



# Children and Young People Mental Health Partnership

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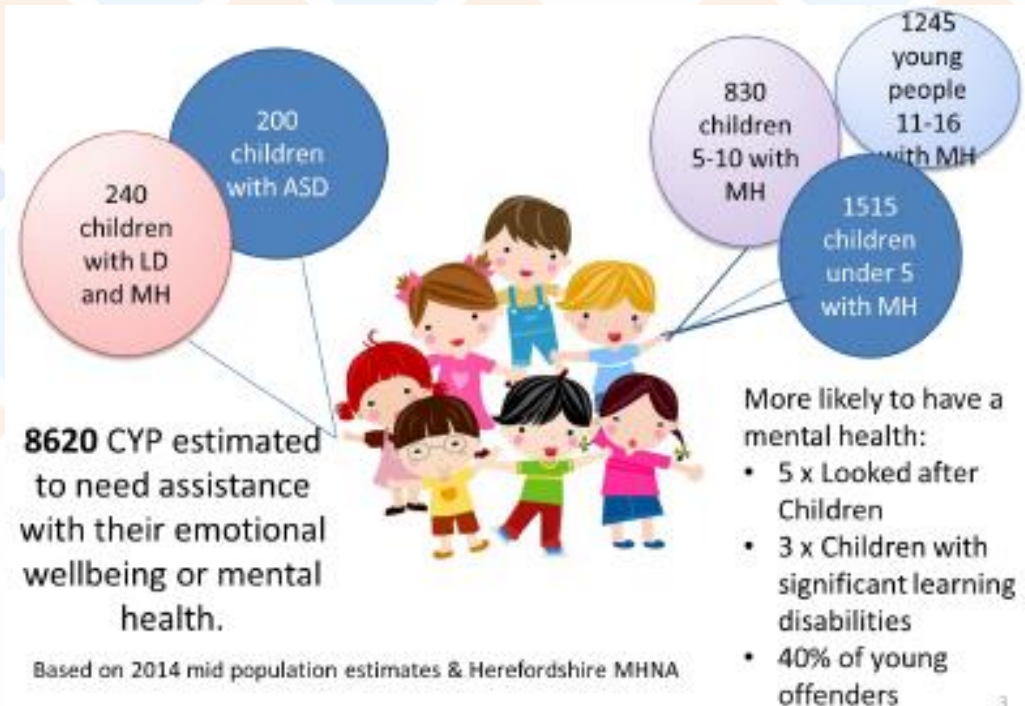
# Headlines

- **1 in 10** children in this country has a diagnosable mental health condition.
- **20%** of adolescents may experience a mental health problem in any given year.
- **50%** of mental health problems are established by age 14 and **75%** by age 24.
- The long-term effects can be crippling:  
children with behavioural disorders are **4 times** more likely to be dependent on drugs, **6 times** more likely to die before the age of 30, and **20 times** more likely to end up in prison.

