



Lancashire Children
and Young People's
Emotional Wellbeing
and Mental Health
Transformation Plan

Lancashire & South Cumbria Children & Young People's Emotional Wellbeing and Mental Health Transformation Programme - Update

Lancashire Health & Wellbeing
Board - 19th March 2019



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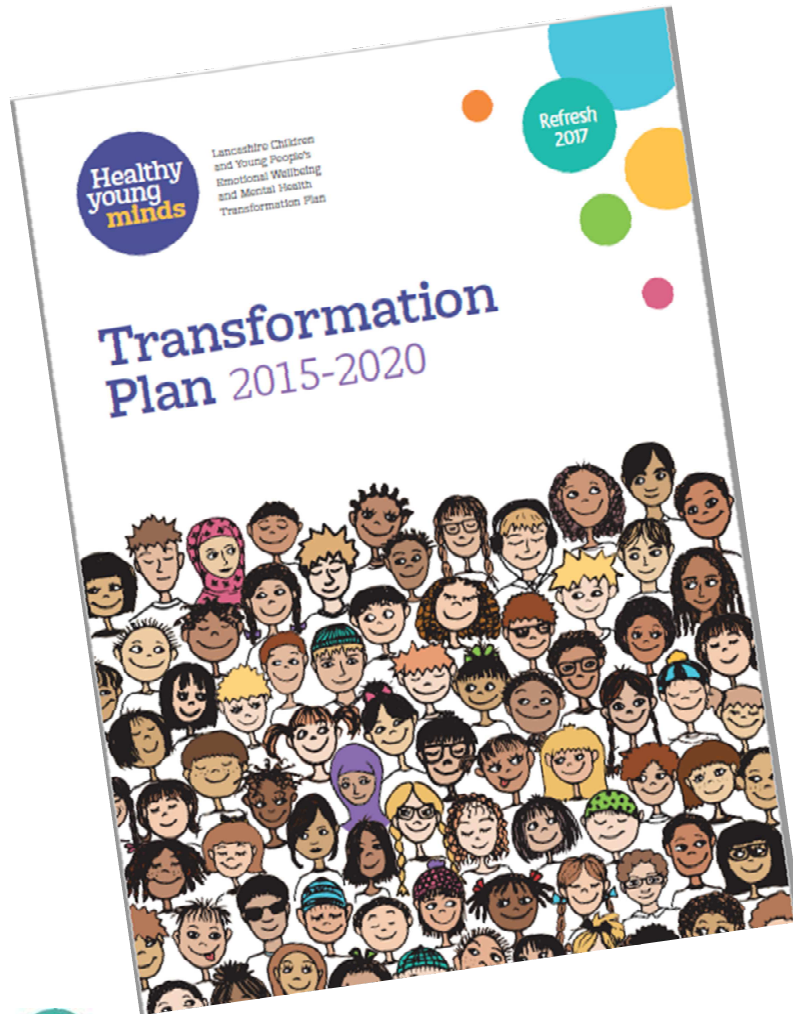


The CYPEWMH Transformation Plan – reminder

- Developed in 2015 in response to local concerns and in line with NHSE guidance
- Co-produced as a pan-Lancashire plan
- Based on engagement with a wide range of stakeholders including children, young people and families
- Signed off by the CCGs and Health and Wellbeing Boards
- Assured by NHSE on December 24th 2015. Published January 2016
- A 5 year plan for fundamental change; 200+ deliverables over 5 work streams



Plan Refresh – Workstreams and Objectives



- Refreshed during Winter/Spring 2018/19
- Now covering Lancashire & South Cumbria
- Based on consultation with a wide range of stakeholders including CYP and families
- Sign off by CCB April 2019
- Sign off by JCCCGs May 2019
- Implementation ongoing



The National Picture...

NHS Long Term Plan noted a modest increase in diagnosable problems since 2004 – from 10.1% to **11.2%** – this overall figure includes concerning rates of mental distress particularly amongst late teenage girls

LGBT 16 to 21-year-olds are four times more likely to have felt depressed, harmed themselves and thought about killing themselves

2017
1 in 8, 5 to 19 year olds had at least one assessed mental health disorder

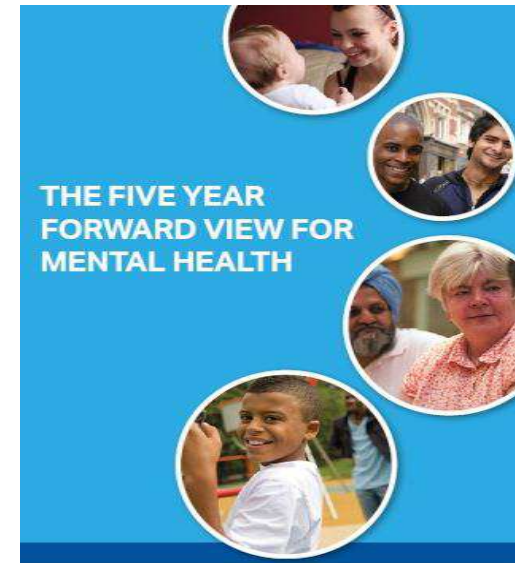
NATIONALLY - the required access target at Q4 2018/19 = 32%

