

Future in Mind

Local Transformation Plan

NHS Bradford City, Bradford Districts and Airedale, Wharfedale & Craven CCGs with Bradford Metropolitan District Council and North Yorkshire County Council

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, development of our workforce and ensuring transparency.

Key achievements:

- Strong engagement of children and young people in the programme
- Established formal alignment with key programmes in Council and CCGs
- Over 150 mental health champions in schools (including SLT leads) with almost 100% positive evaluations for the impact of support provided
- Implemented a new self-harm policy across health and education settings
- 49 schools have accessed Living Life to the Full training and 46 schools have been provided with a licence to deliver the intervention in schools. An impact analysis to measure the outcomes achieved following the training will be undertaken in 2018/19.
- Mental Health Champions (MHC) project has connected with nationally recognised initiatives for a coordinated approach, including Mental Health First Aid England and Anna Freud Schools Link Project
- A conference to relaunch the MHC project is planned for September 2018 with the aim of doubling the number of schools engaged in the project. Eighteen new schools have already signed up to attend the event.
- Data collection systems are now in place, 23 schools provided data at first collection point indicating that MHCs had supported 896 students across these 23 schools through a combination of individual and group based activities. Most common issues included self-harm, low mood and anxiety. A pre and post measure has been provided to schools to measure the impact of the interventions. The next data collection point is due at the end of July and will be reported in quarter two.
- Over 1000 staff across the universal workforce in Bradford District have been trained in mental health awareness
- Our Youth in Mind partners have supported almost 500 children and young people, we are in the process of revising our offer to extend this to a target of 800 young people
- The average waiting time for quarter one from referral to treatment was 108.2 days from the baseline average of 121.3, for CAMHS services

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- We are delivering schemes to provide refugee and asylum seeking children with psychological and social 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
- As a result of the Youth on Health Network's recent audit of the Safer Space a colourful mural, co-designed with young people, is being painted in the activity room
- Showcase of positive practice on BBC4 received national recognition
- 12 Young people completing Leadership course and delivering workshops to over 170 senior managers across health and social care. We are committed to offering a further leadership course to a new cohort of young people
- Delivery of a new 3 part CAMHS face-to-face training programme which features innovative whole systems 'ENGAGE Together' tools for protecting well-being, promoting relationships and supporting targeted approaches
- Resilience Passport pilot taking place within one primary school, further pilot planned
- Specialist Team for Perinatal Mental Health is operational and taking referrals
- Youth in Mind have established a 'Children and Young People's Mental Health in Hospitals' Working Group with parent/carer involvement
- Eleven apprentices recruited to Bradford Youth Service

Priorities for the next year include:

- Developing a coherent website and directory so that CYP, families and professionals can be very clear about the services on offer and information available for mental wellbeing.
- Integration of the transformation programme sustainably across other programmes
- Expansion of digital engagement and wellbeing tools
- Key focus of work in schools, both with young people and with staff
- Development of peer community led initiatives
- Work to increase representation of children and young people from BME backgrounds accessing Youth in Mind provision
- Implement further work to support access for children and young people in the Craven area
- Roll out of the Youth in Mind model to wider services, including referral pathways, and
- Overall alignment of children's and young people mental health services with our Districts' strategic aims.

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). In January 2017 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:

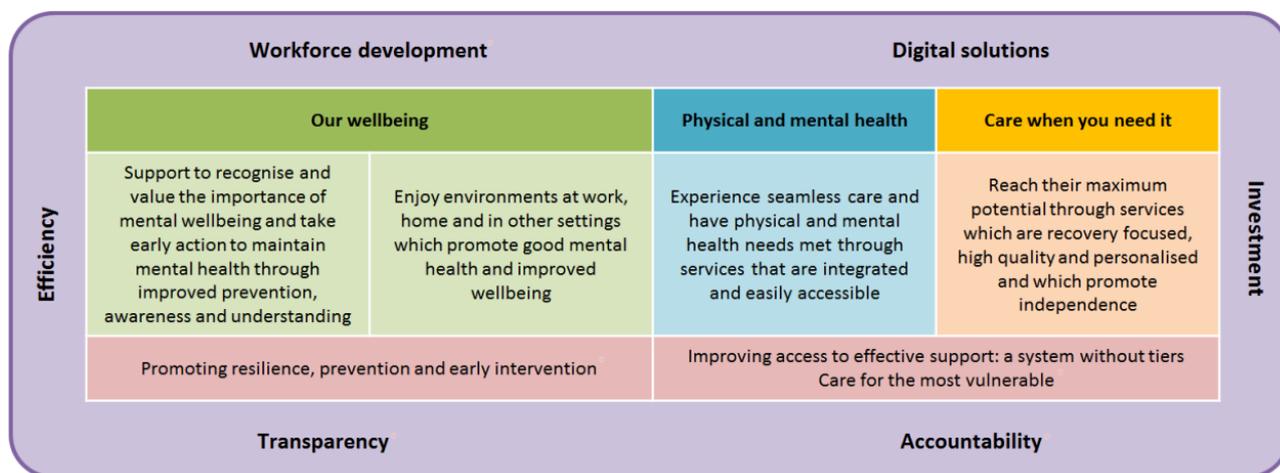


Figure showing the alignment of Future in Mind with our District wide Mental Wellbeing Strategy

Our aim is that 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

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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.

PROGRESS ON OUR PLAN

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 was one of the first areas in the country to roll out WRAP (Wellness Recovery Action Planning) for Children and Young People. WRAP is a peer support 10 week course promoting self-care, resilience building and peer support. We commissioned Barnardo's to develop a Children and Young People WRAP Toolkit informed by user and facilitator evaluation from over 20 WRAP groups delivered. We are now supporting further organisations to carry out WRAP for young people including Girlington Community Association, Bradford District Care Foundation Trust, Sharing Voices and Roshni Ghar. The WRAP courses support young people transitioning to be resilient, manage well and provide an ongoing pathway of support following discharge from structured statutory services.

In the first quarter of 2018-19 Barnardo's commenced two new WRAP groups; 29 young people started these two groups, which are due to finish in quarter 2. Each group is being facilitated by one member of Barnardo's staff, one Youth Worker/Buddy and one young person/peer facilitator. Data regarding the outcome of these groups will be presented in the quarter 2 report.

