

Meeting: Adult Social Care, Health and Wellbeing Sub-committee

Date: 5 November 2015

Title: Children and Young People's Mental Health and Emotional Wellbeing Strategy update

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Service: Public Health

Directorate: Health, Education, Care and Safeguarding

Wards affected: All

Purpose

To give an update on the development of the Children and Young People's Mental Health and Emotional Wellbeing Strategy and links with Local Transformation Plan.

Recommendations

- 1 Members are asked to consider the information provided; and
- 2 Note the progress that has been made

Background

Children and young people's emotional development is critical to their overall development and significantly affects life chances. Most mental illness develops before adulthood. Over half of mental health problems in adult life (excluding dementia) start by the age of 14 and seventy-five per cent by age 18.

Prevention and early intervention are crucial to stop serious mental health issues developing, particularly in children and young people.

Children and Young People's Mental Health and Emotional Wellbeing Strategy

The strategy is in development and will set out North Tyneside's multi-agency approach to promoting the emotional well-being and mental health of children and young people, along with an action plan which sets out clearly what we will do to achieve this.

In August 2015, NHS England produced guidance for health and care economies on the development of Local Transformation Plans, which will be a key part of the local strategy to improve CYP mental health and wellbeing. The intention is to significantly reshape the way services for children and young people with mental health needs are commissioned and delivered across all agencies over the next 5 years.

Therefore, the local strategy must strike the right balance between commissioning services for those children and young people with mental health problems (linked to the Transformation plan), whilst working to achieve the broader priorities of universal services, building resilience, effective education and prevention alongside early identification and intervention.

Links with the Transformation Plan

The Transformation Plan was led by the Clinical Commissioning Group (CCG) and developed by an existing partnership group, the CAMHS Interface Group. This group was responsible for the development of the plan, sourcing the information and scrutinising the relevant information to be included. The plan was signed off by Councillor Lesley Spillard as chair of the HWBB and submitted to NHS England on Oct 16 2015.

The Transformation plan clearly links to the wider strategy and covers the full spectrum of service provision. It aims to address the mental health and wellbeing needs of all children and young people, including the most vulnerable, making it easier for them to access the support they need when and where they need it. There are also some priorities for early delivery that are supported by additional national funding to:

- Build capacity and capability across the system
- Roll out the children and young people's improving access to psychological therapies programme
- Develop evidence based community eating disorder services for children and young people
- Improve perinatal care
- Bring education and local children and young people's mental health services together around the needs of the individual child.

Central government funding attached to the local transformation plan

The new funds announced (approximately £447,000 for North Tyneside, including £127,000 for eating disorders) will be made available by NHS England to the CCG, subject to local transformation plans being assured in a national process.

North Tyneside's Transformation Plan Priorities

North Tyneside's local transformation plan proposes to move away from a tiered model of service provision and adopt the THRIVE model. It is gaining national recognition as a useful

model moving away from the service led tiered model to a new conceptualisation of Children and Adolescent's Mental Health services based on the needs of children and young people.

Priorities have been configured around each quadrant of the THRIVE model: Coping, Getting Help, Getting More Help and Risk Support. These priorities are detailed in the action plan included in the full transformation plan report and address:

- Early intervention and prevention
- Capacity
- Access
- Joint training of the children's workforce
- National priorities such as CYP IAPT, perinatal care and eating disorders.

Consultation on Children and Young People's Mental Health and Emotional Wellbeing Strategy

To ensure that as many stakeholders can participate in consultation on the wider strategy development, a combination of online surveys and focus groups/workshops will be employed during October and November 2015.

Two surveys will be available on North Tyneside Council website and emailed out via existing partnerships/networks to encourage a high response rate.

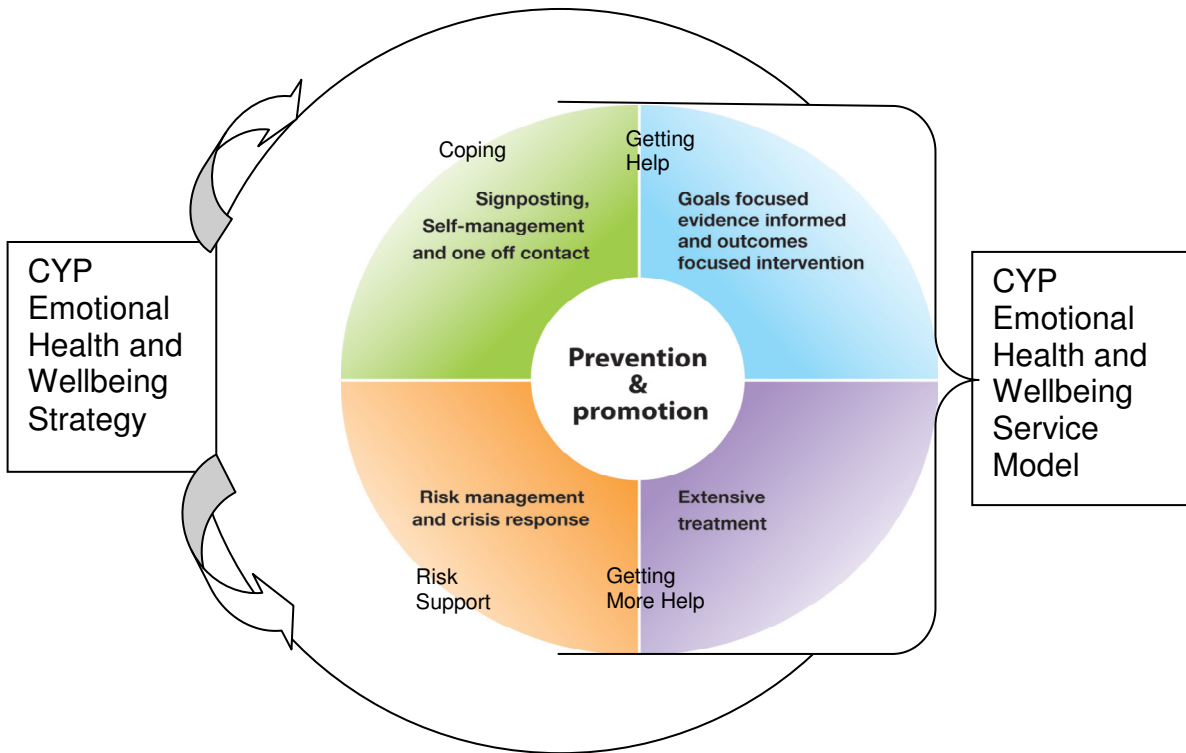
The first survey will be a professional consultation survey. This survey will engage with a wide range of professionals who work with children and young people; including those from Health and Social Care, specialist Child and Adolescent Mental Health Services, across Education and from Community, Voluntary and Youth Services.

The second survey is a Children, young people and families' survey which aims to understand their views about the mental health needs of young people in North Tyneside.

Next Steps

A Children and Young People's Emotional Health and Wellbeing Strategic Group will be established to replace the existing CAMHS Interface Group. This group will take forward the development of the Children and Young People's Mental Health and Emotional Wellbeing Strategy and will oversee the implementation plan arising from the local transformation plan.

THRIVE Model



Terms of reference for the Children and Young People's Mental Health and Emotional Wellbeing Strategic Group are to be developed. The group will either report into the Mental Health Integration Board or the Commissioning Executive Board. Membership will include: children, young people and their carers, public health, VCS, education, NHS, youth justice, local authority, providers.