

Children and Young People’s Mental Health and Wellbeing Transformational Plan 2015 – 2020 2019 refresh Executive Summary

Introduction

This document sets out a summary of the 5th and final year of the Children and Young People’s Mental Health and Wellbeing Transformational Plan 2015 – 2020: 2019 refresh. This summary document has been written to give an overview of the current issues and the work of the CAMH Partnership in 2019/20. This document is not intended to summarise the entire Transformational Plan 2015 – 2020.

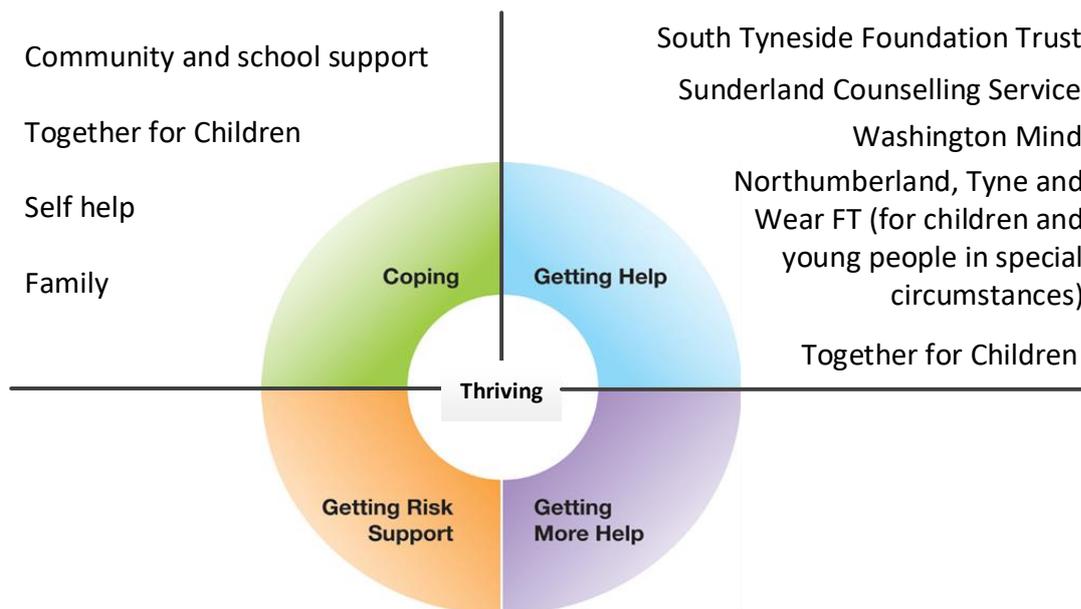
The Child and Adolescent Mental Health Partnership

The Children and Young People’s Mental Health and Wellbeing Transformational Plan 2015 – 2020: 2019 refresh is owned by the Child and Adolescent Mental Health (CAMH) Partnership which draws its membership from the following organisations:

- General practice representatives (GP and Practice Manager)
- Harrogate and District NHS Foundation Trust
- Northumberland, Tyne and Wear NHS Foundation Trust
- Schools representative (head teacher)
- South Tyneside and Sunderland NHS Foundation Trust
- Sunderland Carers Centre
- Sunderland City Council
- Sunderland Clinical Commissioning Group (SCCG)
- Sunderland Counselling Service
- Sunderland Mind
- Sunderland Parent Carers Forum
- Together for Children
- Washington Mind

The CAMH Partnership reports to the citywide Children’s Strategic Partnership, which in turn reports into the Sunderland Health and Wellbeing Board. Although All Together Better does not currently cover children and young people under the age of 18; the CAMH Partnership provides a monthly update to the Sunderland Mental Health, Learning Disabilities and Autism Programme Meeting.

Children and young people’s mental health services in Sunderland are based on the Thrive model which is set out in the diagram below:



Northumberland, Tyne and Wear Foundation Trust
working with City Hospitals Sunderland

Together for Children

Key issues

- Waiting times and waiting lists for the Children and Young People's Service delivered by Northumberland, Tyne and Wear NHS Foundation Trust are too long
- An increase in Coping and Getting Help services (prevention and early intervention) in line with national policy is required to reduce the increasing number of children and young people requiring Getting More Help and Getting Risk Support services
- The Autistic Spectrum Disorder and Attention Deficit Hyperactivity Disorder pathways do not currently offer a good experience for children and young people, their parents and carers
- Children and young people, their parents and carers need to be involved more in service planning and reform

