

# Derbyshire Integrated Care System Children and Young People's Transformation Plan Refresh September 2021

## Executive Summary

Our Joined Up Care Derbyshire 2021 plan reflects and builds upon the successes of the Future in Mind (FIM) programme 2015 - 2020 and outlines the next phase of our multi-agency transformation plan to further progress and achieve the ambitions set out in the NHS Long Term Plan. Our progress through the pandemic is captured explaining how we are learning from new ways of working which emerged such as the reconfiguration of teams to support CYP in crisis, the use of more digital online platforms to assess, see and treat children as well as the use of digital for sharing information and connecting people together. We are reviewing the changing emotional and mental health needs of our CYP population and revising our plans for the future in accordance with this. Further analysis of our data and outcomes is an area of focus for the coming year. Agencies are working towards the reporting of NHSE required paired outcome data and resources are being identified to analyse and triangulate data across the pathway to better understand inequalities in our population's needs.

Through the investments made within the FIM programme, we have been able to significantly expand our offer over the last five years to better support the emotional wellbeing and mental health of children and young people across Derby city and Derbyshire.

In 2015 the number of children with diagnosable mental health conditions in DDCCG who accessed services was approximately 25%. We are pleased to be able to report that by the end of the FIM programme in March 2021 Derbyshire met our national targets. These key national targets are that 95% CYP with eating disorders were seen within four weeks for routine and one week for urgent referrals this was met in 2020/21, and we exceeded the NHSE 35% access target by providing two contacts or more by an NHS service to 38.1% (based on prevalence data from 2004) of children and young people up to 18 years of age who have a diagnosable mental health condition.

Table 1 shows that by March 2021 7407 CYP received 2+ contacts from NHS funded mental health services in the preceding 12 months (source NECS / MHSDS).

### **Table 1**

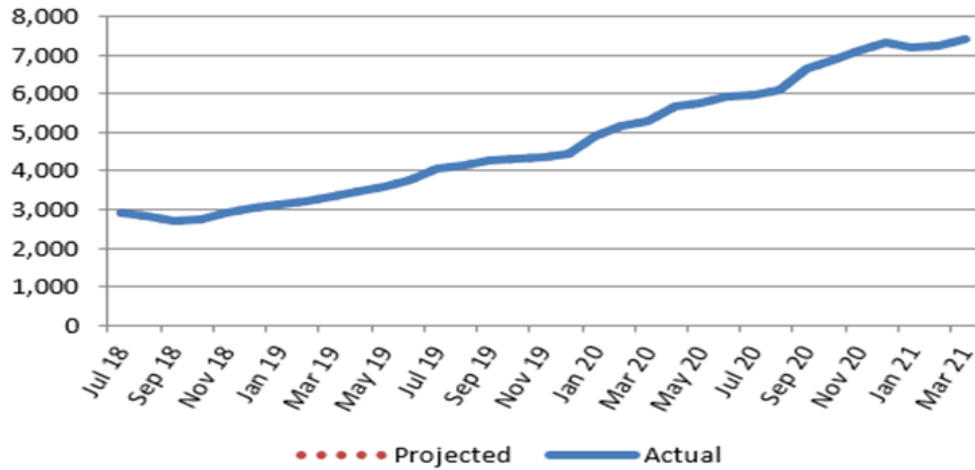
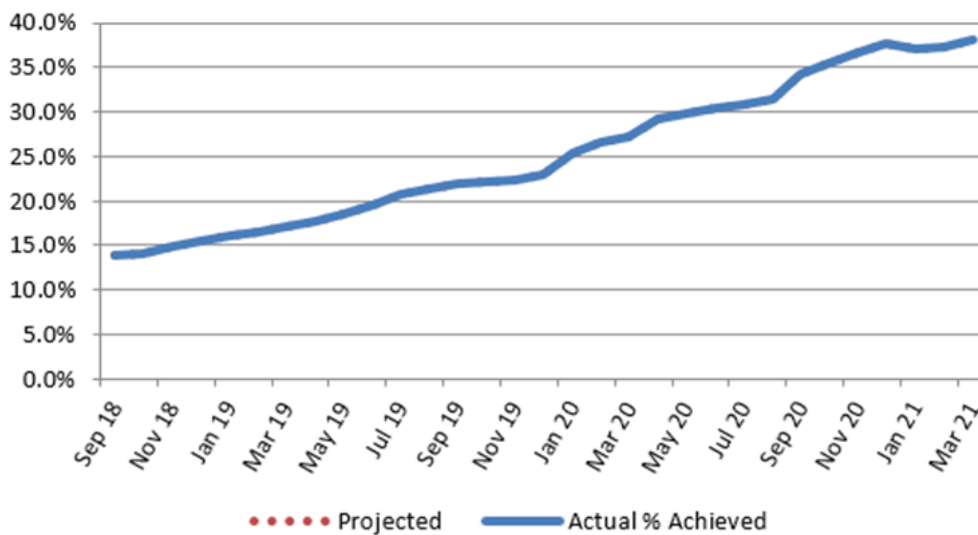


