acute and specialist care, is timely, and based on clear pathways of care linked to different types of need.
  - We will have one single point of access.
  - Coordinated robust risk support is available for the most vulnerable between partners including youth justice.
  - By 2020/21, in-patient stays for children and young people will only take place where clinically appropriate, and will have the minimum

possible length of stay, and will be as close to home as possible and be commissioned on a 'place-basis' .

- Everyone in contact with children and young people feels equipped to actively support their mental health and wellbeing.
- Well informed commissioners with comprehensive intelligence about needs and provision who strive to co-produce with children, young people and their families leading to innovative, creative and responsive support across a range of services from primary to inpatient and secure settings.
- Support services to seek the views of our most vulnerable.
- Maximise opportunities to capture feedback, incorporate this into discussions and work to improve quality.
- Perinatal mental health service supporting the needs of our population to ensure timely assessment, early intervention and appropriate referral into specialist services when required. In 2015-16 we have undertaken a range of improvements to achieve our vision.

## **Successes**

- 14 Good progress has been made against the original CYP MH LTP published in November 2016, particularly in the following categories: mental health in schools, peer support for parents/carers, child sexual exploitation.
- a) A significant number of developments focused on promoting resilience and emotional wellbeing in schools. Work is well advanced, led by Public Health and DCC Education, to roll out a resilience programme for 75 schools in County Durham.
  - b) County Durham now delivers a flexible and responsive service 24/7, 365 days a year, for children and young people experiencing a mental health crisis.
  - c) St Cuthbert's Hospice provide a Children and Young People's Bereavement support service (The Jigsaw Project), which extends the work of their existing Bereavement Service to support children and young people, including those who experience loss as a result of suicide and sudden or unanticipated death.
  - d) County Durham has enhanced the existing Community Eating Disorder Service for Children and Young People (CEDS-CYP).
  - e) Success North East provides a parent support project for parents and carers whose children are experiencing emotional or mental health issues. The project delivers parent training to enable parents to become peer supporters and encouraging professionals to become mental health champions

## **Priorities and Progress**

- 15 The initial Local Transformation Plan was published in October 2015 and outlined a number of priorities that were identified to transform children and young people's emotional and mental health.

- 16 Priorities were aligned to the key themes within Future in Mind. The next section provides an update on progress made to date and describes our plans moving into year three.
- 17 Whilst good progress has been made during 2016-17 we have more ambition in 2017-18 and beyond to further transform care.

**Key priority areas identified for further improvement include:**

- Link the developments the Crisis and Liaison Pathway (above) to our successful NHS England Health and Justice bid to ensure mental health support is available within our locality, in particular in relation to Child Sexual Exploitation so that a multi-professional team can be responsive to our most vulnerable young people.
- Further improvements to the crisis pathway beyond the new Mental Health Crisis & Liaison Service and we will implement an Intensive Home Treatment pathway during 2018.
- Development of a safe place – Tees, Esk & Wear Valley NHS Foundation Trust with support from the CCGs were successful in securing funding to convert spaces into a safe place. This funding is being used to create a safe, appropriate environment to assess and meet the needs of children and young people who need to use them if presenting in mental health crisis.
- Further improvements to the mental health support to Looked After Children/ Children in Care by identifying the needs and develop pathways to address the needs of these CYP.
- Improving the transition pathway to adults and we will utilise the new national Commissioning for Quality and Innovation (CQUINs) as a framework to support the improvements necessary in transition from children to adult services so that experience of care is smooth, informed and supported.
- Rollout and embedding of the Thrive approach to inform this whole system approach to improving access.
- Investment in the autism pathway to ensure waiting times are NICE compliant as well as a review of the current pathway to see what improvements can be made to improve outcomes, access and experience.
- National funds available as part of an STP bid to improve specialist perinatal mental health services.
- Early Intervention in Psychosis (EIP) - The CCG has also worked successfully with Tees, Esk & Wear Valley NHS Trusts in County Durham to commission an EIP service for the full age range that ensures people are assessed and received NICE concordat treatment within 2 weeks of referral.
- Development and implementation of the County Durham workforce plans and strategy.

## **Next steps**

- 18 Durham will continue to consult with all partners on the content of this 'refreshed' transformation plan until the end of November 2017. Amendments where necessary will be made following assurance feedback from NHS England.
- 19 Plans will be edited into an easy read version to make sure that it is accessible to all. Work is taking place with Investing in Children (IIC) to ensure that children and young people are involved in the design process by the end of November 2017.
- 20 A summary document that outlines the plans will be developed following full assurance, and sign off from all partners.
- 21 Governance of the CYP MH LTP is currently being reviewed as part of the wider governance arrangements for mental health as part of the development of the overarching draft strategic mental health plan on a page.
- 22 It is recommended that an updated CYP MH LTP is presented to the HWB in March 2018.

## **Recommendations**

- 23 The Health and Wellbeing Board is recommended to:
  - a) note the information provided in the report regarding the assurance of the transformation plan being progressed at a local level
  - b) note and agree the priorities for 2017/18
  - c) endorse the refreshed plan and priorities for action
  - d) agree to receive an updated children and young people mental health local transformation plan in March 2018.

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## **Appendix 1: Implications**

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**Finance** – Significant pressures exist for all partners therefore more coordinated and joined up approaches are essential. The value in developing crosscutting programmes of work will be considered by all partners

**Staffing** – There are long-term issues about developing and equipping the workforce to be able to develop specialist and population level interventions; this will be considered by all partners.

**Risk** – Partnership support is required for the mental health agenda and failure to identify appropriate support may result in a risk to performance and to the monitoring of activities relating to vulnerable groups.

**Equality and Diversity / Public Sector Equality Duty** – All partners will meet their statutory duties.

**Accommodation**– N/A

**Crime and Disorder**– The implications are described in the fuller plans being developed by the MHPB sub groups.

**Human Rights**– N/A

**Consultation**– Consultation will be through the mental health user and consultation forums along with other key stakeholders including schools.

**Procurement**– N/A

**Disability Issues**– Mental wellbeing is a key area to ensure all disabilities are considered.

**Legal Implications**– There is a legal requirement to publish a CYP MH local transformation plan on an annual basis