

25 January 2018

Subject: Local Transformation Plan for Children and Young People's Mental Health and Wellbeing 2017-18 refresh

Executive Summary

Improving mental health services for children and young people continues to be a national priority and is providing a perhaps once in a lifetime opportunity to deliver large scale service transformation that should significantly enhance the life chances for children, young people and their families.

The importance of this agenda is highlighted by the publication of a recent joint Green Paper (December 2017) by the Department for Education and Department of Health which sets out the ambition that children and young people who need help for their mental health can get it when they need it. Proposals include earlier intervention and prevention, particularly in and linked to schools and colleges.¹

By 2020/21, the national aspiration is that significant expansion in access to high quality mental health care will result in at least 70,000 additional children and young people receiving treatment each year – representing an increase in access to NHS-funded community services to meet the needs of at least 35% of those children and young people with a diagnosable mental health condition.

To realise the national ambition for improvement (Future in Mind and Mental Health Five Year Forward View) the Wiltshire CCG has expanded, refreshed and republished its Local Transformation Plan for Children and Young People's Mental Health and Wellbeing. The plan details how the CCG will utilise the funds and commit to this agenda, to support Wiltshire's goals for change across the whole child and adolescent mental health system. This builds on progress made since the first publication of the Transformation Plan in 2015. Some of our key achievements over the last twelve months have included:

- Significantly improving access to emotional wellbeing and mental health support by reducing waiting times and strengthening pathways for the most vulnerable children;
- Building closer partnerships between education and CAMHS through our trailblazing Thrive Hub programme, expanding the number of secondary schools with CAMHS link workers from six to twelve as well as providing Wiltshire College with a dedicated CAMHS worker;
- Rolling out Youth Mental Health First Aid training to adults who work with and care for children, young people and families;

¹ <https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper>

- Successfully re-commissioned a modern CAMH Service across Swindon, Wiltshire and Bath and North East Somerset, to go live on 01 April 2018, with a much bigger focus on early intervention, improved access and reflective of the national THRIVE model (an updated model for CAMHS). An estimated 200+ individuals (including children, young people and parents/carers) helped shape the new service.

Considering these developments and the latest views and needs of children and young people, the Wiltshire CCG has reviewed the priorities within the Local Transformation Plan. Underpinned by the following strategic objectives, these guide how the CCG will make use of the funding available to drive further improvements.

- **Promoting good mental health, building resilience and identifying and addressing emerging mental health problems early on;**
- **Providing children, young people and families with simple and timely access to high quality support and treatment;**
- **Improving the care and support for the most vulnerable and disadvantaged children by closing critical service gaps, improving support at key transition points and tailoring services to meet their needs.**

Key priorities for the next twelve months will include:

- launching the new integrated CAMH service;
- strengthening transparency and accountability of the delivery of the Local Transformation Plan and local performance to ensure improved outcomes and value for money;
- developing a clear and funded collaborative commissioning plan across Bath and North East Somerset, Swindon and Wiltshire with NHS England Specialised Commissioning to improve crisis care and reduce the number of children and young people being placed far from home and/or in adult wards; and
- developing an effective joint agency workforce development plan to ensure the right workforce is in place to make sure children and young people get the right help they need when and where they need it.

Proposal(s)

It is recommended that the Board:

- i) Notes the progress to date on the implementation of the CCG local transformation plan for children and young people's mental health and wellbeing;
- ii) Endorses the refreshed and expanded plan including its commissioning intentions, local priorities and updated budget proposals;

- iii) Encourages partner agencies to consider contributing their views to the green paper on improving mental health support for children and young people.

Reason for Proposal

NHS England requires Wiltshire CCG to work with key partners (including schools, the voluntary and community sector and importantly children, young people and those who care for them) to review the local transformation plan and ensure it is reflective of local needs and is delivering improvements.

Presenter name: Ted Wilson
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Organisation: Wiltshire CCG

Wiltshire Council

Health and Wellbeing Board

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Purpose of Report

- 1.1 To meet national expectations set out by NHS England and the Department of Health, this report provides a summary of the expanded, refreshed and republished local transformation plan for children and young people's mental health and wellbeing. In doing so, it sets out the Wiltshire CCG's commissioning intentions, local priorities and budget proposals which aim to deliver tangible improvements to local child and adolescent mental health services.
- 1.2 A copy of the full transformation plan can be found by using the following link <http://www.wiltshireccg.nhs.uk/wp-content/uploads/2017/11/WiltshireCCGLTPRefreshDRAFT2017-23-11-17.pdf> An updated child and youth friendly version of the plan is currently being developed with children and young people and will be published in February 2018.

