


Newbury and District
Clinical Commissioning Group


North and West Reading
Clinical Commissioning Group


South Reading
Clinical Commissioning Group


Wokingham
Clinical Commissioning Group



Local Transformation Plan for Children and Young People's Mental Health and Wellbeing-REFRESH

Wokingham Health and Wellbeing Board and Local Authority area

Version 1 27-7-16

Executive summary

Following the publication of “Future In Mind” – *promoting, protecting and improving our children and young people’s mental health and wellbeing*, the report of the government’s Children and Young People’s Mental Health Taskforce in 2015, Berkshire West Clinical Commissioning Groups worked with partners to develop Local Transformation Plans for Children and Young People’s Mental Health and Wellbeing for the period 2015 -2020. These plans were approved by the respective Health and Wellbeing Boards in October 2015 and were subsequently published on CCG websites.

Links to the original Transformation Plans can be found here

<http://www.nwreadingccg.nhs.uk/mental-health/camhs-transformation>

<http://www.southreadingccg.nhs.uk/mental-health/camhs-transformation>

<http://www.wokinghamccg.nhs.uk/mental-health/camhs-transformation>

<http://www.newburyanddistrictccg.nhs.uk/mental-health/camhs-transformation>

This refresh document provides an overview of progress against the original transformation plans and identifies further work which is required.

Our starting point

Future in Mind – promoting, protecting and improving our children and young people’s mental health and wellbeing, the report of the government's Children and Young People’s Mental Health Taskforce, was launched in March 2015.

The report sets out the case for change in mental health services for children and young people. It makes recommendations for improving a number of things about mental health services for children and teenagers: the quality of services; how quickly and easily services can be accessed when they are needed; better co-ordination between services; and, a significant improvement in meeting the mental health needs of children and young people no matter what their background.

By addressing all these areas the report aims to promote good mental health and wellbeing for children and young people and ensure there are high quality services in place to care for children and young people if they need them.

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In spring 2014 Clinical Commissioning Groups in Berkshire West asked service users, schools, doctors and mental health workers [what they thought about local mental health services](#).

Their responses suggested that many children, young people and their families thought that services weren’t good enough – explaining that waiting times were too long, that it was difficult to find out how to access help and, sometimes, that they didn’t like the way that they were treated by staff. They said that there were delays in referrals and the advice given to families while waiting for their child’s assessment was insufficient.

Future in Mind provided a structure for planned changes in Berkshire West. The ambition became not simply to adjust existing services, but to transform them.

What are we doing?

The vision for Berkshire West is to ensure that every child or young person gets the help they need when and where they need it. By 2020 support will be individually tailored to the needs of the child, family and community – delivering significant improvements in children and young people's mental health and wellbeing.

In the summer of 2015 the NHS, the three local authorities (West Berkshire Council, Reading Borough Council, and Wokingham Borough Council), the voluntary and community sector, local schools and colleges came together to draw up a five-year plan for each council's area.

The Local Transformation Plans cover the whole spectrum of services for children and young people's emotional and mental health and wellbeing in each local authority area. This includes enhanced support for children and young people experiencing a mental health crisis, anxiety or depression. Services for children and young people with eating disorders are being reshaped to enable specialist support outside hospital.

While the three local transformation plans share many common elements, the route into emotional health and wellbeing services in each area is being reviewed, based on the services available in each local community.

Each local transformation plan is being overseen by the Health and Wellbeing Boards, and the Future In Mind multidisciplinary group meets monthly to champion the changes.

Appendix 1 provides links to the latest reports to the various Health and Wellbeing Boards

This document provides an update on progress made to date.

What difference will the local transformation plans make over the next 5 years?

The Local Transformation Plans are about integrating and building resources within the local community, so that emotional health and wellbeing support is offered at the earliest opportunity. This will reduce the number of children, young people and mothers requiring specialist intervention, a crisis response or in-patient admission. Help will be offered as soon as issues become apparent.

Successful delivery of the plans will mean that:

- Good emotional health and wellbeing is promoted from the earliest age
- Children, young people and their families are emotionally resilient
- The whole children's workforce including teachers, early years providers and GPs are able to identify issues early, enable families to find solutions, provide advice and access help

- Help is provided in a coordinated, easy to access way. All services in the local area work together so that children and young people get the best possible help at the right time and in the right place. The help provided takes account of the family's circumstances and the child or young person's views.
- Pregnant women and new mothers with emerging perinatal mental health problems can access help quickly and effectively.
- Vulnerable children can access the help that they need more easily. This includes; better links with Sexual Assault Referral Centres (SARCs) and developing Liaison and Diversion services for offenders with mental health or learning disabilities when they come into contact with the criminal justice system.
- Fewer children and young people escalate into crisis. Fewer children and young people require in patient admission.
- If a child or young person's needs escalate into crisis, good quality care will be available quickly and will be delivered in a safe place. After the crisis the child or young person will be supported to recover in the least restrictive environment possible, as close to home as possible.
- When young a person requires in patient care, this is provided as close to home as possible. Local services support timely transition back into the local area.
- More young people and families report a positive experience of transition in to adult services.