In quarter 1 Barnardo's received 58 referrals for young people to complete a WRAP. The majority were allocated to a WRAP group scheduled to commence later in the year, a small number are awaiting the scheduling of a WRAP later in the year and 3 were declined. School Nurses and Youth in Mind Buddies continue to be the main referral source for WRAP, with smaller numbers of referrals coming from Youth in Mind's mentors, Barnardo's Young Carers Service and Children's Social Care.

Barnardo's are providing WRAP 1 training to one professional and one peer facilitator this quarter.

Barnardo's have received a range of positive feedback from the first two groups of the year, from parents and young people. One young person has expressed an interest in becoming a volunteer. Additionally, the reputation of WRAP as a model of excellence for addressing young people's emotional wellbeing is spreading across the district, with organisations and schools requesting to commission WRAP for their young people.

Mental Health Champions in School

The Mental Health Champions have increased capacity to meet low level mental health needs within school, improving joint working and bringing service providers together with schools to develop an understanding of pathways and where necessary providing opportunities to develop and feed into more efficient pathways.

Throughout 2018/19 we will be working to significantly increase the number of schools signed up to the mental health champions initiative. We have set an ambitious target of engaging 200 schools in the project. The project leads are currently revising their project plan to map out their approach to increasing participation and trajectories for the year. The following provides an update of achievements relevant to quarter one:

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- Eighty six schools attended Mental Health Champions Conference in December 2017
- 74 schools have signed up for the Mental Health Champions initiative, with regular attendance at the Mental Health Champions' Network Meetings
- We were successful in gaining funding from the Anna Freud Centre to provide all Mental Health Champions with further training and development, this took place in Q1 2018-19. Across the workshops held in Bradford and Keighley, 32 schools and 40 mental wellbeing professionals were in attendance.
- Psycho-educational tools and evidence based interventions provided as part of the initiative (Living Life to the Full). Forty nine schools have accessed Living Life to the Full training and 46 schools have received licences to deliver this intervention. A pre and post measure of well-being has been provided to schools to measure impact, analysis is due to be completed during quarter 3 2018/19
- We have received over 99% positive feedback from attendees at network meetings relating to the impact of the initiative on vulnerable young people, the content of the network meetings and the supervision provided
- Network meetings have now been extended from 12 to 24 meetings a year with a view to supporting an increase in the number of schools involved
- Assemblies and awareness promotion material for pupils and parents produced and evaluation systems are in place. All resources are now uploaded to the website and school feedback has been positive regarding accessibility for sharing resources and information
- New resources developed around themes identified by schools including transition and social media, delivery is planned in the summer term
- Regional competency framework is being used to audit the skills of Mental Health Champions and plan for training needs
- Feedback on the website www.mentalhealthmattersinschools.org which was launched by the Mental Health Champions project has been positive. Parents can gain advice and key information and professionals can access resources, share information and connect.

The project leads are undertaking work to establish formal commitment from schools who have signed up to the Mental Health Champions initiative to support staff undertaking the role and to ensure data collection is completed so the outcomes can be measured.

Please see **Appendix I** for pupils' feedback on a programme delivered in a Mental Health Champion school.

Primary Mental Health Workers in Schools

The Primary Mental Health Worker (PMHW) workforce consists of 12 WTE plus a Team Manager 0.8 WTE 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 and Social Workers. They hold family support clinics and act as a conduit to referrals into Specialist CAMHS ensuring that families' children and young people receive

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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 is 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 Mental Health Champions in schools project and also in the delivery of the training and supervisory sessions to the Mental Health Champions. PMHWs are also mapped to each Early Help Panel ensuring that CAMHS representation is present at each panel where referrals for families are discussed and a shared understanding and formulation of what the family needs can be reached.

The service outreaches from within Specialist CAMHS as a means to ensure they remain up to date and relevant with training, supervision and direct work, maintaining quality of service to primary care colleagues as well as clients.

As part of their role within Specialist CAMHS they filter all written referrals into the CAMHS service, assessing levels of risk and appropriate pathway, initial assessments, planning care packages, delivering specific therapeutic interventions and running specialist groups.

The PMHWs are aligned to the 5 community clusters. This ensures the PMHW maintains their knowledge of current local services. They build and maintain strong working relationships with individual School Nurses within their teams, working jointly when appropriate to the benefit of the children, young people and their families. They also offer direct work in the community via Family Support Clinics, in schools or in the client's home.

Through links with School Nurses the team have developed strong links with key personnel in schools, this partnership working can reduce the need for children and young people to have repeated assessments and long waits. CAMHS are working with the PMHW Team and ensuring that additional resources are available to support the Mental Health Champions, around 50 MHC are supported by PMHWs, we are considering how this can be extended as we increase the number of schools engaged in the Mental Health Champions initiative.

Following public consultation, Bradford Local Authority are continuing to refine their transformation plans for their 0 – 19 prevention and early help model, and the PMHWs are working to understand how the service can align to the proposed family hub model.

Public Health 0-19 Children Services, including school nursing and health visiting, is due to go out to tender in August 2018, with the aim of having a new service in place by mid-year 2019. The procured Public Health 0-19 Children's Service will be integrated and co-located as part of the wider Prevention and Early Help model, across the four locality footprint. This is likely to have implications on how the model of PMHW and CAMHS works in the future.

Craven: North Yorkshire School Mental Health Project (Compass Buzz)

Across North Yorkshire, 5 CCGs placed their transformation money together to fund a School Mental Health and Wellbeing Project called Compass Buzz. The project aims to improve and strengthen the support for children and young people's emotional and mental health issues across all schools in North Yorkshire. The Craven area is included within this footprint.

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By the end of June 2018 the total number of schools in North Yorkshire who received the 'Level 1' Prevention and Promotion training was 314, this equates to 80% of the 394 schools in North Yorkshire with 6,520 school staff having been trained.

The total number of schools who have received the training (314) combined with those who have booked the training (52) is 366 which equates to 93% of all schools in North Yorkshire. There are currently only 10 schools that have declined training (across North Yorkshire).

During quarter one 117 schools received their Level 1 training and the total number of staff who attended these sessions was 1987. Within the evaluation, 92% of those who responded stated that their confidence in working with mental health in their professional role had increased following training.

Of the 45 schools in Craven, 35 have completed the Level 1 Prevention and Promotion training. Currently 9 schools have booked onto the Level 1 training; 11 schools have booked onto the Level 2 Early Identification of Need training and 6 schools have booked onto Level 3 (Early Help and Intervention) training. No Craven schools have declined training.

