

Agenda Item 57.

TITLE	Emotional Wellbeing and Mental Health for Children & Young People Update (Berkshire West 2019 Local Transformation Plan)
FOR CONSIDERATION BY	Wokingham Borough Wellbeing Board on 13 February 2020
WARD	None Specific
KEY OFFICER	Andy Fitton (Assistant Director of Joint Commissioning NHS Berkshire West CCG) Wesley Hedger (Assistant Director, People Commissioning, Children's and Adults Services) Sal Thirlway (Assistant Director Children's Services. Learning, Achievement & Partnerships) Adam Davis (Assistant Director Children's Services. Social Care & Early Help)

Health and Wellbeing Strategy priority/priorities most progressed through the report	The priorities most progressed are: <ul style="list-style-type: none"> • Enabling and empowering resilient communities • Promoting and supporting good mental health • Reducing health inequalities in the borough • Delivering person-centred integrated services
Key outcomes achieved against the Strategy priority/priorities	<ul style="list-style-type: none"> • Better intelligence to aid and improve decision making • Improved support for schools and additional universal settings • Early identification and self-help • Improving access to services
Reason for consideration by Health and Wellbeing Board	To provide information on a wide range of initiatives across the system currently are underway to improve emotional health and wellbeing of children and young people.
What (if any) public engagement has been carried out?	As a partnership we are committed to improving our services to CYP by continuously seeking their collaboration, feedback and involvement. The full range of providers regularly seek the views of CYP in a flexible adaptive way that encourages participation and involvement in not only feedback of experiences but how to improve our services. In preparation of our refreshed LTP we asked all providers to help us understand what they have heard over the last year, this is outlined in chapter 5 of the document.
State the financial implications of the decision	None

RECOMMENDATION

The Board is asked to approve and endorse the refreshed Local Transformation Plan (October 2019)

SUMMARY OF REPORT

The refreshed Future in Mind Local Transformation Plan (LTP) was published in October 2019 in accordance with national Future In Mind requirements. The LTP provides an update on service development and improvement across the comprehensive Child and Adolescent Mental Health Service (CAMHS) system.

Like most other areas of the country, demand for emotional health and wellbeing services have increased and the complexity of presenting issues is increasing. The increase in demand and complexity is being seen across voluntary sector, schools and specialist services. This is having an impact on waiting times to access help.

The NHS Long Term Plan has been published and the local partnership is on track in the key areas of Children and Young People's Mental Health Services and our refreshed LTP matches the requirements for improvements expected.

Access to services by Children and Young people has increased again this year. Providers are seeing more children and young people for evidence informed help than ever before.

Background

1. Key achievements

- 1.1. The NHS Long Term Plan has been published and the local partnership is on track in the key areas of Children and Young People's Mental Health Services and our refreshed LTP matches the requirements for improvements expected.
- 1.2. Access to services by Children and Young people has increased again this year. Providers are seeing more children and young people for evidence informed help than ever before.
- 1.3. We have continued to develop outcomes reporting and can evidence that most children and young people have positive outcomes across providers.
- 1.4. We can evidence that most children and young people feel listened to across providers.
- 1.5. We continue to meet the challenge of working with partners to flow CYP access data onto the national dataset, with 3 more now providers' data monthly and BHFT improving the quality of their returns.

- 1.6. We can evidence the impact of large scale training across partners. In particular the introduction of Trauma Informed/ adverse childhood experiences training, at School and a community level is expanding rapidly across the patch. Aligned to this is the start this year of the roll out of the regional Restorative Practise awareness and training in all three Local Authorities reaching 100+ multi-agency practitioners and snr leaders as well as CYP.
- 1.7. We are setting up Mental Health Support Teams in all of our Local Authorities. We have built on our existing strengths and learning from the Emotional Health Academy the Reading Emotional Well-Being Partnership to create an exciting offer. *(MHST Briefing Paper attached)*
- 1.8. Following the completion of a service review, more financial investment has been secured for our Eating Disorder Service that will enable our local Mental Health provider (Berkshire Healthcare Foundation Trust - BHFT) to meet waiting time standards by 20/21.
- 1.9. We were successful in becoming one of 9 pilot sites for a research project on improving mental health assessment for Children in Care. Training has been completed and the first 12 children in care have already participated in the project.
- 1.10. BHFT have secured funding from NHS England to build a new inpatient facility to replace Willow House in Wokingham. This will provide more capacity and reduce the number of children who have to be placed out of area.

