

# Report to the joint meeting of Health and Social Care and Children's Services Overview & Scrutiny Committees to be held on 28 November 2017

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**Subject:**

**Children and Young People's Mental Health**

**Summary statement:**

This report provides the Joint Health & Social Care and Children's services Overview and Scrutiny committees with an update on the progress of Bradford's Children and Young People's local transformation plan since our last report in October 2016.

Future in Mind was published in 2015 by the government's Children and Young People's Task force. It describes how children's mental health services need to be transformed through collaboration around five key areas.

We have made good progress in meeting the Top Tips for Commissioners that Young People set in the Joint Strategic Needs Assessment and the Future in Mind transformation plan is delivering key progress.

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**Portfolio:**

**Health and Wellbeing**

**Overview & Scrutiny Area:**

**Children's Services and  
Health & Social Care**

## 1. Summary

Future in Mind was published in 2015 by the government's Children and Young People's Task force. It describes how children's mental health services need to be transformed through collaboration around five areas of promoting prevention, improvement of care and access to good quality of services.

This report describes progress on issues raised by the Committee following the papers in October 2016 and March 2017. The overall progress of the programme is provided in Appendix 1.

### Key points:

- Excellent progress on meeting the Top Tips for commissioners as set by Young People in our Joint Strategic Needs Assessment.
- Strong engagement of children and young people in the programme
- Established formal alignment with programmes such as the SEND, B Positive Pathways and Social, Emotional & Mental Health (SEMH) group
- 67 schools now have 86 mental health champions with 100% good or very good evaluations for impact of support provided.
- Implemented a new self-harm policy across health and education settings
- Over 50 schools have accessed Living Life to the Full training
- 26 courses on mental health awareness were held from April 2016 to March 2017 with 555 staff trained across the universal workforce in Bradford District.
- Our Health Buddies have supported 277 children and young people reducing waiting lists
- The average waiting time from referral to treatment was 106.8 days, a reduction of 14.5 days from the average of 121.3, for CAMHS services.
- Bevan Healthcare are delivering schemes to provide refugee and asylum seeking children with mental health and psychological support.
- Greater working with the voluntary and community sector to build support when needed, this has included developments with the First Response Service and Safer Spaces.
- First response are working with Youth on Health to create a toolkit for tele coaches to help them work with young people that ring in crisis as more young people use the service
- Youth on health network working with safer spaces to audit to the building and working with Tower Hurst to keep creating a homely service currently look at the artwork for the building.
- We are supporting a youth led campaign on anti-bullying #bfdbeatsbullying

Priorities for the next year include integration and alignment of the transformation programme sustainably across other programme areas, expansion of digital engagement and wellbeing tools and an overall alignment of children's and young people mental health services with our Districts' strategic aims. In terms of outcomes – we will be prioritising early access and work in schools.

## 2. Context and Background

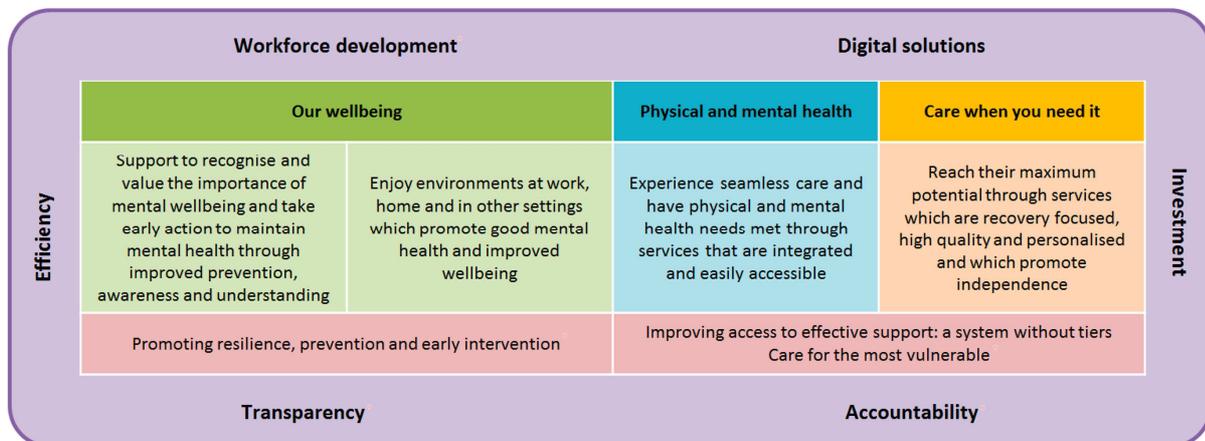
The Children and Young People's Mental Health and Wellbeing Taskforce was established by the government in 2014 to consider ways to make it easier for children, young people, parents and carers to access help and support when needed. In March 2015 the taskforce published its report and recommendations: *Future in Mind: promoting, protecting and improving our children and young people's mental health and wellbeing*.

