

City of York – Child and Adolescent Mental Health Executive

Children and Young People’s Emotional and Mental Health in the City

Vision and Priority Outcomes 2015 / 17

1. Introduction

This Story Board describes our vision for the emotional and mental wellbeing of all children and young people in our City. It presents the priorities, strategies and initiatives, developed over the last three years, to ensure best practice and deliver the best outcomes.

This document is intended to set the context and shape the work plan for the multi agency CAMHS executive group for the period 2015 / 17. The outcomes set out at Section 12 below are derived from consultation with partners across the childrens trust workforce.

This Story Board recognizes that a multi-agency approach to commissioning is required and consequently the outcomes are also presented to inform and support the CCG’s current specialist CAMHS retendering process.¹

2. Local Picture of Need

Nationally the prevalence of mental disorder varies by age and sex. Boys are more likely (11.4%) to have experienced or be experiencing a mental health problem than girls (7.8%). Children aged 11 to 16 years olds are also more likely (11.5%) than 5 to 10 year olds (7.7%) to experience mental health problems. Using these rates, the estimated prevalence of mental health disorder by age group and sex in York is 1360 for boys aged 5-16, and for girls aged 5 -16 it is 895². (Source: Office for National Statistics mid-year population estimates for 2012. Green, H. et al (2004).)

¹ Yorkshire and the Humber Strategic Clinical Networks – Draft Specification

² Source: Office for National Statistics mid-year population estimates for 2012. Green, H. et al (2004).)

There will be a greater number of children and young people who experience distress and poor emotional health and wellbeing who by definition are not formally diagnosed but are clearly in need of an appropriate form of help or intervention.

Our community of school leaders identify emotional and mental health issues as a significant barrier to learning. This group also highlight transition points and exam years as periods of heightened risk for their children and young people's emotional and mental wellbeing.

Nationally, young people not in education, employment or training, report particularly low levels of happiness and self-esteem. The Macquarie Youth Index, 2014 reported 40% of jobless young people have faced symptoms of mental illness as a result of being out of work, and a third of long term unemployed have contemplated suicide.

We know that the health and well-being of children in York is generally better than the England average. In 2012/13, children were admitted for mental health conditions at a similar rate to that in England as a whole. However, the rate of inpatient admissions during the same period because of self-harm was higher than the England average.³

In York, our looked after population, young carers, children and young people subject to protection plans, care leavers, children and young people with complex needs, children and young people involved with our Youth Offending Service and those from BME backgrounds are all identified as priority groups in planning services to support the emotional and mental health outcomes for children and young people in the City.⁴

A review of those children who have received a Tier 3 local authority social care intervention has highlighted some key areas requiring specialist input. These are:

- a) Responding to ***emotional/behavioural regulation*** issues
- b) Dealing with the ***impact of domestic abuse***
- c) Addressing ***parental unmet needs***
- d) Responding to ***attachment issues***

³ Child Health Profile - March 2014 [Public Health England]

⁴ Priority groups for the Local Authority and the Clinical Commissioning Group

3. York's Strategy

Our strategy in York is underpinned by the following principles:

- early identification and support will secure for many children and young people the best future outcomes and reduce the likelihood of future emotional and mental health issues
- where possible support for young people will be provided by known and trusted adults
- where possible services will be delivered as close to the local community as possible exploiting the established school cluster model
- health and social care pathways for children and young people are integrated and take account of each 'child's journey' through services
- a committed and knowledgeable childrens workforce ensures that only those children who are in need of Tier 3 CAMHS progress to the specialist providers
- our specialist providers will work to support the whole childrens workforce to equip them with the necessary advice and information to help them support children at Tiers 1 and 2
- Joint planning and commissioning underpinned by a vigorous need assessment ensures the outcomes for children and young peoples' emotional wellbeing and mental health are improved across the City.

4. Strategy Bookcase⁵

Childrens and Young Peoples Mental Health

- Improving Health and Well-being in York 2013 -2016
- Childrens and Young People's Plan 2013 - 2016
- Children and Young People's Mental Health Strategy 2011 – 2014
- Children and Young People's Mental Health Strategy - Part 2 [Action Plan 2013 -2016]

⁵ A summary of key national strategies and guidance is available at appendix 1

Related Local Strategy and Planning Documents

- Joint Strategic Needs Assessment 2014
- Looked After Childrens Strategy 2012-2015
- Vision for York Children's Social Care 2013 - 2016
- Poverty Strategy 2011-2020
- Narrowing the Gap: Breaking down Barriers
- Early Help (including Risk and Resilience) Strategy 2014/16

5. The Vision

We will secure good mental and emotional well-being for all children and young people in the city of York to ensure they achieve their optimal potential.

