

Local Transformation Plan (LTP) CYP Mental Health and Wellbeing – East Berkshire

Janette Fullwood, Head of Children, Young People's and Families



Working together to deliver excellent and sustainable healthcare

Background

- National Strategy - Future In Mind published 2015
 - Sets out how local services will invest resources to improve children and young people’s mental health across the “whole system”.
 - Remove ‘tiers’
 - Early intervention
 - Transformational change
- East Berkshire’s first Local Transformation Plan was published in Oct 2016 with nine strategic priorities
- Refreshed March 2017 & strategic priorities have remained the same since 2016.
- NHS England requires LTPs to be refreshed by the end of October

Children and Young People's Mental Health & Wellbeing - Highlights

- Additional services include online support, community counselling across the patch
- Ppep care training delivered to professionals including GPs & teachers
- Eating Disorder & Rapid Response service in place
- New Anxiety and Depression support tier 2 support via Andy Clinic (Reading University)
- Children and young people's participation – survey and focus groups
- Increase in Tier 4 admissions slowed down with reduction in the average length of stay

Current challenges

- A fragmented service offer – children and young people don't always know about the additional support that has been commissioned
- Unfamiliarity among professional partners and school staff, who are often unaware of the services that exist in each area and how to access them
- Rising demand on specialist CAMHS (this continued in the first quarter of 2018, with the total number of referrals up by 14.5% compared to the same quarter in 2017)
- A lack of dedicated mental health roles for early intervention
- Weak links between targeted services within LAs and specialist mental health services
- Under-developed parent/carer participation
- A data-rich but intelligence-poor system with weak transparency of existing data
- The absence of a coordinated, system-wide approach to workforce development
- A high number of inappropriate referrals to specialist CAMHS – approximately 50% of East Berkshire referrals fall into this category
- Collaborative commissioning needs further development
- Transformation to date has focused heavily on the provision of additional services, as opposed to a system-wide approach
- A tiered approach to support, which in practice means that children and young people have to fit the services, rather than the services fitting the changing needs of the child or young person

key areas of change

From this (original LTP)

- nine strategic performance indicators
- limited detail about the delivery against strategic indicators
- limited evidence to demonstrate a multiagency plan
- a focus on transformation in the context of how the additional funding will be spent



To this (new LTP)

- four key priority outcomes and enablers
- clear information about how we will achieve these outcomes
- clear information about what success will look like
- alignment with partners' priorities through links, partnership working
- move from consultation to co-production for delivery of the plan
- multiagency ownership and delivery of the plan through new governance arrangements
- a systematic and suitable approach to transformation, so it is about more than just the additional funds allocated from NHS England

