

Report to Nottingham City Health Scrutiny Committee 16th January 2020

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING

Purpose of the Report

The purpose of this report is to update the Health Scrutiny Committee on Child and Adolescent Mental Health Services (CAMHS) in Nottingham including progress in implementing the local transformation plan to improve children and young people's mental health.

Context

Local areas, led by clinical commissioning groups (CCGs), have been required to have a system-wide local transformation plan (LTP) for children and young people's emotional and mental health since 2015. The development and delivery of the plan is overseen by the joint City and County Children and Young People's Mental Health Executive, membership includes representatives from CCGs, Local Authority Children's Services, Public Health, local NHS providers and NHS England and elected members.

The published [LTP](https://healthandcarenotts.co.uk/joint-local-transformation-plan/) can be found at <https://healthandcarenotts.co.uk/joint-local-transformation-plan/>. This plan, covers the period 2015 to 2021, is the fifth iteration, covering Nottingham and Nottinghamshire. The plan has been fully assured by NHS England and approved for publication by the CCGs. This is the last iteration of the plan as we move into NHS Long Term Plan implementation.

The plan is system-wide and as such covers services commissioned and provided by the two local authorities (including Public Health and Children's Services functions), local clinical commissioning groups and NHS England.

The NHS Long Term Plan 2019 outlines the following ambitions for Children and Young People's Mental Health

- Children and young people's mental health services will grow faster than both overall NHS funding and total mental health spending.
- There will be an increase in the number of children and young people receiving evidence based community services.
- An additional 345,000 children and young people aged 0-25 will be able to access support via NHS funded mental health services and school or college-based Mental Health Support Teams.
- The new waiting time standards for eating disorders will be achieved and maintained.
- There will be a 24/7 mental health crisis provision for children and young people that combines crisis assessment, brief response and intensive home treatment functions.
- There will be a comprehensive offer for 0-25 year olds that reaches across mental health services for CYP and adults.

Service Delivery

In Nottingham City there are a number of Child and Adolescent Mental Health Services (CAMHS) which are delivered by the following providers:

- Community Specialist CAMHS provided by Nottinghamshire Healthcare NHS Foundation Trust
- Targeted CAMHS provided by Nottingham City Council

- Behavioural and Emotional Health support provided by Nottingham CityCare Partnerships
- Face to face and online counselling provided by KOOTH
- Face to face counselling provided by Base 51
- Early intervention and prevention services are provided by the SHARP team (Nottingham City Council)

Key achievements

Since the LTP was first published, there has been significant transformation undertaken to improve support for children and young people's emotional wellbeing and mental health. A summary of the developments are detailed below;

1. Promoting resilience, prevention and early intervention

Mental Health First Aid Youth:

This training is delivered in partnership with the ICS Workforce Development team. There are school staff only sessions available. Schools are offered an in-depth 2-day training course or a shorter 1-day course.

The 2-day training provides participants with:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover by guiding them to further support
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after their own wellbeing

To date (Dec 19) 127 school staff have been trained.

A **Best Start Children's Public Health Service** for 0-19 year olds, with a focus on promoting emotional health and wellbeing, has been commissioned and awarded to CityCare. CityCare are working closely with the Early Help Team to enable the delivery of an integrated service model for the 0-5 year old age group from April 2020. The Strategic System Change Board, chaired by the portfolio holder for Children and Young People, Cllr Barnard, governs the delivery of this integrated model. The Board ensures that the model supports the SSBC objective linked to system change and that it is the mechanism to rollout across the city those programmes and approaches that have evaluated positively in the 4 wards.

Evidence, recorded through case studies, is already suggesting that the integrated model is enabling families to receive the right support, at the right time by the right person. This is partly facilitated through new joint 'early support liaison meetings'. This will impact positively on the health and wellbeing of both the child/children and their parent or carer.

The **New Forest Parenting Programme (NFPP)** is an evidenced based parenting programme for children and young people whose symptoms and behaviours are associated to ADHD, up to the age of 12 years (however it can be adapted for teenagers too). From April 2020 this provision will be delivered as part of the Behavioural Emotional Health service.

Targeted CAMHS and SHARP

Targeted CAMHS has **Universal Services CAMHS Practitioners** who work directly with schools and universal services around children and young people. These roles offer support and training to staff in schools/services, to help them to gain confidence in working with mental health needs, and prevent them referring to CAMHS when this is not required.

