



LOCAL TRANSFORMATION PLAN

**FOR CHILDREN AND
YOUNG PEOPLE'S
MENTAL HEALTH AND
EMOTIONAL WELLBEING**

SEPTEMBER 2021

Berkshire West CCG area within Reading, West Berkshire and Wokingham Local Authorities

IMPROVING EMOTIONAL WELLBEING AND MENTAL HEALTH OF ALL CHILDREN AND YOUNG PEOPLE ACROSS BERKSHIRE WEST

This document builds on the 2019 plan and provides an update of:

- What we have achieved so far.
- Local need, trends and the voice of children and young people and their parent / carers.
- Our commitment to undertake the further work that is required.
- Resources required.

[children-and-young-people-s-mental-health-and-emotional-wellbeing-ltp_final.pdf \(berkshirewestccg.nhs.uk\)](#)

1.1 LOCAL CONTEXT INFOGRAPHIC



Established three mental health support teams (MHST) in our three local authority settings who have worked with 872 CYP since starting covering 32% of the pupil population.



Secured funding for two extra MHST's to launch in 2022 to cover 52% of the pupil population.



A children in care offer has been co-produced with our CYP, local authorities and BHFT.



An intensive community and home treatment offer that will build off and integrate with the existing rapid response offer.



Improved CYP access to help 24/7 with our NHS 111 provider, SCAS to ensure crisis support is available.



Increased the rapid response service offer which is now a seven day offer until 8pm and increasing both clinical and skill mix within the team.



Invested to increase the workforce in the Berkshire Eating Disordered service.



Improved CYP outcomes data flow onto MHSDS.



Launched the ASD / ADHD advice and guidance service run by the voluntary sector for CYP and their families and carers.



Digitalised 'The Little Blue Book of Sunshine' and made a hard copy available to each school pupil.



Completed a comprehensive review of CYP services to inform our next priorities.

2// OUR AMBITION

We will ensure promoting resilience and good mental health and wellbeing is a priority across all partners, with a commitment to helping every child and young person experience positive mental health and wellbeing by using the right help, when and where needed.

We strive towards individually tailoring help and support to the needs of the child, family and community – delivering significant improvements in children and young people's mental health and wellbeing. We continue to make good progress in this. We want to go further. Our Local Transformation Plan is about integrating and building resources within the local community, so that emotional health and wellbeing support is offered at the earliest opportunity.

Our goal is to reduce the number of children, young people and their families whose needs escalate to require specialist intervention, a crisis response or in-patient admission. Our plan has been refreshed in line with the requirements of NHS 10-year LTP.

Successful delivery of the plan will mean that:

- Good emotional health and wellbeing is promoted from the earliest age and poor emotional health is prevented when possible.
- Children, young people, their families and our communities are emotionally resilient.
- More children and young people with both an emerging emotional health needs and diagnosable mental health condition access evidence-based services in a range of settings.
- Fewer children and young people escalate into crisis, but for those that do; good quality care will be available quickly and will be delivered in a safe place enabling them to recover as quickly as possible.

REFRESHED TRANSFORMATIONAL PRIORITIES

Priority

1

Building a formal delivery partnership arrangement

Priority

2

Creating a single access and decision-making arrangement across the delivery partnership

Priority

3

Tackling the waiting times in both specialist / core CAMHs

Priority

4

Meeting the eating disorder waiting times for response to referrals

Priority

5

Mobilising a community home treatment offer 24/7 access standard for crisis cases

REFRESHED TRANSFORMATIONAL PRIORITIES

Priority

6

Mobilising two further Mental Health Support Teams (MHSTs)

Priority

7

Meeting the COVID-19 surge demand as it arises

Priority

8

Addressing gaps in access and service offer due to inequalities

Priority

9

Strengthening our adolescent to young adulthood offer (16 – 25)

Key progress areas - Overall **Green** Status

PARTNERSHIP and SINGLE POINT OF ACCESS

P1 (Partnership) and P2 (Single point of access) are progressing well;

Youth Conference (P1)

Networking and partnership meetings (P1)

System mapping (P2)

Desktop review (P2)

REDUCING WAITING TIMES

CAMHS Transformation Lead successfully recruited (P3a)

Detailed **clinical pathways and pathways on a page** are now complete and implementation being planned (P3a)

B8b & B8a for the CIC have been **recruited** pending checks (P3b)

CIC **commitment letters received** and implementation ongoing (P3b)

[Youth in Mind Berkshire Conference 2022 Tickets, Wed 18 May 2022 at 08:00 | Eventbrite](#)

Key progress areas - continued

Eating Disorder

BEAT training – dates set (acute); GP Webinar due end of March (P4)

Recruitment phase nearing end of completion (P4)

Creation of a **PEACE** pathway (P4)

Developing a South East **ARFID** strategy and locally, a model for service delivery (P4)

24/7 Crisis Response & Community Home Treatment

Recruitment underway (half team recruited) and service being mobilised (P5)

Seeking opportunities for **VCS** involvement (P5)

24/7 support via virtual/phone assessment piloted being planned (P5)

MHST New Teams

Recruitment almost completed for Reading **MHST Wave 5** (one PMHW outstanding, mitigations in place); (P6)

Covid Surge

P7 completed

•Inequalities

•**Inequality** scoping sent out for Expression of interests pending CCG governance approval (P8)

CAMHS and Eating Disorder | Challenges

Increase in demand

Unprecedented level of **increase in referrals** to CYP emotional wellbeing and specialist mental health services over the past 2 years.

Referrals to CAMH services increased by **60%** in the last 12 (locally 65%)

Acuity, complexity and risk of referrals **increased** with 30% now urgent at the point of referral compared to 13% in the previous year

Referrals to the Eating Disorder service (**BEDS**) are also increasing nationally and locally (average monthly referral rate is now 18 compared to 13 before the pandemic).

Workforce shortages

Higher turnover in the clinical workforce

Staff leaving the clinical specialty altogether

Plans for the future

- Local Transformation Plan
- CCG and BHFT **CAMHS services review**
- BW commitment to **review CAMHS service specification**