Key activity completed by Compass this quarter:

- **One to One Sessions** - In Q1 the Compass BUZZ Wellbeing Workers co-facilitated a total of 54 one-to-one sessions with 37 individual young people alongside school staff. All 54 young people who attended co-facilitated one-to-one sessions completed a pupil questionnaire at the end of their session. Out of these, 91% reported increased wellbeing; 74% reported increased resilience and 94% reported satisfaction with the service. During quarter 1, only 5 requests for support came from Craven schools. We will be working to understand the reasons for the low uptake from within the Craven area.
- **GP Requests for Support** - All GP surgeries in North Yorkshire have been made aware of the Compass BUZZ project and have been encouraged to make contact should they have any questions or queries.
- **Head teacher's Conference** - Compass Buzz ran a stall at the North Yorkshire Head teacher's conference. The conference was open to Head teachers and representatives from approximately 370 North Yorkshire schools and provided the opportunity for leaders of local education to network and browse for new ideas, innovations, resources and suppliers under one roof. Compass Buzz spoke with many representatives and were able to discuss the requests for support process in detail with over 24 schools.
- **Network Meeting for School Governors** - Wellbeing Workers attended network meetings for school governors within their local areas. A PowerPoint presentation was created and each Wellbeing Worker had 15 minutes to inform the school Governors about the project. The feedback from their project was extremely positive and can be seen below:

"I am a Primary School governor and I would like you to pass on my appreciation to your officer for his excellent presentation to our meeting this evening. He was sincere and engaging and represented your badly needed initiative with energy and professionalism. He is a real credit to your project".

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Inclusive Education Service: Compass Buzz were invited to deliver Level 1 training at the Sensory, Physical and Medical (SPM) team’s service day. The service day was specifically for teachers of children and young people who are deaf, visually impaired and have physical/medical conditions. Support Practitioners who work for the service were also in attendance. A Compass BUZZ Wellbeing Worker, delivered the training to the team and received great feedback.

Please see **Appendix II** for a Compass Buzz case study.

BUZZ US (aka ChatHealth)

Compass BUZZ has launched a confidential text messaging service for young people aged 11 – 18 called BUZZ US.

Young People can text a Wellbeing Worker at their standard rate to ask for help, advice or signposting around Mental Health and Wellbeing. This continues to be exceptionally well used by young people across North Yorkshire. Figures below show a consistent rise in messages over 6 months, however there was significant spike in messages during May 2018:

Compass BUZZ

Month/Year	Messages Received	Messages Sent	Conversations Opened	Conversations Closed
January 2018	131	144	6	2
February 2018	367	557	34	36
March 2018	458	663	34	34
April 2018	553	648	21	14
May 2018	1135	1340	41	37
June 2018	591	769	35	36
Totals	3235	4121	171	159

Raising Awareness, Skills and Training

The above work with schools is designed to support awareness raising and access to skills. In addition, we continue to work with our voluntary sector providers, local authorities and NHS England to host events, roadshows and festivals aimed at promoting awareness about mental wellbeing. These have included:

- Youth in Mind workshop days and Safeguarding Week activities
- “Grand Round Up” – CYP Mental Health presentation to hospital staff to be held in July
- De-stigma workshops in schools and community
- Anna Freud Mental Health Services School Links Programme workshops in Bradford and Keighley

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- Headteachers Conference and Network Meeting for School Governors – Compass Buzz
- Yorkshire & Humber Clinical Network – Specialist Team for Perinatal Mental Health presentation

Information and directory of services

We review the feedback from CYP, their families and professionals regularly. One key area the CYP have identified from the feedback is how the information and the good services we have on offer are not very clear to the general public. We have a group of young people taking the lead on this work now and they have been tasked and resourced to review our current information, websites and directory and to propose a better way forward. We hope for this work to be complete by quarter 3 and to use quarter 4 to redesign and launch a new directory.

Improving Access to Effective Support

Waiting Lists and 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 our Safer Space at Towerhurst.

Youth in Mind was tasked with supporting young people from specialist CAMHS' waiting lists in 2017-18. However, in 2018-19 the partnership is reducing referrals from CAMHS and establishing new referral pathways for young people who do not meet the threshold for specialist services, thereby strengthening the early intervention and prevention approach. In keeping with this move, the Youth in Mind offer has been slightly amended to meet the needs of a larger cohort of young people (up to 800 per year) with lower level needs; the one to one Buddy offer is being reduced, while the peer support offer is being significantly increased.

New referral pathways are being established with School Nurses and across the VCS, with plans in place for all schools across the district to have a referral pathway into Youth in Mind by September 2018. Additionally, referral pathways from specialist CAMHS remain strong and with a specific focus young people who have been admitted to hospital following deliberate self-harm or an attempt on life.

Youth in Mind have established a 'Children and Young People's Mental Health in Hospitals' Working Group to improve the inpatient experience for children, young people and their families and to upskill paediatric and adult ward staff who support under 18s with mental

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health problems within Bradford Royal Infirmary and Airedale General Hospital. The group has representatives from Youth in Mind, Safer Space, CAMHS, both hospitals, Creative Support, Bradford Youth Service, Sharing Voices Bradford, BRI's Head of Nursing (Children's Services), BRI & AGH's Paediatric Matrons, BRI's Safeguarding Lead and BRI's AED Matron. The group has started to expand the VCS organisations involved to ensure young people from diverse backgrounds are able to access the services and work together, hence we have seen Naye Subah, Roshni Ghar and Family Action work much closer together with the model. Additionally, the most recent member of the group is the mother of a young person who has been an inpatient at BRI and Lynfield Mount Mental Health inpatient provision. Her recommendations based on her son's experiences will guide the group's work moving forward, as will input from AGH's young people's forum. The group's mains are to:

- Build relationships between hospital staff and community workers (VCS, youth workers)
- Establish clear pathways between the ward and community-based CYP provision
- Design and deliver a programme of training to upskill and increase the confidence of ward staff to effectively and safely work with young people who have mental health problems
- Explore an "in-reach pilot" whereby Bradford Youth Service provide CYP and their families with on-ward advice, guidance and social prescribing
- ensure CYP and family involvement is kept at the core of our mission.

Figure 1.1 below, demonstrates the updated Youth in Mind offer.

