

26 September 2019

Subject: Local Transformation Plan for Children and Young People's Mental Health and Wellbeing 2019-20: Refresh

Executive Summary

Improving mental health services for children and young people continues to be a national priority. This ambition was informed by the [Future in Mind](#) and the [Mental Health Five Year Forward View](#) reports, subsequently developed in 'Transforming Children and Young People's Mental Health Provision: a [Green Paper](#)' (December 2017, Department for Health) and, more recently, the [NHS Long Term Plan](#) (December 2018).

In 2015, Clinical Commissioning Groups were required to submit Local Transformation Plans to NHS England, describing how they would plan to transform services locally, and across STPs. These plans attracted funding with which to implement ambitions. NHS England requires plans to be refreshed and approved by Health and Wellbeing Boards annually until 2020/21. Refreshed plans must reflect transformation and development to date, as well as objectives for the coming cycle. Plans must reflect the local area's response to new legislation and guidance.

This paper explains the transformation that has taken place to date and sets new ambitions and areas of focus for 2019/20 and beyond; these are within the context of the children and young people's mental health Green Paper, and the NHS Long Term Plan. This is the final refresh of the plan. Future planning for children and young people's mental health will be incorporated into Long Term planning arrangements as directed by NHS England.

Proposal(s)

It is recommended that the Board:

- i) Note the progress to date on the implementation of the CCG local transformation plan for children and young people's mental health and wellbeing;
- ii) Review and support future proposals identified in this paper and in the draft refresh of the transformation plan;
- iii) Delegate sign off to the HWB Chairs following consultation with the Families and Children's Transformation Board and finalisation of the 2019 refresh.

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. NHS England requires the refreshed plan to be approved by the Health and Wellbeing Board annually.

The refreshed plan for 2019/20 is currently in draft format as it has been submitted to the NHS South West Regional Team for assurance and a response is awaited.

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Wiltshire Council

Health and Wellbeing Board

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

Purpose of Report

- 1.1 To meet national expectations set out by NHS England and the Department of Health, this report provides a further annual summary of the draft expanded, refreshed and local transformation plan for children and young people's mental health and wellbeing. The final version of the 2019 refresh will be published by 31 October 2019, as required by NHS England. The revised version sets out Wiltshire Council and 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 draft 2019 full transformation plan can be found by using the following link http://www.wiltshirepathways.org.uk/wp-content/uploads/2019/09/WiltshireCCGLTPRefresh2019_DRAFT_.pdf . An updated child and youth friendly version of the plan will be subsequently developed with children and young people and will be published in February 2020.
- 1.3 The approval for the final refreshed plan will come via delegated authority from the Health and Wellbeing Board to the Chairs, once it has been reviewed by the Families and Children's Transformation Board.

Background

- 1.4 Nationally, there continues to be a high-profile emphasis on the child and adolescent mental health agenda led by NHS England and the Dept. of Health (Future in Mind Report, NHS Mental Health Five Year Forward View, 'Transforming Children and Young People's Mental Health Provision: A Green Paper, NHS Long Term Plan), with the Government committed to making substantial improvements in services by 2025. 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;
 - Moving towards measuring outcomes;
 - Effective crisis care services;
 - Care for the most vulnerable;

- Accountability and transparency;
 - Developing the workforce.
- 1.5 The Long Term Plan, published in December 2018, commits to children and young people's mental health services growing faster than both overall NHS funding and total mental health spending. By 2020/21, all Five Year Forward View for Mental Health (FYFVMH) ambitions will be met, forming the basis of further growth and transformation. The mental health ambitions in the NHS Long Term Plan are outlined in an implementation framework, and require a combination of 'fixed', 'flexible' and 'targeted' approaches to delivery over the coming 5 years. Key deliverables include:
- 345,000 additional children and young people aged 0-25 accessing NHS-funded services [by 2023/24] (in addition to the FYFVMH commitment to have 70,000 additional CYP accessing NHS services by 2020/21);
 - Achievement of 95% children and young people eating disorder standard in 2020/21 and maintaining its delivery thereafter;
 - 100% coverage of 24/7 crisis provision for children and young people which combines crisis assessment, brief response and intensive home treatment functions by 2023/24 [see also Mental Health Crisis Care and Liaison];
 - Joint agency Local Transformation Plans (LTPs) aligned to STP plans are in place and refreshed annually [to 2020/21];
 - Children and young people mental health plans align with those for children and young people with learning disability, autism, special educational needs and disability (SEND), children and young people's services, and health and justice [from 2022/23];
 - Mental Health Support Teams (MHSTs) to cover between a quarter to a fifth of the country by 2023/2;
 - Comprehensive 0-25 support offer that reaches across mental health services for children, young people and adults in all STPs/ICSs by 2023/24 [drawing from a menu of evidence-based approaches to be made available in 2020].
- 1.6 The Long Term Plan objectives develop those of the Green Paper, which 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
 - 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

- 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.
- 1.7 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).
- 1.8 LTPs were first published in 2015 and set out how local services are investing 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. 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.
- 1.9 LTPs are 'living documents' and CCGs are required to refresh and republish them on their websites annually until 2020/21. 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.

