

The Children and Young People's Mental Health Local Transformation Plan (LTP)

2021/22

What do children and young people tell us about our plans?

“As an integrated board and as individual organisations within that board we are fully committed to improving our approach to ‘people participation’ and it is an agreed priority for the coming years.”

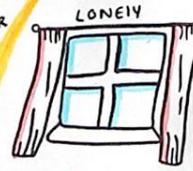
Our young service users kindly gave their views on our Local Transformation Plan [next slide] and continue to work with us on a creating a short film to highlight what mental health transformation means to them.

What is it?

GOV. INVEST MONEY INTO CHILDREN'S + YP MENTAL HEALTH



How to Spread the word



SCARED OF UNKNOWN

THIS WAS GOOD
THIS WAS BAD

YOUNG PEOPLE + THEIR FAMILIES SHARED THEIR EXPERIENCES

SPOKE TO PROFESSIONALS

DOCTORS, TEACHERS, SOCIAL CARE, THERAPISTS

THERE ARE 4 MAIN Ambitions

INCREASING ACCESS TO MENTAL HEALTH SERVICES	INCREASED SUPPORT WITHIN SCHOOLS
EXPAND SUPPORT FOR EATING DISORDERS	DEVELOP THE CRISIS SERVICE, INPATIENT UNIT + HOME TREATMENT TEAMS

SOME STRUGGLE NOT SEEING FACES

DISLIKE / LIKE WEARING A MASK

COVID-19

HOW IT IMPACTED OUR MENTAL HEALTH

THERAPY DIFFICULT ONLINE
↓
SOME PREFER IT

SUDDEN CHANGE IN LEVEL OF SUPPORT

HEALTH ANXIETY
DIFFICULTY ACCESSING A+E

RISE IN EATING DISORDERS

WORRIED ABOUT THE VACCINE / NEEDLE PHOBIA

MISS FRIENDS + FAMILY

CHANGE OF ROUTINE

Local Transformation Plan - 2021/22 -



CONSTANT BATTLE FOR THE SUPPORT WE NEED

NOT DISCREET

CAN I HAVE A WORD?

Schools

- BLMK have 4 teams
- 7 to start in next 2yrs

CALL YOUR PARENTS + CARERS TO MUCH FOCUS ON GRADES

TEACHERS UNSURE HOW TO HELP

LACK OF CONFIDENTIALITY

LOSS OF TRUST

'YOU'RE JUST NAUGHTY!'

NOT ENGAGE IN OUR TREATMENT

ADHD DIDN'T PICK UP ON SYMPTOMS

MH AUTISM

ALWAYS FOCUSED ON WEIGHT

MORE HELP + AWARENESS FOR LBGTQ+ YOUNG PEOPLE

Eating Disorders

EXPAND TO REACH DEMAND

DEVELOP DAY TREATMENT PROGRAM

HOME DAY TREATMENT PROVEN VERY EFFECTIVE

ANDREXIA ARFID BULLIMIA BINGE EATING OSFED

MORE AWARENESS OF ALL EATING DISORDERS

BETTER UNDERSTANDING OF MALE EATING DISORDERS

THINK OUTSIDE THE BOX

WE ALL RESPOND TO TREATMENT DIFFERENTLY

LONG JOURNEY TO HOSPITAL MADE VISITS DIFFICULT

FELT ISOLATED

CRISIS TEAM SHOULD BE 24/7

Crisis

- PROVIDE SUPPORT AT HOME
- REDUCE HOSPITAL ADMISSIONS
- CLOSE HOSPITAL PLACEMENTS
- IMPROVE 111, A+E AND CRISIS LINE
- SHORT TERM INTERVENTIONS