Background

National focus on children and young people's mental health

- 1.3 Nationally, there continues to be a high-profile emphasis on the child and adolescent mental health agenda (Future in Mind Report and NHS Mental Health Five Year Forward View), with the Government committed to making substantial improvements in services by 2020. This commitment is supported by additional investment and focuses on driving improvement across the following key themes:
 - Promoting resilience, prevention and early intervention
 - Improving access to effective support – a system without tiers
 - Care for the most vulnerable
 - Accountability and transparency
 - Developing the workforce
- 1.4 The Government's ongoing commitment to this agenda was recently highlighted by the publication of a new green paper which sets out the ambition that children and young people who need help for their mental health are able to get it when they need it. Jointly developed by the Department for Education and Department of Health, the paper includes proposals to improve mental health support for children and young people. These include a focus on earlier

intervention and prevention, especially in and linked to schools and colleges. Draft plans include:

- Creating a new mental health workforce of community-based mental health support teams;
- Every school and college to be encouraged to appoint a designated lead for mental health;
- A new 4-week waiting time for NHS children and young people's mental health services to be piloted in some areas.

1.5 The government is asking people for their views on the green paper with the consultation closing at midday on 02 March 2018. The link to the paper is <https://www.gov.uk/government/consultation/transforming-children-and-young-peoples-mental-health-provision-a-green-paper>

Local Transformation Plans

1.6 Improvement and transformation is being led by local areas and to support local leadership and accountability, NHS England requires Clinical Commissioning Groups (CCGs) to work with commissioners and providers across health, education, social care, youth justice and the voluntary sector, to develop Local Transformation Plans for Children and Young People's Mental Health and Wellbeing (LTPs).

1.7 LTPs were first published in 2015 and set out how local services will invest resources to improve children and young people's mental health across the 'whole system'. In respect of Wiltshire CCG, the potential funding available to support the implementation of the LTP (excluding eating disorders) is £1.39m however this funding is not ring-fenced, neither is it yet confirmed within the 2018/19 CCG financial plan. At a national level, the non-ring-fenced allocation will continue to increase year on year until 2020/21, and will be included (on a non-ring-fenced basis) within the growth element of CCG allocations. NHS England monitors whether planned spend on the LTP matches the revised budget allocation each year.

1.8 LTPs are 'living documents' and CCGs are required to refresh and republish them on their websites annually. Assurance of the plan is via the CCG planning framework and plans should be signed off by the Health and Wellbeing Board. Working with the local authority and its partners (including children and young people), Wiltshire's refreshed and expanded LTP, sets out a number of local priorities for improvement underpinned by the following strategic objectives:

- **Promoting good mental health, building resilience and identifying and addressing emerging mental health problems early on;**

- **Providing children, young people and families with simple and timely access to high quality support and treatment;**
- **Improving the care and support for the most vulnerable and disadvantaged children by closing critical service gaps, improving support at key transition points and tailoring services to meet their needs.**

1.9 The ongoing development and implementation of the plan is overseen by the multi-agency Children's Trust Emotional Wellbeing and Mental Health Sub Group, with accountability to the Children's Trust Commissioning Executive, Wiltshire CCG and Health and Wellbeing Board. Shaped by the needs and views of children and young people and building on progress made since the plan's initial launch, key achievements over the last twelve months have included:

- Almost 10,000 children and young people from 95 school and college settings took part in a wide-ranging survey about their health and wellbeing;
- Significantly improving access to emotional wellbeing and mental health support by reducing waiting times for both assessment and treatment as well as strengthening pathways for the most vulnerable children;
- Building closer partnerships between education and CAMHS through our trailblazing Thrive Hub programme, expanding the number of secondary schools with CAMHS link workers from six to twelve as well as providing Wiltshire College with a dedicated CAMHS worker;
- Boosted the Kooth online counselling service for teenagers from 100 to 154 hours per month. In 2016/17, nearly 2,000 young people registered for the service;
- 118 schools engaged with the Wiltshire Healthy Schools programme, which supports them to take a whole school approach to emotional wellbeing and mental health;
- Rolling out Youth Mental Health First Aid training to adults who work with and care for children, young people and families with 91 staff trained so far across 70+ primary and secondary schools.
- Successfully re-commissioned a modern CAMH Service across Swindon, Wiltshire and Bath and North East Somerset, to go live on 1 April 2018, with a much bigger focus on early intervention, improved access and reflective of the national THRIVE model (an updated model for CAMHS). An estimated 200+ individuals (including children, young people and parents/carers) helped shape the new service.

Information on further accomplishments can be found at the front of the Local Transformation Plan.

1.10 By 2020/21, the national target for NHS England is to reach at least 70,000 additional children and young people each year who will receive evidence based mental health treatment. This is expected to deliver increased access from meeting around 25% of those with a diagnosable condition locally, based on current estimates, to at least 35%. These additional children and young people will be treated by NHS-funded community services. The expectation is that the implementation of local transformation plans will help deliver this objective.

