

## Health and Wellbeing Board

21 January 2020

### Walsall Children and Young People Mental Health and Wellbeing Strategy and Transformation Plan - Progress

#### 1. Purpose

1.1 NHS England requires a 'refresh' of the Children's and Young People's Mental Health and Wellbeing Local Transformation Plan. The plan is ongoing 'live' document, however the update and refresh was completed on 31<sup>st</sup> October 2019 and approved by NHSE in November 2019. The updated plan has now been published and is available on Walsall CCG web site:

<https://walsallccg.nhs.uk/wp-content/uploads/Walsall-LTP-2019-Final-submission-and-published-plan-October-2019-Refresh.docx>

The plan is also made available through our partners and providers within the borough.

1.2 This report is a brief update for the Walsall Health and Wellbeing Board on the progress from the original strategy on the implementation of the Local Transformation Plan.

#### 2. Recommendations

2.1 The Health and Wellbeing Board is invited to:

Note:

- the successful approval of the refreshed Children and Young People Mental Health and Wellbeing Strategy and Transformation Plan **October 2019**.
- highlight progress report from the 2018/2019 strategy.

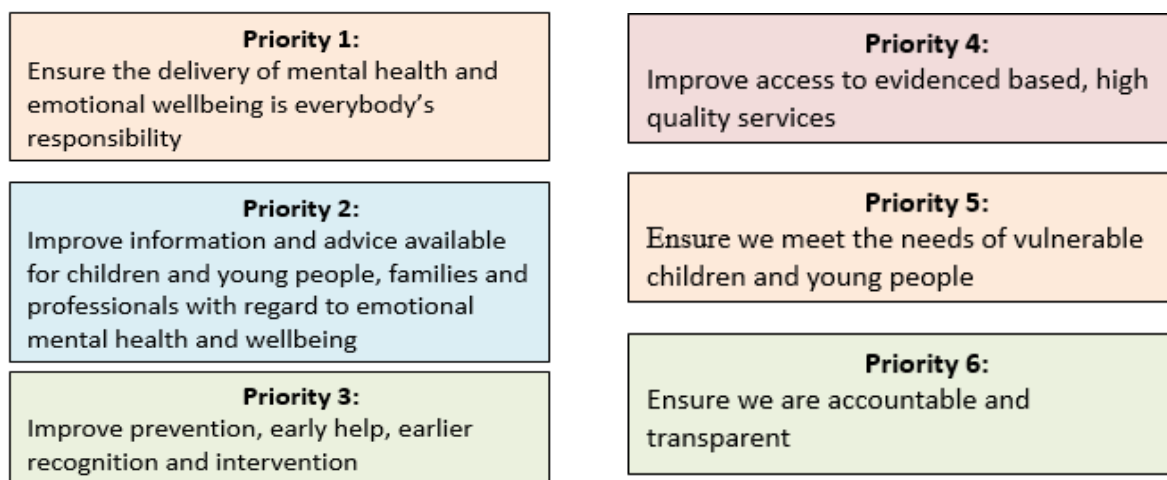
Provide feedback or actions to be considered by the Walsall Children and Young People's Mental Health and Wellbeing Strategy and Transformation Plan Implementation Group.

#### 3. Report detail

3.1 The Local Transformation Plan (LTP) outlines the five-year transformation in Walsall to improve and transform Child and Adolescent Mental Health Services. The plan has locally been agreed and is continually reviewed and updated with multi-agency partners as the needs of Walsall present or change. There has been

continued progress over the last 4 years in the implementation of this plan. This report, will give a brief oversight on the progress made throughout 2018/2019.

Our Local Transformation Plan ambition is linked with the 6 key priorities set out in the emotional health and wellbeing strategy developed in 2015.



In Walsall, we acknowledged that there was a clear gap in addressing mental health promotion, prevention and intervention across the borough. Through the co-production, we devised an action plan using the vehicle of our Local Transformation plan to address these inequalities and deliver on our ambition. As part of the ambition for 18-20, we acknowledged the clear need to improve mental health promotion, prevention and early intervention in universal settings. That recommended treatments and interventions being delivered need to be evidence based and knowledge and skills updated. As discussed in the Walsall needs assessments, we have a large population of vulnerable young people. Addressing and meeting the needs of these young people, including those with LD/ASD, forensic history and those presentations in crisis was crucial in delivering on our ambition.