The five key themes were:

- Promoting resilience, prevention and early intervention
- Improving access to effective support: a system without tiers
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce.

Our Local 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).

Earlier this year we launched the strategy for Mental Wellbeing in Bradford and Craven. This all age strategy has been developed through extensive and detailed working with partners and stakeholders. It addresses three principal areas: our wellbeing, our mental and physical health, and care when we need it. These areas are aligned with Future in Mind's work streams and together will help to achieve the five strategic objectives set:



■ Future in Mind objectives set within our commitments of the Mental Wellbeing Strategy.

By 2020, we will work together with partners to ensure that children and young people:

1. will be supported to recognise and value the importance of their mental wellbeing and take early action to maintain their mental health through improved prevention, awareness and understanding
2. can enjoy environments at work, home and in other settings which promote good mental health and improved wellbeing
3. will experience seamless care and have their physical and mental health needs met through services that are integrated and easily accessible
4. can reach their maximum potential through services which are recovery focused, high quality and personalised and which promote independence
5. can expect support to be commissioned and delivered in a way that leads to increases in efficiency and enables transformation of care through reinvestment.

### 3. Report issues

Children and young people provided a series of Top Tips for commissioners of emotional and mental health services. Commissioners are working with Children and Young people and service providers to fulfil our commitments to meeting these key areas of support. The progress on Future in Mind, described below supports our delivery of these commitments.

#### **Promoting resilience, prevention and early intervention**

##### **Expansion of Wellness Recovery Action Plan (WRAP) services:**

Bradford were one of the first areas in the country to roll out WRAP (Wellness Recovery Action Planning) for Children and Young People and is in its fourth year of delivery. WRAP is a peer support 10 week course promoting self-care, resilience building and peer support. Barnardo's have developed a Children and Young People WRAP Toolkit informed by user and facilitator evaluation from over 20 WRAP groups delivered. Locally Barnardo's provides Bradford with a robust marker for quality assurance re WRAP and has built capacity across the district through training over 15 adult WRAP 1 and 2 facilitators and 13 Young People peer Wrap facilitators. Since 2016, we have supported further organisations to carry out WRAP for young people including Gillington Community Association, Bradford District Care Foundation Trust and Roshni Ghar. The WRAP courses support young people transitioning to be resilient and manage well.

##### **Mental health champions in school**

The aim in establishing Mental Health Champions and a network of Mental Health Champions in schools was been agreed to build capacity and confidence to address mental health in schools. The Mental Health Champions have increased capacity to meet low level mental health needs in the school, improved joint working, are bringing service providers together with schools to develop understanding of pathways and where necessary providing opportunity to develop and feed into more efficient pathways. Over 86 schools attended Mental Health Champions Launch Conference in February 2017.

- Steering group of key partners for joint working in shaping the initiative and developing sustainability post funding.
- 67 schools have signed up for the Mental Health Champions Initiative and have attended the Mental Health Champions' Network Meetings.
- Over 50 schools have accessed Living Life to the Full training.
- Evaluations have been 100% good or very good for impact of support provided via network meetings to support Mental Health Champions to support pupils in schools.
- Development and implementation of self-harm policy for schools.
- MYMUP commissioned to develop [www.mentalhealthmattersinschools.org](http://www.mentalhealthmattersinschools.org) website where parents can gain advice and key information and professionals can access resources, share information and connect

Barnardo's and 'Yoomie' have been commissioned to develop a website with information and advice for young people navigating adolescence, with signposting to services and real stories. This website, [Thrive Bradford](http://Thrive Bradford), is now live, providing information to young people on mental health and wellbeing matters and on local services available. A campaign to publicise the site is complete and usage is being monitored.

