

CUMBRIA HEALTH AND WELLBEING BOARD

Meeting date: 7 February 2020

From: Interim Executive Director - People

NORTH CUMBRIA CHILDREN AND YOUNG PEOPLE'S RESILIENCE EMOTIONAL WELLBEING AND MENTAL HEALTH LOCAL TRANSFORMATION PLAN REFRESH 2019-2020

1.0 EXECUTIVE SUMMARY

- 1.1 *This year sees the final refresh of Local Transformation Plans as part of the national, government programme, 'Future in Mind – promoting, protecting and improving our children and young people's mental health and wellbeing' (DoH 2015). This refresh of the North Cumbria LTP sets out how we will continue the transformation work to improve support services in 2020 and beyond. The plan acknowledges the core requirement of continuing with a cross-boundary, collaborative and holistic approach across the whole of Cumbria. This report concerns the Local Transformation plan covering North Cumbria.*
- 1.2 *The 2019-2020 refresh of the plan acknowledges the significant changes in service organisation and provision since 2015 and identifies the challenges to achieving and maintaining our vision that 'All our children and young people can access the support they need to achieve emotional wellbeing and mental health and have the ability and confidence to ride life's inevitable ups and downs, now and in the future'. The transformation process required for this priority health area, does not come to an end this year and will continue in modified form as further improvement is achieved and embedded in services. The plan also highlights a number of achievements during the last four years and sets out how we will address our priorities going forward.*

2.0 LINKS TO THE HEALTH AND WELLBEING STRATEGY

- 2.1 The Cumbria Joint Health and Wellbeing Strategy 2019–2029 includes the key theme of 'Improving health and wellbeing throughout the life course.' Improving the mental wellbeing of children and adults is a priority for immediate focus.

3.0 RECOMMENDATION

- 3.1 ***That the Board note the content and endorse the approach set out in the Refresh of the North Cumbria Children and Young People's Resilience Emotional Wellbeing and Mental Health local Transformation Plan REFRESH 2019-2020.***

4.0 BACKGROUND

- 4.1 Concern about the emotional wellbeing, and mental health of children and young people in the UK has continued to rise on a national level and is covered in the media on an almost daily basis. A number of factors are associated with the increased incidence of poor mental health and the continued rise in demand. In January 2020 the royal College of Psychiatrists called for legislation forcing social media providers to hand over information on how young people are using social media to researchers to enable a better understanding of the harmful elements of on-line activity.¹ Such is the concern about the digital lives of our children and young people; compounded by the awareness of Issues like climate change and the anxiety experienced about the impact on their futures. Given the pressures faced by families and children and young people, it is clear that no one service or initiative is able to effectively address the factors influencing emotional health and wellbeing.
- 4.2 In Cumbria we have consistently supported and actioned a whole system approach. The North Cumbria Children and Young People's Emotional Wellbeing and Mental Health Partnership, has benefited from support and Scrutiny of the Cumbria Health and Wellbeing Board. A 'deep dive' into this topic was the main subject at a HWBB development session on 24 January. This has helped Partners to keep a focus on what we are trying to achieve through the transformation programme, across the whole of Cumbria.
- 4.3 With regard to specialist services 2015–2017 was predominantly focussed on the development of models for the services that were requirements as part of the Future in Mind initiative. By the end of 2017, a crisis support model was agreed and implemented in north Cumbria, resulting in significant improvements in support and access for children and young people experiencing a mental health crisis. By the end of 2018 a Perinatal mental health service and community eating disorder service, had both been established. 2018-2019 saw significant reduction in waiting times for specialist help which have been largely maintained.
- 4.4 With regard to the wider system, in each of the four years since 2015 new initiatives and often new funding has improved the preventative offer for children and young people. There has been a significant investment in supporting the communities in the system (home and family, school and third sector services) to build and promote resilience and provide advice, support and help to children and young people at an early point in terms of an emerging difficulty. Examples include: an integrated workforce development and training plan that has been successful in upskilling hundreds of practitioners and staff across agencies and services; anti-stigma campaigns

¹ *Technology Use and the Mental Health of Children and Young People*, Royal College of Psychiatrists Report: CR225 January 2020

that have raised awareness amongst young people and encouraged them to start being active in looking after their own mental wellbeing and also that of their friends and peers; financial investment from Lottery north of England and Local enterprise Partners from industry resulting in additional resources to improve wellbeing and resilience in some of our most deprived areas and communities. The refreshed plan has further detail on these examples.

