

Lancashire & South Cumbria Children & Young People's Emotional Wellbeing & Mental Health Transformation Plan 2015-2020

Blackpool Health & Wellbeing Board
19 June 2019



Agenda

- Overview of the Transformation Plan
- Key changes and priorities for 2019/20
- Engagement with children and young people
- Interdependencies
- Commissioning Development
- Developments and achievements



Our Vision

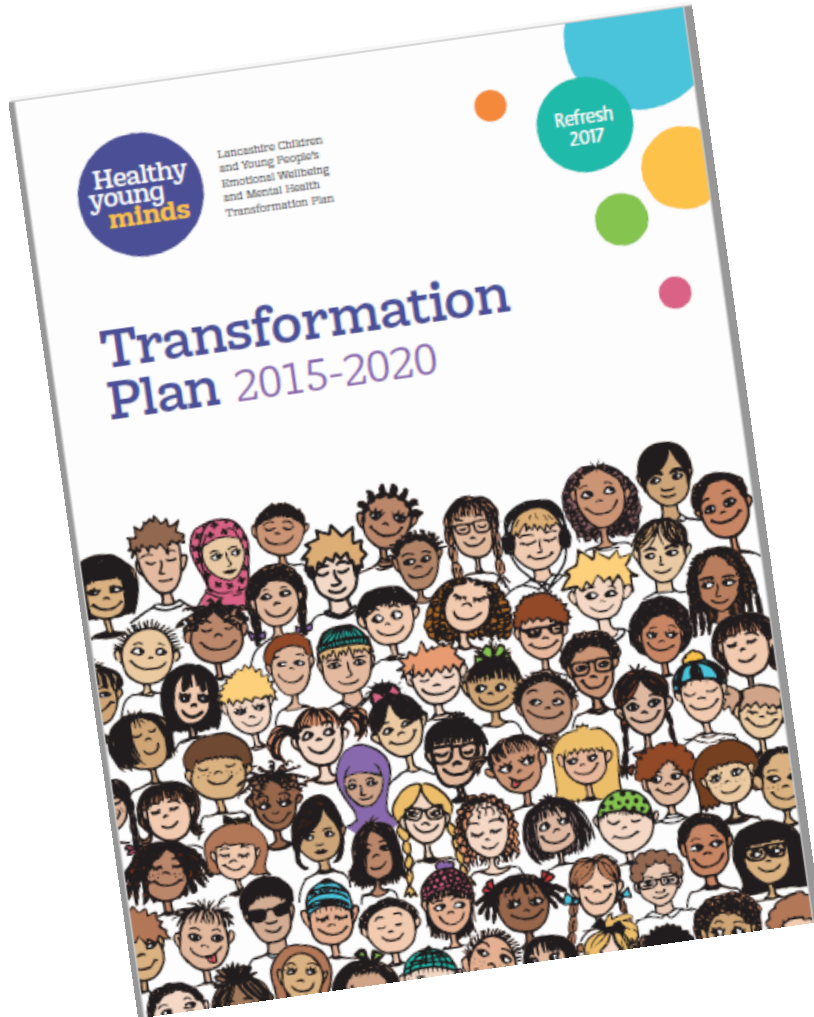
We will work together with children and young people in Lancashire & South Cumbria to support their mental health and wellbeing and give them the best start in life



Lancashire & South Cumbria Children and Young People's
Emotional Wellbeing and Mental Health Transformation Plan



The L&SC Transformation Plan



- A high level plan that clearly sets out the direction of travel – the **‘what’**
- A plan that now reflects the needs of children and young people across the Lancashire and South Cumbria footprint
- Endorses a **‘whole system’** approach to meeting needs
- Recognises the value of working close to children, young people and their families to hear first hand what is important to them
- Aligned to the proposed L&SC Commissioning Development framework for CYPEWMH – **‘place based commissioning’** – the **‘how’**
- Recognises that delivery should be as close to the population as possible – **‘integrated care communities/neighbourhoods’**

Timeline for change

November 2018

Map the objectives from both the Lancashire and Cumbria Transformation Plan

December 2018

Aligned the objectives
Revised our branding
Invitation to key stakeholders across South Cumbria

January 2019

Work continues to align, refine and agree the new Objectives
First draft of the new Transformation Plan

February 2019

4 week consultation period
First joint Transformation Board

March 2019

Responding to feedback
Final revisions to the Plan
Lancashire HWBB
L&SC Board
Development Event
Sign off at the Board
Submitted to NHSE

April 2019

LCC HWBB
LSC Collaborative Commissioning Board
Cumbria HWBB

May 2019

L&SC JCCCG



Key Changes...

