

Report to:	HEALTH AND WELLBEING BOARD
Date:	12 November 2015
Executive Member / Reporting Officer:	Alan Ford Commissioning Business Manager for Children, Young People and Families – NHS Tameside and Glossop Clinical Commissioning Group
Subject:	CHILDREN AND YOUNG PEOPLE’S EMOTIONAL WELLBEING AND MENTAL HEALTH TRANSFORMATION PLAN 2015 - 2020
Report Summary:	To provide Tameside Health and Wellbeing Board the Children and Young Peoples (CYP) Emotional Wellbeing (EWB) and Mental Health (MH) Plan, 2015-2020, which has been produced by the CYP EWB and CAMHS Transformation Programme Board – led by the CCG.
Recommendations:	To accept the plan and to support CYP EWB and CAMHS Programme Board to progress with the priorities and deliverables under the plan and receive further future updates on progress.
Links to Health and Wellbeing Strategy:	Developing Well – there is a need to identify opportunities in relation to improving our commissioning and delivery systems to achieve better outcomes for children and young people with respect to emotional wellbeing and mental health, and review the whole system from prevention to specialist services to make sure we are providing better outcomes.
Policy Implications:	There are no policy implications at this stage.
Financial Implications: (Authorised by the Section 151 Officer)	There are no direct financial implications for Tameside Council arising within this report.
Legal Implications: (Authorised by the Borough Solicitor)	https://www.england.nhs.uk/wp-content/uploads/2015/07/local-transformation-plans-cyp-mh-guidance.pdf provides guidance for local areas - CCGs, working closely with their Health and Wellbeing Boards and partners from across the NHS (including NHS England Specialised Commissioning), Public Health, Local Authority, Youth Justice and Education sectors - on the development of Local Transformation Plans to support improvements in children and young people’s mental health and wellbeing. The guidance and the programme of support that goes with it are designed to empower local partners to work together to lead and manage change in line with those key principles through the development of Local Transformation Plans for Children and Young People’s Mental Health and Wellbeing. The Strategy proposed should be produced in line with <i>Future in Mind</i> which: <ul style="list-style-type: none"> <input type="checkbox"/> sets out the strategic vision for delivering improvements in children and young people’s mental health and wellbeing

over the next 5 years;

- outlines a phased approach to securing locally driven sustainable service transformation and includes details of how the extra funding announced in the autumn statement (December 2014) and Budget (March 2015) will be used to support this work;

- provides guidance to support local areas in developing their Local Transformation Plans through a planning process that can be tailored to meet the individual needs and priorities of different local areas; and

- provides information on the assurance process and programme of support that will be available.

It also includes:

- a template to capture high level summary information from Local Transformation Plans);

- a self-assessment checklist for the assurance process. which will support the allocation of further funding;and

- a tracking template to monitor and review progress

Risk Management :

If the plans meet the assurance criteria in full set by NHSE, CCGs will receive all the funds allocated as shown in the Finance Plan (section 7.8).

If the plans need minor clarification or amendment or are not aligned to the requirements set out in Future in Minds further funding will not be released until the plans are satisfactory.

Failure to confront the issues the report seeks to address will have potentially serious future consequences for the vulnerable children and young people who it seeks to protect, with a consequential impact on the legal framework within which they find themselves.

Access to Information :

The background papers relating to this report can be inspected by contacting Alan Ford by:



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TAMESIDE and GLOSSOP

Children and Young People's Emotional Wellbeing and Mental Health

TRANSFORMATION PLAN

2015 - 2020

Document Version Control	
Document title:	Children and Young People's Mental Health and Emotional Well Being Transformation Plan 2015-2020
Edited version	Version Final (v10.1)
Number of pages	70
Agreed by	Tameside Health and Wellbeing Board Derbyshire Director for Children's Services Tameside and Glossop CCG; & Tameside and Glossop EWB & CAMH Services Programme Board
Date	14 th October 2015

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Section 1: Executive Summary