- 4.5 The recommissioning of Early Help 0-19 services underpinned by the principles of the nationally adopted 'THRIVE' framework will support the building of resilience and independence in families as well as better equipping early help and preventative services to identify emotional wellbeing and mental health needs early, and respond appropriately. The commissioned 0-19 Healthy Child Programme and 0-19 Child and Family Support Services, form an essential part of the 0-19 Children, Young People and Families Health and Wellbeing System.
- 4.6 The implementation of the strategy to reduce the impact of adverse childhood experiences and develop a trauma informed system across all services and communities is also part of the shared approach and is the subject of a separate paper for this HWBB meeting.
- 4.7 Engagement with young people has continued to develop positively with active and inspiring groups of young people gaining a voice and becoming more involved in the transformation programme. Their work and growing profiles have encouraged secondary schools across north Cumbria, to implement plans to improve the support available in school. Youth councils and children looked after groups continue to prioritise emotional wellbeing and resilience in their work. We have made attempts to better engage with parents during 2019 but these have not been successful and with support from services and initiatives elsewhere in the Cumbria, Northumberland, Tyne and Wear Integrated care partnership footprint we will be looking at fresh approaches in 2020 whilst acknowledging that every community is unique.
- 4.8 There are improvements we can celebrate in support for children and young people's emotional wellbeing since 2015. They have come about as a result of our whole system approach and the need to maximise the use of available resources, whilst investing in new services and also looking at the required shift to support prevention and reduce overall demand in the longer term. Emotional Wellbeing and Resilience is prioritised more across the wider system. There are roles and workers designed to build health and wellbeing and resilience now in a variety of services: Targeted Youth Support, Public Health (Health and Wellbeing Coaches) Social Care (Family Resilience Workers) Health care examples include the development of social prescribing link workers and volunteer coordinators for children and young people's wellbeing by primary care networks in the Integrated care communities of Solway, Keswick, Brampton, Eden and Penrith. We are beginning to see the impact of the lottery funded West Coast resilience 'bouncebackability' project led by Cumbria Youth Alliance and co-produced by young people in the coastal communities of Allerdale, Copeland and Furness. At the end of the first year of the project, 713 young people reported (via a validated outcomes evaluation tool), improved scores in communication, confidence and wellbeing. (Section 6 in LTP).

5.0 NEXT STEPS

5.1 In this final stage of the 2015–2020 Future in Mind government initiative we have used the refresh process to look at what we need to do differently and which areas of the programme priorities require a particular focus. Details of the action plan are presented in Appendix 2 of the Local Transformation Plan 2020 Refresh. Listed here are key objectives for the coming year some of which are cross cutting:

- (i) Improve the opportunities for and confidence of parents and carers to become engaged in the transformation work, moving from an engagement and consultative model to one of co-production which including young people in the decision making process. A specific priority as part of the Cumbria Local Area SEND Written Statement of Action to ensure close involvement in the co-production of the services, resources and support needed by children, young people and their families with special educational needs and disabilities.
- (ii) Work with all schools and FE Colleges in North Cumbria to further develop the school support offer (including active pursuit of any additional available funding and submissions of expressions of interest for Mental Health Support in Schools Trailblazer sites).
- (iii) Ensure that children and young people with a Learning disability and/or a neurodevelopmental disorder are not disadvantaged in relation to waiting times for specialist mental health support and continue to bear down on waiting times and access to specialist therapies.
- (iv) Develop a pathway for children and young people with physical health conditions to access improved psychological support.
- (v) Improve the experience of children and young people experiencing a mental health crisis, both in hospital and in the community
- (vi) Continue to work on improving resilience with explicit reference to particular vulnerable groups

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24th January 2020

APPENDICES

Appendix 1 North Cumbria Children and Young People’s Resilience, Emotional Wellbeing and Mental Health Local Transformation Plan Refresh 2019-2020