

Report to the meeting of Joint Health & Social Care and Children's Services Overview and Scrutiny Committees to be held on 27 October 2016.

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Subject:

Children and Young People's Mental Health

Summary statement:

Future in Mind was published in March 2015 by the government's Children and Young People's Task Force. It provides an opportunity to develop services collaboratively and challenge localities to establish a Locality Transformation Plan against the following five key themes.

- Promoting resilience, prevention and early intervention
- Improving access to effective support – a system without tiers
- Care of the most vulnerable
- Transparency and Accountability
- Developing the Workforce

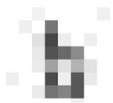
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Portfolio:

Health and Social Care

Overview & Scrutiny Area:

Children's Services and Health & Social Care



1. SUMMARY

Future in Mind was published in March 2015 by the government's Children and Young People's Task Force. It provides an opportunity to develop services collaboratively and challenge localities to establish a Locality Transformation Plan against the following five key themes.

- Promoting resilience, prevention and early intervention
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Guidance for the Transformation Plans was published in August 2015 with further recommendations for Eating Disorder services and crisis intervention. The Transformation plan reflects and references the local Crisis Care Concordat Action Plan and the needs of the locality based on assessment of local strengths and weaknesses. A Steering Group was established incorporating representation from health, social care, education, commissioning and participation of children and young people through Barnardos and this formed the basis for consultation on the development of the plan. The successful development of the Local Transformation Plan meant that Clinical Commissioning Groups for Bradford City, Bradford Districts and Airedale, Wharfedale, Craven were able to access funding relative to their population size and this amounted to £1.1M recurrently for five years to 2020. This had to be assigned to the various developmental projects related to Future in Mind Guidance and commitments in the Local Transformation Plan. An update and refresh of the Local Transformation Plan is required by NHS England by October 31st 2016.

This paper answers some specific questions asked of the commissioners in relation to access and waiting times.

The Future in Mind Locality Transformation Plan was developed in the context of Bradford and Airedale with reference to the Joint Health Needs Analysis of Emotional and Psychological Wellbeing of Children in Bradford (Public Health 2015).

2. BACKGROUND

In 2014 the Children and Young People's Mental Health and Wellbeing Taskforce was established by the government to consider ways to make it easier for children, young people, parents and carers to access help and support when needed. The purpose of the taskforce was to make recommendations to ministers, and agree actions aimed at achieving better outcomes for children and young people with mental health problems. In March 2015 the taskforce published its report and recommendations: *'Future in Mind:*



promoting, protecting and improving our children and young people’s mental health and wellbeing’.

A comprehensive health needs assessment was published in January 2015 outlining the emotional and social wellbeing of children and young people in the Bradford district. Commissioned from Public Health by the local Clinical Commissioning Groups, it highlighted a combination of a rising young population, high levels of poverty and social deprivation and pressure on existing services in both the statutory and voluntary sector to meet increasingly complex needs. The Health Needs Assessment outlined the unique position of children and young people in Bradford and the challenges faced in meeting emotional and social wellbeing needs.

The health needs assessment highlights the fact that Bradford has the third highest population of children and young people in the United Kingdom and that services provided to them are under pressure from national austerity measures. The local health and social care economy has highlighted the issue of children and young people’s mental health, and has prioritised the delivery of these services. Against a background of reductions in services due to austerity measures and an overall increase in under 18 population in the Bradford area, Future in Mind presented an opportunity to review and transform services to meet the needs of children and young people in Bradford. With focus on access in crisis (linked to the Crisis Care Concordat Action Plan), Eating Disorders, Vulnerable Groups including Looked after Children and Links with schools, the Future in mind local transformation plan was developed as a multiagency agreement on what was needed.

3. REPORT ISSUES

3.1 Access

Through Journey to Excellence Early Help Offer the development of Early Help Hubs has enabled a “single point of access” model for all referrals of children and young people. Future in Mind funding has been used to retain the role of Primary Mental Health Workers within schools and to appoint mental health specialists into the Early Help Hubs to ensure immediate access to mental health expertise at the point of referral. This enables management of the situation at the earliest stage and fast track of referral into relevant services as required.

