

Health and Wellbeing Board

22 January 2019

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 CYP mental health and wellbeing transformation plan, this was completed on 31st October 2018 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/publications/children-and-young-people-s-mental-health-and-emotional-wellbeing-ltp/2213-walsall-mental-health-and-emotional-wellbeing-ltp-18-19/file>

1.2 This report is a brief update for the Walsall Health and Wellbeing Board on the progress which was made in 17/18 on the implementation of the 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** 2018.
- highlight progress report from the 2017/18 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) is a five-year transformation plan. This has been planned locally and adapted as new needs have emerged. There has been huge progress, improving on the original transformation plan.

The table below sets out a brief summary of what we agreed to do in 2016/17 and what was achieved in 2017/18.

| What the strategy wanted to achieve in 2016/17 | What was Achieved in 2017/18 |
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| <p>To establish targeted (tier 2) and Improvement Access to Psychological Therapy (IAPT) intervention for CYP in Walsall, linked to schools and locality.</p> | <p>Walsall CAMHS 'Positive steps' was established in 2017 and is now offering targeted intervention for CYP along with support, training to schools GP Locality.</p> <p>Provided a full role out of IAPT to ensure that the workforce is equipped to undertake psychological therapy with confidence and based in Positive Steps Team.</p> <p>KOOTH was commissioned for CYP who may not have been willing to access traditional face to face mental health services. It is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.</p> |
| <p>Establish a system to reduce number of children refused services due to not meeting criteria.</p> | <p>A Multi-Agency Paediatric panel is now established to ensure that young people who have been referred for mental health support are consistently receiving this from the appropriate service. These cases are usually around ASD or low level ADHD and the panel ensure CYP needs are met by the appropriate service i.e. school health advisors, parenting course, face to face counselling, early help, children's centres etc.</p> |
| <p>Create a Single Point of Access and establish with all referrals including self-referral. To be handled via the Walsall CAMHS. Provide a clear pathway between specialist and universal services.</p> | <p>Single Point of Access is now established and in operation.</p> |
| <p>Improve evidence based intervention for better outcomes for CYP</p> | <p>EMW services have improved with increasing evidence based interventions including DBT (Dialectical behaviour therapy), DPP (dyadic developmental psychotherapy) and Learning disabilities (LD) /CAMHS training in LD and sexually harmful behaviours).</p> |

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| Ensuring ICAMHS (crisis and treatment at home service) is available in the health and social care economy to reduce admission and speedy discharge. | ICAMHS (crisis and treatment at home service) is fully embedded. There is evidence of a reduction in specialist bedded CAMHS provision use and a reduction in the length of stay with the majority of YP being discharged the same or next day from Manor Hospital). |
| Offer clinic type service for CYP and families with ADHD and ASD diagnosis | Specialist neuro developmental pathway and clinics are implemented to support CYP and families with ADHD and ASD diagnosis. |
| Develop ED, Crisis and Tier 3, which is linked to the Black Country footprint in order to offer a consistent evidence based service. | Pathways have been developed for Eating disorder, core CAMHS and Crisis, to enable consistency across the Black Country footprint. |
| To establish an oversight group for LAC, who require MH services. | An assurance oversight group is in place for those children who are looked after and requiring Mental Health services which is led by a Safeguarding Designated nurse. |
| To offer service to primary and secondary aged children to support schools in managing behaviour issues in order to reduce exclusion. | Children's Services have established an integrated behaviour support service for both primary and secondary aged children to support schools in advising and managing behaviour issues before an exclusion pathway is considered. |
| To ensure health needs of the child is robust enough when developing EHCP within statutory timescale. | Undertaken Reviews to strengthen partner support for the development of Education Health and Care Plans which is provided as a Local Offer. |
| Recruit to vacancies within the CAMHS to ensure the demand and capacity is well balanced. | CAMHS is now fully mobilised with staff permanently recruited. |
| Improve Care and Treatment Review (CTR), in order to identify and plan with MDT intervention in order to reduce hospital admission. | CTR processes have been improved to ensure appropriate and timely MDT reviews, including blue light reviews where necessary. A monthly risk register review is undertaken on an MDT basis, with actions escalated and addressed in a timelier way. |
| Offer clinical support to Youth Offending Team and the criminal justice system. | Mental health clinical staff are now part of the local YOT team. |

3.2 Walsall recognised that urgent action was needed to take steps to address our rate of admissions as these were higher than our colleagues, across the Black Country Sustainable Transformation Plan (STP). Our commissioning focus for this has been twofold:

- Understanding the current children who are already in tier 4 and speedy discharge
- Developing more robust pathways for pre and prevent admission.

3.3 The conversations are currently about the need to demonstrate effectiveness, use data to support delivery and review new services as there is an opportunity to adapt.

3.4 CAMHS have identified that there is a positive impact for CYP where clinicians are available in services away from CAMHS and have used some funding creatively and innovatively to address this. IBSS (integrated Behaviour Support Service) is an example of a bespoke local service which has been recognised as having a positive impact and seen as innovative practice.

3.5 Commissioning for outcomes is not without its challenges. Currently there are practical challenges such as the IT data flow within the main provider being changed and some of the smaller voluntary sectors requiring changes in process to upload.

3.6 KOOTH has had an impact with CYP who may not have been willing to access traditional face to face mental health services, but a national agreement is needed to upload their data to, in support of access to services. Furthermore, the routine outcome measures used for CYP-IAPT will be rolled out to CAMHS as a whole but there are additional local training needs which will need to be addressed. The local task and finish group will look to ensure that data trajectories are met. This will be better understood once we have a clear picture of access based on the full upload of data from Dudley Walsall Mental Health Trust, KOOTH and Walsall Psychological Help (WPH).

4. Implications for Joint Working arrangements:

4.1 The 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 transformation plan is 'owned' by all partners including CYP and implementing the actions will result in a planned approach to bring about improvement. There is good engagement with public health and social care colleagues who actively participate in both the implementation group and the overarching transformation plan.

5. Health and Wellbeing Priorities:

No changes in the priorities were identified in the report on 10th 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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