

Title of paper:	Children's Behavioural, Emotional and Mental Health	
Report to:	Nottingham Children's Partnership Board	
Date:	13 July 2016	
Relevant Director:	Sally Seeley Director of Quality and Personalisation, NHS Nottingham City Clinical Commissioning Group	Wards affected: All
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Relevant Children and Young People's Plan (CYPP) priority or priorities:		
Safeguarding and supporting children and families: Children, young people and families will benefit from early and effective support and protection to empower them to overcome difficulties and provide a safe environment in which to thrive.		<input checked="" type="checkbox"/>
Promoting the health and wellbeing of babies, children and young people: From pregnancy and throughout life, babies, children, young people and families will be healthier, more emotionally resilient and better able to make informed decisions about their health and wellbeing.		<input checked="" type="checkbox"/>
Supporting achievement and academic attainment: All children and young people will leave school with the best skills and qualifications they can achieve and will be ready for independence, work or further learning.		<input checked="" type="checkbox"/>
Empowering families to be strong and achieve economic wellbeing: More families will be empowered and able to deal with family issues and child poverty will be significantly reduced.		<input checked="" type="checkbox"/>
Summary of issues (including benefits to customers/service users):		
This report provides an overview and update on the Future in Mind programme and our progress in implementing the recommendations from the Child and Adolescent Mental Health Services (CAMHS) Pathway Review in 2013/14.		
Recommendations:		
1	That the Children and Young People's Partnership Board notes the progress made in implementing the children and young people's mental health transformation plan and agree a timescale for future updates.	

1. BACKGROUND AND PROPOSALS

(Explanatory detail and background to the recommendations)

Background

In September 2014, a national children and young people's mental health and wellbeing taskforce was established to consider ways to make it easier for children, young people, parents and carers to access help and support when needed and to improve how children and young people's mental health services are organised, commissioned and provided. This was against the context of the taskforce finding that children and their families were experiencing services that were fragmented, difficult to access and often with long waits for assessment or treatment. It also found that many children and young people requiring inpatient support for their care had to travel significant distances to receive the appropriate treatment. The taskforce review culminated in the publication of *Future in Mind – Promoting, protecting and improving our children and young people's mental health and wellbeing*, which was published in March 2015. The report made a number of recommendations that encompass the following themes:

- Promoting resilience, prevention and early intervention: acting early to prevent harm, investing in early years and building resilience through to adulthood.
- Improving access to effective support – a system without tiers: changing the way services are delivered to be built around the needs of children, young people and families.
- Care for the most vulnerable: developing a flexible, integrated system without barriers.
- Accountability and transparency: developing clear commissioning arrangements across partners with identified leads.
- Developing the workforce: ensuring everyone who works with children, young people and their families is excellent in their practice and delivering evidence based care.

Future in Mind describes an integrated, whole-system approach to transforming children and young people's mental health and wellbeing, and sets local areas ambition of delivering the recommendations by 2020. Recommendations are multi-agency and will only be achieved through improved working across the NHS, local authorities, voluntary and community services, schools and other local services.

In Nottingham City, a CAMHS Pathway review was undertaken in 2013/14, prior to the national review, however, many of the findings align with the national taskforce report. The review gathered the views of children, young people and parents/cares as well as wider stakeholders and reported that children and young people were often feeling confused and frustrated by the current service offer, with a lack of understanding of what was available to them and how they could access support. In response to the review, the City developed and launched in December 2014 a new pathway for behavioural, emotional and mental health services. The new pathway aimed to:

- Strengthen support from universal services with increased focus on prevention and early intervention
- Improve communication and information sharing across the pathway
- Improve access to services through a single point of access
- Deliver evidence based interventions via 'care bundles' instead of current 'tiers' of mental health service provision.

Services that are currently commissioned to provide emotional and mental health support to children, young people, families and carers in the Nottingham pathway include:

- 'Tier 2' Child and Adolescent Mental Health Services (Nottingham City Council)
- 'Tier 3' Child and Adolescent Mental Health Services (Nottinghamshire Healthcare NHS Foundation Trust)
- Behavioural and Emotional Health Team (Nottingham CityCare Partnership)

- Counselling and self-harm services; Xenzone (KOOH), Base 51 and Nottingham City Council (SHARP).

'Tier 4' inpatient provision is commissioned and managed by NHS England.