LOCALLY – at Q3 YTD 29% (9,665) children accessed NHS funded mental health services in 2018/19



Access Targets

The Five Year Forward View for Mental Health introduced 2 access targets specific to children and young people:



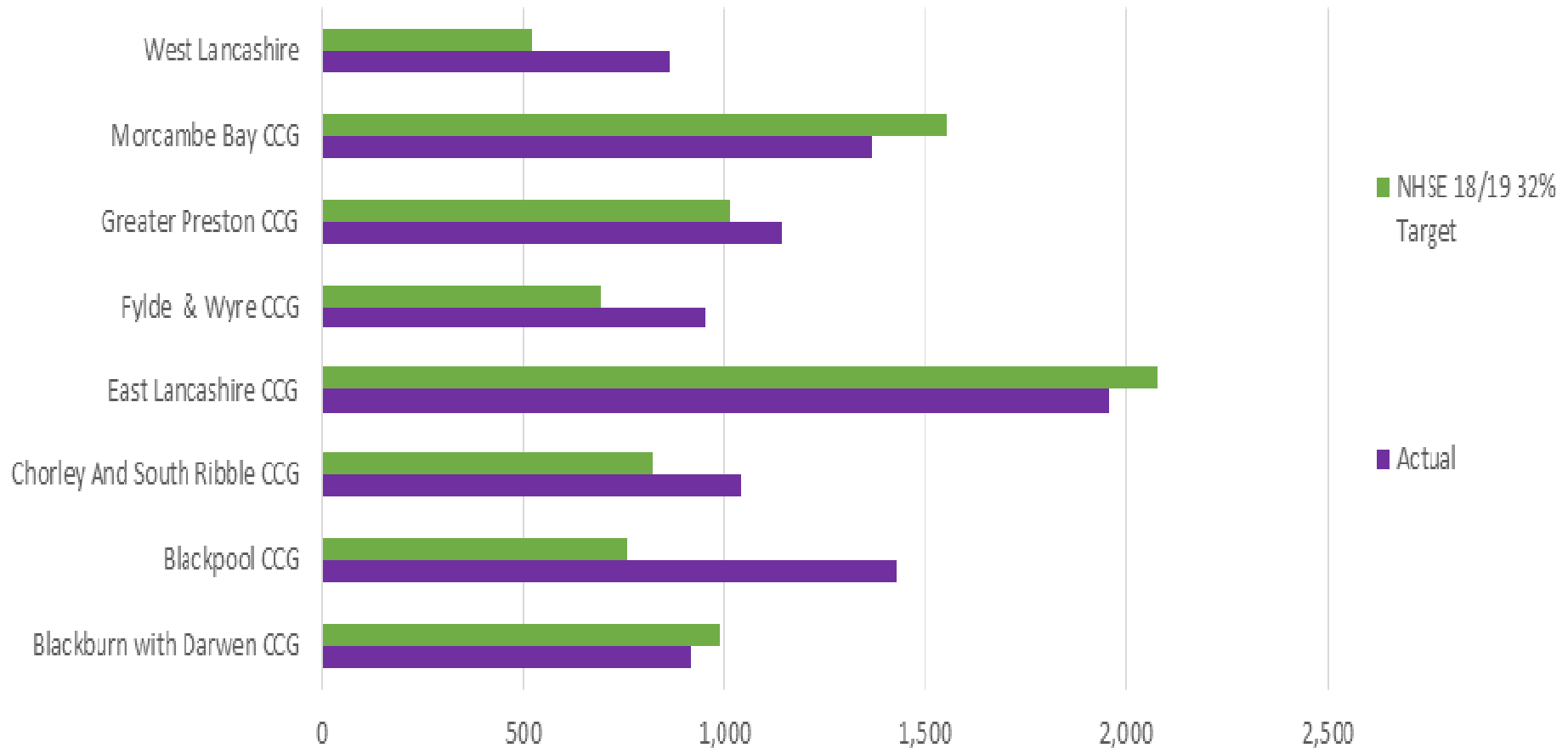
A report from the independent Mental Health Taskforce to the NHS in England
February 2016

- By 2021 at least 35% of CYP with a diagnosable MH condition receive treatment from an NHS-funded community MH service.
- By 2021, 95% of Children and Young People with an Eating Disorder to be able to access support in the community within 1 week if urgent and 4 weeks if routine.
- Nationally there are currently no 'waiting time' targets in place



The Local Picture...

