### Summary:

This document is the 2017 update of Barking and Dagenham’s Children and Young People’s Mental Health Transformation Plan. This local transformation plan (LTP) was first produced in December 2015 and has been refreshed annually since then. It was developed in partnership between the CCG and the London Borough of Barking and Dagenham and our local providers and stakeholders and set out aspirations for how we would achieve whole system change for children and young people’s emotional and mental health in Barking and Dagenham. The plan provided a response to Future in Mind, the national report produced by the Children and Young People’s (CYP) Mental Health and Wellbeing Taskforce in early 2015.

During 2017/18 we have seen considerable progress in developing innovative approaches as well as building resilience through training in schools, a new mentoring programme, and trying out new ways of proving emotional support online. We have with LBBD colleagues developed a SEMH (Social Emotional Mental Health) guidance as part of the LTP (Local Transformation Programme) and close working with LBBD Education and Inclusion Team setting out key principles; a graduated and inclusive approach for CYP (Children and Young People); a targeted parenting programme, online counselling, development of our wellbeing hub, crisis pilots, early intervention in psychosis (EIP) across BHRWF, eating disorders (ED) service across BHRWF, and significant development in our health and justice offer for B&D.

Finally, we have employed a LAC Mental Health Social Worker employed through B&D LTP and linking in with LBBD Social care and NELFT, a Mental Health Advisor (MHA) to work with our schools, a CYP Health and Justice integrated team across BHR and plans to recruit and develop to an Emotional Health and Wellbeing Hub (EHWB).
Recommendation(s)

The Health and Wellbeing Board is recommended to:

(i) To note the content of this report.

Reason(s)

This Child and Adolescent Transformation Plan was initially developed and written in close parallel with the CAMHS needs assessment. In line with Ambition 2020 the key themes that are addressed are around promoting resilience, prevention and early intervention, improving access to effective support; care for the most vulnerable; accountability and transparency and developing the workforce.

1. Introduction and Background

1.1 *Future in Mind* is a national report that was published in March 2015, its purpose was; promoting, protecting and improving children and young people’s mental health and wellbeing. The report was produced by the Children and Young People’s (CYP) Mental Health and Wellbeing Taskforce, who were mandated to consider ways to make it easier for children, young people, parents and carers to access help and support when needed and to improve how children and young people’s mental health services are organised, commissioned and provided. Working towards preventative integrated provision to maximise CYP’s health outcomes.

1.2 Key targets for transformation and B&D:

- Our Mental Health data Set for show that 26.5% of CYP with a diagnosable MH conditions were accessing services (July –September 2017). So approximately 840 CYP in that period.

- The prevalence data from Full Service Review (FSR) by NELFT carried out in 2017 indicates that there are a higher number of children with a diagnosable mental health condition compared with areas across NEL, this is reflective of the population growth data and the deprivation index score in Barking and Dagenham and Redbridge.

- The population of B&D is projected to continue growing between now and 2020. The number of children aged 10-14 years is expected to grow by approximately 4000 CYP and is the largest growth of all the age bands.

- If we extrapolate national prevalence figures for boys (13%) and girls (9%), based on the population growth predicted in section 2.2, a very conservative prediction is that by 2020 at least 4,827 boys and 3,217 girls will have a mental health problem and may require CAMHs service (8,044 children in total). This figure does not take into account any of the social factors which could increase vulnerability.