Developing the local transformation plan

Following the publication of *Future in Mind*, in August 2015 the Government announced that all Health and Wellbeing Board areas would be required to develop a local transformation plan to describe how the recommendations of Future in Mind would be implemented. The plans needed to be multi-agency and system-wide, and demonstrate how capacity and capability would be built within the workforce supporting children and young people's emotional and mental health. To support delivery of the transformation plan an additional £647,000 of national funding was made available to NHS Nottingham City Clinical Commissioning Group in 2015/16. £180,000 of this funding was specifically to fund a community eating disorder service for children and young people in line with new Access and Waiting Time Standards.

Nottingham City's local transformation plan for children and young people's mental health was developed by the members of the Nottingham City CAMHS Executive, building on the implementation of the CAMHS Pathway Review. The overall objective of the transformation plan is to develop and implement a simplified, responsive and efficient pathway that supports and improves the emotional wellbeing and mental health needs of children and young people in Nottingham. The plan is aligned to the City's Wellness in Mind strategy and specifically aims to ensure that:

- Children and young people will be supported as programmes to support mental resilience and preventing mental health problems are implemented
- Problems will be identified earlier and effective interventions will be in place
- Outcomes will be measured and improved through effective treatment and relapse prevention
- Support will be in place for children and young people with mental health problems
- The wellbeing and physical health of children and young people with mental health problems will be improved.

The Nottingham plan outlines a range of priority actions in line with the five themes of *Future in Mind*, and the key actions are outlined below:

- Promoting Resilience, Prevention and Early Intervention
 - Provide better information for children and families about how to help themselves and when to seek support
 - Increase the numbers of children and young people able to take part in programmes to build resilience in schools
- Improving Access to Effective Support
 - Increase the amount of consultation, advice and guidance available to schools and health service providers to enable them to better support children and young people with emotional health needs
 - Improve the access to CAMHS so that children in need of support get prompt access to the right service
 - Ensure that different organisations providing mental health services to children and young people work together effectively and that children are effectively supported
 - Set up a crisis team to respond quickly to young people who have a mental health crisis
- Care for the most vulnerable
 - Review services for children and young people with learning disabilities and neurodevelopmental disorders
 - Review access to services for children and young people from minority backgrounds
- Accountability and transparency

- Make sure that we get the most out of the money that is spent on children's mental health and wellbeing, and that services are making a difference to children and young people's lives
- Developing the workforce
 - Improve and make more training available to professionals working with children, young people and families where there are emotional or mental health difficulties.

The Nottingham plan and a one page summary are included with this report. Implementation of the plan is overseen locally by the multi-agency CAMHS Executive who report to the Commissioning Executive Group and the Clinical Commissioning Group's Governing Body, with quarterly monitoring reports being provided to NHS England who are responsible for assuring delivery against the plan.

Key achievements in delivering the plan to date include the following:

- Piloting the Behavioural, Emotional and Mental Health (BEMH) Pathway, in order to facilitate easier access for children, young people and their families to appropriate early support in relation to behaviour and emotional health needs. This included establishing a pilot team to provide specialist support to these children, including delivering evidence based parenting programmes. The pilot has recently been independently evaluated and the report will be finalised in July 2016. This will inform future service provision in relation to BEMH and will be progressed in 2016/17.
- Progressing operational integration of Tier 2 Targeted CAMHS provided by Nottingham City Council and Tier 3 Specialist CAMHS provided by Nottinghamshire Healthcare NHS Foundation Trust to ensure that children and young people experience a seamless transition between services. This includes increasing capacity in the City's Single Point of Access and offering weekly joint assessment appointments in line with the Choice and Partnership Approach to providing CAMHS. The plan also includes workforce development opportunities for staff in both services to receive training in evidence based interventions such as Cognitive Behavioural Therapy (CBT) and the development of care bundles for presenting needs such as anxiety and low mood.
- Development work by the Council's Personal, Social and Health Education Team to implement academic resilience programmes in Nottingham schools in autumn. This builds on existing work with the Central Learning Partnership on a Whole School Character Audit (based on the Whole School – Healthy Schools review) and will create a focused Health Improvement Model on 'Emotional Resilience' that will support the implementation of an emotional resilience programme across a school. The Implementation model will be underpinned at the class and pupil level through a range of school-based resources that combine learning approaches, both inside and outside the classroom. Most of the resource development will pull together existing material that has been tried and tested in other areas or as part of other programmes.
- A pilot Crisis and Intensive Home Treatment Service for young people in mental health crisis was established in January 2016. The objectives of the service are to rapidly respond to children and young people in mental health crisis in the community by providing timely assessment and where indicated, offering comprehensive acute psychiatric care at home until the crisis is resolved, with the aim of reducing avoidable hospital admissions. The service is now fully staffed and has been offering crisis assessments in the community and in acute hospital settings, in-reach support to acute hospital and tier 4 (inpatient mental health) settings, and intensive home treatment to those young people deteriorating into crisis. Stakeholder feedback to date has been positive in relation to the weekend provision the service offers, which includes shared care for young people supported by the Community Eating Disorder Service who require input around mealtimes, and young people supported by the Looked After Children team whose needs escalate over the weekend period.
- Evaluation of the Nottingham City Eating Disorder service, against national guidance that was published in autumn 2015.

