



the care forum

# Information Sheet

October 2015

## Children and young people's mental health and wellbeing

### Background

In March 2015 NHS England published the Future in Mind report, aiming to provide more developed and coordinated mental health treatment for children and young people. The Future in Mind report recognises that treating mental health issues for children and young people is vitally important and it is planned that the programme will run until at least 2020 and increase the amount of funding available to mental health services for children and young people.

The ten goals of the Future in Mind report, to be achieved by 2020 are:

1. To improve public awareness and understanding of mental health issues for children and young people with anti-stigma campaigns and providing additional funding for young people to self-care with digital tools and apps.
2. To improve the speed in which children and young people can access effective mental health support by bringing in 'waiting time standards' comparable to those used for physical health treatment.
3. To transform delivery of services to ensure the needs of children, young people and their families are central. This is to be achieved by creating more integrated services between Clinical Commissioning Groups (CCGs), local authorities and other partners. CCGs will be used to create 'lead commissioning arrangements' for each area in order to develop an integrated plan for service delivery.
4. To increase the use of evidence based treatments and services focused on outcomes. This will include additional funding to develop the Independent Access to Psychological Therapy (IAPT) transformation programme and roll it out over the rest of the country.
5. To make mental health support more visible and easy to access. This would be achieved by using 'one stop shop' services in accessible and welcoming environments. Improved communications and more efficient referral systems will also be used, and there are plans to integrate mental health specialists directly into schools (as well as lessons on Personal, Social Health and Economic [PSHE] for students), GP practices, hostels and youth centres.



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6. To ensure that children and young people in crisis are treated as close to home as possible, and in the right environment. This would include ensuring no person under 18 would be detained in a police cell during a crisis period, and to improve access to community based care, including home based treatment to avoid unnecessary admissions to inpatient services.
7. To improve access for parents to evidence based intervention programmes to avoid unnecessary trauma, build better family relationships, improve behaviour and build family resilience. Additional funding will be used to develop early years health services and parenting programmes.
8. To improve the access of the most vulnerable to appropriate care. This is to ensure that those who have experienced sexual abuse or exploitation can receive comprehensive assessment and referral to specialist services.
9. To improve transparency and accountability by developing metrics on access, waiting times and delivered outcomes to hold local services accountable. There will also be surveys conducted every five years on the prevalence of mental health issues in children and young people.
10. To provide training in child development and mental health for professionals who work with children and young people.



These goals will be delivered through Local Transformation Plans (LTPs). These plans will cover the whole spectrum of services including health promotion and prevention work to support children and young people with mental health issues. They will be structured in the following way to bring about the necessary changes in the way services are delivered:

1. Building an evidence base – in order to improve the amount of available information on outcomes more monitoring and research needs to be done. Good sources of data will form the basis of future policy initiatives, provide better care and save money.
2. It is anticipated that the lead of the LTPs will be the CCG working in collaboration with Health and Wellbeing Boards and local authorities.
3. Schools will be given the opportunity to contribute to the LTPs. Children, young people, their families and service providers will all be able to collaborate in the creation of the plans.
4. Further investment for children and young people's mental health will be provided by NHS

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England in areas which can demonstrate robust action planning and which publish LTPs in line with the principles of the report. The content of the report will be created collaboratively between children, young people, families, providers and commissioners.

5. NHS England and the Department of Health have accepted proposals from CCGS on accelerating co-commissioning arrangements for children and mental health. This will provide examples of successful projects for the future.
6. Local commissioning agencies will be required to give a formal declaration of their current investment and the needs of the local population. They will also need to provide information on services they provide as well as staff numbers, waiting times and access to information.
7. All partners, commissioners and providers will sign up to agreed principles covering the range and choice of treatments, the use of evidence based interventions, collaborative practice with children and young people and regular feedback and monitoring.
8. These LTPS will be monitored at a national level by providing standards, support and guidance on a range of treatments, interventions, services and outcomes.

### What is being planned for services in this region?

#### Bristol

Bristol City Youth Council (BCYC) is planning a Healthy Body, Healthy Mind campaign to promote equal recognition for the physical and mental health of young people in Bristol. It places an emphasis on proactive rather than reactive work, early intervention, and seeks to equip young people with the skills to ensure positive mental health. Events to promote good mental health are planned, and mental health champions will be in each school in Bristol.

Bristol CCG and Bristol City Council commissioners invited young people (through Young Healthwatch and BCYC) to discuss the Bristol CCGs Transformation Plan for Children and Adolescent Mental Health Services (CAMHS) and share their ideas alongside several other mental health focused voluntary and community sector young people's groups (including one supported by Off The Record).

Healthwatch Bristol and Healthwatch South Gloucestershire are also working closely with Bristol CCG to support the ongoing re-commissioning of Children's Community Health Services. As part of the re-commissioning process Young Healthwatch co-facilitated a Young People's Reference Group.



### South Gloucestershire

South Gloucestershire CCG is working with Bristol CCG to develop a common strategy and are working in the schemes identified above with some variations based on local circumstances. At the time of publication this is all the information provided to us.

### Bath & North East Somerset

The Emotional Health and Wellbeing Board has applied for extra funding from the government to transform Mental Health and Wellbeing services in B&NES. The funding has been allocated but will only be released for use if the plan is approved upon submission. The final version plan is due to be submitted in October 2015 before a final decision is made. Within the funding that has been allocated a substantial amount has been ring-fenced for services who work on eating disorders. An online survey for Voluntary and Community Sector (VCS) organisations was used to gather feedback until the end of September and this feedback was used to feed back to the initial transformation plan. There is also a Children and Young People's Network Meeting scheduled for 20 October which will also be part of this process for gathering feedback.

### Somerset

Within Somerset a multi-disciplinary approach is being taken to address the transformation plan, involving all key partners including Healthwatch. Workshops have been held, and ideas about the CAMHS pathway gathered to feedback into future developments. At the time of publication no further details had been sent.

### North Somerset

The template letter from Healthwatch England was sent to North Somerset CCG by Healthwatch North Somerset and to date no response has been received.



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