

CUMBRIA HEALTH AND WELLBEING BOARD

Meeting date: 20 November 2020

**From: John Readman,- Executive Director – People,
Cumbria County Council
Chief Operating Officer, North Cumbria Clinical
Commissioning Group
Chief Officer, Morecambe Bay Clinical
Commissioning Group**

CUMBRIA LOCAL TRANSFORMATION PLANS: EMOTIONAL WELLBEING, RESILIENCE AND MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE

1.0 EXECUTIVE SUMMARY

1.1 *At its meeting on 4th September the Health and Wellbeing Board discussed the emerging evidence of the impact of COVID on the emotional wellbeing and mental health of children and young people in Cumbria in the contextual framework of parents, carers, families, schools and communities. As part of the Board's focus the impact of COVID on the wellbeing of the people of Cumbria and the stabilisation and recovery of the health and wellbeing system, it was agreed that the two Local Transformation Plans covering Cumbria would be updated via relevant local Addenda, for North and South Cumbria and brought to the Health and Wellbeing Board for endorsement and sign off.*

2.0 LINKS TO THE HEALTH AND WELLBEING STRATEGY

2.1 Addressing the impact that COVID has had on the emotional and mental wellbeing of children and young people is a key priority in recognition of the wide ranging secondary impacts on the health and wellbeing of the next generation in terms of future resilience and mental wellbeing across their life course.

3.0 RECOMMENDATION

3.1 *That the board is asked to endorse the approach being taken by those organisations with responsibility for the provision of services and care to promote resilience, provide support for emotional wellbeing, and treatment for mental health conditions of children and young people.*

- 3.2 ***Approve the North Cumbria Local Transformation Plan Addenda and note the recommendations of the Morecambe Bay CCG Local Transformation Plan Update report.***
- 3.3 ***Note the work undertaken to work towards an integrated outcomes dashboard in relation to CYP emotional wellbeing and mental health enabling robust measurement of the impact of services on the lives of those in receipt of them***

4.0 BACKGROUND

- 4.1 The requirement for every Clinical Commissioning Group to lead the partnership work with other organisations, stakeholders, families, young people and children, to produce an annual Local Transformation Plan setting out how services and outcomes would be improved was introduced in 2015 as part of a five year, national government programme and the ambitions and principles set out in *'Future in Mind – promoting, protecting and improving our children and young people's mental health and wellbeing'* (DoH 2015) to improve mental health.
- 4.2 NHS England and NHS Improvement have recognised that the landscape has changed significantly, partly as a result of the continuous improvements that have been made during the last five years, and also reflecting on the new reality, and overarching impact of the COVID pandemic. There is no expectation to refresh CYPMH Local Transformation Plans for 2021. Going forward, it is anticipated that an aligned Children and Young People's Mental Health plan continues to be developed and fed into local and system level strategic plans, as referenced in the Long Term Plan, to ensure this CYP population is recognised and supported moving forward.
- 4.3 There is an extensive set of Key Lines of Enquiry (KLOES) based on previous KLOES for CYPMH Local Transformation Plans which have been revised into a guidance document to support systems when considering recovery and restoration, strategic CYPMH plans and delivery of the future ambitions as set out in the NHS Long Term Plan. They will be used as a checklist and a review of the Transformation Plan objectives against the KLOEs will be undertaken in partnership, to inform local children, young people, families, referrers and other key stakeholders.
- 4.4 All partners in Cumbria remain committed to the need for an integrated whole system approach towards supporting the emotional wellbeing and mental health of our children and young people. Prevention and early intervention to support resilience and recovery are crucial. With anticipated increases in demand for specialist services it is more important than ever that those providing support for lower levels of emerging need, are able to provide an effective response, and are supported in doing so.
- 4.5 Whilst the wider Integrated Care System approaches across Cumbria, now driving the work of the North Cumbria and Morecambe Bay Clinical Commissioning Groups mean that different processes and governance arrangements are in place across the County, the priorities and objectives identified in each of the 2019 – 2020 Local Transformation Plans remain the same. However, some of the specific initiatives and timescales have had to be adapted in the light of the COVID pandemic.