- By 2020/21, evidence-based community eating disorder services for children and young people will be in place in all areas, ensuring that 95% of children in need receive treatment within one week for urgent cases, and four weeks for routine cases. In B&D from our MH Needs assessment the prevalence of
eating disorders in LBBD for 16-14 year olds is 4.9% as compared to the national average of 2.7%, so significantly higher

- At least 60% of people with first episode psychosis starting treatment with a NICE recommended package of care with a specialist early intervention in psychosis (EIP) service within two weeks of referral. Figures are reported in the report (link attached)

- Health in Justice - By 2020/21, there will be evidenced improvement in mental health care pathways across the secure and detained settings. Access to liaison and diversion services will be increased to reach 100% of the population, whilst continuing to ensure close alignment with police custody healthcare services

- Locality model – CAMHS is a borough wide service which will look link in with the locality model

2. Progress to date

2.1 An Emotional Wellbeing hub has the ability to provide focused engagement work to support vulnerable children and young people and their families and also to develop a system leader approach to supporting those staff who are already working with children and young people, embedding mental health skills and knowledge within a wider workforce, as part of the recruitment:

- The STAR workers (STAR stands for Support, Talk And Recovery) which has been funded through the Barking and Dagenham CAMHS Transformation Plan investment will offer more outreach work and invest in collaborative working with schools and the partner agencies to raise awareness and accessibility to services as well as offering brief interventions and lower intensity interventions.

- An additional recurrent staff resource (4 WTE Band 4 STAR workers) in 2017/18

- Improved productivity in 2017/18 and increase in uptake of lower-intensity work including use of telephone/digital contacts this coupled with the transformation of the existing service means that B&D will achieve significant increased performance against the Five Year Forward (35% CYP with diagnosable MH conditions by 2020).

2.2 Online Counselling - This pilot project is targeting four specific schools in Barking and Dagenham; Barking Abbey School, Robert Clack School, Warren School, and Jo Richardson Community School. The service is aimed at children who attend those schools and a full report of the pilot is available on request which includes details of referral sources (schools, teachers, friends, CAMHS, and internet searches), key presenting issues (anxiety/stress, family relationships, self-worth and self-harm) and details of activity and user views. There has been a significant increase during 2016/17 of new registrations, and reports that 96% of young people would recommend Kooth (online counselling service) to a friend. Young black and minority ethnic (BME) people continue to engage with Kooth representing 45% of young people using the service in the first part of 2016/17.
2.3 The appointment of a **Mental Health Advisor** jointly commissioned between CCG/LA is a key link between CAMHS and schools in B&D.

2.4 **A MH LAC Social Worker** again funded through the LTP is a key resource for both NELFT/LA for this vulnerable cohort.

2.5 BHR were successful in establishing a ‘crisis pilot’ as part of the Urgent and Emergency Care Vanguard in 2016/17. This new model of care, an extension of the home treatment team model is being tested as part of a national evaluation. The Vanguard builds on learning locally about how best to provide care for CYP integrates with the wider urgent and emergency care offer including mental health liaison.

2.6 The **Thrive** approach is a developmental model and framework that can be used to understand and identify social and emotional wellbeing needs of children and adolescents. Thrive practitioners are trained to communicate with children and young people (CYP) therapeutically and deliver interventions to support those with identified emotional wellbeing needs. Thrive was jointly commissioned by B&D CCG and LBBD, for staff within schools to improve the wellbeing outcomes for CYP as part of delivery of the B&D Local Transformation Plan. B&D have a total of 43 Thrive practitioners across 28 schools. Overall participating schools have reported that the Thrive training has raised staff awareness about children’s behaviour and as a school they feel more equipped to manage behaviour and the ability to support more vulnerable children.

2.7 **More than Mentors** is a new and creative model of peer mentoring, co-designed and co-delivered as a pilot study in east London through the Department of Health’s ‘health and social care volunteer fund’, More than Mentors draws on the best evidence from across the field, as part of peer mentoring as a way of preventing significant mental health conditions in young people. However, in practice, often little attention is given to the evidence around recruitment, training and support of these volunteer mentors. Community Links, with a wider partnership team (including East London Foundation Trust and the Anna Freud Centre) are working with adolescent volunteers to further co-develop, test, evaluate and subsequently disseminate an approach which sustainably delivers an effective voluntary peer mentoring workforce across London. As part of peer mentoring work, this programme looks to train young people (aged 14 – 17yrs) in schools and community settings (e.g. Youth clubs) to become peer mentors through a 2 day/5 session accredited programme of learning with schools. We are currently in 6 secondary schools and to date have approximately 150 mentors trained with approximately 450-500 mentees being supported through our mentoring project. Transition pilots and a CYP MH Conference is planned for July 2018 at Richardson School.