Key achievements since 2018

- Kooth (online counselling service) went live in April 2019 (funded non-recurrently for 15 months)
- Sunderland Clinical Commissioning Group agreed to recurrently fund 7 Children's Psychological Wellbeing Practitioners
- Trailblazer bid for two Mental Health Support Teams in 2019/20 was submitted in May 2019
- Peri-natal business case was agreed by Sunderland Clinical Commissioning Group introducing a new model of services into Sunderland

2019/20 Priorities

The CAMH Partnership held a workshop in January 2019 to agree the priorities for 2019/20. The following priorities were subsequently signed off by Sunderland Clinical Commissioning Group's Executive Committee, the Children's Strategic Partnership and the Health and Wellbeing Board. The priorities were also presented to the Children's Education and Skills Scrutiny Committee. The agreed priorities for 2019/20 are:

1. Develop a Single Point of Access
2. Review integrated commissioning arrangements for children and young people's mental health provision (in particular arrangements for children and young people in 'special circumstances')
3. Ensure we have effective delivery of early interventions
4. Increase access to training to raise awareness and empower people to support children and young people with mental health issues
5. Review the eating disorder service

The existing pre-commitments to be carried forward into 2019/20 are:

6. Submit a revised bid for Trailblazer funding to deliver Mental Health Support Teams in schools when wave 2 is announced
7. Continue reform of the Autistic Spectrum Disorder pathway
8. Continue reform of the Attention Deficit Hyperactivity Disorder pathway
9. Commission the Kooth online counselling service

The following Plan on a Page diagram depicts these priorities within the framework of the Thrive model:

Sunderland Children and Young People’s Mental Health and Wellbeing Transformational Plan 2015 – 2020 2019/20 deliverables			
Thrive Model			
Thriving and Coping	Getting Help	Getting More Help	Getting Risk Support
Ensure we have effective delivery of early interventions	Review integrated commissioning arrangements for children and young people’s mental health provision		
Increase access to training to raise awareness and empower people to support children and young people with mental health issues	Develop a Single Point of Contact		
	Continue reform of the Autistic Spectrum Disorder pathway	Review the eating disorder service	
Submit a revised bid for Trailblazer funding to deliver Mental Health Support Teams in schools when wave 2 is announced	Continue reform of the Attention Deficit Hyperactivity Disorder pathway		
	Commission the Kooth online counselling service		

High level programme plan for the delivery of priorities in 2019/2020

Priorities - ranked in order, with highest priority first	Aim	Timescales	
Submit a revised bid for Trailblazer funding to deliver Mental Health Support Teams in schools	To have two Mental Health Support Teams in Sunderland covering approximately 16,000 pupils which will create additional capacity for early interventions. The MHSTs will see 1,000 pupils with mental health needs in individual and group sessions including during school holidays	<p>Expression of interest submitted</p> <p>If successful:</p> <ul style="list-style-type: none"> • Write programme plan • Ensure schools are formally signed up to take part in the Trailblazer • Develop model of service delivery with children, young people, parents and carers • Both Mental Health Support Teams fully operational 	<p>24th May 2019</p> <p>Beginning of August 2019 (exact date depends upon when NHS England make announcement)</p> <p>Beginning of August 2019 (as above)</p> <p>30th June 2020</p> <p>31st August 2020</p>
Review integrated commissioning arrangements for children and young people's mental health provision (in particular arrangements for children	<p>To ensure all children and young people are triaged according to need and not 'special circumstances'</p> <p>'Special circumstances' are defined as children and young people:</p> <ul style="list-style-type: none"> • who are or have been Looked After 	<p>Review current contracts</p> <p>Understand the activity implications of children and young people with 'special circumstances' being triaged according to need on South Tyneside and Sunderland NHS Foundation Trust and Northumberland</p>	<p>30th June 2019</p> <p>30th June 2019</p>

