



NORTH YORKSHIRE HEALTH AND WELLBEING BOARD - 20TH SEPTEMBER 2019

Local Transformation Plan for Children and Young People's Emotional and Mental Health in North Yorkshire and York, REFRESH OCTOBER 2019

Presented by: North Yorkshire CCGs (Lead TBC)

Summary:

The purpose of this report is to outline what is to be included in the North Yorkshire and York's October 2019 Refresh of the Local Transformation Plan for Children and Young People's Emotional and Mental Health and invite comment and feedback from the Health and Wellbeing Board. The Local Transformation Plan outlines the local vision and is reviewed and refreshed annually in October each year.

A summary of priorities for 2019/20 includes:

- Deliver the **Mental Health Support Team pilots** in schools in Scarborough and Selby.
- Re commission/co commission early intervention mental health services for children and young people to provide a seamless offer.
- Implement **additional TEWV investment** into the enhanced eating disorders service.
- Undertake a **PIP /LAC review** between TEWV and NYCC.
- Launch the new North Yorkshire website **The Go To** for Children and Young People's Mental Health.
- Review effectiveness of the **Single Point of Access** for Children and Young People's Mental Health.
- Implement **quality outcome measures** for CAMHS.
- Extend the **Crisis Service to 24/7** across all North Yorkshire localities.
- Implement the pilot for the online counselling service '**Kooth**'

Which of the themes and/or enablers in the North Yorkshire Joint Health & Wellbeing Strategy are addressed in this paper?

[Please tick as appropriate]

Themes	✓
Connected Communities	
Start Well	✓
Live Well	✓
Age Well	
Dying Well	
Enablers	
A new relationship with people using services	
Workforce	
Technology	
Economic Prosperity	

How does this paper fit with other strategies and plans in place in North Yorkshire?

The paper links with the following strategies in North Yorkshire:

- Future in Mind Local Transformation Plan
- Social and Emotional Mental Health Plan
- Young and Yorkshire 2
- Hope, Choice and Control

What do you want the Health & Wellbeing Board to do as a result of this paper?

Please review the paper and provide any comment, specifically anything which you feel needs including in the priorities for 19/20 in relation to children and young people's mental health in North Yorkshire.

North Yorkshire and York Clinical Commissioning Groupsⁱ (CCGs) Update Report to the North Yorkshire Health and Wellbeing Board

Local Transformation Plan for Children and Young Peoples Emotional and Mental Health in North Yorkshire and York REFRESH OCTOBER 2019

Purpose of Report

The purpose of this report is to outline what is to be included in the North Yorkshire and York's October 2019 Refresh of the Local Transformation Plan for Children and Young People's Emotional and Mental Health and invite comment and feedback from the Health and Wellbeing Board.

Introduction and Back ground

In 2015 the Government published Future in Mind, a key document for children and young people's mental health. Future in Mind, along with the Five Year Forward View, outlined a number of ways to improve mental health care for children and young people to 2020/21. Future in Mind brought investment into health services to pursue 5 themes: early help, easy access, help for most vulnerable, workforce development and transparency. Following on from this, the North Yorkshire and York CCGs worked with local partners to write the 2015 '**Local Transformation Plan for Children and Young People's Emotional and Mental Health**'ⁱⁱ. The Local Transformation Plan outlines the local vision and is reviewed and refreshed annually in October each year.

Key Achievements to Date

The North Yorkshire and York CCGs have worked jointly with North Yorkshire County Council (NYCC), Tees Esk and Wear Valley NHS Foundation Trust (TEWV) and the 3rd sector to deliver the following over the last three years:

- ✓ Developed an **Enhanced Community Eating Disorder** service for children and young people. This is a hub and spoke model designed to ensure that children and young people start treatment within 1 week for urgent cases and 1 month for routine cases. Current performance in the Vale of York is 87% for routine cases, 50% for urgent cases and on target to meet national 95% target by March 2021. Current performance for the North Yorkshire CCGs is between 50% - 100%.
- ✓ A new **Crisis and Intensive Home Treatment** service to support children and young people in a Crisis. This service is available 24/7 in Hambleton, Richmondshire and Whitby and 10am-10pm in all other localities with a plan to move to 24/7 in 19/20.
- ✓ Established **Compass BUZZ**, a school based training offer. Of the 394 schools in North Yorkshire those who have received training is as follows:
 - 'Level 1' Prevention and Promotion is 378 – this equates to **96%** of the total schools
 - 'Level 2' Early Identification of Need is 278 – this equates to **71%** of the total schools
 - 'Level 3' Early help & Intervention is 246 – this equates to **62%** of the total schools
- ✓ Launched **BUZZ US** - a new texting support service for young people. **9278** text messages received since the launch of the service in January 2018.