Targeted CAMHS also have **Early Intervention Practitioners on SPA** who assist with screening referrals, and offer telephone based assessments, and guided self-help to children, young people and their parents/carers.

Targeted CAMHS have also been developing their links with local schools to offer support such as an initiative called **Time4Me**, where young people can access direct monthly support in their secondary school from a consistent CAMHS professional. There is also a project for primary schools called '**Amazing Me**' which provides early Intervention to promote Emotional Wellbeing in primary schools. **All primary schools in the City** have a CAMHS link worker who makes contact termly with a designated point of contact within the school. Primary Schools are encouraged to use this, and it has been embedded into 'The Routes to Inclusion' for schools to be included as part of good practice.

Additionally, in **September 2019** Targeted City CAMHS have also recruited to the **Mental Health Support Team in Schools** which comprises of a service manager, 3 CBT trained supervisors, 8 Education/Mental Health practitioners and 2 CBT recruit to train posts. To date, 39 schools in the City will be allocated MHST support.

Next Steps is a joint partnership venture between Targeted CAMHS and NSPCC Childline developing ways Targeted CAMHS can help children and young people achieve their next steps and goals following their support from CAMHS.

The SHARP team is commissioned to provide early intervention and prevention activities to support children and young people, professionals, families and carers where there are behavioural, emotional or mental health needs for children and young people in Nottingham City to reduce self-harming behaviours in children and young people as achieved through the following:

- SHARP currently offers monthly self-harm clinics to **26 City secondary schools, Nottingham College and Confetti College, as well as alternative education provision**. Approximately **83% of young people seen between 2019/2019 have received support from universal Services and not required input from Targeted/Specialist MH Services**.
- The SHARP team will deliver assemblies in secondary schools from January 2020, raising awareness about emotional well-being support available in the City. The team also delivers various children and young people's workshops on 'Exam Stress-Less', "Riding the Waves" (self-harm awareness).
- The team runs the Trans4Me group which supports young people who identify as transgender/non-binary and the SHARP4Parents which offers support to parent/carers. This takes place 9 times a year at various venues across the City.
- SHARP currently deliver up to **15 training sessions per month** across the City, available to all front line professionals who work with CYP affected by self-harm.
- SHARP also deliver telephone and face to face professional consultation
- Additional interventions include parent/child mediation to support CYP who identify as gender variant

- SHARP are committed to supporting City SPA by offering a weekly rota to complete self-harm follow up appointments and joint protocols.

Throughout 2019 Nottingham City Council (Targeted CAMHS and the SHARP team) have undertaken the following participation work:

- Teens 4 Change came together to support each other, undertake projects and consulted to co-design Targeted CAMHS to fit their needs, develop a mental health passport, website development and team communications.
- Launch of the CAMHS Newsletter to help better communicate and tackle the misconceptions of CAMHS, to promote mental health and wellbeing using an anti-stigmatising approach.
- In **2018/2019** Targeted City CAMHS became one of the trailblazer sites around the country to work with **Young Minds** on their Amplified project. Young Minds attended a CAMHS team day in early 2018 to identify strengths in participation and funded some of CAMHS participation events as detailed below:
- CAMHS engaged CYP and families through various platforms including Splendour and Pride, Riverside festival, and world awareness days. Parents are invited to open-door sessions pre-assessment, and Parents In Mind group to participate in service development.
- Throughout **2018/19** CAMHS and SHARP ensured promotion of services through attending and speaking at local and national conferences, and ensure their presence at secondary schools to promote emotional well-being and reduce stigma.

Kooth is commissioned to provide online and face-to-face counselling. The service has recently recruited 5 Ambassadors, who are young people attending Nottingham Free School. They have taken part in a number of training sessions with Kooth in order for them to support their peers at school and facilitate discussions around emotional wellbeing and mental health. The Ambassadors will also be working with Kooth to develop their website and ensure the content is young people friendly as well as acting as peer mentor on the Kooth discussion forums.

Base 51

Base 51 is commissioned to provide face to face counselling services and access to wider health support such as sexual health. The service delivers drop-in sessions and over. Base 51 also provides targeted projects and open access services to young people that aim to create a holistic approach to wellbeing.

In 2020, local providers in Nottingham are working with NHS Improvement to further improve data quality in relation to children and young people's emotional health and wellbeing reporting.