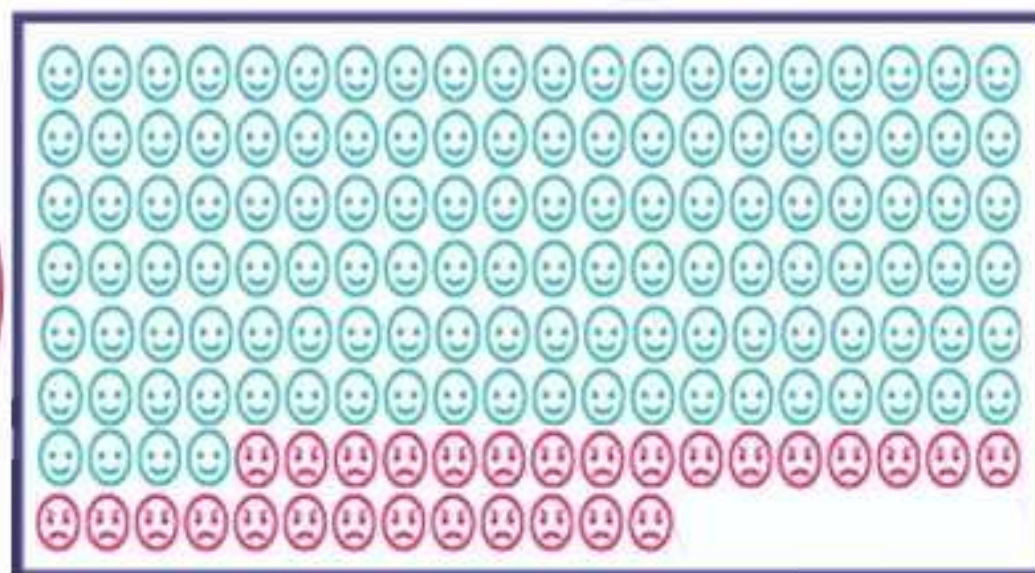
2018/19 Q3 YTD Performance by CCG area- No.'s CYP Accessing



Actual: Total number of individual children and young people aged under 18 receiving treatment by NHS funded community services in the reporting period