5.0 GOVERNANCE ARRANGEMENTS 2020 2021

- 5.1 In South Cumbria the ICS CYP Emotional Wellbeing and Mental Health Partnership meetings have been paused during the pandemic and replaced by the Mental Health Cell arrangements. In North Cumbria the CYP Emotional Wellbeing, Resilience and Mental Health Partnership has continued to meet, chaired by the Senior Commissioning Manager for Children and Families for North Cumbria CCG. Both Partnership Boards report to the Children's Trust Board. The three multi-agency Future in Mind Stakeholder Groups continue to meet regularly and are an important source of local intelligence in relation to emerging needs and priorities.

6.0 PREDICTING FUTURE DEMAND FOR SERVICES

- 6.1 There is growing research into the impact of the COVID pandemic on demand for mental health support services for Children and Young People. Some of this work is highlighted in the LTP Addenda reports. **(Appendix 2. 2a)** There are health warnings in relation to the data and how confident we should be given that these are early studies that will need to be repeated as further data is gathered over time. Surge estimations for the whole of Lancashire and South Cumbria, (undertaken by Business Intelligence Lead) predict a worse-case scenario, across all levels of need, for the increase of support by up to 70%. The greatest demand is predicted this winter, followed by higher demand all through the next financial year. Calculations have been based on prevalence rates **prior** to latest data (NHS Digital Oct 2020. [Mental Health of Children and Young People in England, 2020: Wave 1 follow up to the 2017 survey - NHS Digital](#) which shows an increase in the incidence and prevalence of mental health disorders in CYP since the last survey undertaken in 2017.
- 6.2 The Lancashire and South Cumbria estimation has worked on a basis of 8% of CYP affected by COVID actually being eligible for Specialist CAMHS. This means that 92% of CYP affected will need to access support elsewhere. We should expect that the broad ranging and acute impact of the pandemic will have major population mental health implications and it is important to avoid pathologising CYP (and adult) responses to experiences. The Children's Trust Board has agreed that a task group will be established to plan a whole system approach to assessing increased demand.

7.0 WORKING TOWARDS A 'WHOLE SYSTEM' OUTCOMES FRAMEWORK

- 7.1 At the February HWBB Development Session it was agreed that we should develop an outcomes dashboard comprising a bundle of outcome measures which would enable the demonstration that the services provided to support the EWB and MH of CYP are making a difference to the health and wellbeing outcomes of children, young people and their families and carers. It was noted that there are multiple sources of data from early help assessments and goal focussed measures through to clinical assessments and evaluations of treatment impact. From a performance perspective there is a focus on activity data and whilst qualitative evidence of service impact

exists across many providers in the system, it is not collated in the form of a straightforward dashboard incorporating measures that would enable us to see a snapshot of outcomes across different levels of need in the CYP Population. This is a complex task. An update on progress and a suggested conceptual framework is found in **Appendix 3**.

- 7.2 The CYP EWB and MH Outcomes Framework Development Group seek to reassure the Board that we are generally seeing positive outcomes for those Children and Young People who are accessing services. We have an overview of the 753 CYP who have received a service from My Time in terms of the significant improvement between initial and final outcome scores across Cumbria. For all those receiving an intervention during the last two Quarters there was a clear move from 'clinical distress' into the 'normal' range. Of the 1,523 young people who sought support from Kooth during Quarters 1 and 2 of this year 97% reported improvement in the direction of their self-selected goal domains e.g. overcoming anxiety; self-help skills for life; emotional regulation; feeling happier etc.

Anne Sheppard
Strategic Manager CYP EWB and MH Services, Public Health

30th October 2020

APPENDICES

- Appendix 1 – North Cumbria Local Transformation Plan Addendum Report Final
- Appendix 2 – South Cumbria (and Lancashire) Local Transformation Update Report
- Appendix 3 - Developing a Whole System CYP EWB & MH Outcomes Framework Aligned with the THRIVE model

BACKGROUND PAPERS

No background papers.

Contact: Anne Sheppard
Anne.sheppard@cumbria.gov.uk
Tel: 07812 972996