3.2 Information on the range of options being offered/provided on first contact and first referral

There is a wide range of access to mental health support from a children and young people’s perspective dependent on the school they attend. With a number of different commissioning bodies (Clinical Commissioning Groups, Local Authority, Academies) there are differences in the services accessed by each school. All schools have access to a Primary Mental Health Worker who works closely with the School and the School Nurse. In addition to this there are school counsellors, Voluntary Sector services such as Relate,



Time to Talk, Bradford Counselling and Sharing Voices Bradford but this is not equalised across the patch. Investment has been made in order to identify access through the development of Mental Health Leads in each school and to identify the local offer from Health, Local Authority, VCS and school commissioned Counsellors so that it is clear to young people and schools how to access services in their school. Identifying individuals with key roles to play in mental health provision within each school will establish the “mental health team” for that school and will identify the pathway for access to support.

Options available for accessing support: The current pathway for access into Child and Adolescent Mental Health Services (CAMHS) is routinely via the school nurse in consultation with the CAMHS Primary Mental Health Workers. CAMHS will also take direct referrals from General Practitioners and other clinicians when cases are felt to be more urgent and/or in crisis. As part of Future in Mind transformation in collaboration with Local Authority, Bradford District Care Foundation Trust are supporting the pilot of ‘early Help Hubs’ which are multi agency panels that triage and signpost referrals from families requiring support and interventions. This involves CAMHS Primary Mental Health Workers and is looking to support a model of multi-agency decision making and sign posting to ensure that support and interventions are offered at the right time, by the right service and that meets the needs of the family.

3.3 Timescales and waiting times for appointments through the system

Specialist Mental Health Services for children and young people (CAMHS) are commissioned to see all urgent referrals within 24 hours and routine referrals within 13 weeks. Data since 2012 indicates the service in Bradford and Airedale has maintained this standard with them achieving a stretch target of seeing routine referrals within 11 weeks. CAMHS offers 24/7 on call Consultant cover with specialist nurses available across the 7 days 9-5pm to offer crisis and home treatment to young people with an open referral to the services.

The First Response Service offers an ageless, open door crisis response service offering direct support and intervention to anyone in mental health crisis (working to all Bradford District Care Foundation Trust Safeguarding Policy and Procedures and appropriate referral pathways for such vulnerable groups)

3.4 Access to psychological therapies

Therapeutic/psychological interventions are delivered by a range of appropriately skilled, trained and accredited clinicians’ within the multidisciplinary team and modalities include: Psychotherapy to include Dyadic Developmental Psychotherapy, Eye Movement Desensitisation and Reprocessing therapy (EMDR), hypnotherapy, person centred counselling, systemic family therapy, Cognitive Behavioural Therapy, Play Therapy & Art Therapy. Waiting times for these interventions can vary but a key worker is assigned from assessment to ensure that there is access to support while the specific therapy becomes available. Children and Young People’s Improving Access to Psychological Therapy has been introduced as a means by which more people from the children’s workforce can



deliver interventions for mild to moderate mental health problems. Seven people have received the yearlong training (delivered in Salford) and have brought the skills in Cognitive Behavioural Therapy and family interventions back to the work place. This has involved specialist mental health workers and attendees from the Voluntary Sector. The next phase of training is currently being recruited to.

3.5 Early intervention

Specialist CAMHS offer support to those experiencing moderate to significant mental distress with associated impacts upon attainment, functioning and risk. Primary Mental Health Workers work in schools as a conduit and support to those who are experiencing difficulties at a lower level. Their role is to directly link and work into school nursing clusters; providing consultation to school nurses, direct support to children and their families within Primary care settings and act as a fast track into specialist CAMHS or lower level support services ensuring that intervention is offered at the most appropriate level proportionate to the child and family's needs. As noted previously they are also now part of the Early Help Panel pilots. There is also a specialist mental health worker offering training to clinicians from across the Local Authority and universal services. This training is around developing understanding of emotional wellbeing and mental distress and seeks to equip staff with knowledge and understanding proportionate to their role. This supports them being able to identify any potential distress at an earlier stage and inform intervention at the earliest level. It also serves to promote mental health awareness and prevention of stress and emotional upset escalating to more serious manifestations of mental ill health. In addition, Health Visiting (HV) services provide support for parents with young children to ensure their emotional wellbeing and also the bonding and attachment between the mother and key carers and the baby is well established. In addition HV services ensure children are supported appropriately in their social and emotional development and hence are emotionally resilient.

3.6 Provision for early intervention in psychosis (EIP), eating disorders, self-harming

Early Intervention in Psychosis - Bradford and Airedale has a well-established Early Intervention in Psychosis Team (EIP) that takes referrals from 14 upwards. EIP workers specialising in the 14-18 year old age group are embedded within CAMHS and have a clear referral pathway into the service that is direct.

