



Lancashire Children
& Young People's
Emotional Wellbeing
and Mental Health
Transformation Plan
2015 - 2020

Our plans for better services



Update **No. 2**
2017



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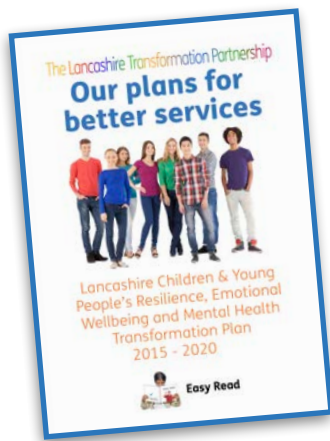
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Introduction



The Lancashire Transformation Partnership brings together mental health services, Clinical Commissioning Groups and NHS Health Trusts in Lancashire with schools and many organisations that work with children and young people.



Together we wrote a plan in 2015 called “Our plans for better services - Lancashire Children & Young People’s Resilience, Emotional Wellbeing and Mental Health Transformation Plan 2015 - 2020”



Update **No. 2**

This is the 2nd update to that plan.



We have been working with many people and organisations to update the plan.

In updating the plan we have:



- Looked at what has gone well



- Looked at some new things that the Government and the NHS in England want us to do



- Talked with children, young people and families about how we could do things better

Our principles



We will:

- Work with children, young people, families, carers, and other people so that they can help us to:

- ▶ Make plans to improve our service



- ▶ Think of better ways to do things



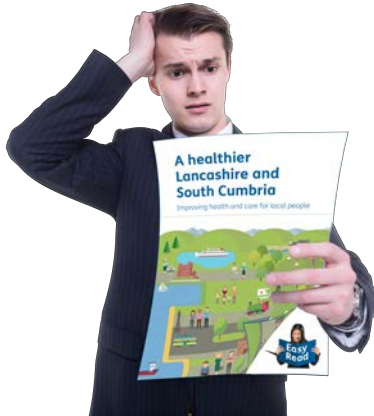
- ▶ Look for better ways to work with patients



- Find out what works well in other parts of the country and think about how we could do something similar



- Check that we are being fair to everyone in everything we do



- Think about other local health plans



- Think about how we can make sure that everyone gets a fair chance to have good mental health



- Make sure that we can afford to do the things we want to do

What have we achieved in year 1

We started work on these projects:



- **Lancashire Active Healthy Minds** is working with 40 schools a year



- Plans have been made for a specialist community mental health team that will work with women around the time that they give birth.



- Mental health workers are now working across Lancashire to help children and young people to get help quicker



- We have 42 more staff being trained to provide talking therapy



- We have made plans to include young people up to their 19th birthday



- We have plans for a new Community Eating Disorder Service by 2017.

This will help people who have a problem with their behaviour around food.



- We have improved services for children with learning disabilities and will do more of this in 2017



- We have plans to support people who are in a crisis so that they are able to get help 7 days a week from 2017



- We have got funding to set up a place of safety for young people by 2019



- We have agreed new ways for teams to work together when a young person has to go into hospital

What have we achieved in year 2



This year we have:

- Helped school children to get mentally stronger through sport



- Started work to stop bad attitudes towards people with mental health conditions



- Trained people in schools to help people with mental health problems



- Helped people with learning disabilities in Lancashire to have a health passport

Your Health passport has information about your health and what you need to give to each new health professional.



- Started work on the new mother and baby unit



- Started the new community service for people who have a problem with their behaviour around food



- More staff giving children and young people help through talking therapies



- Opened a new place where children and young people can be safe when they are in a crisis



- Set up a new better way for young people to move from children's services to adult services



- Set up a new way of checking that services are working well



- Started work on a new way to share information between professionals, carers and young people online

Important things to do next

The 6 main things we want to do next are:



1. Help children and young people to be mentally stronger so that they are less likely to have a mental health problem.



We plan to:

- Tell everyone about the problems of bad attitudes towards people with mental health problems
- Train staff in ways to help people to be mentally strong
- Train schools in mental health first aid





2. Help women to be mentally healthy while they are pregnant and just after they have given birth.

We plan to have:

- More mental health staff in maternity services
- A new community mental health team for women who are pregnant or who have just given birth
- A special hospital unit for mothers and babies with mental health issues



3. Make it easier for children and young people to get good mental health support.

We plan to:

- Set up a new online way of communicating called “**Digital Thrive**”.





- Have services open 7 days a week and out of office hours



- Look at letting people use the children's and young people's services up to age 25



4. Giving children and young people better support and treatment when they are in a crisis.

We plan to:



- Set up mental health support telephone lines
- Have the same good service for children and young people who go to hospital emergency services



- Have more training for people to know what to do in a crisis



5. Improving the care that we give to the most vulnerable people.

We plan to:

- Have a new community service for children with behaviours that challenge
- Increase training for staff working with vulnerable groups



6. Improve the quality of our services.

We plan to:

- Have clear rules and guidelines so all services know how to provide the same high quality levels of service
- Improve how we work with carers
- Work more closely with the suicide prevention group



How we will do this



The Transformation Board has overall responsibility for making these plans work.



The Board:

- Makes the plans and checks that the plans work



- Checks all the smaller groups work well



- Helps people to be involved and communicate with each other

- Says what different organisations should do



- Decides what should happen



Clinical Reference Group

This sub-group is made up of health professionals.

They make sure that the plans provide the best health care

Listening to children and young people



The Transformation Board will carry on listening to and involving Children and Young People.

They work to understand more about how young children think about feelings.



Communication

We have been working with Children and Young people to design an new website.

We are improving the way we communicate with all the different organisations that are involved in the plan.

For more information



We are going to do all these things by working together with partners across the whole of Lancashire. Here's how you can get involved...

Contact The Lancashire Transformation Partnership at:



email: **healthyyoung.minds@nhs.uk**



Tel: **01772 214 218**



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Easy read by **easy-read-online.co.uk**