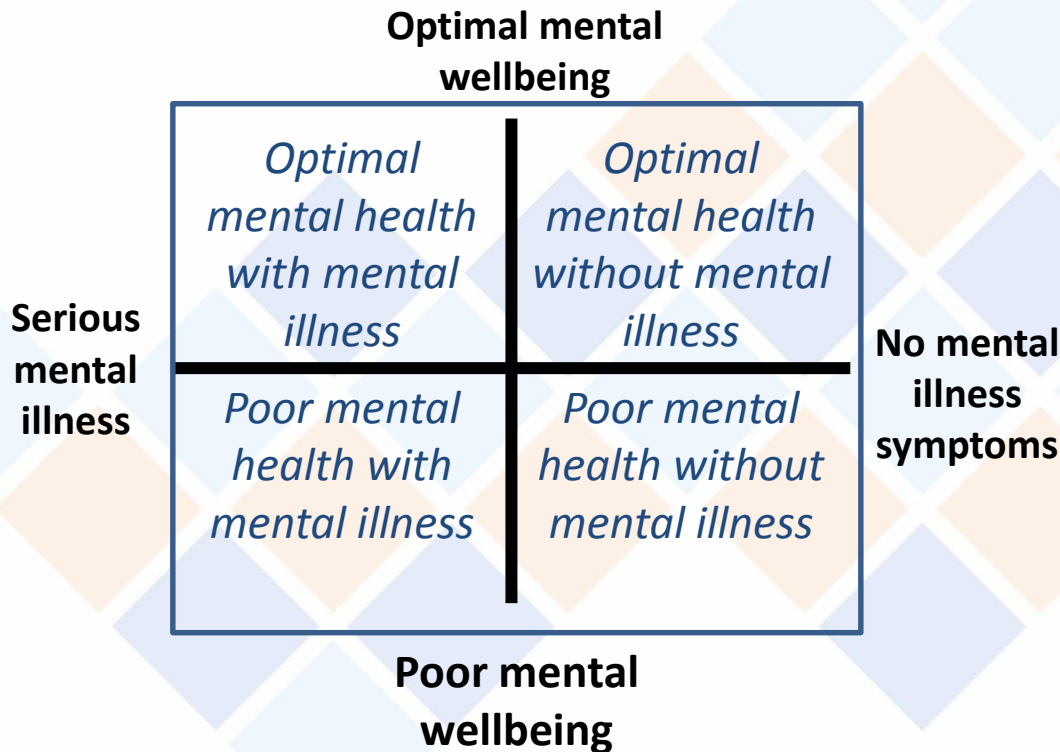
# Local

If one in ten children in this country has a diagnosable mental health condition, that's **3,170** under 16 year olds

If add the number of children and young people with poor emotional resilience, this is estimated to increase to **8,620** children and young people.



# Mental Health



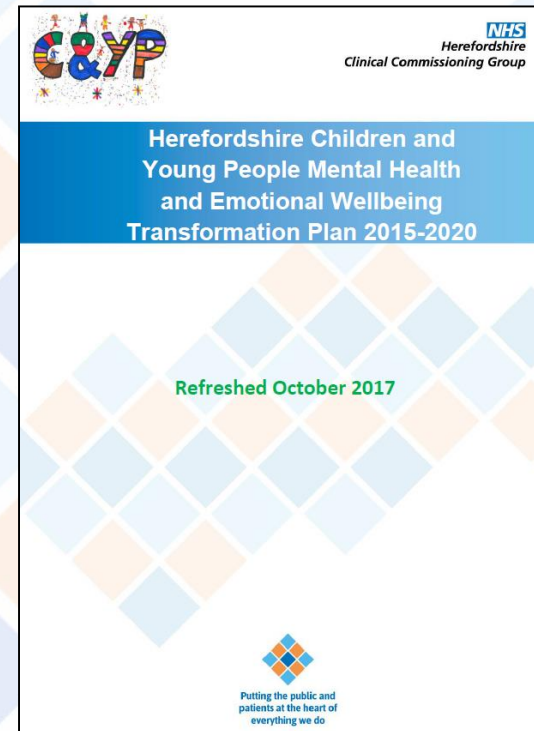
Good mental health support for children and young people is characterised by:

- Early identification of mental health needs
- Access to assessment and treatment in a timely manner
- Supports the person with self-management and recovery
- Recognition of the role of the family and carers