To achieve this Vision

We Will:

1. Ensure that strategic planning and commissioning bodies work together (in **partnership with families**) to effectively support/promote good child and adolescent emotional and mental health and well-being.
2. Develop a supported, qualified, **experienced and confident workforce** that work across agency boundaries.
3. Ensure that children, young people and their families are treated with **respect and dignity** and those services reflect the choices and preferences of children and YP and are provided in a way to minimise any perceived stigma.
4. Ensure **service provision is well-coordinated** and joined-up across professional/organisational boundaries.
5. Encourage schools and the universal services to adopt a **'nurture to learn'** culture to promote good emotional and mental health of children and young people in their settings.

6. Promote and facilitate **early identification and intervention** to support the emotional health and wellbeing of children and young people across all settings.
7. Ensure high quality **specialist and targeted services are available in a timely** way to those children and young people most in need or at most risk.

6. The Stakeholders

The YorOK Community of Childrens Service Providers [Including CCG]
Children, Young People and their Families

7. User Voice tells us⁶

- We must tackle the issue of stigma that can be a barrier to accessing services
- Children and Young people want to receive support from known and trusted adults in their lives (including: school based staff)
- We should create a nurture to learn culture across our school community
- Frontline children services professionals should be confident and competent in identifying and responding appropriately to the emotional and mental health needs of children and young people in the City.
- Any CAMHS strategy should maximise the importance of peer support for children and young people.
- Specialist CAMHS services should be delivered whenever appropriate in non-clinical settings.
- Specialist CAMHS services should always work in partnership with other professionals in a child / young person's life.
- Early identification of emotional and mental health issues is welcomed and effective

⁶ Captured through children and young people's voice at Childrens Mental Health Matters Conference / feedback from York Youth Council / Young People's involvement in Learning and Culture Overview and Scrutiny Review

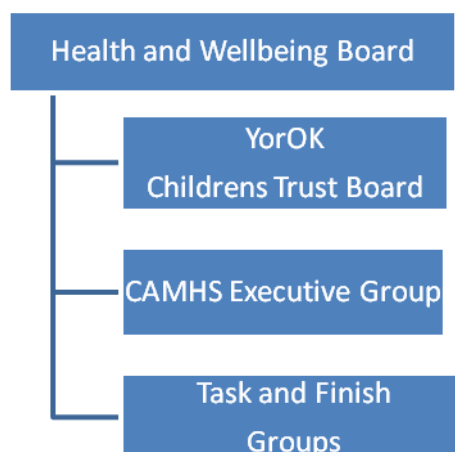
- Monitor and tackle the issue of bullying

8. Financial cost of child and adolescent mental health problems⁷

The costs incurred to the public purse of not treating children and young people early in their lives are considerable, for example:

- Nationally mental health problems in children and young people are associated with excess costs estimated between £11,030 and £59,130 annually per child. These costs fall to a variety of agencies (e.g. education, social services and youth justice) and also include the direct costs to the family of the child's illness.
- There are clinically proven and cost-effective interventions. Taking conduct disorder as an example, potential life-long savings from each case prevented through early intervention have been estimated at £150,000 for severe conduct problems and £75,000 for moderate conduct problems
- The costs of providing safe and effective interventions associated with supporting Children / young people and young people in the community with crisis support or outreach can be considerably less than inpatient care

9. Delivering the Strategy



⁷ Taken from : Yorkshire and the Humber Strategic Clinical Networks – Draft Specification

10. The CAMHS Executive Group

This Executive group and the agencies, organisations and constituencies that are represented within the Executive, have as their shared aim the implementation of the CAMHS Strategy.⁸

11. Key Developments, Investment and Work Streams

Initiatives that have Improved Outcomes for Children and Young People in York:

- F.I.R.S.T. Initiative – Support children and young people with complex needs in York
- Annual Anti-Bullying Survey and Action Plan
- Training and deployment of Emotional Literacy Support Assistants [ELSA] across York Schools
- York's Autism Strategy
- Specialist Teaching Service
- CAMHS Looked After Childrens Service
- Nurture Groups x 2 [Carr Infants & Clifton Green]
- Mental Health Tool Kit for Year 10 students
- Accredited Attachment Training for Foster Carers
- Multi agency Forensic Panel for Children with Harmful Behaviour
- Healthy Schools Programme
- Healthy Settings Programme
- Healthy Minds Programme
- Healthy Child Programme