How will services change to deliver the local transformation plan?

The way services are organised will transform from a traditional tiered model, where care and support is delivered and commissioned by separate organisations, to a model where the community itself and all the volunteer and professionally-led-services within Berkshire West take an active role. This will not only look different on paper, but also feel different for those using children's and young people's mental health services. Their experience of care will be increasingly seamless, more coordinated and quicker to access.

Progress to date (October 2015 until July 2016)

- Waiting times for specialist CAMHs have reduced. More children and young people are having treatment.
- Additional specialist CAMHs staff have been recruited and trained
- We are working to reduce crisis presentations due to better risk mitigation
- Common Point of Entry is now open Monday to Friday 8am until 8pm
- In Wokingham, a school link project has been commissioned. The impact of this initiative will be evaluated over time.
- PPEPCare training has been commissioned and is rolling out across the workforce. This is part of a wider workforce development programme which includes an online workforce support hub.
- Workforce development plan for improving emotional health and wellbeing is under development
- Voluntary sector youth counselling is now commissioned in each area via 2 year contracts to provide more stability for providers. In Reading and Wokingham youth counselling has been jointly commissioned with the Local Authorities.
- Young SHaRON online platform has been developed and is operational for a range of service users
- The number of in-patient beds at Berkshire Adolescent Unit has been increased. The unit is now open 7 days a week.
- Perinatal mental health service is now operational with an associated Young SHaRON service.
- Emotional Health and Wellbeing Outcomes framework has been developed and agreed across partners. Being implemented in contracts from 1 April 2016.
- Two voluntary sector organisations have been commissioned to provide support to families whose children are waiting for autism or ADHD assessment. We have undertaken an appreciative inquiry into services for children and young people with autism, including those who are waiting for an assessment. The neurodevelopmental care pathway (ADHD and ASD) is being reviewed within BHFT.
- Shared care arrangements between GPs and CAMHs for children and young people with ADHD have been updated.
- School exclusion data has been analysed to identify which young people are most likely to be excluded and where more help in schools might make a difference
- Additional Webster Stratten parenting courses have been commissioned in Wokingham.
- The children's toolkit is being expanded to include mental health and wellbeing. The CAMHs website has been expanded and updated.
- Learning from the Strengths and Difficulties pilot has been shared
- CAMHs Urgent Response service is being piloted at RBFT.
- Enhanced CAMHs Community Eating Disorders service has been commissioned and has started to operate

- A contract clause relating to service user satisfaction following transition into adult services was implemented in the 15/16 contract and is now “business as usual”.
- New Early Intervention in Psychosis service is in place and is meeting national targets
- Community health services for children and young people are being integrated into a single team.
- We have improved arrangements for authorising CAMHs support for Looked After Children who are placed out of area.

Further work required from 16/17 onwards

- Continue to reduce waiting times
- Workforce development- develop the role of schools, primary care, early year’s settings and the wider children’s workforce
- Map the collective resilience, prevention and early help offers. Consider how we make the system easier to navigate. Explore the use of the THRIVE model http://www.annafreud.org/media/2552/thrive-booklet_march-15.pdf in developing a multiagency response to young people’s needs.
- Evaluate the impact of the CAMHs Urgent Response service. The initial pilot will run until April 2017. Consider options for commissioning an urgent care/ admissions avoidance service on a recurrent basis.
- Enhance provision across the system for children and young people with autism or suspected autism using learning from the Appreciative Inquiry work.
- Recruit fully to the community CAMHs Eating Disorders service and fully deliver the service specification.
- Develop conduct disorder/ challenging behaviour pathway across the system. Consider implications for children and young people with Learning Difficulties.
- Improve local care for young people stepping down from Tier 4 facilities.
- As part of the wider Transforming Care work, implement person centred planning to reduce the number of young people with Learning Difficulties and/or autism placed out of area or in residential care.
- Continue to improve access for the most vulnerable. We will work with NHS England and police and crime commissioners to support children who have been sexually assaulted. We will consider the impact of any developments in NHSE commissioning of Secure CAMHs Outreach Service (Thames Valley and Wessex) and all age Liaison and Diversion schemes from the criminal justice system.
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More detailed update on progress against the Local Transformation Plan