We have also produced the Future in Mind local transformation plan into an Easy Read version to support understanding of the work programme and increase involvement and this is available on the Clinical Commissioning Group website.

We have worked with young people to create a series of short films on different topics that effect young people and young people giving advice on them. There devolvement youth on health and positive identities to add a session around LGBT and race issues. Going forward, our priority is to bring together all the digital platforms for schools, champions and young people through a single gateway. MYMUP will increase Thrives' levels of engagement through the development of films, media and blogs on the site.

### **Primary mental health workers in schools**

As part of the Future in Mind Transformation Plan the commissioner identified that links into schools and provision at lower level is paramount in the success of the pathway for Children and Young People and their social and emotional wellbeing and ensuring that care is delivered at the right place at the right time. Pivotal to delivering this is the role of the Primary Mental Health Worker.

The Primary Mental Health Worker workforce consisting of 12.6 WTE professionally qualified clinicians are employed by BDCFT. They span across the whole district providing a link into schools, offering consultation and support to the universal workforce to include school nurses, social workers. They hold family support clinics and act as a conduit to referrals into specialist CAMHS ensuring that families' children & young people receive support at the most appropriate level and in the right place. Each PMHW is linked and mapped to a school nurse cluster and work closely with School Nursing Colleagues and GPs. The PMHW workforce are skilled in providing expert advice and guidance, upskilling and empowering the workforce in being able to support the emotional wellbeing of Young People and their families. They are also skilled in delivering brief interventions alongside the wider workforce and the specialist CAMHS service.

The Primary Mental Health Worker role is key in the delivery of the MH champions in schools project. Our PMHW Lead has been fundamental in the development of the project. She and her PMHW colleagues support the delivery of the training and supervisory sessions to the MH champions.

To make even further use of this vital capacity, to attempt to offer greater spread of their role and out into the wider health, social care and education system we also mapped PMHW capacity to each Early Help Panel ensuring that CAMHS representation is present at each early help panel where referrals for families are discussed and a shared understanding and formulation of what the family needs can be reached.

### **Addressing Bullying**

Across the local authority youth Services there are positive interventions that support young people in dealing with bullying. Regular youth work sessions enable young people to build strong voluntary relationships with youth work staff that builds trust and support for young people in speaking out about bullying.

The Bradford Safeguarding Children's Board has asked its Education sub group to look at hosting a conference and leading some work around Bullying, this is in the early stages of planning.

Sharing Voices' Young Peoples Community Development Workers are currently delivering awareness workshops around bullying in many schools across the Bradford District, this

includes providing practical advice to young people on how to respond to bullies, dealing with cyber bullying and more importantly where to get help from.

Schools are also being encouraged to appoint 'happiness ambassadors' to ensure their peers stay safe both online and offline, and will mentor, train, advise and monitor the effectiveness of the schools anti-bullying policy from a student perspective.

Sharing Voices in partnership with Ona Ju Jitsu Club and Bradford Clinical Commissioning Groups also hosted a large anti bullying event 'Break the Silence' at City Park in September, hundreds of school children attended to take part in the martial arts class and demonstration, the youngsters were also treated to a performance by a young Bradford rapper who herself was a victim of bullying.

Young people have also started their own anti-bullying campaign to encourage positive care which was launched on the 13<sup>th</sup> of November 2017. A short presentation will be made at the committee on the campaign, seeking support of members to promote the key messages of the campaign.

### **Raising awareness, skills and training**

The above work with schools is aimed to support awareness raising and access to skills. In addition to the above, we have worked with our voluntary sector providers and NHS England to host events, roadshows and festivals aimed at promoting awareness about mental wellbeing. These have been really successful and raised the profile of Bradford as leading the way.

### **Improving access to effective support**

#### **Waiting Lists**

The Youth in Mind, which includes the Health Buddies, service aims to support young people and reduce waiting list numbers expects to support 500 young people during 2017/18. At 30 September 2017 there were 570 children and young people on the CAMHS waiting list, a reduction of 211 from 781 at the end of September 2016.