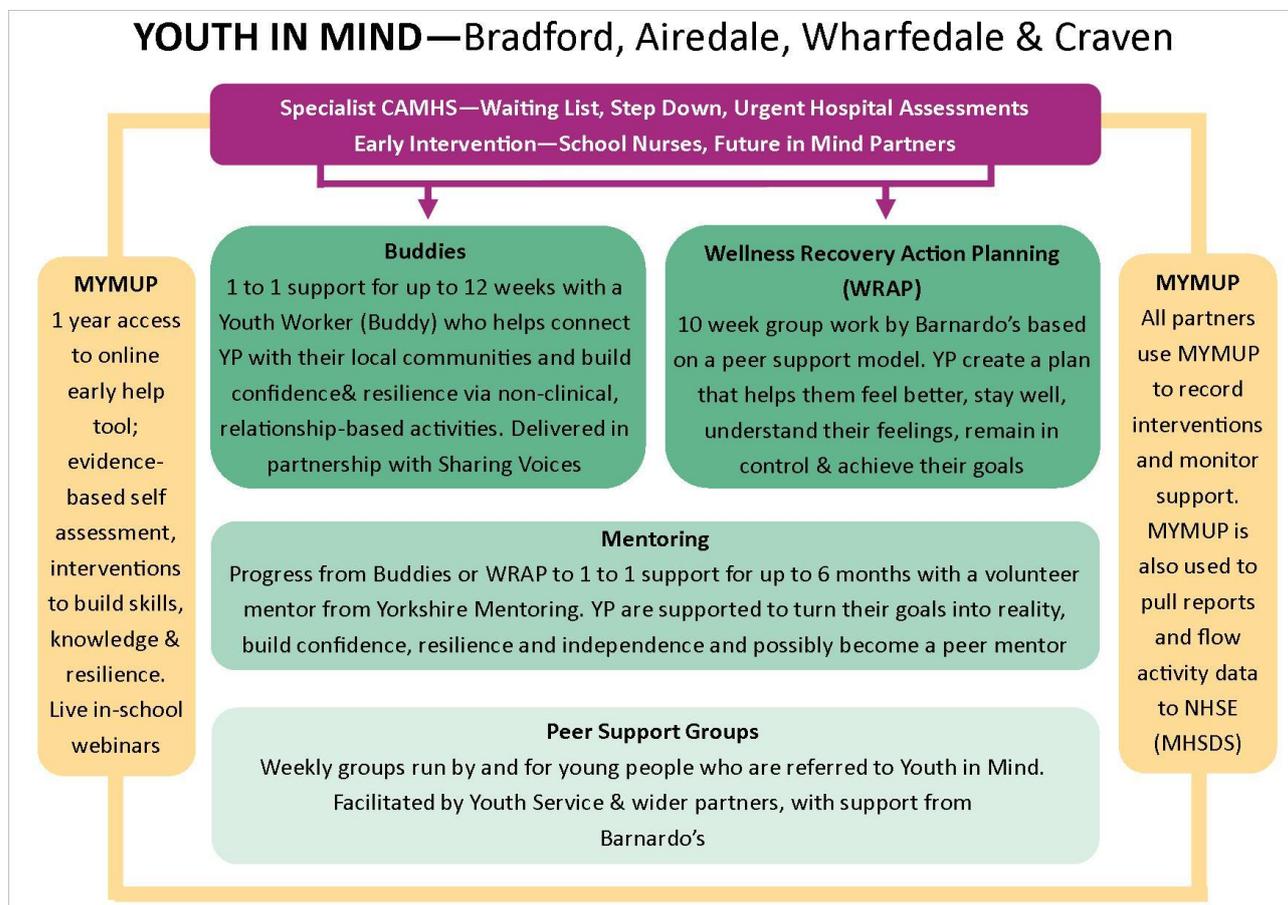
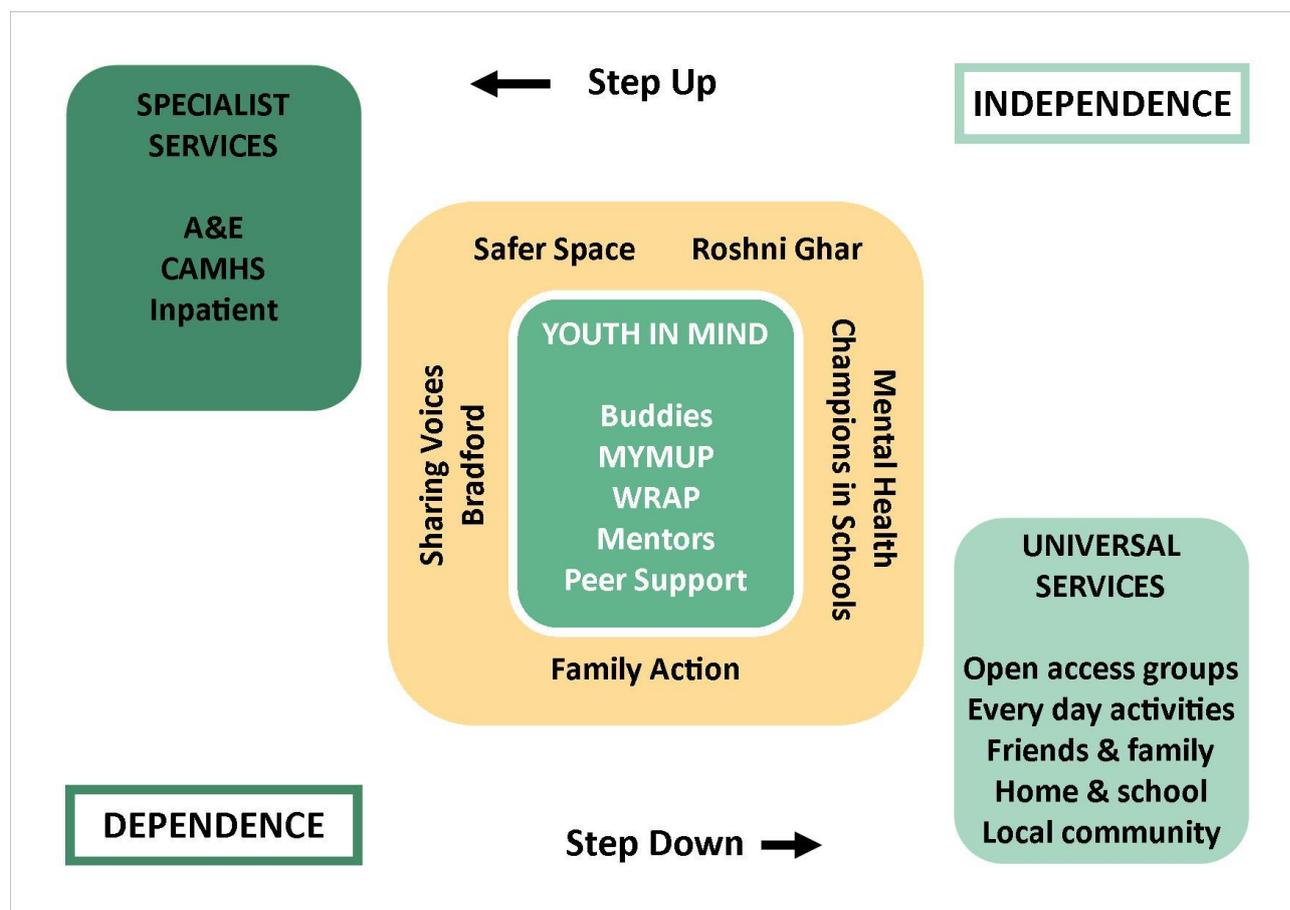