Behavioural and Emotional Health Team

In Nottingham City, the Behavioural and Emotional Health (BEH) team has been operational for 5 years and delivers a package of support to children and young people with behavioural, emotional, or mental health needs and their parents/carers. The service provides early intervention approaches to managing behaviour, these include;

- Information gathering to inform diagnostic assessment (ADHD and ASD)
- Multi-disciplinary assessment of needs and provision of package of care (evidence based workshop, 1:1) both pre and post diagnostic
- Plan for transition to adulthood and/or adult services.

As a result of these interventions children, young people and their parents/carers are supported with the confidence and techniques to manage challenging behaviour, supporting

improved outcomes for children and young people. [The Nottingham City BEH pathway](#) is delivered within an integrated system which includes BEH, Targeted CAMHS and Community CAMHS as part of an integrated single point of access and are supported by integrated strategies, policies and procedures. If a diagnostic assessment is required a direct referral to the specialist team is made. The service also accesses consultation and advice from Educational Psychology, Clinical Psychology and Community Paediatrics.

From April 2020, there will be a change in provider from Nottingham CityCare Partnership to Nottingham City Council.

MH:2K Project

- Embedding the learning from consultation, engagement and communication has been a key focus in the last 6 months. Analysis of large scale engagement programme (MH: 2K) with children and young people undertaken during 2017/18 and 2018/19 told us that young people want better mental health support in school, adults to have a better understanding of mental health issues and clear information on where they can get support that is easily accessible. A 'Findings and Recommendations' report has been produced and informed the detailed delivery plan for 2019/20 and the latest iteration of the Transformation Plan.
- The MH2K project has now been extended until March 2020 and recruitment is underway for a further 19 Citizen Researchers have been recruited. The group have developed a short film tackling stigma and leaflets and posters with information about where young people can get help with their mental health. These resources will be shared with 1,000 young people across the City and County at roadshows planned from January 2020.

2. Improving access to effective support

The NHS Long Term Plan outlines targets for increasing the number of children and young people who will be able to access help via an NHS funded service.

Children and young people will have increased access to support via the Mental Health Support Teams in Schools and can also access support digitally and face to face via Kooth.

Targeted CAMHS Single Point of Access (SPA) works alongside the Nottingham City Multi-Agency Safeguarding Hub (MASH). This model has ensured that cases remain at a Targeted CAMHS or universal level, only escalating to specialist community CAMHS when required. Regular case consultation with Specialist Community CAMHS takes place within the SPA, enabling transition of cases between services and improving access. Targeted and Community CAMHS managers meet monthly to oversee processes and continue to develop joint working.

Targeted CAMHS Single Point of Access (SPA) works alongside the Nottingham City Multi-Agency Safeguarding Hub (MASH). This model has ensured that over the last 4 years 95% of cases remain at a Targeted CAMHS or universal level, only escalating to specialist community CAMHS when required. There is a clinician from the Specialist Community CAMHS team co-located within the SPA with the aim to improve access to specialist community CAMHS and further develop joint working.

Joint work is taking place to support integration between Targeted and Specialist CAMHS to ensure services are streamlined and children and young people can access the service which best meet their needs.

Early Intervention in Psychosis (EIP)

The national target for this service is for 53% of young people referred to EIP should receive NICE concordant treatment within 2 weeks. In Nottingham and Nottinghamshire young people are assessed and treated within the Head to Head Service, which provides NICE compliant treatment for psychosis, bipolar disorder and schizophrenia. Head to Head is a specialist team within Specialist CAMHS, It should be noted that whilst psychosis can affect all ages, it is rare in young people and is not ordinarily apparent until older teenage years. During 2019/20 Nottinghamshire Healthcare Foundation Trust has met the access and waiting time standard. Due to small numbers we are unable to include exact figures due to data protection. In January 2020, work will begin to benchmark the service against EIP guidelines.

Transition

Transition between CAMHS and adult mental health services has been recognised as a priority both locally and nationally. A national Commissioning for Quality and Innovation (CQUIN) was agreed as part of the NHS contract for 2017-2019.

Data collected as part of the evaluation of the CQUIN work indicates that there has been a significant improvement in the transition process over the two year period, not only in the relationships that have been built between CAMHS and adult services but in the number of young people who have been involved in their transition process and the number who have a clear transition plan in place. Young people who completed pre and post transition questionnaires also indicated a positive increase in the experience of transition for young people. Further work to improve transitions will take place as part of the 0-25 work which has been identified as a priority.

