

HEALTH AND WELLBEING BOARD

19 FEBRUARY 2019

MEDWAY LOCAL TRANSFORMATION PLAN FOR YOUNG PEOPLE'S EMOTIONAL HEALTH AND WELLBEING 2018/19

Report from: James Williams, Director of Public Health

Author: Ann McNicholl, Interim Programme Lead, Partnership Commissioning

Summary

The Local Transformation Plan (LTP) is refreshed annually. The Health and Wellbeing Board is asked to note the Plan for 2019, which has been approved by NHS England and has been published on the Council's and CCG's website. This report also updates the Board on progress with embedding Medway's Young People's Wellbeing Service.

1. Budget and Policy Framework

- 1.1 The LTP covers all aspects of children and young people's emotional and mental health, with a focus on the transformation journey. As a programme, it runs from 2015 to 2020. The procurement and mobilisation of the North East London Foundation Trust (NELFT) Medway Young People's Wellbeing Service (MYPWS) is the core of Medway's transformation vision and strategy. The summary of Medway's position at this point of the LTP programme is that the service is now embedded and is beginning to develop the additional features that will make a big difference to wider transformation work, for example joint working, supporting early help and workforce development.
- 1.2 The LTP is a public document and also a key metric for NHS England to measure progress in modernising and improving mental health services for children and young people. This ambition continues to be reflected in the new NHS long term plan.
- 1.3 The budget awarded to Medway's LTP in 2018/19 is £1.017m. As in other areas, most of this budget is allocated to the MYPWS and the Eating Disorder contracts, making these services heavily reliant on LTP funding. The NHS 10 year plan for children and young people's mental health will build on the LTP process and the proposals in the recent Green Paper; and we expect that the

funding stream associated with the 10 year plan will enable the funding received through the LTP to continue.

2. Background

- 2.1 The Medway LTP Project Board has oversight of the Medway Local Transformation Plan. The Medway Health and Wellbeing Board considered the original plan in September 2015 and receives annual updates.
- 2.2 The Plan is presented in the same format as previous years and is attached at Appendix A to the report. The refreshed Plan updates the content in the introductory section, describes progress to date and progress in relation to the mobilisation of the MYPWS; as well as updates to the sections on engagement, transformation and data reporting. The purpose, vision and action plan have not changed and the 18/19 priorities reflect the work still needed to deliver the original intentions.
- 2.3 The 2018/19 Plan was discussed at the LTP Board in September. The Board considered the main areas for change in the document. Its next meeting will consider priorities for next year, which the Plan has identified as
 - Schools
 - Awareness raising, potentially led by young people
 - Looked After Children (LAC)
 - Young carers
 - Children living in households where there is drug and/or alcohol dependency.
- 2.4 The Government's Green Paper, "Transforming Children and Young People's Mental Health Provision" outlines a future where schools and mental health services will be better connected; where staff working in schools will be better informed and supported; and where waiting lists for treatment will be shorter. The work Medway are now starting to do with NELFT to build capacity in schools through workforce development and to ensure swift and strong links into mental health services, will put Medway in a good position to benefit from the learning of national trailblazer (pilot) sites and develop its own proposal to be part of a future wave.
- 2.5 NELFT is starting to develop initiatives within schools which provide support and advice and upskill the workforce. These include a consultation line, which opened in January; and joint delivery of support to a small number of key schools with Medway Community Healthcare (MCH) and Medway's Education Psychology Service.
- 2.6 The picture varies, but on the whole emotional health and wellbeing is an issue that Medway schools take seriously and most have taken advantage of the Public Health offer on Emotional Health First Aid, Risk Avert etc. in recent years. It is clear from the wider provider network, however, that more schools each year feel they cannot afford the support they have traditionally provided for individual pupils – particularly counselling.

- 2.7 The SAFE peer mentoring project, which has just restarted in Medway for the last 6 months of 2018/19, reports a reasonably positive picture of the extent of activity within schools in relation to awareness raising about emotional health and wellbeing - and in particular the enthusiasm of pupils to be peer mentors (or Ambassadors, as SAFE call them).
- 2.8 The LTP identifies some groups of children and young people with particular vulnerabilities that need to continue to be prioritised to ensure they are receiving the support they require. They are:
- Looked after children
 - Children with a disability/Special Educational Needs (SEN)
 - Children from the poorest households
 - Children and young people in contact with the criminal justice system
 - Young carers
 - Victims of domestic abuse
 - Young people who are Not in Education Employment or Training (NEET)
 - Children and young people who live in households where there is alcohol or drug dependency.
- 2.9 NELFT is already working with children's services to identify and tackle the issues in relation to LAC; children with SEN (through the primary school project); young people open to them who are also working with the YOT; and young people who are NEET, through close working with the Youth Service.
- 2.10 It is worth remembering that this is not just about NELFT's offer, but about the broader availability of support for these young people and their families, to ensure their particular needs in terms of their emotional wellbeing are acknowledged and met. There is also potential for young people to be actively involved in raising awareness.