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Aspiration in the original Transformation Plan	Where are we now?
<p>Good emotional health and wellbeing is promoted from the earliest age</p> <p>Children, young people and their families are emotionally resilient</p>	<p>An enhanced perinatal mental health service has been commissioned and is fully operational.</p> <p>Service users and their families have told us that we need to change the way we work together with them to provide services in a way that is more joined up, makes more sense and gives lots of information clearly when it is needed most. Community health services for children and young people are being integrated into a single team. This means that physical (e.g. occupational therapy, speech and language therapy, community nurses) and mental health workers will be working much more closely and providing a more holistic service to children and families.</p> <p>Additional Webster Stratten parenting interventions have been commissioned. This is linked to a University of Reading research project aimed at developing a wider range of evidence based parenting interventions for young children with challenging behaviour.</p> <p>PPEPCare training is being delivered across the children’s workforce including school nurses, GP’s, school staff, Local Authority staff. New modules being developed include “building resilience in children and young people “and “working with families”. http://tvscn.nhs.uk/psychological-perspectives-in-education-and-primary-care-ppep-care/</p> <p>A variety of online Young SHaRON subnets are being developed to support professionals and families in promoting and supporting good emotional and mental health and wellbeing. http://www.sharon.nhs.uk/default.asp?fldArea=0&fldMenu=0&fldSubMenu=0&fldKey=1</p> <p>Autism Berkshire and Parenting Special Children are now commissioned to provide advice, training and support to families whose children are awaiting Autism and ADHD assessment. Autism Berkshire are also providing post diagnostic support to families with teenagers as needs often change during this period. Both organisations are also commissioned to provide wider support and advice to families.</p>

<p>The whole children’s workforce including teachers, early years providers and GPs are able to identify issues early, enable families to find solutions, provide advice and access help</p>	<p>A workforce training needs survey is underway. A training programme will be developed in response. In the meantime PPEPCare training is being delivered alongside emotional first aid training.</p> <p>A school link project underway in targeted Wokingham schools- this trains school staff in PPEPCare modules and improves links to CAMHs clinicians.</p> <p>During the first 3 months of 16/17, 220 people across Berkshire West have been trained in PPEPCare modules. Subjects included self-harm, conduct disorder, anxiety and depression.</p> <p>Berkshire Healthcare CAMHs will shortly be launching a non-urgent on-line advice and consultation service through their Young SHaRON network for all professionals working with children, young people and families. This highly secure platform will offer the opportunity for professionals to discuss health concerns with BHFT clinicians, gather and share information to ensure that the family’s needs are met by the most appropriate service(s).</p> <p>An Appreciative Inquiry into how services to children with Autism are delivered across the system has been undertaken. Recommendations will be considered and developed into an action plan during 16/17.</p>
<p>Help is provided in a coordinated, easy to access way. All services in the local area work together so that children and young people get the best possible help at the right time and in the right place. The help provided takes account of the family’s circumstances and the child or young person’s views.</p>	<p>The multiagency Future In Mind Group meets monthly to develop and champion coordinated working across the system.</p> <p>Early Help services in each area provide multiagency triage of referrals to ensure that families access the most suitable help and support to meet their individual circumstances more quickly. The response might include family support, youth counselling, school support or specialist CAMHs. The emphasis is on finding solutions <i>with</i> the family, giving thought to the “whole child” and the “whole family” through a strengths based empowerment model.</p> <p>Specialist CAMHs Common Point of Entry staff are now available 8am to 8pm Monday to Friday for advice and consultation. Referrals from workers who know the child best are particularly encouraged in order to swiftly form a fuller picture of the child’s needs and family circumstances. This information enables CAMHs</p>

	<p>to identify the most suitable type of help.</p> <p>Waiting times for specialist CAMHs have reduced in all CCG areas and across all care pathways since additional staff were recruited even though referrals into specialist CAMHs have continued to rise (up 18% compared to the same quarter 2014/15- Berkshire West figures). The total number of people waiting has reduced by 32% over the past 12 months (Berkshire West figures). There are more children are in treatment.</p> <p>An Appreciative Inquiry into how services to children with Autism are delivered across the system has been undertaken. Recommendations will be considered and developed into an action plan during 16/17.</p> <p>The CAMHs Urgent Response Pilot has increased availability of CAMHs staff in A and E, reducing delays in accessing Mental Health assessments at times of crisis. This service is being developed jointly between the acute hospital (RBFT) and community provider (BHFT). The service is developing stronger links with Children's Social Care.</p> <p>A CAMHs outcomes framework has been developed in partnership with Primary Mental Health workers, voluntary sector youth counselling organisations, educational psychologists and specialist CAMHs. Outcome measures take account of the service user views.</p> <p>All services that have been commissioned via Future In Mind resources are required to provide evidence of how engagement with children, young people and families has shaped service delivery and what the impact of these changes has been on outcomes for service users.</p>
<p>Pregnant women and new mothers with emerging perinatal mental health problems can access help quickly and effectively.</p>	<p>Local perinatal mental health service has been launched.</p> <p>An online platform (SHaRON) for service users with perinatal mental health issues and their partners is up and running. Links to adult IAPT have been enhanced for this group.</p>

