

Report of the Director of Strategic Partnerships to the meeting of Bradford Joint Health and Social Care & Children's Services Overview and Scrutiny Committee to be held on 5 February 2019

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Subject:

Mental wellbeing for children and young people

Summary statement:

This report provides the Joint Health & Social Care and Children's services Overview and Scrutiny committees with an update on the progress to improve the mental wellbeing of children and young people in Bradford, since our last report in November 2017.

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Portfolio:

Health and Wellbeing

Overview & Scrutiny Area:

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

1. SUMMARY

1.1 Future in Mind was published in 2015 by the Department of Health's Children and Young People's Task Force. Local systems were to develop and publish a five year system approach to transforming mental health services 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.

1.2 This paper gives the committee an update on the work being under taken to improve the mental wellbeing of children and young people in Bradford and Craven.

1.3 Progress on actions since our last presentation to the Overview and Scrutiny committee in November 2017 are presented.

2. PAPER

2.1 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.

2.2 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 our Joint Health and Wellbeing strategy.

2.3 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
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.

2.4 Our Mental Wellbeing Strategy sets out the principles of our work to focus and our Joint Health and Wellbeing Strategy sets out our ambition for a happy and healthy Bradford District, where people have greater control over their wellbeing, living in their own homes and communities for as long as they are able, with the right support when it is needed. Our local health and care partnerships are working towards a district where we achieve the following for our population:

Outcome 1: our children have a great start in life

Outcome 2: children and young people have good mental wellbeing

Outcome 3: children and young people are living well and growing up well

Outcome 4: Bradford District and Craven is a healthy place to live, learn and work

2.5 In Appendix 1, we present our refreshed Local Transformation Plan for Future in Mind. This plan was co-developed with children, young people, their families and with our services. Together, we have identified 13 key areas of focus under the five theme areas. These are:

Promoting resilience, prevention and early intervention

Priority 1: Information, awareness and tackling stigma and misconceptions about mental health and wellbeing

Priority 2: Working with schools and communities to build skills, resilience and promote good mental wellbeing and self-care

Improving access to effective support: a system without tiers

Priority 3: To deliver a single front door for children and young people to access joined up services in a timely way

Priority 4: To work across health, social care, education and community services to deliver support for children and young people with social and emotional mental health (SEMH) needs who require additional support

Priority 5: To ensure that families, children and young people who experience a mental health crisis can receive responsive and appropriate support in the least disruptive way.

Priority 6: To deliver specialist service provision across our District.

Care for the Vulnerable

Priority 7: To ensure our services and workforce have clear understanding of the needs of children and young people who are vulnerable

Priority 8: To ensure vulnerable children, young people and their families receive the multiagency support and services they need

Priority 9: To improve the care and support for children and young people who are most excluded from society.

Accountability and transparency

Priority 10: To ensure the voice and involvement of children, young people, families and services informs our collaborative approach.

Priority 11: To have a collaborative approach to commissioning in order to deliver quality services, make best use of our resources and reduce variation.

Developing the workforce.

Priority 12: To grow a skilled workforce across our partnership to provide high quality and diverse range of services.

Priority 13: To develop a culture across our wider health and care system that recognises the importance of mental wellbeing.

2.6 Progress against the above action plan for the Future in Mind Local transformation plan is reported to NHS England on a quarterly basis and to the Health and Wellbeing Board for Bradford and North Yorkshire on an annual basis.

2.7 The committee will hear from young people and services on the progress we have made and our key achievements. These include:

a. Engagement and involvement of children, young people and families in designing and improving our mental wellbeing services.

b. Expanded our delivery of Wellness Recovery Action Planning (WRAP) groups delivered by Barnardo's, Sharing Voices, Roshni Ghar, Girdlington Community Association, Bradford District Care Foundation NHS Trust and Youth in Mind. In the past year, we have delivered over 31 courses reaching 503 young people. We have also trained a further 26 professionals to deliver courses.

c. Work in schools has continued to develop and includes expansion of our mental health school champions, mindfulness for children, youth service work in schools, anti-stigma work by Sharing Voices, Living Life to the Full courses, delivery of the new 'SMILE - my little book of change' and the parenting programmes.

d. A joint project with Public Health and Yorkshire Sport aimed at increasing activity levels in Little Horton and West & East Bowling. Over 2000 people played the game with some great feedback particularly from schools.

e. 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 enables mental health input into decision making on all referrals into the hubs and through the Emergency Duty Team and ensuring young people can access the Safer Space when needed.

f. 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 expanded the team for children and young people to support more children to be supported at home and avoid admission to hospital.

g. The Child and adolescent mental health service (CAMHS) receives 613 referrals per quarter and we currently have 781 children on the waiting list. Addressing the waiting lists is a key priority and we have done this through initiatives such as the Mental Health School Champions and Youth in Mind, both of who will present at the committee, as well as increased capacity to the team. This has resulted in 203 young people no longer needing to be on the CAMHS waiting list. We continue to experience challenges with the service as referrals are increasing, which is a positive and result of improved referral routes and awareness, however, with social work input to the team reduced in April 2018, this added pressure on capacity and access.

h. Bevan Healthcare is delivering a number of schemes to engage with the mental health and psychological support needs of 68 refugee and asylum seeking children in Bradford.

