



**Hey,
how are you feeling?**



I just feel so alone.

I really need some support now.

**We care,
and we are listening...**

Bury Locality

Thrive Journey to Date...



Hey, how are you feeling?



I just feel so alone.

I really need some support now.

We care, and we are listening...

If you're feeling sad, worried, lonely or upset

WE ARE HERE FOR YOU.



<https://www.thriveinbury.org/youngpeople>

The Bury CYP Mental Health System 2020

Lack of CYP mental health system governance and oversight

Lack of focus on Early help and prevention support

Gaps in provision for early help support

Small VCSE commissioned Getting Help support offer

Long waiting times for support

High mental health prevalence rates

High numbers of children with social emotional and mental health needs





Introducing myHappyMind



NHS
Backed by NHS



Bury Impact Data



Before myHappymind

93%

of teachers said **less than half** of their children were aware of the factors that contribute to their wellbeing



After myHappymind

91%

of teachers have said Happy Breathing has benefitted their class



Before myHappymind

77%

of teachers said that **less than half** of their children can talk about their Character Strengths



After myHappymind

100%

of teachers said their class are **now more able** to talk about their Character Strengths



Before myHappymind

64%

of teachers said children **never or very rarely** express gratitude to each other or about their experiences



After myHappymind

80%

of teachers are noticing **more Gratitude** is being shared in their classroom



Before myHappymind

76%

of teachers reported that the children's Active Listening skills were **rated poor to fair**



After myHappymind

100%

of teachers said children **now better understand** the importance of positive relationships and what it takes to develop them



Before myHappymind

96%

of teachers said that some of their class **struggle** to persevere in the face of challenges



After myHappymind

100%

of teachers have found that the children **now better understand** the link between how they are feeling and what they can achieve

myHappymind in Action

Latest EHCP review shows that the new plans by Primary need are showing a **decrease in SEMH presentation.**

