

# Children and Young People's Mental Health & Wellbeing

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## National and Local Context

# Nottingham and Nottinghamshire's Local Transformation Plan 2015 – 2021

- Plan underpinned by NHS 5 Year Forward View (2014) and NHS Long Term Plan (2019).
- Local plan fully assured by NHS England.
- Children and Young People's Executive Group in place.
- Children and young people's mental health services will grow faster than both overall NHS funding and total mental health spending.
- Clinical Commissioning Groups within this local transformation plan are committed to achieving the mental health investment standards laid out in the NHS Long Term Plan.

# The NHS Long Term Plan – Children and Young People Local Implementation

Must do's	Now	Next steps
Funding for Children and young peoples mental health services	<ul style="list-style-type: none"> <li>Increased investment year on year for children and young peoples emotional and mental health from  Clinical commissioning groups (CCG's) demonstrated</li> </ul>	<ul style="list-style-type: none"> <li>Planning models of care for 0-25 services</li> </ul>
345,000 more children and young people will access help via NHS funded service	<ul style="list-style-type: none"> <li>Online counselling available</li> <li>Promotion events planned throughout the year</li> <li>New leaflets designed by local children and young people</li> <li>Review of local services to ensure optimal service models in place</li> <li>Communication Strategy</li> </ul>	<ul style="list-style-type: none"> <li>Mental Health Support teams (MHST) Trail blazer sites 'go live'</li> <li>New leaflets designed by local children and young people to be promoted</li> </ul>
Mental Health Support Teams (MHST) working in schools and colleges to cover ¼ of the country by 2023.	<ul style="list-style-type: none"> <li>Mobilising launch for City teams in Autumn 2020</li> <li>Steering group set up and working with peer pilot sites</li> </ul>	<ul style="list-style-type: none"> <li>Successful Implementation of wave 1 (county teams)</li> <li>Mobilisation of additional sites</li> <li>Evaluation and continuity plan post NHS England funding in development</li> </ul>
New waiting time standards for eating disorder services by 2020/21	<ul style="list-style-type: none"> <li>Service commissioned to provide same day assess and treat model</li> <li>Q4 2018/19 and Q1 2019/20 performance shows near compliance for urgent and routine standard</li> <li>Service review complete</li> </ul>	<ul style="list-style-type: none"> <li>Review of pathway for eating disorders within the wider re-specification process</li> <li>Monitoring of adherence of target and exception reporting</li> <li>Avoidant Restrictive Food Intake Disorder (ARFID) pilot</li> </ul>
4 week waiting times for access to NHS support- ahead of new national standard	<ul style="list-style-type: none"> <li>In contact with trail blazer 4 week sites to inform future commissioning models.</li> </ul>	<ul style="list-style-type: none"> <li>Draw on further learning from 4 week waiting time sites and waiting time initiative sites.</li> </ul>
Urgent and crisis care	<ul style="list-style-type: none"> <li>Dedicated crisis and liaison team in place (for children and young people)</li> <li>Short term pilot increasing workforce to test ways of working and provide local demand information</li> </ul>	<ul style="list-style-type: none"> <li>Scope blended models enabling all age approach</li> <li>Evaluate pilot.</li> </ul>