A+E NEED TRAINING: ALL STAFF

SPREAD AWARENESS OF CRISIS SERVICES

LOCAL UNIT TO PROVIDE CLOSE SUPPORT + SHORT TERM CARE

SUPPORT NEEDED FOR FAMILY

SUPPORT IF IN HOSPITAL

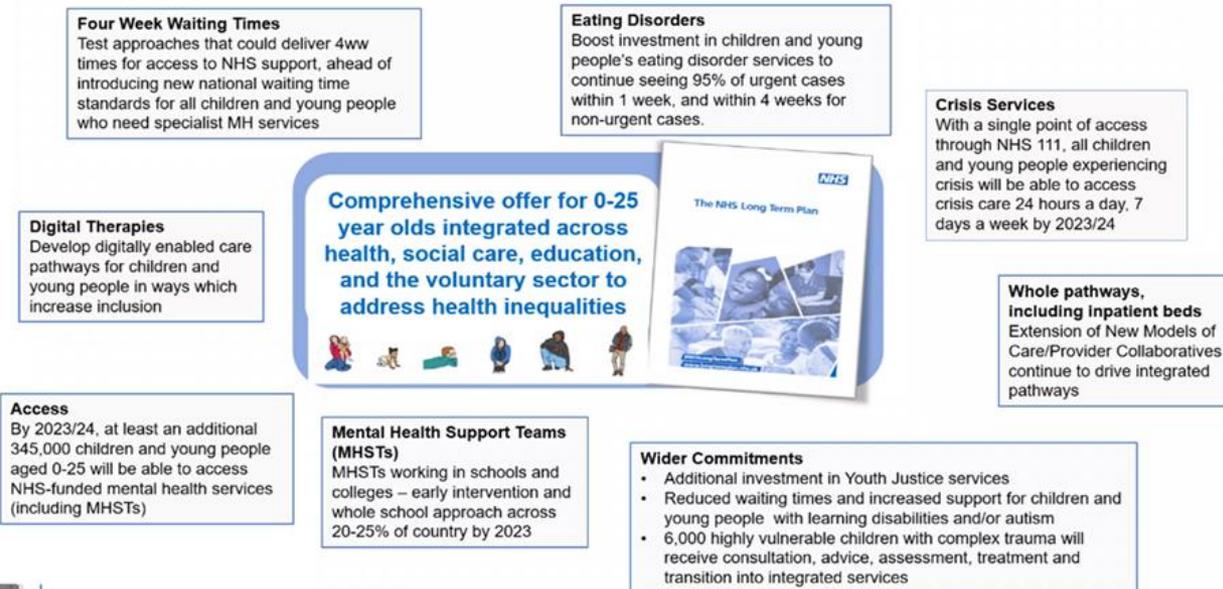
HOME TREATMENT PREFERRED OVERALL WHEN POSSIBLE

Local Transformation Plan



NHS England requires Systems (BLMK CCG) to publish their LTP and report against some key areas known as ‘key lines of enquires’. We published BLMK LTP 2019 – 2021 which can be found on our websites. Our LTP refresh for 2021/22 seeks to share progress against our BLMK ambitions for children’s mental health, and delivery of the NHS Long Term Plan.

NHS Long Term Plan



Structure of our report

:

- How we support our children's mental health; The I-Thrive model
- The impact of Covid on our children
- Key Lines of Enquiry
 1. Transparency and Governance
 2. Understanding our local need and addressing health inequality
 3. Local Transformation Plan
 4. Workforce
 5. Health and Justice
 6. Eating Disorders
 7. Data – Access and Outcomes
 8. Urgent and emergency mental health services
 9. Early intervention in Psychosis
 10. Mental health services and educational settings
 11. Digitally enabled care pathways
- Summary

How we support our children with their emotional wellbeing and mental health in BLMK



Ithrive model

- We provide a range of support for our children based upon the IThrive principles to ensure access to the right support at the right time, and work with our partners to deliver a whole system approach from prevention, to early intervention, to specialist treatment if needed for our children.



Early headlines of the impact of Covid on our children



Effects from the Covid Pandemic on children are still an emerging picture.

We know that our children have been uniquely impacted by the pandemic and lockdown, with NHS research suggesting 1 in 6 may now have a mental health problem, up from 1 in 9.

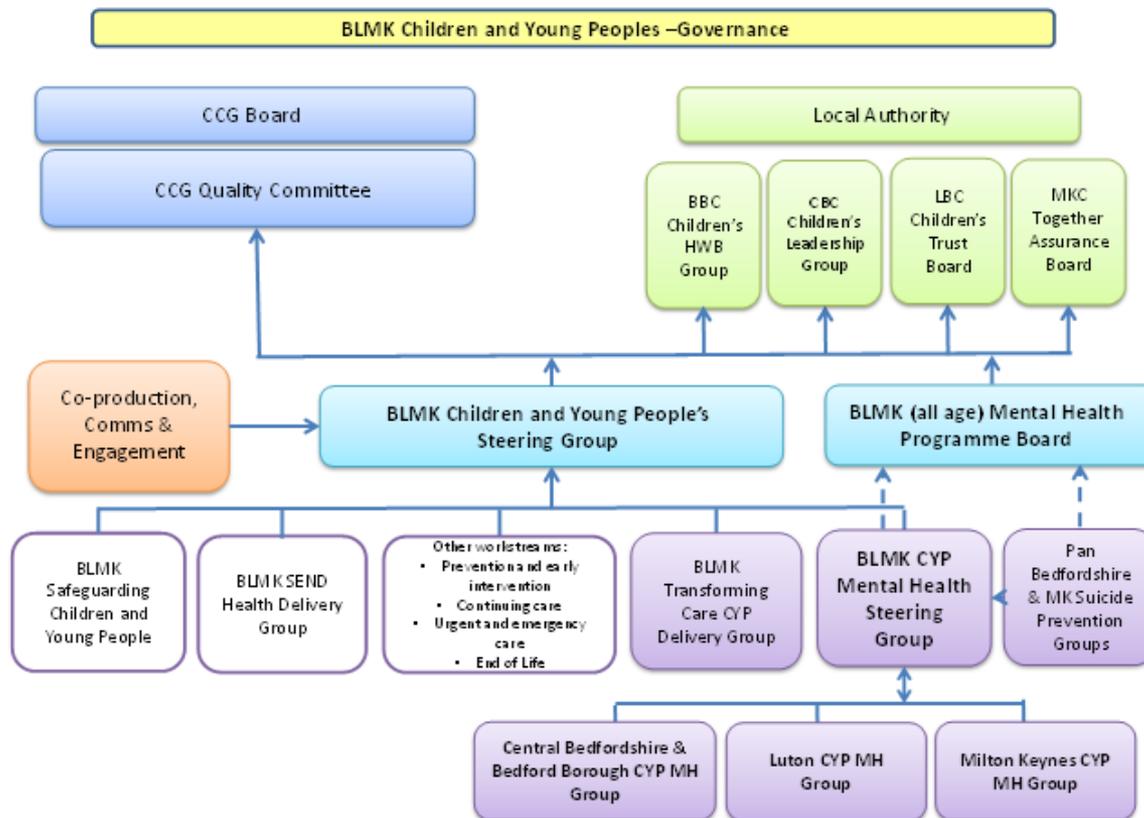
Our specialist Mental Health Providers and partners organisations have made us aware of the following effects:

- Impact on school attendance.
- Disproportionate effect for vulnerable families and increased inequalities for children and young people.
- Dramatic surge in mental health and wellbeing concerns especially for children with other conditions and vulnerabilities.
- A particular spike in eating disorders
- An increase in the numbers of children and young people who have needed intensive mental health care.



Transparency and Governance

We continue to be committed to transparency and robust governance as we develop into an Integrated Care System (ICS).



We will have further strategic oversight and governance from our new ICS
Children Transformation Board

Understanding our local needs and addressing inequalities.

We have a good understanding of children's emotional and wellbeing needs that provides a platform on which to develop our focus for the transformation:

- System partnerships – working together with our 4 Local Authorities and voluntary and community sector to support a child's emotional and wellbeing together.
- Voice of the child – children and young people who have used our emotional and wellbeing and mental health services share their experiences to inform service transformation
- Co-production groups – listening to families, carers experiences to inform needs
- Joint Strategic Needs Assessments - Place based needs assessments include – mental health, Special Educational Needs and Disabilities and impact of Covid
- Monitoring the demographics of children referred and accepted into specialist mental health services to inform ongoing needs, and improving data collection of our most vulnerable children

We have developed a new Integrated Care System BLMK Advancing Mental Health Equalities group focusing on delivering mental health priorities for our children including access to help, experience and outcomes.

Local Transformation Plan ambitions



We continue to strive for continuous improvement in our services for children and young people's mental health and emotional wellbeing by:

- Increasing our **early intervention & preventing** by strengthening our community offer – including increase support for **Primary Care**, launch of our **Discovery College** and delivering and evaluation a **social prescribing pilot**
- Increasing our **Mental Health Support for Schools** teams
- Expanding support for young people with **Eating Disorders**
- Developing a single **crisis service** for all children with the development of an **integrated inpatient services & intense home treatment teams**
- Developing our **Intensive Support Team** to support a young person with a **learning disability** or who are on the **autistic spectrum**.
- Improved system work for our very complex children - launching a new **integrated and personalised pathway** to a child who has been admitted into hospital
- Ensuring positive practices & learning from COVID are embedded – develop our **digital offer**
- **Co-production** is embedded within everything we do
- Integration with **system partners** to develop resilience within local communities



Workforce



Workforce development is central to the delivery of our mental health transformation in BLMK.

- Effectively working with the community and voluntary sector and to support the development of our volunteer workforce.
- Providing virtual career events in Mental Health to engage and attract future workforce
- Collaboratively working to upskill wider health colleagues to support mental health needs, developing skill mix and new workforce roles for example our new emotional wellbeing practitioner training programme.
- Providing a BLMK Keeping Well support Hub to support staff wellbeing and retention
- Considering different modes of service delivery technological for maximising workforce productivity by working closer with Bedfordshire University
- Regularly collecting and reporting workforce information to understanding our local challenges
- Developing expert by experience roles.