<p>Vulnerable children can access the help that they need more easily.</p>	<p>Early Help hubs and MASH are operational in each area.</p> <p>A process is now in place to ensure that funding requests for CAMHs services for Looked After Children who are placed out of area are considered and approved swiftly. Likewise a process is in place to consider funding requests for vulnerable children with exceptional emotional and mental health needs. Looked After Children and children subject to child protection plans have always been prioritised in Berkshire CAMHs.</p> <p>Care pathways for victims of sexual assault are developing across the Thames Valley in conjunction with NHS England and Police and Crime Commissioners.</p>
<p>Fewer children and young people escalate into crisis. Fewer children and young people require in patient admission.</p>	<p>Referrals into specialist CAMHs are triaged more quickly due to additional staff. Those young people who present with greater risk are seen more quickly. A trial of a short term care team has been evaluated and learning has shaped service transformation.</p> <p>Services for children and young people are included in the Crisis Care Concordat action plan. http://www.crisiscareconcordat.org.uk/areas/reading/#action-plans-content</p> <p>An Enhanced Early Intervention in Psychosis community service is in place and is delivering according to the national access and waiting time standard targets.</p> <p>The new Berkshire Community CAMHs Eating Disorders Service has been commissioned in line with the new national requirements. All new referrals are triaged within 1 working day by a specialist eating disorders clinician. A paediatric ward liaison service to assess and support to young people admitted to a medical ward as a result of an Eating Disorder is going live as part of the wider CAMHs Urgent response pilot.</p>

<p>If a child or young person's needs escalate into crisis, good quality care will be available quickly and will be delivered in a safe place. After the crisis the child or young person will be supported to recover in the least restrictive environment possible, as close to home as possible.</p>	<p>CAMHs Urgent Response Pilot has been commissioned- staff have been recruited and the service is up and running. A full rota will be in place by the end of September 2016 to enable CAMHs presence in RBH A+E and paediatric wards daily, including weekends and evenings (to 10pm Mon-Fri).</p> <p>Benchmarking and analysis of data on admissions to A+E, paediatric wards and Place Of Safety to enable targeted admission avoidance work is being undertaken.</p>
<p>When young a person requires in patient care, this is provided as close to home as possible. Local services support timely transition back into the local area.</p>	<p>Improved links are being developed with in patient providers, commissioners and social care to strengthen step up and step down arrangements.</p> <p>Additional beds are open at Berkshire Adolescent Unit. The Unit is now open 24/7.</p> <p>Pre admission Care and Treatment Reviews are undertaken for young people with Learning Difficulties and/or autism.</p> <p>Future In Mind plans are aligned to Transforming Care plans.</p>
<p>More young people and families report a positive experience of transition in to adult services.</p>	<p>Ready Steady Go has been rolled out for young people across several long term condition care pathways. Learning is being disseminated across other specialities including CAMHs.</p> <p>A workshop has taken place to consider how Ready Steady Go can be embedded into Education Health and Care Plans for young people with Special Education Needs.</p> <p>Shared care arrangements between CAMHs and GPs for children and young people with ADHD have been updated.</p> <p>More young people and families have reported a positive experience of transition in to adult services – this has been measured since the CCG introduced a change into the BHFT contract.</p>

Appendix 1 Health and Wellbeing Board Reports

Reading Borough Council 18 March 2016



item06 HW board
CAMHs report March

<http://www.reading.gov.uk/article/9585/Health-and-Wellbeing-Board-15-JUL-2016>

Wokingham Borough Council 14 April 2016



Wokingham HWB
Emotional Health and



Appendix 2
Wokingham Emotiona

<http://wokingham.moderngov.co.uk/ieListDocuments.aspx?CId=140&MeetingId=1404>

West Berkshire Council- Hot Focus session on Emotional Wellbeing 11 February 2016



CAMHS hot topic
session- sally expand

West Berkshire Council 7 July 2016



Children's Delivery
Group Report 7th July

<http://decisionmaking.westberks.gov.uk/ieListDocuments.aspx?CId=345&MId=3471&Ver=4>

Appendix 2 BHFT CAMHs newsletter June 2016



CAMHS Update June
2016.pdf