

**AGENDA ITEM**

**REPORT TO HEALTH AND  
WELLBEING BOARD**

**18<sup>th</sup> September 2019**

**REPORT OF HAST CCG  
and SBC CHILDREN'S  
SERVICES**

**TRANSFORMING CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH  
PROVISION – REFRESH OF LOCAL TRANSFORMATION PLANS: UPDATE**

**PURPOSE OF THE PAPER**

1. In February 2019, the Health & Wellbeing Board was provided with an updated Future in Mind Local Transformation Plan for Children's & Young People's Mental Health provision. The paper highlighted a change of direction in the implementation of the plan, shifting from a focus on testing small scale projects to improve outcomes for specific groups of children and young people towards whole system transformation. This work was due to commence with a series of multi agency workshops to map the current system and to develop a collective vision for future delivery which all partners could support.
2. The principles and high level outcomes for the Local Transformation Plan remained the same. We retained a focus on early intervention, prevention, making specialist services accessible, implementing the principle of the Trailblazer/Green Paper and continuing the work for the transformation of the neurodevelopmental pathway.
3. This paper provides the Board with an update on the outcome of these workshops, and also includes details of other developments which are happening concurrently within the Children and Young People's Mental Health agenda.

**RECOMMENDATIONS**

The Health and Wellbeing Board is requested to:

1. approve the overarching proposals for the available Future in Mind Local Transformation Plan funding of £329,000 for 2019/20.
2. agree for the associated work to be taken forward.

**BACKGROUND**

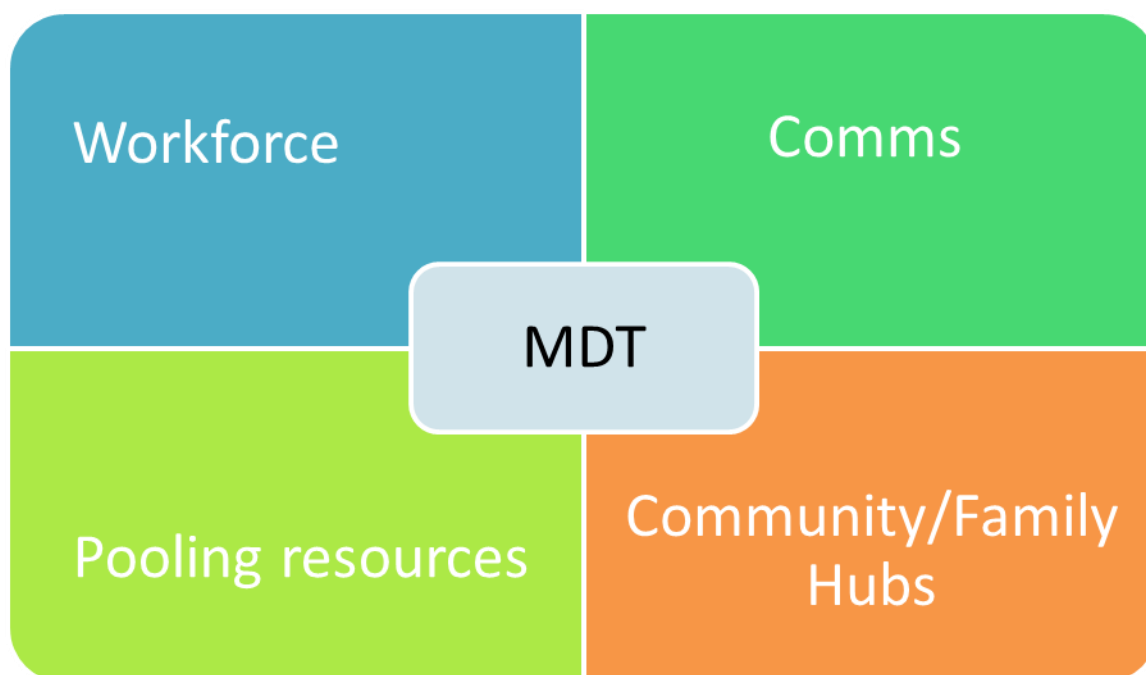
4. In 2014 the government produced '*Future in Mind – Promoting, protecting and improving our children and young people's mental health and wellbeing*<sup>1</sup>'. A requirement of *Future in Mind* was for areas to develop a local transformation plan focused on improving access to help and support when needed and improve how children and young people's mental health services are organised, commissioned and provided. There was a further requirement to update this plan annually.

