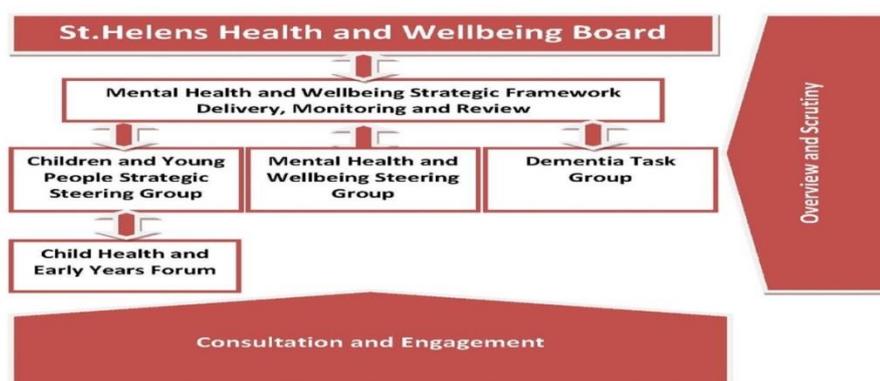


## Annex 1: St Helens Local Transformation Plan for Children and Young People's Mental Health

### Q1. Who is leading the development of this Plan?

The St Helens Mental Health and Wellbeing Strategic Framework, approved by the Health and Wellbeing Board in July 2015, is the foundation for our Local Transformation Plan. The Plan will be monitored through the Children and Young People Strategic Steering Group, and managed by the Child Health and Early Years Forum which comprises all key providers and commissioners across health, education and social care (see below). A multi-agency mental health task and finish group has established to drive delivery in the short term.



The lead accountable commissioning body for St Helens Local Transformation Plan for Children and Young People's Mental Health is St Helens Clinical Commissioning Group, and managed by the Integrated Children's Commissioning Team. Under the strategic direction of the Director Public Health, the team comprises staff from the CCG and Local Authority (Children's Services and Public Health) through a Section 75 Agreement. The team commissions the full spectrum of emotional health and wellbeing and mental health services for children and young people as well as a range of social care or wider children's services contracts including family support services, services for children with disabilities, short breaks, advocacy, CSE service etc.

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### Q2. What are you trying to do?

Through our Strategic Framework we seek to improve access to and improve the quality of provision across the spectrum of need, to test new and more innovative ways of promoting positive mental health and wellbeing, and ensure that help is provided quicker and closer.

Our local plan aims to deliver a more integrated approach 0-19/25, particularly for those with greater vulnerabilities and psychological and social risk factors who do not fit neatly into current tiered models. In particular we want to secure the following:

- Increase the capacity, competence and confidence of the workforce
- Promote mental wellbeing through schools, focussing on resilience and problem

solving

- Promoting early attachment and improved ante, peri and post natal support
- Supporting children and young people at the earliest opportunity
- Targeted support for our most vulnerable young people through integrated multi-disciplinary teams which reduce the need for inpatient care
- Improved access to support for young people in crisis, with care as close to home as possible and in settings comfortable for young people.
- Solutions co-produced with parents/carers and children and young people.

In terms of the additional investment, initially, we propose to strengthen clinical leadership and engagement of children and young people and parents in transformation activity and test new approaches across the following priorities:

- **Self-Harm**

Improve the self-harm pathway diverting young people from A & E and preventing admission/re-admission, build understanding and skills across the workforce and to test initiatives which enable young people to self-care.

- **Children with Autism and/or ADHD**

Increase support through the implementation of the neuro development pathway (including transition) for children and young people with co-existing conditions.

- **Improving access to Eating Disorder Services**

Work with neighbouring CCGs to design and deliver a specialist community based eating disorder service.

### **Q3. Where have you got to?**

Our Mental Health and Wellbeing Strategic Framework, was built on a wealth of engagement and insight from the comprehensive review of the current system was undertaken in 2014/15 which identified a series of gaps and issues.