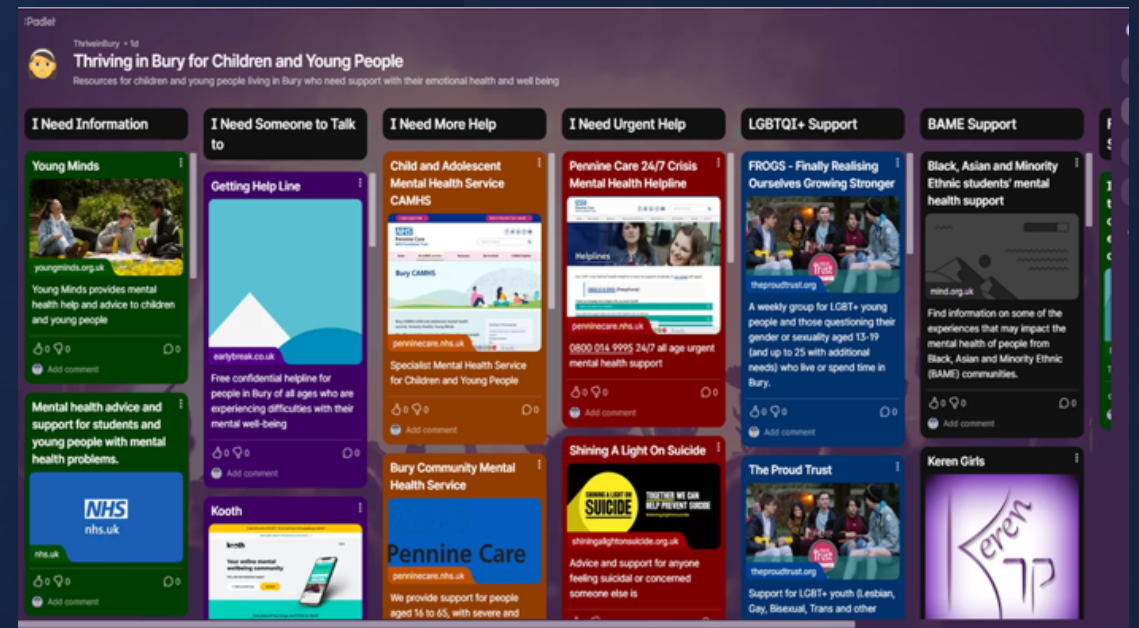


myHappyMind in Action in Bury





Thriving in Bury Digital App and Campaign



The Bury CYP Mental Health System 2023

Strategic oversight and mental health in education groups established

Improved data quality reporting across commissioned services

Commissioned myHappyMind and Wellbeing Through Sport emotional wellbeing programmes across primary and secondary schools

Held a mental health in education networking event attended by service providers and education settings

Mental Health Support Teams currently being established in 32 education settings

Co-designed an emotional wellbeing app and launched a CYP mental health campaign in partnership with Bury Youth Cabinet

Additional investment to bolster the existing early help offer and reduced waiting times

New commissions to address gaps in provision for transition support, LGBTQI+ and CYP who have experienced domestic violence

Expansion of core CAMHS services to age 18

Reduction of core CAMHS initial assessment waiting times to within 9 weeks. Reduced SEMH needs

Co-production mechanisms established to involve CYP and parents and carers in the development of their services

Participated in the Anna Freud Link Programme

Provided trauma informed training for education settings

Established a VCSE led Whole School Coordinator role to provide support to non MHST schools

Commissioned a teens emotional wellbeing programme



The 'old' model

The Getting Help offer

- Closing The Gap Transition Service Group
- Emotional wellbeing support services for 14 to 16 and 16 to 18 years olds
- The Proud Trust LGBTQI+ support
- First Point Family Services
- ASD/ADHD diagnostic support
- Bereavement and Loss
- Holistic therapies
- Additional ICB investment to meet demand

2020 to 2023

Bury Getting Help pathways



- **Limited Getting Help Offer commissioned by Pennine**
- **Significant demand on CAMHS**
- **Limited capacity at a time of increasing needs due to the pandemic**
- **One size fits all**
- **Resource intensive**
- **Services not mapped to need/ more mapped to processes and systems**
- **Lengthy waiting times for CYP**

The 'new' model

Advice and Guidance Support Offer

- Drop in sessions
- Assessment with a Navigator
- Advice and information, onward referral
- Advice and guidance for parents
- Digital support

Early Help Support Offer

- Up to 2 further sessions with a Navigator
- Emotional regulation group support
- CBT informed anxiety support group
- Feeling detectives programme (primary age)
- IPT-AST informed low mood support group
- Ticks group support

