

# APPENDIX A

## Mental Health and Wellbeing for children and young people. Transformational Action Plan 2015-20

<b>Future in Mind Aspiration 1.</b> Improved public awareness and understanding, where people think and feel differently about mental health issues for children and young people, where there is less fear and where stigma and discrimination area tacked			
<b>Where we want to get to:</b>			
<i>My family and I are able to look after my emotional and mental wellbeing and development day to day.</i>			
<i>I learn about mental health and how to protect myself at school or college.</i>			
<i>I am confident in talking about issues which affect my mental health</i>			
Action	Lead	Outputs	Timescale
1a) Commission implement and evaluate a public health campaign on mental health and resilience for children and young people	Directors of Public Health	A public health campaign and is effective in raising awareness and promoting resilience	Commission Dec 2015 Implement April 2016 Review and develop 2017
1b) Commission programmes of work within schools and colleges to raise awareness of mental health issues	Directors of Public Health	Programmes of work within schools to raise awareness on mental health issues	Commission Dec 2015 Launch April 2016 Review and develop 2017
1c) Review current approaches and resources to tackle bullying – including cyber-bullying and maximise impact	Directors of Public Health	Identify current best practice and share across schools and colleges	Complete during 2016-17

**Future in Mind Aspiration 2.** Meet the national and local waiting time standards for access to community mental health services for children and young people

**Where we want to get to:**

*I will be helped by a specialist team quickly if my mental health problems are serious*

Actions	Lead	Outcomes	Timescales
2a) Commission and establish a new "Access team" for CAMHS.	Director of FYPC Services, LPT	No child or young person will have to wait more than 13 weeks from referral to access CAMHS	Pilot 2015/16  Implement April 2016
2b) Enhance the specialist service for people with first episode psychosis	Director of FYPC Services, LPT	All children and young people with a first episode of psychosis will receive specialist therapeutic support within two weeks of referral.	Enhance service 2015/16  Achieve standard 2016 /17
2c) Commission and establish a community based eating disorder service for children and young people	CCG CAMHS Commissioner	All children and young people with an eating disorder will receive specialist support within 4 weeks of referral	Commission Sept 2015 Service commences April 2016.  Standard met 2017/18

**Future in Mind Aspiration 3** A step change in how care is delivered moving away from a system defined by organisations, “a tiered model” to one based around needs of children and their families

**Where we want to get to**

*We can get support to help me overcome emotional and mental health challenges quickly and locally, without being stigmatised. I will have choice about the kind of help I would like. I and those who care for me will be listened to. I will be supported to become resilient and independent. With my consent, services will work together with me and my family to give me the best support. I will be involved in decisions to reduce or transfer my care*

Actions	Lead	Outcomes	Timescales
3a) Develop a multi-agency “first response” service young people and families with mental health	Director of Children’s Services, Local Authorities	All children and young people with mental health needs can access help quickly and easily.	Develop model Dec 2015 Implementation from April 2016 onwards Review and develop 2017/18 onwards
3b) Commission and establish a collaboration of early help mental health support services.	Director of Children Services, Local Authorities	There are a range of quality assured low intensity interventions offered to children, young people and families	Develop commissioning model by January 2016 Implement June 2016
3c) improve the support for young people transferring from child to adult services	CCGs Local authorities		

**Future in Mind Aspiration 4** Increased use of evidence based treatments with services focusing on outcomes

**Where we want to get to:**

*I will receive support which is safe, reliable and tested.*

*I will be involved in setting my own treatment goals and deciding if I am getting better*

Actions	Lead	Outcomes	Timescales
4a) Review the range of therapeutic and medical interventions against best practice guidelines and the evidence base.	CCG CAMHS Commissioner and LPT CAMHS Clinical lead	A clear offer of therapeutic and medical interventions is set out in specifications and information to other agencies, children, young people and carers	A programme of reviews is conducted during 2016/17 Specifications revised 2017/18
4b) Commission and establish the use of routine outcome measures to inform clinical decisions and service developments	CCG CAMHS Commissioner and LPT CAMHS Clinical Lead	All commissioned services use clinical and service user outcome measures.	
4c) Explore potential to access the national Children Young People Improving Access to Psychological Therapies Programme	LPT Director of FYPC	Have a clear plan to join the national CYP IAPT programme	Aim to join the programme for 2017/18 onwards.

**Future in Mind Aspiration 5** Making mental health support more visible and easily accessible for children and young people and their families

**Where we want to get to:**

*We can access trusted self-care advice when and where we like including websites, education settings, GPs and children's centres*

*We can get support to help me overcome emotional and mental health challenges quickly and locally, without being stigmatised.*

*I will be able to make informed choices about the kind of help I would like.*

Actions	Lead	Outcomes	Timescales
5a) Develop information and advice services including social media, mobile communication and face-to-face.	Directors of Public Health	A range of ways for children, young people and carers to find information and advice about mental health issues.	Ongoing
5b) Provide and publicise a clear local offer of services for children their families including mental health wellbeing services	Directors of Children's Services, Local authorities	Local offer of services prepared and publicised annually	March 2016 and annually
5c) Ensure first response mental health services are easily accessible for young people and carers.	Director of Children's services. CAMHS Commissioner	Young people and carers can access help and support quickly and locally	Develop model Dec 2015 Implementation from April 2016 onwards