⁸ Terms of reference included at Appendix 1 - *Children and Young People's Mental Health Strategy 2011 – 2014*

12. The Outcomes we are Achieving⁹

Our CAMHS strategy 11/14 achieved some strong outcomes for Childrens and Young People. A summary of some of the key initiatives and outcomes are set out below. Our 15/17 strategy is shaped and informed by the experience of delivering these successful initiatives. Securing what works and developing new service delivery arrangements with the specialist provider to target the most vulnerable children is at the heart of this refreshed strategy for 15/17

- The City's ELSA programme has contributed to a reduction in the number of children and young people who are referred to a Tier 3 service.
- FIRST initiative achieving a significant reduction in the number of young people with complex needs requiring specialist out of City provision.
- Forensic Panel received national recognition for its work to triage and signpost young people who pose a risk to others to appropriate specialist assessment.
- The Specialist Teaching Service has effectively supported the continued education and achievement of those young people requiring Tire 4 CAMHS
- Online Cognitive Behavioural Therapy project in schools delivered non stigmatising low cost solution for children and young people in schools who may have low mood / anxiety or disorders.
- York's autism strategy delivered clear assessment and support pathways across agencies for children and young people.
- Attachment Training for Foster carers providing accredited training for carers to develop more resilient stable placements for Looked after Children.

⁹ It is not possible here to set out a full account of the impact of those services developed through the CAMHS partnership. Each of those services named has been separately evaluated and the findings available.

- Nurture Groups – providing early support and integration for vulnerable children in primary settings and preventing future learning and transition difficulties.

13. The Next 24 Months – Outcomes and Priority Actions Overview

Outcome 1

Children and young people with emerging emotional and/or mental health issues are quickly identified and provided with timely information, advice or support where possible within a universal setting and by familiar well supported professionals.

Priority Actions

Harness and co-ordinate the commitment from the early years, school¹⁰, FE and higher education communities¹¹ to further invest in and develop ‘in setting’ arrangements to support the emotional and mental health needs of children and young people in the city.

This process will seek to;

- Achieve an extension of the ELSA Programme / Principles to every school, college and university setting in the City
- Seek to build on a cluster approach to providing direct support to children and young people¹²
- Review the role of School Nurses in relation to the emotional and mental health of children and young people
- Review the Primary Mental Health Worker role/approach to better support front line staff who are working with children and young people with emotional and mental health issues.

¹⁰ A key undertaking from the head teacher community of York given at the March 2014 Annual Conference

¹¹ Commitment from Higher York on behalf of the University and FE providers 5th December 2014

¹² Exploring the benefits of the Leeds cluster model to delivering emotional and mental health support

- Develop in partnership with York College¹³ a tiered model of need / intervention for use within the FE and Higher education settings.
- Promote the participation of every school in the Youth Council's Charter Mark for emotionally healthy schools

Outcome 2

Specialist CAMHS are accessible, well targeted and aligned with the City's overall emotional and mental health promotion strategy.

Priority Actions

Through the Tier 3 re-tendering¹⁴ process work with the CCG, Providers and the Local Authority to negotiate better integrated pathways for children and young people. As part of this process we will review the use of the local authority's commissioning budget¹⁵ to strengthen the early help offer to children and young people with emerging emotional and mental health issues.

This process will seek to:

- Maximise the appropriate use of shared resources across the Childrens Trust / Specialist CAMHS provider to deliver services to children and young people in the context of the 'Child's Journey'.
- Skill up the wider children's workforce to better respond to and support children and young people's emotional and mental health needs closer to the front line.
- Ensure timely access to specialist services for those children and young people who cannot be supported at Tiers 1 & 2.
- Help to inform a clearer shared understanding of need and threshold across the whole childrens workforce.

¹³ Project led by Graeme Murdoch – Deputy Principal, QA and Support – York College

¹⁴ See appendix 1

¹⁵ This will include a review of the shared social work role currently located in Limetrees

Outcome 3

More young people who are looked after, with mental health problems will recover. More children and young people who have mental health problems will have a positive experience of care and support offered to them.

Priority Action

Review the contribution of the CAMHS LAC service in conjunction with the LA's New Deal for Foster Carers initiative and including the recently developed innovation programme plan.