Must do's	Now	Next steps
<p>Comprehensive 0-25 service and services for those with complex needs</p>	<ul style="list-style-type: none"> <li>• Using previous Commissioning for Quality and Innovation programme to inform local policy</li> <li>• Sharing information with peers and learning from Birmingham, Norfolk and Kent who have trialled new models of care.</li> <li>• Draft JSNA covering 0-25 in development</li> <li>• 0-25 reflected as a priority in Mental Health ICS strategy</li> <li>• Child and adolescent mental health services (CAMHS) re-specification process taking place with NHT</li> </ul>	<ul style="list-style-type: none"> <li>• Local 0-25 event taking place in January</li> <li>• Further analysis of referrals of 18 year olds into adult mental health/ other destinations planned.</li> <li>• Analysis of existing provision of mental health support for 0-5 year olds, with particular focus on autism and learning disabilities</li> <li>• Explore further integration of physical and mental health provision</li> </ul>
<p>Increasing access Increase the number of children and young people receiving treatment from NHS commissioned community service to 34% by Quarter 4 2019/20 and 35% in 2010/21</p>	<ul style="list-style-type: none"> <li>• Nottingham predicted to achieve 28.8% increase against target of 34%</li> <li>• Communications strategy developed and being implemented</li> <li>• Review of conversion rates undertaken and actions agreed to address issues</li> <li>• Analysis of comparators achieving access target and actions assigned to improve performance locally</li> <li>• Submission to Mental health Services dataset (MHSDS) has improved</li> <li>• Work with MH2K young people's project to identify how to encourage young people and families to access services</li> </ul>	<ul style="list-style-type: none"> <li>• NHT pilot ing new ways of working to support increased access</li> <li>• Co-production with young people to develop resources to increase access</li> <li>• Expansion of Emotional Health and Well-being pathway document for schools across the County</li> <li>• Re-specification process to configure services to improve access</li> <li>• Taking part in project with NHS England Improvement team.</li> </ul>

# Service Delivery in Nottingham

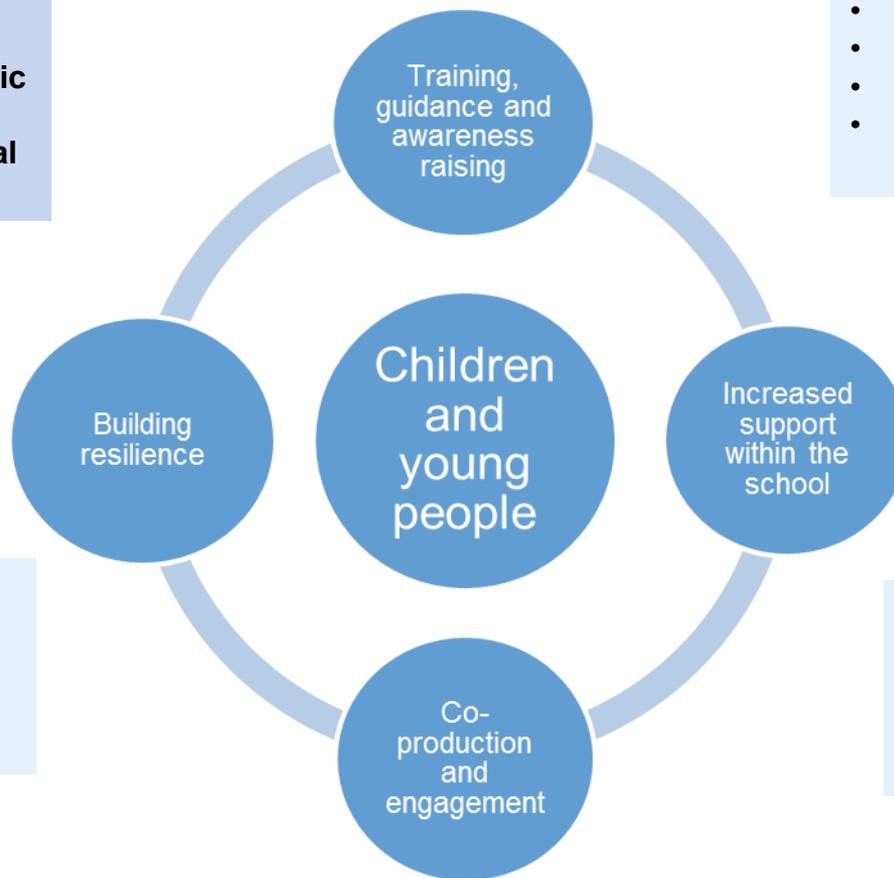
- Targeted CAMHS – Nottingham City Council
- Community CAMHS – Nottinghamshire Healthcare NHS Foundation Trust
- Face-to-face and online Counselling – Kooth
- Face-to-face counselling and drop-in provision - Base 51
- Early Intervention and Prevention – Sharp (Nottingham City Council)
- Behavioural and Emotional Health Support (BEH) – Nottingham CityCare Partnership (Nottingham City Council from 1 April 2020)