The below helps to offer a snapshot of services and delivery vehicles that have been commissioned, developed and supported over the last 12 months to support the delivery of the Local Transformation Plan Ambition.

### **Walsall CAMHS Positive Steps team.**

Walsall CAMHS 'Positive steps' was established in 2017 and is now offering a multi-disciplinary team who offer targeted intervention and work with CYP who have medium level or emerging mental health needs. The Team is community based enabling practitioners to navigate to specialist CAMHS intervention or community support from local services, throughout 2018/2019 a service specification with Data requirements has been developed and agreed. The Positive steps team are working in collaboration with universal services including school nursing and early help. The service ensures that there is representation at Early Help and School nursing including attending school nursing and early help panels to ensure smooth pathways and referral processes. The positive step service offers consultation, drop in clinics and whole school support and roadshows in order to promote early intervention and support prevention within educational settings.

## **GP Liaison**

The GP Liaison service consists of 2 nurses working across the borough, the nurses ensure representation at multi-agency panels to ensure that staff in health, education and schools feeling supported to recognise the early warning signs of mental health. GP liaison nurses also offer support and consultation at GP surgeries. The GP Liaison post has also ensured there is a robust referral pathway to specialist's services including not rejecting any referral – it has been noted that this has upskilled staff and enhanced confidence across the borough to make referrals.

## **IAPT (improving access to psychological therapies):**

Full roll out of IAPT has taken place. IAPT qualified trainees are now fully embedded in positive steps to improve access to psychological therapies. Further recruit to train for of IAPT trainees this year has taken place including Wellbeing practitioners to upskill staff in their recognition and supporting emotional, health and well-being.

## **Public health programme**

Provide ongoing support to schools, children and teachers so that learning is captured and embedded within support service behaviour to improve resilience within the community.

Provide training support to the Walsall Healthy schools programme. Schools are encouraged to demonstrate their whole school approach to the promotion of mental health and wellbeing for pupils and staff. As a part of this programme, a resource is being created in conjunction with year 5 children to support KS 2 children in meeting PHSE EHWP outcomes. Training has been delivered to Health Visitors and Midwives to support the identification of mental health issues.

Support and advise on the new 0-5 Healthy Child Programme (Health Visitor) specification, which requires Health Visitors to focus on their high impact area around Peri-Natal Mental Health with a good transition to parenthood. As a part of this service the new Health in Pregnancy Service identifies and offers support to women during pregnancy who are experiencing mental health issues. Work has commenced to review training needs and identify further needs of the borough.

## **Walsall One Directory**

Joint development of a Walsall directory across the borough to improve information, signposting and access of appropriate services with regards to emotional and mental health wellbeing. Key partners worked together following engagement with young people and their parents/carers to develop a directory that was easy to use and could be integrated as part of the local offer for Walsall. <http://healthywalsall.co.uk/ehwb/>

## **Engagement**

In order to deliver on the Local Transformation Plan ambition, engagement had to be on the agenda for everyone. Engagement for Walsall was not just about involving young people/families and carers in development and improving of services but also understanding what information was needed in order to increase mental health

promotion. Through engagement with Health Watch, the CCG were able to take actions on the review that was carried out in 2018 such as setting up an Autism Working Group to address health inequalities.

Engagement with key partners such as education, Children's Service and those from Health had given us a platform and resources to improve services such as the Paediatric Assessment Unit pathway for young people in crisis, developing a written statement of Action to improve our SEND offer and providing clear pathway routes for our Blue Light Services.

## **Transition**

The initial transition CQUIN supported children and young people as they moved into adult services and ensured they are properly prepared. The ambition of services post 2020 is that young people will be fully aware of their plan going forward into adulthood and that services will be available to meet their needs. As part of their transition process, young people will have had contact with their new adult team and be aware of how they can receive support going forward. This has been built into service specifications as they are developed. This has formed the discussions with Adult Mental Health Services commissioners as part of the 'One commissioner' across the STP.