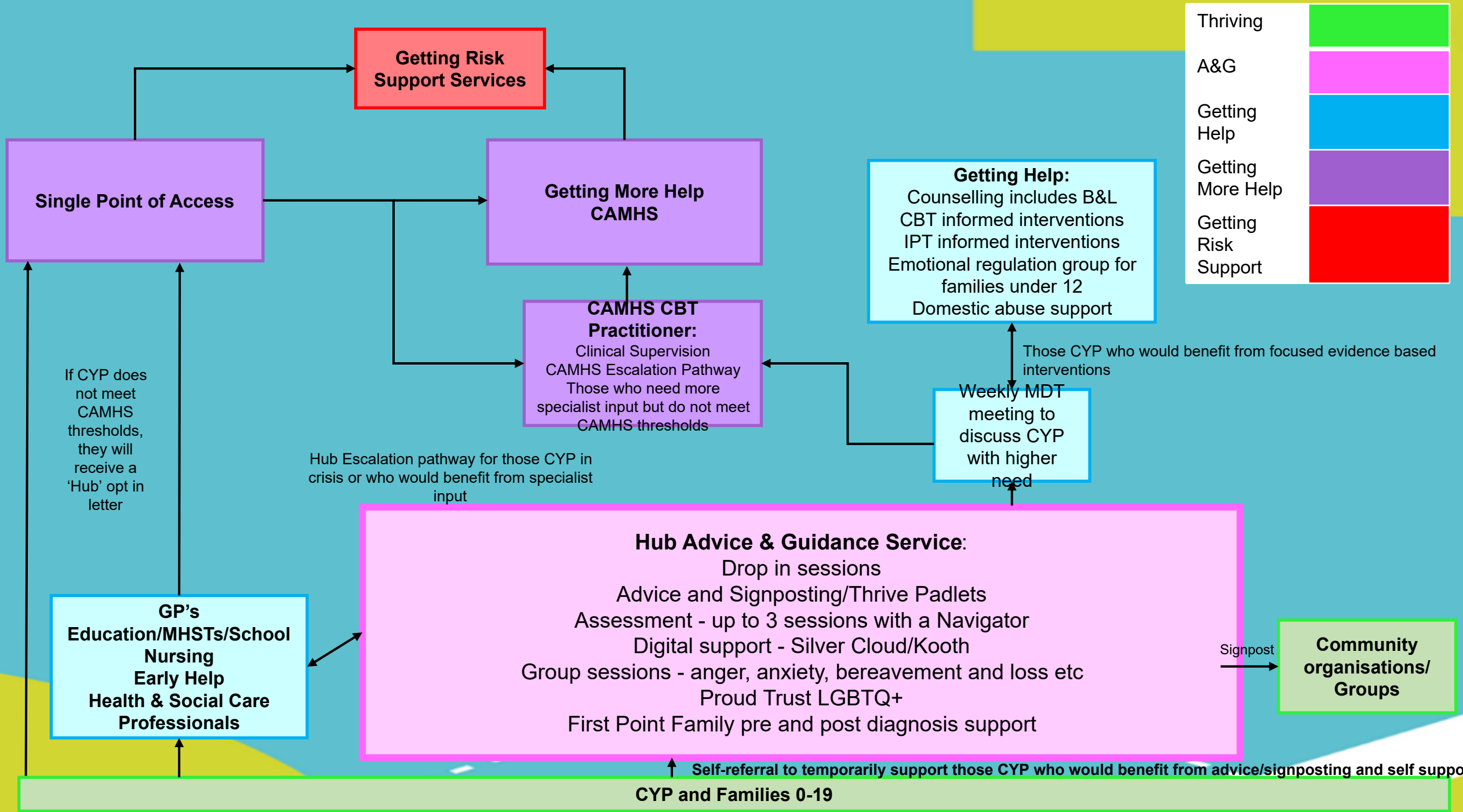
Getting Help Support Offer

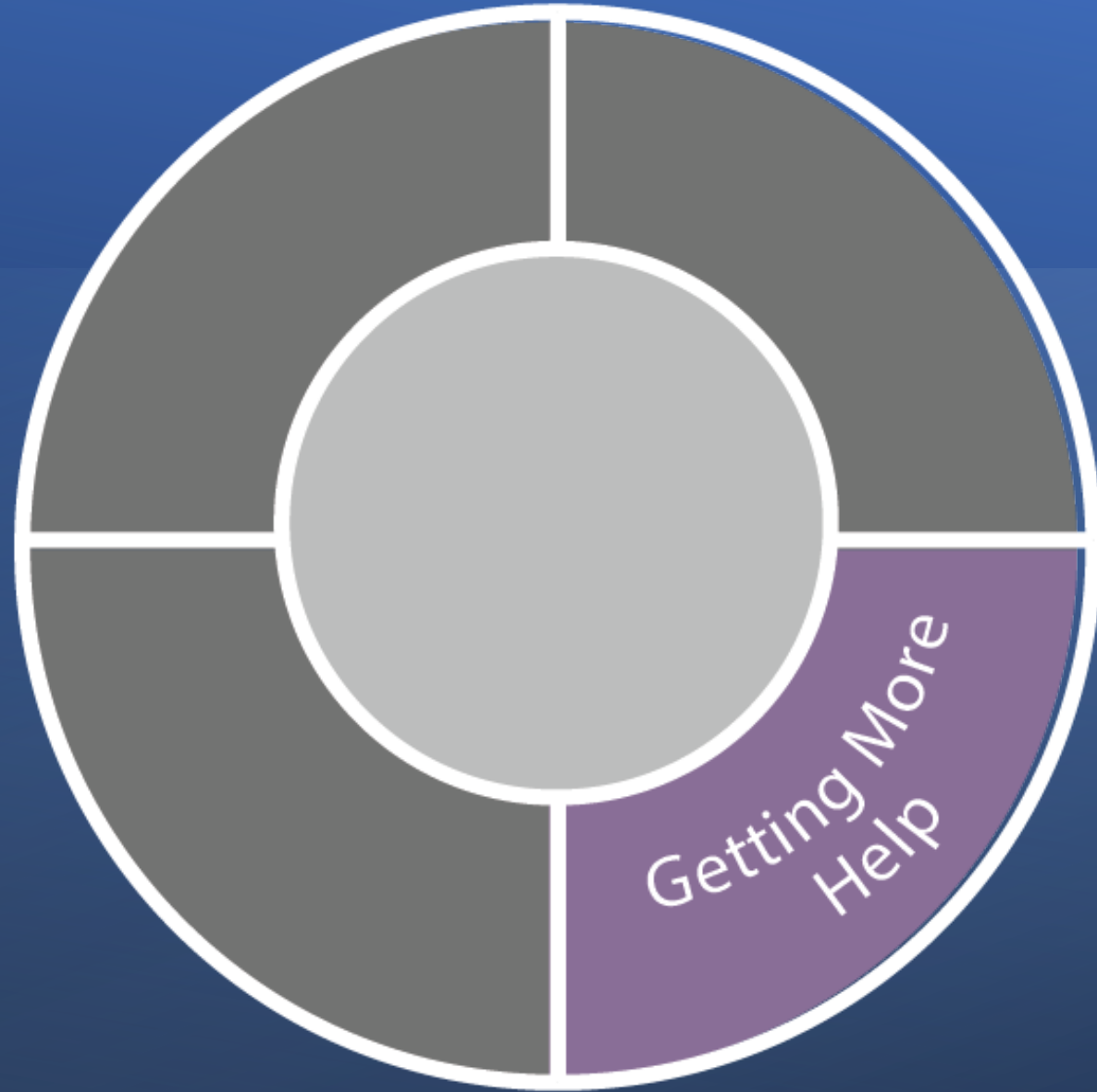
- One to one IPC support for those with low mood, stress and grief symptoms
- Person centred counselling
- One to one emotional dysregulation support
- One to one support for LGBTQI+ individuals with a Proud Trust practitioner
- One to one low and high intensity CBT for those with anxiety and low mood symptoms
- One to one low intensity CBT parent led anxiety support for primary school age children



Bury pathways

- **Effective use of resource**
- **CAMHS co-location for efficiencies in escalations and pathways for CYP**
- **CAMHS trainees based within Advice and Guidance**
- **Getting Help services to maximise experiential learning**
- **Immediate access for CYP through Drop in sessions**
- **Supports Early Intervention**
- **Increased capacity and range of interventions**
- **Smooth pathways for transition**
- **Designed and developed by CYP**





Getting More
Help



Pennine Care
NHS Foundation Trust

Bury CAMHS

Specialist Mental Health Provision for Children and Young People

Blitz Week Impact

144 CAMHS appointments offered
45 CYP received an initial assessment for core CAMHS support
81 CYP received an initial assessment for neurodiversity support

CAMHS have initiated a parental workshops

Friends & Family Test

94% of people who used the service between June 2022 and June 2023 rated their experience as **good or very good**

Sample size 280

Core CAMHS Waiting Times Waiting times for Core CAMHS was 6 months in January 23 , in Jan 24 this is now 9 weeks

