



# Kent and Medway children, young people and young adults' emotional wellbeing and mental health Local Transformation Plan 2021



	Deliverables - 2021/22	Thriving	Getting Advice	Getting Help	Getting More help	Getting Risk Support
<b>Community transformation: Increasing access to services</b>	At least 17,703 children and young people in Kent and Medway will have had at least two contacts with evidence-based mental health services by end of 2021/22 - exceeding the 2020/21 achievement of 15,665 children and young people accessing services (equivalent to 43.7 per cent of children and young people with a diagnosable mental health condition).	Health promotion campaigns and interactive sessions through <b>Good Mental Health Matters</b> and <b>Fantastic FRED</b> (Kent), 'How are You Feeling?' information booklet on accessing support sent to all households across Kent and Medway, Z-cards with information on wellbeing and accessing services for all students (higher and further education) in Kent and Medway.  Strong children and young people's participation offer including online information and support for children and young people through <b>MoodSpark</b> . Online support to families, communities and schools through <b>Kent Resilience Hub</b> and <b>CCG Mental Wellbeing Information Hub</b> .	Available through a number of online and digital platforms which include <b>Kooth</b> , <b>Kent Resilience Hub</b> , <b>MoodSpark</b> (Kent), <b>ChatHealth</b> (Kent) texting service, <b>SHOUT</b> (text Kent or Medway to 85258), <b>School Health</b> (Kent) website, <b>School Health</b> (Medway), <b>A Better Medway Child Health Team</b> and <b>CCG Mental Wellbeing Information Hub</b> .  Advice is also available through all commissioned services.	Available through all commissioned services which include NELFT's services in Kent and Medway including MHSTs, <b>School Health</b> (Kent), <b>School Health</b> (Medway), Emotional Support Teams (Medway), Early Help/Family Solutions, <b>BeYou</b> , <b>PAWS</b> , <b>Mind and Body</b> , <b>Kooth</b> , <b>SHOUT</b> , <b>Emerge Advocacy Service</b> , <b>Specialist Bereavement Service</b> , <b>Intensive Mentoring</b> and a number of suicide prevention initiatives and small local grant projects.  Services and interventions developed around identified groups that face inequality such as adolescents with eating disorders or disordered eating and autism, Looked after Children/Children in Care, Care Leavers, Students, transgender young people and black and ethnic minority groups.	Mainly delivered through <b>NELFT's services</b> with the addition of suicide and specialist bereavement services.  Services and interventions developed around identified groups that face inequality such as adolescents with eating disorders and autism, Looked after Children/Children in Care, Care Leavers, SEND, students, transgender young people and black and ethnic minority groups.	Assessment and interventions available through <b>NELFT Crisis Team</b> . In addition risk support from the network around the child from Forensic CAMHS, A&E, Paediatric and Adult wards, Health-based Place of Safety and Provider Collaborative case managers to support pathway to Tier 4 inpatient care.
<b>Emotional wellbeing and mental health in education</b>	Increasing the number of Mental Health Support Teams live in schools (MHSTs) across Kent and Medway from four to eight by the end of 2021/22. With a target to deliver 21 MHSTs in total by 2023/24, this will give approximately 56.4% coverage of education settings across Kent and Medway.	Whole School Approaches delivered through <b>HeadStart Kent</b> , <b>KCHFT School Health</b> , <b>Medway MCH</b> , <b>Medway Child Health</b> and MHSTs.  Health promotion programme delivered through <b>Good Mental Health Matters</b> , including <b>Fantastic FRED</b> , in Kent. Also through 'A Better Medway Awards' and 'Kent School Award for Resilience and Emotional Wellbeing'.	Advice and guidance for families, children and school staff to advise, signpost and support the emotional wellbeing needs of children, delivered through <b>HeadStart Kent</b> , <b>KCHFT School Health</b> (Kent) including <b>ChatHealth Kent</b> (texting service), A Better Medway, <b>Medway Child Health Team</b> , MHSTs and <b>BeYou</b> .	Individual and group interventions delivered by HeadStart Kent's commissioned services and resilient conversations model, <b>KCHFT School Health</b> (Kent) counselling offer, <b>MCH School Health Team</b> , MHST interventions based on CYP-APT principles, <b>Mind and Body</b> self-harm and risk taking behaviours reduction programme, <b>Salus Intensive Mentoring</b> and delivery of FRIENDS programme, <b>Emerge Advocacy Service</b> , Brief Intervention Service (Youth Service Medway).	Evidence-based assessment and interventions through the <b>Children and Young People's Mental Health Service (Kent)</b> and <b>Young Persons' Wellbeing Service (Medway)</b> .	Assessment and interventions available through <b>NELFT Crisis Team</b> . In addition, risk support from the network around the child from Forensic CAMHS, A&E, Paediatric and Adult wards, Health-based Place of Safety and Provider Collaborative case managers to support pathway to Tier 4 inpatient care.
