



**Joined Up Care**  
Derbyshire

# Children and Young People's Mental Health Transformation Plan

2022



Easy Read Version

# Introduction

Although our transformation programme has made significant progress and had successes it is necessary to be transparent and share the system challenges and risks facing us in the years ahead these include:

- Unmet need
- Increasing demand
- Waiting times
- Workforce
- Placements and packages of care:

Recognising these challenges, has shaped our priorities, aspirations and ambitions.

## Key areas which have been strengthened since the 2021/22 updates are

- Multi-agency escalation process for CYP with complex needs
- Mental Health Support Teams in schools
- Psychological support to Youth Offending Service
- Pathway guidance for education settings published
- Positive Behaviour Support Service (UHDBFT)
- Neurodevelopmental pathway

## Further ambitions for transformation in 2023/24

- Deliver and embed approaches which advance health equalities
- Young Adult Service expansion into south Derbyshire and Derby city
- Initiatives to reduce waiting times for specialist CAMHS, aspiring to meet the waiting time standards
- Improve collaborative approaches to developing sufficiency in the market for accommodation and packages of care to support CYP with the most complex needs
- Agree model for safe spaces and crisis alternatives i.e., crisis cafes

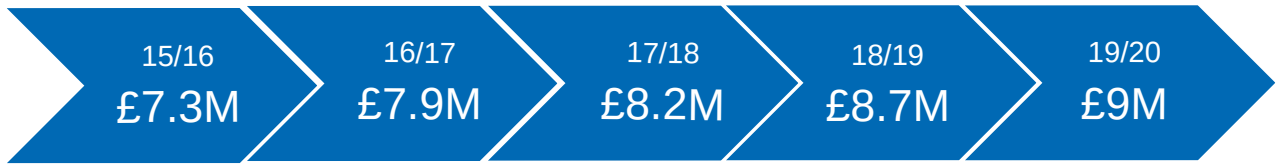
## New areas of focus and priorities for Derbyshire in 2022/23

- Young Adult Service proof of concept in north Derbyshire
- Intensive day resource to support CYP requiring risk support
- Building our 24/7 crisis assessment and intensive support offer
- Improving our understanding about how health equalities will be advanced across Children and Young People Mental Health(CYPMH)

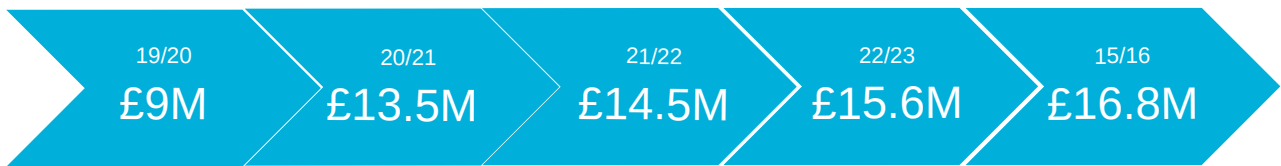
Please Note this document is a simplified version of the Children and Young People's Mental Health Transformation Plan and has been created to provide an overview of the full document. To see full document please go to: [joinedupcarederbyshire.co.uk/your-services/children-and-young-people/children-young-people-mental-health-wellbeing/](https://joinedupcarederbyshire.co.uk/your-services/children-and-young-people/children-young-people-mental-health-wellbeing/)

# Investment

When Futures in Mind began in 2015 the vast majority of children and young people's mental health spend was in specialist Child and Adolescent Mental Health Services (CAMHS) = £7.3M



The emotional and mental health offer available to our children and young people is much broader now, this is reflected in the investments that have been made across the graduated pathway enabling children and young people to access support earlier.



By March 2024 the total Derby and Derbyshire Integrated Care Board spend on CYP mental health services (excluding learning difficulties) including baseline and all LTP investments will be £16.8M.