- Now a Lancashire & South Cumbria Plan
- Reference to the NHS Long Term Plan 2019
- From 7 - 9 Principles
 - Vulnerable children and young people
 - Culture of continual learning and development
- From 6 – 4 Workstreams
- From 28 – 16 Objectives
- 3 Key priorities for 2019/20
- Narrative that is more robust
 - Vulnerable children and young people
 - Young Carers
 - THRIVE Model
 - Interdependencies
 - Partnerships
- You Said, We Did – responses to:
 - Do you agree with the objectives?
 - Do you agree with the Priorities?
 - Plus wider comments



Our Priorities and Workstreams...

Priorities for 2019/20:

1. Develop an online portal known locally as 'Digital THRIVE' offering information, advice, self help, care pathways and a self referral process
2. Redesign CAMHS and the "Complementary Offer" in line with the THRIVE model
3. Define and deliver appropriate specialist inpatient and community intensive supports as part of 'Getting More Help' within THRIVE

Four key areas of work to deliver the priorities and associated objectives:

1. Promoting Resilience, Prevention and Early Intervention
2. Improving Access to Effective Support
3. Ensuring Appropriate Support and Intervention for CYP in Crisis
4. Improving Service Quality



Engagement with Children and Young People

We have been working closely with children, young people and their families from the start of the programme. Our successes include:

- **Co-designed and produced** the branded documentation and the website framework and content
- We have **engaged** using a range of methods - paper, electronic and social media. Feedback has helped us to better understand patient and carer experience, and inform decision making
- Growth of our **social media** presence via our Twitter channel. In 2018 we also saw the launch of our Healthy Young Minds - LSC Facebook account
- During 2019 we will work with children and young people to **create films** of commonly used venues to allow children, young people, carers and family members to see the location/ layout of a forthcoming CAMHS appointment
- The 2019 evaluation process for the **CAMHS Redesign** will connect with Youth Councils from across L&SC



L&SC ICS Interdependencies

The CYPEWMH Programme is one of a number of key programmes within Lancashire & South Cumbria Integrated Care System and consideration of how we can engage in, influence and contribute to their decision making, planning and delivery, on behalf of children, young people and their families, is a central to our work.

The Programme has identified five key interdependencies:

- Adult Mental Health including the peri-natal programme
- Learning Disability & Autism workstream
- Workforce Development
- Prevention and Population Health and the work of the All Age Self Harm and Suicide Prevention programme



L&SC Commissioning Development Framework for CYPEWMH

- **Local Neighbourhood Commissioned Services** (typically third sector provided services offering low level support, advice and signposting) will be commissioned at ICP/Neighbourhood level
- For Eating Disorder services and Digital THRIVE (online portal), most commissioning activity will be undertaken once at **ICS level by a collective commissioning team** made up of CCG commissioning leads and CSU Programme Team members.
- For services included in the **CAMHS Redesign project** it is recognised that the best place for some commissioning activities, in particular securing services and transforming services, **will need to be determined later** once the clinical model is agreed. This is in recognition of the need to ensure that elements of service delivery are aligned and integrated with neighbourhood teams e.g. mental health support for CYP with LTCs.
- Commissioning for the **All Age Community Eating Disorder** provision is **moved into the CYPEWMH portfolio** from Adult Mental Health to reflect the fact that eating disorders largely begin in childhood/adolescence.
- The responsibility for leading commissioning activity for **inpatient services** will remain with **NHS England** who will work collaboratively with the ICS (including General Adolescent, Eating Disorder and Psychiatric Intensive Care Unit services).