At 30 September 2017 the average waiting time from referral to treatment was 106.8 days, a reduction of 14.5 days from the average of 121.3 at the end of September 2016.

#### **Specialist CAMHS**

In 2016/2017 1881 referrals were accepted into CAMHS and the active caseload was 2005 at 31 August 2017. Pathway review and transformation is taking place working alongside *Youth in Mind* with a focus on improving access and growing the workforce. The work with Youth in Mind has supported new skills and ways of working.

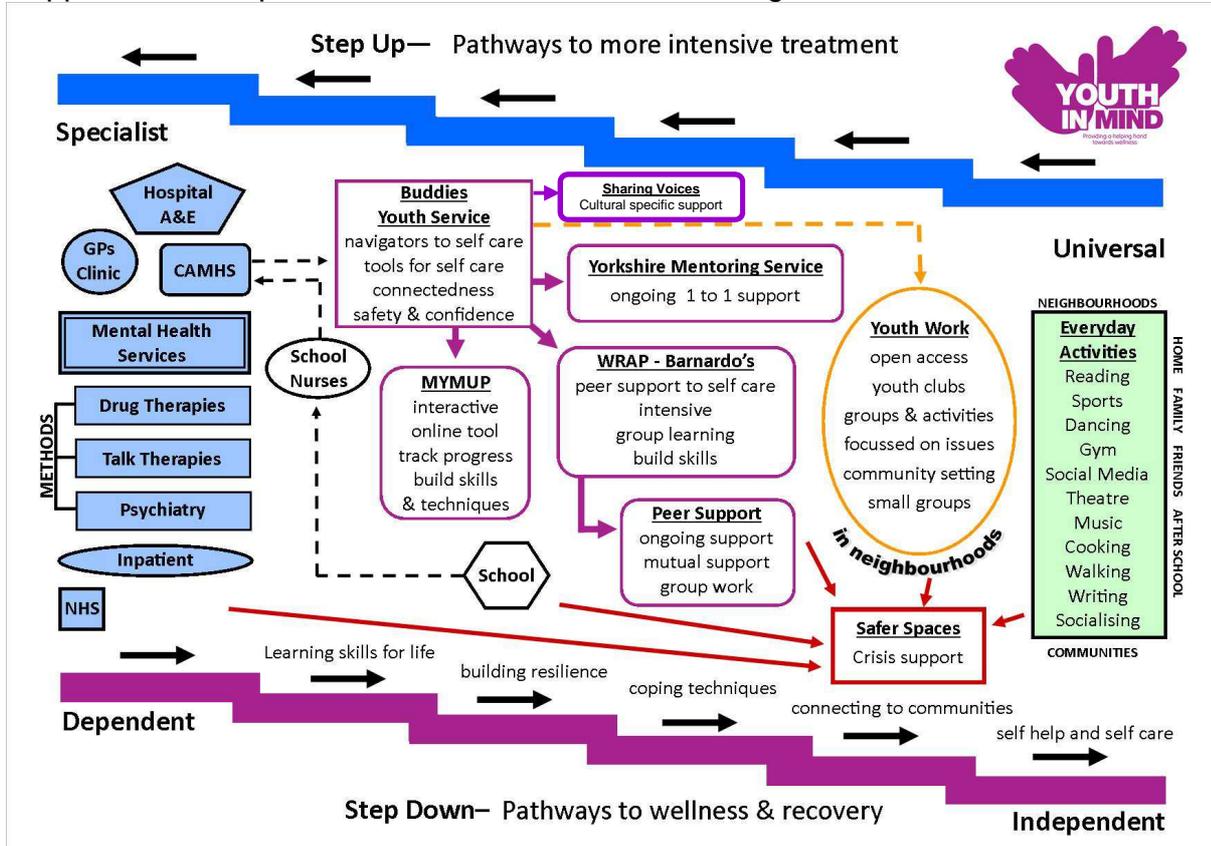
#### **Youth in Mind**

The Youth in Mind model was designed by young people who felt that young people should get support for their mental health and wellbeing when they need it.

