

Future in Bradford District and Craven Transformational Plan Summary

Children and Young People's Mental Health

*For Children and Young People,
Parents and Carers*

July 2016

Future in Mind
Children and Young People's Mental Health
Transformation Plan Summary 2016

Adults in charge of health services across England have told your commissioners (those who decide how to spend money on services) in Bradford to improve children, young people and adults emotional and mental health support by spending more money in the right places and delivering these services in the right way for you.

Facts!

A recent Bradford Health Needs Assessment 2015 tells us that ...

- Bradford has the third highest number of children and young people living here across England
- Services are struggling in some areas to support your emotional and mental wellbeing and need to rethink how they deliver services for you in future in some cases with less resources
- About 17,000 of these children and young people will need some type of help with their emotional and mental health needs and...
- Your mental health should be seen as one of the most important things for us in Bradford.

With all this information professionals across Bradford are now working together to make sure that you are all supported to be the healthiest that you can possibly be by planning to give you;

-  The best start in life,
-  Control over your lives,
-  Help in becoming an adult
-  Helping you early on with problems and
-  Giving you the proper help when you need it in an emergency

A report called 'Future in Mind' (created from what we know works and what children and young people say works) tells Bradford that they have the chance to work together and transform (change) mental health services by ...



1. Creating early support that helps to stop you becoming ill and that helps you cope with life's challenges
2. Making services easier to get into and move between
3. Helping all including those groups that most need support such as children and young people with learning disabilities and many more.
4. Being honest, giving you the right information and answering to those who use their services - you guys!
5. Having skilled workers that are trained to be able to help you properly.

Across Bradford with your help we want to provide a variety of services that are ...

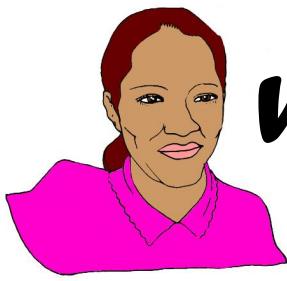
Aim!

Easy to find out about, get into and use

That can offer emotional and mental health support at the right time

Works in a variety of ways

Based in many different locations that work for children and young people

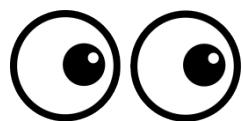


You're Voice Counts!

What we have been told so far!!

Children and Young people in Bradford so far have helped us think about what you need from services.

You tell us that we should improve how children and young people...



1. See and talk about mental health - take away the negativity

2. Receive information,



3. Understand their rights when using a service



4. Find out about services,

5. How services communicate with them,



6. How schools support their emotional and mental health



7. How they receive support whilst waiting for services

8. How they move from Child to Adult Services



We will continue to involve children, young people and their families in a variety of ways that will influence the design and transformation of mental health services.

One way to have your say is to give us your ideas about this Transformational Plan. Please read on and let us know what you think!

A Snapshot of our Plans: what we will do...

- 1. AGREE HOW WE DECIDE WHAT SERVICES TO SPEND MONEY ON AND HOW WE MAKE SURE THEY ARE DOING A GOOD JOB WITH OUR MONEY**
- 2. Make a Single Access Point = one place you or a worker can go to start getting you the help that you need**
- 3. Improve how we help children and young people in a crisis e.g. Home Treatment rather than hospital/ a First Response Team/ smooth move into hospital if needed**
- 4. Create a new and improved service for those with eating problems**
- 5. Build upon a home treatment service that keeps you out of hospital**
- 6. Make sure schools have mental health leads, trained school nurses and have links to expert workers.**

7. Make it easier for you to get help by creating a community drop-in that you are comfortable visiting that can help with everything

8. Put expert workers in services where young people need the most help e.g. looked after, young offenders. homeless

9. GIVE MORE WORKERS THE SKILLS THEY NEED TO BE ABLE TO HELP YOU

10. Use more digital apps and websites to give you help early on

11. Offer help through peer mentor models like WRAP (Wellness Recovery Action Planning) groups

12. Recognise and use the skills in voluntary and community services who offer early emotional mental health support



Bradford's Local Picture in detail!