In addition to the above, in the past year, we have established and fully recruited to two new services, our peri-natal mental health service and a community eating disorder service. We have provided some case studies for the Committee in Appendix 3.

2.8 Progress on actions identified by the Joint Overview and Scrutiny committee in November 2017:

a. Buddy Scheme

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 service, the Youth Service and voluntary sector partners work 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, a digital self-help tool, evidenced based peer support groups and longer term volunteer mentoring.

The Committee requested us to explore the possibility of extending the 'Buddying period' beyond 12 weeks. Through the integrated work offer, we endeavour to work with children to build the resilience and support they need. This includes support through the wider youth service, work that has now expanded to include additional voluntary sector providers and the development of youth café space in the city centre with expansion planned for Toller area, Holmewood and Keighley.

b. Children's Trust Board – Bullying

In July 2018, young people attended the Children's Trust Board to present their strategy to address Bullying and to ask the Board to support this work going forward. Their idea was for a whole system campaign to raise awareness, build resilience, provide support and address underlying issues. Appendix 4 and 5 provides the Committee with their presentation. The Children's Trust Board agreed for Children's Services to take forward this work.

3. OTHER CONSIDERATIONS

3.1 The Future in Mind transformation programme is funded and assessed by NHS England on behalf of the Department of Health. As a requirement of our funding, we provide quarterly reports to NHS England and an annual refresh of our plan. This annual plan is to be signed off by the Health and Wellbeing Board.

3.2 Engagement is carried out with children, young people and stakeholders. These are shared in Appendix 2.

4. FINANCIAL & RESOURCE APPRAISAL

4.1 The Mental Wellbeing Partnership Board sets the direction and provides a broad framework for decisions about the use of resources for the Future in Mind Programme. This is reviewed by NHS England on a quarterly basis.

5. RISK MANAGEMENT AND GOVERNANCE ISSUES

5.1 The Health and Wellbeing Board owns and provides overall governance of the local transformation plans. Risk and delivery is managed by the Mental Health and Wellbeing Partnership Board through a performance management framework with annual reporting to the Health and Wellbeing Board. NHS England, on behalf of the Department of Health, review our monitoring reports on a quarterly basis.

6. LEGAL APPRAISAL

No legal issues.

7. OTHER IMPLICATIONS

7.1 EQUALITY & DIVERSITY

7.1 The local transformation plan aims to reduce the barriers and issues children and young face in accessing mental health services and address the wider determinants of health inequalities which in some instances can disproportionately affect people with protected characteristics under the Equality Act 2010. As such the Strategy aims to make a positive contribution to children and young people with protected characteristics.

7.2 SUSTAINABILITY IMPLICATIONS

7.2 The transformation plan supports work at the local and West Yorkshire & Harrogate level to ensure that services are sustainable within the available budget.

7.3 GREENHOUSE GAS EMISSIONS IMPACTS

7.3 No direct implications. Implementation of the transformation plan involves increased opportunity and access for young people to community and physical activities in the District which may have some impact on greenhouse gas emissions if the number of car journeys were to decrease as a result.

7.4 COMMUNITY SAFETY IMPLICATIONS

7.4 No direct implications, however community safety is a key enabling factor allowing children, young people and families to engage in civic and community activities. Reduced social isolation will enhance wellbeing.

7.5 HUMAN RIGHTS ACT

No direct implications.

7.6 TRADE UNION

No direct implications.

7.7 WARD IMPLICATIONS

7.7 In areas with poor health and wellbeing and higher levels of health inequalities, different approaches are needed to improve access, deliver effective services, improve mental health and wellbeing and reduce health inequalities.

7.8 AREA COMMITTEE ACTION PLAN IMPLICATIONS

Not applicable.

7.9 IMPLICATIONS FOR CORPORATE PARENTING

No direct implications.

7.10 ISSUES ARISING FROM PRIVACY IMPACT ASSESSMENT

Not applicable.

8. NOT FOR PUBLICATION DOCUMENTS

None.

9. OPTIONS

No options are provided.

10. RECOMMENDATIONS

The Joint Overview and Scrutiny Committee are invited to:

- a. Reflect on the progress made to date.
- b. To continue to support the work of the Future in Mind delivery group
- c. To identify a champion from the Committee to join our delivery group.

11. APPENDICES

Appendix 1; Future in Mind Local Transformation Plan refresh 2018

Appendix 2: Engagement and feedback from stakeholders

Appendix 3: Case Studies.

Appendix 4: Bullying paper by young people

Appendix 5: Bullying strategy created by young people for Children's Trust Board