2. Areas of Challenge and Development

- 2.1. There continues to be increased demand which in turn is having an impact on waiting times, across providers. Although we were successful in winning additional resources to reduce waiting times in our specialist CAMHs teams, recruiting the workforce continues to be challenge across the sector.
- 2.2. Availability of suitable skilled, qualified and experienced health workforce. There are recruitment and retention challenges for many parts of the wider children's workforce e.g. social care. The cost of living is high in Berkshire West.
- 2.3. Demand for emotional health and wellbeing services across the system has increased at all levels of need, see Appendix 2 Needs Analysis and Appendix 5 Activity. Local analysis is that we continue to be part of the cycle of positive improvements in identification of likely unmet need alongside the lowering national of the stigma related to mental health is driving the demand. However with challenging waiting times often the need is increasing thus increasing felt levels of acuity in cases across the system.
- 2.4. There continues to be concern about the in self-harm rates in all three Local Authorities for people aged 10 – 24. Self-harm rates for 15 to 19 year olds

across all three areas continue to be higher than the national average. A set of clear recommendations have emerged from the CYP High Impact User project along with the introduction of the MHST will begin to make a difference.

2.5. Availability of suitable inpatient beds close to home. Lack of local inpatient beds for young people with Eating Disorders. The improvements in the local Willows provision as well as the work through the New Models of Care offer regionally will go so way to meeting this challenge.

2.6. Flowing data onto the national MHSDS data set involves multiple providers with differing IT systems and data governance arrangements. We continue to meet the challenge of working with partners to flow CYP access data onto the national dataset, with 3 more now providers' data monthly and BHFT improving the quality of their returns.

3. Priorities going forward

3.1 Our 2019/20 Local Transformation plan has identified 7 priorities to focus and act as a way to galvanise the partnership to collectively achieve improvement and change. These priorities are:

- Priority 1 – Ensure that we embed and expand the Mental Health Support Teams in Berkshire West
- Priority 2 – continue to focus on meeting the emotional and mental health needs of the most vulnerable CYP – particular attention to Children in Care
- Priority 3: Continue to build a 24/7 Urgent care/ Crisis support offer for Children and Young People (CYP)
- Priority 4: Continue to build a timely and responsive Eating Disorder offer
- Priority 5: Improve the Waiting times & Access to support, with particular this year on access to ASD/ ADHD assessments and support.
- Priority 6: To improve the Equalities, Diversity and Inclusion offer and access for Children and Young People in Berkshire West
- Priority 7: Building a Berkshire West 0 – 25 year old comprehensive mental health offer

3.2 The Future in Mind Delivery Group meets regularly to consider, challenge and champion the changes as well as oversee this LTP refresh document. The Future in Mind group is chaired by the Assistant Director of Joint Commissioning NHS Berkshire West CCG and reports into the Berkshire West MH and LD ICP programme board. Work-streams are set up to drive each priority forward that includes strong multi-agency representation.

3.3. Highlights of the work in the specific work in Wokingham can be found in the plan on pages 38 – 39 & 43 - 46 and specialist CAMHs pages 48 – 60.

3.4 Wokingham Borough Council have recently begun a project to review the way in which our partnership delivers emotional health and wellbeing support to children and young people by redesigning the current pathways, reviewing existing provision in order to identify gaps with a view to improving the current offer to children and young people. The end goal is to create a coordinated and

focused approach to supporting children and young people’s emotional health and wellbeing, with intervention and support early in the pathway which may result in them needing less specialist support in the future

Partner Implications
The LTP and Emotional Health and Wellbeing Strategy both highlight the importance of collaborative working as a critical enabler for services working with Children and Young People. Mental health and wellbeing is “everyone’s business. A culture of joint ownership and accountability will continue to drive transformation.

Reasons for considering the report in Part 2
N/A

List of Background Papers
<ul style="list-style-type: none"> The full Local Transformation Plan can be found here: https://www.berkshirewestccg.nhs.uk/about-us/how-we-work-with-others/the-local-transformation-plan/ Mental Health Support Teams Briefing Paper

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