## Understanding Local Needs and Advancing Health

The views of Children and Young people are central to help us determine local priorities and to inform how we can best meet their needs to support them into adulthood and achieve the best outcomes they want for themselves.

It is estimated that **one in six school-aged children** has a diagnosable mental health problem. This is a rise from one in ten in 2004 and one in nine in 2017. In 2017 our Derbyshire needs assessment estimated that there are 13,000 school-aged (5-16 years) children and young people with a diagnosable mental health problem across Derby and Derbyshire.

### Views of children and young people about their mental health

In total 8,790 secondary school pupils from 21 Derbyshire County schools completed the 'My life, my view – Derbyshire Youth Wellbeing Survey' 2021, the report outlines that there is a group of students with poor emotional and mental wellbeing, with important findings being:

**41%** of students saying they felt depressed or hopeless at least sometimes in the last two weeks

**31%** of students responded that they have been bullied in the last 12 months; 7% said that they have been bullied 'a lot'

**15%** of students responded that feeling worried, sad or upset often makes it hard to do or enjoy anything

**42%** of students said they have experienced at least three of the significant life events either 'this year' or 'last year'

**15%** wouldn't know where to get help if they were concerned about a friend's mental health

# Wider Transformation

Derbyshire have adopted the principles of the Thrive framework to drive our approach and programme expansion. The Thrive model is widely accepted by partners and stakeholders working across our emotional wellbeing and mental health CYP services. We are striving to work collaboratively within the community to ensure that the offer underpins a whole system approach that links education, health and social care to improve outcomes by intervening earlier, preventing needs from escalating and reducing demand for high-cost support. We continue to focus on improving access to effective support using the 'Thrive' AFC–Tavistock Model for integrating services that are 'Place' based within localities. Our Specialist Community Advisors are locality based and provide the expertise to support navigation between local community offer and specialist services. Within each locality there is a range of community opportunities and offers many supported through Public health and Primary Care Networks.



## Whole School Approach

Building on the Whole School Approach mapping tool developed last year, which encourages education settings to access the Derby and Derbyshire Emotional Health and Wellbeing website and familiarise themselves with the local offers, we have published the Derby and Derbyshire Pathway Guidance.

Our Derby and Derbyshire Pathway Guidance describes all of the services available across the pathway and is written from an education perspective, using language that teachers are familiar with and focuses on approaches and services they are most likely to find beneficial. This document is useful to all professionals, we plan to additionally develop similar documents which will be written from the perspective of other sectors of the system e.g. those working with children in care or primary care.



## Voluntary Community Social Enterprise (VCSE)

Derbyshire Integrated Care Partnership have recently employed a new VCSE Strategic Engagement Programme Manager who will support the strategic development of VCSE within the CYP mental health programme. This will ensure the VCSE sector is an integrated and active delivery partner within Derbyshire ICS, including stimulating and sustaining effective partnership approaches. Derbyshire Community Directory, is a useful source of CYP VCSE resources: <https://www.communitydirectoryderbyshire.org.uk/>

## Wider Transformation progress

At the start of our transformation programme in 2015 Child and Adolescent Mental Health Services (CAMHS) provided the majority of specialist evidence-based treatment to our children and young people with mental health needs.

The premise of our overall transformation plan has been to expand the CYP mental health pathway to provide a graduated offer able to offer advice, support and treatment to children and young people at the time they need it most, the key aim being to support CYP at earliest opportunity to stem escalation and prevent deterioration in their mental health and wellbeing.

The overarching focus of investment, pathway development and wider transformation has been:



To improve access to information, advice and support about emotional wellbeing



To improve the skills and knowledge of all CYP professionals to have an improved awareness of CYP wellbeing and mental health, this included training on Adverse Childhood Experiences (ACES) and trauma informed approaches..



Create targeted early intervention opportunities, aiming to support CYP to build strategies to self-manage their wellbeing and be able to seek support when they need it.



Enhance connections between Derbyshire community agencies and specialist CAMHS inpatient services (known as tier 4 beds) to enable step up and step down at the right time for our CYP.