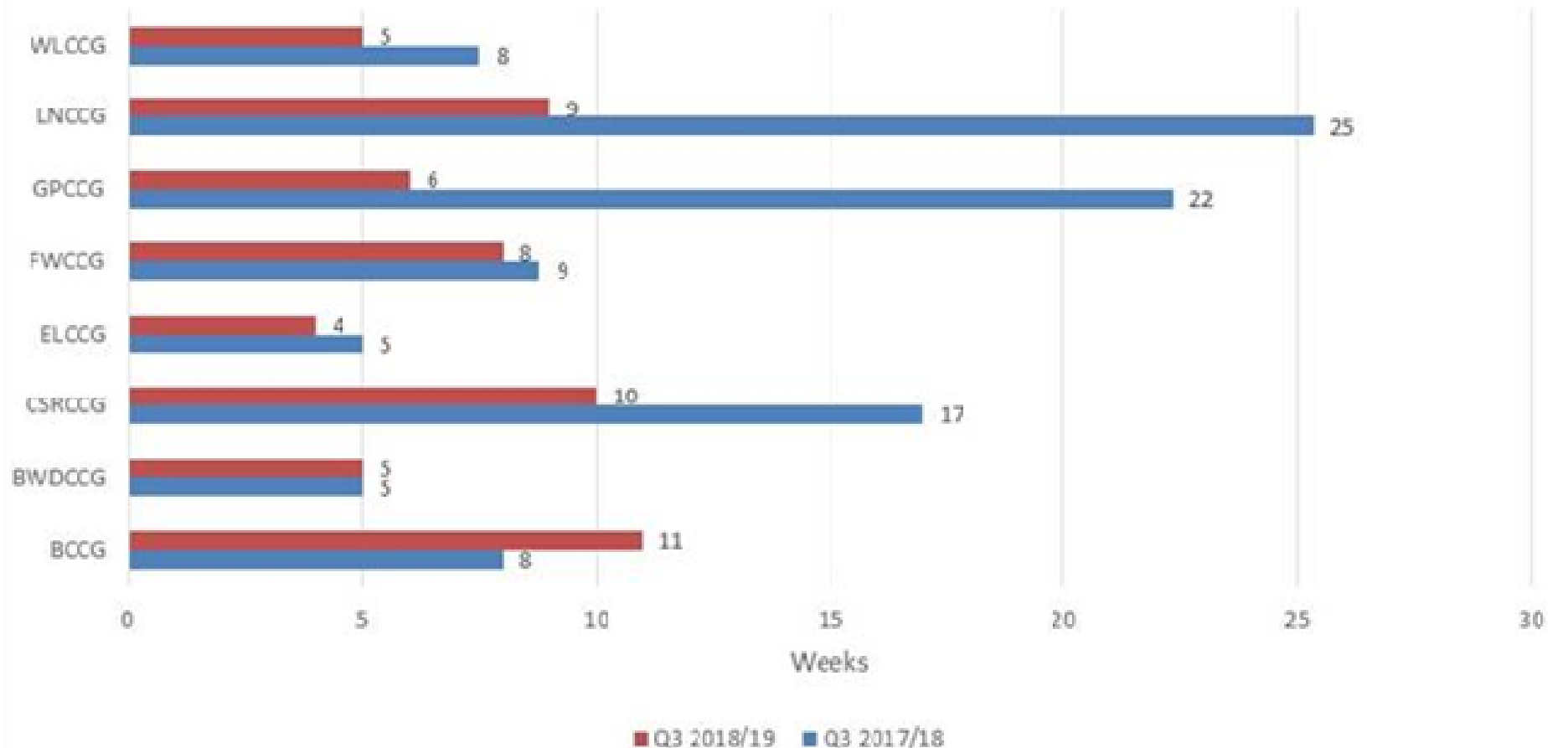


Access for CYP with Eating Disorders Across Lancashire at Q3 YTD 2018/19



On average over 2018/19 Q3 period for Lancashire (Excludes CPFT)

Average Waiting Times RTT by CCG
Q3 2017/18 Vs. Q3 2018/19



Primary Mental Health Workers



What is the value of the Primary Mental Health Worker?

- PMHWs can reach a large number of children with low-level mental health problems who might not otherwise receive the services they need.
- They ensure children receive help in school-based, non-stigmatising and familiar environments.
- They can act as an effective screening process for CAMHS, leading to a reduction in referrals.
- They provide a crucial role in directing children and young people to the most appropriate services, preventing delays and avoiding inappropriate alternatives.



Primary Mental Health Workers also...

- Promote the awareness and importance of emotional health and wellbeing for CYP and families
- Provide point of contact between specialist CAMHS, primary and community services
- Provide evidenced based direct therapeutic work with CYP, parents or carers
- Support access to appropriate local services
- Offer consultation, liaison, advice, joint working, direct and indirect intervention if appropriate at an early stage
- Have excellent links with services
- Deliver training and build capacity and capability within community services
- Support schools to identify and address emotional and mental health difficulties



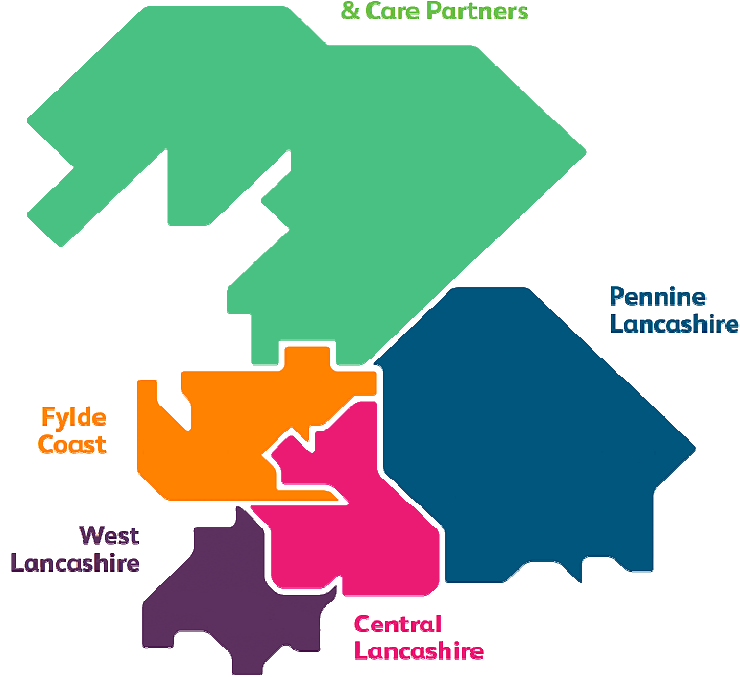
Primary Mental Health Worker across Lancashire and South Cumbria ICS

Bay Health & Care Partners
- 4 PMHWs (3 in Lancashire North and 1 in South Cumbria)

Fylde Coast
- 5 PMHWs (3 in Blackpool; 2 in Fylde and Wyre)

West Lancashire
- 1 PMHW

Bay Health & Care Partners



Pennine Lancashire
- 5 PMHWs

Central Lancashire
- 2 PMHWs (1 in Greater Preston; 1 in Chorley and South Ribble)



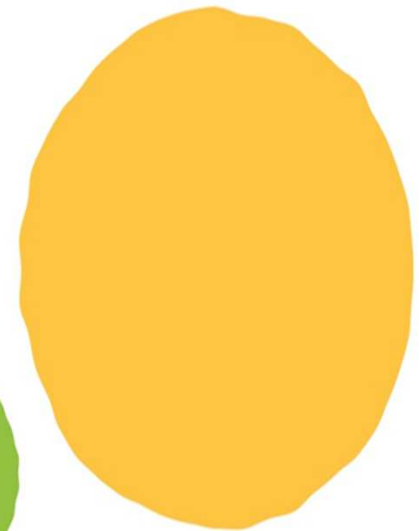
Feedback...

