

HEALTH AND WELLBEING BOARD

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MEDWAY LOCAL TRANSFORMATION PLAN FOR YOUNG PEOPLE'S EMOTIONAL HEALTH AND WELLBEING 2019/20

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Summary

The Local Transformation Plan (LTP) is refreshed annually. The Health and Wellbeing Board is asked to note the Plan for 2019/20, which has been reviewed by NHS England and will have been published on the Council's and CCG's website by 31 October 2019. 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 and resolve the additional features that will make a big difference to wider transformation work, for example joint working and workforce development.
- 1.2 The LTP is a public document and a tool for NHS England to measure progress in modernising and improving mental health services for children and young people. The five-year programme took forward the actions from the Five-Year Forward View. This ambition continues to be reflected in the new NHS Long Term Plan which will continue transformation beyond this period.
- 1.3 The budget awarded to Medway's LTP in 2018/19 is £1.017m and as in other areas, most of this budget is allocated to the MYPWS and the Eating Disorder contracts. The NHS 10-year plan for children and young people's mental

health funding stream 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. The last refresh update of 2018/19 LTP was presented to the Board in February 2019 and this paper is the update for LTP refresh 2019/2020 in line with NHS England's statutory reporting timetable.
- 2.2 The Plan is presented in the same format as previous years and the draft version 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 19/20 priorities reflect the work still needed to deliver the original intentions.
- 2.3 At time of this submission of this update, the draft LTP has been reviewed by NHS England and is currently undergoing its final amendments to meet its key lines of enquiry expectations. Areas in need of strengthening have been sighted as health and justice particularly focusing on the full pathway for Children and Young People (CYP) in contact with youth justice and links with MYPWS, workforce planning and development of 18-25-year expansion of services. Submission to NHS England is due by the 18 October 2019 for assurance processes to be completed in time for publishing by 31 October 2019. Any comments from the Health and Wellbeing Board will be addressed in the associated action plan developed by the LTP project board.
- 2.4 The 2019/20 Plan will be discussed at the LTP Board in October 2019 to consider the main areas for change highlighted in the document along with actions against national targets for access and outcomes of services. Priorities for next year need to be agreed but the main areas highlighted in the refresh are:
- Schools / educational establishments
 - Awareness raising, potentially led by young people
 - Looked After Children (LAC)
 - Children with a disability / Special Educational Needs
 - Those involved in the criminal justice system
 - Piloting new opportunities to support and maximise existing care pathway
- 2.5 It is important to note that between the LTP period of 2018/19 and 2019/20 there has been staff changes with a new Programme Lead and Head of Service joining Partnership Commissioning during quarter 3. This has created inevitable delays in the progressing of 2018/19 priorities e.g. Positive Behaviour Support roll-out and the allocation of LTP funding. However, this

also brings renewed enthusiasm to continue drive change through a whole system, transformational approach.

3. Progress of new Medway Young Persons' Wellbeing Service (MYPWS)

3.1 The bullet points below highlight some of the areas progress has been made:

- Single Point of access is being used to triage all referrals. For the first three months of 2019, the service has been receiving on average 248 referrals per month. General Medical Practitioners, carers and A&E remain the top referrals. This has become a useful contact point for professionals.
- The LTP Board approved additional investment to reduce waiting times in September 2018. An additional two-year financial commitment was given to NELFT from the Local Transformation Plan budget in 2018; to reduce waiting lists to meet national target of under 18 weeks wait. This investment (confirmed through contract variation at the end of January 2019) has been used by NELFT to appoint staff to run additional clinics; vary days of delivery (weekend clinics) and to pay existing staff overtime.
- CYP waiting for over 18 weeks for routine treatment is being reported against an estimated trajectory and has been showing a steady decrease in the length of time CYP are waiting to access treatment since April 2019.
- Performance is closely monitored on an ongoing basis at monthly contractual meetings with multi-agency representation. Meetings are now focused into key areas of: technical e.g. data reporting, performance and quality monitoring; and a quarterly strategic meeting.
- NELFT are recruiting more staff with 4 more members of staff joining its Medway team in August 2019 and has halved its vacancy rate between April and August 2019.
- Clinical care pathways in situ utilise 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.
- Service continues to flow reporting data into NHS Digital Mental Health database with no current issues.
- There has been a strengthening of joint working arrangements in tier 4 services and high need cases.
- Recruitment of a new Medway Operations Manager to start October 2019.

3.2 The challenges NELFT continues to face:

- The volume and complexity of referrals and open cases, both of which contribute to a situation where the waiting list is not coming down.
- 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.
- 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 and to support Medway's reapplication to the Department of Health/ Department for Education (DoH/DfE) trailblazer scheme.
- NELFT will continue to work across Medway and Kent with partners on suicide prevention.
- Joined up approach across Restorative Justice, Trauma Informed Practice, Positive Behaviour Support, Public Health, Adverse Childhood Experience's creating a system wide approach.

3.4 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 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.

4. Further activity:

- 4.1 The NHS Long Term Plan and 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 to support mental health and emotional wellbeing. To support this DoH/ DfE developed a national scheme to roll out further support to schools and the creation of mental health teams to work in schools.
- 4.2 A recent submission of a bid to be a trailblazer area for the joint DoH/DfE funded mental health support teams in schools for wave 2/3 was unsuccessful for 2019.
- 4.3 Resubmission is being planned for spring 2020 which allows time to learn from early adopter sites and create a truly collaborate application. The bid will focus on a system change, building a model that impacts on the way all children are supported with emotional health and wellbeing and not focus a need for NELFT intervention. We are looking to create a framework that the Council, its partners and families understand.
- 4.4 Success would bring in substantial additional funding to create teams to work within educational settings and an expansion of workforce which is national challenge.
- 4.5 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, Connect 5 etc in recent years. It is clear from the wider Mental Health provider network, however, that more schools each year feel they cannot afford the support they have traditionally provided for individual pupils – particularly counselling and find current service thresholds confusing.

- 4.6 The SAFE peer mentoring project continues to report a positive picture of the extent of activity within schools in relation to awareness raising about emotional health and wellbeing - and the enthusiasm of pupils to be peer mentors (or Ambassadors, as SAFE call them).
- 4.7 The LTP identifies some groups of children and young people with 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.
- 4.8 NELFT is already working with children's services to identify and tackle the issues in relation to LAC; children with SEN; young people open to them who are also working with the Youth Offending Team (YOT); and young people who are NEET, through close working with the Youth Service.

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

- 5.1 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.
- 5.2 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.
- 5.3 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.
- 5.4 The key dependency for this plan is the ability to recruit enough 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.

6. Risk management

- 6.1 There are no particular risks inherent in the LTP itself, or to the achievement of its objectives.
- 6.2 Reputational damage may occur should funding not be allocated and national targets not achieved. Oversight by the LTP Project Board should ensure all funding is allocated in a timely and effective process.

7. Financial and legal implications

- 7.1 The LTP money is held within the CCG commissioning arrangements and reports to NHS England.
- 7.2 There are no specific financial and legal implications associated with this report.

8. Recommendation

- 8.1 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.

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Appendices

Appendix A - Medway LTP Draft

Background Papers

None