



BOARD

Progress Update on the implementation of the Children and Young People's (CYP) Emotional Wellbeing and Mental Health Strategy 2014-2016

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Agenda item: 8

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1. PURPOSE

This report aims to inform the Children's Trust Board about the progress being made against the CYP Emotional Well-being and Mental Health Strategy, since its launch in April 2014. It will provide an update on key areas of work being developed across Cambridgeshire, some of which is in the early stages of development and some which is quite well established.

2. BACKGROUND

The Emotional Well Being and Mental Health Strategy Board (EWB & MH Board), chaired by Dr Liz O'Donnell, brings together partners from Local Authority, Schools, the CCG, health providers, Voluntary and Community Sector as well as parent carers and links with young people forums. It oversees the implementation of the strategy and covers both Cambridgeshire and Peterborough. However, there are distinct implementation plans for Cambridgeshire and Peterborough due to the level of detail that issues need to be considered at and the number of partners that need to be involved. These plans reflect each other and where possible join up to ensure consistency across the two areas and sharing of good practice.

The implementation plan for the strategy was developed in May 2014, following the launch of the strategy in April. It is a working document that continues to be updated and has four main work streams, with a significant amount of activity involved in each in order to meet the objectives of the strategy. There is also some overlap between the different work streams.

3. OVERVIEW OF WORK STREAM ACTIVITY:

3.1 Principles and standards - Including: Evidence Based Interventions, Data (including outcomes and reporting against KPIs) and Participation

- There is a well-established IAPT Steering Group that are responsible for overseeing implementation of the IAPT principles.
- IAPT partners are now using a delivery plan to capture good practice and ensure that the IAPT standards are being implemented consistently across Cambridgeshire. The delivery plan is helping to capture minimum standards and good practice in all of the



standards.

- The School Nursing Service has recently joined the EWB & MH Board, which will help to ensure consistency in approach and awareness amongst the School Nursing Service of the wider work in development around children and young people's emotional well-being.
- A draft set of Key Performance Indicators for CYP mental health services have been put together and will be presented to the Board for discussion in November.
- The Participation lead (employed by CPFT, but working across agencies to support the participation agenda quite broadly and providing support to services wanting to engage with young people and their families), has attended the EWB & MH Board and is helping to develop Participation work. Pinpoint, who are very experienced with engaging families are also represented on the Board.

3.2

Early Intervention – Including: Training and Guidance for professionals, families and the community, Development of a Single Point of Contact for accessing services and delivery of effective Tier 2 (early intervention) services including a clear Perinatal pathway, to meet need early and prevent problems from escalating.

- A training prospectus has been developed with an extensive range of practice based courses offered at different levels and targeted at different professionals with clearly defined learning outcomes. Bespoke training packages are being developed for schools.
- The new prospectus for 2015 available as of Monday 13th November, this and detailed information about self-harm and risk of suicide training offer, as well as information about other CAMH training and events available at www.cpft.nhs.uk/professionals/camh-training.htm.
- The main drive during the Autumn and Spring terms is to deliver school & locality based courses, in schools across the county and in collaboration with local partners including Locality teams, school nursing and local VCS provision. The focus will mainly be on secondary schools initially. This is being offered in conjunction with the core mental health programme, and attempts are being made to engage schools where possible to take a broader and more sustainable whole school approach to developing competence in school settings to respond to mental health needs of students.
- Experience of schools that have had positive outcomes from engaging in the Targeting Mental Health in Schools (TaMHS) project in this way is informing this approach. So far plans are actively being made with seven secondary schools, and others are being proactively pursued using a range of methods e.g. directly, via



area partnerships, via CAMH Champions, particularly targeting those areas that have been historically hard to engage.

