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| | Health and Wellbeing Board 9th December 2021 |
| Title | North Central London Children and Young People's Mental Health Transformation Plan |
| Report of | Dan Morgan, Interim Director Aligned Commissioning NCL CCG |
| Wards | All |
| Status | Public |
| Urgent | No |
| Key | No |
| Enclosures | Appendix 1 - Powerpoint pack 'North Central London Children and Young People's Mental Health Transformation Plan' |
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Summary

Since 2015, NHS England has required Clinical Commissioning Groups (CCGs) to work with commissioners and providers across health, social care, education and youth justice and the voluntary sectors, to develop local transformation plans for Children and Young People's Mental Health (CYP MH), published so that residents can access them. The plans set out how local services will invest resources to improve children and young people's mental health across the "whole system".

Due to the pandemic the last refreshed plans were published in 2019/20. At that time, each borough published its own local plan. From this year, with the move towards becoming an Integrated Care System (ICS), the Transformation Plan has been developed at ICS level but seeks to maintain a balance between delivering a plan across the ICS footprint and highlighting each borough's progress and plans.

The plan is structured around the 'Thrive Framework for System Change'. This has five domains ranging across a spectrum of need. Against each 'Thrive framework' domain, we have highlighted key examples of progress in Barnet (and the other four North Central London (NCL) boroughs) and priorities going forwards, alongside a summary of progress on NCL-wide initiatives and future priorities.

Some highlights included in the plan of achievements and plans for Barnet include:

1. *Thriving (health promotion and prevention work):*

- **Achievements:** Barnet teams developed a wide range of additional resources, programmes and support for staff to help promote whole school working around children's emotional and mental health and wellbeing; created more information for CYP and families to access online via the Local Offer and other sites; and strengthened early help and Voluntary and Community Sector (VCS) support (see *slide 26 for full details*).
 - **Plans:** Further training and support for schools including around suicide prevention and around supporting autistic CYP; further developing peer champion and peer support programmes in schools and for autistic CYP and their families; further co-production work planned with CYP and with parent/carer forums (see *slide 28 for full details*).
2. *Getting advice (supporting those who need advice and signposting):*
- **Achievements:** Restructured CAMHS pathways together with CYP to improve access, including self-referral; over 70 schools now participating in the Resilient Schools programme; Mental Health in Schools Teams are in place in all mainstream schools; a BICS phone support line established for families and professionals; and strengthened the early intervention offer for children with autism and their families (see *slide 32 for full details*).
 - **Plans:** Continue the ongoing roll out and delivery of schools and community based programmes of support; undertake more co-production with families to strengthen services further; deliver a range of actions to support CYP with autism including opening a new Autism Support Hub in 2022 with respite provision, and developing an 'autism' social care team (see *slide 34 for full details*).
3. *Getting help (those who need focussed goals based input):*
- **Achievements:** Barnet have exceeded NHS England's access targets; implemented an all age model for Special Educational Needs and Disability (SEND) support; enhanced support for families including those on the edge of care and for families with CYP with autism/learning disabilities/ADHD; improved support for Unaccompanied Asylum Seeking CYP (UASC) and children in care; and rolled out an online counselling offer (see *slide 39 for full details*).
 - **Plans:** Develop the online offer further; develop further targeted work with care leavers; strengthen training and development for the workforce around trauma, eating issues and neurodevelopment/learning disabilities; further strengthen autism pathways (see *slide 41*).
4. *Getting more help and risk support (those who need more extensive and specialist support):*
- **Achievements:** developed an improved access and triage model to standardise and streamline care across the borough; enhanced input into acute hospitals; inpatient protocol agreed across LA and NHS CAMHS; new therapeutic children's home opened; multi-agency work between schools, police and Autism Advisory Team to develop and understand good practice engaging with autistic/neurodiverse CYP (see *slide 53*).
 - **Plans:** Continue developing transition services between CYP and adult mental healthcare and continuing care/continuing healthcare; reviewing thresholds across the system to ensure children access the right support as quickly as possible; implement a multi-agency hospital discharge protocol; and implement keyworker support for CYP with learning difficulties and/or autism at risk of hospital admission (see *slide 55*).

Some highlights of achievements and plans across NCL, across all domains, include:

- **Achievements:** NCL continues to be above NHSE's performance targets for the % of CYP accessing MH services; online counselling has been rolled out in all boroughs; we have established a 24/7 crisis phone line and improved 111 provision; crisis hubs and an Out of Hours service were set up; and hospital admissions have reduced by 34%.
- **Plans:** Improve the digital/online offer available to all CYP across NCL; roll out Mental Health in Schools Teams across all boroughs; continue investing in interventions to reduce waiting times, such as single front door triage across pathways and/or agencies, growth in overall staffing and use of online counselling where appropriate; improve support for and achieve greater consistency across all boroughs for targeted groups of CYP where MH risks are higher such as children in care, LGBTQ+ CYP, young black men/boys and UASC; reduce waiting times for autism diagnostics and increase support for children with LD and/or autism; roll out a new Community Eating Disorders service, a Home Treatment offer and dialectical behaviour therapy (DBT) pathway across NCL; all boroughs to review/implement suicide prevention recommendations; enhance support for CYP with MH presentations on general hospital wards; and continue reducing inpatient admissions.

The plan is a 'living document' and ICS areas are asked to refresh, and CCGs to republish them, on CCG websites every year. We also ask each Local Authority to publish the plan.