2.8 NEL STP commissioners and providers have worked together, supported by the **perinatal clinical network**, to develop proposals to enhance specialist community perinatal mental health services across the area, based on developing an understanding of the projected population needs, current service models and workforce and capacity gaps. This work has informed the development of an STP application for transformation funds.

2.9 The 3 BHR CCGs have developed a joint approach to commissioning additional capacity to the existing **Youth Offending Services** across the area, utilising the...
additional Health and Justice funding made available to CCGs. An additional three clinicians will work with the existing YOS (Youth Offending Services) across BHR: one additional Speech and Language professional and one additional Learning Disability Mental Health professional and one Psychotherapist (focused on Trauma). The proposal has been presented to the CAMHS Strategic Partnership Board and the Youth Offending Service Chief Operating Group (YOS-COG) B&D.

2.10 **Consultation:** As part of B&D’s approach to our LTP we worked closely with our Public Health team to complete a CAMHS Integrated MH Needs Assessment to:

- Understand the mental health needs of the child and young person’s living in Barking and Dagenham
- Understand the services that respond to these needs currently
- Understand the gaps in current provision
- Build a model of response to the identified needs based on robust evidence:

2.11 We have consulted with:

- MH Sub Group B&D
- BAD Youth Forum – evaluation of online counselling services
- Thrive London
- Directors of Commissioning Care and Support
- Draft LTP circulated across LBBD staff
- Public Health

3. **Mandatory Implications**

**Joint Strategic Needs Assessment**

3.1 This LTP should inform future JSNA

**Health and Wellbeing Strategy**

3.2 This report supports and augments key elements of the H&WB Strategy in particular around early intervention in particular around effective early help services, empower adolescents to make informed choices about their sexual and emotional health; more young adults with long term conditions are satisfied with the transition to adult care and support services More young adults with depression are supported through improved access and uptake of talking therapies.

**Integration**

3.3 This LTP updates highlight the significant joint working between CCG and the LA in particular – Education and Inclusion; Social Care, LAC/CIC/YOS and Public Health and the integrated way that these services have been developed.

3.4 Our Task and Finish Groups include NELFT/Education and Inclusion/ PH/CCG and provide a multiagency approach to our work in B&D

**Financial Implications**

Financial Implications completed by: Daksha Chauhan, Group Accountant
3.5 The LTP reports that the expenditure plans for 2018/19 will be similar to 2017/18. The detail is attached in the LTP report. In summary the planned health expenditure on CYP Mental Health was £4.388m for 2017/18 and £0.475m for the Local Transformation Plans. This funding is mainly from the CCG, any commitments from Barking and Dagenham will be met from within existing resources.

Legal Implications
Legal Implications completed by: Lindsey Marks, Deputy Head of Legal Community

3.6 There are no legal implications arising from this report.

Risk Management

3.7 See section 14.4 of the attached LTP plan

Patient/Service User Impact

3.8 None

4. Non-mandatory Implications

Crime and Disorder

4.1 Development of the BHR One Team

Safeguarding

4.2 Safeguarding is everyone’s responsibility. Where safeguarding children’s concerns are identified appropriate referrals must be best made in the interests of the child or young person. Information should be shared, where appropriate; with relevant agencies known to the child or young person in order to safeguard and promote their welfare.

Property/Assets

4.3 None

Customer Impact

4.4 Improving CYP’s access to services in B&D.

Contractual Issues

4.5 None

Staffing issues

4.6 None

5. List of Appendices:
Appendix A: Barking and Dagenham Children and Young People Transformation Plan