Table 2 shows that by March 2021 38.1% of all children with a diagnosable mental health condition received 2+ contacts from NHS funded mental health services in the preceding 12 months (source NECS / MHSDS).

**Table 2**



Although we are incredibly proud of the hard work our services have delivered in order to achieve this, particularly during the upheaval of the pandemic, we are mindful that there remains a long way to go before we are satisfied that all the children and young people with emotional health needs receive the right support when they need it.

Our ambition is that by 2024 over half those who need a service will be able to access one, and by 2030 services should be available for all in line with the NHSE Long Term Plan. However, alongside the increase in access to services, there has been a marked increase in demand for provision and there remains a significant shortfall in capacity of services at all levels to respond, resulting in unacceptably long waiting times for too many children.

The focus to date has been on expanding the community-based offer of support, particularly enhancing opportunities for children and young people to access support earlier and for them to be able to link in to support themselves without there always being a need for referrals.

Some of the key services made available through FIM include:

- Universal access to a digital support platform (Kooth) providing text-based therapeutic support and 24/7 access to moderated online forums where thoughts and feelings can be discussed, and articles can be shared
- The Derby and Derbyshire Emotional Health & Wellbeing Website, a signposting site where local CYP information can be found about emotional health and wellbeing support and how to access it
- Targeted early intervention (Build Sound Minds) 1-1 Cognitive Behaviour Therapy (CBT) for CYP, Systemic Psychotherapy for families, CBT based groups and computer game to help children gain control over their bodies and feelings
- Mental Health Support Teams in six school networks offering brief evidence-based psychological interventions
- Children Adolescent Mental Health Services (CAMHS) Specialist Community Advisors provide consultations to professionals across organisations providing specialist mental health advice, support options, or advice to make onward referrals
- Youth Offending Services have access to trauma informed psychology consultation and enhanced multi-disciplinary meetings. Youth wellbeing worker support Youth Offending Services (YOS) CYP to make positive choices and develop personal skills

Going forward, we are committed to delivering the requirements in the NHSE Long Term Plan. There is further investment to particularly support expansion of our crisis offer making it 24/7, which sits alongside our local strategic priorities to improve our offer between 2021 and 2024:

**To enhance our urgent care pathways to ensure CYP get responsive risk support when they need it. This is for all CYP, inclusive of mental health, eating disorder, learning disability, autism, complex behaviours.**

We will do this by

- Establishing a 24/7 crisis response pathway with access through the 24/7 helpline and support service
- Expansion of our Crisis, Liaison and Intensive Home Treatment Team
- Growing our offer for children and young people needing 'risk support' by developing more flexible person centred 'wrap around' support
- Enhancing multi-agency care planning for our more complex CYP

**To improve communication and navigation so that CYP get to the right support at the earliest opportunity / at the right time.**

We will do this by

- Simplifying and promoting the access points for children, young people, parents, carers and professionals to find information, resources and get help
- Coproducing with children and young people materials / messages about local mental health support
- Ensuring that CYP from all backgrounds feel comfortable with, and able to access, an offer that suits them.

