



Partnership Commissioning Unit
 Commissioning services on behalf of:
 NHS Hambleton, Richmondshire and Whitby CCG
 NHS Harrogate and Rural District CCG
 NHS Scarborough and Ryedale CCG
 NHS Vale of York CCG

City of York Council Health and Wellbeing Board
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Report Title:	<i>Future in Mind</i> : transforming support for Children and Young People’s Mental Health and Well-being
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1. INTRODUCTION

This report briefs the Board regarding *Future in Mind* and the Vale of York CCG Transformation Plan. At the point of sign-off by the Chair prior to submission on 16 October 2015, it was agreed that a full report would be submitted to the Board.

Future in Mind sets out a strong national vision and ambition for the delivery of mental health support for children and young people by 2020. 49 recommendations grouped into 5 themes set the direction, away from the existing health-led 4 tier structure to a model that clusters services around the child or young person, and emphasises prevention, and early support. The delivery mechanism is through the Local Transformation Plan, monitored by NHS England and the local Health and Well-Being Boards, to which is attached £1.3 million annually for 5 years to 2020 across North Yorkshire and York.

The Vale of York Transformation Plan was approved by NHS England in November 2015, and is published on the CCG website

<http://www.valeofyorkccg.nhs.uk/publications/future-in-mind-n-our-transformation-plan/>

This report:

- Outlines *Future in Mind*
- Sets out the priorities and actions in the Plan.
- Sets out the governance and monitoring arrangements
- Sets out the implementation arrangements

2. THE NATIONAL AMBITION: *FUTURE IN MIND*

Future in Mind sets out the national ambition for delivery of emotional and mental health for children and young people.

The national ambition is:

1. Children and young people will grow up confident and resilient so they can achieve their goals and ambitions
2. When children and young people need help they can find it easily, and be able to trust it
3. Help for children and young people will meet their needs as individuals and be delivered by people who care about what happens to that child
4. Children and young people are experts in their own care and will be involved in how mental health services are developed and delivered

To make the vision happen, there are **5 delivery themes**:

1. Promote resilience, prevention and early intervention
2. Improve access to effective support – a system without tiers
3. Care for the most vulnerable
4. Accountability and transparency
5. A well- developed workforce

Future in Mind requires the publication of transformation plans for emotional and mental health services up to 2020.

Whilst the details of Transformation Plans reflect local priorities, they must deliver the national ambition and also set out how three key national priorities will be taken forward:

1. Community Eating Disorder Service: this encompasses all support other than inpatient treatment, ranging from basic advice and information through to specialist clinic based therapies. There will be £384k pa across all 4 CCGs until 2020 to support this service.
2. Complete the roll-out of psychological therapies for children and young people (IAPT); these are therapies such as cognitive behaviour therapy, which have a strong track record in helping people to recover from or manage mental illness. It is expected that the area will meet the commitment in the *Future in Mind plan*.
3. Strengthen peri-natal mental healthcare: the subject area covers maternity care through to Health Visiting support, and separate guidance will be published about the expected standards and potential additional funding.

3. THE VALE OF YORK TRANSFORMATION PLAN

The Transformation Plan was developed in conjunction with City of York Council, East Riding of York Council and North Yorkshire County Council. It was approved by the Board through Chair's action on 12 October 2015, submitted to NHS England on 16 October 2015 and received assurance on 18 November 2015.

The Plan articulates a vision for 2020:

By 2020, we will work together and share resources across North Yorkshire and York to make sure that children and young people...

- *Grow up confident and resilient and are able to achieve their goals and ambitions*
- *Can find help easily when they need it*
- *Receive help that meets their needs as individuals in a timely way*
- *Are fully involved in deciding on their support and more broadly how services are delivered and organised.*

The delivery programme is incorporated into three themes, in addition to the national priorities:

1. Prevention, promotion and early intervention
2. A system without tiers: easy access to appropriate help
3. Care for the most vulnerable children and young people

Each theme carries a set of projects that will deliver significant new levels of support for children and young people and those who work with them. All partners are keen to ensure this excellent new opportunity builds both on existing strategic priorities as expressed in the Health and Wellbeing Strategy and the children and young people's plan, and also results in new provision closely aligned with work to enhance the local integration and alignment of key services.