Figure 1.2 below demonstrates how the model fits between specialist and universal services, including wider Future in Mind partners.



Youth in Mind partners

Buddies

Buddies received 107 referrals in quarter 1, they continue to refer on to WRAP, peer support and wider provision. Onward referrals to Yorkshire Mentoring was temporarily suspended due to the waiting list for a mentor. This waiting list has now been significantly reduced and onward referrals will commence in quarter 2.

Please see **Appendix III** for Buddies case studies.

Bradford Youth Service has successfully recruited 11 apprentices who are gaining work experience with the Youth Service, Youth in Mind and the wider partnership, whilst completing a Youth Worker qualification. One of the apprentices is a young person who received support from Youth in Mind in 2017-18. Her experience helped her to turn her life around and inspired her to pursue a career in which she can help others.

Mentoring

In quarter 1 Yorkshire Mentoring service received 5 new referrals, delivered 77 one to one sessions, 4 group sessions and recruited 6 new mentors. They have achieved a range of positive outcomes with their mentees, relating to wellbeing, transition from school to college, return to school/educational provision and improving relationships.

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Yorkshire Mentoring have arranged two peer mentor programmes, the first of which will commence in Summer 2018.

Please see **Appendix IV** for Yorkshire Mentoring case studies.

Peer Support

Youth in Mind's peer support offer has achieved a range of successes in quarter 1. The range of peer support has grown significantly in response to demand from young people who receive support through the partnership. Peer support groups in Wyke, Woodside & Holme Wood have seen an increase in the number of young people who offer each other support, which has led to an increase in individual and group confidence to try new experiences. For example, the "R-Power - Build a Bike" project has seen young people build their own bikes and encourage each other to cycle, independently of the group. Additionally, members of the R-Space Youth in Mind Peer Support Group have started to link up with other young people to help share their experiences of living in Bradford and seek to influence decision making in the city. The development of peer support groups across the district as well as the range of group-specific successes is evidence of the popularity and effectiveness of the approach.

MYMUP

Making Your Mind Up is a dynamic digital health and wellbeing resource that inspires communities to self-care, socially interact and promote transformational and lasting change in their lives through a combination of assessment, specialist support and personalisation. MYMUP has been adopted district wide across the Youth in Mind model, which offers wellbeing support to young people aged 11-19 years old, whilst they are on the CAMHS waiting list or now we have moved into Wave 3, are identified as in need to prevent mental health difficulties from worsening. MYMUP is utilised by all partners (Buddies, WRAP, Mentors, Youth in Mind Peer Support Groups) as a self-help tool for young people, an assessment tool informing practice and a recording and monitoring platform for professionals to track impact and progress of the project.

During quarter one 1,269 interventions have been completed with young people being supported by the Youth in Mind partnership: 1,060 one to one interventions, 72 group interventions and 137 online interventions.

MYMUP has held 3 young ambassadors meetings and provided 270 hours of support to Youth in Mind partners.

MYMUP's demographic monitoring of referrals to Youth in Mind in quarter 1 shows that 33% of referrals were aged 15 to 18, 47% were 11 to 14, 20% did not state their age. Sixty percent were White British, 13% were White Other, 7% were British Pakistani and 20% did not state their ethnicity, 47% were recorded as male, 19% did not state their gender, only 13% were recorded as female, with smaller percentages recorded as Gender Fluid, Transgender Male and other. We plan to undertake some further work to understand these demographics.

MYMUP online assessment scores in quarter 1 demonstrate that 64% of young people have improved their physical wellbeing, 71% have improved their emotional wellbeing, 61% have increased confidence and are feeling more supported, 57% feel more connected to their local community, 70% feel less isolated, 51% report being more independent, 66% feel more

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able to function, 37% are happier with their medication, and 30% have seen improvement in their financial situation. MYMUP has had a range of successes in quarter 1:

- Youth in Mind “Schools LIVE Webinar” programme is progressing well, a steering group has been established with key contacts from Youth in Mind and School Nurses. The group is currently developing its first live webinar as a pilot, which will be focused on energy drinks. Content is currently being created between School Nurses and MYMUP. To ensure quality assurance regarding content MYMUP will stagger access to the technology, before all partners are able to use it. MYMUP are closely monitoring, pacing and testing the technology properly with guidance from the steering group. After September a webinar calendar will be in place for monitored webinars to run as a pilot phase.
- Identifying potential evidence-based assessments that will enable Youth in Mind data to be robust, accepted by health and feed into National Mental Health Data Sets. Final decisions regarding assessments will be made in quarter 2 and consequently built into the MYMUP platform.
- The innovation of the Youth in Mind approach and MYMUP’s contribution towards digitalising WRAP and creating joined up communication and MHSDS compliant platforms is activity to be celebrated for Bradford Districts and Craven.

Single Point of Access

Primary Mental Health Workers are now based with Local Authority led Early Help Hubs and Panels which identify the most appropriate pathway for families identified as requiring support. This ensures mental health input into decision making on all referrals into the hubs and through the Emergency Duty Team is ensuring young people can access the Safer Space when needed.