<p>and young people in 'special circumstances')</p>	<p>or accommodated including those adopted</p> <ul style="list-style-type: none"> • who have been neglected or abused or are part of a child protection plan • who have a learning or physical disability • who have chronic, enduring or life limiting illness • who have substance misuse issues • who are homeless or who are from families who are homeless • who have parents with problems including domestic violence, illness, dependency or addiction • who are at risk of, or are involved in offending • who are from a minority ethnic or minority cultural background including travellers 	<p>Tyne and Wear NHS Foundation Trust</p> <p>Phased approach to triaging new referrals for children and young people in 'special circumstances' to be implemented</p>	<p>To be fully operational by 31st March 2020 at the latest</p>
<p>Develop a Single Point of Access (SPA)</p> <p>The SPA will be a telephone number professionals and members of the public can call to receive an assessment of mental health needs and referral to the most appropriated</p>	<p>To ensure all children and young people are referred to the right service at the first referral</p>	<p>Explore different service models</p> <p>Agree model of delivery via CAMH Partnership</p> <p>Map current pathways (including voluntary sector) to inform triage decisions within the SPA</p> <p>Implement SPA model</p>	<p>To be fully operational by 31st March 2020 at the latest</p>

service to meet those needs			
Continue reform of the Autistic Spectrum Disorder pathway	To ensure the Autistic Spectrum Disorder (ASD) pathway meets the needs of children and young people, their parents and carers	Review the current ASD pathway If required, amend the current ASD pathway with partners and providers, including CYP their parents and carers Operationalise the agreed ASD pathway	30 th June 2019 30 th September 2019 30 th September 2019
Continue reform of the Attention Deficit Hyperactivity Disorder pathway	To ensure the Attention Deficit Hyperactivity Disorder (ADHD) pathway meets the needs of children and young people, their parents and carers	Redesign the ADHD pathway, involving partner organisations, children and young people, their parents and carers A series of workshops will be held throughout the year Operationalise the agreed ADHD pathway	To be operational by 1 st April 2020 at the latest
Review the eating disorder service	To ensure 95% of all urgent referrals are seen within 1 week and To ensure 95% of all routine referrals are seen within 4 weeks The current service delivery may not meet the required waiting time standards by the NHS England deadline of April 2020	The review of the eating disorder service will be delivered by Northumberland Tyne and Wear Mental Health NHS Foundation Trust (NTW FT) as part of their service improvement work. Progress will be reported to the bi-monthly Child and Adolescent Mental Health (CAMH) Partnership	31 st March 2020
Ensure we have effective delivery of early	To understand current early intervention provision in Sunderland schools	Find out and document what early interventions are currently delivered in each	31 st March 2020

<p>interventions</p>	<p>To evaluate the impact of current early interventions on pupils and staff</p> <p>To develop a co-ordinated approach to the delivery of early interventions in schools</p> <p>To roll out the Mental Health Charter Mark to all primary and secondary schools</p>	<p>school</p> <p>Undertake an evaluation of the early interventions currently delivered in Sunderland schools</p> <p>Undertake a desk top gap analysis of current early intervention provision in schools, and where interventions have evaluated as effective, set out how these gaps will be addressed</p> <p>Confirm a planned approach to rollout including timescales. The Trailblazer bid will also contribute to this aim</p>	
<p>Increase access to training to raise awareness and empower people to support children and young people with mental health issues</p>	<p>To map existing mental health training provision in Sunderland schools</p> <p>To agree a mental wellbeing training strategy for schools</p> <p>To identify training using existing local resources</p> <p>To agree a joined up parenting approach for the city</p>	<p>Find out and document what mental health training provision is currently delivered in each school</p> <p>Write a mental wellbeing training strategy for schools which sets out the city's approach and five year vision</p> <p>Find out and document what training is available both nationally free of charge and already provided locally</p> <p>Find out and document what mental health and wellbeing training is available to parents and carers, and how this can be accessed</p>	<p>31st March 2020</p>

	To evaluate the impact of the training	Undertake an evaluation of the mental health training currently delivered in Sunderland schools	
Commission the Kooth online counselling service	To provide anonymous online counselling within 24 hours of request being made online by a young person aged 11 – 18 (up to age 25 if a care leaver)	<p>Service went live in April 2019 for 15 months using non-recurrent NHS funding (to July 2020)</p> <p>Contract monitoring undertaken quarterly by Together for Children who hold the contract. Contract monitoring will involve young people via Together for Children's 'Young Inspectors' programme</p> <p>Evaluation to be undertaken by Together for Children and SCCG</p> <p>If evaluation demonstrates positive impact and SCCG funding is required to continue the service then business case to be written</p>	<p>Complete</p> <p>Ongoing</p> <p>31st January 2020</p> <p>31st March 2020</p>

This summary completes the 5 year cycle of the Children and Young People's Mental Health and Wellbeing Transformational Plan 2015 – 2020. The current Transformational Plan is long and disjointed, and since being written in 2015 is now out of date. It is anticipated that NHS England will require a new plan from 2020 onwards, but in the meantime this summary articulates current issues and deliverables for 2019/20.