Prevention, promotion and early intervention

This is concerned with the value placed on recognising and promoting good mental health and emotional well-being, rather than focusing on illness. There must be an integrated partnership approach to defining and meeting needs across the full range of universal, targeted and specialist services:

- Promoting good mental well-being and resilience
- Preventing mental health problems from arising by taking early action with those at risk
- Early identification of need as problems emerge; The main proposals for action are:
- Support throughout childhood from birth: subject to awaited guidance on peri-natal mental health care, working with the Healthy Child, and Health Visitor programmes and also within early years settings such as pre-school
- Whole system approach in schools: approaches involving building academic resilience
- Schools, GPs and others are equipped to support: named mental health links for school clusters and allied GP surgeries to offer advice, support training and early therapies for individuals and groups; and a mental health lead in schools.

A system without tiers: easy access to appropriate help

The proposal is to move away from a tiered model of care to a flexible needs based model: this allows agencies to jointly commission and deliver support to enable children and young people to move more easily into and between services and to make collaborative choices about what help best suits them.

This means that clearly structured access into services, and common understanding of how the 'whole system' functions is critical. The Plan will establish a single point of access into support, comprising multi-agency triage to ensure that children and young people are offered the most appropriate support to suit their needs. A mental health worker assigned to work with children's services, police, and healthy child programme staff will advise, offer consultation to colleagues and facilitate onward referral to appropriate services. This will also ensure that high risk vulnerable groups are prioritised, allowing prompt decision making on interventions, advice and support.

Care for the most vulnerable

Children and young people such as those in care, with complex needs, or in the Youth Justice system have greater vulnerability to mental illness, but often find it harder to access help and support. If access is readily available, then outcomes are improved for the individual and the potential costs to the public purse can be reduced.

The challenges are to ensure a clear sense of purpose across agencies in ensuring that appropriate care is always available. There are a number of models of care for vulnerable groups, such as Team Around the Child, and consultation and liaison models. Initiatives will be focused on work in schools.

In addition, the Plan details the approach towards establishing a **community eating disorder service** to meet the NHS national waiting time standards by 2020. There is very clear evidence that children and young people with eating disorders achieve better outcomes, both health and social/economic, if they can be treated in the community rather than in inpatient units. The eating disorder service will be based on a population footprint in North Yorkshire and York of 700,000. NHS data shows that from Vale of York, there were 56 admissions to Tier 4 CAMHS inpatient units in 2014/15 of which 2 were primary presentations of significant eating disorder, although others will be included within 'generic' categories of care.

The national standard is that all urgent cases will commence treatment within five days, and non-urgent within fifteen days of referral. There is currently a general CAMHS clinic in York that treats children and young people with eating disorders; the clinic carries a caseload of around 30-40 cases at any one time.

How will we know we have succeeded?

The critical success factors for this ambitious project will be:

- Reduction in inappropriate referrals to specialist CAMHS services
- Measurement through pupil surveys that show more pupils feel supported and able to cope with adversity
- Measurement through staff surveys that show frontline staff are better informed and support and able to manage children and young people with difficulties
- Measurement that shows workforce generally is better aware of the issues surrounding emotional and mental well-being and able to respond appropriately to support children and young people

4. GOVERNANCE AND MONITORING

Following assurance from NHSE, the CCG is working on implementation within the framework of its overall commissioning intentions for 2016/17.

Following approval, the project is overseen by an Implementation Group, comprising the Partnership Commissioning Unit (PCU) on behalf of the 4 CCGs, North Yorkshire County Council, City of York Council, Airedale Wharfedale and Craven CCG, NHS England and East Riding of Yorkshire Council.

The governance structure outlined in the Transformation Plans provides for oversight by the Health and Wellbeing Board, which will ensure that the Transformation Plans reflect and are reflected across all children and adolescent strategies.

NHS England will monitor the Plan against the financial and performance metrics adopted within the Plan structure.

5. Conclusion

Future in Mind offers the opportunity for a fresh start to the whole approach for responding to the basic need of children and young people for good mental health and emotional wellbeing.

By moving from a deficit model of treating illness to one built around developing and reinforcing that which is good and supportive in the lives of children and young people, it is intended that fewer will report negative feelings about their lives and be better equipped to manage adversity and challenge.

For those children and young people who need support, the move to a system structured to provide early support appropriate for the individual should mean speedier recovery.

6. Recommendation

The Board is asked to note the report.