- Leaflets and Guidance documents will be provided as part of the course materials. Links will be made with other courses led by the Local Safeguarding Children's Board (LSCB) and Children, Families and Adult Services (CFA).
- 150 practitioners attended the 'Self harm and risk of suicide: improving outcomes through wellbeing' conference on 23rd September, coming from a wide range of organisations working with children and YP across Cambridgeshire. Rough breakdown of attendance – 35% LA, 27% Education, 20% Health, 5% VCS, 13% other including CCG and Police
- The revised risk of self-harm and suicide practice guidance document has been published also been very well received with 94% of respondents attending conference feeling confident that it will support their practice.
- Additional investment is being made during the next 18 months, from Public Health funds, to increase capacity within our existing commissioned services that offer counselling to young people. This money will be directed on reducing self-harm in the most deprived parts of the county Centre 33 and the YMCA will share an additional £40, 000 in 2014/15 and £80,000 in 2015/16. This was agreed at the Health committee in October.
- A group from across Children Families and Adults directorate within the county council met in October and agreed some priorities for joint work focussed on reducing self-harm. The themes identified for action include a clear, consistent and effective PSHE offer from CCC in relation to children's mental health and particularly self-harm, anti-bullying work, ensuring skills available across the children's workforce are maximised, and continued work on ensuring consistent training is provided for front line staff.
- A full action plan of the work of the group will be finalised for mid-December and can be reported to the Board at a later date. A small workshop will be held to take forward the priorities of the group early in the New Year. This will involve a small number of professionals and teams working directing with and in schools.
- Other guidance documents produced for those working with children and young people around the Autism Spectrum Disorder (ASD) and risky behaviours are also being updated. Improved websites and access to web based self-help tools is also a



key area of focus.

- The Board will be considering in the Autumn how best to develop a Single Point of Contact for professionals, schools and families offering advice, guidance, information on mental health issues and signposting to appropriate services. Discussions are underway to ensure this development is linking/being integrated into plans to introduce a co-ordination point for early help services more widely bringing together a range of functions already operating into one coordinated point for advice, information and signposting.
- Focus is given to increasing the levels of participation from young people and families in service design and delivery. This work interfaces with that of the CYP Improved Access of Psychological Therapies (IAPT) group.
- The existing CAMHS champion role supporting Locality Teams will be reviewed to ensure consistency of practice across the county and ensure adequate training and support is provided to these roles.

3.3

Pathways: Much work is underway looking at specific pathways for children and young people experiencing self-harm, suicide risk, the ASD spectrum and those needing to make the transition either between community based services and tier 4 treatment, or from young people's services to adults.

- A Task and Finish group has been established across children's and adults to look at the suicidal prevention pathway and protocols. It has highlighted the potential need for work on a wider scale about access to services available to support young people, their families, and the professionals working with them. This group is linked with the countywide suicide prevention group, informing their work and has started making small changes to pathways locally that will hopefully make a significant difference to access and appropriate referrals.
- In particular, the issue with transitions for young people/young adults from CAMHS into adult mental health services has long been recognised but not fully addressed. The Board is requesting for dedicated attention to be given to this.
- The work on ASD pathway will be incorporated within the work of this Strategy group and shared once completed

3.4

Vulnerable groups: This work stream addresses the specific needs of certain groups of young people. These include: Looked After children and care leavers, young offenders, young carers, and Lesbian, Gay, bi-sexual and transgender young people (LGBT).



- The protocol between CAMHS and the Youth Offending Service (YOS) has recently been reviewed and is being effectively implemented. The next step is to develop a similar protocol between Adult Mental Health Services and the YOS.
- The Joint Protocol for promoting the health and well-being of children and young people looked after by Cambridgeshire County Council is being closely monitored by the Health and well-being Corporate parenting work stream and inform the work of this strategy.
- Centre 33 and SexYouality are working together to ensure that unmet needs in terms of young people who need to access counselling services but are not engaging with mainstream ones due to experiencing issues with coming to terms with their sexuality can access counselling from people trained in working with LGBT young people. Centre 33 will be employing a specialist counsellor as part of a pilot project.

4. Conclusion

- 4.1 Board members are requested to support the progress of the CYP Emotional Well Being and Mental Health strategy, and the work streams identified above.
- 4.2 if further information is desired about the strategy or about commissioned services for children and young people's emotional well-being and mental health services, then this can be provided for the Board.