If you want to know more detail about;

- What we offer across the Bradford and Craven District already
 - What our plans are
 - How to have your voice heard and how to get involved
- ...then please read on...

Young People needing the most intense treatment....



- Bradford does not have dedicated beds in a local hospital for those young people with the most difficult mental health problems. Bradford has grown a service where young people can stay at home with the right amount of specialist support rather than be sent to a hospital a long way away. A crisis service for all ages exists called First Response which has begun to build on this help at home.



We are going to...

F U T U R E

- Improve the help that we can offer away from hospital buildings in an emergency
- Improve how we assess all young people's needs including those with Autism and Learning Disabilities
- Improve the First Response Teams skills as a children and young people friendly service.
- When hospitals are the only choice we want to make this as easy as possible for young people by staying in hospital only as long as they need to with the right amount of support given when they come home.

Young people who have an Eating Disorder....



- Bradford has a successful eating disorders service (which is attached to the First Response service above), that helps support young people all day and night (24/7) in their homes and keeps them out of hospitals where they would be away from their families.



We are going to...

F U T U R E

- Create a bigger eating disorders service that is separate from other mental health support that CAMHS (Child and Adolescent Mental Health Services) offer within the home. This service will be able to focus on its own work with eating problems and grow its own skilled staff team.

Young people who have to use a Hospital bed...

NOW

- In Yorkshire and Humber mental health services have access to 90 beds in total in Leeds, Sheffield and York. There are none available in Bradford.

We are going to...

F U T U R E

- Increase the number of hospital beds available to Bradford in Yorkshire and Humber for those young people that have to go into hospital.

Crisis Care (emergency support) for young people with ASC (Autistic Spectrum Condition, Autism) and / or Learning Disabilities

NOW

- Care and Treatment reviews were created in 2014 to lower the number of young people with ASC and / or learning Disabilities going into hospital who did not need to be there.

We are going to...

F U T U R E

- Improve how young people with ASC and/ or Learning disabilities get into crisis care (emergency support) and how this is managed.

Young people who are Young Offenders (who have committed a crime)

NOW

- Bradford feels that helping Young Offenders mental health needs is very important.

We are going to...

F U T U R E

- Make sure Young Offenders know about mental health support in Bradford and find it easy to use, which will help them find a different path in life to take than crime.



What we want to achieve over the next five years!

Our commissioning Plans....



These plans look at what we will do to begin to improve the emotional and mental health support for children, young people and their families across Bradford District and Craven. Help us think how we can do this.



Creating early support that helps you stay well.



- The Early Years Project helps parent's mental health whilst pregnant and after
- School Nurses offer early support and can receive help from Primary Mental Health Workers
- Barnardo's Bradford CCG and BDFCT have created a Transitions website www.thrivebradford.org.uk for 13 - 19 year olds.
- WRAP 'Wellness Recovery Action Planning' is a peer support group for young people and is going well, this is funded By City CCG and run by Barnardo's and CAMHS.



We are going to ...

F U T U R E

- Develop the support that new parents receive with their mental health
- Look at the gaps in the help that you get early on and give these workers skills to be able to help you.
- Quality support through counselling services and pastoral teams offered in all schools across Bradford and Craven
- Mental health workers will link with GP'S and schools/ school nurses so that all workers have an expert to talk to for help and advice when supporting children and young people
- School Nurses to be given the skills to deliver and manage mental health needs.



- To offer support through the use of apps/ digital technology
- To enable more children and young people to attend WRAP (Wellness Recovery Action Planning) peer support groups.



Making it easier to get the help when you need it



- It is reported that some mental health services are hard to get into and can be confusing
- Services are struggling as numbers that need to use the services go up
- The 'in a crisis', emergency First Response team have set up a great service for adults. They can also do this for children and young people
- The Eating Disorders service provides a service seven days of the week since 2012 - this can be built upon



F U T U R E

We are going to...