3. Care for the most vulnerable

An early priority has been to consider the mental health support to young people with learning disabilities, in line with the national programme '**transforming care for children and young people with Autistic Spectrum Disorder or Learning Disability, and challenging behaviour/mental health needs**'. A risk register for children and young people at risk of admission to an inpatient mental health bed has been put in place within CAMHS and the Care and Treatment Review process has been implemented. During 2019/20 an independent review was undertaken around provision of services and pathways for children and young people with learning disabilities and/or autism. The report and recommendations will be published in February 2020 and will be overseen by the Children and young people's Transforming Care steering group.

Within Targeted CAMHS there have been a number of developments during 2018/19 in order to improve care for the most vulnerable: This includes

- Continuing pilot of **Time Limited Adolescent Psychodynamic Psychotherapy (TAPP)** to support adolescents who require more in depth assessment and therapy for more complex or trauma history presentations such as attachment disorders and emotional dysregulation. It is hoped that in two years' time this will be embedded.
- **Self-harm joint-protocol** ensures Targeted CAMHS and the SHARP team respond jointly, alongside social care colleagues, within 48 hours when there are serious concerns about a child/young people's self-harm or suicidal behaviours.
- **Animal assisted therapy** – the service has a trained and qualified therapy dog working with children and young people who need more support to feel comfortable to develop therapeutic relationships that have additional needs making accessing talking therapy more difficult

- **Since 2018 a Systemic Family practitioner is currently employed within CAMHS after successfully completing the CYP IAPT SFP training at Manchester University.** This provision is now embedded within CAMHS provision to deliver family/relational systemic therapy.
- **Targeted CAMHS are committed to embedding early intervention provision and developing the range of therapeutic interventions for children under 5.** To this end there have been initial meetings in mid-2019 which will continue through 2020, with potential partners such as **Small Steps Big Changes.** **The focus of the meetings is to explore** at the development of collaborative perinatal and infant mental health teams of which CAMHS would be a part of.

There is a commitment to ensuring that young people requiring inpatient mental health provision are cared for as close to home as possible, with as short a length of stay as possible. Commissioners are therefore working with Specialised Commissioning through the regional collaborative commissioning group, both to influence the bed types required locally by our young people, but also to ensure that as we enhance our community CAMHS Crisis provision, we have the right skill mix to provide support to young people with evidence based approaches in relation to the particular types of presentations that young people are being admitted with. Part of this work includes improving the pathway between community and inpatient services, particularly for young people with social care needs as well as mental health needs.

4. Accountability and transparency

CCGs within this Nottingham and Nottinghamshire are committed to achieving the mental health investment standards detailed in the NHS Long Term Plan. There has been an increased spend on children and young people's mental health since 16/17, with year on year increase in investment across the ICS footprint.

Improving data quality and availability continues to be a priority and is a requirement that all NHS commissioned services, including non-NHS providers flow data for key national metrics in the Mental Health Services Data Set (MHSDS). CAMHS at Nottinghamshire Healthcare NHS Foundation Trust have been able to flow data through the MHSDS since 2016/17 and work has continued to ensure that data reported locally reflects data reported from the MHSDS. All providers are now able to flow data to the MHSDS and there is ongoing work to ensure that this data is reflected accurately in national reporting. It is expected that MHSDS reporting will be accurate for all providers by quarter 4 2019/20.

Performance against this standard is not currently meeting the required level. A 2018/19 one off data collection showed an ICS performance at 25.3% against a 2018/19 target of 32%. Performance is set to improve by the end of 2019/20.

5. Developing the Workforce

Nottinghamshire is part of the CYP-IAPT (Improving Access to Psychological Therapy) programme (Oxford and Reading Collaborative) and continue to engage with the training provided. Since 2015 members of CAMHS staff at Nottinghamshire Healthcare NHS Foundation Trust (NHFT) participated in a range of training including Cognitive Behavioural Therapy (CBT), Systemic Family Practice and Interpersonal Psychotherapy for Adolescents. Team Leads have also accessed Transformational Leadership training.

NHFT have also recruited to new "recruit to train" CBT and Children and Young People's Wellbeing Practitioner (CYPWP) posts, initially funded by Health Education England, which aims to address the national workforce challenges. Staff who have been accepted into service on these temporary contracts have been offered permanent posts within the service.

The role of the CYPWP within CAMHS is an exciting development, offering low-intensity, evidence-based, short term interventions for children and young people with mild mental health difficulties. There is work currently underway to convert training posts into permanent positions within the service.