- 5 The local transformation plan provides a framework to improve the emotional wellbeing and mental health of all Children and Young people across Hartlepool and Stockton-on-Tees. The aim of the plan 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.
- 6 Across Hartlepool and Stockton on Tees CCG footprint, Future in Mind resources have been utilised to invest in CAMHS specialist services; enabling the Crisis Service to be available 24/7, supporting the development of a Tees-wide Eating Disorder Service and the funding of Primary Mental Health Support Workers (PMHW) and Early Intervention Psychosis.
7. Within the Stockton on Tees locality, the focus has been building the capacity of the children and young people's workforce to identify and respond to those who need emotional health and wellbeing support. The primary focus of this work has been to upskill education professionals to increase their understanding of mental health issues and to enable them to deliver low level interventions to children and young people. Work has also been carried out to establish a baseline view of how children & young people throughout primary and secondary schools view their own emotional health and wellbeing. This work has been extremely well received, and ran as a forerunner to some of the proposals outlined in the national Green Paper.
8. From October 2018, utilising Future in Mind resources, the CCG and Stockton Borough Council have piloted a 'One Stop Shop' for Children & Young People mental health needs which utilises a GP led model with Eaglescliffe Medical Practice. Youth Directions are supporting the project with staff being present to offer early support to young people and to assist them in accessing the service. TEWV have also provided a Clinical Psychologist for young people requiring this input. In addition, Local Authority commissioned services have supported the One Stop Shop approach providing sexual health advice and guidance. This pilot scheme was very much focused on the testing of an approach, led by a GP practice. Although based in Eaglescliffe, the project has drawn young people from a much wider geographical area, and demonstrates the opportunity for different forms of service delivery in a variety of locations which offer choice for young people.
9. The CCG and Stockton Borough Council have collectively funded the Autism waiting list initiative and transformational work of moving to a needs-led pathway. This, as previously reported, is proving successful and enabling the waiting times for a multi-agency autism assessment to be reduced. Although there is work to still do, the picture is greatly improving for children and families.

## **OUTPUTS FROM MENTAL HEALTH WORKSHOPS**

10. As planned, a series of three workshops were held during June and July 2019 with a committed group of staff from across a number of agencies in Hartlepool and Stockton on Tees including: Tees, Esk and Wear Valley (TEWV), Local Authority officers from Education, Early Help and SEND, Harrogate District Foundation Trust, Voluntary, Community, Social Enterprise (VCSE) organisations, North Tees & Hartlepool Foundation Trust, schools and the CCG.

11. The workshops were externally facilitated and enabled practitioners from across the organisations to have informed discussions to highlight the current issues within the system and develop appropriate and relevant solutions.
12. Whilst mapping the current system, a range of issues were identified including:
  - Children and Young People move around the system too frequently
  - Referrals are often received at crisis point
  - High level of inappropriate referral into specialist services
  - Some provision is underutilised/misunderstood
  - Existing services competing for the same resource
  - Services lack co-ordination
  - Wider infrastructure for children and young people (CYP) are not linked in – scouts etc
  - General lack of awareness from families in relation to what is normal
  - Limited preventative service offer
  - No overarching strategic oversight across the whole system – although this should improve with the Mental Health & Learning Disability Partnership (MHLDP) having children & young people’s mental health as one of its priorities.
  - Need for an overarching accepted model of working e.g. thrive
13. The workshops also helped to identify strengths within the current system including the highly trained workforce within specialist CAMHS services and the value of this group of professionals providing consultation and support to those working across the children and young people’s system. It was also acknowledged that schools play a vital role in early identification, intervention and ongoing support and there are examples of good practice locally. The benefits of integrated teams and their ability to achieve better outcomes were also highlighted.
14. The outputs from the workshops have identified 5 main areas of work which need further defining and exploration through task & finish groups. The 5 areas are interconnected and are as follows:



Key areas to be explored in each area:

**Workforce** – to determine where service providers are providing the same or similar services and determine if these can be amalgamated, delivered collectively etc. Develop a training directory to enable all available training to be accessible to all staff. Look at the feasibility of Specialist Mental Health services acting in a ‘consultation’ capacity to support and provide guidance to services supporting Children and Young People.

**Communication** – no resources have previously been deployed into communication. This will be developed following a multi-agency workshop to understand how TEWV determine which referrals can be supported by them, where the referrals go which are not appropriate and therefore how do we work systematically to reduce the number of inappropriate referrals. Local Offer, and TEWV, NTHFT websites also need reviewing. The views of Children and Young People will be central to the development of a communication plan.