Walsall is committed to ensuring we get transition right for all our Children and young people including those with ASD/LD. Transition is a key priority for all, as getting this right can lead to better lives for our service users and potentially less crisis. Walsall CAMHS Learning Disability team, work in collaboration with our Children Services, Children's with Disability team and have multi-agency meetings to help plan a robust transition. Walsall are working on developing a joint portal across the borough in order for everyone to have joint ownership and share plans for CYP transition.

There is a joint strategic meeting with our colleagues from Adult Mental Health Services, Adult Social Care and Children's Social Care to co-produce a transition protocol.

## **SPA (single point of access)**

Implementation of a single point of access for CYP mental health in the borough has helped develop a smooth pathway to accessing evidenced based interventions. The use of a SPA helps to promote and ensure consistency in accessing mental health services and ensures that there are robust assessments in place to improve access to crisis intervention services if needed. Through the use of a SPA in Walsall, it is ensured that CYP get the right support at the right time by the right people. As part of the SPA a clear pathway has been developed.

## **Commissioning Reviews**

A number of services have been or are currently undergoing review via Walsall CCG, or in collaboration with Walsall Local Authority. By reviewing services, we are ensuring that services are delivering evidence based interventions, improving access to the right service for YP and it aids further development of pathways. The Walsall ICAMHS (Crisis Intervention Team), FLASH (LAC Children's Team), Learning Disability Service has been reviewed. As part of these reviews, services have continued to be monitored

and developed. For example, an action plan to address the Learning Disability Teams waiting list has been developed, and monitored following the review including further additional investment in the service.

### **Evidence Based Routine Care**

Walsall has continued to improve and enhance the offer of evidenced based therapies to its population. This has not only happened in Specialist CAMHS services but also across other agencies such as public health, education and children's services. A few examples of this are; the implementation of Non Violent Resistance therapy across CAMHS and Children's Services Residential pathway has improved the offer for young people struggling with clear behavioural difficulties. Walsall specialist CAMHS team have been trained in Dialectical Behavioural Therapy – including having dedicated specialist trained staff in the Crisis Team. Dialectical Behavioural Therapy is the recommended evidenced based treatment for young people who are impulsive and present in reoccurring crisis. Sexually Harmful Behaviour training for staff within our LD team, attachment interview training to enhance the offer around ASD/Attachment.

### **ICAMHS Service**

The commissioned CAMHS Crisis service known as ICAMHS has been commissioned as part of the Local Transformation plan. As part of delivering the ambition, ICAMHS is continually assessed and supported to ensure we are effectively delivering crisis care and intensive interventions. To better support the wider network and have a whole system pathway, ICAMHS have developed a 4 hour GP referral pathway. This pathway helps to address the need to decrease inappropriate admissions to A&E and also ensure CYP are getting effective Crisis Support. The ICAMHS service have also undertaken specialist ED training, LD/ASD training and DBT training to enable them to address the gaps in delivering intensive interventions such as Dialectical Behavioural Therapy to Walsall's most vulnerable young people. As previously noted, the service has been reviewed and is consistently monitored against KPI's.

### **Youth Justice**

Walsall have 2 dedicated posts helping support delivery of the Local Transformation Plan ambition. There is a clinical psychologist posts that delivers intervention both within the Youth Justice Service but also in the CAMHS. The implementation of this post has help develop clear and robust pathways in ensuring that young people are accessing the right support. The second post supports bringing our most vulnerable young people back into the Walsall Area. There is also a joint agenda to ensure multi-agency attendance at Walsall's CMOG meeting. Walsall also has strong links with our Youth First Service who provide Walsall with a forensic CAMHS service. Education slots have been delivered to ensure staff are aware of the provision.

### **Education**

CAMHS along with school nursing regularly provide information sessions to schools to keep them knowledgeable of mental health developments and services for young people. The Positive Steps service (Tier 2) provides training sessions to schools on various subjects such as exam stress, bullying and coping with anxiety. All mental health providers for young people offer an open door event bi-annually which is

available to school staff and all other professionals where they provide information and an opportunity to meet staff and learn about treatment pathways. Changes in services or developments are communicated through education leads which are fed into school newsletters accordingly.