Nottinghamshire have successfully implemented Mental Health Support Teams (MHST), in the county which are a new service designed to help meet the mental health needs of children and young people in education settings. They are made up of senior clinicians, CBT therapists and Educational Mental Health Practitioners (EMHPs). The aim of these teams is to work with the mental health supports that already exist, to implement a whole-system approach to increase access and improve outcomes for children and young people. In Nottinghamshire there are two MHSTs covering Rushcliffe and Gedling, where staff have recently completed evidence-based training programmes and the team is now fully operational.

This year we have successfully expanded the offer to include a further team in Mansfield and Ashfield, and two teams in Nottingham City which will be delivered by Nottingham city council.

Working in partnership with Health Education England, throughout **2019/19** Targeted CAMHS has successfully appointed a number of **CYP IAPT Recruit to Train posts**, including CBT practitioners, Children's Well Being Practitioners and Emotional Health & Well Being practitioners. These post holders attend University of Reading to complete Post Graduate Diplomas in their clinical field, whilst attending placement within Targeted City CAMHS.

Additionally, in **September 2019** Targeted City CAMHS have also recruited to the **Mental Health Support Team in Schools** which comprises of a service manager, 3 CBT trained supervisors, 8 Education/Mental Health practitioners and 2 CBT recruit to train posts. To date, 39 schools in the City will be allocated MHST support, with 16 new staff forming part of the service from September 2020.

There are a further **2 CYP IAPT Recruit to Train Parent Therapist posts** currently being recruited to, who will deliver evidenced based parenting interventions including Webster Stratton Incredible Years, and "Helping the Non-Compliant Child", which are aimed at children from the ages of 3-12 who may be exhibiting conduct and behaviour difficulties. One of the CAMHS managers is attending Reading University to complete a post graduate qualification in Supervision in order to support the trainee's clinical work.

70% of the **Targeted CAMHS** workforce are trained in specific evidenced based therapies. The offer includes; Interpersonal Psychotherapy for adolescents (IPT-A), Systemic Family Practice (SFP), Enhanced Evidence Based Practice (EEBP) and a pilot of Time Limited Adolescent Psychodynamic Psychotherapy (TAPP).

Priorities and Actions for 2020

The following section outlines priorities and actions for 2020:

- **Improving access to support around mental and emotional health for more children and young people through the rollout of Mental Support Teams in Schools.**

Funding has been secured for two Mental Health Support Teams covering approximately 40 schools in Nottingham City. This will result in 16 new NHS trained staff working with schools to support children and young people with mild to moderate mental health issues. Schools covered by an MHST will also have the opportunity to participate in Mental Health and

Schools Link workshops, which will support the rollout of a whole school approach to mental health and well-being. These teams will

In addition to this selected schools with Nottingham have been invited to take part in the Mental Health Services and Schools Link Programme. The programme will take place over the next 4 years and work to ensure that all schools across Nottingham City feel more confident and capable to support young people within their schools with their emotional health and wellbeing. As part of the workshops the CASCADE framework will be used which allows an audit of improvement to be undertaken. The CASCADE framework can be found on the Anna Freud National Centre for Children and Families website

- **Improving transition and increasing the support available to young adults through developing a comprehensive 0-25 service**

A workshop is being held in January 2020 and all Nottingham partners are invited to participate, the workshop will focus on identifying best practice in relation to transition, share learning from other areas and provide an opportunity for partners to jointly plan improvements.

- **Increasing access to support for Looked After Children and Care Leavers via a responsive and dedicated service**

Since April 2018, the **You Know Your Mind Project** has been operating across Nottinghamshire County and Nottingham City, supporting looked after children aged 0-17 and care leavers aged 18-25 who are experiencing poor or deteriorating mental health.

Through a 'Different Conversation', the child or young person is empowered to determine what they think will genuinely improve their mental health outcomes and make every day a 'good day'. By offering children and young people the choice and control over their mental health support.

The ongoing design and delivery of the project has been informed by a local Participation Group of children and young people, as well as local 'You Know Your Mind' events to encourage young people to try new, positive activities that promote positive mental health outcomes.

Evaluations undertaken with children and young people accessing the project have told us the project:

- Increases access to positive activities that children and young people readily engage with, which in turn can have a significant impact on their quality of life, as well as supporting them to develop their confidence and self-esteem.
- Encourages young people to engage in new hobbies and explore new interests, which has had a positive impact on issues such as alcohol /substance misuse, youth offending and self-harming behaviour. Children & young people have reported "having something to look forward to" through their self-identified support arrangements, which often allow them to build positive friendships with like-minded peers

The project is funded until April 2020, health and social care commissioners are working together to further evaluate the impact of the project, with a view to inform commissioning plans for April 2020.