Priorities within the plan for the remainder of 2016/17 include the following:

- Development of a plan to respond to the recommendations of the independent evaluation into the effectiveness of the pilot Behavioural, Emotional and Mental Health Pathway
- Ensuring that future commissioning plans are joined up and take account of all programmes being delivered in the City e.g. Small Steps, Big Changes
- Evaluation of the pilot Crisis and Intensive Home Treatment Service and developing a model for service delivery based on the outcome of the evaluation
- Development of a multi-agency workforce development offer in relation to emotional and mental health
- Focusing on minimising barriers between service providers and streamlining how services work together to ensure children, young people, their families and carers have improved access to services and support when it is needed
- Implementation of the performance framework for children and young people's mental health. This will ensure the same indicators are measured across all providers

Future Developments

It is likely that further national requirements will follow in relation to children and young people's mental health, as indicated in the national document, the *Five Year Forward View for Mental Health*. This will include the development of access and waiting time standards for CAMHS, with a particular focus on crisis provision. Going forwards, the children and young people's mental health transformation plan will become part of the sustainability and transformation plan (STP) for Nottingham and Nottinghamshire; information on Future in Mind has been included in the STP. This is intended to ensure that the ongoing improvement of services in support of children and young people's mental health is prioritised.

1. RISKS

(Risk to the CYPP, risk involved in undertaking the activity and risk involved in not undertaking the activity)

The risk in not delivering the plan would be in increasing the likelihood that children's outcomes are not improved and their needs escalate such that they require more costly, specialist service provision.

2. FINANCIAL IMPLICATIONS

Service developments are funded through the national allocation; following review of the BEMH pathway the financial plan for transformation will be reviewed.

3. LEGAL IMPLICATIONS

None.

4. CLIENT GROUP

(Groups of children, young people or carers who are being discussed in the report)

All children and young people will be supported by the implementation of the plan, as their individual needs will be met by universal through to specialist services depending on their specific needs.

5. IMPACT ON EQUALITIES ISSUES

(A brief description on how many minority groups are being engaged in the proposal and how their needs are being met: This section includes traveller and refugee families. The themes of the Shadow Boards – children and young people; parents and carers; equalities issues and the voluntary and community sector should be considered here).

One specific strand of the transformation plan is to ensure that vulnerable populations receive the support they need. The key actions in this area of the plan are as follows:

- Review the provision of mental health and wellbeing support to children and young people with learning disabilities and physical disabilities. This work has commenced and will take into account the Nottingham City SEND Review and the Transforming Care programme.
- Review access to services for children and young people from black and minority ethnic backgrounds, identifying any barriers, through a Health Equity Audit undertaken by Public Health.
- Ensure priority access to CAMHS provision for children and young people who are looked after by other local authority areas but who are placed in Nottingham City
- Review the available emotional support to particularly vulnerable groups such as children and young people experiencing domestic violence and refugees.

6. OUTCOMES AND PRIORITIES AFFECTED **(Briefly state which of the CYPP priorities will be addressed)**

All CYPP outcomes are affected by the transformation plan as it seeks to drive system change to support children and young people's emotional and mental health and thus improve wider outcomes such as attainment and economic wellbeing.

7. CONTACT DETAILS

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Nottingham City



Nottingham City FiM

Future in Mind Summary Transformation Plan C