- 1.1 Children and young people's emotional and mental well-being is a high priority for all in Tameside and Glossop. From earliest development in pregnancy to early years, school age, teenage and into adulthood we aim to work with parents, carers to promote and support good emotional and mental health development and build resilience, providing children and young people with a great start in life and lifelong resilience. We also aim to ensure that, when it is required, children young people and their families have swift and easy access into evidence based specialist support.
- 1.2 The effective assessment of children's and young people's mental health needs is an early and crucial determinant of their subsequent pathway through an emotional wellbeing and mental health system, and their consequent use of resources.
- 1.3 Across Tameside and Glossop, there are concerns that open access to Child and Adolescent Mental Health Services (CAMHS) is not always being achieved in practice. Some children and young people still have to wait too long to be seen by services. Across a larger Greater Manchester footprint there is a geographical variation in access and service offer.
- 1.4 Some families and professionals find the procedures for accessing services unclear and confusing. Pathways into support services are not clear as demonstrated by the data from our provider of Tameside and Glossop CAMHS, where almost 40% of referrals to CAMHS are rejected (including over 50% of GP referrals).
- 1.5 Despite these barriers to getting the right timely support, demand for mental health services for children and young people in Tameside and Glossop is increasing with escalating presentations around anxiety, self-harm, eating disorders and new demands from Child Sexual Exploitation (CSE) and an increase in the Children Looked After population.
- 1.6 We recognise the evidence and compelling arguments for a focus on early intervention - preventing mental health problems escalating and becoming entrenched through joined up timely early help and support. Universal services, including primary care, health visitors, school nursing, Children's Centres, schools, colleges and youth services, play a key role in preventing and promoting emotional wellbeing and mental health. We will ensure CAMHS support this responsibility within their dual function in delivering direct help and treatment and providing information, advice and guidance (IAG) on how to

ensure good mental health and emotional wellbeing in children and young people, and how best to support those who care for them.

- 1.7 Juxtaposed with this position, we are faced with increasing financial pressures in public services and associated challenges in the third sector, resulting in reductions across all services.
- 1.8 Clearly if we are to improve and sustain access to services then this requires more than additional funds but rather a new whole system approach that includes the active participation of all partners and key stakeholders, notably parents and carers. We hold a view that CAMHS should be integrated within a wider network of services providing a range of support for emotional and mental health needs, which includes General Practitioners, Schools, Health Visiting, Youth Offending, Social Care and Third Sector provision (to name a few). It falls beyond the resources of a single provider to effectively promote and meet the emotional wellbeing and mental health needs of children and young people.
- 1.9 Therefore to address these mounting concerns and pressures we should act together, jointly, with a collective aim to improve access through a partnership approach to providing an emotional wellbeing and mental health system; improving partnership working to ensure children, young people and families have:
 - Access to timely and appropriate information and support from pregnancy to adulthood
 - Clearly signposted routes to support, including specialist CAMHS
 - An 'open door' into a system of joined up support that holds a 'no wrong door' approach, which is easy to navigate
 - Clear understanding of the service(s) offer (what support should be received and what the expected outcomes are)
 - Timely access to this support that is as close to home as possible
 - Integrated parent infant mental health provision from pregnancy across all partners
- 1.10 Our vision for children and young people is an emotional wellbeing and mental health system that is truly personalised, joined up, supports children and young people to stay well and provides the very best support and care, when and where they need it. For children and families, this means we will put them at the heart of all what we do to ensure better outcomes and experiences that meet their needs and of those who care for them.
- 1.11 As such, the new approach will review and strengthen our referral pathways to make them more effective. It will deliver a clear offer to meet the emotional wellbeing and mental health needs of children and young people through

integrated partnership service delivery. This will require the development of pathways across an array of services, including school support services, health provision, social care and the third sector.

