

**Wiltshire Council**

**Health and Wellbeing Board**

**17 October 2018**

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**Subject: Local Transformation Plan for Children and Young People's Mental Health and Wellbeing 2018-19: Refresh**

**Executive Summary**

Improving mental health services for children and young people continues to be a national priority. This ambition is informed by the [Future in Mind](#) and the [Mental Health Five Year Forward View](#). It is developed in 'Transforming Children and Young People's Mental Health Provision: a [Green Paper](#)' (December 2017, Department for Health). The latter sets out the objective that children and young people who need help for their mental health can get it when they need it.

To progress Green Paper priorities, the government is establishing trailblazer areas to pilot:

- a new mental health workforce of community-based Mental Health Support Teams, created using a recruit-to-train model;
- a new 4-week waiting time for NHS children and young people's mental health services;
- designated leads for mental health in every school and college.

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.

Together with Bath and North East Somerset, Wiltshire has submitted a joint Expression of Interest to NHS England to become a trailblazer site for two key initiatives within the Green Paper – the establishment of Mental Health Support Teams, and to pilot a 4 week wait 'referral to treatment' time.

If successful, these initiatives will support the Wiltshire Council and CCG's drive to meet the national ambitions above. In addition, the CCG is expanding, refreshing and republishing 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 key achievements over the last twelve months include:

- Successful re-commissioning of a [modern CAMH service](#) across Swindon, Wiltshire and Bath and North East Somerset;
- Implementation of the ['harmLESS'](#) online tool for adults who have contact

- with young people who are self-harming;
- Development of the 'wellbeing team' – CAMHS practitioners embedded in schools, colleges and children's services teams including children in care, child sexual exploitation, support and safeguarding and youth offending teams;
  - Continued provision of Kooth online counselling for teenagers.
  - The Eating Disorder Service (TEDS) achieving the national target for waiting times for both urgent and routine referrals;
  - Increased number of schools on the Wiltshire Healthy Schools programme;
  - Mentoring of 45 children in primary schools in 2017-2018;
  - Delivery of targeted parenting programmes to 139 parents;
  - Delivery of Youth Mental Health First Aid Training to 154 staff;
  - Extension of a counselling service project to 5 GP practices in North and West Wiltshire;
  - Support of an all age sexual assault referral pathway across Swindon and Wiltshire, including community counselling, with funding from the Health and Justice Commissioner (to support paediatric centres of excellence);
  - Embedding of staff member as part of the resource to address harmful sexualised behaviours.

Monitoring and evaluation of these services is ongoing and has helped to inform key priorities for the next twelve months which will include:

- Implementation of Mental Health Support Teams trailblazer and waiting time initiative (pending outcome of bid);
- Development of an ASD/ADHD pathway which addresses gaps in support for children and young people with low level anxiety and other mental health and emotional wellbeing needs;
- Progression of a Bath and North East Somerset, Swindon and Wiltshire wide multi-agency workforce development plan;
- 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 Getting More Help and Crisis/Risk Support CAMHS with the aim of reducing hospital admissions and out of area placements.
- Develop a more robust emotional wellbeing and mental health pathway for children living in care, children at risk of Child Sexual Exploitation, and Unaccompanied Asylum Seekers.

### **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.

**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

**Title:** Community and Joint Commissioning Director and Group Director  
– North and East Wiltshire Group

**Organisation:** Wiltshire CCG

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

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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 Wiltshire Council and the 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.wiltshirepathways.org.uk/wp-content/uploads/2017/05/DRAFTWiltshireCCGLTPRefresh2018-v5.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 2019.
- 1.3 Nationally, there continues to be a high-profile emphasis on the child and adolescent mental health agenda (Future in Mind Report, NHS Mental Health Five Year Forward View, 'Transforming Children and Young People's Mental Health Provision: A Green Paper'), 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, especially in, and linked to, schools and colleges;
  - Improving access to effective support – a system without tiers;
  - Care for the most vulnerable;
  - Accountability and transparency;
  - Developing the workforce.
- 1.4 The three key elements of proposed changes in the Green Paper are:
  - To incentivise and support all schools to identify and train a Designated Senior Lead for Mental Health with a new offer of training to help leads and staff to deliver whole school approaches to promoting better mental health

- To fund new Mental Health Support Teams, supervised by NHS children and young people's mental health staff, to provide specific extra capacity for early intervention and ongoing help within a school and college setting
- To trial a four-week waiting time for access to specialist NHS children and young people's mental health services, as the Support Teams come online. This builds on the expansion of specialist NHS services already underway.