Expansion of the crisis response offer to enable CYP to access support 24/7 when requiring 'risk support'. To also enhance the level and capacity for intensive support 'wrapped around' our CYP when they are needing 'risk support' through access to specialist mental health expertise whether the CYP be in the community, residential placement or on a paediatric unit.



# Workforce

During 2022 we produced a Joined Up Care Derbyshire (JUCD) Mental Health workforce plan co-developed with partners and inclusive of Children and Young People (CYP) MH workforce. Our workforce plan provided a comprehensive response in relation to the Mental Health workforce requirements as well as describing the broader workforce and culture activity occurring in JUCD relating to the NHS People Plan, Long Term Plan (LTP) and our approach to recovery after the pandemic.

## Progress since last year

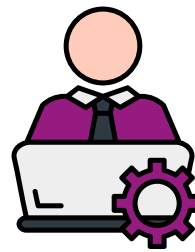
Undertaking our initial MH system workforce plan has highlighted work that is currently in development during 2022 to 2023:



An overarching workforce strategy linked to our strategic vision for all Mental Health & Neurodevelopmental services



Increased engagement with partners to undertake workforce planning and development activities



Development of a system wide training needs analysis



Development of a specific CYP MH workforce plan

## Transformation programme investment / increase in staffing

- Our Mental Health workforce has been modelled based on commissioner assumptions of demand, where there is and will be increased levels of referral and investment into mental health services; this will also result in the need for skill mix changes over the next few years.
- The workforce plan has focused on addressing the priority areas, aligning to the business and finance plans. Therefore, the plan has a different focus from previous years as the system sets out its ambitious plan in order to retain, recruit and develop a workforce with the right skills to deliver high quality care across all services.
- To this end, JUCD is developing new roles and advanced clinical roles supporting the overall aim of providing career development, recognising the need to grow our own workforce and being innovative as a partnership addressing staff recruitment and retention. As part of this we will attract, develop and retain the very best staff and will support their career progression and development with a multi-professional 'grow our own' approach supported by career development.

# Improving Access to Services

## Achievements

Expanded provision across our graduated

### MENTAL HEALTH OFFER

providing universal early intervention, targeted support and specialist services

Continued to provide and expand our digital support service delivered by



which is available for young people up to the age of 25

Across schools and colleges, we now have



coverage for targeted early intervention

Worked with our system partners with in



to support under 5s and their families establish the new Maternal Mental Health Service

In CAMHS itself, we have various specialist teams working with CYP

UP TO AGE

18

whilst the Early Intervention for Psychosis (EIP) and adult Improving Access to Psychological Therapies (IAPT) services provide support for ages 14+ and 16+ respectively

We have developed our 18-25 provision with a

### Bespoke Young Adults Service

SOFT LAUNCHED IN SEPTEMBER

The service sits within the Community Mental Health Framework (CMHF)

Across wider specialist services, children in care and CYP under the care of our

### YOUTH OFFENDER SERVICES (YOS)

now have access to trauma informed psychology services that have secured long-term funding

### Priorities:

- Increase the reach of Children and Young People Mental Health (CYPMH) services so we can deliver the Five Year Forward View and Long Term Plan
- To achieve the new national access target for young adults (18 to 25)
- Ensure all services are monitoring and sharing their data on protected characteristics
- Continue to improve data submissions to Mental Health Services Data
- To develop a Reliable Outcome Measure (ROMS) dashboard to drive local delivery, demonstrate impact and inform service development and improvement going forward

### Plans for 2022/23:

- Exceed our local target of 12,272 clinical contacts
- Increasing our reach to CYP through expansion of MHSTs in schools and colleges
- Work with our youth-led citizen researchers, MH:2K, to better understand barriers to access from a young person's perspective
- Use these insights to shape and steer the system towards greater inclusivity, meaningful reach and accessibility
- Use insights from improved data quality and availability to drive our strategic aims, plan services and improve access for CYP from minority groups