**To enhance our graduated pathway further, expanding supportive mental health opportunities for CYP based on needs, including initiatives to reduce waiting times for key specialist services.**

We will do this by

- Enhancing emotional and mental health awareness and skills through information and training opportunities
- Further developing the offer to meet a wide variety of needs and complexities, reducing any gaps between service thresholds
- Building personalised support for CYP

Developing and supporting our CYP mental health workforce is essential to delivery of these priorities. We are mindful that our biggest risk to this ambitious expansion is availability of skilled staff and we are looking at creative ways to train and develop our own workforce particularly utilising the knowledge and skills of those with lived experience, youth workers, and recruit to train opportunities to build the specialist workforce.

**[Our Plan Ambitions for 2021/22](#)**

- To continue to use the Thrive framework (Appendix A Anna Freud, 2014) to drive our approach and programme expansion.
- To embed trauma informed and positive behaviour support approaches across our workforce through a programme including training, support and consultation.
- To further embed our participation of CYP / parents / carers and move towards greater co-production models.

- To maintain 38% access for CYP 0-18 years with a diagnosable mental health condition receive 2+ contacts from NHS funded mental health services in the preceding 12 months, whilst improving our access rates for our ethnic minority populations.
- To achieve the new national 1+ contact access target for 0-25 years, when this is set.
- To build our multi-agency workforce plan aligned with wider STP/ICS level workforce planning.
- To continue to support our workforce as we emerge from the covid-19 pandemic.
- To build our 24/7 crisis response and intensive home treatment offer and reduce the number of CYP placed on general wards or specialist tier 4 hospitals due to a mental health. [Reduce conversation rate of Childrens Emergency department attendance to admission from 33.4% in 2020/21 to 11% 2018 baseline].
- To maintain 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 in order to prevent escalation to medical crisis.
- To have a graduated approach of early help interventions through to timely specialist support for more high-risk young adults.
- To ensure there are seamless transitions from CYP to adult services with a focus on vulnerable groups (YOS/Children in Care/Autism/Gender Dysphoria) and less silo working with appropriately trained workforce.
- To increase the numbers of people working with CYP and young adults who receive suicide prevention awareness training. In addition we want to respond to suicide clusters with a system approach.
- To learn from our trailblazer Mental Health Support Teams in schools to prepare for their expansion in 2022/23.
- To improve access to mental health advice, support and services through self-management apps, digital consultations and digitally-enabled models of therapy. We will ensure that the new Maternal Mental Health Service (estimated to commenced in January 2022) links with CAMHS and develops pathway development and joint working arrangements, whereby for example a mother under 18 has needs around her mental health as a result of pregnancy or maternity experience will have needs met.
- To continue to embed links between Youth Offending Services (YOS) and community services, ensuring that young people known to YOS, with poor mental health access effective local services to maintain and improve their emotional and mental health.
- To deliver the Early Intervention in Psychosis standard focusing on 14 to 25 year olds [60% of people (14 - 65 years old) should start treatment with a NICE recommended / approved package of care with a specialist early intervention in psychosis service within two weeks of referral for a suspected first episode of psychosis].

The Joined Up Care Children's Board will be accountable for the implementation of this transformation plan. Delivery groups will be responsible for enacting it using action plans with milestones and timeframes which will drive forward the developments and monitor delivery.

We are keenly aware that our programme must deliver real difference for the children and families that rely on the support of our services. Our commitment is to ensure that they experience continuing improvements in service provision each year. Our local vision remains that:

*“Children and young people are able to achieve positive emotional health by having access to high quality, local provision, appropriate to their need, as well as a range of support enabling self-help, recovery and wellbeing.”* (Derbyshire and Derby City Future in Mind Local Transformation Plan 2019)