

## REPORT TO HEALTH SCRUTINY COMMITTEE

<b>TITLE:</b>	<b>Healthy Young Minds - Child &amp; Adolescent Mental Health Services (CAMHS)</b>
<b>DATE OF MEETING:</b>	<b>20.06.16</b>
<b>REPORT FROM:</b>	<b>Karen Whitehead, Strategic Lead (Health, Families, Partnerships and Complex Care) CYPC &amp; CWB</b>
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### **1. PURPOSE AND SUMMARY**

Key work programme response to Health Overview Scrutiny Priority 1 Mental Health – CAMHS

### **2. INTRODUCTION**

This document is to provide an overview briefing paper to panel with reference to the five year forward CAMHS Local Transformation Plan and stepped care model for services emotional well being offered to schools within the borough. Healthy Young Minds (HYM ) is now the new rebranded CAMHS service.

### **3. BACKGROUND**

Bury Local Transformation Plan (LTP) is 5 year forward plan to provide emotional mental health, CAMHS support to children and young people in Bury. The vision to offer the right help and support at the right time to ensure best outcomes for emotional mental health and well being. The focus is not just in developing CAMHS services, but providing an appropriate response for the children and young people who do not meet traditional CAMHS thresholds. One key element of this is the establishment of a single point of access ( SPA )for all referrals.

The Local Authority, Bury CCG (Clinical Commissioning Group) and mental health providers have all signed up to this plan.

### **4. WHAT IS WORKING WELL?**

The following information provides an overview of scheme already in existence and working well;-

## **Single Point of Access – Enhanced Duty System**

In order to move towards a stepped model of care (The Thrive model) Healthy Young Minds, in the interim, will be developing an enhanced duty system, all emotional health and wellbeing referrals will come directly to the service, regardless of eligibility for a tier 3 service. All referrals will be screened as usual, however, rather than returning referrals back to the referrer, HYM will re-direct all non CAMHS referrals to the most appropriate service. The plan is the SPA will at this point, be a virtual team, and will require sign up from all services involved. The process, will hopefully, ensure, that all young people, receive the most appropriate care at the right time by the right service. The expectation is that it will also reduce waiting times for treatment/intervention. The enhanced duty system will also offer phone advice and consultation prior to referrals being made. The SPA will be eventually placed in locality Hubs where HYM staff will be situated for a day week on a permanent basis.

The early help offer from HYM will be in the form of, advice, consultation, support and joint assessments. Recruitment is underway to appoint link workers within HYM to be the link for schools and other agencies, offering support and educational sessions where appropriate. HYM currently offer lunch time learning for schools. Staff will work closely with other agencies offering emotional health and wellbeing interventions, with the view of developing, in some instances joint care pathways.

## **Bury Youth Service**

Bury Youth Service offers an Emotional and Wellbeing Package as part of the School Offer to all Bury High Schools. The project is designed for pupils in need of extra support for their personal, emotional and social wellbeing.

The aim of the project is to educate young people, for them to acknowledge and understand their feelings and their behaviour, the dangers they are exposed to, the potential consequences of their behaviour and thereby encourage them to make informed decisions that will have a positive effect for them and the lives they choose to lead.

This year the youth service has delivered the Emotional & Wellbeing Project as part of its offer to the following schools:

Castlebrook – 1 x year 7 group; 1 x year 8 group

Elton – 1 x year 8 group; 1 x year 9 group

Sessions are interactive, including:

My thoughts, feelings & communications, self esteem, my strengths & weaknesses, who I am, diet & exercise, body image and role models, Positive relationships, Substance misuse – (drugs, alcohol and smoking), sexual health.

## **Safe Project**

The SAFE project was developed in 2011 as a response to increasing concerns about Child Sexual Exploitation and internet safety. SAFE is a preventative programme delivered to Year 8/9 pupils in Bury High Schools which aims to help young people understand risk and how to manage it.

Pupils are identified by the school with a focus on those who are thought to be involved or potentially involved in high risk activities e.g. sexual activity, drug and alcohol use, inappropriate use of social media, or likely to be victims of grooming or sexual exploitation.

The maximum number of pupils in each group is 10, all groups are single sex, and the programme lasts for 11 weeks, it has been offered to all High Schools in Bury.

Contents of the sessions cover; Self-esteem, Developing healthy friendships and relationships, Saying 'NO'/ Peer Pressure, Alcohol and Drugs, Sex and the Law, Internet Safety, Grooming and recognising risky situations/developing strategies for staying safe.

SAFE has been delivered in all Bury High Schools. This academic year SAFE has been delivered in EPRU, Phillips High, Bury Church, Prestwich Arts, Woodhey (x2), St. Gabriel's, St. Monica's (boys), Broad Oak, Elton x2 (boys and girls), The Derby. All except 2 of the groups have been girls.

### **Resilience in Schools – Evidence Base**

- One in ten children aged between 5 and 16 years (three in every classroom) has a mental problem, and many continue to have these problems into adulthood. Half of those with lifetime mental health problems first experience symptoms by the age of 14.
- Among teenagers, rates of depression and anxiety have increased by 70% in the past 25 years.
- Ten years ago, detailed estimates put the costs of mental health problems in England at £ 77 billion, including costs of loss of productivity and wider impacts on wellbeing. More recent estimates suggest the costs may be closer to £105 billion.

Children are less likely to suffer from serious mental health difficulties in later life if they receive support at an early age, providing better outcomes and a cost saving to adult mental health services.

Growing evidence indicates that promoting positive mental health also improves a range of positive school outcomes, including enhanced academic progress, better attendance and lower exclusion rates. The CCG have provided additional funding to support this resilience in schools link initiative.

Please find attached a document which provides more information about the scheme.



DRAFT Resilience in schools brochure 2015

## **WHAT NEEDS TO WORK BETTER AND WHAT ACTIONS ARE IN PLACE TO ADDRESS THIS?**

In order to strengthen further service provision Third Sector organisations have been invited to provide expressions of interest for additional funding to offer within Communities emotional health, well being consultation, awareness raising and one to one support.

These interviews are planned for 22 June 2016, with successful Third Sector organisations notified by mid July.

In addition a multi-agency safeguarding training programme has been funded by the transformation plan to provide bespoke training courses to school teachers, teaching assistants, SENCOs to up skill the workforce and increase their ability to support children and young people in all aspects of emotional health and well being, e.g. bullying, self harm, anxiety management.

## **5. FUTURE PLANS AND PRIORITIES**

The CCG, Local Authority senior officers and current providers of emotional mental health support have a project implementation document which highlight and outlines scale and processes which will embed this step model approach.

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### **List of Background Papers:-**

### **Contact Details:-**