

# North Cumbria Children & Young People's Resilience, Emotional Wellbeing and Mental Health

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Local Transformation Plan 2015 – 2020  
Addendum Report October 2020 – COVID  
Response

## Our Vision

*We will work together with children and young people in North Cumbria to support their mental health and wellbeing and give them the best start in life.*



**North Cumbria**  
Clinical Commissioning Group



## 1. Background

The Local Transformation Plan for North Cumbria, setting out the continued improvement work to support the emotional wellbeing and mental health of children and young people was published in February 2020. In the light of the COVID pandemic since March, the Cumbria Health and Wellbeing Board requested that an Addendum to the Plan be presented in November. This addendum report sets out:

- The emerging evidence and local intelligence about the impact on children, young people and their parents and carers
- The partnership response to the significant concerns raised, about the impact on the resilience, emotional wellbeing and mental health of our children and young people.
- Current plans in place to ensure that support is available
- The response to predicted and anticipated increase in demand for services and support for those working with children and young people across the system
- The process from 2021 to ensure alignment with wider Integrated Care Systems (ICS) plans and the NHS Long Term Plan to deliver the vision set out in Future in Mind and the Five Year Forward View for Mental Health

## 2. The Impact of the COVID Pandemic

There is evidence that the pandemic has had a negative impact on the emotional wellbeing and mental health of many children and young people in Cumbria. This is in part due to the impact on the families and communities in which they live and in part due to the uncertainty and disruption to their own lives in terms of interrupted learning and other social benefits resulting from education in educational settings. These things are compounded by uncertainty about the future of their own and their families lives, fractured peer relationships and traumatic bereavement in hundreds of families. From a population mental health perspective, larger numbers of CYP have experienced loss and trauma and an increase in incidence of adverse childhood experiences combined with continuing economic uncertainty could impact on the mental health of our emerging young adult population for some time.

### 2.1 Emerging evidence

Nationally, a growing body of research is highlighting the risk of longer-term impact upon CYP mental wellbeing and increased risk to particular vulnerable groups<sup>1</sup> including:

- Those with pre-existing mental health and/or neurodevelopmental conditions
- CYP from black and minority ethnic families and communities
- CYP from families where there is domestic violence and/or family breakdown
- Those living in families in poverty

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<sup>1</sup> Anna Freud Foundation: Emerging Evidence Children and Young People's Mental Health  
<https://www.annafreud.org/coronavirus-support/our-research/>

In addition, a number of studies have taken place on a regional basis, in Lancashire and South Cumbria and in the North East and North Cumbria. These studies indicate that there is likely to be an increase in the number of Cumbrian CYP seeking support for mental health issues from specialist mental health services of between 6 and 20%. This is against a backdrop of a projected 70% rise in the number of children and young people needing more support with their emotional wellbeing.

While these studies are authoritative it must be acknowledged that there is still a significant level of uncertainty regarding the level of impact COVID will have. However, the most recent activity data shows referral rates increasing to above the level experienced at this point last year, and the degree of complexity, as reported by clinical teams, exceeds that which would be expected.

When coupled with other factors such as access to remote and digital forms of support and education, there is a risk of widening existing health inequalities further.

The latest national survey undertaken [Mental Health of Children and Young People in England, 2020: Wave 1 follow up to the 2017 survey - NHS Digital](#) found that rates of mental health disorders in CYP aged 5 to 16 years have increased since 2017, from 1 in 9 to 1 in 6. The likelihood of a probable mental disorder increased with age with a noticeable difference in gender for the older age group (17 to 22 years); 27.2% of young women and 13.3% of young men were identified as having a notable mental disorder

## 2.2 Local intelligence

The two North Cumbria Future in Mind, (FIM) Stakeholder reference groups provide a valuable source of information of emerging needs and priorities. They also highlight situations where children and young people are coping, displaying resilience, are supporting each other and the adults around them. The way that the majority of secondary school pupils have coped with the return to school is one example.

The FIM discussions are reflected and replicated in discussions taking place in the locality Child and Family Partnerships and Resilience Hubs and with School Leadership teams across Cumbria.

Decreased referral patterns during and an increase in referrals post lockdown, have followed similar trends in mental health support services as in other services supporting vulnerable children

## 2.3 The response of support services

Once Cumbria went into lockdown in March, support services responded quickly and intensified support across the partnership.