- **Reviewing and piloting delivery models in relation to urgent and crisis care, to ensure it is consistent with regional and national models of best practice**

There is currently a 24/7 CAMHS crisis pilot operating in Nottingham. The current pilot will be used to test new ways of working in order to provide 24/7 care to children and young people experiencing a crisis. This pilot will be used to support providers and commissioners with future planning to ensure models of care for 24/7 provision are in place by 2023/4. The pilot consists of overnight provision of a CAMHS Crisis clinician and support worker. The aim is to review the level of need and demand overnight and scope the future requirements of the service. The aim is to ensure that young people have equitable access to urgent mental health care 24/7 and ensure a service which provides a more comprehensive level of support to those at risk of psychiatric admission is in place.

- **Achieve the 2020/21 target of 95% of children and young people with eating disorders accessing treatment within 1 week for urgent cases and 4 weeks for routine cases**

Further service development has been undertaken with the CAMHS Eating Disorder Service and CAMHS Crisis and Home Treatment Service to ensure the crisis response and out of hours offer for children and young people with an eating disorder is effective and equitable. In 2019, the CAMHS Eating Disorder Service introduced the **same day 'assess and treat'** model to ensure that they achieve the **access and waiting time standard**. The service has now increased their staffing capacity and made significant improvements in its performance against the 2020 waiting time standards.

Nottingham have also secured short term funding to improve access to services for children and young people with Avoidant Restrictive Food Intake Disorder (ARFID) pilot. Avoidant Restrictive Food Intake Disorder, more commonly known as ARFID, is one of the 'feeding and eating disorders', together with anorexia nervosa, bulimia nervosa, binge eating disorder, rumination disorder and pica. It is a condition characterised by a person avoiding certain foods, types of food, or mealtimes, having restricted intake in terms of overall amount eaten, or a combination of these features. Someone might be avoiding and/or restricting their intake for several different reasons. The most common are the following:

- Sensory-based avoidance or restriction of intake
- Concerns about the consequences of eating
- Low interest in eating

The project will work to; map existing service provision for CYP with avoidant restrictive food intake across and identify gaps in service, identify potential partnerships and referral pathways and understand the impact of ARFID and current pathways on CYP and families. This will help inform future service planning.

- Work will continue to support and embed the **Small Steps Big Changes** programme in Nottingham City through universal maternal mental health screening, preparing for parenthood and building adult capacity and capability to improve child development outcomes. Over 1500 children have now benefited from the Small Steps at Home Programme delivered by the paid peer workforce of Family Mentors supporting all outcomes including social and emotional mental health. The Big Little Moments Campaign <http://www.smallstepsbigchanges.org.uk/biglittlemoments> was launched across the City in February 2019 focusing on social, emotional and speech and language development, a focussed social media campaign is underway in the four wards and will continue until March 2020. The Programme continues to support the FNP ADAPT programme in the City Baby Buddy App has now hit over 1700 downloads The Programme is working with Women's Aid to support the rollout of the Change that Lasts project including, 'ask me' and 'trusted professional' The Programme is investing in additional multiagency workforce training to deliver Triple P tip sheets, parenting programmes and discussion groups through 2019-

2020. The Small Steps Big Changes programme has identified infant, maternal and paternal mental health as one of its key focus areas for 2019 onwards and is currently exploring options for future test and learn and service design.

- Work will continue to align the **Best Start Children's Public Health Service** and Nottingham City's internal **Early Help Services for 0-5 year olds** in order to deliver an efficient and effective integrated service model that promotes emotional health and wellbeing.
- City schools will continue to be supported to achieve the **Emotional Health and Wellbeing Charter**
- Continue to offer **Mental Health First Aid training** to the children's workforce

Conclusion

Significant work has been undertaken to improve the mental health and wellbeing of children and young people in the city. However, there is further work to do to ensure that services are accessible and meeting the needs of children and young people. There are a number of priorities including increasing the numbers of children and young people who are able to access CAMHS and ensuring that the CAMHS Eating Disorders Standards are met and maintained. In addition, it is important that Targeted and Specialist CAMHS are fully integrated to ensure that children and young people are supported as quickly and effectively as possible and the 24/7 crisis model of support develops.