Recommendations

1. **That the Board approve Barnet's priorities for inclusion in this plan and approve publication of the Transformation Plan on Barnet's website alongside NCL CCG's.**

1. WHY THIS REPORT IS NEEDED

1.1 Since 2015, NHS England has required Clinical Commissioning Groups (CCGs) to work with commissioners and providers across health, social care, education and youth justice and the voluntary sectors, to develop local 'Transformation Plans' for Children and Young People's Mental Health (CYPMH). From this year, with the move towards becoming an Integrated Care System (ICS), NHSE has recommended that Transformation Plans should be developed and assured at ICS level. This plan sets out NCL and borough progress and plans around children and young people's emotional and mental health and wellbeing.

1.2 The plan sets out our ambitions to:

- Offer all children and young people growing up in NCL high quality information, advice and guidance to support their emotional and mental health and wellbeing – and to better understand and target and tailor support to groups of children and young people where evidence tells us the risk of emerging mental health needs is higher
- Ensure CYP with emerging or lower level mental health and wellbeing needs can access advice and support in a range of ways including online and

through their schools and wider communities and that there is greater equity across NCL in the support available

- Ensure CYP get access to the right mental healthcare support more quickly and there is less variation in waiting times across NCL.
- Make sure that CYP experiencing serious mental illness are supported quickly, at home and/or out of hospital wherever possible. We want to see further reductions to the number of inpatient mental health admissions.
- Offer CYP with disordered eating concerns access to a wider range of specialist support in the community.
- Ensure CYP with suspected autism access and complete diagnostic assessments more quickly.
- Deliver a sustained and more equitable offer across NCL of pre and post diagnostic support for children and young people with learning disabilities and/or autism including those with behaviour that challenges. Continue to support more young people with the most complex needs closer to home and outside of inpatient settings.
- Achieve more consistency across NCL in the emotional health and wellbeing support offered to families of children under five
- Introduce more support for young adults moving between CAMHS and adult mental health services

2. REASONS FOR RECOMMENDATIONS

2.1 NHS England require all areas to publish CYP Mental Health plans. They provide a means to communicate achievements and plans around children and young people's emotional and mental health and wellbeing to interested families and professionals across different sectors.

3. ALTERNATIVE OPTIONS CONSIDERED AND NOT RECOMMENDED

3.1 N/a

4. POST DECISION IMPLEMENTATION

4.1 The plan will be published on LA and CCG websites and refreshed annually. As a 'live' document, it can also be updated at any point throughout the year, if necessary. Monitoring and oversight of the plan takes place through NCL CYP MH Programme Delivery Board and at borough level through Barnet's Children and Families' Services Mental Health and Wellbeing Board.

5. IMPLICATIONS OF DECISION

5.1 Corporate Priorities and Performance

5.1.1 The plan contributes to delivering against Barnet's 'Family Friendly' priority by supporting emotional and mental health and wellbeing – key to enabling all five of the 'Family Friendly' priorities set out in the Corporate Plan

5.1.2 The plan also supports the 'starting, living and ageing well' priority in the Health and Wellbeing Strategy.

5.2 Resources (Finance & Value for Money, Procurement, Staffing, IT, Property, Sustainability)

5.2.1 The priorities within the plan are based on existing NHS and LA budgets and focus on ensuring existing resources are delivering best value for money.

5.3 Social Value

5.3.1 In any procurement associated with these plans we will ensure Social Value considerations are taken into account.

5.3.2 The plans set out a range of commitments to improving care for local people. Wherever possible, where these plans involve growth of workforce, we will endeavour to promote opportunities through local networks to maximise opportunities for local, suitably skilled professionals to help us deliver these plans.

5.3.3 Co-production and peer support/engagement are priorities both in Barnet and across NCL. These schemes provide young people with the opportunity to develop useful skills for their personal and career development.

5.4 Legal and Constitutional References

5.4.1 Terms of Reference for the Health and Wellbeing Board include:

To work together to ensure the best fit between available resources to meet the health and social care needs of the whole population of Barnet, by both improving services for health and social care and helping people move as close as possible to a state of complete physical, mental and social wellbeing. Specific resources to be overseen include money for social care being allocated through the NHS; dedicated public health budgets; The Better Care Fund; and Section 75 partnership agreements between the NHS and the Council.

5.5 Risk Management

5.5.1 Partnership: The ICS governance is not fully mature and many plans set out within this overarching document are delivered at 'Place' level. The plan sets out borough partnership arrangements for CYP Mental Health and notes a commitment to reviewing current governance structures across NCL as the ICS arrangements develop.

5.5.2 Finance: At the time of writing, future years' funding allocations for the CYP MH system are not available. However, the NHS nationally and locally has a strong commitment to prioritising CYP MH. Plans are based on the existing financial envelope; should there be any future growth, decisions on allocations will be made in consultation with local authorities and NHS teams.

5.6 Equalities and Diversity

5.6.1 No disadvantages to any protected characteristics and an active commitment to ensuring equality and inclusion in our services

5.7 Corporate Parenting

10.7.1 The plan sets out a range of actions to improve emotional and mental health and wellbeing support for Looked After Children growing up in Barnet and

other NCL boroughs.

5.8 Consultation and Engagement

5.8.1 A wide range of stakeholders NHS, VCS, LA and CCG have contributed to this plan.

5.8.2 The plan reflects feedback from consultation and engagement exercises undertaken in each borough related to CYP MH.

5.8.3 We will continue to work closely with CYP and their families both in Barnet and across NCL to implement our priorities and develop services further.

6. Insight

N/a

7. Environmental impact

7.1 There are no direct environmental implications from noting the recommendations. Implementing the recommendations in the report will lead to a positive impact on the Council's carbon and ecology impact, or at least it is neutral. *(officers may revise this statement if they are aware of any environmental implications as a result of their recommendations).*

8. BACKGROUND PAPERS

8.1 None