3. Progress of New Medway Young Persons' Wellbeing Service

- 3.1 The bullet points below set out key areas where significant progress has been made in the last 12 months:
- Single Point of access is in place. An unannounced quality visit on 17 January found a service well integrated with the wider team; managing risk exceptionally well and delivering a high quality service to young people and their families.
 - A full clinical team in place, with an experienced manager and a low vacancy rate. This has provided stability and enabled the team to thrive and meet challenges more effectively.
 - Clinical care pathways in situ utilising the National Institute for Health and Care Excellence (NICE) concordant evidence based practice. A range of groups are running on the behaviour pathway and young people are finding this a useful style of intervention.
 - The Medway manager is prioritising the development of partnerships with services and agencies across Medway, which is helping to improve communication to smooth pathways, develop mutual understanding and build networks of provision. This is especially the case with local family hubs and the Youth Offending Team (YOT). In addition, the manager

meets regularly with children's social care managers. NELFT is an important contributor to discussions about system wide improvement; and is developing a joint approach with MCH around improving pathways between education and health services.

- Performance is closely monitored on an ongoing basis, in particular waiting list management. Resource utilisation has improved and there is energy and focus around the team that contributes to high attendance figures and an emerging pattern of discharge that is closer to where it needs to be.
- A detailed work plan is in place to ensure urgent/crisis referrals are well managed; and the neurodevelopmental team is being reviewed and augmented.
- Engagement with young people is developing strongly. The Young People's Advisory group meets bi monthly and is growing. It advises NELFT on all aspects of their engagement with young people and several members are trained to participate in staff recruitment.
- Roll out of the MINDFRESH APP to provide additional information and support to children and young people (including those on the waiting list) as well as supporting and complimenting therapeutic interventions. The App will soon be linked to the RiO patient records system which provides greater opportunities to safeguard and assure any clinical application of the App.
- The new forensic CAMHS service is in place, working alongside NELFT staff to enhance the support offered to children and young people with high level and complex presentations.

3.2 The challenges NELFT continues to face:

- The volume and complexity of referrals and open cases, both of which are contributing to a situation where the waiting list is not coming down. A contract variation which will inject additional LTP funding to recruit additional staff to run Saturday clinics and expand capacity has now been agreed.
- Crisis presentations are higher than should be expected. This requires a systemic solution around recognising signs earlier and also ensuring that young people know where they can access help quickly.
- Balancing the running of a busy service with facilitating requests for partnership events and meetings with other service managers.

3.3 Future areas of Focus:

- Further defining role with other agencies and how best to work system wide, making best use of limited resources.
- Better defined role with Early Help and clearer role for Mental Health staff.
- Continuing to enable more supportive transition to adult services for vulnerable children and young people where clinically appropriate.
- Commence work to build capacity in schools by providing training and supervision to support staff regarding lower levels of emotional wellbeing need.
- NELFT will continue to working across Medway and Kent with partners on suicide prevention.

4. Children's Mental Health and the NHS Long Term Plan

- 4.1 The NHS Long Term Plan, published on 7 January 2019, commits to grow investment in mental health services faster than the overall NHS budget. This will create a new ring-fenced investment fund worth at least £2.3 billion a year by 2023/24. Further, the NHS made a commitment that funding for children and young people's mental health services will grow faster than both overall NHS funding and total mental health spending.
- 4.2 This will support, among other things:
- Significantly more children and young people to access timely and appropriate mental health care, including school and college based teams (although the proposal remains to fund these teams in only a fifth of schools and colleges by 2023/24);
 - Greater choice and control over the care they receive;
 - Expanded perinatal mental health care;
 - Universal mental health crisis care via 111.
- 4.3 There is also recognition of the importance of supporting autism diagnosis, with a commitment to test and implement the most effective ways to reduce waiting times for specialist services.
- 4.4 The key dependency for this plan is the ability to recruit sufficient appropriately qualified staff to deliver it. The South East Clinical Network has been working with providers of CAMHS services and other emotional support providers to establish precise workforce needs. This will be used to inform a regional approach to developing the skills and quantifying the level of resource we will need in the medium and long term.

5. Risk management

There are no particular risks inherent in the LTP itself, or to the achievement of its objectives; although the underfunding of children's mental health services impedes our ability to achieve a transformation that is observable to the public.

6. Financial and Legal implications

- 6.1 There are no specific financial and legal implications associated with this report.

7. Recommendation

- 7.1 The Health and Wellbeing Board is asked to note Medway's LTP for 2018/19 and the wider update on embedding the Medway Young Persons' Wellbeing Service.

Lead officer contact

Ann McNicholl, Interim Partnership Commissioning Programme Lead – Early Help
Telephone: 01634 334404 Email: ann.mcnicholl@medway.gov.uk

Appendices

Appendix A - Medway LTP

Background Papers

None