**Pooling Resources** – this will be explored in terms of staffing working in a more integrated way, working strategically with VCSE to collectively bid for funding, moving forward with joint commissioning and pooled budgets.

**Community/Family Hubs** – linking workforce and pooling resources together to determine how organisations can work more effectively together utilising existing resources such as the Community and/or Family Hubs.

**Multi- disciplinary Team (MDT)** – the thread throughout the workshops was collaborative working and this has been highlighted in the above groups. The MDT approach will take learning from the newly piloted ‘triage’ process aligned to the Neurodevelopmental work, which is discussed in more detail below. An MDT approach takes waste out of the system and allows for collective and early discussions around a child’s referral and needs.

3.6 It is proposed that Task & Finish groups are established within each identified area and plans further developed.

## **FUNDING OF LOCAL TRANSFORMATION PLAN OBJECTIVES**

15. Although high level priorities were set as part of the Local Transformation plan which the Board previously agreed to, we would like the Board to agree that the available funding of £329,000 available for the financial year 19/20 is utilised in the following way:

- £150,000 is made available to facilitate and take forward work which comes out of the task & finish group as highlighted above
- The remaining £179,000 be utilised to fund a further 4 months Autism waiting list initiative. This request is being made to enable the 'needs' led element of the pathway to be more embedded, allow for the school based training to be completed and for more time to embed the multi-agency triage process and to enable more children to be seen thus making the transition to a fully operational neurodevelopmental service more efficient.

## **REFRESHING THE LOCAL TRANSFORMATION PLAN**

16. There has been a requirement from NHSE to refresh the Local Transformation Plan in October of each year. Following consultation, new guidance has been released to state that plans can now be refreshed in March 2020 rather than in October 2019.
17. Information relating to this and the new Key Lines of Enquiry (KLOE's) have been circulated to the Chair of the Health & Wellbeing Board from NHSE.
18. Through the Future in Mind groups which will be established, the KLOE's will be reviewed to ensure current and future plans adhere to requirements.
19. The change in refresh date will enable us to have taken forward the task & finish groups and be in a stronger position to write a detailed and forward looking refresh in 2020.

## **DEVELOPMENTS**

20. To support the Children & Young People's mental health agenda, there have been a number of developments which will support and work alongside the proposals outlined above. Since the last paper to the Board in February 2019, there have been a number of developments which are worthy of note:

### **Kooth**

Through NHS England Waiting List initiative money, Hartlepool & Stockton CCG and worked with TEWV to purchase the online digital platform, Kooth. Kooth provides online advice and counselling from trained psychologists to young people aged 11-19. The site contains blogs, self-help tools, advice and guidance for parents as well as 1:1 counselling. During quarter 1 of this year, 43 children and young people living in Stockton-on-Tees accessed the online service. The vast majority were female (32 of the 43) and the age range was between 10 to 18 years. Two thirds of those accessing this provision did so outside of standard service opening times – therefore on evenings and weekends.

An additional module has been purchased which enables teachers and school staff to access online support for their mental health & wellbeing, in an acknowledgement that they are working and supporting some of our most vulnerable young people on a daily basis and that they too need to have some external support at times to sustain their wellbeing.

### **Trailblazer**

As a Hartlepool and Stockton-on-Tees locality, we successfully bid to be part of NHSE and the Department for Education's wave 2 Trailblazer pilot. This will see Mental Health Support Teams being present in 18 Stockton schools within the Billingham cluster from September 2020. As part of this national pilot a new role of Education Mental Health Practitioner (EMHP) has been created to work into schools. These workers will be able to work with children and young people who are displaying low to moderate level needs – predominantly around anxiety and low mood. Work will be undertaken on a 1:1 basis and in group settings. Additionally the workers will be able to lead outcome based interventions with parents and work with the school's mental health lead to develop a mental health friendly culture within school.

The Mental Health Support Teams will be overseen by Alliance Psychological Services with additional input from TEWV. Within the Mental Health Support Team, alongside the EMHP's, there will be additional practitioners providing support for parents, which we acknowledge is an essential element and will therefore be rolled out concurrently to ensure maximum impact for children & young people.

Although the full complement of the team will not be in schools until September 2020, there is a planned roll out from September 2019, which will include working with schools to understand their current mental health & pastoral offer. It will also allow the opportunity to develop relationships with schools to ensure that once the EMHP's are fully trained they will already have those relationships with the schools to make implementation a smoother process.

It is essential that these new teams build on what already exists and does not replace any current provision.