This process will seek to:

- Help to strengthen and build the capacity and resilience of the local fostering offer to improve the placement stability and overall outcomes of the City's looked after children.
- Help to achieve an increase in the stability of foster placements and an associated reduction in the number of placement moves
- Re-focus the CAMHS LAC resource to strengthen our response to children and young people on the 'edge of care'.
- Clarify the CAMHS offer to children who are temporarily placed out of the City
- Develop arrangements across Childrens Social Care and specialist CAMHS for effective shared identification, assessment and management of young people with high risk taking behaviours in order to provide a joint package of care to maintain the young person in a community setting.

Outcome 4

To improve the emotional and mental health needs of young people within the youth justice system.

Priority Action

Review the emotional and mental health support arrangements for children and young people who may offend.

This process will seek to:

- Clarify, in the context of the Youth Justice plan, the health offer to children and young people and in the context of the preventative and Restorative Justice aspirations of the services.
- Provide consultation and clinical advice to the Youth Offending (YOT), supporting staff to identify and meet children's emotional & mental health need
- Achieve a reduction in offending that is linked to emotional and mental health
- Clarify the contribution of this resource / service to the refreshed 'responding to children who sexually harm' work.
- Develop arrangements across YOT, Childrens Social Care and specialist CAMHS for effective shared identification, assessment and management of young people with high risk taking behaviours in order to provide a joint package of care to maintain the young person in a community setting.
- Confirm the overall health contribution to the YOT partnership as part of the CAMHS tender.

Outcome 5

Children and Young People across the NYCC and CoY and particularly those in need of low demand 'high cost' services have timely access to specialist services in relation to sexually harmful behaviours, children and young people who may be hard to place and those with complex learning needs

Priority Action

Explore the opportunity for greater collaborative working across York and North Yorkshire including:

- New placement arrangements developed as part of the DfE Innovation Programme¹⁶
- Children and Young People who sexually harm
- Children on the edge of care

This process will seek to:

- Clarify the role of Joint Agency Panel as commissioner / gatekeeper for cross border allocation of high cost low demand specialist services
- Create opportunities for shared learning and support
- Build resilience across some key service areas

¹⁶ CoY is identified as a scaling partner for NYCCs innovation programme

Outcome 6

There is a good understanding of the various underlying causes, nature and extent of self harm across the children and young people population of the City. Children who self harm are quickly identified, assessed and supported at an appropriate level of intervention.

Priority Actions

Investigate the issue of children who self harm as part of a wider exercise to understand the emotional wellbeing of York's children and young people in relation to the national picture.

This process will seek to:

- inform the strategy to reduce the incidence of self harm in children and young people

Outcome 7

Young people who need continued emotional and /or mental health support into adulthood are supported to make a smooth transition into adult services through clear integrated pathways

Priority Actions

With colleagues from adult services, PCU/CCG and service users, the CAMHS executive will commission a review of the pathways into adult services for young people who need continued mental health support / interventions.

This process will seek to:

- Clarify pathways, thresholds and eligibility for continued support for young people 18 – 25
- Identify opportunities and approaches across the 0 – 18 arrangements to reduce the number of young people who may need an ongoing service.

14. The Gaps, Barriers and Risks

The CAMHS executive has identified some areas of risk that may prevent the effective delivery of our local strategy. These include:

- **Accessibility** of specialist services for the most vulnerable and disengaged children, young people and families
- **Misalignment** between the specialist CAMHS offer and local preventative strategies
- Services for children and young people with **attachment and bereavement** issues
- Addressing **parental mental health issues** and the impact on children
- **Evaluation** of impact of services using evidence based approaches (including distance travelled measures)

15. How will we know if we are succeeding?

1. An emotional health survey of children in the City will demonstrate that childrens and young people's view of their overall emotional and mental health is good or improving.¹⁷
2. There will be a reduction in the number of children and young people who are referred to specialist CAMHS.
3. The outcomes measures from specialist CAMHS, for example, the childrens health of the nation outcomes scores will be used as a quality measure.
4. Timeliness of pathways for those children who require a Tier 3 service (including a specific take up and engagement measure)
5. Contract meetings with Providers' of services (i.e., School Nurses) will highlight the number of referrals to specialist CAMHS services, but also the number of children and young people they are seeing with emotional health problems.
6. Our Local and National annual child health profile will demonstrate a reduction in the number of children who are referred for concerns of self harming behaviour.
7. The stability of the number of children who have Social Emotional Mental Health [SEMH] as their primary need on Education Health and Care Plans (currently about 12-13% of CYPs have 'BESD' as their primary area of need)
8. You're Welcome Quality mark – will assess the quality of services from a young person's perspective

ER/AD/CSS

¹⁷ Conducted in partnership with Leeds University