- ✓ Received funding to develop **The Go To**, a North Yorkshire website dedicated to children and young people's mental health. The website has been developed with young people and will be launched in autumn 2019.
- ✓ TEWV have launched the [Recovery College Online](#) across North Yorkshire and York
- ✓ TEWV are piloting an online counselling service in North Yorkshire and York for young people called '[Kooth](#)' from Autumn 2019.
- ✓ North Yorkshire and York CCGs received funding from NHS England to pilot 2 **Mental Health Support Teams in School** (one in Selby, the other in Scarborough and Ryedale).
- ✓ Established a **Transforming Care Partnership** (TCP) for those children and young people with autism or LD and who present with challenging behaviours. This includes a framework for multi-agency consideration of needs and response. The TCP works across North Yorkshire and York and its aim is to ensure that children and young people can remain at home and school wherever it is appropriate for them to do so.
- ✓ Vale of York committed additional investment to address **high demand on specialist CAMHS** and ASC assessment service, based at the Selby Cabin.
- ✓ North Yorkshire CCGs have moved to an **Accountable Care Partnership** framework for Mental Health and Learning Disabilities. Vale of York is aligning to the partnership, but retains the monitoring and governance framework under its mental health contract with TEWV.
- ✓ Undertaken a review of children and young people's **autism diagnostic services** in North Yorkshire. This has resulted in a new provider in the Scarborough and Ryedale locality and a new transformational service model across Harrogate and Rural District and Hambleton, Richmondshire and Whitby. The new streamlined services aim to reduce waiting times for assessment.
- ✓ Across North Yorkshire and York CCGs, Future in Mind has brought **£1.3M additional investment** per annum. This is now in the CCG baseline budgets and monitored against the Mental Health Investment Standard.

Priorities for 2019/20

Working with key partners, the following are identified priorities for 2019/20:

- Deliver the **Mental Health Support Team pilots** in schools in Scarborough and Selby
- Re commission/co commission **Compass BUZZ** across 4 NY CCGs. This will include a re-focus of the service to develop the principles of Mental Health Support Teams. This meets the objectives of the NHS 10 Year Plan and also the whole pathway provision approach being pursued with TEWV. CCGs are also exploring joint commissioning with Compass Reach through the Healthy Child Programme.
- Implement **additional TEWV investment** from New Models of Care into the enhanced eating disorders service to recruit additional staff and enable the service to manage the physical health needs of children and young people with an eating disorder.
- Undertake a **PIP /LAC review** between TEWV and NYCC.
- Launch the new North Yorkshire website **The Go To** for Children and Young people's Mental Health.
- Review effectiveness of the **Single Point of Access** for children and young people's mental health across North Yorkshire and York.
- Implement **quality outcome measures** for CAMHS to provide transparency around improvements in health of children and young people.

- Extend the **Crisis service to 24/7** across all North Yorkshire localities.
- Implement the pilot for the online counselling service '**Kooth**'

Understanding Local Need

The need for support remains high in North Yorkshire as it does nationally. An NHS prevalence study in 2018 outlined:

- **12%** of 5-19 year olds have a diagnosable Mental Health disorder, up from 10% in 2004.
- Most common are **emotional disorders**, such as anxiety and low mood, and are especially common among **17-19 year old girls**, with up to 22% affected. This latter age group is a particular focus for the Mental Health Support Teams pilot project in schools.
- Eating disorders are estimated at around 1% of population, however, **demands on eating disorder services have been high**, notably in York, which had 97 referrals in 2018/19 and carries a caseload of around 60 young people. Numbers of referrals are also high in the Harrogate locality.
- Local CAMHS services have seen significant **increases in referrals**. Vale of York is up from 1930 referrals in 2016/17 to 2129 in 2018/19 and ASD referrals are up from 135 to 299. This level of demand has put significant strain on service resources, although additional investment is showing early success in tackling waiting times.

Conclusion

This report highlights some of the key achievements in children and young people's mental health in North Yorkshire and York over the last year. It also outlines key priorities for the coming year, many of which are aligned with the national priorities included in the NHS Long Term Plan.

Recommendations

We recommend that the Health and Wellbeing review this report and we welcome any comments to the North Yorkshire and York CCGs.

ⁱ This document is written on behalf of the following CCGs: Hambleton, Richmondshire and Whitby CCG (HRW), Harrogate and Rural District CCG (HaRD), Scarborough and Ryedale CCG (SR) and Vale of York CCG (VoY).

ⁱⁱ The 2018 refreshed Local Transformation Plans can be found by clicking on the following links:

[HaRD LTP](#) , [VoY LTP](#), [SR LTP](#), [HRW LTP](#)