Key achievements over the last 12 months

- 1.10 The ongoing development and implementation of the LTP is overseen by the Integrated Mental Health Group of the Families and Children's Transformation Board. It is also overseen by the Wiltshire CCG and the 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:

- Acceptance as a **trailblazer** site for two Mental Health Support Teams in Wiltshire (and one in BaNES – this was a joint bid). This all-new service will go live in January and will reach populations of 16,000 children and young people, 0-18. Practitioners will be based within schools and will offer direct interventions to individuals and groups of children.
- Acceptance as a pilot site for the SW Academic Health Science Network to trial emerging therapeutic software. The **D-Hugs project** will be delivered in partnership with schools and will commence in October 2019.
- More streamlined support for children and younger people with ASD and/or learning disability who have mental health needs that are indicating a possible hospital admission. Through more coordination between health and social care, we are offering **Care, Education and Treatment Reviews** for these young people - to maintain their support in the community. More work needs to be done on this.
- The implementation of a modern **CAMH service** across Swindon, Wiltshire and Bath and North-East Somerset which went live 1 April 2018, with a much bigger emphasis on early intervention, improved access and reflective of the national THRIVE model. Young people, parents/carers and professionals have been instrumental in a first-year review in Wiltshire, which will inform planning and priorities moving forward.
- **Improved access** to mental health services to 35.69% of those children and young people estimated to have a diagnosable mental health disorder. This exceeds the access target set by NHS England for 2018/19 of 32%. The target increases to 35% in 2019/20.
- Used the findings and thematic reports produced from the **Wiltshire Children and Young People's Health and Wellbeing** survey (completed by almost 10,000) to help agencies plan future services. School nurses are using the data to compile health needs assessments and identify joint priorities for schools. Plans are in place to repeat the survey again during early 2020.
- Participated in Part I of a member-led **scrutiny exercise** of the local CAMHS model. Recommendations have been accepted and work was started to action them. These include work to develop a 'prevention partnership' to support mild to moderate needs, greater publicity and promotion of services, and continue work to improve transitions, particularly for those with special educational needs and disability. Part II of this process begins in September 2019.
- Received extremely positive feedback on the **'harmLESS'** tool - 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.
- Maintained partnership working between education and CAMHS by continuing with the **school in-reach service** 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.

- The latest performance data on **The Eating Disorder Service (TEDS)** shows the service is meeting the national target for waiting times for both urgent and routine referrals.
- The number of schools engaged with the **Wiltshire Healthy Schools** programme is currently 133. This programme supports schools to implement a whole school approach to emotional wellbeing and mental health. During the last year the number of accredited schools has increased to 86; these have identified a mental health champion and provided evidence of good practice and impact for pupils related to emotional wellbeing and mental health. Some schools have submitted case studies of targeted Healthy Schools work, focusing on raising awareness and improving outcomes for young people. 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.
- A range of local **PSHE training and support** has been provided to schools to help teachers raise awareness of emotional wellbeing and mental health issues and deliver better PSHE education. Two waves of teachers and police officers have received accreditation from the University of Roehampton by undertaking the National PSHE CPD programme, which has been delivered in Wiltshire for the past two years. This course includes standards relating to teaching about emotional wellbeing and mental health.
- We have continued to promote the national **Reading Well campaign**, particularly through secondary schools, with at least 2 copies of each book available in each Wiltshire library.
- Provided **mentoring** to 54 children from 13 primary schools in 2018-2019, 38% female and 62% male. 81% of girls and 69% of boys scored higher on the outcomes web at the end of the intervention. Children reported feeling happier, less worried, and more able to deal with problems.
- Delivered 16 **STOP parenting group programmes** between September 2018 and July 2019 attended by 135 parents. High levels of satisfaction and positive feedback received, alongside data showing reduced levels of parental stress, a reduction in the levels of risk that a child has an emotional, behavioural or concentration problem and improvements in the parent/teen relationship and teen's behaviour. A further 10 multi-agency professionals trained to deliver STOP in October 2018 and a further 20 will be trained in October 2019 to support the continued delivery of the programme. 5 groups are already confirmed to start from September 2019.
- Delivered **Youth Mental Health First Aid Training** to 88 school staff in 2018/19 and 25 Council staff working in children's services.