- *'Referrals have been made to CAMHS and to the CWP's for our pupils, supported by the PMHW, which has led to improved, joined up working and improved outcomes'*
Primary School Deputy Headteacher

- *'I just felt the need to comment that these sessions have been very useful and very successful and were certainly something that we wanted to continue into the future'*
Deputy Headteacher



Youth Mental Health First Aid



Youth Mental Health First Aid England



- The government has committed to fund over 3,000 places on the Youth MHFA One Day course over three years, so that by 2020 at least one person in every state secondary school in England has MHFA skills.
- Across Lancashire **49** secondary schools have completed the Youth MHFA One Day course with MHFA England (26 in Lancashire; 6 in Blackpool, 17 in Blackburn with Darwen)



Aims of Youth Mental Health First Aid

- To preserve life where a young person may be in danger to themselves or others
- To provide help to prevent the mental health problem developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a young person experiencing a mental health problem
- To raise awareness of mental health in the community
- To reduce stigma and discrimination



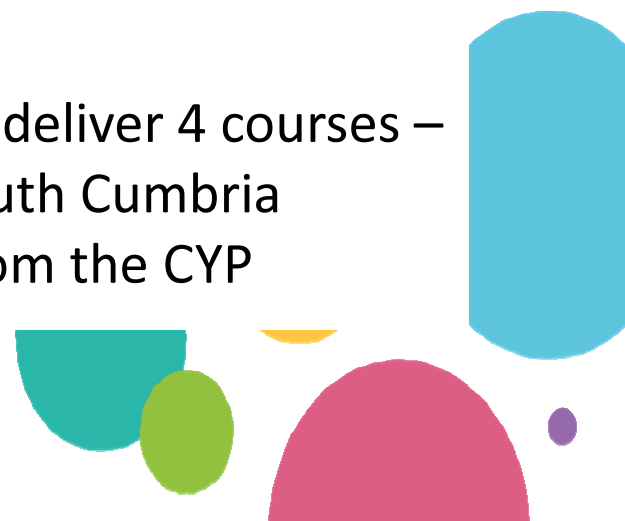
Delivery of Youth Mental Health First Aid

- Primary Mental Health Workers (PMHWs) were commissioned in 2017 to complete the 7 day instructor training (as delivered by MHFA) – this enabled them to deliver the 2 day Youth Mental Health First Aid (YMHFA) course.
- Those PMHWs who are fully accredited to deliver the 2 course are now completing the ‘Champions’ training which enables them to deliver YMHFA as a 1 day course
- Lancashire County Council Public Health also commissions a VCFS organisation to deliver training and MHFA are currently commissioned by the DfE to deliver the one day course to all state secondary schools.
- PAC training which LCC PH commission. PAC deliver YMHFA across the County within the community. The service offers a 1 day course and a 2 day course.



Delivery of Youth Mental Health First Aid by PMHWs – 2017 - 2019

- 26 courses delivered
- 357 participants
- 12 further Course to be delivered by end March 2019
- 99% of participants reported an improvement in their **personal confidence** of how best to support others with a mental health issue after the course
- 99% of participants reported an improvement in their **knowledge and understanding** of how best to support others with a mental health issue after the course
- For **2019/20** each PMHW team will be asked to deliver 4 courses – meaning 24 courses across the Lancashire & South Cumbria footprint with a potential of 384 participants from the CYP workforce.



Feedback on YMHFA

Like the emphasis on listening to young people

Excellent course, very informative – I gained a lot of knowledge particularly understanding my boundaries which made me feel more confident and less overwhelmed

Excellent course – great having the opportunity to talk to others

What a great input delivered by two experienced knowledgeable trainers. Fast paced. Lots of thought provoking ideas and knowledge departed upon us. I will never forget it. My confidence and skills have increased no end. Looking forward to further MHFA courses.

Self care of people attending the course was addressed well. The direction of the correct terms and language was very helpful and had a positive impact in the room.