- **Support for parent/carers**
- **Culture changes**
- **Best Start Children's Public Health Service**
- **Behavioural and Emotional Health Support**

- **Anna Freud Programme**
- **Referral Routes**
- **Single point of access**
- **Communication strategy**

- **MH2Kproject**
- **MH2K project wave 2**
- **Co-design and co-production**

- **Mental health support teams in schools**
- **Access to training**
- **Mental Health First Aid**



# Improving Access to Effective Support

- Nottingham's single point of access ensures that care and support is delivered in the right service
- 95% of children and young people are supported in universal services or targeted CAMHS
- Nottinghamshire Healthcare NHS Foundation Trust are meeting the national standard for Early Intervention in Psychosis - 53% of children and young people are seen within 2 weeks
- Significant improvement in transition between CAMHS and Adult Mental Health Services
- The number of children and young people accessing Nottingham's services has increased in 2019/20 compared to 2018/19

# Co production and engagement

## MH:2K Nottingham & Nottinghamshire A youth-led approach to exploring mental health

- Identify the mental health issues that they see as most important
- Engage their peers in discussing and exploring these topics
- Work with local decision makers and researchers to make recommendations for change



- In partnership with SHARP
- Engagement and Co-delivery
- Implement the findings from Young Minds

Nottinghamshire Healthcare   
NHS Trust

- Volunteering
- Staff and service development
- Involvement in service design

## Nottingham Voluntary Sector

- Providing a choice
- Working with under represented groups
- Informing service developments ensuring they are inclusive

# Feedback from Children and Young People

## **MH:2K Project**

- Large scale engagement programme delivered by MH:2K with children and young people undertaken during 2017/18 and 2018/19 told us;
  - Young people want better mental health support in school
  - Adults to have a better understanding of mental health issues
  - 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 MH:2K project has now been extended until March 2020 and recruitment is underway for a further 19 Citizen Researchers. 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

# Care for the most vulnerable

- A review of how services and organisations which children and young people with learning disabilities and/or autism use was undertaken during 2019. The final report with recommendations for commissioners and providers will be available in February 2020
- A range of therapeutic interventions is being developed for children under the age of five
- Partners are exploring the development of collaborative perinatal and infant mental health teams including CAMHS
- Work has taken place to pilot the provision of personal budgets for looked after children. Further work is now planned to review the emotional health and wellbeing provision which Looked After Children and Care Leavers can access

# Developing the workforce

- In order to build services for the future it is crucial that there is sufficient capacity and capability to meet increasing demand and complexity.
- The NHS Long Term Plan has provided clear workforce trajectories for the children's mental health workforce, which includes increases in crisis and urgent care. The Workforce Development Steering Group will continue to work with the ICS Mental Health Board to ensure the children's mental health workforce is included within wider trajectory planning.
- Providers will continue to strengthen their recruitment processes to ensure recruitment takes place in a timely way and attracts the right candidates.
- An audit will be undertaken to develop a training matrix to ensure the whole workforce is aware of training opportunities in relation to children and young people's mental health.
- Further links will be made with schools, colleges and universities to promote working within children and young people's mental health services, in particular, embedding the new Education Mental Health Practitioner (EMHP) role in schools. Both targeted and Community CAMHS have recruited "Recruit to Train" CBT posts including Practitioners.

# Accountability & Transparency

- Commitment by CCGs to achieve the Mental Health Investment Standard
- Improving local services data quality
- Children and Young People's Executive Group, reporting to ICS Mental Health Group, Nottingham City Children and Young People's Partnership Group and Nottingham City Health and Wellbeing Board

# Priorities and Actions for 2020

- Improving access to support in local provision and through additional support such as Mental Health Support Teams in Schools in the city
- Improving transition and increasing the support available to young adults through developing a comprehensive 0-25 model of care
- Reviewing and piloting delivery models in relation to urgent and crisis care, to ensure the local model is informed by models of best practice
- Achieve and maintain 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