# Strategy

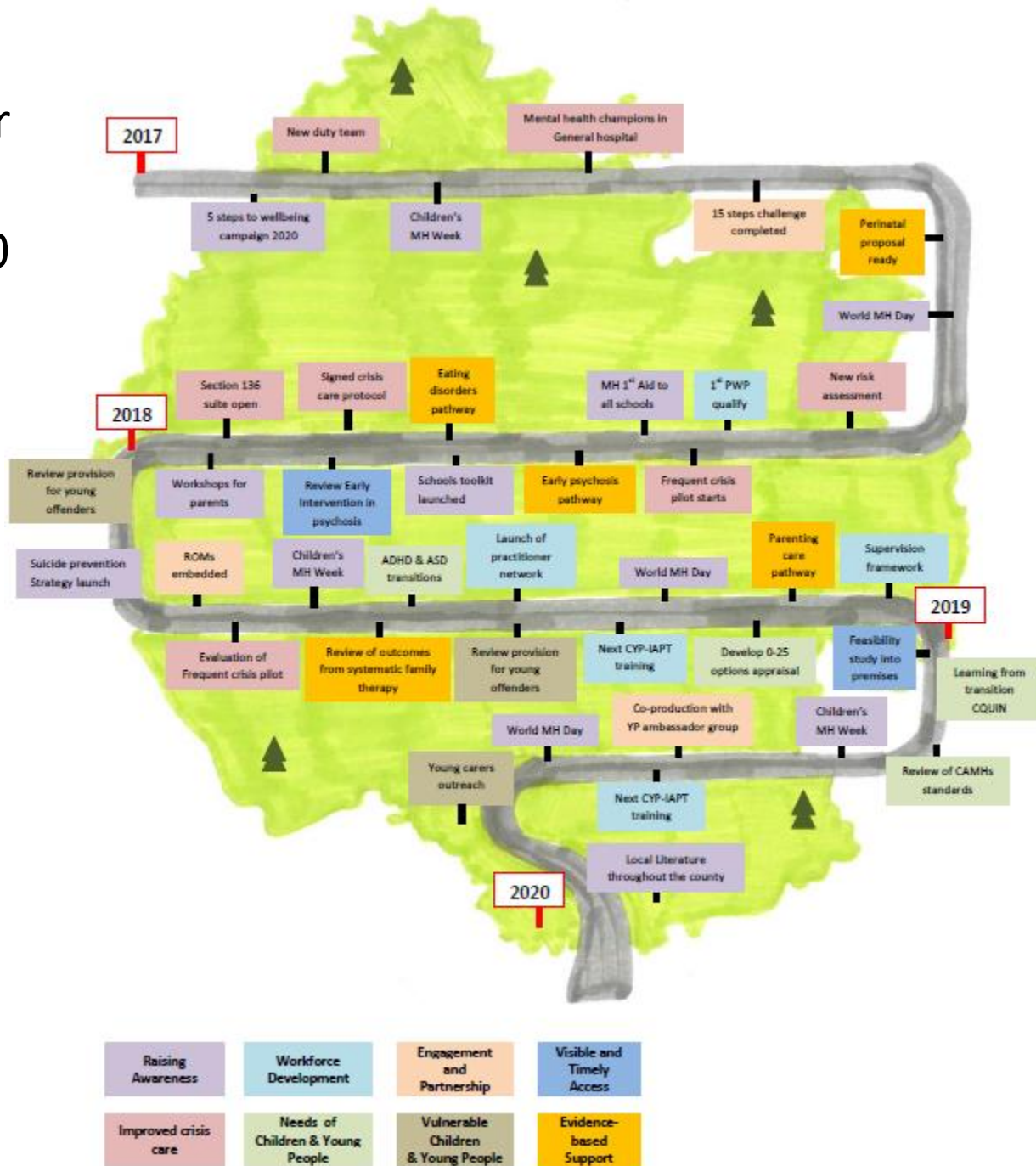
Under the **Children and Young People's Partnership** for the county, there is a **Children and Young People's Mental Health Partnership**.

Every year, a plan is refreshed that outlines the developments and improvements to mental health provision for children and young people.





# This is our roadmap until 2020



# Raising Awareness

- 1. Strong Young Minds** - one to one support, advocacy, guidance and information for young people, with workshops available to schools.
- 2. Children's Mental Health Week** – involvement by all agencies to share messages to the public.
- 3. Five steps to wellbeing** - we are using this as the key part of our campaigns
- 4. Whole School toolkit** – in pilot phase but designed to support schools



**Children's  
Mental Health  
Week 2018**



# Workforce Development

The Partnership has developed a workforce plan. This includes raising awareness across the workforce, accessing specialist professional training and planning for the future workforce demand.

The County is part of a national programme to increase the skills of local staff with evidence-based therapies. This is supporting 'growing our own' and workforce retention.



# Case Study

New approach to offering CAMHS training to make best use of local expertise:

- An organisation 'hosts' the training (venue, invites etc.)
- CAMHS team will work with the host to devise an agenda and deliver training according to the local identified need, e.g. eating disorders, self-harm.
- Signposting to other sources of training such as online resources.

# Case Study

100% of respondents agreed that the training informed their attitude and/or approach to young people who self-harm.