- The targeted mental health support service My Time (Barnardos) shifted their whole service offer to online, support, telephone contact and remote working in under two weeks. Some CYP opted to return to the service once face to

face contact was available again rather than move to online support – the service kept in contact with them throughout

- Daily triage between CAMHS and My Time continued and Specialist CAMHS continued to offer face to face assessment and treatment when risk was high.
- All services saw a greatly reduced rate of referrals during from March to May and this enabled an improvement in waiting times which helped to ensure that services had greater capacity to respond once demand began to climb in June
- The 5-19 Public Health School Age Nurse team extended their E-School Nurse Clinic to parents [www.cumbria.gov.uk/ph5to19](http://www.cumbria.gov.uk/ph5to19)
- The CAMHS/LD Nurse service developed on-line workshops to support parents of children and young people with Learning Disabilities/on the Autistic Spectrum, who were experiencing increased levels of anxiety and stress
- The County Psychological Service produced an on-line resource to help support schools to manage the return the school
- On-line school mental health awareness sessions were rolled out by My Time during the second half of the summer term.
- A coordinated response to providing information to schools was developed
- Evidence-based on-line (Solihull Model) courses were commissioned for parents, carers and professionals on child development, brain development, attachment, loss and parenting
- Awareness raising and training for those in contact with CYP at risk of self-harm and suicide was increased with the support of the Third Sector
- Services undertook a skills audit of staff in relation to delivering on-line support and upskilled workers where necessary
- The commitment to partnership working overcame the challenges posed by initial communication difficulties and developed new ways of linking up
- Schools and Early Help services reached out to vulnerable children and a new model of 'Wraparound Teams' to support schools was developed and rolled out in September. Specialist CAMHS and My Time opened direct lines of communication via named practitioners for each school.
- Young people actively supported each other to seek out support on-line as shown in Kooth monitoring data
- From November the DfE and Public Health England Wellbeing and Resilience Education Programme is being rolled out to every school and educational setting in Cumbria County Council
- New Social Prescribing EWB and Resilience LINK Worker programmes have been developed led by Primary Care network GP leads in parts of West and East Cumbria

### **3. Updated Local Transformation Plan Action Plan**

The North Cumbria 2020 LTP Action plan has been audited and updated in the light of the COVID pandemic. A high-level summary is included at the end of this report. The priorities identified at the start of 2020 remain the same however some of the specific initiatives and timescales have been adapted. In response to the impact of

the COVID pandemic and also the current situation in terms of a second wave through the coming winter months, the mechanisms for delivery have been adapted and are continually monitored and flexed in line with emerging concerns and changed patterns of need.

## Future Plans

Going forward from 2021, Strategic Plans for Children and Young People's Mental Health and Wellbeing (CYP MH&W) will continue to be developed by local partnerships of statutory and third sector organisations. They will be organic and transparent and co-produced with children, young people and their families and carers.

There will be a greater focus on tackling health inequalities and promoting access and early support across all the services and agencies involved for those groups who are being most impacted and disadvantaged by the public health and economic crises. There is also a sharper lens being applied to the mental health of the population across all of our communities.

One of the key mental health commitments of the NHS Long Term Plan published by the DoH in 2019 [NHS Long Term Plan](#) is the extension of current service models to create a comprehensive offer for 0 – 25-year olds, that reaches across mental health services for children, young people and adults. There will be an integrated approach across health, education, social care and the voluntary sector. Discussions about how we can plan for these changes have already started and the evidence emerging from the COVID pandemic on the impact on our young adult population is becoming clearer.<sup>2</sup> Recently published research involving a survey of 3077 adults in the UK, looked at during lockdown and followed up throughout the pandemic. Further analysis showed worse mental health outcomes during the pandemic for females, young people (aged 18-29), those from more socially disadvantaged backgrounds and those with pre-existing mental health problems.

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<sup>2</sup> Mental health and wellbeing during the COVID-19 pandemic: longitudinal analyses of adults in the UK COVID-19 Mental Health & Wellbeing study' *British Journal of Psychiatry*.

PRIORITY	2020 LTP ACTION	COVID RECOVERY OCT 2020 HIGH LEVEL ACTION UPDATE
<b>1. Access</b> <b>All CYP, families and carers can access additional support for EWB and MH when they need it</b>	Parents, carers and professionals confident about where to find information	E School Nurse now open to parents, carers & professionals across Cumbria. Each school has a named My Time and also CAMHS named contact
	Establish a Mental Health Support Team in North Cumbria	Oct 2020 – Staff team successfully recruited. Four Education Mental Health Practitioners commence training in Nov 2020. Schools engaged. Steering group. Team fully operational by Dec 2021
	Provide safe, effective and timely care for CYP with an eating disorder	Dedicated Community Eating Disorder in place. Increase in numbers of CYP with serious ED(s) significantly increased during and post lockdown. Real time monitoring of current situation by North Partnership Board
	Ensure CYP with physical health conditions can access psychological support	In conjunction with the SEND improvement programme access to support has been improved, further work to embed this as a standard part of the pathway is underway
	Ensure CYP with LD/ASD/ADHD are not disadvantaged in waiting for a specialist CAMHS service	Waiting times improved. COVID impact mixed – some CYP with LD/ASD have been able to live less stressful lives. Development of Positive Behaviour Support Model has resulted in improved outcomes
	Develop joint approaches to commissioning	Subject to delay as a result of COVID
	Agree model to deliver advice and guidance to schools and Primary Care	During COVID new processes for sharing information were set up and regular updates distributed – Current roll out of DfE PHE Wellbeing and Resilience in Schools Project being undertaken by 'local experts'
	Improve experience of transfer to adult mental health services	Plan audit in light of planning for extension of services to 25 years
	Develop an infant mental health offer IMH Offer	Specialist Perinatal MH Services have remained open and supported parents and families during COVID Integrated with new 0-19 Healthy Child Programme/ Monitor Millom Pilot
	Improve provision for CYP with ADHD	COVID had caused delay to this action; under review by CNTW wait times now reduced to 9 weeks
<b>2. Crisis All CYP experiencing a mental health crisis have access to effective, safe and timely care</b>	Improve the experience of CYP experiencing a mental health crisis	The CYP Crisis Team is now integrated with the Adult Crisis Service resulting in 24/7 access and an extended range of support
	Extend the range of support available from CAIS	Clear pathway post crisis assessment and intervention back to Specialist CAMHS
	Improve safe alternatives to paediatric admission	Exploration of possible alternatives continues