# Young Adults

Those aged 18 to 25 years face numerous challenges in their transition to adulthood, for example employment, leaving home (or not being able to leave home), managing finances, and concerns about the future. For some these challenges are further exacerbated by limited opportunities offered to them where they live (for example transport/job opportunities/crime) or because they are a young adult embarking on leaving care. For those who experience mental health problems moving from childhood to adulthood can be a very difficult time. We also know that CYP transitioning to adult mental health services also face difficulties, facing what is known as 'a cliff edge of care'. This is recognised as a national problem and includes, lack of care continuity, lack of training and expertise in adult services regarding working with young adults, different thresholds and concepts of what constitutes a mental health disorder between CYP and adult services and different intensity of care provided for young adults by adult mental health services.

## Priorities Young Adults



Provide a good quality service for young adults



Better support our CYP to transition from CAMHS services to adult pathways / community support



Improve support YA have with MH difficulties known to Children and Young People Mental Health (CYPMH) services who do not meet adult service criteria via the new Young Adult Service and Living Well Services



Better support vulnerable YP as they move into adulthood via the new Young Adult Service and Living Well Services



Increase the support to care leavers from the Derbyshire Emotional health and Wellbeing Service for Children in Care (DECC)



Improved support to parents of young adults during transition periods



DECC will increase the number of care leavers that have support DECC in 22/23



Improve the skills and competencies of the workforce to meet young adults needs effectively

## Progress from the Previous Years



Scoped our young adult needs and develop plans through coproduction and partnership working



Created strong links with adult mental health services and the Living Well Project



Soft launch of Young Adults Service is underway in north Derbyshire PDSA methodology is being used to support the Young Adults Service development



Contract variations in place for both CAMHS teams to enable recruitment of experts by experience and give support to parents



The Mental Health for Children in Care review is underway, actions relating to young adults / Leaving care co-hort will be implemented



# Urgent & Emergency Crisis Care

Our universal CYP Mental Health support offer, for all Derbyshire children, has significantly developed since the 2021 Transformation Plan. Nevertheless, a cohort of our Derbyshire CYP will require specialist support to meet their mental health needs, when they present to services whilst experiencing crisis. Referrals to urgent and emergency Children and Adolescent Mental Health Services (CAMHS) remain high.

## Progress in the last 12 months



**Urgent Care and Intensive Home Treatment Teams:** Our CAMHS services have been recruiting to their Urgent care teams to expand their service offer in order to meet the 24/7 crisis response requirements and meet rising demand

**Multi-agency working:** A key achievement this year has been the enhancement of our robust system wide model of integrated, multi-agency working.



**Day Resource:** During the Autumn of 2022 there will be a soft launch of a new intensive support day resource. This will provide additional intensive support for up to six children at any one time who may otherwise require inpatient care (with an offer in both the North and the South of the County)

**Mental health specialist input to paediatric units:** For those CYP with mental health needs who require paediatric inpatient care, they have access to staff with specialist mental health expertise who have joined the ward teams. This includes play therapists, youth workers / assistant psychologists, Positive Behaviour Support psychologists and Specialist Eating Disorder nurses.



## Urgent & Emergency Crisis Priorities 2022 to 2024



Improve CYP access to the 24/7 helpline and support service, seeking to establish an online / text chat option



Increase the alignment of the Crisis and Urgent Care Pathway with the Eating Disorder pathway



Improve collaborative approaches to developing sufficiency in the market for accommodation and packages of care



To have robust Expert by Experience involvement in the coproduction of the step up / step down and crisis pathways



To scope and develop crisis alternatives / safe places / safe spaces for CYP to access support in times of distress and risk and to reduce CED attendances



Ensure that developments take into account protected characteristic groups and those considered vulnerable by reaching out to CYP with Learning Disability, and Autism, those from BAME and LGBTQ+ communities, and young carers.