As NHS England only allocated 5 Mental Health Support Teams (to be distributed to successful Trailblazer bids across the North East and Cumbria) and we received 2, we feel that this is an excellent opportunity to work with schools to get transformational work underway.

### **Joint Commissioning with schools**

Work is being taken forward on the SEND joint commissioning agenda with schools. The CCG and local authority have jointly presented to head teacher forums on the subject of joint commissioning and how, by working together, we can achieve better outcomes for Children and help to change the direction of travel of the mental health system.

To date approx. 10 schools have taken part in 1:1 interviews with either CCG or Local Authority staff to enable an in-depth understanding of what they currently commission in terms of mental health provision, the outcomes this achieves and costings. The 1:1 meetings allow for two way discussions, as the school is able to provide information on their relationships with CAMHS and local authority services. This has allowed action plans to be developed to improve any issues identified.

Meetings with schools will continue into the autumn term. Following this, a working group will be developed to plan, implement and evaluate a joint commissioning project.

### **Anna Freud School Link Programme**

The Anna Freud School Link Programme is being rolled out nationally following a pilot period, and Stockton is included in wave 1 of the roll out. The remit of the programme is to improve relationships between schools and specialist mental health services. It allows for open and frank discussions from both parties to identify any frustrations or blockages to better working relationships and for an understanding to be developed as to the role of each organisation with a view to developing outcomes around new ways of working and positive relationship building.

The programme ran successfully in both Durham & Darlington in 2018/19 and has seen positive new ways of working developed.

### **Neurodevelopmental pathway**

An update on the development of the neurodevelopmental pathway has been included in this paper due to the project's emphasis on multi-agency working and culture change, and the important role that schools have to play within to support these changes.

Work is ongoing with schools to establish a baseline level of knowledge of neurodevelopmental issues and training is being offered by Daisy Chain to respond to this. As previously advised the multi-agency work on this project has been a significant strength and we are collectively building plans and approaches to tackle culture change – moving from the belief that a diagnosis is the key to unlocking support, to the provision of support based on need. An example of how we are approaching this change is below:

We are working closely with Stockton Parent Carer Forum and smaller organisations such as Building Blox and Snaps to allow for more cohesion between services and to reduce duplication. We are also working as a partnership to develop communications for families around the changes which are to come but to also address current rumours and misinformation.

The way in which the system is adapting and coming together to take ownership of the Neurodevelopmental pathway lays the foundation for us to be able to utilise the same principles to transform the mental health pathway/s.

### **LEGAL IMPLICATIONS:**

21. There are no legal or regulatory implications.

### **RISK ASSESSMENT**

22. The Local Transformation plan is overseen by working groups and has a governance process to oversee the work, with accountability to the Health & Wellbeing Board and the CCG Executive Board (via the MHLDP).

## COMMUNITY IMPACT IMPLICATIONS:

23. The actions and projects outlined within the Local Transformation Plan will impact on the local population to enhance the provision of mental health support available to children and young people in Stockton.

The plan aims to achieve the following outcomes:

- An improvement in the emotional well-being and mental health of all children and young people;
- Multi-agency approaches to working in partnership, promoting the mental health of all children and young people, providing early intervention and also meeting the needs of children and young people with established or complex problems;
- All children, young people and their families with an identified need, will have access to mental health care based upon the best available evidence and provided by staff with an appropriate range of skills and competencies.

## COUNCIL PLAN POLICY PRINCIPLES AND PRIORITIES

- 24 The Local Transformation Plan contributes to the delivery of local priorities detailed within the local JSNA (Joint Strategic Needs Assessment).

The Local Transformation Plan has also been written with consideration of the following strategies:

The Stockton-on-Tees Health and Wellbeing Strategy also aims to give every child the best start in life and children and young people the opportunity to maximise their capabilities to have control of their lives. There is specific acknowledgement to improve the mental health and wellbeing of children and young people. Stockton-on-Tees is also developing an 'all age' integrated mental health strategy which will have children & young people as an integral strand.

Stockton-on-Tees Children and Young People's Partnership has endorsed the Children and Young People's Plan 2019-2024 which places the emotional health and wellbeing of children and young people at its core and sets out a clearly defined approach to supporting children and young people to build resilience, form safe and trusted relationships, and understand and build upon their strengths.

## CONSULTATION, INCLUDING WARD/COUNCILLORS:

25. Members of Stockton Borough Council have supported the refresh of the Local Transformation Plan and continue to attend appropriate *Future in Mind* meetings to progress the actions/priorities.

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