Eating Disorders – Future in Mind has supported the development of an Eating Disorder Service in line with National Health Service England guidance for best practice issued in August 2015 to model approaches around intervening early, as soon as signs that an eating disorder is developing in order to improve opportunities for successful intervention. The team will be active in engaging with schools and children's services where early signs of eating disorders will be picked up and will be in line with the Better Access & Waiting time Standard for eating disorders services.

Self-Harming – The Crisis Care Concordat children and young people's sub group will have a focus on self-harm and suicide prevention and the First Response Service is accessible to all young people considering such action. Primary Mental Health Worker's

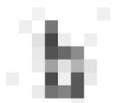


work alongside School Nurses and schools to support in presentations of self-harm and offer preventative and proactive strategies through consultation and supervision. Educational Psychology have developed a policy on responding to self-harm as part of the Mental Health Matters in Schools project which also rolled out a series of assemblies and workshops relating to emotional wellbeing and resilience.

3.7 Interagency working in schools

There is a clear pathway for School Nursing and Health Visitors to refer to Primary Mental Health Workers working in CAMHS. Primary Mental Health Workers work jointly with universal services in attempting to identify and manage at emotional difficulties and mental distress at their lowest level. They offer consultation, advice and signposting, and where needed, direct support to children and their families alongside the school nurse, health visitor or in primary care. They also act as a conduit into specialist CAMHS or lower level support services ensuring that intervention is offered at the most appropriate level proportionate to the child and family's needs. For children who are classed as Younger Years, these referrals will be discussed and allocated to a member of the multi-disciplinary Younger Years Team within specialist CAMHS. This team offers interventions that are targeted at this younger age range with a focus on work with the parents or carers.

The PMHWs are aligned to School Nursing clusters, with a named PMHW for each school nursing team. CAMHS is continuing to work closely with the School Nursing lead to ensure that these links and conduits continue.



4. FINANCIAL & RESOURCE APPRAISAL

The future in Mind Local Transformation Plan (LTP) has secured the funding of £1.1M for 5 years to 2020 to be allocated via CCGs according to the agreed projects in the table below:

Summary of Projects and funding allocation

Project	Funding £
Refocusing the role of PMHW in schools	352,000
Developing schools engagement	91,000
Early Help Access Hub (single point of access)	100,000
First Response	109,000
Eating Disorders	296,000
Looked After Children and Vulnerable Groups	186,000
Workforce Development including CYPIAPT	Separate funding stream

5. RISK MANAGEMENT AND GOVERNANCE ISSUES

Risk Management and Governance is reported through the Joint Commissioning Board to Bradford Health and Social Care Board to the Health and Wellbeing Board.

A brief amplification of the summary statement on the cover of the report, but only where necessary.

6. LEGAL APPRAISAL

None



7. OTHER IMPLICATIONS

7.1 EQUALITY & DIVERSITY

As part of the development of the Future in Mind Local Transformation Plan we highlighted Vulnerable Groups in Bradford (p.7) and our Engagement and Involvement activity (pp 9-15) as evidence that we have given full consideration to the various needs in the area and have listened to the voices of young people. Further to this the attached Future in Mind Children and Young Peoples version of the LTP was written with participation from young people at Barnardos to demonstrate a level of engagement with the intended outcomes of this initiative

7.2 SUSTAINABILITY IMPLICATIONS

The Future in Mind Local Transformation Plan is designed to be sustainable within service structures against the associated investment to 2020 through Clinical Commissioning Groups.

8. OPTIONS

To develop services in line with the Future in Mind Transformation Plan and associated Department of Health investment of £5.5M in 5 annual instalments. To align this with developments linked to Journey to excellence and Better Start Bradford in promoting health and wellbeing for children and young people in Bradford and Airedale.

9. RECOMMENDATIONS

To support development of services in line with Future in Mind Local Implementation Plan aligned with priorities within Journey to Excellence, Integrated Early years Strategy and the Early Help approach for children 0-19 years.

10. APPENDICES

1. Future in Mind Locality Transformation Plan (CCG) October 2015
2. Future in Mind Locality Transformation Plan CYP Version (Barnardos) July 2016

11. BACKGROUND DOCUMENTS

Future in Mind (DOH) March 2015
Mental Health Strategy for Bradford and Craven (CCG) October 2016
Five Year Forward View for Mental Health (DOH) March 2016
Crisis Care Concordat Action Plan (Bradford and Craven) October 2015
Crisis Care Concordat CYPMH Action Plan (Bradford and Craven) September 2016

