
Future in Mind: Local Transformation Plan Refresh

Report being considered by: Health and Wellbeing Board

On: 24 January 2019

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Item for: Information

1. Purpose of the Report

- 1.1 To provide an overview of the refreshed Future in Mind Local Transformation Plan (LTP) which was published in October 2018 in accordance with national Future In Mind requirements. The LTP provides an update on service development and improvement across the comprehensive Child and Adolescent Mental Health Service (CAMHS) system. The full LTP is 111 pages long and can be found here <https://www.berkshirewestccg.nhs.uk/media/2516/berkshire-west-future-in-mind-ltp-refresh-oct2018.pdf>. A summary version has been provided. Our LTP has been assured by NHS England.
- 1.2 A young person friendly version has been co-produced with service users and has also been published.
- 1.3 A wide range of initiatives across the system are underway to improve emotional health and wellbeing of children and young people. Initiatives reflect the THRIVE model
- 1.4 Like most other areas of the country, demand for emotional health and wellbeing services have increased and the complexity of presenting issues is increasing. The increase in demand and complexity is being seen across voluntary sector, schools and specialist services. This is having an impact on waiting times.

2. Recommendation

- 2.1 The Board is asked to approve the refreshed Local Transformation Plan.

Will the recommendation require the matter to be referred to the Executive for final determination?	Yes: <input type="checkbox"/>	No: <input type="checkbox"/>
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3. Introduction/Background

Areas of strength

- 3.1 The NHS Long Term Plan has been published and the local partnership is on track in the key areas of Children and Young People's Mental Health Services, Learning Disability and Autism, Local System Support, Investment in Forensic Community Support and Redesigning CYP Health Services.
- 3.2 Investment into the system through Future in Mind since 2015 has seen more children and young people accessing evidenced based support across Berkshire West.

- 3.3 Additionally, parents and families are able to access more advice and support that was previously seen.
- 3.4 The broad range of services means that children, young people and families are provided with choice in how they can access support.
- 3.5 Berkshire West is one of 25 areas in England to receive government funding for pilot project working to transform children's mental health care which contribute to the delivery of the Transforming children and young people's mental health provision: a Green Paper set out in summer of 2018 by the government. The project is a partnership between Berkshire West Clinical Commissioning Group (CCG), Reading Borough Council, West Berkshire Council and Berkshire Healthcare NHS Foundation Trust.
- 3.6 Each local authority area will set up a pilot mental health support team as part of this NHS England trailblazer pilot. A team will work within a cluster of schools that teach 8000 children and young people, which is approximately a third of the pupil population in both Reading/ West Berkshire. Therefore only a select number of schools will be invited to take part in the pilot, with work continuing as usual with all schools to support children with mental health and wellbeing.
- 3.7 This is an initial three year project which will see more than £800,000 a year provided to run the two dedicated mental health and support teams. Each support teams, made up of professionals from local authorities and the NHS, will work with schools to improve their understanding and response to pupils emotional and mental health needs. Importantly the staff in the teams will be directly helping children and young people to improve their emotional or mental health. Aiming, when fully operational, to be supporting 500 pupils a year.
- 3.8 Our successful proposal will be building on existing work across Berkshire West that has already been developed by partners in our Local Transformation Plan. Both Local Authorities have led the way in establishing a strong local offer and this project will provide an excellent opportunity to share and use the best within each area to create an even better and stronger offer.
- 3.9 In summary this project will set up 2 teams, one Reading and one in West Berkshire. There will be an Emotional Health Partnership Triage system; School based Mental Health consultation surgeries, training for school staff and a range of interventions for individual and groups of pupils. This will result in success at a number of levels;
- (a) Whole school change and practise
 - (b) System wide transformation based on the Thrive Elaborated model
 - (c) Evidenced based treatments impact measured and assured by clear routine outcome measures.
- 3.10 The number of children and young people who are admitted to Tier 4 inpatient beds has continued to fall. This is linked to the commissioning of the Rapid Response service.

- 3.11 BHFT have secured funding from NHS England to build a new inpatient facility to replace Willow House in Wokingham. This will provide more capacity and reduce the number of children who have to be placed out of area.

Area of Challenge and Development

- 3.12 Demand continued to increase despite the extensive investment in emotional and mental health services. This reflects the national picture with an increase from 1 in 10 to 1 in 8 Children and Young people having a diagnosable condition.
- 3.13 Flowing data onto the national dataset is difficult, as is the case in many areas. This means that the actual number of children and young people receiving an NHS funded service in Berkshire West is far greater than the national dataset shows. We are working to resolve this technical issue.
- 3.14 A review of the Eating Disorder Pathway has been completed. Assuming that planned additional investment for Eating Disorders stated in the NHS Long Term Plan flows to the local area, the partnership is ready to implement the required changes.
- 3.15 A review of the Autism Assessment Pathway is being conducted and it is anticipated it will lead to more efficient working practices. Children and Young People waiting an Autism Spectrum diagnostic assessment make up 62% of the total CAMHS waiting list. Combined with CYP waiting for an ADHD diagnostic assessment, they make up 82% of the total CAMHS waiting list. Over 80% of Children and Young people who are waiting for an autism assessment are already receiving help from another BHFT provided service (e.g. another CAMHS care pathway, or the integrated therapies team).
- 3.16 While children and their families are waiting for assessment, a range of support services funded by the CCG and Local Authority are offered in the community and schools including support from the Emotional Health Academy, Parenting Special Children and Autism Berkshire; telephone helplines, parent support groups, online advice. Partners have also collaborated with Reading University to provide placements for 3 Recruit to train (RTT) WP trainees to provide low intensity emotional support and interventions for CYP on the Autism and/or ADHD waiting list (posts start in January) and 4-6 RTT parenting trainees to work with parents and cares of CYP on the ADHD waiting list or open to the ADHD pathway.

4. Consultation and Engagement

- 4.1 N/A

5. Appendices

Appendix A – Summary Future in Mind LTP Refresh 2018

Appendix B – Young Person Friendly Summary Document – Future in Mind LTP Refresh 2018

Background Papers:

Previous reports to the Health and Wellbeing Board

Health and Wellbeing Priorities 2018/19 Supported:

- Promote positive mental health and wellbeing for adults.
- Improve opportunities for vulnerable people to access education, employment, training and volunteering.

Health and Wellbeing Strategic Aims Supported:

The proposals will help achieve the following Health and Wellbeing Strategy aim(s):

- Give every child the best start in life
 - Support mental health and wellbeing throughout life
 - Reduce premature mortality by helping people lead healthier lives
 - Build a thriving and sustainable environment in which communities can flourish
 - Help older people maintain a healthy, independent life for as long as possible
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