

Health and Wellbeing Board

29 November 2018



The children and young people's mental health, emotional wellbeing and resilience local transformation plan on a page (CYP MH LTP) consultation

Report of Margaret Whellans, Corporate Director, Children and Young People's Services, Durham County Council, and Amanda Healy, Director of Public Health, Durham County Council

Purpose of the Report

- 1 To provide the Health and Wellbeing Board with the consultation feedback on the draft children's mental health, emotional wellbeing and resilience local transformation plan on a page (2018-2020)¹.

Background

- 2 Improving children's mental health and emotional wellbeing is a key objective in the developing children and young people's strategy for County Durham and a main priority within the County Durham public health strategic plan. The overarching all age mental health strategy for County Durham is in the process of ratification and includes six of the priorities from the CYP MH LTP which demonstrate the breadth of action being delivered.
- 3 It is estimated that 10% of children aged 5 – 16 (10,000 children) have a diagnosed mental health disorder within County Durham which is in line with national figures. For more vulnerable groups, such as looked after children, it is estimated to be approximately 60% of children who have emotional or mental health illness highlighting the significant inequalities in mental health across the child population. For more intelligence please review the Durham Insights (<https://www.durhaminsight.info/>).

National strategy

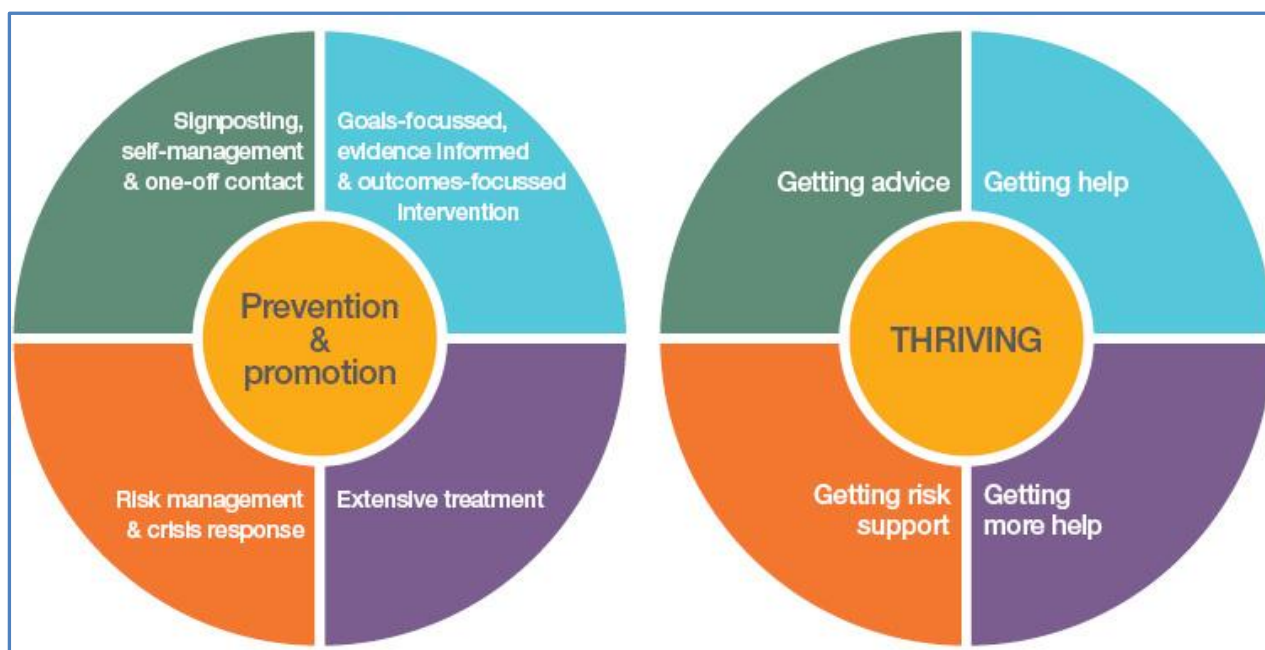
- 4 There is a national drive through the NHS Five Year Forward View for Mental Health to improve mental wellbeing for children and to make sure effective support is available at the right time and in the right place.
- 5 The CYP MH LTP reflects the vision and principles of the national "Future in Mind" strategy and the five year forward view for mental health and is based on the five themes, as outlined below:

¹ This plan will have the full NHS England LTP assurance document supporting it by the end of September ahead of sign off on 31st October.

- i. **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.
- ii. **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.
- iii. **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.
- iv. **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.
- v. **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.

The local transformation plan (LTP)

- 6 The aim of the LTP is to make it easier for children, young people, parents and carers to access help and support when needed and to improve mental health services for children and young people. This is based on the THRIVE approach to mental health.



- 7 The draft plan on a page has been consulted on over the summer and consultation closed on the 7th September 2018. The plan has been updated to reflect stakeholder feedback. The detailed assurance plan has also been updated and has been signed off by the Chair of the Health and Wellbeing Board and the Corporate Director for Children's services. The sign off by the chair of the health and wellbeing board was an essential criteria ahead of submission to NHS England on 31st October 2018. Due process for sign off did not align with the meeting dates for the health and wellbeing board so a bespoke meeting was convened to discuss and sign off the plan.

