

Healthy
young
minds

Lancashire and South Cumbria
Children and Young People's
Emotional Wellbeing and Mental Health
Transformation Programme

Refresh
2020

Our plans for better services

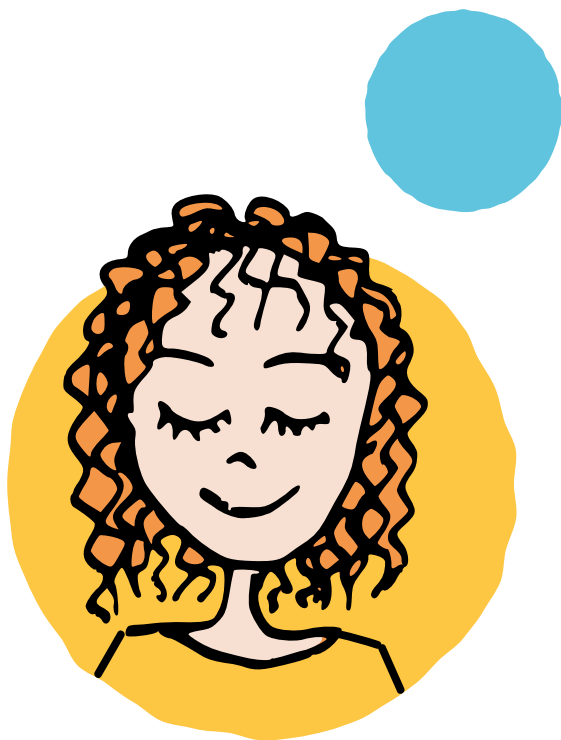
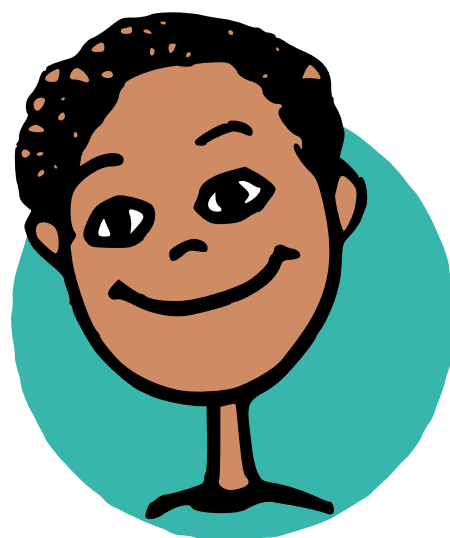


Introduction

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 five 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 earlier in 2019 and our responses in Appendix 5 of the full Plan (Refresh 2019).

The national plans for mental health

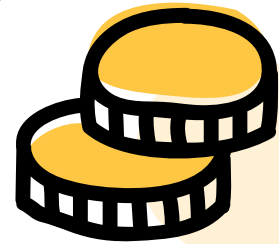
Our work in Lancashire and South Cumbria follows the national plans.

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.



More spending on eating disorder services for children and young people.



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 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.



24/7 crisis care for children and young people through NHS 111.

University students will have improved welfare and 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.

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.

2

Learn from where things have worked well in other places.

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, 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 proposed objectives to work towards by 2021

We have made three of these objectives a priority for this year (2020/21). **These are shown in bold.**

- 1 All Primary Mental Health workers will be trained to deliver the 'schools mental health first aid' one day course
- 2 Each CCG area will deliver a minimum of four 'Mental Health First Aid' courses per year
- 3 We will have confirmed our early support offer to children, young people and their families to avoid escalation, promote recovery and maintain wellbeing
- 4 We will deliver Mental Health support within education settings in line with the 2019-20 Trailblazer programme – Morecambe Bay CCG
- 5 We will deliver Mental Health support within education settings in line with the 2019-20 Trailblazer programme – Blackburn with Darwen CCG
- 6 We will use the learning from the Trailblazer programmes to embed new programmes of work with education settings across the wider footprint
- 7 Our website known locally as 'Healthy Young Minds', will offer information, advice, self-help, care pathways and self-referral for children and young people, parents and carers and professionals
- 8 We will have redesigned the CAMHS Clinical Model in line with THRIVE**
- 9 We will have mobilised the approved 'redesign of CAMHS'**
- 10 We will have a consistent 'Out of Hours' provision
- 11 CAMHS will accept referrals up to 18th birthday and continue to work with young people up to 19th birthday if appropriate and necessary
- 12 We will have developed and agreed an approach to providing Risk Support in each local authority area, including a minimum NHS funded offer
- 13 Through the Lead Provider Collaborative, we will define and deliver specialist inpatient and intensive home treatment in line with THRIVE**
- 14 We will define our offer for '0-25 year olds' that reaches across mental health services for children, young people and adults, providing an integrated approach across health, social care, education and the voluntary sector
- 15 We will implement an 'all age' eating disorder service model in South Cumbria
- 16 We will have implemented recommendations from the '0-19 Eating Disorder Review' (2019) into the future delivery of the All-age Eating Disorder model across the Lancashire & South Cumbria ICS footprint
- 17 We will support families and carers who are caring for children and young people in crisis through access to appropriate crisis training packages
- 18 All hospitals will have training in place for their Paediatric and Emergency Department staff
- 19 We will work with Health Education England (HEE), Skills for Care (SfC), the L&SC ICS and other relevant agencies to inform 'workforce strategies' to deliver the right mix of skills, competencies and experience across the workforce
- 20 Key performance indicators, incorporating the Mental Health Standard Data Set (MHSDS), national transition CQUIN, and CAMHS outcome measures, will be monitored and challenged via the Performance Management Group and reported monthly to the Partnership Board with recommendations for action

What has been achieved so far...

By working together with children, young people, their families and their carers since 2015/16 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. So far we have:

Continued our 'Time to Change' anti-stigma campaign.

We promoted 'Time to Talk Day' which encourages people to have conversations about mental health.

**time to
talk day**

07/02/19

let's end mental health discrimination

Reviewed our community 0-19 year olds Eating Disorder Service to inform service improvements



Increased our social media to support wider engagement.

Posts linking to our refreshed Plan and engagement survey reached:

f 3,893

people through Facebook with 35 engagements

t 542

people through Twitter with 45 engagements.

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.

Created opportunities to improve the skills of staff who work with vulnerable groups.

OPEN

Opened our new Mother and Baby Unit ahead of schedule.

It means more women can be treated closer to home if they need it.

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 2015/16, we have listened to children, young people and their families to better understand their experiences and help us decide what changes are needed:



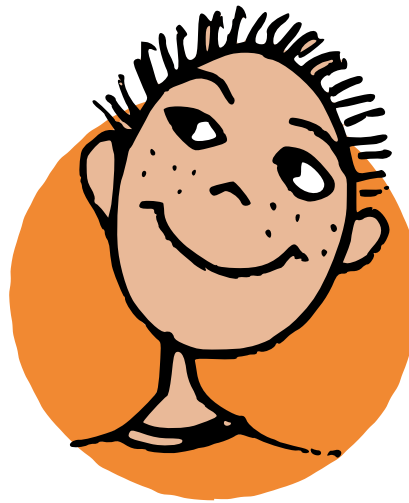
We worked with children and young people to **design our branding and our website**. Together we will agree what information the website should contain and how it will be displayed. In 2019, we will develop the website further, based on ideas from our stakeholders.



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.



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.



time to change

let's end mental health discrimination

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.

