

West Sussex Health and Wellbeing Board



Date of meeting:	24th January 2019
Item Title:	West Sussex Local Transformation Plan for Children and Young Peoples Emotional Wellbeing and Mental Health Services – October 2018 Refresh
Executive Summary:	<p>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.</p> <p>The plan was initially 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. We therefore refreshed our plan in October 2018. During the refresh process we engaged stakeholders and incorporated feedback from NHSE. Due to NHSE timescales, the plan was agreed by Chairman's Action.</p> <p>Please note that 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:</p> <ol style="list-style-type: none"> 1. Eating Disorders 2. Early intervention, prevention and targeted services and support 3. Crisis Care and Urgent Help 4. Health and Justice Pathway 5. Children and Young People's Improving Access to Psychological Therapies (CYP IAPT) 6. Workforce Transformation 7. Most vulnerable children and young people

8. Redesigning the neurodevelopmental pathway
9. Transition - Services for 16-25 year olds

In addition to managing the increasing needs of children and young people, our focus for 2018 to 2021 is:

1. To continue to increase access to early intervention support to ensure that children and young people are able to access the right service at the right time;
2. To ensure clarity of pathways and integration with local authority services;
3. To develop communication between services and primary care and schools;
4. To manage increases in demand for Eating Disorder services and redesigning the Neuro-Developmental pathway;
5. Workforce planning and delivery;
6. Further training and skills development for those professionals in primary care and other universal children's services;
7. The transition for young people into adult services.

We have placed a strong emphasis on regular evaluation and monitoring within the LTP. The mid-programme review is currently being finalised and high level findings show:

1. The range of services to support CYP emotional wellbeing and mental health has expanded.
2. The majority of CYP emotional wellbeing and mental health services have seen an increase in referrals over time.
3. We have significantly improved access to CYP MH services. NHSE currently measure the success of the transformation of CYP mental health services based on the increase in number of CYP able to access evidence-based services. The national target has been exceeded in West Sussex.
4. Over the past year (2016/17), the rate of hospital admissions for self-harm among CYP has fallen in West Sussex.
5. Our local survey of health and happiness suggests that most 10-11 year olds in the county are happy and satisfied with life.
6. We have increased spend for CYP emotional wellbeing and mental health services with specific increased investment in early intervention services. We are currently evaluating the longitudinal costs and benefits as a result of this.

The review has also highlighted areas we need to know more about. In particular, we need to put greater focus on:

1. Gathering data that better reflects CYP experiences

	<p>of care, and in particular understanding CYP journeys through the system.</p> <ol style="list-style-type: none"> 2. Understanding CYP experiences of transition to adult services. 3. Understanding the involvement of parents and carers in decision making processes about treatment and choice of services, to support them and their families. 4. Understanding referral and access to services. In particular we will revisit the views of professionals referring into CYP emotional wellbeing and mental health services to see how things have changed over time. <p>We will continue to evaluate progress of the LTP and will provide updates to the Health and Wellbeing Board as requested.</p>
Recommendations for the Board:	<p>Receive the refreshed West Sussex Local transformation Plan</p> <p>Consider how the Board would like to be engaged and updated going forward</p>
Relevance to Joint Health and Wellbeing Strategy:	<p>The plan directly contributes to Priority 2 of the strategy and the following Outcome: A comprehensive system to support wellbeing and resilience for the whole of the West Sussex population, which is locally based and better integrated with treatment services.</p>
Financial implications (if any):	<p>Funding for the LTP is included in the CCGs' financial baseline on an annual basis.</p> <p>For details of proposals for resource allocation to each priority please see section 6 of the LTP.</p>
Consultation (undertaken or planned):	<p>Commissioners embed consultation within the commissioning cycle both with children, young people, their families and with key partners and stakeholders.</p> <p>For details about consultation please see section 7 of the LTP.</p>
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