Key improvements to date include:

- The CCG and Local Authority jointly commissioned an expanded, new early intervention service, operational from 1st July 2015. This includes:
  - Increased face to face counselling for children and young people, extended from 11-19 to those aged 0-19/25.
  - An online counselling service for young people.
  - The establishment and management of, in partnership with 5 Boroughs CAMHs service, a Single Point of Access to ensure that no child or young

person is refused a service.

- Training and Development Programme to build awareness, confidence and capacity across the workforce. This includes training for all schools and settings.
  - Supported self-care through development of information, tools etc.
  - Support for children with unhealthy weight.
  - CAMHs Paediatric Liaison.
  - Improved transitions.
- Partners are working to strengthen capacity and capability within the Youth Offending Service and improve access to appropriate mental health support for young offenders – phase 1 completed August 2015.
  - CCG and Local Authority jointly commissioned Speech and Language Therapy Service (1<sup>st</sup> July 2015) with increased investment by both partners.
  - Commissioned a new model of Community Paediatric Services (1<sup>st</sup> November 2015).
  - Increased investment in early help co-ordination (Sept 2015).
  - Initiated the development of a neuro development pathway (April 2015) to improve families experiences and the timeliness of assessment.
  - Increased the timeliness and quality of initial health assessments for Looked after Children (July 2015).
  - Expanded the remit of the Emotional Health and Wellbeing Panel from LAC to those children subject to child protection and pre proceedings (September 2015).

#### **Q4. Where do you think you could get to by April 2016?**

The additional investment will complement current funding for improvement and development, and in the first year we propose a twin track approach, short term initiatives to build capacity in the system whilst putting in place the foundations of sustainable change.

We are building from a strong base of engagement and insight, having already reviewed the current system and identified gaps. By April 2016 we will have:

- Engaged service users and practitioners in a review of the Self-Harm Pathway;
- Piloted evidence based programmes aimed at young people who repeatedly self-harm through secondary schools;
- Commissioned additional support to parents/carers/families with children with ADHD and/or Autism with co-existing mental health issues;
- Increased the capacity to manage the neuro development pathway for children and young people with co-existing conditions;

- Delivered a waiting list initiative to speed up access to support following referral and assessment;
- Appointed a project manager to co-ordinate the Transformation Plan;
- Established a collaborative commissioning plan for a community based Eating Disorder Service with neighbouring CCGs;
- Recruited and trained a team of children and young people and parents/carers to participate in the redesign;
- Established a project team to redesign transition;
- Established a baseline through the Single Point of Access, including a baseline of destinations for all referrals for mental health support and analysis of presenting need;
- Undertaken training needs audit across the workforce.

In addition we will have:

- Increased face to face and online counselling service for children and young people aged 0-19 exhibiting poor emotional health and wellbeing.
- Supported self-care through development of information, tools etc.
- Delivered 1 mental health campaign and increased use of social media
- Reviewed the systems to support improved emotional and mental health of young offenders

**Q5. What do you want from a structured programme of transformation support?**

A structured programme of transformation support will allow for the continuous development of services to support children and young people of St Helens with improved offer of mental health and well-being services.

It will allow through working with neighbouring CCG's the development of a local community based eating disorder service which will assist in reducing the number of children and young people that require costly in-patient services.

The introduction of the new national dataset will enable us to identify future trends and needs of services giving us the opportunity to model service delivery based on outcomes and anticipated need particularly around early intervention.

The structured programme will also enable us to have dedicated financial support for the introduction and recurrent maintenance of the implemented changes to services which will be monitored locally through the Children and Early Years Forum which is a sub-group of the Health and Well-Being Board and regionally as part of the CCG assurance framework under NHSE.

Plans and trackers should be submitted to your local DCOs with a copy to [England.mentalhealthperformance@nhs.net](mailto:England.mentalhealthperformance@nhs.net) within the agreed timescales

The quarterly updates should be submitted in Q3 and Q4. Deadline dates will be confirmed shortly and are likely to be shortly after quarter end. These dates will, where possible, be aligned with other submission deadlines (eg, for the system resilience trackers, or CCG assurance process).

DCOs will be asked to submit the trackers to [england.camhs-data@nhs.net](mailto:england.camhs-data@nhs.net) for analysis and to compile a master list