<b>Young adults</b>	With an ambition to deliver a comprehensive offer for young adults by 2023/24, this year the deliverables are to improve transition between children and adult mental health services and to develop an offer of services, designed by experts-by-experience to meet the needs of the most vulnerable groups.	Coordination of emotional wellbeing and mental health advice and support through online platforms ( <b>Live Well Kent and Medway</b> , <b>Mental Wellbeing Information Hub</b> ) and communications out to pupils, students, <b>A Better Medway</b> and further education settings.	Advice and guidance for young adults available through online platforms and services including <b>Live Well Kent and Medway</b> , <b>KMPT services</b> , <b>BeYou</b> , <b>Mind and Body</b> , <b>Kooth</b> .	Individual and group interventions available through a range of services and providers, including <b>Adult IAPT counselling services</b> , <b>Safe Havens</b> , <b>BeYou</b> , <b>Mind and Body</b> , <b>Kooth</b> , <b>KMPT services</b> including <b>Early Intervention in Psychosis service</b> .	Evidence-based assessment and interventions through <b>KMPT services</b> .	Evidence-based assessment and interventions through <b>KMPT services</b> .
<b>Eating disorders</b>	CCGs to deliver and maintain the waiting time standards for children and young people's eating disorder services of 95% for those in need to start NICE concordant treatment within one week if urgent and within four weeks if non-urgent. The Spending Review provided additional funding for children and young people with eating disorders to be treated by community services.	School nursing services, Public Health promotion and PHSE lessons reinforce healthy eating approaches.  <b>Fantastic FRED</b> and <b>Good Mental Health Matters</b> promote healthy eating to both primary and secondary school aged children in Kent.	MHSTs, <b>Medway Child Health Team</b> , incorporating healthy eating and wellbeing messages into whole school approach.	MHSTs and Medway Emotional Wellbeing Services in schools provide early intervention support to children, young people and families.	<b>NELFT's All-Age Eating Disorder Service</b> and some specific support from eating disorder charities such as <b>BEAT</b> (BEAT is assigned by AAEDS).	Assessment and interventions available through <b>NELFT Crisis Team</b> . In addition, risk support from the network around the child from Forensic CAMHS, A&E, Paediatric and Adult wards, Health-based Place of Safety and Provider Collaborative case managers to support pathway to Tier 4 inpatient care.
<b>Crisis</b>	Continued expansion of 24/7 urgent and emergency mental health response for children and young people to meet 57% coverage by 2021/22 and 100% coverage by 2023/24. Ensure that there is crisis assessment and brief response within emergency departments and in community settings as well as an Intensive Home Treatment service for children and young people who might otherwise need inpatient care, or need support that is greater than the normal capacity of mental health community teams.	Holistic preventative offer available through <b>Live Well Kent and Medway</b> .  Increased wider workforce understanding of crisis intervention and response through new networks and training.	Publicity and information distributed through crisis cards to first responders which includes how to access services and support in a crisis. <b>SHOUT</b> , <b>CCG Mental Wellbeing Information Hub</b> , Open Access pathways including 111.  <b>ChatHealth</b> (Kent) texting service and <b>Kooth</b> .	<b>Single Point of Access</b> to receive crisis support 24/7 via NELFT's crisis team.  Services and interventions include: <b>SHOUT</b> text service, various suicide prevention initiatives, <b>Kooth</b> , <b>Mind and Body</b> and British Red Cross High Intensity User service.	Assessment and interventions available through <b>NELFT Crisis Team</b> . Increased support through acute setting including <b>Emerge Advocacy Service</b> and increased mental health capacity in paediatric wards.  <b>Safe Havens</b> available for young people aged 16 or 17 (dependent on geography).	Assessment and interventions available through <b>NELFT Crisis Team</b> . In addition, risk support from the network around the child from Forensic CAMHS, A&E, Paediatric and Adult wards, Section 136 Place of Safety and Provider Collaborative case managers to support pathway to Tier 4 inpatient care. Increasing the number of locally available inpatient beds through and expansion programme of Kent and Medway Adolescent Hospital.  Recruitment of Associate Director for Children's Crisis and Complex Pathways across Kent and Medway to provide system leadership in the network managing risk and supporting families of the most vulnerable children and young people.

\*Some services/provision sits across a number of needs-based groupings. Not all services/interventions are available across K&M and all 0-25 age groups