
Future in Mind Local Transformation Plan

Report being considered by: Health and Wellbeing Board on 30 January 2020

Report Author: Andy Fitton/ Michelle Sancho

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 2019 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 can be found here <https://www.berkshirewestccg.nhs.uk/about-us/how-we-work-with-others/the-local-transformation-plan/> Our LTP has been assured by NHS England.
- 1.2 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.
- 1.3 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(s)

- 2.1 The Board is asked to approve the refreshed Local Transformation Plan 2019.

3. How the Health and Wellbeing Board can help

- 3.1 To note, approve and endorse the plan.

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

4.1 Areas of strength

- 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.
- We have continued to develop outcomes reporting and can evidence that most children and young people have positive outcomes across providers.
- We can evidence that most children and young people feel listened to across providers.

- We can evidence the impact of large scale training across partners. In particular the introduction of Trauma Informed/ adverse childhood experiences training, at School and a community level is expanding rapidly across the patch. Aligned to this is the start this year of the roll out of the regional Restorative Practise awareness and training in all three Local Authorities reaching 100+ multi-agency practitioners and snr leaders as well as CYP.
- Access to services by Children and Young people has increased again this year. Providers are seeing more children and young people for evidence informed help than ever before.
- We continue to meet the challenge of working with partners to flow CYP access data onto the national dataset, with 3 more now providers' data monthly and BHFT improving the quality of their returns.
- We are one of 20 national trailblazer sites to set up Mental Health Support Teams in two Local Authorities. We have built on our existing strengths and learning from the Emotional Health Academy the Reading Emotional Well-Being Partnership to create an exciting offer. Recently we have secured a further team for Wokingham.
- Following the completion of a service review, more financial investment has been secured for our Eating Disorder Service that will enable our local Mental Health provider (BHFT) to meet waiting time standards by 20/21.
- We were successful in becoming one of 9 pilot sites for a research project on improving mental health assessment for Children in Care. Training has been completed and the first 12 children in care have already participated in the project.
- 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.

4.2 Areas of Challenge and Development

- There continues to be increased demand which in turn is having an impact on waiting times, across providers. Although we were successful in winning additional resources to reduce waiting times in our specialist CAMHs teams, recruiting the workforce continues to be challenge across the sector.
- There continues to be concern about the in self-harm rates in all three Local Authorities for people aged 10 – 24. Self-harm rates for 15 to 19 year olds across all three areas continue to be higher than the national average with the biggest jump being in Reading. Prior to 2015/16 all three LA's were below or in line with the national average. A set of clear recommendations have emerged from the CYP High Impact User project that require further attention
- Availability of suitable skilled, qualified and experienced health workforce. There are recruitment and retention challenges for many parts of the wider children's workforce e.g. social care. The cost of living is high in Berkshire West.
- Demand for emotional health and wellbeing services across the system has increased at all levels of need- see Appendix 2 Needs Analysis and Appendix 5 Activity. Local analysis is that we continue to be part of the cycle of positive improvements in identification of likely

unmet need alongside the lowering national of the stigma related to mental health is driving the demand. However with challenging waiting times often the need is increasing thus increasing felt levels of acuity in cases across the system.

- Infrastructure- Availability of suitable inpatient beds close to home. Lack of local inpatient beds for young people with Eating Disorders.
- Data- Flowing data onto the national MHSDS data set involves multiple providers with differing IT systems and data governance arrangements. We continue to meet the challenge of working with partners to flow CYP access data onto the national dataset, with 3 more now providers' data monthly and BHFT improving the quality of their returns.
- Children and young people who are under Specialist CAMHs continue to experience more severe symptoms and have more complex presentations than in comparator areas. We wonder whether this is related to earlier help being more embedded in Berkshire West as we have rolled out Future in Mind.
- Finance - Financial pressures across the system as demand continue to grow requiring increased investment within a tight fiscal arrangement for Berkshire West.
- System arrangements - The complexity of the Berkshire West system adds a level of challenge.
 - a. The number of different Local Authorities and agencies involved in providing mental health care across Berkshire West means there is a risk of alternative access points, emerging gaps between services and a need for extensive partnership work and communication that is time consuming for staff in all agencies.
 - b. The emerging new Integrated Care System, of Buckinghamshire, Oxfordshire and Berks West footprint will create new commissioning arrangements that will require additional capacity in the next year of this ICS forming. It may add confusion and take capacity away from transformation work.
 - c. Some organisations and individuals are more open to change than others. Schools, GPs in particular have competing demands on their time so while there may be a desire and recognition to change, external factors prevent change from happening at the pace required.

5. Supporting Information

5.1 Our 2019/20 Local Transformation plan has identified 7 priorities to focus and act as a way to galvanise the partnership to collectively achieve improvement and change. These priorities are:

- Priority 1 – Ensure that we embed and expand the Mental Health Support Teams in Berkshire West
- Priority 2 – continue to focus on meeting the emotional and mental health needs of the most vulnerable CYP – particular attention to Children in Care
- Priority 3: Continue to build a 24/7 Urgent care/ Crisis support offer for Children and Young People (CYP)
- Priority 4: Continue to build a timely and responsive Eating Disorder offer
- Priority 5: Improve the Waiting times & Access to support, with particular this year on access to ASD/ ADHD assessments and support.

- Priority 6: To improve the Equalities, Diversity and Inclusion offer and access for Children and Young People in Berkshire West
- Priority 7: Building a Berkshire West 0 – 25 year old comprehensive mental health offer

5.2 The Future in Mind Delivery Group meets regularly to consider, challenge and champion the changes as well as oversee this LTP refresh document. The Future in Mind group is chaired by the Assistant Director of Joint Commissioning NHS Berkshire West CCG and reports into the Berkshire West MH and LD ICP programme board. Work-streams are set up to drive each priority forward that includes strong multi-agency representation.

5.3 Highlights of the work in West Berkshire can be found in the plan on pages 31 – 39, specifically about the Emotional Health Academy on pages 45 – 47 and specialist CAMHs pages 48 – 60.

6. Options for Consideration

6.1 N/A

7. Proposal(s)

7.1 N/A

8. Conclusion(s)

8.1 N/A

9. Consultation and Engagement

9.1 There has been significant multi-agency partnership engagement over a number of years and in particular in the lead to the Oct 2019 deadline to publish the most recent LTP (2019) version. In addition Children Young People's feedback and influence is outlined in chapter 5, pages 14 & 15 of the LTP.

10. Appendices

10.1 N/A

Health and Wellbeing Strategic Aims Supported:

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

- x Give every child the best start in life
- x Support mental health and wellbeing throughout life

Officer details:

Name: Andy Fitton
Job Title: Assistant Director of Joint Commissioning
Tel No: 07775 010740
E-mail Address: andy.fitton@nhs.net