## What was most useful about the training?

- *Learning about the different ways staff dealt with issues and gaining a better understanding of the scale and nature of the issue.*
- *The open and informal chat which involved the whole group.*
- *Understanding motivations, equipping us with appropriate responses*
- *It was very informative*
- *Imparting knowledge from 'the front line'*
- *Reassurance that our responses are correct*



# Engagement and Partnership

The CLD Trust lead the work on young people's engagement:

Young people of all ages have been recruited from a range of communities to become Strong Young Minds Champions participating in the development of the service; involved in planning activities; and events focused on reducing mental health stigma for young people.

Wellbeing Ambassadors are young people, between the ages of 10 and 24, who volunteer to help improve mental health services for other young people in Herefordshire.

This approach has reach in the region of 3000 children and young people.





# Broadcasting far and wide

Wellbeing Ambassadors were shortlisted in the Youth Champion category of the Herefordshire Community Champion Awards.

BBC learning programme which tells one of the Strong Young Minds champions story has won a regional television award.

One of the films made by Strong Young Minds champions with Fixers is being screened on TV in December.



Hay Festival 2017



Crucial Crew 2017

## **'The Me I Can Be' Campaign**

This initiative was launched to encourage young people to recognise their qualities, set goals and aspirations to improve their self-esteem.



# Visible and Timely Access

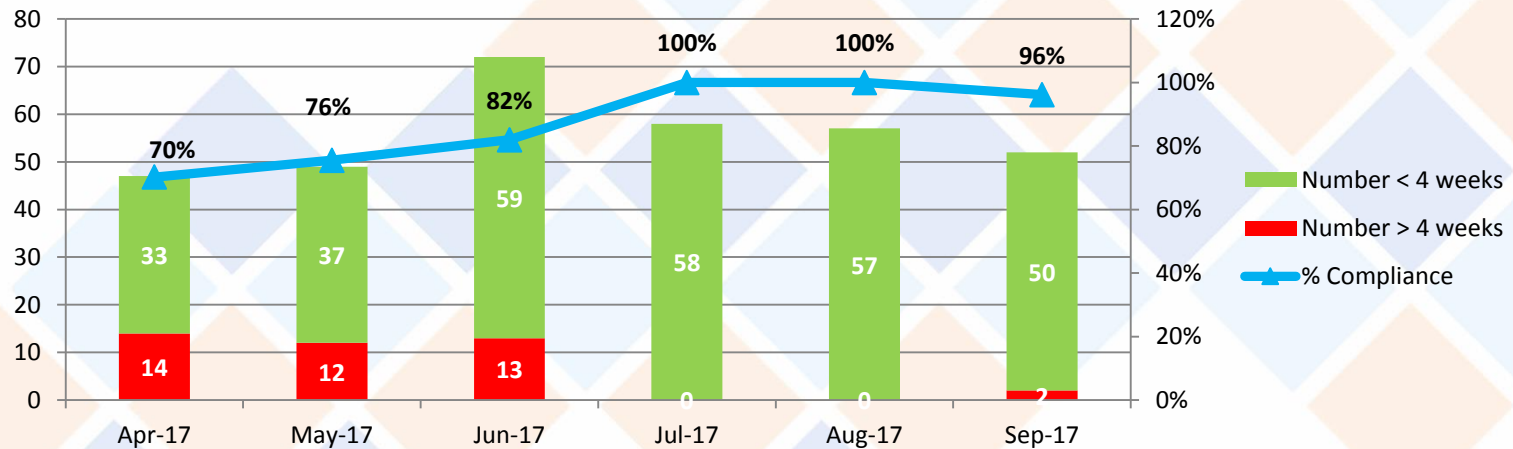
Talk to CAMHS pre-referral - new Duty Workers available to offer **advice and signposting** via telephone

**Waiting times** for referral to assessment and referral to treatment are good. This reflects significant work on pathways and processes as well as communication with stakeholders.



