

Lancashire and South Cumbria Children and Young People's Emotional Wellbeing and Mental Health Transformation Plan Summary 2015-2020/21

Our plans for better services

2019 refresh

Introduction

Children and Young People's Emotional Wellbeing and Mental Health programme

This programme is leading plans to transform services for children and young people who need mental health support in Lancashire and South Cumbria. This includes NHS organisations, councils, schools and many voluntary and community services.

When planning first started, Lancashire and Cumbria were working separately. We both wrote Transformation Plans showing how we would improve mental health services locally over the next 5 years. But in 2019, we agreed to work together with South Cumbria to write a **Lancashire and South Cumbria Transformation Plan**.

Transformation Plan

NHS England expects all areas to have Transformation Plans to show how they will improve children's mental health services locally. The Plans must be reviewed every year to make sure they are up-to-date and relevant.

We need to show that we are **working with our stakeholders** (the people who use our services and the people who work in our services) as we make changes to services.

Each year, through our engagement survey, we ask our stakeholders if they agree with our objectives and priorities for the future. We listen to all the comments and, where possible, take action to address concerns. You can read the comments we received this year and our responses in Appendix 5 of the full Plan.

The national plans for mental health

Our work in Lancashire and South Cumbria follows the national plans.

In January 2019, NHS England published the **NHS Long Term Plan**. It repeats their promise to invest money to improve and expand mental health services to give people faster access to support when they need it.



NHS England's plans for children and young people's mental health include:

- More mental health support for children and young people **aged 0-25**.
- New **Mental Health Support Teams** to be based at many schools and colleges. They will be trained to help young people who are more likely to face mental health issues – such as LGBTQ+ individuals or children in care.
- More spending on **eating disorder services** for children and young people.
- **24/7 crisis care** for children and young people through NHS 111.
- More support for people aged 18-25 as they **move from children's mental health services to adult services**. Services will work closer together across health, social care, education and the voluntary sector.
- University students will have **improved welfare services** and access to mental health services. The focus will be on suicide reduction, improving access to psychological therapies and supporting particularly vulnerable students.

NHS England will keep on working towards the targets and priorities listed in the **Five-Year Forward View** and national strategies which include mental health.

Supporting children and young people

Our aim is to improve the emotional wellbeing and mental health of our children and young people in Lancashire and South Cumbria.

Our 9 key principles. We will:

1. Work together for the benefit of our children and young people.
2. Learn from where things have worked well in other places.
3. Listen to and answer the needs of children, young people and families, including being mindful of race, religion, sexual orientation, gender identity, disability etc.
4. Make sure we represent and respond to the needs of those who use our services, especially vulnerable groups who are at greater risk.
5. Show how we are performing against national targets.
6. Use national and local information to understand what people need from our services and how to make sure everyone has equal access to services.
7. Make sure mental health is valued the same as physical health.
8. Find a balance between ensuring positive outcomes at the same time as developing sustainable and affordable services.
9. Encourage a culture of continual learning and development.

Vulnerable children and young people

We know some groups of children and young people have **more than one difficulty** and have **complex needs**, which makes it harder to access our services. We know most children and young people who need mental healthcare have **more than one vulnerability** – and this can be one of the reasons they need mental health support.



Our Transformation Plan aims to take account of the needs of children and young people who are at greater risk because of their experiences, their situation or where they live.

Young carers

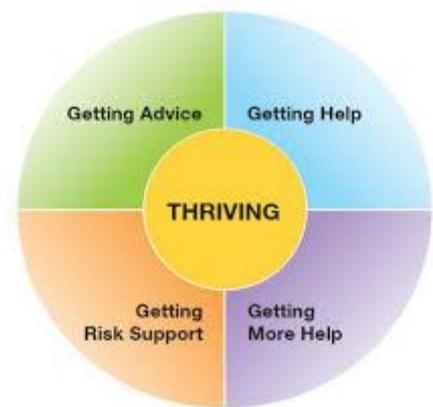
We also understand that **young carers are vulnerable** and have mental health and emotional wellbeing needs. Young adult carers are much more likely to have **anxiety or depression** than other people their age.

We will keep working to **raise awareness** of children and young people with emotional wellbeing and mental health issues, and make sure other programmes of work consider their needs.

Delivering services

We use the **THRIVE model** to guide how we develop services. It wraps services around children and young people, so they can access the right level of support when they need it.

