

Report of the Joint Mental Health Commissioner NHS to the meeting of the Corporate Parenting Panel to be held on 2nd November 2020

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Subject:

Children's and Young People's Mental Health – Update

Summary statement:

This paper provides update on progress to improve mental health support for children and young people.

Irfan Alam
Deputy Director, Children's Services

Report Contact: Sasha Bhat, (joint) Head of
commissioning for mental wellbeing, Council and NHS.
Phone: (01274) 737537
E-mail: sasha.bhat@bradford.nhs.uk

Portfolio:

Healthy People and Places

Overview & Scrutiny Area:

Health and Social Care

1. SUMMARY

- 1.1. This paper provides the Panel with an update on progress made to review and improve mental health support for children and young people since our last report in February 2020.
- 1.2. The Panel are asked to note the outcomes of the system wide review and subsequent work undertaken to improve mental health support in Bradford.

2. BACKGROUND

- 2.1 In October 2019 the Health and Wellbeing Board also commissioned the Centre for Mental Health to conduct a full System Review of Children and Young People's Mental Health. The review has now concluded and the report is provided in **Appendices 1 and 2**.
- 2.2 As a result of the review, a new system wide Leadership team has established with membership from health and care sector and children and young people (details in **Appendix 3**) and a new charter developed to oversee the transformation and improvements needed to our mental health services for children and young people.
- 2.3 The Committee will receive a presentation to summarise the key aspects of the review and progress on the system wide work to date.

Progress update on previous report

- 2.4 The Leadership Team have also continued to deliver on key areas of improvement identified by the interim sub-group established in November 2019. The four areas of activity were:
- 2.5 The sub-group identified four key areas of immediate action:
 - Developing a coherent **pathway** that can be understood by young people, their parents or by professionals.
 - To address **the waiting list** for specialist Children and Adolescent Mental Health Services (CAMHS) treatment.
 - Providing **parents** with support and advice
 - **Information and communication** across the system and with children, young people and families.

2.6 **Pathway development**

Consultation with local authority, the Care Trust and VCS has concluded with the development of a framework and unified referral form and assessment process for all referrals coming into Children and Young People's Mental Health (CYPMH) services. Recruitment is underway for the dedicated Multi-Disciplinary Team (MDT) to process the referrals as part of the multi-disciplinary hub. The expectation is to have part of the team in post for December 20. The ambition of the MDT is to ensure CYP being referred into Mental Health services receive the right treatment at the right time. Once the MDT is fully operational there is an expectation that referrals into specialist

CAMHS will reduce as other more suitable support will be made available to those who do not meet specialist CAMHS threshold which will reduce the burden on the specialist CAMHS workforce. The sub-group developed an action plan which further breaks down the above areas into smart actions.

2.7 Waiting List initiative

2.7.1 The CAMHS waiting list initiative is now underway, counsellors who specialise in working with children and young people are supporting the core and therapy waiting lists and Youth in Mind (YIM) workers are supporting the Autism waiting list. Qualitative and quantitative data is being collected as part of this work to support future sustainability by demonstrating impact. This work is also improving understanding between the CAMHS workforce and the wider YIM partnership who support children and young people's mental health.

2.7.2 A series of learning events are being scheduled between Youth in Mind and CAMHS workforces that will further enhance understanding of the different support available for children and young people. The aim of these events is so the specialist CAMHS teams can increase knowledge on some of the services offering early intervention support that are having an impact on improving the emotional wellbeing of children and young people. Work is also underway to integrate primary and community mental health workers from CAMHS in with Youth in Mind workforce as it transpires they both share many similarities in terms of the support they offer.

2.8 Parent Support

2.8.1 The Parental support sessions are being co-designed by the Roller-coaster parenting group and a large piece of work is taking place to ensure clear information and communications about the mental health offer is available to parents, children, services and communities. A final area is the development of a coherent communication campaign to promote awareness and understanding of mental health.

2.8.2 Rollercoaster has delivered some initial training and work is underway to map the different offers of support to parents across the district. Significant progress has been made in developing a parent to parent peer support service that will be open 7 days a week across the district. This is a joint programme of support with voluntary and community sector, Education, Special education and disability needs (SEND), & CCG all coming together to work in partnership. Psychoeducation training for parents is being piloted as part of the Mental Health Trailblazer rollout. This offer will then be bolted onto a new parental engagement programme funded by the opportunity area and rolled out across the education system. Exceed academy seeks to train PIWs (Parental Inclusion Workers) in schools on setting up structured parental support programmes. The peer support service will be one of the programmes that the Parent Inclusion Workers will recruit volunteers to support.

