

## Emotional Well-being and Mental Health Strategy Board

### TERMS OF REFERENCE

#### 1. PURPOSE

- 1.1 To oversee and monitor the delivery and implementation of the 'Emotional well being and mental health strategy for children and young people 2014-2016'.
- 1.2 To inform planning and commissioning of system-wide mental health services and offer guidance of good practice.
- 1.3 To monitor progress against the strategic priorities for promoting and improving the emotional wellbeing and mental health for children and young people (C&YP) in Cambridgeshire.
- 1.4 The Board will evaluate the progress made against each of the six specific areas for action identified in the strategy, and ensure strategic buy-in.
- 1.5 Cambridgeshire and Peterborough will develop area specific action plans for the six work streams. They will be accountable to and report to this Board.

#### 2. VISION

- 2.1 All children and young people are entitled to access learning opportunities to develop knowledge, understanding and the skills necessary to have good self-esteem, develop resilience and build positive relationships.
- 2.2 Our vision is that services for children, young people, parents, carers and families work together effectively from the earliest opportunity to deliver the right service to the right person in the right place at the right time.
- 2.3 Services provided should be based on our evidence of what works, should be high quality and accessible, irrespective of the level of need or who is delivering the service.
- 2.4 Children and young people should be involved in the development and delivery of their services. Participation will influence the work this board oversees.

#### 3. PRINCIPLES

- 3.1 The Board recognises that a whole system transformation will take place in Cambridgeshire and Peterborough's Children, Families and Adult Services, embracing CYP IAPT principles and the 'Think Family' Approach.
- 3.2 Adoption of the in full (IAPT) principles will be key to the successful implementation of the Emotional Health and Well Being strategy for children and young people.
- 3.3 The Board agrees to support and reflect the key principles of IAPT outlined below through its work:
  - Evidence Based Practice- A range of high quality interventions delivered by staff trained to expert level and demonstrating impact of these. Greater accessibility to these interventions for children and young people.

- Training and Supervision- train staff in various evidence based interventions, and offer appropriate support and supervision to deliver the best interventions to CYP.
- Participation-Meaningful service user participation embedded within all services and within local planning and development.
- Routine Outcome Measures-A culture of measuring impact either session by session or before and after intervention. Outcome monitoring to be embedded within routine practice and used to select, guide and evaluate treatment and interventions.

#### 4. MEMBERSHIP

Representation from services will include:

- Cambridgeshire & Peterborough Clinical Commissioning Group
- Local Commissioning Groups
- Cambridgeshire County Council including Public Health
- Service User forums
- Peterborough City Council and Borderline partners
- Voluntary and Community Sector Organisations
- Health Providers (Cambridgeshire Community Services NHS Trust, Cambridgeshire and Peterborough Foundation Trust)
- Schools and colleges
- Parents/Carers via Pinpoint

Members will be expected to represent the interests of the service they represent. If they cannot attend meetings, they will identify a representative to attend on their behalf. Members will be expected to make decisions were they have delegated authority, or to take actions away for them to be completed outside of the meeting where they do not have the ability to make a decision.

##### Chairing Arrangements

- The group will be chaired by the Clinical Commissioning Group representative supported by the Head of Children's Joint Commissioning who will act as Deputy Chair.
- These arrangements will be reviewed annually.

##### Declarations of Interest

- All members will be expected to declare any potential conflicts of interest that may arise as the work of this Board develops.