Managing anxiety seminars for parents

Activity & Outcomes

4996 referrals received between April 22 and March 23

15,712 individual interventions were provided

Overall waiting time for ND assessment has reduced from 23.4 months January 23 to 15 months in January 24
10 new ados assessors

Overview

- £1,499,578 investment agreed in May 2023
- Funding for team expansion to allow for the full CAMHS offer to be available for children and young people from 5 years old and until the age of 18 years old
- Recruitment to commence with immediate effect
- Significant project requiring thoughtful staging, review and management

Current commissioning for 16 & 17 year olds

- 0.5 WTE medic
- 4.0 WTE clinicians
- Clinical offer for **transition team** and **neurodevelopmental pathways**

Required staffing

- 2.2 WTE B8a Consultant Psychiatrist
- 2.0 WTE B8a Clinical Psychologist
- 1.0 WTE B8a Family Therapist
- 1.2 WTE B7 Team Leader / CBT Practitioner
- 4.0 WTE B6 MH Practitioners
- 1.0 WTE B4 Psychology Assistant
- 2.8 WTE B3 Administrators
- 1.0 WTE B2 Administrator

Additional workforce update

Core team:

- 2.2 x WTE Consultant Psychiatrist – **Secured**
- 1 x WTE B8a Clinical Psychologist – B7-B8a development post – **Secured**
- 1 x WTE B8a Family Therapist – **vacant**
- 4 x WTE B6 Mental Health Practitioners – **3 secured** - **1 x vacant**
- 1 x WTE B4 Psychology Assistant - **Secured**
- 2.3 x WTE B3 Administrator – **vacant**
- 1 x WTE B2 Administrator - **Secured**

Neurodevelopmental pathways:

- 1 x WTE B8a Clinical Psychotherapist – **vacant**

Thrive hub:

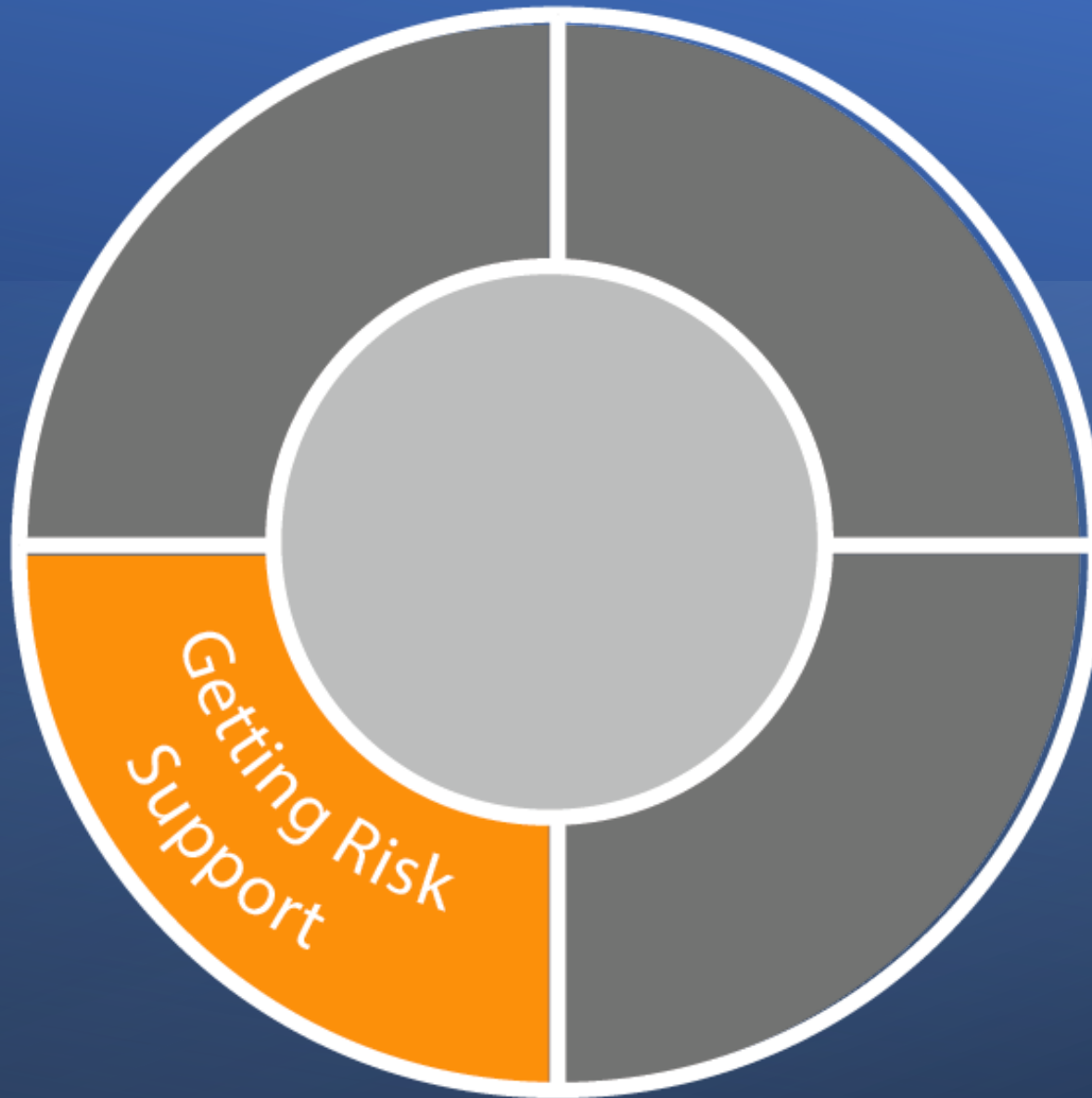
- 1 x WTE B7 Team Leader / CBT Practitioner – **vacant**
- 0.5 x WTE B3 Administrator – **vacant**

