

Our ambition is for children and young people (CYP) in West Sussex to have access to the information and support they need to stay well, and effective treatments to enable them to achieve the best possible mental health.

Local context

In West Sussex we have a joint commissioning team for CYP emotional wellbeing and mental health services, bringing together the three clinical commissioning groups and local authority to work as one.

We have made great progress in recent years with significant investment increasing access, choice and integration, particularly for early support. However, we are clear about where we have more to do and this includes better supporting our most vulnerable CYP. In addition, population growth and changes in the profile of need means demand for services is projected to increase between 5%-15%.

What matters to our CYP

Our CYP, families and stakeholders have told us what matters to them:

- Being seen quickly, with continuity of care
- Early identification and provision when help is needed
- More capacity and choice for early support
- Easy access and simple pathways
- Recognising the complexity of individual lives
- A quality experience as well as quality care
- Greater coordination between all agencies and with adult services.

Since our first LTP in 2015 we have:

- **Improved integration with council services** – early intervention and support is provided through the Youth Emotional Support (YES) Service.
- **Increased capacity and choice** – leading to significantly improved access to services.
- **Introduced new services** – including the eating disorder service and community mental health liaison service.
- **Developed strong partnerships** – with trusts, independent providers and stakeholders.
- **Developed schools and colleges strategy** – working closely to improve outcomes.
- **Developed the workforce** – knowledge and skills training for all staff working with CYP and an outline workforce strategy.
- **Established an outcomes framework** – designed in partnership with CYP and their families, to ensure rigorous monitoring and evaluation of all our services.
- **Involved CYP** – and their families through co-production in all that we do.

In particular, over the last year we have:

- **Further improved access** – exceeding the NHS England target of 32%.
- **Further increased choice** – launching a new face-to-face and online counselling service with YMCA Dialogue.
- **Become a trailblazer** – successful application to begin implementing two Mental Health Support Teams in schools.
- **Focussed on our youth support offer** – developing a strategy and implementation plan for youth access pathways which will bring existing services together

Our Local Transformation Plan describes how we will invest in services and improve outcomes. This year's refresh reaffirms our clear priorities. It updates our plans for 2020/21 - building on progress to date - and our financial commitments in line with NHS England's Long Term Plan.

Priorities for 2019-21

Our specific priorities for investment are set out below. There are a number of themes that underpin all of our work. Key is managing the projected increases in demand for services. We are also improving the clarity of pathways, integrating services and streamlining referral processes for CYP and professionals alike.

We are supporting improved communication between all agencies, including primary care and schools. We are also developing the workforce, not just ensuring we have the right specialist staff, but building the knowledge, skills and confidence of everyone who works with CYP to make timely and appropriate interventions.

Eating disorders

Continuing to ensure improved access to the service, and improve outcomes for CYP and their families.

Workforce transformation

Planning the future workforce and developing knowledge, skills and networks for all professionals working with CYP.

Early intervention

Further developing our successful early intervention services for on-going sustainability. This includes early support and targeted services and Mental Health Support Teams in schools.

Vulnerable CYP

Ensuring we have specific mental health support in place for our most vulnerable and at-risk CYP.

Crisis care and urgent help

Strengthening local community services and increasing the number of CYP able to access effective interventions when they need it, and close to home.

Neurodevelopmental pathway

Re-designing the pathway and service model to enhance timely access and support for CYP and their families.

Health and Justice

Continued development of services and better support for CYP who are in secure estate (or at risk of entering), or held on a mental health section in hospital accommodation.

Transfer to adult services

Developing the youth access pathways for 16-25 year olds building on current services and ensuring effective transfer between specialist CAMHS and Adult MH services.

CYPIAPT

Continuing to embed the principles for consistent partnership working across all services to improve quality and access.

Community specialist CAMHS

Supporting the development of specialist services to manage projected increase in demand.