- Supported teams within Wiltshire Children's Services via **embedded CAMHS practitioners in families and children's teams**. In 2018-19, children and young people were helped either through direct clinical input or consultation to a professional involved in their care. Training continued to be a focus of the team's work, running or participating in nine events attended by staff and associated professionals. Information & Advice sessions were held in schools with parents and staff attending. These sessions run for two hours and are devised around common parental concerns e.g. "Supporting your child with their worries". These sessions were positively rated by parents and staff, with increasing requests for further sessions. The transformation of Wiltshire's Families and Childrens Services, and changes to how the teams are organised, has had an impact on how the team work, and this is being reviewed and will be redeveloped in 2019/20 to ensure best reach and impact.
- Continued allocation of funding for services to support **perinatal mental health**. The new service offers primary care liaison and brief interventions to support parent-child attachment. A total of 70 referrals were made between January and May 2019. Planning has enabled 9 Health Visitors from Wiltshire to attend Parent Infant Interaction Observation Scale (PIIOS) training in 19/20. PIIOS is a validated, easily accessible screening tool to assess parental attunement. 2 to 3 HVs will also be completing the Infant Mental Health Online (IMHOL) training and cascading learning to colleagues.
- Continued the reach 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.
- Extended the **Kooth online support and counselling** service to 18-24 year olds as a pilot. In 2018/19, 2124 Wiltshire young people registered for the service with 840 chat sessions being delivered. Messaging, article views and forum hits increased on 2017/18 figures. Top issues presented by males and females were anxiety/stress, family relationships and friendships. Males presented more with suicidal thoughts. 89% of those who accessed the service said they would recommend it to a friend.
- Enriched the local **OnYourMind website** for children and young people's emotional wellbeing and mental health to include signposting to positive leisure time activities, improved use of social media and the addition of helpful apps and resources.
- Continued development of an all age **sexual assault referral pathway** across Swindon and Wiltshire with funding from the Health and Justice Commissioner. A CAMHS therapist has supported the assessment process for young people, provided specialist trauma-informed consultation to staff, developed and delivered comprehensive trauma workshops for parents of young people who have been sexually assaulted, offered assessment to the young people who were involved in the grooming and sexual assault case, and consultation to anyone working with these young people who had any concerns around their mental health. Feedback has been very positive and more work is

underway to further develop the service and its impact. Two paediatric Centres of Excellence opened in Bristol and Exeter in October 2018, supporting to sexual assault pathway. We have also opened the referral process in order that young people have greater opportunities to access support.

- Improvements to the **ASD pathway** include greater integration between CAMHS and the Children's Health Service. A CAMHS psychologist is now embedded within the autism triage team, ensuring that more complex cases receive a CAMHS intervention through the assessment/diagnostic process when necessary, and in a timelier manner. This is improving the quality of experience for children/young people and their families, while reducing the demand on the time of highly trained clinicians and reducing costs.
 - The **SOMEHOW project** (Tidworth area) is piloting a new approach to identifying and responding to SEMH needs in primary school children, making best use of multi-agency working and digital innovation. The project is upskilling school staff to take a whole-school approach and respond with confidence to emerging SEMH challenges. Specialist services are beginning to respond proactively and holistically when further support is required. The project has made key progress in the development of a multi-agency solution surgery model, in the following three areas: i) engaged key stakeholders from health and education sectors; ii) identified technologies and developed working principles and processes of online case formulation; and iii) developed outcome measurement and an evaluation plan, as part of an academic piece of work, to inform the potential of future roll out across the county.
 - Supported the roll-out of trauma-informed early intervention programmes such as **Five to Thrive** and the **Thrive Approach**, in partnership with Public Health.
 - Begun a review of cases where young people have been subject to Section 136 proceedings of the Mental Health Act. This work is helping to understand better the **crisis pathway**, gaps in commissioning and services to support those young people and divert them away from crisis. This work will continue across the Bath and North East Somerset, Swindon and Wiltshire STP.
- 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.

Funding of services

- 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	2020/21
Early Intervention	£610,565	£973,840 (59% uplift)	£1,149,131 (18% uplift)	£1,390,449 (21% uplift)	£1,557,303 (12% uplift)	1,753,523 (12.6% uplift)
Eating Disorders	£245,000	£245,000	£245,000	£245,000	£245,00	£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. This funding ends in 2019/20 and plans are being made to ensure continuity;
- £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. A further allocation of £50k has now been agreed in 2019/20 for Swindon and Wiltshire to enhance this provision.