Lancashire Emotional Support to Schools Service



Emotional Health and Wellbeing Service

WHAT WE OFFER

LANCASHIRE EMOTIONAL HEALTH IN SCHOOLS SERVICE




LANCASHIRE EMOTIONAL HEALTH IN SCHOOLS

Lancaster University


PAC
Training and Awareness Raising

Funded by:
Lancashire County Council


Training sessions for school staff on children's mental health




Full day training sessions for school staff




Advice, consultation and support for staff




In school sessions for staff teams



Self-care training for staff



Anxiety & stressbusting sessions for pupils




Practical, skills-focused training includes:


- Assessing and understanding mental health
- Supporting young people with anxiety
- Using attachment theory in interventions
- Communicating with pupils who are distressed
- Supporting pupils with low mood

ADDITIONALLY FROM SEPTEMBER 2018


Extending training to **Year 6 primary staff and colleges**



Information and support around **transitions and exam stress**




Supporting communication and collaboration via a **virtual network of school staff**




Partnerships with:
PAC Positive Action in the Community and
Thomas Whitham Sixth Form


Reflective practice sessions for school staff




Support to establish **peer mentoring schemes**




Online learning and resources for school staff



'Train the Trainer' resources and support for whole school approaches




Wellbeing workshops and information for **school staff and pupils**



Evidence-based training on Adverse Childhood Experiences and self-management skills

Workshops and information sessions for **parents**



MORE INFORMATION

All our work is **free of charge** for schools and colleges in Lancashire

Our training is designed to be **relevant and useable** in school settings

Delivered by a team of clinical psychologists working at Lancaster University with experience of working in CAMHS settings

Training programmes are published each term. Bespoke training and in-school sessions can be arranged

We evaluate all our work, and our outcomes and feedback show that our training is **valued** by schools, and **makes a difference**

From September 2018, training bookings can be made via the PAC website:
<http://www.p-a-c.org.uk/training>

For more information & how to access the service, contact Richard Slinger, LEHSS lead: r.slinger@lancaster.ac.uk

www.lehss.co.uk Follow us: @LancsEHSchools

<https://lehss.eventbrite.co.uk> facebook.com/lancashireemotionalhealth

Delivery from start of new contract May 2018; 2 year contract; 4 clinical psychologists

Schools to date;

Primary Contact	Secondary Contact	Colleges Contact
25%	58%	38%

In addition to the core contract, this contract offers the added value of being able to utilise Lancaster University and their building.

Providing on-site training as opposed to the school environment has been welcomed, taking school staff out of their everyday environment to focus on training. Next steps:

- Looking to utilise iTHRIVE to create a platform where school staff can ask peers for support
- The team is also currently developing a peer support package for school and staff

Lancashire Children and Young People's Emotional Wellbeing and Mental Health Transformation Plan

Emotional Health and Wellbeing Service

- Commissioned service providing support for children, young people and families with low level emotional health and wellbeing needs at level 2, 3 and 4 of the continuum of need
- Delivered within both an individual and family context and includes a range of approaches including specialist early help counselling provision
- Access to the service is through a referral to the Lancashire County Council Children and Family Wellbeing (CFW) Service
- Delivered countywide by the Child Action North West Partnership



Emotional Health and Wellbeing Service: Activity

Emotional Health and Wellbeing Service – 2018/19 Activity Quarters 1 to 3													
	Burnley	Chorley	Fylde	Hyndburn	Lancaster	Pendle	Preston	Ribble Valley	Rosendale	South Ribble	West Lancs	Wyre	Lancashire Total
Total Number of Requests for Support progressed	112	75	66	110	138	47	184	77	58	99	139	45	1150
Total available capacity	164	144	103	149	182	156	220	98	116	134	164	133	1763
Capacity Remaining	52	69	37	39	44	109	36	21	58	35	25	88	613
% capacity used	68%	52%	64%	74%	76%	30%	84%	79%	50%	74%	85%	34%	65%

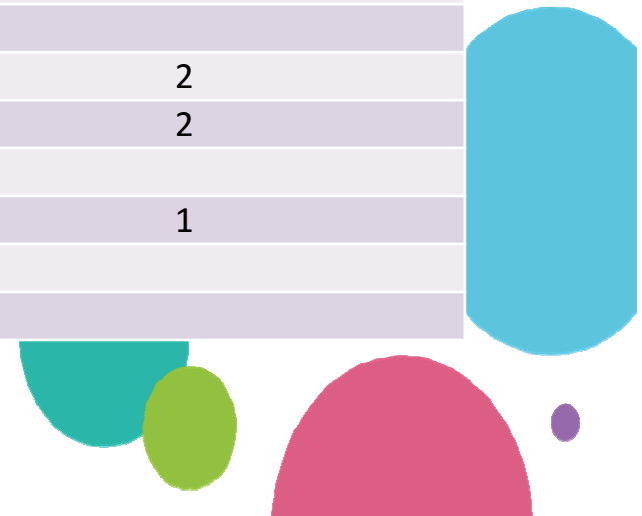
- 1,360 requests for support. 210 cases not progressed - Cases of older children who refuse consent or disengage with the service.
- 241 cases at level 3 and 4 of the Lancashire Continuum of need
- 1,119 at level 2 (early support)