#### 5. MEETING ARRANGEMENTS

- 5.1 To meet bi-monthly
- 5.2 Minutes will be taken and circulated to members

## 6. ACCOUNTABILITY

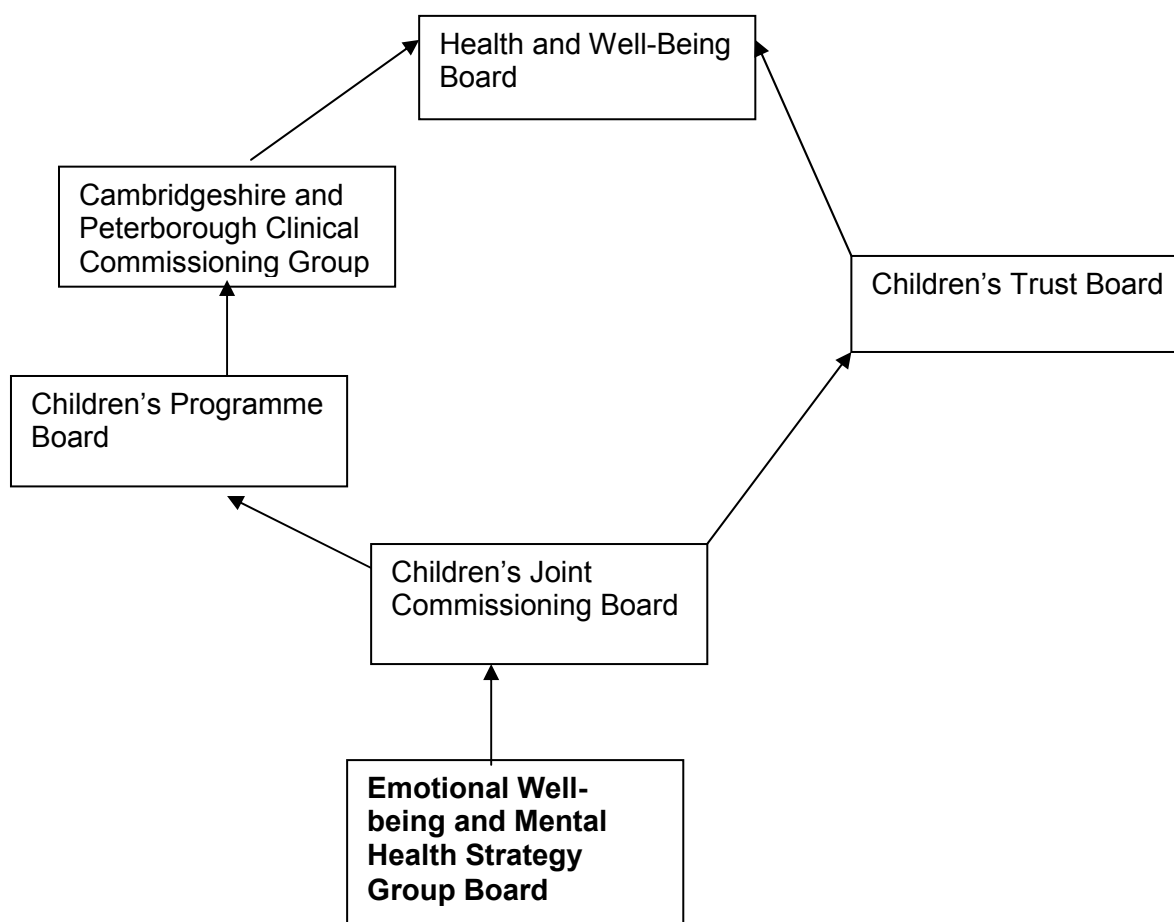
6.1 The Emotional Well-being and Mental Health Strategy Board will be accountable and report to the Children’s Programme Board, Children’s Trust Board and the Cambridgeshire and Peterborough Clinical Commissioning Group (CCG).

6.2 Terms of reference will be reviewed on an annual basis

### Interdependencies

6.3 Several reviews of working practices are currently underway in the Local Authority that may impact future budgets for this work, commissioning priorities and service capacity. These include the Early Help Review, Families Review and changes in Commissioning responsibilities, e.g Health Visiting and Family Nurse Partnership to be commissioned by the Local Authority from 2015.

### Local Governance arrangements



## 7. Agreed Outcomes

1. Our commissioning of mental health services will be outcome-focused, maximising the capacity of statutory and voluntary sector organisations
2. Mental health support will be everyone’s business, all partners will understand the role they can plan and support will be co-ordinated, integrated, evidence based and cost effective.
3. There will be clear pathways of care across agencies, with the right level of expertise and a shared professional knowledge

4. Services will be available for all levels of need, maximising the opportunities for early intervention and prevention, whilst also providing for those with severe and enduring mental health problems.
5. We will ensure children and young people's mental health needs are identified early and support is easy to access and prevents problems getting worse.
6. Standardised principles of practice will be adopted across all organisations.

Key performance indicators are being developed to monitor our collective progress against the strategy. This Board will work to achieve the following outcomes, through effective monitoring of the key performance indicators once they are developed