1.14 Mental Health Support Team trailblazer funding also attracts funding from NHS England for delivery in Wiltshire and BaNES as below:

2019/20	£308,607 (from 1 January 2020 and including £60k set up costs for 3 MHSTs)
2020/21	£1,044,390
2021/22	£1,137,914 (assumed using a 3% uplift) – steady state run rate

1.15 Details of the use of transformation funding to support local priorities are given below for 2019-20.

Income (£) 2019/20	
Transformation funding for early intervention	1,557,303
Transformation funding for eating disorders	251,330
Health and Justice funding	90,000
Other	29,810
TOTAL	£1,928,443

Planned expenditure (£) 2019/20	
Oxford Health CAMHS transformation (via new contract block)	892,477
MH Liaison (TBC)	26,000
Exceptional funding requests (CCG)	50,000

Eating disorder service	251,330
Recurrent variation - vulnerable groups/LAC (50%)	40,000
Recurrent variation - Single Point of Access (50%)	60,000
Non-recurrent - SEMH practitioner	22,000
Non-recurrent - ASD pathway 12-month pilot	13,000
Non-recurrent - No Wrong Door	20,000
Infant Mental Health (GR)	75,000
School-based programmes (Peer Mentoring, Anti-Bullying, YMHA, training)	126,337
SEND/Whole Life Pathway co-production	20,000
Youth Wellbeing event/launch/partnership (Nov 13th)	10,000
Workforce training and development	55,000
Digital services including OnYourMind website and Apprentice	16,500
Promotion and marketing	2,000
Big Lottery Time to Talk Counselling Project (Relate Mid Wiltshire)	50,000
Online counselling (Kooth)	88,300
Parenting programmes	7,500
Primary Mentoring	40,000
Stakeholder communication and participation	5,000
SEMH/SOMEHOW project activities	58,000
TOTAL PLANNED EXPENDITURE	£1,928,443
BALANCE UNALLOCATED	£0

Assurance of funding

- 1.16 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.
- 1.17 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.
- 1.18 In addition to funding for CCGs to improve local services, NHS England has invested significant monies nationally to:
- 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.

Key priorities for 2019-20 and beyond

1.19 The local transformation plan and its refreshed priorities have been developed in response to the needs and views of children, young people, parents, carers and professionals, as well taking into account the requirements of the Long Term Plan, and its implementation across the STP. As such, **local priorities for 2019/20 are to:**

- Launch the new **Single Point of Access** within the Community CAMHS service. This will reduce waiting times, give children, young people, parents and referrers a better 'first-time' experience of CAMHS, offer earlier support to those waiting for their first appointment.
- Recommission a '**mental health early intervention**' service, to include talking therapies, that offers greater equality of access and which targets children and young people at highest risk of developing mental health disorders. This new service will be designed to dovetail with our CAMHS Single Point of Access ensuring a seamless service. Coproduction and market engagement events have strongly influenced the service design. This service will be required to innovate to improve access rates 'upstream'.
- Deliver two **Mental Health Support Teams** in Wiltshire. This project is in the implementation phase and commences from January 2019 when new trainees will be appointed and begin their training. New staff will be based in schools and employed by Oxford Health NHS Foundation Trust, ensuring synergy with the Community CAMHS service. Again, this work will improve access to psychological therapies earlier.
- Extend the **Mental Health Liaison** service at Great Western Hospital to bring greater parity with the crisis services delivered at RUH and Salisbury District Hospitals.
- Begin planning for **24/7 crisis support services** as specified within the Long Term Plan.
- Begin planning for a **0-25 service** as specified within the Long Term Plan.
- Ensure that all commissioned services are flowing data to the **Mental Health Services Data Set**, via appropriate contracting arrangements.
- Evaluate the impact of the embedded CAMHS worker within the **ASD pathway**, to inform future design, development and resourcing.
- Drive forward, and monitor, the work to support children and young people earlier who have social, emotional and mental health needs, through the **SOMEHOW and Harbour projects**. These take multi-disciplinary, case-

formulation approaches to addressing need in the primary population (4-11 years) and include children with ASD and learning disabilities.

- Agree and implement the new resourcing structure for **embedded CAMHS staff** within families and children's teams. This will enable more robust, and better understood, mental health pathways for looked after children, children with SEND, and children and young people at risk of Child Sexual Exploitation as well as Unaccompanied Asylum-Seeking children.
- Track and monitor delivery of mental health outcomes via our local '**outcomes scorecard**'. Use this data to report outcomes and plan priorities beyond the life of this local transformation plan.
- Continue to focus on **driving down waits** for both referral to assessment and referral to treatment.
- Continue focusing 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.
- Ensure alignment of the priorities of the Local Transformation Plans for BaNES, Swindon and Wiltshire with those of **BSW Mental Health Strategy**, and future integration of those plans.

Recommendations

The Board is asked to:

- i) Note the progress to date on the implementation of the CCG local transformation plan for children and young people's mental health and wellbeing;
- ii) Review and support future proposals identified in this paper and in the draft refresh of the transformation plan;
- iii) Delegate sign off to the HWB Chairs following consultation with the Families and Children's Transformation Board and finalisation of the 2019 refresh.

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