The First Response Service also provides a single point of access 24 hours a day for referrals including self-referrals for urgent and emergency mental health needs for children and young people. We have also undertaken some an evaluation to understand how young people wish to access crisis care.

Some of the learning from this has supported a Beyond Safer Spaces bid for digital care, which has been successful, this will enable young people greater access to support and also have the ability to reach the rural areas of our district.

Safer Spaces and Crisis Care

Since its opening, the children and young people’s Safer Space has had 247 referrals, 191 of which were accepted. Admissions to the Safer Space continue to increase quarter on quarter, and inappropriate referrals are continuing to gradually reduce.

Our Safer Space Towerhurst offers a one night stay in a homely, non-clinical place for children and young people under 18 who are in or at risk of mental health crisis or emotional distress. The Safe Space is staffed 10.00pm to 10.00am Monday to Sunday with referrals made through the First Response service, which was then expanded for children and young people via 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.

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During quarter 1 the Safer Space had 81 referrals: 74 admissions and 7 declined. Of the 74 admissions the feedback has been overwhelmingly positive, young people report that they valued being able to make their own choices, found the staff friendly, supportive and welcoming, enjoyed the range of activities, refreshments and the physical environment.

Furthermore, 60% of young people reported that if they had not come to the Safer Space they would have hurt themselves or made an attempt on their life.

Young people are asked to complete a distress scale in which they rate from 1-10 how they felt when they arrived at the space, and how they felt when they left, to measure impact of the service. In quarter 1 there was an average improvement of 6.5.

We are working to develop a 5.00pm to 10.00pm provision to support children and young people who are experiencing crisis prior to the Safer Space opening at 10.00pm. We will update on progress in our quarter two report.

Please see **Appendix V** for a Safer Spaces case study.

CAMHS Service Review and Developments

The CAMHS service review is still in process and is looking at the presentation/diagnostic pathways to enable better data which will result in more informed staffing of the pathways, training plans and evidence based therapies. The Head of Commissioning for Mental Health continues to be engaged with the review.

CAMHS has seen an increase in waiting times for young people due to increased referrals and reduced capacity. They are also working within the locality on a project for children and young people waiting for an autism diagnosis to try and reduce the waiting times. Revisions are being made to the referral template to ensure appropriate referrals are coming into specialist CAMHS to reduce time spent on signposting at this stage.

A focus of work within CAMHS is currently the development of a crisis/home treatment model, it is hoped that this can become operational during quarter two, with the aim of releasing additional capacity and improving waiting times for routine appointments. CAMHS have recently moved onto a new clinical system which may temporarily see a reduction in activity, this is being closely monitored.

CAMHS Waiting List

The waiting times are still significantly lower than baseline measures, however there continues to be a slight increase in this quarter, which we need to understand further with the service.

Number of CYP under 18 on waiting list	Baseline 30/09/17	31/03/2018	Latest position known as at 30/06/2018
Total number of CYP waiting for treatment	781	676	725
Average waiting time from referral to treatment (days)	121.3	107.3	108.2
Total number of CYP referred in last quarter	616	626	614

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Mental Health Services Data Set	Q1 2017/18	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19
Average waiting time from referral to treatment (days)	105.8	106.8	105.3	107.3	108.2
Number of CYP waiting for treatment for 4 – 6 weeks	47	30	62	68	56
% waiting for 4 – 6 weeks	2.1%	1.4%	2.8%	3.0%	2.4%
Number of CYP waiting for treatment for 6 – 8 weeks	54	39	46	50	53
% waiting for 6 – 8 weeks	2.4%	1.8%	2.1%	2.2%	2.3%
Number of CYP waiting for treatment for 8 – 10 weeks	38	33	35	58	56
% waiting for 8 – 10 weeks	1.7%	1.6%	1.6%	2.5%	2.4%
Number of CYP waiting for treatment for more than 12 weeks	245	332	317	341	379
% waiting more than 12 weeks	11.1%	15.7%	14.5%	14.8%	16.5%

CYP Access standard

MYMUP are making significant progress on the build and development of 'version 2', a system that will allow all NHS-funded voluntary and community sector services providing mental health support to children and young people to flow data into the NHS Mental Health Services Data Set. We are working closely with NHS Digital, and The Digital Innovation Fund to ensure the system is fit for purpose and enables the valuable work being delivered across Future in Mind, including Youth in Mind partners, Safer Spaces, Bevan House to be captured within the NHS MHSDS.

Eating Disorders

Building on the established service of Specialist Eating Disorder and Intensive Home Treatment based with CAMHS, the Child and Adolescent Eating Disorder Service will become a stand-alone team through Future in Mind investment. Reporting systems are being implemented and outcome measures developed. Waiting times are being monitored and the service is delivered in line with the NICE guidelines.

The whole service has attended the whole team trainings provided via HEE. The current active caseload for eating disorders of over 100 children and young people, this is based on referrals with a reason 'suspected eating disorder' and where the referral is still open (i.e. not discharged). All referrals have been seen within the Better Access and Waiting time standard. The service is currently baselining the number of admissions to eating disorder beds with a view to agreeing a reduction in 18/19 with CCGs. Work is ongoing in developing a body of young people with lived experience to help inform ongoing service development and collaboration.

Early Intervention in Psychosis

During quarter one 2018/19 we are meeting the Better Access waiting time standard for people experiencing a first episode of psychosis. The age range has been extended and the team has been fully recruited to meet the NICE requirements.

New Models of Care update

We have submitted a business case to increase our intensive home treatment staff offer for children and young people. The additional staff will provide a robust intensive outreach offer to Children & Young People across the 3 CCGs in Bradford and Craven. The model will work and be embedded within the current CAMHS offer but be a ringfenced and protected resource ensuring it can be responsive to crisis and flex its resource to meet the needs of CYP and families.

