

HEALTH AND WELLBEING BOARD



TO:	Health and Wellbeing Board
FROM:	Linda Clegg, Director of Children's Services Claire Jackson, Programme Director Integrated Commissioning
DATE:	29 th September 2015

SUBJECT: Children and Young People's Emotional Wellbeing and Mental Health

1. PURPOSE:

To provide an update on the development of a Transformation Plan to support children and young people's emotional health and wellbeing.

2. RECOMMENDATIONS FOR THE HEALTH & WELLBEING BOARD

Health and Wellbeing Board (HWBB) members are requested to:

- Note the content of this paper, including actions and timescales required to finalise the local Transformation plan
- Delegate final sign off of the local Transformation Plan to the Chair of the HWBB Board, in consultation with the Start Well / Children's Partnership Board, prior to submission on 16th October
- Note that progress on children and young people's emotional wellbeing and mental health will continue to be considered by the Start Well / Children's Partnership Board and reported to HWBB members as part of quarterly updates.

3. BACKGROUND

In December 2014, the government announced its commitment and strategic vision for delivering improvements in children and young people's mental health and wellbeing over the next five years, and additional funding was announced in March, to be allocated to Clinical Commissioning Groups (CCGs). In preparation, a pan Lancashire emotional health and wellbeing systems board was established with key stakeholders, supported by the Lancashire Commissioning Support Unit, to facilitate senior level leadership and collaboration across the health and social care economy.

The children and young people Mental Health, Emotional Wellbeing and Resilience plan for Lancashire is being developed by the Children and Young People Emotional Wellbeing and Mental Health system board consisting of key partners. The plan has been informed by consultation with children, young people and their families. It is based on a comprehensive identification of needs, alongside evidence based practice to promote good emotional wellbeing; prevent mental ill-health and support early intervention, care and recovery.

This transformation plan outlines the implications for Lancashire in light of the recent guidance from Department of Health *Future in Mind: Promoting, protecting and improving our children and young people's mental health and wellbeing*¹.

The plan recognises that the foundations for lifelong wellbeing are being laid down before birth and aims to prevent mental ill health, intervene early when it does occur and improve the quality of mental health care and recovery for children, young people and their families. The focus on a whole child and whole family approach and developing systems which ensure children and families are at the centre of prevention, care and recovery will improve the mental health and wellbeing of our children and young people.

The plan aims to build a healthier, more productive and fairer society for children, young people and their families. This will support the reduction of health inequalities by building resilience, promoting good mental health and wellbeing and ensuring people have access to the care and support they require, when and where they need it. This supports the borough's ambitions for early help, which are to provide the right support, at the right time and in the right place.

A single, overarching, plan for Lancashire and any local appendices will be presented to the H&WBB chair, following its approval by the Executive Member for Children's Services, Director of Children's Services and Executive Joint Commissioning Group, for sign off prior to submission on 16th October 2015.

4. RATIONALE

The key objectives of the plan, as required by Future in Mind, are outlined below.

Promoting Mental Health and Building Resilience

Objective 1: Improve mental health and wellbeing of children, young people and their families through engagement, information, activities, access to services and education.

Objective 2: Improve access to interventions which support attachment between parent and child, avoid early trauma, build resilience and improve behaviour.

Objective 3: Improve public awareness and understanding about mental health issues for children and young people and reduce stigma and discrimination.

Prevention of Mental Ill-Health

Objective 4: Prevention of mental ill-health through targeted interventions for groups at high risk.

Objective 5: Improve access to information about what to do and where to go for support; this includes self-care through digital technology.

Early Identification of those at risk of Mental Ill-Health

Objective 6: Improve early detection and intervention for children and young people experiencing poor mental health.

Objective 7: Ensure ease of access to support based on the needs of children, young people and their families, when and where needed through services that have clear joint working arrangements including agreement of the Lead Professional role who will navigate and co-ordinate

¹ Future in Mind (2015)

support and services needed.

Care for the most vulnerable

Objective 8: Improve access to evidence based care and support which is designed by children, young people and families and treats children and young people as a whole person, considering their physical and mental health needs together.

Objective 9: Crisis support to be available whatever the time of day or night and be in a safe place suitable to child or young person needs and as close to home as possible.

Objective 10: Develop referral pathways and specialist mental health services for those most vulnerable children and young people following a comprehensive assessment of their needs.

Recovery from Mental Ill-Health

Objective 11: Develop a person centred recovery approach when agreeing care/interventions which include involvement of children, young people, families and carers (including siblings within the family) through early provision of a range of interventions which promote mental health and emotional wellbeing.

Accountability and Transparency

Objective 12: Reduce complexity within current commissioning arrangements through joint commissioning, service redesign ensuring pathways and services work together to provide easy access to the right support and a system built around the needs of children, young people and families.

Objective 13: Increase transparency through developing robust metrics on service outcomes and clearer information about the levels of investment into children and young people mental health services.

Developing the workforce

Objective 14: Sustain a culture of continuous service improvement delivered by a workforce with the right mix of knowledge, skills and experience.