- Create a single point of access - one place where you can go to get help rather than searching around
- Improve First Response Service' skills at working with children and young people by employing children and young people mental health workers.
- To create one stop shop / drop-ins for children and young people to make it easier to get help especially for those that will not go to their doctors or formal services.
- To build a separate eating disorders service as mentioned before who can also offer advice to all workers on how to support children and young people and help them cope.
- Primary Mental Health workers role will be focused on work across more schools, more community projects linking with mental health leads in these settings. This will increase skills and a wider range of young people will be supported.



Caring for those most in need

NOW

- CAMHS work closely with Looked After Children's Team but struggle to meet the numbers that need help.
- There is a need to have a Child Sexual Exploitation mental health worker to help those young people who have been exploited and will find it difficult to use services.
- Youth Offending Team works closely with CAMHS but again struggle to meet the numbers that need help.
- Home Treatment through CAMHS keeps children and young people out of hospital.
- CAMHS work well with children with Autism and learning disabilities. In a crisis a suitable service has been difficult to find.



We are going to...

F U T U R E

- Improve First Response Service skills in working with children and young people including those with Autism and Learning Disabilities.
- Develop the Home Treatment service to provide help in an emergency for those who may need to go into hospital.
- Mental health workers will be placed and have stronger links with the Looked After Teams, Child Sexual Exploitation services, Youth Offending Teams, those who are NEET (not in school or work), Homeless or in gangs.



To be open and honest about decision making and performance

NOW

- It is difficult to get information about the need in Bradford and who we are helping due to the many services and commissioners that offer emotional and mental health support in Bradford.
- We now have one commissioner who commissions emotional and mental health services across the CCG's (Clinical Commissioning Groups) and Bradford Council.

We are going to...

F U T U R E

- Join up how services are commissioned and tracked how well they are doing.
- Introduce a minimum amount of information services must gather and be able to share



To give workers the skills they need to support children and young people.



- Mental health workers have gone on training to help improve how children and young people can access support.
- Training is delivered to school and other staff to help them gain the skills to support emotional and mental health needs in children and young people

F U T U R E

We are going to...

Extend all types of training to all professionals working with children and young people. This will improve how they are supported.

What we want to have achieved by the end of 2016!

1. To run a Single Access Point = ((one place you or a worker can go to start getting you the help that you need)) in one location to test out how successful it will be.

2. Place expert mental health workers in the First Response Team (where young people go in a crisis) so the team can gain skills working with children and young people

3. Split up the Eating Disorder and Intensive Home Treatment service so that they become two services focusing on their own expert areas

4. Expert workers link to Looked After Children Services.

5. Lead Mental Health Workers in schools will be selected and Primary Mental Health Workers will work across more Schools, Children's and Community services.

6. PLANS WILL BE MADE FOR HOW A DROP-IN CENTRE WILL RUN

7. MENTAL HEALTH TRAINING WILL SPREAD OUT TO WIDER WORKERS IMPROVING SKILLS

8. Improve how we involve you, consider you and hear your voice

9. Balance all needs and wishes with what we can afford and achieve.

Do you have any thoughts about what we hope to achieve by end of 2016, please make your comments below.

Final Words!

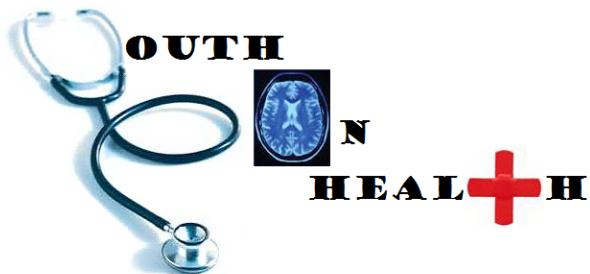


You have reached the end of our Transformational Plan Summary, we hope that you like our plans and ideas and have been motivated to let us know what you think about them.

We are dedicated to continue hearing about your experiences of the services that you have used and would want to use. We will make sure we get better at hearing your voices and listening to what you tell us. Your contribution will build on the information that you have already told us and help us to make the changes that we must make in order to Transform Emotional and Mental Health Services in the best way possible.

We have a lot to achieve over the next five years! If you want to be more involved in these changes why not think about joining the...

Healthy Minds, Youth on Health Network
Children and Young People having a voice about health improvements across the District.



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