PRIORITY	2020 LTP ACTION	COVID RECOVERY OCT 2020 HIGH LEVEL ACTION UPDATE
<b>3. Prevention &amp; Care for Vulnerable Groups</b>	Improve provision of early support	Integrated as part of Think Family approach and revised Early Help Strategy
	Improve outcomes for CYP who've experienced trauma, abuse and neglect/involved in criminal justice system	Roll out of Adverse Childhood Experiences Strategic Plan and building a trauma informed system continues. Good take up of targeted training provided by Third Sector. Think Families Approach developing.
	Improve support to meet the needs of CYP with an Autistic Spectrum Disorder but no Learning Disability	Increased direct support to parents. CAMHS/LD developed online workshops for parents where CYP very anxious. CAMHS and LD service rolling out new offer of support as part of SEND Improvement. Wait times are monitored more closely
	Develop a plan to improve services to meet the therapeutic needs of CLA and those on the edge of Care	Increased Capacity of Senior EWB Practitioners for CLA and EoC in addition to closer joint working with specialist mental health services receiving positive feedback.
	Agree an approach to target vulnerable groups indicated as being at greater risk as a result of COVID pandemic	September 2020: support plans to tackle mental health- inequalities and support planning for particular needs of groups at risk including those in poverty and from BAME & LGBTQ communities – review care pathways
<b>4. Resilience All CYP have support to develop skills and strategies to build emotional resilience</b>	Improve support to help CYP stay emotionally resilient on-line	New Participation and Liaison Support from Kooth is working more closely with schools including issues of on-line resilience
	Promote emotional resilience of children aged 0-5	Integrated approach with Cumbria Early Years Strategic Plan
	Support schools/settings to build emotional resilience	<a href="https://www.cumbria.gov.uk/coronavirus/backtoschool.asp">https://www.cumbria.gov.uk/coronavirus/backtoschool.asp</a> locally produced resource; County Psychological Service and My Time
	Raise awareness of support for CYP who self-harm/experience suicidal thoughts	Co-ordinated response through Cumbria All Age Suicide Prevention Leadership Group. Increased investment in training and available on-line support. Work underway with 'Every Life Matters' Charity to expand offer to CYP and Parents/Carers
<b>5. Workforce Maintain a whole system approach to planning and development</b>	Support mapping of future workforce requirements	Via CYP Multi-Agency Improving Access to Psychological Therapies, Workforce Development Group plan to roll out evidence based professional training
	Extend skills and knowledge of specialist services in LD/ASD	CNTW Workforce plan as part of SEND Improvement Programme
	Support increased knowledge and skills in order to increase multi-agency delivery of evidence-based interventions	Continuation of support for multi-agency delivery of 'Decider Skills' and further training Development of consistent group-work model across Child and Family Support Providers and Early Help

PRIORITY	2020 LTP ACTION	COVID RECOVERY OCT 2020 HIGH LEVEL ACTION UPDATE
<b>6. Engagement</b> Ensure views and needs of CYP and families/carers are fully included in development and review of services	Develop a system wide approach to engagement and co-production	New linkages with key partners: CNTW Peer Support Worker posts in Liaison and Engagement team Work in progress with schools to support co-production of new initiatives e.g. Social Prescribing Link Workers for EWB Action recommendations from West Coast Resilience Project's independent evaluation of co-production and system change Continue with creation of opportunities for the groups of young people actively involved in campaigning to raise awareness and improve support e.g. Winter lockdown suicide prevention campaign key messages: Help Yourself, Help Others, Get Help Early
	Improve mechanisms whereby parents/carers can influence and shape service developments	Build on learning from involving parents in SEND Improvement Work 'Ground-Up' model to be utilised in development of Carlisle Mental Health Support Teams in Schools

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