Roles currently out to advert or under review

Vacancies:

- 1.0 WTE B8a Clinical Psychotherapist
- 1.0 WTE B8a Family Therapist
- 1.0 WTE B7 Team Leader / CBT
- 1.0 WTE B6 MH Practitioners
- 2.8 WTE B3 Administrators

Over the last year 6 children and young people on Bury accessed Hope and Phoenix T4 inpatient facilities



Crisis care pathway review has been ongoing, this plans to take the current pathways to merge them into one combined offer. The combined offer goes live in April 24

Co – production with Children and Young People and Families

- Co production mechanisms established to involve those who use service decisions in planning decisions
- Parent and Carer Focus Group established
- Focus group sessions with existing CYP groups, Bury Youth Service, Spectrum Gaming, Proud Trust LGBTQI+
- Online parent/carer and CYP surveys
- Continual feedback loop supports true co-production



Co - production Themes



- Collaboration between services and schools - support with school related issues such as bullying, assemblies about mental health & information about what support is available
- Support which is easily accessible and timely
- Support should be based on how CYP is feeling not presence of conditions, i.e., anxiety/depression – no problem to small
- Sensory environment – not clinical
- Support for a wide range of issues, exam stress, bullying, mental health, behavioural issues, stress, loss, relationship problems, family problems, LGBTQ+
- More support and understanding for younger children and those CYP with behavioural issues and disabilities

Moving Forward

19th January — Parents session in the **Mosses Centre**. mHm expansion in primary schools

27th February - Parents session in **Jewel Centre**. Cando Pilot planned to help children with selective mutism 40 families for the pilot - SEND Circles event

March **SEND Youth Service engagement session**

Coproduction sessions to develop Peer to Peer Post diagnostic support with Spectrum Gaming

24th April - Parents session BURY2GETHER CYP Early MH support Hub launch

1st May **SEND workforce** Network engagement session. mHm teens emotional wellbeing programme launch in high schools

June **First Point Family** Coffee session TBC