### Local Transformation Plans

- 1.5 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).
- 1.6 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. Note: this funding is not ring-fenced, neither is it yet confirmed within the 2019/20 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.
- 1.7 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.
- 1.8 The ongoing development and implementation of the LTP has previously been overseen by the Emotional Wellbeing and Mental Health Sub Group of the Children's Trust Commissioning Executive. Following the transition from the Children's Trust to the Families and Children's Transformation

(FACT) Board, the future oversight of the LTP will be the responsibility of the Integrated Mental Health Group (subject to confirmation), in addition to the 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:

- Successful re-commissioning of a modern CAMH service across Swindon, Wiltshire and Bath and North East Somerset. The new service went live on 01 April 2018 and places more emphasis on early intervention and improved access - reflective of the national THRIVE model (an updated model for CAMHS).
- Publishing of [thematic reports](#) following analysis of findings in the Wiltshire Children and Young People's Health and Wellbeing survey (10,000 responses from 95 school and college settings). Findings are being shared locally to help plan future services, and are being used to better understand need in these cohorts.
- Implementation of '[harmLESS](#)' – a resource for adults who have contact with young people who are self-harming. The online resource is designed to help professionals talk about self-harm with a young person so they can decide what support might be helpful. Training has been delivered to staff in all Thrive Hub Schools and Colleges, GPs and social care practitioners. Staff embedded in social care are trained to train in their host teams. Clinical Team Managers report that it has improved the quality of referrals and helped to direct YP to the right level of the service.
- Maintained partnership working between education and CAMHS by continuing with the Thrive Hub initiative in 12 secondary schools and a co-located worker within Wiltshire College of Further Education. This way of working continues to provide students with earlier support.
- Continued provision of Kooth online counselling service for teenagers. In 2017/18, 1800 Wiltshire young people registered for the service with 895 chat sessions. Messaging, article views and forum hits increased on 2016/17 figures. Top issues presented by males and females were anxiety/stress, family relationships and friendships. 99% of those who accessed the service said they would recommend it to a friend.
- The Eating Disorder Service (TEDS) performance data showing achievement of the national target for waiting times for both urgent and routine referrals.
- Increased number of schools on the Wiltshire Healthy Schools programme to 138 (76 accredited) and input at Healthy Schools conferences on mental health provided by The Charlie Waller Memorial Trust. The [Wiltshire Healthy Schools website](#) has been used to enable schools to access a range of information and support on emotional wellbeing and mental health.

- Mentoring to 45 children in primary schools in 2017-2018. 88% of girls and 55% of boys scored higher on the outcomes web at the end of the intervention. Children reported feeling that there were people that really cared about them, they look forward to the future and enjoy spending time at home.
- Delivery of 17 group sessions of the Ministry of Parenting STOP and PITT STOP programme between January 2017 and July 2018 - attended by 139 parents. 86% reported the group had made a difference to their teenager's behaviour, and 84% reported the group had made a difference to their relationship with their teenager. 96% felt that the group had met their expectations and 100% felt supported/very supported by the group facilitators. 8 groups are planned to start in Sept/Oct 2018.
- Delivery of Youth Mental Health First Aid Training to 154 staff in 2017/18 - across primary and secondary schools. Courses were also provided for professionals working in local authority children's services.
- Direct support to Wiltshire families and children's services via the embedded CAMHS Early Help Team. 148 children and young people were helped either through direct clinical input or consultation to a professional involved in their care in 2017/18 and 9 training events were delivered to 140 staff and associated professionals. 5 'information & advice' sessions were held in schools with 104 parents and staff attending. Until it ended in July 2017, the team also under-took therapeutic group work with the Early Help LGBT young person's group. Staff successfully migrated to embedded positions with the Support and Safeguarding Service (SASS) as part of the Wiltshire Council's children's services transformation.
- An embedded whole time equivalent clinician providing regular consultation, training and support to the LAC Health Team and CSE team as well as working directly with a number of children and young people who would not otherwise have been able to access CAMHS therapy. This has improved the emotional wellbeing and mental health pathway for looked after children and those who are victims of child sexual exploitation.
- Establishment of a Wiltshire School Mental Health Network in 2017 (10 face to face local training sessions for staff from primary schools, secondary schools and early years settings on a range of issues related to mental health). The project also engaged Wiltshire schools with 20 online webinars and a mental health book club, with support from the Charlie Waller Memorial Trust <https://www.cwmt.org.uk/>.
- Extension of a counselling service project to 5 GP practices in North and West Wiltshire reaching 71 young people and covering such issues as anxiety/stress, family problems, bullying and peer relationships.
- Skilling up 10 Thrive Schools to deliver the Kidscape peer mentoring programme. **20 staff and 317 peer mentors were** trained and supported **362 mentees** supported by their peer mentors