The service will provide intensive interventions to CYP & families during periods of Crisis, support leave from hospital and promote earlier and safer discharges from hospital utilising the whole pathway to include Safer Spaces. The team will offer a range of evidence based interventions, occupational activity and social prescribing principles. The added band 6, band 4 and band 3 roles will facilitate greater capacity to provide these layers of intervention and ensure that skills are utilised in the right place at the right time. The staffing model will dovetail our 24/7 First Response service so a crisis response and assessment is available 24 hours per day 7 days per week and flex to offer an 8-8 Monday – Friday service and a 9am-5pm service at weekends. The additional NCM staff will complement existing CAMHS capacity offering the 7 day service. Adding in the band 3 roles enables the service to broaden its offer during the week providing scope for IHBT visit before 9 and after 5pm. The Assistant Psychologist will support data and intelligence gathering to identify peak and core hours of service delivery. The Service will review the efficacy and efficiency of the operating hours to ensure that this is best use of resource and useful for CYP and families. We hope the business case is approved and if so, we will mobilise some non-recurrent resource to implement immediately so that when the monies from NHSE are made available, we will have a staff team ready. Sustainability of the service will be through dialogue and review of outcomes through the NMoC group, Future in Mind delivery board & the Mental Wellbeing Partnership Board.

Care for the Most Vulnerable

Looked After and Adopted Children

From the Future in Mind funding we developed an enhanced model of therapeutic intervention with children/adopted/foster carers and Social Workers offering therapeutic consultations to professions and carers in addition to providing therapy and assessments for the young people. The team consisted of 3 wte Local Authority staff alongside psychology, art therapy, assistant psychology and play therapy. All staff within this pathway were trained in Dyadic Developmental Practice (DDP) evidence based for working with young people and families on attachment. During early 2018, a Local Authority decision was made for co-located staff to move to the 'through care' team within the Local Authority. Due to this

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reduction in staffing, a reduced level of provision has been proposed for the short term until new arrangements can be put in place.

Due to the reduction of the social work team within specialist CAMHS, a gap analysis has been produced to understand the impact on provision for looked after and adopted children. Findings will be used to support future decision making.

Refugee and Asylum Seeking Children

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 continue to be extremely successful, with 25 new patients accessing counselling provision in quarter one.

Bevan also work to enable young refugees and asylum seekers to become active and valued members of the community, through a range of interventions to ease their integration into their new environments. There has been a strong engagement of children and young people in the projects below:

- Easter Fun Day 25 attendees; 7 volunteers
- Family Fun Day in Spring Bank Holiday 25 attendees; 6 volunteers
- Eid Party 21 attendees; 7 volunteers

To ensure sustainability and measure impact, partnerships have been formed between Bradford Youth Development Partnership, Oasis Academy (Secondary School), the Bevan Outreach Nurse and Wren House which provides accommodation for unaccompanied asylum seeking children aged 16 and 17 years old.

See below for a summary of the projects:

Football – following on from the weekly football sessions organised by Oasis Academy and the Kashif Siddiqi Foundation for 10 boys from Wren House and joining other boys to form the Bradford Bolts team. A number of boys play football at the local sports centre on a regular basis, with some attending the Leeds United Football Academy scheme in June 2018.

Family Days – The Family Fun days are made up of interactive activities that have been created especially to appeal to children and young people and their families. Three family sessions have been held in the last quarter. A summer family outing is currently being planned as well as a further three summer family sessions at the Wellbeing Centre.

Family Cook and Eat – The regular cooking sessions are very well attended as the young people of Wren House prepare, cook and eat together. The young people are involved as much as possible in planning and preparation of what to cook and organising future sessions. The sessions give an opportunity to make positive connections to our own cultural groups through similar foods, often using food as a means of retaining cultural identity as well as celebrating our parallels. This continues on a weekly basis. Additionally supporting new arrivals and young people living in independent accommodation, with some core skills.

Confident Conversation – At the request of some young people, informal conversational classes are held on a weekly basis where residents come together to practise their English language skills. More young people have now expressed an interest and there are plans in place to make this into a formal arrangement and hold at Bevan House.

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Experiences - To encourage building broader social relationships and skills, interaction with other young people within the Bradford community have been fostered through Bowling, Go Karting, Laser Quest and eating out at restaurants. Additional activities such as pool and snooker have been introduced as this is much more financially accessible.

Social Action Project - As a community partner with the National Citizenship Service (NCS) the service and its young people have started to develop friendships with other young people living in the Bradford area; who are not refugees or asylum seekers. The two groups are now working on a 'social action project' the aim is to work on a project together for the good of others and not for profit. The project is yet to be decided. The programme will give the participants a deeper understanding of the cultural and social issues that affect different communities around the world. Part of the work will be to identify and engage networks that will help achieve their combined goals.

Volunteering – One of the challenges these young people face is securing paid work as most employees ask for 'experience'. The project introduced the idea of volunteering in order to give its young people an opportunity to develop new skills and build on existing knowledge. Five young people expressed an interest and signed up to the training programme which includes a DBS check. Their first volunteering experience has been to help deliver an arts and crafts session at a Syrian family event, which was a great success. The community funding arm of the Co-op have asked this group to look at funding applications received and be part of the decision making process in allocating community funds. A result of the sessions has been that the young people feel more connected to others, and have become less absorbed in the normal stresses of their daily life.

Manchester United – Young people derive considerable benefit from taking part in educational / social visits. In particular, when they have opportunities to participate in activities and gain from experiences not available in their normal setting. Visits such as these help to develop a wide range of valuable personal and social skills. The young people have requested a trip to Manchester United Stadium. With the funding secured they have been encouraged to help in the planning and organising of the event, in order to improve their English skills, 14 young people have signed up for the event in August.

Green Fingers – Following many conversations of growing fruit and vegetables at 'home' and the pleasure this gave, the project purchased a greenhouse. Before erecting the greenhouse the boys had to consider a number of factors, including whether the site is accessible, is there a nearby water source and does the space get enough exposure to sunlight. Once these had all been considered the boys built the greenhouse. Seeds were quickly sown, to take advantage of the summer sun. There are now plants and seedlings for lettuce, beetroot, carrots, chillies, cucumber and strawberries. The greenhouse area is a great place for the boys to come together, to share and learn new skills, whilst growing fresh produce, as well as providing a multitude of therapeutic and wellbeing benefits.

Bumps and Babies Group - The group aims to increase parental confidence with their new baby, provide opportunity to share common experience, increase parents networks and increase knowledge of health, social and emotional development issues for both their babies and themselves:

- 66 mothers and babies have registered for and attended the Bumps and Babies group
- The average attendance is 13.

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- Service users represent 16 countries of birth. 20% of attendees are from Sudan and 15 % come from the Democratic Republic of Congo.
- 44% of service users are asylum seekers
- 44% are refugees
- 12% are migrants or have not provided data.