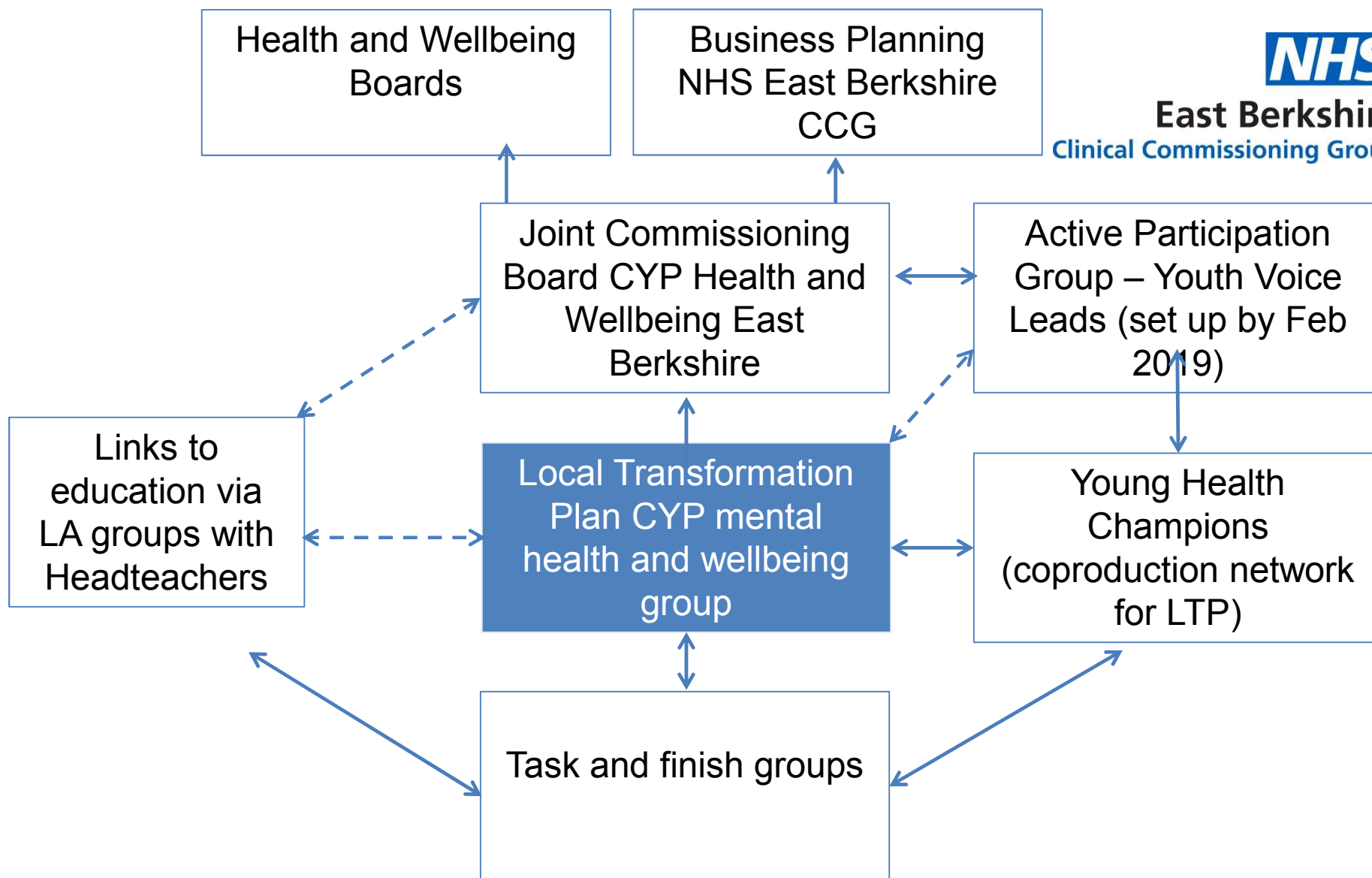
Four new outcomes

<p>Outcome 1: Communities, schools, families and young people will work together to build resilience, learning from young people themselves how best to help them to cope with life's ups and downs</p>	<p>We will promote good mental health and emotional wellbeing to allow children and young people to thrive and to stay positive. We want to ensure that communities, schools, families and young people are equipped with the skills, knowledge and confidence required to build resilience and to learn from young people themselves, facilitating the development of peer support.</p>
<p>Outcome 2: Children and young people will have access to early help to meet any emerging emotional and mental health needs</p>	<p>We will focus on early intervention. We want children and young people, their families and the systems that care for them to be able to access timely and effective early support for mental health difficulties as and when they first start to appear, to help prevent things from getting worse.</p>
<p>Outcome 3: Better communication – we will provide improved and coordinated information about the mental health and wellbeing support available and we will communicate this information effectively to children, young people and families, communities and professionals</p>	<p>We want everyone to be able to find clear information about all the mental health and wellbeing help that is available in our area. We will therefore strive to produce better information and to communicate it more effectively to children, young people and their families and to the communities and professionals who support them.</p>
<p>Outcome 4: Improved coordinated care for children and young people with complex mental health needs and vulnerable children and young people – ensuring the right support, at the right time, in the right place</p>	<p>We will make sure that all children and young people who are in crisis can obtain immediate, round-the-clock help, wherever they live. We acknowledge and understand that some groups of children and young people have increased vulnerability to mental health problems (e.g. looked after children, those with learning disabilities and young offenders) – these young people and their families/carers can face greater challenges than their peers in accessing support. We will ensure that professionals work together to provide well-coordinated services that offer appropriate, timely help and treatment.</p>





East Berkshire
Clinical Commissioning Group



Working together to deliver excellent and sustainable healthcare

Next steps

- New multi stakeholder Local Transformation Plan (LTP) group now set up
- Jan - May 2019, meetings will be monthly to progress the work at pace
- LTP meetings will be themed e.g. Jan meeting will be to progress conversation about early intervention model of support
- Future application (phase two) for the Green Paper Trailblazers (Mental Health Support Teams)