- Development of an all age sexual assault referral pathway across Swindon and Wiltshire with funding from the Health and Justice Commissioner to include AIM and AMBIT training to staff.
  - Three Time to Change training events (<https://www.time-to-change.org.uk/>) enabling secondary school staff to access hard copies and online educational resources to engage young people to address stigma around mental health.
  - Promotion of the national Reading Well campaign, particularly through secondary schools, with at least 2 copies of each book available in each Wiltshire library.
  - With Swindon, supported two paediatric centres of excellence in Bristol and Exeter (open Oct 2018) in which an embedded CAMHS worker provides specialist consultation and advice, joint assessments, training and some direct interventions to enhance the pathway for these young people.
- 1.9 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.
- 1.10 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

- 1.11 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.
- 1.12 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.

	2015/16	2016/17	2017/18	2018/19	2019/20
Early Intervention	£610,565	£973,840 (59% uplift)	£1,149,131 (18% uplift)	£1,390,449 (21% uplift)	£1,557,303 (12% uplift)
Eating Disorders	£243,924	£245,000	£245,000	£245,000	£245,000

1.13 In addition to the transformation funding, Wiltshire CCG was also 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. Of this:

- £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

1.14 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.

1.15 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.

1.16 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**

1.17 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 can be found in the full version of the [transformation plan](#). These include:

- 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;
- Directing more resources upstream towards early intervention and prevention and to include providing better access to early help and support in schools and other community settings;
- Information and training for professionals so that they can refer or signpost children and young people to right help they need;
- Meeting rising demand, particularly for teenagers for whom there is greatest demand;
- Reducing waiting times for assessment and treatment (a national issue);
- Improving transitions for young people to adult mental health services;
- Reducing the need for mental health related hospital attendances, admissions and length of stay. This includes addressing the shortage in the local supply of the right 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

1.18 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, Future in Mind, and the ambitions of the Green Paper:

- Establish the new integrated CAMH Service across Bath and North East Somerset, Swindon and Wiltshire in line with the THRIVE model which includes a Single Point of Access (no more declined referrals), 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, community based interventions and treatment, good quality digital service offer;

- Work across CAMHS, social care, SEND, health and the voluntary and community sector to develop an ASD/ADHD pathway which addresses gaps in support for children and young people with low level anxiety and other mental health and emotional wellbeing needs;
- 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. This to link with a wider STP workforce development plan;
- Enhance a comprehensive and coordinated offer of parenting support to help parents/carers better meet the emotional wellbeing and mental health needs of their children;
- 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 Getting More Help and Crisis/Risk Support CAMHS with the aim of reducing hospital admissions and out of area placements;
- Ensure requirements to flow data to the national Mental Health Services Data Set, which 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.

Draft budget subject to review following CCG budget setting process

- 1.19 Details of the use of transformation funding to support local priorities are given below. Use of uplift funding to meet local priorities needs agreement from the CCG and Integrated Mental Health Group.

<b>Planned Income (£) 2019/20</b>	
Transformation funding for early intervention	1,557,303
Transformation funding for eating disorders	245,000
Health and Justice funding	90,000
Cyp's Improving Access to Psychological Therapies	28,500
<b>TOTAL</b>	<b>1,920,803</b>

<b>Planned Expenditure (£) 2019/20</b>	
Community CAMHS	918,000
Community based eating disorder service	245,000
Joint agency workforce training and development	50,000
Time to Talk counselling	30,000
Kooth online counselling	88,300
Parenting programmes	7,500
Primary mentoring	40,000
Stakeholder participation	4,900
Infant mental health	75,000
Support for vulnerable groups	80,000
GP counselling	50,000
Wiltshire college embedded post	52,000
Digital service developments	16,000
SEMH/ASD project	80,000
New investments to be agreed	184,103
<b>TOTAL</b>	<b>1,920,803</b>

Recommendations

- 1.20 The Board is invited to approve the following recommendations:

- Note the progress to date on the implementation of the CCG local transformation plan for children and young people's mental health and wellbeing;
- Endorse the refreshed and expanded plan including its commissioning

intentions, local priorities and updated budget proposals.

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Date: 1 October 2018