Consultation Process

- 8 Views were sought from CYP (through facilitated discussion), parents/ carers and key partners to identify if there are any gaps in the draft plan for 2018-2020 and to tell us what ambitions should be considered to take the LTP beyond 2020.
- 9 Questions for consultation included:
- (i) Does the plan meet the needs of CYP and are there any gaps not being addressed?
 - (ii) How do we demonstrate we are having a positive impact on young people's mental health and emotional wellbeing?
 - (iii) Identify what our ambitions could be for County Durham beyond the 2020 plan?
 - (iv) If there are any other comments they would like to make in relation to mental health for young people.

In addition CYP were asked their views on proposals to develop a "Digital Offer" aimed at the early intervention of emerging mental health issues via online support.

- 10 Stakeholders included:
- Children and young people (targeted groups)
 - Parents/Carers
 - Clinical Commissioning Groups (CCGs) and primary care
 - Durham County Council Children's sServices
 - School staff – SENCOs – Primary, Secondary, Special
 - Head teachers- DASH / DAPH/ DASSH
 - School governors
 - TEVV (CAMHs)
 - 0-19 services – (Harrogate & District Foundation Trust)
 - Voluntary Community Sector
 - Overview and scrutiny

Consultation methods

- 11 Consultation methods varied with each stakeholder group (full details in appendix 3):

Investing in Children (IiC) led the consultation with children and young people. Agenda Days™ took place throughout the summer and consulted with the following groups:

- eXtreme Group (SEND/ LAC/ Primary & Secondary Age)
- CAMHS Participation Group (Accessed MH Services)
- Health Group (LAC & also these young people helped shape the questions) Aycliffe Secure Centre (Youth Justice System & LAC)
- CICC (LAC & LGBTQ)
- Decades Project (Young women's rights group accessed many services)
- UTASS – (Covers the Dales and rural isolation)
- YASC – (Covers both MH Service users and a number of LGBTQ)

- Stanley Young People's Club, a split session with an older and younger group

The above groups covered:

- Children and Young People of Primary and Secondary age
- Children and Young People who currently engage with Investing in Children
- Children and Young People who currently access Mental Health Services
- Children and Young People who have previously access Mental Health Services
- Children and Young People with a Special Educational Need and/or Disability
- Children and Young People who are Looked After
- Children and Young People who live across all areas of County Durham
- Children and Young People who identify as LGBT+

Consultation Summary

Children and Young People

- 12 77 young people aged 8-21 were engaged as part of the review of the LTP, numbers were lower than anticipated due to the summer holiday period but despite this the themes from each of the sessions were consistent throughout.
- 13 Young people felt like mental health and emotional wellbeing is more of a priority now than it ever has been before and the subject of mental health is talked about regularly. Young people also suggested that there is a long way to go in changing the perceptions of society making County Durham a less judgemental and more supportive County within education, employment and within local communities. Full liC report attached appendix 4.

The keys points / comments include:

- More opportunities for **informal peer support** – not always necessarily mental health provision but activities and clubs which have a positive effect on young people's mental health e.g. arts, exercise etc.: *"Meeting other people with similar issues which can help young people feel less alone with their struggles, going out to groups can give them something to focus on and look forward too, and also someone could be struggling to engage in therapy with services but could still be accessing groups which means they are still engaging in some ways."*
- **Early intervention, targeted work for Primary schools**, raise awareness of mental health and emotional wellbeing; *"Do more in Primary schools to tell younger kids it's ok to talk about how you feel and not to be scared."*
- More support in Education: *"Not just one person it should be a whole school approach so young people have options and different people to talk to."*
 - *"Train staff to identify young people who are struggling."*
 - *"Promote what support is there for young people."*
- **Create a Digital Offer:** *"If they are promoted well and people know there is somewhere to go to for advice and support even if they don't have a mental health problem then they can get help earlier they might not think they need to go to places like CAMHS."*

- **Challenge Stigma and Discrimination:** *“Schools should talk about it more and do more to stop bullies who pick on easy targets and vulnerable kids.”*

Parents / carers:

- 14 Parents / carers provided feedback directly through the public health consultation request on the Durham County Council website and via a focus group with the ‘Rollercoaster’ parent support group. 14 parents attended the Rollercoaster focus group.
- 15 The majority of parents / carers expressed or supported the need to ensure all school staff are trained in mental health awareness. The need to ensure parents are listened to and supported was also evident. Parents also noted the difficulties they faced when trying to get help and support for their children until they were ‘in crisis’.
- 16 Key points / comments include:
- Year 9 is too late, work needs to start earlier in primary school
 - Mental health should be on the curriculum from age 5 to change culture long term
 - *“Children should receive support before they hit crisis point”*
 - More understanding of mental health in schools – *“just because you can’t see it doesn’t mean there isn’t a problem”*
 - Children from nursery/reception and beyond should be encouraged to talk about their feelings
 - Ensure the mental health and wellbeing needs of CYP (including those with special educational needs) are being met. School exclusions may be avoided if problems are identified earlier
 - All pregnant parents should complete a parenting course that includes mental health
 - Wider training and awareness in mental health for all school staff from early years to secondary. Not just the mental health lead or the SENCO including cleaners, caterers, parents etc
 - *“Social services and mental health services support should be available for any parent who needs and asks for support, it feel like there’s only support from social services for children who are abused.”*
 - Support group for children with emotional wellbeing issues – face to face and virtual - let Rollercoaster grow to scale
 - Children who are adopted should also be included as ‘vulnerable’.

