

West Sussex Health and Wellbeing Board



Children and Young People's Emotional Wellbeing and Mental Health

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Executive Summary

This paper provides an overview of:

1. The West Sussex Local Transformation Plan for Children and Young Peoples Emotional Wellbeing and Mental Health Services Refresh
2. The Sussex wide Review of Emotional Health and Wellbeing Support for Children and Young People

The Health and Wellbeing Board is asked to:

1. Agree the recommendation to progress the Local Transformation Plan (LTP) to sign off by the chair
2. Note the information provided about the review

1. Background

Children and young people's emotional wellbeing and mental health is a key local and national priority. Data indicates that there are greater numbers of children and young people seeking support with their emotional wellbeing and mental health and there are many and varied drivers for this increase.

The NHS has used the vehicle of local transformation plans to additionally invest in children and young people's services with an emphasis on increasing access to services, reducing waiting times and ensuring services are appropriate to need.

Although progress has been made an independent Sussex wide review of Emotional Health and Wellbeing Support for Children and Young People is underway. It will report in the new year and will inform our plans going forward.

2. West Sussex Local Transformation Plan

The West Sussex Local Transformation Plan (LTP) is our plan for improving children and young people's mental health and emotional wellbeing services across the county. The LTP outlines an integrated, multi-agency system-wide approach which builds resilience, improves access to services and supports children and young people along pathways of care whatever their needs. The Clinical Commissioning Groups (CCGs) in West Sussex (Coastal West Sussex, Horsham and Mid Sussex and Crawley) and West

Sussex County Council are responsible for the joint commissioning of services and have worked together to develop the plan.

Following the publication of Future in Mind (2015), the plan was developed during 2015 in partnership with children and young people (CYP), parents, carers and key stakeholders. Since publishing our first version of the plan, we have been required by NHS England (NHSE) to produce an annual refresh by 31st October each year. During the refresh process we have engaged stakeholders and incorporated feedback from NHSE.

Each year, the LTP has been refreshed rather than re-written. We have built upon the work already being carried out, and refined our plans to take into account any lessons learnt so far and changes in the policy and financial framework. We continue to focus on 9 key priority workstreams:

- Eating Disorders
- Early intervention, prevention and targeted services and support
- Crisis Care and Urgent Help
- Health and Justice Pathway
- Children and Young People's Improving Access to Psychological Therapies (CYP IAPT)
- Workforce Transformation
- Most vulnerable children and young people
- Redesigning the neurodevelopmental pathway
- Transition - Services for 16-25 year olds

Since the last publication of the Local Transformation plan, key achievements include:

- Increased access for CYP to emotional wellbeing and mental health services, exceeding the NHSE target of 32%. This is due to more capacity and greater choice of support for CYP, GPs, children's social care and schools.
 - Crawley CCG – 45.5%
 - Coastal West Sussex CCG – 46.6%
 - Horsham and Mid Sussex CCG – 44.8%
- The launch of a new face to face and online counselling service provided by YMCA Dialogue. YMCA are continuing to develop the online digital offer and have engaged children and young people in this work.
- A successful application to become a trailblazer site, and the implementation of 2 Mental Health Support Teams in West Sussex is in train.
- Progressing our youth support project focused on enhancing the 14-25 offer.
- Continued partnership working with East Sussex and Brighton and Hove CAMHS commissioners to achieve greater impact – examples include the Eating Disorder Service and workforce planning.

We have placed a strong emphasis on regular evaluation and monitoring within the LTP, as this informs the development of our plans and ensures effective prioritisation of funding. Our monitoring and evaluation data shows:

- The range of services to support CYP emotional wellbeing and mental health has expanded, and we have therefore significantly improved access to services.
- The majority of CYP emotional wellbeing and mental health services have seen an increase in referrals over time.
- Levels of CYP satisfaction with services are good, where reported. This is an area of reporting we need to develop with providers.
- Smaller services (often our targeted services) are generally performing well, with waiting time KPIs being met.

- Our core contracts – Specialist CAMHS, YES, Counselling (YMCA Dialogue) – are all reporting increased demand and increased waiting times / lists. Waiting list initiatives are now in place and being monitored.
- We have received feedback from parents / carers and CYP, referrers and providers of services that the pathway into services is still not clear. This can be demonstrated by the number of signposted referrals from CAMHS.

Priorities 2019 – 2021

We will continue to focus on our 9 priority work streams highlighted above, with specific attention on:

- Clarity of pathways and integration with local authority services
- Communication between services and primary care and schools
- Managing increases in demand for services
- Workforce planning and delivery
- Further training and skills development for those professionals in primary care and other universal children's services;
- Improving transition of young people from CYP mental health services to adult services, and the development of the 0-25 offer.

3. Sussex wide Review of Emotional Health and Wellbeing Support for Children and Young People

Partners across Sussex have agreed to engage in a review of children's emotional wellbeing and mental health. There is an oversight group which includes senior officers from CCGs, the local authorities and the mental health trust. There is then a review panel with an independent chair consisting of key local professionals representing, public health education, health and social care and parent carers. The scope of the review is all aspects of emotional wellbeing and mental health services and to date there has been wide stakeholder engagement including via surveys and focus groups and attendance at community events. The engagement phase is drawing to a close and the next step is to consider the feedback alongside a review of data, finances, service mapping, literature and the evidence base to develop conclusions and recommendations. A report is due to be published in the new year and the HWB will be a key audience for this.

4. Next Steps

The Local Transformation Plan Refresh will be completed by 31st October 2019. NHS England will provide feedback and assurance. In order to progress the LTP, the board is asked to accept the recommendation that the final report be signed off by the chair.

The Sussex wide Review of Emotional Health and Wellbeing Support for Children and Young People will continue, and will publish findings in the new year.

Appendices: Sussex wide review bulletin number 12

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