1.11 Within the context of national policy developments, local progress and challenges and importantly the latest needs and views of children, young people, parents/carers and professionals, Wiltshire’s updated plan details how the CCG will use resources in the best way to drive continuous improvement across the whole system in collaboration with the local authority and other partners.

Transformation funding

1.12 Overall local expenditure on CAMHS has increased from £5.7m in 2014-15 to £6.9m in 2016-17 (this includes funding from the CCG, the local authority and NHS England Specialised Commissioning). The figures mean that Wiltshire spends around £60 per head of the 0-19 child and youth population (as per the Office for National Statistics 2015 mid-year estimates). The increase in funding is the direct result of additional resource that has been made available to CCGs from NHS England to support the delivery of Local Transformation Plans.

1.13 Wiltshire CCG has been allocated the following funding from NHS England. The non-ring-fenced funding is recurrent, grows year on year until 2020 and is included within the overall CCG budget allocation. The table below provides a summary of this funding, its intended purpose and forecasted uplift (please note the figures from 2017/18 are draft and are subject to confirmation from NHS England).

	2015/16	2016/17	2017/18	2018/19	2019/20
Early Intervention	£ 610,565.00	£ 973,840.00 (59% uplift)	£ 1,149,131.00 (18% uplift)	£ 1,390,449.00 (21% uplift)	£ 1,557,303.00 (12% uplift)
Eating Disorders	£ 243,924.00	£ 245,000.00	£ 245,000.00	£ 245,000.00	£ 245,000.00

1.14 In addition to the transformation funding, Wiltshire CCG has also been successful in securing funding from the NHS England Health and Justice Commissioner to address gaps in service provision for children and young people in contact with directly commissioned health and justice services. These are Liaison and Diversion, Secure Children’s Homes and Sexual Assault Referral Centres.

- £40k per annum is being used to support a joint project with Bath and North East Somerset CCG to improve psychological support from Oxford Health CAMHS for children and young people who display harmful and/or problematic sexual behaviours.
- £50k per annum is supporting Oxford Health CAMHS to provide better assessment, triage and support for children and young people who come into contact with the Swindon and Wiltshire Sexual Assault Referral Centre (SARC). This is a joint Swindon and Wiltshire CCG project.

Assurance of funding

1.15 NHS England will assure CAMHS transformation funding through the CCG planning framework. Commissioning intentions, local priorities and budget proposals shall be reflected within the CCG Operational Plan as well as the Bath & North East Somerset, Swindon and Wiltshire Sustainability and Transformation Plan. The CCG will be required to submit regular returns to NHS England regarding progress and compliance with national expectations.

1.16 NHS England requires CCGs to clearly demonstrate how CAMHS transformation plans and funding are linked with other services and support that are being provided for children and young people locally. In short, they want to be assured that the CCG is working with the local authority and its partners across the whole system to progress change. Within this context, the CCG will continue to ensure that CAMHS funding is linked with other income streams, including Early Intervention in Psychosis, Parity of Esteem, as well as local authority and school funding.

1.17 In addition to funding for CCGs to improve local services, NHS England has invested significant monies nationally to:

- Fund expansion of the Children and Young People's Improving Access to Psychological Therapies (IAPT) programme;
- Deliver improvements to perinatal mental health care;
- Improve inpatient services for children and young people;
- Build workforce capacity;
- Support innovation and development of online support;
- Specifically support the mental health needs of children with learning disabilities and those in the youth justice system.

Main Considerations

1.18 The local transformation plan and its refreshed priorities have been developed in response to the needs and views of children, young people, parent's carers and professionals. A summary of key challenges from their perspective is given below.

Key challenges

- *Moving from an out of date fragmented system to a modern integrated model of coherent support that provides the right help at the right time in the right place, including a shift in culture where CAMHS is seen as a whole system that is made up of a variety of agencies and organisations working together.*
- *Improving outcomes for children and young people and achieving better value for money by directing more resources upstream on early intervention and prevention. To include providing better access to early help and support in schools and other community settings.*
- *Too many referrals to CAMHS do not meet the service criteria. Better information and training is therefore needed for professionals so that they are able to refer or signpost children and young people to right help they need.*
- *Demand for services is rising. Without additional investment and capacity in the system the right help for children, young people and their families cannot be provided when and where they need it. A key issue is providing the right help and support for teenagers who make up the bulk of demand in respect of CAMH services.*
- *As is the case across the country waiting times are continuing to increase – reducing waits for assessment and treatment is perhaps the biggest challenge locally.*
- *Improving transitions for young people to adult mental health services.*
- *Reducing the need for mental health related hospital attendances and admissions and length of stay. To include addressing the shortage in the local supply of the right Tier 4 CAMHS inpatient beds to stop children and young people having to be treated far from home.*
- *Ensuring appropriate emotional wellbeing and mental health support is available for the most vulnerable children and young people.*
- *Putting an end to children and young people in mental health crisis being detained in custody.*

Local priorities

1.19 The following local priorities have been developed to respond to the local challenges and align with the recommendations set out in the Mental Health Five Year Forward View and Future in Mind.