# Eating Disorders (EDs)

Eating Disorders (EDs) are severe mental illnesses with serious psychological, physical and social consequences, with Anorexia Nervosa having the highest mortality amongst all psychiatric disorders. People with eating disorders commonly experience additional mental health problems, particularly depression, physical illness, difficulties in intimate relationships and the interruption of educational and occupational goals. In the UK, over 1.6 million people are conservatively estimated to be directly affected by an ED with illnesses typically starting in adolescence and young adulthood.

## Ambition



To recover the 95% eating disorder waiting time standard (1 week urgent and 4 weeks routine) whilst enhancing our community offer for CYP with eating disorders and eating problems to prevent escalation to medical crisis.

## Progress in 22/23



Additional investment to support ED integration with the crisis and urgent care, joined-up delivery model.



Continued development of the intensive home treatment model (significantly delayed due to Covid).



Review and refresh of the early intervention and prevention offer, with 45% funding uplift.



Continued development of the ARFID pathway and the commencement of monthly consultation group.



Formation of the ED Pathway Group for clinical governance.



The CAMHS ED continues to see the majority of CYP on a face to face basis.

## Action for 22/23



Ensure in patient paediatric units had adequate ED specialist support/training.



Continue to develop and integrate the ED crisis response with the CYP Crisis & Liaison offer.



Fully implement the CAMHS ED home treatment model service specification.



Review community pathway and agree model for integration between CAMHS ED and early intervention and prevention services.



Progress the development of the ARFID pathway through an agreed implementation plan.

# Access to Services – Targeted Early Intervention Services working in Education Settings

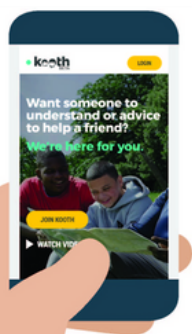
Schools play such a significant role in CYP lives we have 100% coverage of access to early intervention and targeted support mental health and wellbeing services which work specifically with schools, namely Changing Lives (Mental Health Support Team) and Build Sound Minds. In addition to this we ensure that schools understand what the mental health system has to offer in its entirety (websites / Kooth / CAMHS for example) CAMHS Specialist Community Advisors (SCA) are linked to all schools and offer advice, consultation and training to assist and identify those children in need of support at an early stage and help direct them to the most appropriate sources of support. We have designed an Education Mental Health Pathway for Schools which allows schools to map their own community provision and gives guidance regarding the mental health services. This document gives information on the whole system of care which is in place for meeting CYP mental health needs.

Our schools across the footprint work in diverse communities and settings which cater for CYP with:

- special needs
- pupil referral units (PRU),
- academies
- local authority supported (including the virtual school for Children in Care).



## Digitally Enabled Care Pathways



### Kooth

Kooth is an online mental health support service available to all children and young people aged 11 to 25 years offering 24/7 access to moderated peer support via online forums where concerns and relevant articles / resources can be shared and discussed on a variety of topics and accredited text-based counselling support from 12pm until 10pm on weekdays and 6pm until 10pm on weekends [www.kooth.com](http://www.kooth.com)

## Emotional Health & Wellbeing Website



The Derby and Derbyshire Emotional Health and Wellbeing website which provides a one-stop-shop which includes a dedicated section for children and young people and an area with neurodiversity specific information and advice

[www.derbyandderbyshireemotionalhealthandwellbeing](http://www.derbyandderbyshireemotionalhealthandwellbeing)

## Derbyshire Mental Health Helpline and Support Service

The Derbyshire Mental Health Helpline and Support Service is a freephone service available to everyone living in Derbyshire - both young people and adults. It is open 24 hours a day, seven days a week. If you or your loved one are experiencing distress or anxiety, or feeling that you cannot cope, call us on: 0800 028 0077 for support over the phone. That support could be about your mental health, but you can also talk through practical issues that may be causing concern.