## **18-25**

Across the Black Country West Birmingham STP we are ambitious to increase access and ensure that pathways for CYP aged up to 25 are aligned (where possible) or connected to remove arbitrary transition barriers. We already have pathways that recognise the 0 to 25 models including:

- All age eating disorders
- Early Intervention into Psychosis

Where possible within the borough, we have ensured that all newly commissioned services and pathways are aligned up to the age of 25 or have considered this as an option. Currently within Walsall, we are focusing on aligning all current services up to the age of 18 and then will consider further with our Adult Mental Health colleagues and commissioners around further development up to the age of 25. Collaborative work with Adult Mental Health and other system wide partners continues to ensure that the needs of the 18-25 cohort is fully understood and that we can continue to consider how best to meet these needs.

### **Access rates plan**

Objective	2016/17	2017/18	2018/19	2019/20	2020/21
At least 35% of CYP with a diagnosable MH condition receive treatment from an NHS-funded community MH service.	28%	30%	32%	34%	35%

### **Improvement in access figures**

The CCG is committed to monitoring activity undertaken by its providers to ensure that CYP are accessing the right support at the right time. The above highlights the activity target for Walsall. This translates for Walsall too:

Our 2019/20 target is to achieve an access rate of 34% of prevalence (for Walsall, prevalence is 6772). This equates to 2303 children during 2019/20, or 191.92 per month. The CCG recognises that Access is 2 or more meaningful interventions. Within Walsall we would expect these interventions to be delivered by our providers such as Walsall CAMHS, WPH, Kooth and others. A proportionate activity target was given to each of the above in order to allow for monitoring of this access rate. At the end of August (latest published data) we were reporting 980 children accessing the service (2 interventions) so far this year against a YTD target of 960. This is 14.5% against a YTD target of 14.2% and therefore currently on target to achieve the access rate.

The access rate is monitored monthly in the contract meetings with providers. As part of this meeting, waiting lists for services are also monitored to ensure the CCG can actively work with providers to continually improve waiting lists.

The following has been done to improve access and reduce waiting lists:

- Review of Crisis Service
- Review of LD service and action plan developed and monitored through CYP MH transformation group
- CAMHS Access and Waiting Lists is regularly discussed at Contract Meeting
- Monthly reporting into the CCG
- Further funding for waiting list initiative – use of fixed term posts funding through LTP monies to support CAMHS
- Increased support within tier 2 services
- Work with WPH and Kooth to ensure reporting into MHSDS to monitor activity
- Initial plans for implementation of Mental Health Support Teams
- Development of CAMHS ScoreCard

### **Mental Health Support Teams in Educational Settings (MHST):**

Walsall is committed to improving mental health and increasing early intervention and prevention. A key element of this is to ensure that partnership working with educational settings takes place. Currently in Walsall we already have a robust universal offer of school health, educational psychologists Mental Health 1<sup>st</sup> aid training and school nursing delivering group interventions. This has been further enhanced through the development of Positive steps – Walsall's tier 2 provision. Despite providing the current provision, it is integral to the health of our young people that we continue to enhance it.

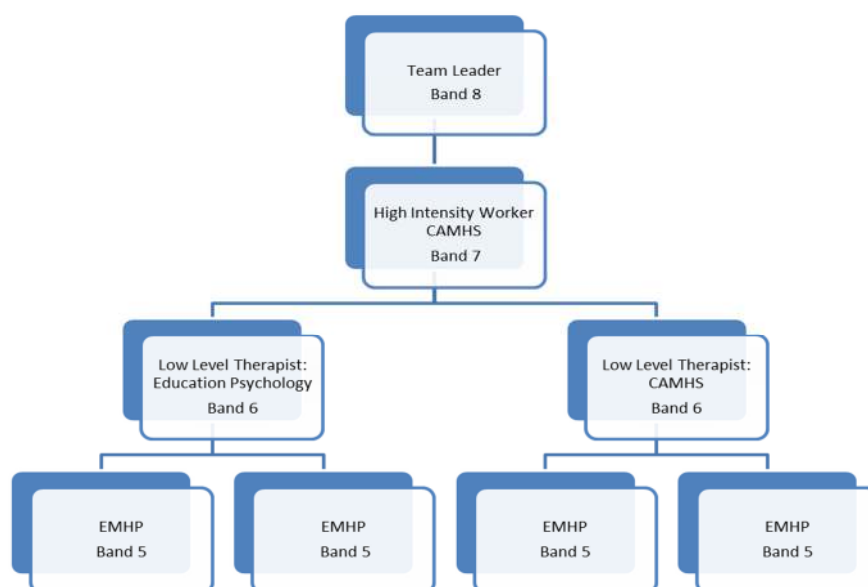
Following an expression of interest and project plan submitted to NHSE, the Black Country was successful in securing funding to implement Mental Health Support Teams.