Emotional Health and Wellbeing Service: Access

- In 2017/18 the service experienced lengthy waiting times
- 2018/19 contract included a requirement to maintain waiting times under 4 weeks.
- To date, the new waiting time target has been exceeded throughout the 2018/19 contract with the maximum waiting time at the end of Quarter 3 at 2 weeks

Qtr 3 2018/19	Total Number of cases on Waiting list	Number of weeks cases expected to be on waiting list
Burnley	1	2
Chorley	0	0
Fylde	2	2
Hyndburn	0	
Lancaster	0	
Pendle	1	2
Preston	0	
Ribble Valley	2	2
Rossendale	1	2
South Ribble	0	
West Lancs	1	1
Wyre	0	
Lancashire Total	8	



Emotional Health and Wellbeing Service: Outcomes

- At the end of Quarter 3 the service had **completed** interventions with 564 children and young people.
- **97%** of cases demonstrated a positive distance travelled using the My Star assessment tool.
- **98.4%** of all closed referrals have demonstrated a reduced level of need and no cases have been stepped up to Children's Social Care for support.

"thank you, he has improved massively" - mum.

"the counsellor was excellent, professional, patient and reliable at all times" - School Pastoral Manager

"The play therapy has been really beneficial and helped the pupil. They are more happy and confident" - School.

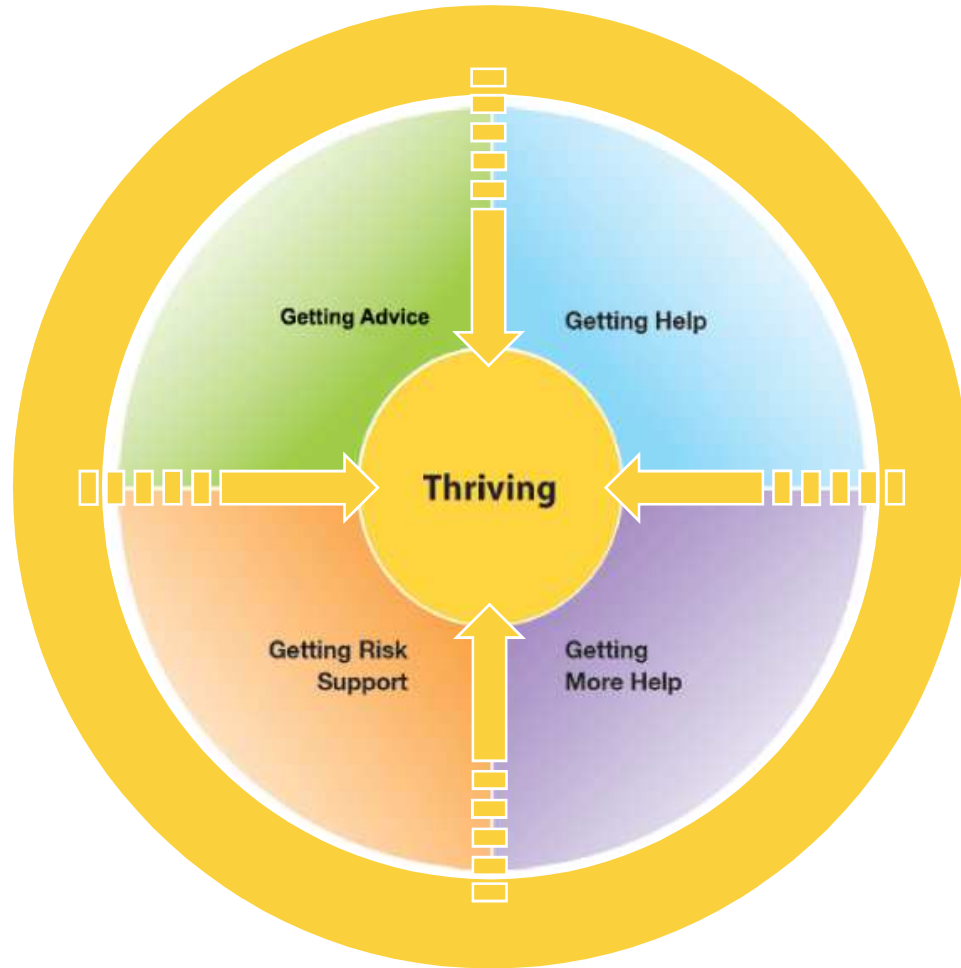
"..this enabled him to talk about his thoughts and feelings. CANW are a vital service which enable troubled children to get the relevant support they need." - Referring agency



The Complementary Offer



What is the complementary offer?