## Children in Care

Children in Care are at more risk of mental health disorders than those who are not in care. This group is considered in our suicide prevention plans due to children in care being at risk of self-harm and suicide

Children in care have greater difficulty in accessing mainstream Child and Adolescent Mental Health Services (CAMHS) because they may not have the more traditional 'diagnoses' which fit referral criteria.

Derbyshire ICB, Derby City Council and Derbyshire County Council have co-commissioned a service to specifically meet the needs of children in care and care leavers, the Derbyshire Emotional Health and Wellbeing Service for Children in Care (DECC). The service, like all others across the footprint uses the thrive model and delivers at the 'getting more help' and 'getting risk support' levels. It uses a trauma informed approach to supporting CYP and young adults.

Children in care are more likely to experience mental health issues than their peers

Within Derbyshire the expected prevalence is closer to 45%

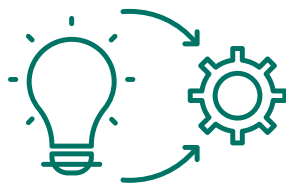
# Early Intervention in Psychosis (EIP)

The Early Intervention in Psychosis Team delivers to people aged 14 to 65 years who experience psychosis for the first time. The service offers prompt NICE-recommended treatments delivered by specialist practitioners who are trained in CYP Mental Health, CBTq (specialist Cognitive Behavioural Therapy for psychosis) and Family Therapy. Pathway protocols are in place to ensure that the full range of specialist expertise in working with children and young people (aged under 18) with psychosis are available

## What we have already achieved



Access and wait time targets continue to be met and the service were 'top performers' across several quality standards



Implementation of System One, a clinical software system which reflects the NHS vision of a 'one patient, one record', was implemented in May 22.



The EIP teams' workforce plan identified the training and development staff required to continue to meet CYP needs through 2021/22.



There is clarity that for CYP experiencing psychosis the EIP Team take the lead in CYP care and work in conjunction with CAMHS.

## What's to come for EIP

Increase the family intervention offer by increasing Family Therapy Training

Implement peer support workers in the South

Support increased access to training and education opportunities for young people

Scope funding to support joint working opportunities between EIP and CAMHS

Improve audit scores and move towards Level 4 compliance

Access Comprehensive Assessment of At-Risk Mental States (CAARMS) training for all staff

# Health & Justice

Locally the Youth Offending Services (YOS) in Derby and Derbyshire report that CYP, who are known to them, often come with unidentified and undiagnosed health issues which include developmental issues, learning difficulties and mental health problems. It is not unusual for the multi-disciplinary team at the YOS to be the first professionals to pick up on these issues and respond.

The Mental Health and Wellbeing Joint Strategic Needs Assessment highlights children and young people in the Youth Justice System as being at high risk of developing mental ill health and issues with emotional wellbeing. Evidence suggests that this group display a higher percentage of mental and physical health issues than the wider child population. Nearly a third of all 13 to 18-year-olds who offend have a mental health issue.

## Priorities

- Ensure that children at the YOS are considered in all system delivery working in partnership
- Update the CAMHS and psychology service specifications which include clear outcomes and inequality data sets
- Continue the upskilling of staff through training in ACES, LD and ASD at YOS
- Review of health commissioned Mental Health pathways with the inclusion of Glossop into ICS
- Work with colleagues to improve the response to supporting speech and language therapies
- Embed the approach to ensuring smooth transitions from secure estate to community via the Liaison and Diversion Team
- Improve the access to early intervention and targeted support services
- Seek to improve the alignment of physical and mental health

## Progress from Previous Years

- Secured long term funding for the psychologist role in the YOS
- Secured extended funding for the wellbeing workers in the YOS
- Liaison and Diversion are in final stages of a review which includes speech and language provision
- Evidence of the impacts via quarterly performance reports relating to Children and Young People Mental Health (CYPMH) delivery
- YOS staff have continued to be upskilled and supported via training and consultation support relating to ACES, LD and ASD