Project Leads have begun working with Health Education England, health, education stakeholders and local individual service providers to develop the workforce model and plan. The workforce will be hosted by CAMHS and Education Psychology across the Black Country. It is expected that working agreements across organisations will ensure that MHST are incorporated into existing pathways and provide a comprehensive support throughout the system that supports emotional wellbeing and mental health for both CYP and their families. The MHST teams have been integrated as part of whole workforce plans including exploration of the role of Children Wellbeing Practitioners and how they can provide additional connectivity to community services such as primary care.

MHST, services and individual practitioners, both those in training and those providing supervision will incrementally grow the emotional wellbeing offer available for CYPF and education settings. We anticipate that the levels of offer will increase as EMHP's become more confident in practice. The operationalisation of the teams will be individualised to ensure that the right foundations are available to support multiagency working including appropriate access to shared records and other associated data. We have factored in development of shared information protocols

as well as additional training for MHST to ensure consistent practice across Black Country and West Birmingham STP.

## Black Country MHST supervision model



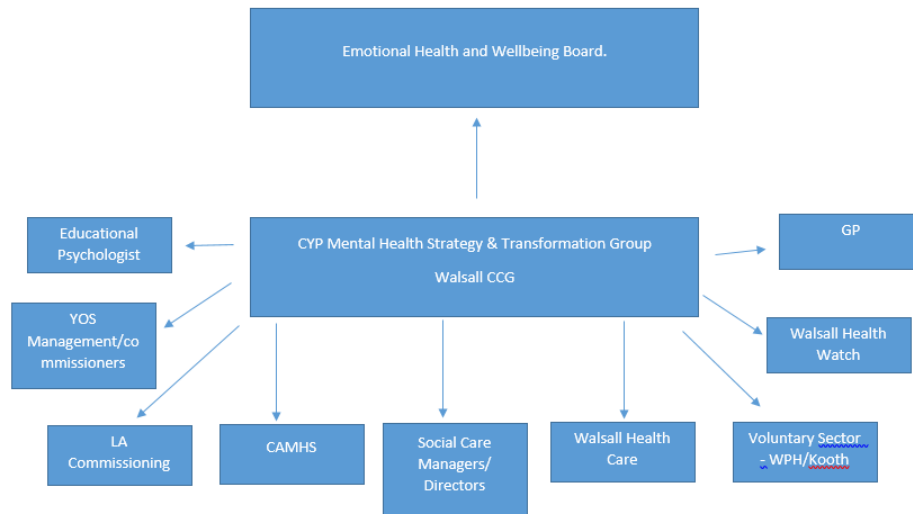
### Posts Funded through the Local Transformation Plan 2018/2019/2020 :

Year	Newly commissioned posts	Team
2018	1 x Occupational Therapist for our BME young people 1 x Emotional Health and Wellbeing Lead 0.5 x B5 Engagement and Participation Lead	Core CAMHS Positive Steps Core CAMHS
2019	1 x ASD lead post 0.6 x ADHD Lead Post 1 x Nurse	Core CAMHS Core CAMHS Learning Disability CAMHS

#### 4. Implications for Joint Working arrangements:

4.1 The Local Transformation Plan continues to support and reinforces joint working to meet emotional wellbeing and mental health needs for children and young people in Walsall. The Local Transformation Plan is 'owned' by all partners including Children and Young People. To ensure governance, and co-production in producing and delivering the Local Transformation Plan, a multi-agency CAMHS transformation group was developed. Membership of this group continues to develop to ensure collaboration with all relevant parties and allow for robust governance and joint working arrangements.





#### 4. Health and Wellbeing Priorities:

No changes in the priorities which were identified in the report on 10<sup>th</sup> September 2018.

#### Background papers

- The NHS long term plan published in January 2019.
- Future **in** Mind; protecting, promoting and improving our children and young people's mental health and wellbeing.' Published by Department of Health and NHS England March 2015, five year forward view for mental health

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