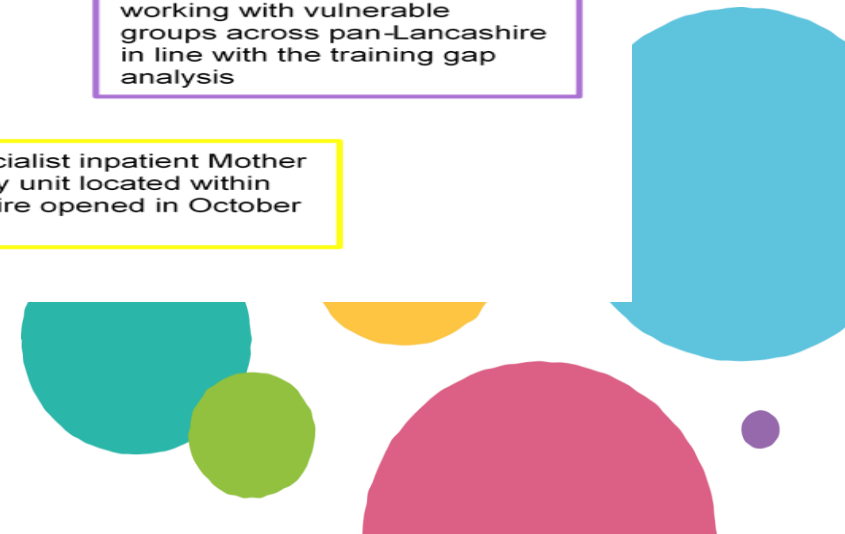
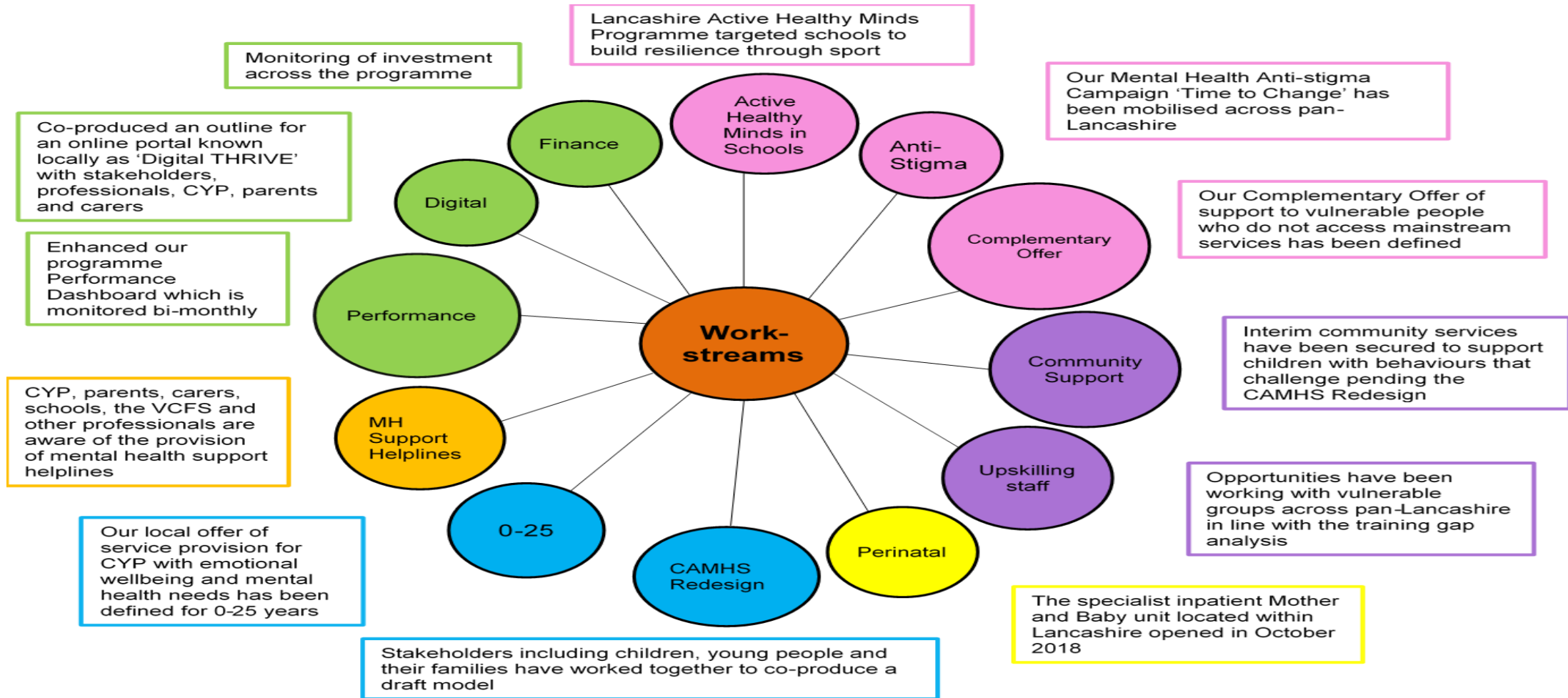
Impact of the Transformation Plan 2015 - 2019