# Visible and Timely Access

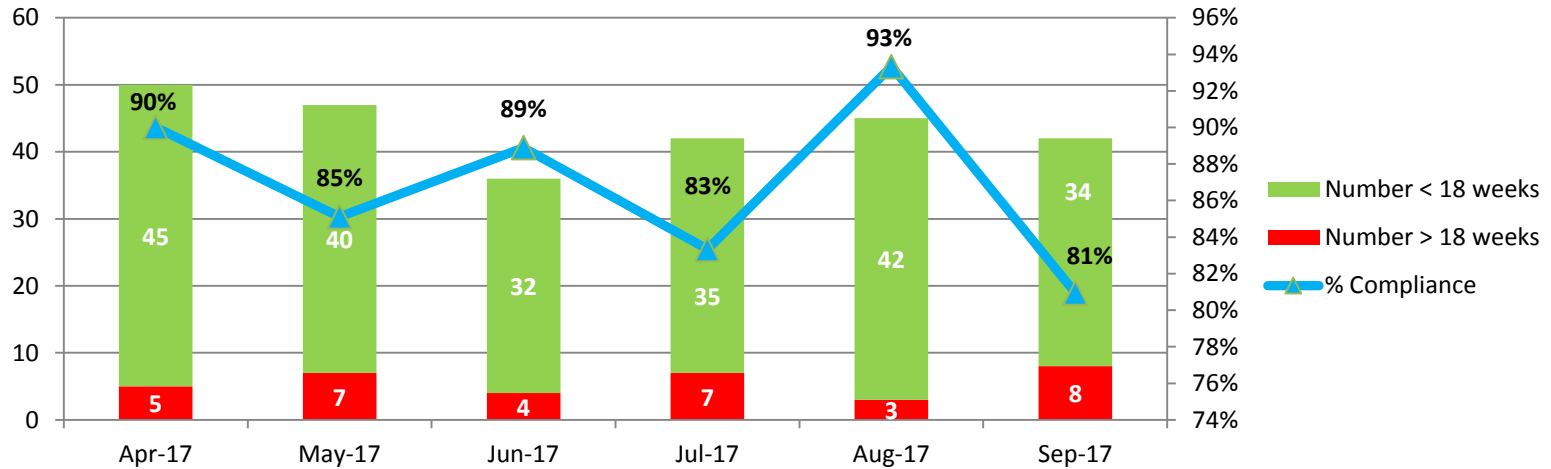
**CAMHS Herefordshire - Referral to Assessment (4weeks)**



	Apr-17	May-17	Jun-17	Jul-17	Aug-17	Sep-17
Number > 4 weeks	14	12	13	0	0	2
Number < 4 weeks	33	37	59	58	57	50
% Compliance	70%	76%	82%	100%	100%	96%
Total	47	49	72	58	57	52

# Visible and Timely Access

**CAMHS Herefordshire - Referral to Treatment (18 weeks)**



	Apr-17	May-17	Jun-17	Jul-17	Aug-17	Sep-17
Number > 18 weeks	5	7	4	7	3	8
Number < 18 weeks	45	40	32	35	42	34
% Compliance	90%	85%	89%	83%	93%	81%
Total	50	47	36	42	45	42

# Case Study

Telephone conversation with school regarding a young person that they had increasing concerns about, particularly around presenting low mood and increasing self-harming behaviours. School advised to put in a referral and the young person was seen within the week for a duty choice appointment.

# Improve Crisis Care

We have extended the availability of CAMHs assessments.

We are developing a Section 136 Place of Safety, suitable for young people as well as adults.

We have developed improved links across the system to support young people in crisis.

# Vulnerable Children and Young People

We recognise that some children and young people are more at risk of poor mental health than others.

- We are exploring improvements for young people known to the Youth Offending Service.
- Herefordshire Council commissions a therapeutic fostering service.
- Partners in the voluntary sector are supporting children experiencing family members with lifelong illnesses, young carers.



# Needs of Children and Young People

We are exploring the opportunities (stakeholders views and the evidence) surrounding services for 0-25 years old.

The Partnership is helping improve joint working between organisations.

Together NHS Foundation Trust are working on improving transitions for young people.

# Evidence-based Support

The Partnership is clear on local gaps in provision and looking at ways of addressing them:

- We are supporting the development of a perinatal mental health service for the county. This is being led by the System Transformation Partnership, mental health priority.
- We have improved provision for young people with eating disorders, with pathways for urgent and routine help.

# 2018 -2020

This presentation provides illustrations of the partnership approach that is recorded in the Strategy (appendix 6).

Actions recommended from the Scrutiny Task and Finish Working group have been incorporated into this document, in addition to the response by the CCG (appendix 5).