5. KEY ISSUES

This Transformation Plan will support local implementation of the national ambition and principles set out in *Future in Mind – Promoting, protecting and improving our children and young people’s mental health and wellbeing*². The implementation plan aims to improve mental health, emotional wellbeing and resilience of young people, make it easier for children, young people and their families to access help and support when needed and improve mental health services for children and young people.

The principles of the THRIVE model will be adopted in order to wrap services around children and young people, allowing access to whatever support is appropriate at any given time. The model focuses on 4 levels of need, coping/getting advice, getting help, getting more help and getting risk support.

Delivering mental health improvement programmes to those with mental illness requires moving beyond a simplistic categorisation of people as either mentally healthy or mentally ill. In many

² Future in Mind (2015)

cases, symptoms of acute mental illness are episodic in nature and surrounded by periods of recovery and/or wellness. A person can experience mental wellbeing in spite of a diagnosis of mental illness or, conversely, be free of a diagnosed mental illness but still be experiencing poor mental health.

This plan adopts core beliefs to ensure effective delivery including joined-up working between community and voluntary, statutory and business sectors; commitment to engagement and consultation with local community, children, young people and families; commitment to achieving and sharing evidence based practice; population and targeted approach to delivering strategy.

Successful implementation of the plan will result in:

- An improvement in the emotional well-being and mental health of all children and young people.
- Multi-agency approaches to working in partnership, promoting the mental health of all children and young people, providing early intervention and also meeting the needs of children and young people with established or complex problems.
- All children, young people and their families will have access to mental health care based upon the best available evidence and provided by staff with an appropriate range of skills and competencies.

Key actions and timescales to note for the development of the first phase Transformation Plan are outlined below:

Actions	Timescales
Extra national funding announced in autumn statement	December 2014
Budget announced	March 2015
Guidance and support for local areas in developing Transformation Plans published by NHS England	August 2015
CCGs working closely with Health and Wellbeing Board, local partners and NHS England Specialist Commissioning to develop a local Transformation Plan (via pan Lancashire Systems Board)	August – 6 th October 2016
Submit plan for assurance at regional level (including completion of SEF assurance templates, i.e. Annex 1 and 2)	16 th October 2015
Transformation Plans are assured by NHS England and published locally	October – November 2015
Transformation Plans inform 2016/17 CCG commissioning intentions	September 2015 – March 2016
Review and development of Transformation Plan are embedded in mainstream planning processes across agencies	April 2016 onwards

6. POLICY IMPLICATIONS

The adoption of the Transformation Plan will support the Board's policy ambitions, as outlined within the Joint Health and Wellbeing Strategy 2015-2018, whereby improving children and young people emotional health and wellbeing has been identified as a clear priority of the 'Start Well' life stage. In addition, the cross cutting themes of identification; prevention and early intervention and mental health and wellbeing are key principles within the HWBS that support action in this key area of work.

7. FINANCIAL IMPLICATIONS

Local funding will be made available to support delivery of the plan which will be subject to CCG providing assurance via the completion of two self-assessment forms (Annex 1 and 2). For 2015/16 £95,000 has been made available to support the development of Eating Disorders services, with the intention of releasing capacity of general teams, to allow increased capacity and focus on self-harm and crisis services.

A further £237,825 will be made available once the plan has been assured resulting in a recurrent uplift of £332,082 in 2016/17. It is anticipated that funding for Perinatal Mental Health services and increasing access to Psychological Therapies training will also be made available but this has yet to be confirmed nationally.

CCGs will receive the funding as the lead commissioner for Children's Emotional and Mental Health services to implement the Transformation Plan across the partnership.

8. LEGAL IMPLICATIONS

By agreeing and signing off the Transformation Plan the Board are complying with the statutory requirements of the Government's Future in Mind programme and the statutory functions of the Health and Wellbeing Board.

9. RESOURCE IMPLICATIONS

Resources to develop the Transformation Plan have been committed by Lancashire CCG's; Lancashire County Council and Blackburn with Darwen Council and this has been factored into the relevant officer's work programmes.

10. EQUALITY AND HEALTH IMPLICATIONS

The commitments in the Transformation Plan aim to ensure that any inequalities faced by children and young people suffering mental health and wellbeing issues are identified and responded to accordingly by local services. Therefore by agreeing to these commitments, the Board is intending to have a positive impact on the lives of these children and young people.

11. CONSULTATIONS

There has been no direct engagement with children, young people and their families on the Transformation Plan in BwD to date, due to tight timescales. However, the wider plan has been informed by 'Future in Mind', which included wide scale consultation with children and young people nationally, and the Integrated Strategic Needs Assessment (ISNA) for Children and Young People's Emotional Health and Wellbeing for BwD completed in October 2014, which included conversations with over 200 local children and young people. The transformation plan includes further engagement with children and young people as part of the dynamic planning process.

VERSION:	V4
CONTACT OFFICER:	Claire Jackson Programme Director, Integrated Commissioning 01254 282070
DATE:	18 th September
BACKGROUND PAPER:	A draft of the plan will be available for HWBB members on request for review prior to the submission date.