Health, Youth Service and Voluntary Partners working together to create an integrated model that helps young people to build resilience and be less isolated, more connected, safer and in control.

The Youth in Mind model provides young people with the Same Worker/Named worker to support them through their mental health journey.

Youth in Mind uses a range of ways to engage young people including drop-ins, one to one and peer support work through Buddies WRAP group work led by Barnardo's, MYMUP's digital self-help tool, evidenced based peer support groups and longer term volunteer mentoring. Additionally support in a crisis is provided through Creative Support's Safer Space at Tower Hurst. The below diagram details the model:



One of the reasons for launching Youth In Mind, originally called the Buddies scheme, was to address the high volume of referrals to Child and Adolescent Mental Health Services (CAMHS). Since launch in April 2017 CAMHS have referred 275 young people to Youth In Mind where they received the support of a Health Buddy through the Youth Service and access to the MYMUP digital platform. In quarter 2, onward referrals started being made to other Youth in Mind partners; 8 referrals to Yorkshire Mentoring for ongoing one to one support with volunteer mentors, 40 referrals made to Barnardo's for 10-week WRAP group programmes being run at 5 venues across the district. With the follow on support from the sweet wrapper groups.

MYMUP – the digital 24/7 wellbeing application has launched; giving access to a joined-up recording and monitoring tool across the partners to input and track progress; providing a wide range of online interventions to young people that promote self-awareness, resilience, empowerment, life skills and self-care. MYMUP are providing targeted one to one support to all partners around the use of the digital application; consequently there has been a surge in engagement with online interventions, out of hours digital support that the app provides and profile-building including the development of digital wellbeing diaries.

Youth In Mind currently accept referrals, targeting CAMHS wait times for treatment and initial assessment, . Furthermore, the flexibility and adaptability of the model allowed for an unanticipated cohort of referrals from CAMHS, of young people already receiving treatment. Buddies support this cohort in partnership with allocated CAMHS practitioners

to target the reduction of Did Not Attendees (DNAs) and impact waiting times by facilitating move on from specialist CAMHS.

The model will open to referrals from wider partners in quarter 3; initial plans in place to target schools with support from Sharing Voices Bradford to address underrepresentation of referrals from BME backgrounds and Family Action to include work with younger children and their families.

### **Safer Spaces**

Safer spaces – Tower Hurst offers a one night stay in a homely, non-clinical place for children & young people under 18 who are in or at risk of mental health crisis or emotional distress. The Safe Space is staffed 10pm to 10am Monday to Sunday with referrals made through the First Response service – which was expanded for children and young people and the Emergency Duty Team. The Safer Space model was designed in partnership with CAMHS Service Users via Barnardo's Youth on Health Participation Network through consultations and visits to the space.

The Safer Space has had 84 referrals, 54 of which were accepted. . The First Response service offered triage and crisis assessment to 283 children and young people under 18 between January and July 2017.

Appendix 2 provides case studies and the committee will be presented with films made by the young people.

### **Caring for the most vulnerable**

Bevan Healthcare are delivering a number of schemes to engage with the mental health and psychological support needs of refugee and asylum seeking children in Bradford. The one-to-one counselling sessions have been extremely successful with 30 children seen and discharged, receiving positive feedback from both schools and families.

#### **4. Options**

Not applicable

#### **5. Contribution to corporate priorities**

The Future in Mind implementation plan and the prioritisation of the children and young people's mental wellbeing reflects the ambition of the District Plan for 'all of our population to be healthy, well' (District Plan: Better health, better lives) and the commitments made in the Bradford and Craven Mental Wellbeing Strategy.

#### **6. Recommendations**

The Committees are invited to:

- Recognise the progress made in meeting the emotional and mental wellbeing needs of young people through the delivery of the Future in Mind transformation plan.
- Support and promote the work to improve emotional and mental wellbeing of young people in all work streams and programmes considered.

7. **Background documents**

- Future in Mind (DOH) March 2015
- Mental Health Strategy for Bradford and Craven (CCG) October 2016
- Children and Young people's Health Needs Assessment 2015

8. **Not for publication documents**

None

9. **Appendices**

1. Future in Mind Locality Transformation Plan (CCG) October 2017
2. Youth in Mind Case Studies