We have a BLMK Mental Health workforce strategy and action plan that is driving forward how we are going to deliver our mental health workforce ambitions

Health and Justice



Young People in contact with the justice system are some of our most vulnerable young people. Across BLMK we have:

- Mental health services that specifically link with our Youth Offending Teams (YOT) to ensure that there is quick and early access to care.
- Street triage and court liaison and diversion and are supporting equity of access to age appropriate services across BLMK.
- We provide targeted speech language therapy provision. We are planning to increase this offer within our youth offending services
- There is quick access to school nurses to support the health needs of a young person
- Specialist forensic CAMHS service from NHS England to support the care pathway for a young person.
- Ongoing needs assessments to ensure we are meeting the emotional and wellbeing needs of our young people
- Behavioural Improvement Team – targeted school input to our Pupil Referral Units for those most at risk to reduce behaviours

We continue to be a strategic partner at all our Local Authority place based youth offending boards to ensure that we are meeting these children's health needs.

Eating Disorders



Following the Pandemic we have seen our Children's Eating Disorders teams referral activity increase, with young people presenting with higher needs and some of these children having to access acute paediatric services across BLMK.

Our additional investment into the Children and Young People's Eating Disorder pathway will ensure young people and their families are provided a range of therapeutic interventions. We will be:

- Expanding our Community Eating Disorder Services to meet increasing demand, including Avoidant Restrictive Food Disorders (ARFID) pathways
- Expanding our Children Eating Disorders day programme to provide a daily community based service to young people at risk of requiring admission. This will be a combination of clinic, home and virtual treatment.
- A system wide Clinical Reference Group is supporting this work and developing BLMK guidelines for the physical health management of eating disorders in children and referral processes

We will expand our services to support children with eating disorders

Data, Access & Outcomes



Across Bedfordshire, Luton and Milton Keynes, improving quality of mental health data with our providers and being compliant with data flow to the Mental Health Services Data Set (MHSDS) is a priority for us.

- Our services continue to make good progress with our meaningful Routine Outcome Measures reporting and continue to receive positive feedback from young people and their families.
- Routine Outcome Measures are being recorded directly onto our Providers clinical systems, increased efficiency and quality as previously two separate systems.
- Routine Outcome Measures are co-produced and offered at the appropriate stage in treatment
- Our referral discharge process ensures as many referrals as possible have paired meaningful outcome measures prior to discharge to ensure we are providing not only a timely service but quality service supported by national evidence based outcome measures.

Urgent & Emergency (Crisis) Mental Health Care for children

Transformation investment will provide a comprehensive, integrated Crisis offer that makes best use of systems resources and delivers evidence based models of care for crisis and home treatment this year:

- Children and young people to remain in safe and supported homes
- Avoid unnecessary admission to hospital wherever possible
- When admission to hospital is needed, care is provided as close to home as possible and for an optimal period of time.

Our Extended Home Treatment Team operating hours will proactively work with our community services to avoid admission and to facilitate early discharge:

- Single point of access including through 111 to crisis support, advice and triage
- Will enable the crisis pathway across BLMK to continue providing 7 days working to allow young people presenting in crisis to receive a rapid same day assessment.
- Our Intensive Home Treatment service will include support for our young people with Eating Disorders and Autism and/or Learning Disabilities.
- Offering a single crisis pathway with agreed key principles regardless of clinical need

We will have a single crisis service for our children

Early Intervention in Psychosis

The Early Intervention in Psychosis Services for Bedfordshire, Luton and for Milton Keynes continue to meet the access standard of a maximum wait of two weeks from referral to start of treatment, and provide a service for young people from age 14 . The Bedfordshire and Luton Service also has a provision for people with an At Risk Mental State (ARMS).

- Early Intervention in Psychosis services and CAMHS work together to provide care for all young people under the age of 18 have joint care planning joint policy.
- The service offer includes;
 - Family therapy
 - Work placed / education support
 - Cogitative Behavioural Therapy for psychosis
 - Range of interventions and with outcome metrics

We will develop our ARMS offer for all our children

Mental Health Services

working with education settings

BLMK have four mental health school teams and will mobilise a further seven teams over the next two years. We are currently mobilising three of these teams this academic year.

- Mental Health Support Teams will target areas of greatest need across BLMK.
- The Mental Health Support Teams are provided by ELFT and CNWL who already provide the CAMH services and so there is integration between these services as well as there being smooth care pathways in place so that access to advice and support from CAMHS can happen as quickly as possible as well as access to urgent and emergency care.
- We are working with our Partners to build a comprehensive directory of all prevention and early intervention offers to support a young person's emotional wellbeing.

Provide an integrated whole schools approach with input from Community Voluntary Sectors, 0-19 health and school nursing teams, Early Help and education

Digitally enabled Care Pathways

We are establishing new ways of providing services for our children, building on the rapid mobilisation of our digital care pathway as a result of the Pandemic.

Working with our young people as experts we are reviewing digital opportunities with:

- Reviewing our current digital offer 'Kooth'
- enabling self referrals in every part of the System
- developing Self help / guided self help
- developing a phone App for supporting young people with Eating Disorders
- support young people who are waiting
- what funding routes are available to develop our digital offer

We have brought together a task and finish group that has initially scoped digital options to consider expanding and new digital pathways of care.