Everything that does not feature within the CAMHS re-design 'Must Do Mandate'.


In fact it is anything related to Emotional Wellbeing not commissioned by CCG's.

It is huge, it is everything !!



Mandate on a Page: Complementary Offer - Redesigning CAMHS in Lancashire & South Cumbria in line with THRIVE

The Ask: Service areas are asked to collaborate with the Children and Young People's Programme to be actively involved in the co-production of a Complementary Offer of support for vulnerable people who do not access mainstream services to wrap around children, young people & families to avoid escalation, recover earlier and maintain wellbeing supporting the model for NHS funded Children and Young People's Emotional Wellbeing and Mental Health Services across Lancashire and South Cumbria in line with the following:

<p style="text-align: center;">Must Do's:</p> <p>Develop a "whole education approach" in supporting children and young people's social and emotional wellbeing in education settings. The approach should include the developments relating to the Resilience Framework and Resilience Programme outlined in priorities 2 & 3 of the Transformation Plan</p> <p>Get assurances that there is a wider minimum early intervention / prevention offer available and clearly articulated that supports parents, carers and families to strengthen resilience and emotional well-being in children, young people and the family setting.</p> <p>Make the case for change, encourage social activism and create a social revolution to challenge stigma around mental health</p>	<p style="text-align: center;">Pathways to be included: Pathways and services to be developed as part of the complementary offer to support the redesign of CAMHS, reflecting the available evidence based guidance, the needs based groupings set out in THRIVE elaborated (p14) and NICE guidance. Pathways to include those delivered directly and those delivered in partnership with other services, incorporating the use of digital information, services and therapies in line with evidence base and offering choice</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Must Do's:</p> <p>Empower the community to work collectively to co-produce provision, tackle mental health, create healthy communities and help each other. Ensure third sector are involved along with digital solutions</p> <p>Get assurances that there is a breadth of training provision available to the wider CYP and family workforce in order to deliver a minimum emotional health and well-being early / intervention / prevention offer that is clearly articulated and supports children & young people to strengthen resilience and emotional well-being</p> <p>Ensure that where possible all practice, delivery, pathways and interventions are informed by robust evidence, puts trauma informed practice at the heart of what it</p>
<p>Performance and outcome measures</p>		
<p>Outcome measures:</p> <p>Resilience Indicators</p> <p>In year 6 & 9:</p> <ul style="list-style-type: none"> • % of cyp with an adult they can talk to • % of cyp that have been recently bullied • % of cyp that are lonely • % of CYP that are optimistic about the future (year 9) • % of cyp that self-harm (year 9) 	<p>Framework Outcome Measures:</p> <p>NICE guidance – PH40 social & emotional well-being in Early Years; PH20 social and emotional well-being for CYP in primary school settings; PH12 social and emotional well-being for CYP in secondary school settings</p> <p>Public Health Outcomes framework</p> <p>Common Assessment Framework</p> <p>Resilience Framework</p> <p>Health Needs Assessment</p> <p>Additional measures to be developed by CYP programme in partnership with service areas</p>	

What is our aim?

- To develop a Complementary Offer of support for all children, young people & families who do not access mainstream services.
- To design wrap around services to avoid escalation, promote early recovery and maintain wellbeing.
- To support the model for NHS funded Children and Young People's Emotional Wellbeing and Mental Health Services across Lancashire and South Cumbria.



Next Steps Phase 1 – 3-6 months

- Develop and secure agreement for the Project Initiation Document (PID) to capture and record the information needed to correctly define and plan the programme of work for Complementary Offer. The PID will expand on the Project Mandate and state what the project is aiming and planning to achieve. It will clearly articulate the scope of the work involved. Timescale for completion 30th April 2019
- Develop a project plan in order to define the resources and time required to deliver the scope of the work detailed in the PID. Timescale for completion 30th April 2019
- Schools event on 3rd April at Park Hall - To ensure the programme is actively connecting and linking with schools in a systematic and co-ordinated way across Lancashire and South Cumbria in order to gain consistent and positive outcomes for our children and young people in relation to their emotional health and well-being.



Funding



Funding Ambitions

- The NHS in Lancashire invests £16.5 million in CAMHS
 - Core Investment = £11.6 million
 - Transformation funding = £4.9 million
- In February 2019, Collaborative Commissioning Board recognised the need for additional investment taking account of:
 - Historical variations
 - 0-19yrs
 - CAMHS Redesign
 - Affordability
- Chief Finance Officers tasked with developing a 3-4year investment plan in conjunction with Commissioners and Providers





Lancashire & South
Cumbria Children
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Emotional Wellbeing
and Mental Health
Transformation Plan



Thank You