2.9 Partnership Working

2.9.1 A key aspect of progress has been the partnership working between the Local Authority, Health and community sectors.

- 2.9.2 As a result the resources and information developed by Healthy Minds has a far reach and meets the needs expressed by children and young people.
- 2.9.3 This partnership working has proven vital and effective in mobilising support for children and young people during the Covid-19 lockdown.
- 2.9.4 **Appendix 4** provides details of the resources developed for children and young people by working in partnership with children, young people, families and services.

2.10 System Review

- 2.10.1 The independent system wide review of children and young people's mental health services was conducted by the Centre for Mental Health and commenced in November 2019. A project team was established for the duration of the review and included colleagues from the Centre for Mental Health, the Clinical Commissioning Group, Bradford Council, Bradford District Care Foundation Trust and the Voluntary Sector.
- 2.10.2 The review aimed to provide a full system overview of children and young people's mental health provision in Bradford and Craven highlighting our strengths and weaknesses, assessing local demand, needs and aspirations, and identifying priority areas for improvement.
- 2.10.3 The review has now completed and the final report was shared with the Mental Health Partnership Board and has since been published and disseminated widely with stakeholders across Bradford and Craven. Please see **Appendix 1 and 2** for the summary and full report.
- 2.10.4 The review report makes key recommendations on five areas:
- Leadership, commissioning and strategy across our whole system of emotional and mental wellbeing
 - Understanding the needs, data and insight to inform our planning and service provision
 - Collaborative model of support – implementing the i-Thrive model across the whole pathway from early help to specialist support
 - Access and navigation of the whole range of support
 - Investment and resource prioritisation
- 2.10.5 A programme charter detailing the high level aims of the programme has been agreed and a programme plan is under development. The programme plan will detail the actions required to respond to the findings of the review and what children and young people themselves have told us needs to change. **Appendix 3** highlights the changes to governance and leadership and the interim programme plan and charter.

3. OTHER CONSIDERATIONS

- 3.1 The work of the Leadership team is feeding into work undertaken by the Children's Service Improvement Group and forms part of the new system governance under the Health and Care Partnership Board.

4. FINANCIAL & RESOURCE APPRAISAL

None.

5. RISK MANAGEMENT AND GOVERNANCE ISSUES

5.1 The governance structure of this work will sit within Mental Wellbeing Partnership Board and will report to the CCG's Clinical Commissioning Board and to the Health and Care Executive Board where both the Council and CCG's are represented..

6. LEGAL APPRAISAL

6.1 Not applicable.

7. OTHER IMPLICATIONS

7.1 EQUALITY & DIVERSITY

7.1.1 The work of the sub-group is designed to ensure support is provided to the most vulnerable children and young people.

7.2 SUSTAINABILITY IMPLICATIONS

7.2.1 None.

7.3 GREENHOUSE GAS EMISSIONS IMPACTS

7.3.1 None.

7.4 COMMUNITY SAFETY IMPLICATIONS

7.4.1 There are no community safety implications arising from this report.

7.5 HUMAN RIGHTS ACT

7.5.1 None.

7.6 TRADE UNION

7.6.1 Not applicable.

7.7 WARD IMPLICATIONS

7.7.1 There are no direct implications in respect of any specific Ward.

7.8 AREA COMMITTEE ACTION PLAN IMPLICATIONS

7.8.1 Not applicable.

7.9 IMPLICATIONS FOR CORPORATE PARENTING

7.9.1 Members are requested to review the information presented.

7.10 ISSUES ARISING FROM PRIVACY IMPACT ASSESSMENT

7.10.1 There may be a need for partner agencies to share data however this would only be with the express permission of the individual affected in the full knowledge of why and what it would be used for. GDPR principles relating to any individuals data and rights under the Data Protection Act 2018 will be respected.

8. NOT FOR PUBLICATION DOCUMENTS

8.1 None.

9. Options

9.1 There are no options associated with this report. Its contents are for information only.

10. RECOMMENDATIONS

10.1 The panel are asked to note the action plan, highlight areas for consideration and attention and support the System Review currently underway.

11. APPENDICES

Appendix 1: System Review summary

Appendix 2: System Review – full document

Appendix 3: Leadership and governance

Appendix 4: Resources for young people

12. BACKGROUND DOCUMENTS

None.