Homework Help Club - This is an after-school club for young refugee and asylum-seekers that would benefit from a safe and friendly space to be supported with their schoolwork in core subjects such as Maths, English and Science. The club is be run by a Bevan volunteer who is a qualified Primary School teacher:

- 42 children have registered for and attended the homework help club
- The average attendance is: 10
- 29% are asylum seekers
- 71% are refugees
- Service users represent 9 countries of birth. 30% come from Sudan, 19% come from Syria.

Please see **Appendix VI** for refugee and asylum seeking children case studies.

Perinatal Mental Health

The Specialist Team for Perinatal Mental Health was launched to internal and external services in quarter one. Referral pathways are now fully operational, as is a professional's advice line. The Team have delivered training and consultation sessions across statutory and voluntary mental health services, health visiting teams and forums. Regular clinics have been established within hospital midwifery units and perinatal mental health awareness training has been embedded into midwifery mandatory training day. The team have delivered parent-infant relationship training and valproate protocol and information sessions.

Within quarter one, 236 contacts have been received via the professionals advice line which operates for 4 hours on 4 days per week. Of these contacts, 30 were accepted into service for specialist perinatal assessments, the majority of contacts were for advice only and others were referred on to appropriate alternative services, such as IAPT, CMHT and voluntary services.

The team are represented within the local Perinatal Mental Health Task & Finish Group and are engaged within the work of the Yorkshire and Humber Clinical Network for Perinatal Mental Health.

Accountability and Transparency

Governance and reporting structures for the Future in Mind Programme have been revised to include a Future in Mind Delivery Group and Youth in Mind Steering Group. These are now operational and working well. Formalising how Future in Mind feeds into the wider Mental Health and children and young people's governance structures is underway.

Maintaining transparency and accountability through joint working with the People's Board and the delivery group partners will ensure shared understanding and learning. Progress to date includes an ongoing review of finances, metrics and the work streams which have now

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all been aligned to work within the Sustainability and Transformation Plan (CCG), all-age Mental Wellbeing Strategy (CCG) and B Positive Pathways (Local Authority).

We are developing a way for young people to be involved in our commissioning decisions and have undertaken work with the Health Foundation who are currently consulting on the national Young People's Enquiry. Young people have worked with over 128 young people across the district to identify key areas of priority for young people. Our next steps will be to work further with the young people to use their information to update our refresh of plans, build more involvement structures and continue to build on the ones we have.

Governance: We have started to update our governance chart by sharing our current arrangements to promote discussion as to whether we have the right channels in place to progress work at pace and ensure accountability – attachment 3. We hope this to be in place by the refresh and will include the new arrangements for CYP involvement. Our risk register and finance sheet are also regularly updated and shared with partners and providers so there is clarity and ownership across our system (see Attachments 3 and 4)

MHSDS update: We have an action plan in place and are working with providers. MYMUP, our digital provider, is leading this work and are liaising with NHS Digital. They are currently in process of building the mainframe and working with providers to ensure they have their digital/information governance toolkits in place. We will commence training and further information workshops in Q3.

Developing the Workforce

A key area for workforce development has been the continuation of the new CAMHS Face-to-Face training programme which falls within the strategic context of the CAMHS Comprehensive Training Service Model (CCTSM). The comprehensive CAMHS Training Service Model (CCTSM) is a strategic model for the assessment, planning, implementation and evaluation of a universal child and adult workforce development training programme. The model has been circulated to FiM delivery partners to promote awareness of opportunities for collaboration with other FiM workstream activity.

The blended learning programme includes E-learning and face to face sessions split into three parts. Part 1 - practical skills for emotional engagement with children and young people; part 2 - helping parents to emotionally engage with their children and part 3 - staff well-being when working with complex cases. The 3 part rolling programme consists of ½ day face to face skills based courses as a follow on from e-learning (see below for a breakdown on numbers trained).

Sessions	No. trained
Part 1	38
Part 2	32
Part 3	28

This offer was promoted at the Anna Freud Mental Health Services and Schools Links Programme workshops. Further information on the programme is available if required.

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The model features innovative whole systems ENGAGE Together tools for protecting well-being, promoting resilient relationships and supporting targeted approaches. Those taking part in the programme come from a range of settings/roles including youth workers, community nursery nurses, health visitors, health facilitation and staff nurses, Year 6 teachers, Mental Health Champions and community engagement workers. The feedback continues to be positive including recognition of the value of doing all three parts.

Work is underway to design a 'Training for Trainers' programme and develop Skills and Tools ENGAGE Together workbooks. This will be done via the Bradford District Care and Foundation Trust Trainers Network Forum in partnership with Library & Health Promotion Resources.

Multi-agency topic specific training courses (Eating disorders, ADHD, self-harm and depression) are also being delivered under the blended learning offer. The process for commissioning bereavement training has also commenced. Additionally, Barnardo's have been commissioned to deliver autism training. Topic based courses will be promoted via multi-agency networks.

A 12 Month evaluation of the CAMHS universal training programme in December 2018, will include reports on CAMHS referral behaviour.

Resilience passport

The resilience passport is an early mental help tool for use within the primary PHSCE curriculum and uses an innovative resilience and action framework with a focus on helpful communication, self-care and prosocial behaviour. The passport has been piloted in one school and data collection will be complete in October 2018. Resilience Passport presentations and showcasing has resulted in registration of interest ahead of marketing in October following a final evaluation. A full evaluation report will be produced in May 2019.

Workforce development achievements:

- Promotion of universal blended learning programme (based in CYP IAPT approaches) to multi-agency partners resulted in increased bookings
- Following face-to-face training, practitioners are reporting using ENGAGE Together (ET) tools within their practice to support early mental help work with children, young people, families and in their own personal lives
- 120 practitioners completed the CAMHS e-learning on core knowledge and understanding from a wide variety of organisations/roles
- Contribution of ENGAGE Together approach to Bradford District Care Foundation Trust (BDCFT) values
- Professional supervision of CAMHS Trainer/Facilitator led to key programme developments e.g. Trilogy of universal early mental help workbooks
- Completion of Mental Health Champions (MHCs) universal taster sessions and plans commenced for Training for Trainers programme for MHCs
- Successful update of Eating Disorders training including incorporation of ET approach
- Evidence of year 10 pupils engaging with the ET following evaluation of Health and Wellbeing workshops delivered at South Craven School.