

Joined Up Care Derbyshire



EXECUTIVE SUMMARY

Future in Mind Local Transformation Plan Refresh



November 2019

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We are now entering the final year of our five year Future in Mind (FiM) Programme. However, children's mental health and wellbeing continues to be a significant national priority. In the year ahead we will consolidate progress made and will be beginning to plan and begin to deliver some of the requirements in the NHSE Long Term Plan including working with adults services to achieve the ambition of an effective person-centred all age response.

As Future in Mind comes to an end the governance structures have been reviewed and it has been agreed that given that Mental Health and Well-being is one of the four elements of the Special Educational Needs and Disabilities (SEND) Reform, that the future developments in services to improve the mental and emotional well-being of children and young people will be reported through the SEND Boards in both County and City, as well as the Joined Up Care Derbyshire Children's Board.

In 2015 the number of children with diagnosable mental health conditions in DDCCG who accessed services was approximately 25%. Since then the effectiveness of the DDCCG Future in Mind programme has increased the percentage year by year, rising to 35.81% by March 2019 (based on prevalence data from 2004), exceeding the target of 34%. 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.

An immediate key challenge is to increase support for self-help. We need to consider how we can support the creation and maintenance of a climate of positive wellbeing for all children and young people, before interventions become necessary at all. The anti-stigma programme 'Be a Mate' has encouraged peer-to-peer support, with 550 young people trained as Mental Health Champions, and work has continued to promote resilience.

DDCCG has commissioned a digital offer (Kooth) which is accessible by Derbyshire and Derby City children and young people aged 11-18, including those Children in Care who are residing out of area, and up to the age of 25 years for care leavers and for children and young people with Special Educational Needs and Disabilities. We continue to work with children and young people who will be key to the evaluation of the service. Parents also told us they wanted easy to access support, so as a proof of concept we have commissioned, QWELL, a digital platform offering advice, support, guidance and some live chat and counselling available for all parents and carers of children in the DDCCG footprint. The contents development of QWELL is being co-produced with parents and carers, and if it evaluates well, it will be continued.

Work has continued to develop the Whole School Approach to mental Health, with 85 schools in Derbyshire and 104 schools in Derby City now signed up with an identified member of staff to support children and young people's mental and emotional well-being. This is being under-pinned by an on-line one-stop-shop for schools in Derby City, which we hope to expand for Derbyshire in the next year. During 2019, DDCCG has been successful in securing funding for Changing Lives to develop four schools as Centres of Excellence with Mental Health Support Teams to offer direct support to 2000 children per year and to offer wider support for other children and parents and other educational establishments in the areas. A provider has been identified and implementation will begin next year.

A DDCCG - wide targeted early intervention service has now been launched 'Build Sound Minds', providing effective community based face-to-face interventions to more than 2,300 children and young people each year.

A team of nine Specialist Community Advisers (SCAs) has been commissioned to be the key contact for GPs in 'Place'. They will also work with a wider range of Practitioners in 'Place' who are concerned about the mental and emotional wellbeing of a child or young person with whom they work. The SCAs will

support, reassure, advise, train and enable the Practitioners to provide appropriate care and effective support to improve the mental and emotional wellbeing of the child or young person causing concern. This will build capacity and capability in within community practitioners in relation to early identification and intervention with children's mental health need. They will also work with Build Sound Minds and representatives from the Local Authorities to facilitate community triage to ensure that children and young people receive the right support from the most appropriate organisation.

A running theme is to consolidate and improve the consistency of our offer across the DDCCG footprint, so all newly commissioned services are available across the DDCCG footprint. Work has already begun to ensure consistency of an improved offer for eating disorders and for urgent care and during the coming year there will be a review of CAMHS with the aim of securing a consistent offer that is responsive to the increasing demand.

Whilst the needs are similar across the whole DDCCG area, the prevalence is linked to a number of factors. DDCCG has commissioned an equity audit to identify key areas which need to be a focus. This audit will be complemented by the establishment of a team of citizen researchers, young people from cohorts which find it hard to access services who receive training and support to engage and consult their peers to inform commissioners of the barriers and solutions, to ensure that all young people feel confident to access services.

DDCCG has secured funding to embed psychology support in the county and city Youth Offending Services which has been complemented by funding from the Police and Crime Commissioners Office for a Speech and Language Therapist. These will provide training and support to case managers within YOS, so that they are better able to recognise and support young people. There has also been some work with the court officials to ensure they are mindful of the different needs and barriers for some of the children and young people in this cohort.

There has been agreement by DDCCG and both the county and city councils for a new Trauma Informed Service for children in care identified as having deteriorating mental health. This new service will be implemented from April next year.

We are hopeful that these services will help us to reduce further the numbers of children requiring Tier 4 provision by providing safe and effective alternatives in the local community. During 2018/19 39 children were admitted to Tier 4, with a total length of stay of 3,116 bed days, this compares with 83 children admitted in 2015/16 with a total length of 6,996 bed days. During 2018/19 there were no admissions of children and young people with autism and/or learning disabilities (Transforming Care Partnership cohort).

All this work has, and will continue to be underpinned by the need for a robust workforce development programme for all those working with children and young people. This year there has been a wide-range of training, including over 1,000 practitioners from all disciplines have attended training on Adverse Childhood Experiences (ACEs) to gain understanding of some of the triggers that might increase the likelihood of poor mental health, and think about ways that children and young people can be supported to overcome and manage these challenges. It is important to flag that recruitment and retention remains a significant challenge particularly for both core CAMHS providers as staff move to more specialist roles within the services. CAMHS recruitment is therefore a risk to the success of our programme and noted as such. We recognise this is a national issue and welcome support on this.

Throughout the previous 4 years of the FiM Plan the four Derbyshire CCG's have committed to and achieved the full uplift to expenditure within operating guidance. Derby and Derbyshire Clinical Commissioning Group (DDCCG) is able to evidence the use of all Future in Mind (FiM) funding to improve the mental and emotional well-being of children and young people (CYP). This includes an on-going commitment to the additional uplift in the CCG baseline budget (as per the Mental Health five year forward view), and to working with other partners, both local authorities and others to try to identify the contributions made to the continuous transformation of CMEWB services for CYP. The planned investment of funding for 19/20 - 20/21 is

2019/2020 Baseline	2020/2021 Uplift	Total 2020/2021
£3,928,000	£429,000	£4,357,000

.We are anticipating and planning expenditure in excess of this uplift as national transformational funding for the Long Term Plan becomes clearer. However, this is planned spend within the Mental Health Minimum Investment Standard (MHMIS) and in line with NHS E guidance on increasing spend on CYP.

This will be confirmed within the a separate Mental Health Investment Standard and Mental Health paper which will be submitted to FRG as soon as final confirmation of budgets has been received from NHSE.

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:

“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)