- **Mobilise and implement a new integrated CAMH Service** across Bath and North East Somerset, Swindon and Wiltshire in line with the THRIVE model. To include:
 - A single point of contact
 - Closer partnership working with schools and multi-agency children's services teams

- A whole system approach with better joint working and information sharing
 - Provision of talking therapies
 - No more declined referrals
 - Community based interventions and treatment
 - Good quality digital service offer
- Finalise and begin the implementation of a Bath and North East Somerset, Swindon and Wiltshire wide **multi-agency workforce development plan** detailing how we will build capacity and capability across the whole CAMHS system, including provision of a dedicated budget to enable continued investment in the Children and Young People Improving Access to Psychological Therapies Programme.
 - Develop a comprehensive and **coordinated offer of parenting support** to help parents/carers better meet the emotional wellbeing and mental health needs of their children.
 - Develop and present a business case to Wiltshire CCG with the aim of placing **counselling from large GP surgeries** in areas of greatest need on a sustainable financial footing from 1 April 2018.
 - Establish a clear **all-age joint-agency sexual assault referral pathway** for emotional wellbeing and mental health across Swindon and Wiltshire.
 - **Improve transition** from CAMHS to adult mental health services by providing a more flexible offer to children and young people aged 16+ through Bath and North East Somerset, Swindon and Wiltshire wide review of the transitions pathway and associated protocols.
 - Develop a Bath and North East Somerset, Swindon and Wiltshire wide **collaborative commissioning plan** between tier 3 and tier 4 CAMHS with the aim of reducing hospital admissions and out of area placements. To include:
 - Fully embedding an enhanced CYP mental health liaison model in all three acute hospitals across Bath and North East Somerset, Swindon and Wiltshire
 - Submission of a bid to the Department of Health Beyond Places of Safety Grant scheme to establish an out of hours psychiatric assessment centre for children (and potentially adults) for Bath and North East Somerset, Swindon and Wiltshire with the aim of avoiding inpatient admissions
 - Improve joint working between health, education and social care as well as enhance community CAMHS home treatment to enable a shift from placements to the provision of community packages of support where possible
 - Consider the development of a Swindon and Wiltshire Children and Young People Crisis Care Concordat to provide a more coordinated response to CYP in crisis

- **Improve access to community based treatment** through increased investment in Oxford Health CAMHS as part of re-commissioning as well as ensuring requirements to flow data to the national Mental Health Services Dataset are included within all CCG funded service contracts.
- Continued focus on **driving down waits** for both referral to assessment and referral to treatment.
- Undertake a review of how we provide the **right emotional wellbeing and mental health support offer to primary age children** and those in the early years.
- Take positive and helpful steps to **support schools to provide a more consistent and equitable good quality offer of counselling**.
- Continued focus on prevention and promotion of positive wellbeing and further **action to tackle stigma and discrimination** through ongoing development of the Wiltshire Healthy Schools Programme, OnYourMind website, Anti-bullying initiatives and through children and young people's participation and involvement.
- Further enhance the **OnYourMind website** to help people understand what services and support are available and how these can be accessed.
- Work across CAMHS and social care to develop a more robust **emotional wellbeing and mental health pathway for Looked After Children** and children and young people at risk of Child Sexual Exploitation as well as Unaccompanied Asylum Seekers.
- In the context of the STP and having one shared CAMHS provider, consider the **closer alignment of priorities and resources across Bath and North East Somerset, Swindon and Wiltshire**, with the potential development of a BSW Local Transformation Plan for Children and Young People's Mental Health and Wellbeing in 2018.

Draft budget subject to review following CCG budget setting process

1.20 Details of the use of transformation funding to support local priorities are given below.

Planned Income (£)

Transformation funding for early intervention	997,212.00
Transformation funding for eating disorders	245,000.00
Health and Justice funding	90,000.00
Total	1,332,212.00

Planned Expenditure (£)

Joint agency workforce training and development	25,000.00
Primary CAMHS	1,036,649.00

Community based eating disorder service	245,000.00
Digital service developments	16,000.00
Other service developments	10,000.00
Total	1,332,649.00

Recommendations

1.21 The Board is invited to approve the following recommendations:

- i) Notes the progress to date on the implementation of the CCG local transformation plan for children and young people's mental health and wellbeing;
- ii) Endorses the refreshed and expanded plan including its commissioning intentions, local priorities and updated budget proposals;
- iii) Encourages partner agencies to consider contributing their views to the green paper on improving mental health support for children and young people.

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