Education:

- 17 The feedback received from education staff was primarily from primary school head teachers although there were some members of staff from further education settings.
- 18 Key points / comments include
- Need to identify root cause of underlying issues (home / family issue). Signs and symptoms in young children are short lived but frequent, needing quick referral. Early intervention would prevent ongoing escalation

- More involvement in the plan from a further education (FE) perspective.
“*Those young people transitioning from school to FE transitioning, early intervention is critical*”
- There is a need to include views from school staff including HT, SENCO, and pastoral leads when measuring the impact of services and not only the voice of CYP and parents.

Other key stakeholders:

- 19 Feedback received from the Children in Care Council requested assurance that transitions for young people between children’s and adults services was included in the plan.
- 20 General feedback was received from Durham County Council Children’s Services staff, and CCG’s supporting the plan.

Ambitions beyond 2020

- 21 There was no detailed feedback on what the ambitions for beyond 2020 could look like so the County Durham LTP group will look to set some ambitions that reflect the developing Children’s Strategy for County Durham.

Next steps

- 22 The high level CYP MH (2018-2020) plan on a page has been updated to reflect consultation feedback (see appendix 2). This includes:
- Clear offer of parent support
 - Including resilience programme delivery for primary and special schools, raise awareness of mental health and emotional wellbeing
 - Supporting the development of mental health leads in schools and further education settings
 - Review how support is provided for CYP including face to face, multi-media and digital platforms
 - Included CYP who are adopted in ‘caring for the most vulnerable’.
 - Further education settings to feature in the plan
- 23 The 2018/19 detailed assurance plan has been signed off by the chair of the Health and Wellbeing Board and the Corporate Director of Children’s Services and submitted to NHS England on 31st October 2018. The detailed assurance plan is attached at Appendix 5.
- 24 NHS England are expected to provide more national guidance on key lines of enquiry which they will expect to see driven forward at a local level. To date these national key lines of enquiry reflect the areas in Future in Mind which local plans are currently based on. The new area of scrutiny will be on the ambition beyond 2020.

Recommendations

- 25 Members of the Health and Wellbeing Board are recommended to:
- (a) note the consultation that has taken place and sign off the CYP MH LTP plan on a page (2018-2020)
 - (b) note the actions within the CYP MH LTP will be part of the overarching all age mental health strategy for County Durham and also be a major theme within the developing children's strategy for County Durham
 - (c) note the full CYP MH LTP assurance documents were signed off on 25th October by the chair of the Health and Wellbeing Board and the Corporate Director of Children's Services as per the requirements of NHS England ahead of submission on 31st October.

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Appendix 1: Implications

Finance – Sets strategic context within which financial plans are set.

Staffing – Plans include strengthening staff development and support.

Risk – Risks mainly relate to reputational risks should a strong strategic framework for improving children and young people's services in the County not be clearly articulated. If services do not improve children and young people will not receive the right support at the right time.

Equality and Diversity / Public Sector Equality Duty – The strategy pays particular regard to the needs of vulnerable groups, including groups protected under equalities legislation.

Accommodation– Not applicable.

Crime and Disorder– Not applicable

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.

Consultation– Engagement across all relevant stakeholders has taken place

Procurement– Not applicable at this point.

Disability Issues– See equalities above.

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.

Appendix 2: Draft Plan on a Page - revised

Attached as a separate document

Appendix 3: Consultation methods

Stakeholder(s)	Activity/Method(s)
CYP	Agenda Days
Schools: <ul style="list-style-type: none"> • Head teachers (Primary, Secondary, Special) • SENCO's • School governors • DASH / DAPH / DASSH 	Email – open feedback through public health School extranet
CCG's	Email – open feedback through public health
DCC children's services LSCB	Email – open feedback through public health
Harrogate and district NHS Foundation Trust 0-19 services	Email – open feedback through public health
TEWV / CAHMS	Email – open feedback through public health
VCS working Group	Email – open feedback through public health
Parents / carers	Email – open feedback through public health Focus Group with Rollercoaster

Appendix 4: CYP focus group questions

Focus group questions include:

- 1) What would make young people feel comfortable opening up about your emotional well-being and mental health?
- 2) Who would young people go to for support/ to talk if you were struggling with your mental health?
- 3) What services do young people know of that successfully support young people with how they feel and how do they do it?
- 4) What else could be available to support young people if young people were struggling with their mental health?
- 5) What do you think about having online support if you could access it? What would it need to be offering to make young people want to use it?
- 6) Think about the future, what would you want from early intervention and prevention services?

Appendix 5: 2018/19 Assurance Plan

Attached as a separate document.