We want to build on individual and community strengths wherever possible. We also want to help children, young people and their families to be involved in making decisions about the services they need.



Our objectives to work towards by 2021

We have made 4 of these objectives a priority for this year (2019/20). **These are shown in bold.**

1. All Primary Mental Health workers will be trained to deliver 'schools mental health first aid' one day course.
2. Each team will deliver four 'mental health first aid courses' a year, (maximum 16 per course).
3. **We will mobilise our 'Complementary Offer' that will wrap support around children, young people and their families to avoid escalation, promote recovery and maintain wellbeing.**
4. **We will have a 'Healthy Young Minds' website offering information, advice, self-help, care pathways and self-referral for children and young people, parents and carers and professionals.**
5. **We will 'redesign the Child and Adolescent Mental Health Services (CAMHS)' clinical model in Lancashire and South Cumbria in line with THRIVE. It will also deliver in-year improvements by March 2020 including out of hours provision and the 0-19 service provision.**
6. We will develop and agree a 'risk support approach' in line with THRIVE. It will inform the delivery of services and supports across the Complementary Offer and the CAMHS redesign.
7. **We will define and deliver specialist inpatient and community intensive support as part of 'Getting More Help' within THRIVE.**
8. We will mobilise the approved 'redesign of CAMHS'.
9. We will define and extend our current service models to create a comprehensive offer for '0-25s'. It will provide an integrated approach to mental health services for children, young people and adults across health, social care, education and the voluntary sector, in line with the NHS Long Term Plan.

10. We will embed the agreed '0-19 year eating disorder' model in South Cumbria by March 2020.
11. We will implement recommendations from the '0-19 Eating Disorder Review' (2019) into the future delivery of the All Age Eating Disorder model across Lancashire and South Cumbria ICS.
12. We will develop a 'Case for Change' about facilities in the community for young people experiencing emotional crisis.
13. We will co-produce and implement a 'crisis training package'.
14. We will develop and evaluate against an 'outcomes framework' to demonstrate the impact of the programme.
15. We will work with Health Education England, Skills for Care, the Lancashire and South Cumbria ICS and other relevant agencies to inform 'workforce strategies' to deliver the right mix of skills, competencies and experience across the workforce.
16. The Performance Management Group will monitor and challenge 'Key Performance Indicators' will be reviewed by the Performance Management Group, with reports to the Transformation Programme Board with recommendations for action.

What has been achieved so far

By working together with children, young people, their families and their carers since 2016 we have made big improvements and progress. We continue to try new ways of working together to support people to engage and participate in our work.

In 2018:

- We continued our '**Time to Change**' anti-stigma campaign. We promoted 'Time to Talk Day' which encourages people to have conversations about mental health.
- We increased our **social media** to support wider engagement. Posts linking to our refreshed Plan and engagement survey reached 542 people through Facebook with 35 engagements and 3,893 people through Twitter with 45 engagements. We also emailed our survey to over 500 stakeholders, and the Lancashire and South Cumbria ICS newsletter shared the link with over 1,000 of their subscribers.
- We opened our new **Mother and Baby Unit** ahead of schedule. It means more women can be treated closer to home if they need it.
- We reviewed our community 0-19-year-olds **Eating Disorder Service** to inform service improvements implemented and served to improve services a further review to meet the needs of All Age Eating Disorders service.
- We created opportunities to improve the skills of staff who work with **vulnerable groups**.
- We provided interim community services to support children with challenging behaviours whilst we redesign our **Child and Adolescent Mental Health Services (CAMHS)**.

Listening to children and young people

Since 2016, we have listened to children, young people and their families to better understand their experiences and help us decide what changes are needed:



- We worked with children and young people to **design our branding and our website**. Together we will agree what information the website should contain and how it will be displayed. In 2019, we will develop the website further, based on ideas from our stakeholders.
- We understand it can be an anxious time before a CAMHS appointment, not knowing what to expect. So, we are working with children and young people to **make videos of our main venues**, which people can look at before they visit. There are also several opportunities coming up for children and young people to create content for the website.
- From our **surveys**, we now have a better understanding of patient and carer experiences, which can help us make decisions about our services. Our surveys are available on paper, on websites and on social media.
- Our work to grow the national **'Time to Change' anti-stigma campaign** continues. We will run training sessions across Lancashire and South Cumbria. We also raised awareness of **Time to Talk Day** which encourages people to have conversations about mental health.