**Future In Mind Aspiration 6** Improved care for children and young people in crisis, so they are treated in the right place at the right time and as close to home as possible

**Where we want to get to:**

*I will be helped by a specialist team quickly if my mental health problems are serious. Organisations will work together to support me. I will be seen promptly if I attend the Emergency Department. I will not be judged by staff for my mental health problems. I will be able to access a bed within a reasonable distance from home. I will be supported to return home safely as soon as possible.*

Actions	Lead	Outcomes	Timescales
6a) Commission and deliver a multi-agency home treatment and crisis response service	CCG Commissioning LPT CAMHS	Children and their carers are supported during times of crisis.  Less inappropriate use of the emergency services and ED	Develop model Nov 2015 Commission December 2015 Commence April 2016
6b) Create a designated place of safety for children and young people detained by the Police under sections 135 and 136 of the Mental Health Act 1983. This is a shared action with the Crisis Care Concordat.	CCG Mental health Commissioning Lead	There will be a designated place where the police can take a child or young person with possible mental health problems	Report on options Oct 2015 Agree and set up place of Safety. January 2016
6c) Implement clear multi-agency protocols to co-ordinate services to support children and their families in a mental health crisis	CCG Commissioners	Organisations work swiftly together to support child and family during mental health crisis	Autumn 2015 and then reviewed on three monthly basis.

**Aspiration 7** Improved access for parents to evidence based programmes of intervention and support to strengthen attachment between parent and child, avoid early trauma, build resilience, and improve behavior

**Where we want to get to:** All parents, particularly those vulnerable to mental health problems, have access to effective programmes of intervention and support. Perinatal support and advice is available for all mothers

Actions	Lead	Outcomes	Timescales
7a) Ensure that the health visitors service delivered perinatal mental health advice and support.	Directors of Public Health	All new mothers receive advice and support around their mental health	Review spec Jan 2016 Implement April 2016
7b) Commission a range of parental support programmes across all regions and ages	Directors of Children's Services	Parents in need of additional support will receive it.	Review current services in Autumn 2015 for commissioning for April 2016
7c) Commission attachment training and trauma recognition training for schools and children's centres	Directors of Children's Services	School and children's centre staff understand attachment and trauma	Commission March 2016 Commence training October 2016

**Future in Mind Aspiration 8** A better offer for the most vulnerable children, making it easier for them to access support they need when and where they need it

**Where we want to get to:**

*We can get high quality support to help me overcome emotional and mental health challenges quickly and locally, without being stigmatised. I will be able to make informed choices about the kind of help I would like. I and those who care for me will be listened to. I will be supported to become resilient and independent. I and my carers will be helped to navigate the system and services. I am involved in peer support groups and community networks in my area.*

Actions	Lead	Outcomes	Timescales
8a) Review capacity of services to support and guide vulnerable children and young people	CCG CAMHS Commissioner	Identify where additional capacity is needed to support vulnerable children	Review in Nov 2016 Revise specifications Jan 2016
8b) Commission and establish peer support networks for vulnerable children (eg young carers, gay and lesbian young people, young refugees and seekers)	Local Authorities Voluntary and community groups	Vulnerable children and young people have access to facilitated peer support networks.	Commission services to commence April 2016
8c) Review current provision to ensure that issues of equality and diversity are addressed within all commissioned services	CCG and Local Authority Commissioners	Ensure that all services are accessible, do not discriminate on irrelevant considerations and promote diversity	Current review 2016/17



**Aspiration 9** Improved transparency and accountability across the whole system, to drive further improvements in outcomes

**Where we want to get to:**

*I am confident in talking about issues which affect my mental health. My views and experience will help to improve care for others*

Actions	Lead	Outcomes	Timescales
9a) Set up ways of capturing the views and experiences of children, young people, and carers. Use this to shape strategic plans	CCG Local authorities	Strategic plans have been directly influenced by the views and experience of children young people and carers	
9b) Establish a specific stakeholder group including children, young people and carers for the transformational plan	CCG Local Authorities	Stakeholder Group influences and informs the transformational plan.	First meeting October 2015
9c) Consult the public on the Transformational Plan and report on progress at regular intervals.	CCGs	Public consultation and reporting on the Transformational Plan	Commence November 2015

**Aspiration 10** Professionals who work with children and young people are trained in child development and mental health and understand what can be done to provide help and support those who need it

**Where we want to get to:**

*We can get high quality support to help me overcome emotional and mental health challenges quickly and locally, without being stigmatised. I and those who care for me will be listened to. With my consent, services will work together with me and my family to give us the best support.*

A skilled, experienced and knowledgeable workforce across all organisations who have access to training and advice on child mental health and how to access specialist support

Actions	Lead	Outcomes	Timescales
10a) Develop a child mental health training strategy and commission a partnership training programme	To be confirmed	A child mental health training strategy and programme is in place	Review Autumn 2015 re-commission to start in April 2016
10b) Support front-line practitioners through case based support and practitioner help-lines	Director of FYPC	Front-line practitioners have greater confidence and skills to support children and young people with mental	Ongoing
10c) Establish consistent use of the MindEd on-line training programme on child mental health	Local authorities	Incorporate the MindEd training module into staff development programmes	April 2016

