

*'It's about our life, our health,
our care, our family and
our community'*



Better care together

Leicester, Leicestershire & Rutland health and social care

Better Care Together Children's Workstream Mental Health and Wellbeing September 2015



healthwatch



NHS

Presentation Outline

- Transformation of the whole system of care for children and young people with mental health problems
- What will be done
- Benefits and outcomes for children, young people and their families
- Clinical Evidence
- Ensuring equality



The views of service users

- LLR parents perceive they have to “battle” to get a CAMHS service
- Young people worried about self-harm, cyber-bullying, stigma and confidential support.
- GPs and schools need to know how to access support
- “If you do one thing, just get people who know what they are doing to work together better”



Transformational plan and model of care

0. Self-care and prevention

- A public health campaign to raise awareness of mental health issues facing children and young people, provide information and access to support.
- Public health and schools partnerships to deliver education based programmes to address stigma, promote understanding and build resilience.
- Use of websites, social media and other methods to communicate directly with children, young people and those who care for them on mental health issues.

1. Universal / primary care

- Collaborative commissioning of a multi-disciplinary “First Response” service which will carry out initial assessments and offer low level support .
- Training and guidance for universal practitioners working with children on mental health issues and when and how to ask to specialist help.
- Collaborative commissioning of a range of low intensity early help services such as counselling, parental training, self –esteem group work and peer support networks which can be offered to young people and parents.

Transformational Plan and Model of Care

2. Enhanced routine care

Single gateway to specialist CAMHS for those with significant mental health needs. Specialist service for eating disorders and vulnerable children: learning disabilities, young offenders and children in care.

Use of evidence-based therapeutic and medical interventions, with systematic monitoring of outcomes.

Organisations share information and work in partnership to address range of issues facing family and young person

Planning for discharge or for transfer to adult services involves the young person and carers. Access to specialist support remains open

3. Urgent care and crisis response

Commission multi-disciplinary crisis response and home treatment service.

Identify a “place of safety” and ensure swift joint action to support children at ED.

Address Tier 4 bed capacity within local region

Benefits for children, young people and families

0. Self-care and prevention

- My family and I are able to look after my emotional and mental wellbeing and development day to day.
- We can access trusted self-care advice when and where we like including websites, education settings children's centres
- My parents / carers have access to support and guidance
- I am linked to peer support groups and community networks in my area.

1. Universal / primary care

- 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.
- With my consent, services will work together with me and my family to give me the best support.

Benefits for children young people and families

2. Enhanced routine care

I will have timely access to specialist assessments and evidence based interventions

I will have choice about the support I would like to receive and will be involved in setting my own treatment goals

I will only need to tell my story once. Services will work together with me and my family to give me the best support. I and my carers will be helped to navigate the system and services.

I will be involved in decisions to transfer or reduce my care.
I can access specialist support when I need it.

3. Urgent care and crisis response

I will have access to specialist support 24/7 if I need it.

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.

Evidence Supporting our Model

- *Future in Mind* : DoH aspirations for child mental health and wellbeing
- Independent review of LLR CAMHS community teams (2014)
- Mapping of emotional health support services for children. Public Health Leicestershire County Council (2014)
- CQC Inspection of LPT Children , Young people and family services (2015)
- Verita report on serious incidents involving children with acute mental health problems (2015)
- THRIVE and CAPA models for Child mental health services.
- Maudsley model of family based interventions for children with eating disorders
- Investing in Children's Mental Health: Centre for Mental Health 2015
- Promoting emotional wellbeing and positive mental health of children and young people. Public Health England 2013

Vulnerable children and equal access

Certain children more at risk

Specialist support for Looked After, Young Offenders, learning disabilities, those experienced sexual abuse

Available to all regardless of gender, age, religion, ethnicity, sexual orientation

Culturally appropriate and skilled services



Strategic References

DoH(2015) *Future in Mind*

DoH (2014) *Achieving Better Access to Mental Health Services by 2020.*

HM Government (2011) *No Health Without Mental Health*

Department of Health (2013) *Improving Children and Young People's Health Outcomes*

DoH(2014) *National CAMHS TIER 4 report*

Children and Families Act 2014

DoH and Concordat Signatories (2014). *Mental Health Concordat – Improving outcomes for people experiencing mental health crisis*

Leicester, Leicestershire and Rutland Health and Wellbeing strategies 2013-16.

Public Health England (2015) *Improving young people's health and wellbeing – a framework for public health*

The Equality Act 2010



Clinical References

National Institute for Health and Care Excellence. *Mental health and wellbeing guidance.*

Green et al (2005) *Mental health of children and young people in Great Britain 2004*

Chief Nursing Officer's Professional Leadership Team (2012). *Getting it right for children, young people and families.*

Wolpert M et al (2014) *THRIVE: The AFC- Tavistock Model for CAMHS*

Wallis et al (2007). *Five-years of family based treatment for anorexia nervosa: The Maudsley Model at the Children's Hospital at Westmead*

Joint Commissioning Panel for Mental Health (2013) . *Guidance for Commissioners of eating disorder services*

The Centre for Mental Health (2015) *Investing in mental health: a review of the evidence on the costs and benefits of increased service provision*

The Centre for Mental Health (2014) *The costs of perinatal mental health problems*



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Any questions?



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