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Our Achievements to date



Primary Mental Health Workers

- Promote the awareness and importance of emotional health and wellbeing for CYP and families
- Provide point of contact between specialist CAMHS, primary and community services
- Provide evidenced based direct therapeutic work with CYP, parents or carers
- Support access to appropriate local services
- Offer consultation, liaison, advice, joint working, direct and indirect intervention if appropriate at an early stage
- Have excellent links with services
- Deliver training and build capacity and capability within community services
- Support schools to identify and address emotional and mental health difficulties



Primary Mental Health Worker across Lancashire and South Cumbria ICS

Bay Health & Care Partners

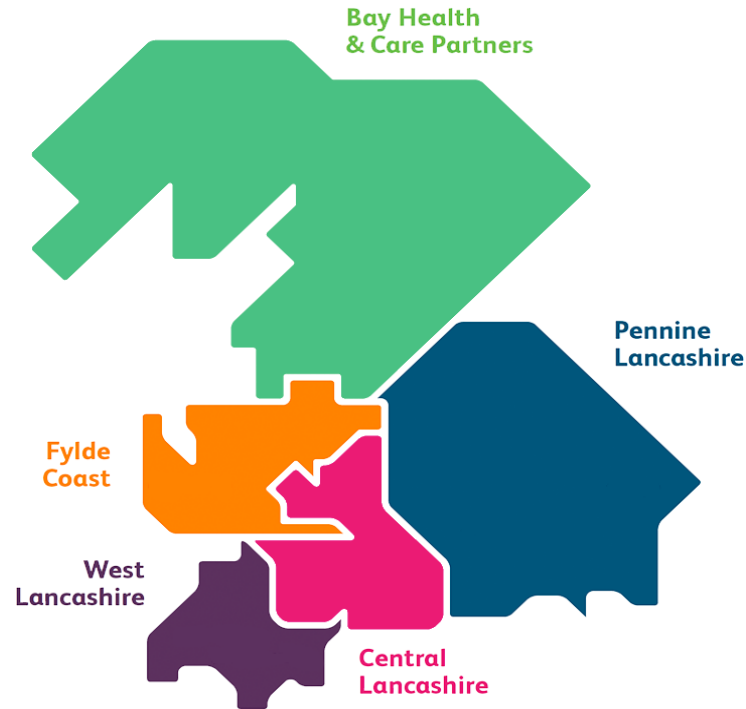
- 4 PMHWs (3 in Lancashire North and 1 in South Cumbria)

Fylde Coast

- 5 PMHWs (3 in Blackpool; 2 in Fylde and Wyre)

West Lancashire

- 1 PMHW



Pennine Lancashire

- 5 PMHWs

Central Lancashire

- 2 PMHWs (1 in Greater Preston; 1 in Chorley and South Ribble)



Feedback...

- *'Referrals have been made to CAMHS and to the CWP's for our pupils, supported by the PMHW, which has led to improved, joined up working and improved outcomes'*
Primary School Deputy Headteacher
- *'I just felt the need to comment that these sessions have been very useful and very successful and were certainly something that we wanted to continue into the future'*
Deputy Headteacher



Youth Mental Health First Aid England



- The government has committed to fund over 3,000 places on the Youth MHFA One Day course over three years, so that by 2020 at least one person in every state secondary school in England has MHFA skills.
- Across Lancashire **49** secondary schools have completed the Youth MHFA One Day course with MHFA England (26 in Lancashire; 6 in Blackpool, 17 in Blackburn with Darwen)
- Cumbria County Council will have trained **46** members of school staff in YMHFA between by March 2019



Delivery of Youth Mental Health First Aid – 2017 - 2019

- 26 courses delivered
- 357 participants
- 12 further Course to be delivered by end March 2019
- 99% of participants reported an improvement in their **personal confidence** of how best to support others with a mental health issue after the course
- 99% of participants reported an improvement in their **knowledge and understanding** of how best to support others with a mental health issue after the course
- For **2019/20** each PMHW team will be asked to deliver 4 courses – meaning 24 courses across the Lancashire & South Cumbria footprint with a potential of 384 participants from the CYP workforce.



Feedback on YMHFA

Like the emphasis on listening to young people

Excellent course, very informative – I gained a lot of knowledge particularly understanding my boundaries which made me feel more confident and less overwhelmed

Excellent course – great having the opportunity to talk to others

What a great input delivered by two experienced knowledgeable trainers. Fast paced. Lots of thought provoking ideas and knowledge departed upon us. I will never forget it. My confidence and skills have increased no end. Looking forward to further MHFA courses.

Self care of people attending the course was addressed well. The direction of the correct terms and language was very helpful and had a positive impact in the room.

Any Questions



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