- 1.12 The plan seeks to be as ambitious as possible so that by 2020, the foundations for a sustainable system wide service transformation to improve children and young people's (including the most vulnerable such as looked after children, those connected to the criminal justice system or those who have learning difficulties) emotional wellbeing and mental health has been laid. This will lead to closing the treatment gap so that more children and young people with concerns about their mental health can access timely and high quality care coordinated and embedded within the other support they may be receiving.
- 1.13 The Government has committed to make children and young people's mental health and emotional wellbeing a priority. The government through the Children and Young People's Mental Health and Wellbeing Taskforce in early 2015 released the document Future in Minds, which highlighted the inconsistencies and challenges we face locally are nationally not uncommon. The document also articulated the way forward in addressing these anomalies.
- 1.14 Tameside and Glossop Clinical Commissioning Group (CCG) along with its partners, was selected as one of the pilot sites to respond to the challenges of children's and young people's emotional wellbeing and mental health. This response would be based on the guidelines articulated in the Future in Minds document. The transformation of the children and young people's mental health services in Tameside and Glossop is based on three key elements engagement, transparency and transformation through continual monitoring for improvement.
- 1.15 This Transformation Plan and strategy seeks to lay the foundations and aspirations for the ultimate vision for 2020 of having a system that is based on:
 - The voice of the child - reforming care delivery based on the needs of young people, children and those who care for them;
 - Developing resilience, prevention, early intervention and promoting good mental health and emotional wellbeing;
 - Improving access to appropriate services that are as close to home as possible and at the right time that are implementing evidence based pathways;
 - Promoting working across agencies leading to a clear joined up approach for the benefit of children and young people in Tameside and Glossop;
 - Improved accountability, transparency and ownership of an integrated whole system; and
 - Development of training programmes that lead to an appropriately skilled workforce across the whole system.

- 1.16 This is a five year programme of change and this transformation plan should be viewed as the first phase. The aims of this first plan are to reflect our collective vision and intention to work jointly, as a whole local system, over the next five years, building, refining and stretching our ambition as we progress. In readiness this plan establishes the baseline and builds system readiness to deliver the longer term sustainable system wide transformation envisaged locally and in the Future in Mind.
- 1.17 It is important that this plan should be viewed as a living document that will be refreshed as required and delivered through action plans for the 5 year life of this strategy. However, the vision of this transformation plan and strategy will remain the same - that is to ensure that children and young people's emotional wellbeing and mental health is 'Everyone's Business'. Throughout this document you will find examples and information as to why we need to do this.
- 1.18 Finally, we recognise that in producing this plan and agreeing the first phase of priorities that our focus is on mild to moderate mental health needs and specialist CAMHS provision. However to meet our aims of building resilient children, young people and communities, we will also focus and strengthen prevention, early intervention and promote good mental health and emotional wellbeing, aiming over time to develop a system in balance; ensuring a stronger focus on developing resilience, prevention, and early intervention.

Section 2: Introduction

Introduction

- 2.1 The seriousness of mental health issues, particularly around children and young people, is reflected by key statistics highlighted by the Office for National Statistics (2005) that one in ten children and young people aged 5-16 years old in the UK has a diagnosable mental disorder, of which five per cent have a diagnosable conduct disorder and four per cent have a diagnosable emotional disorder. Some researchers have suggested that nationally, close to 60 % of adults with a diagnosed mental illness would have been diagnosed with a mental disorder by the age of 15. The findings of the Children and Young People's Mental Health Taskforce have identified inconsistencies and anomalies that have to be addressed with particular emphasis on transformation plans for mental health services being tailored to local needs, expectations and aspirations.
- 2.2 The recent report of the Children and Young People's Mental Health Taskforce, 'Future in Mind', establishes a clear defined and powerful consensus about how to make it easier for children and young people to access high quality mental health care when they need it
- 2.3 In doing so Simon Stevens, CEO of NHS England articulated in the report:

There is now a welcome recognition of the need to make dramatic improvements in mental health services. Nowhere is that more necessary than in support for children, young people and their families. Need is rising and investment and services haven't kept up. The treatment gap and the funding gap are of course linked.

Fortunately that is now changing. However, in taking action there are twin dangers to avoid. One would be to focus too narrowly on targeted clinical care, ignoring the wider influences and causes of rising demand, over medicalising our children along the way. The opposite risk would be to diffuse effort by aiming so broadly, lacking focus and ducking the task of setting clear priorities. This document rightly steers a middle course, charting an agreed direction and mobilising energy and support for the way ahead. I'm pleased to give it NHS England's full support".

Simon Stevens, 'Future in Mind' (March 2015)

- 2.4 Locally, Tameside and Glossop CCG with its partners was selected in November 2014 as 1 of the 8 Co-Commissioning National Pilots sites tasked with considering what changes and improvements are needed in the current system and identify innovative and effective solutions for achieving progress; feeding the findings into the work of the Children and Young People's Mental Health Taskforce.
- 2.5 Our findings locally at this time identified:

- The effective assessment of children's and young people's mental health needs is an early and crucial determinant of their subsequent pathway through an emotional wellbeing and mental health system, and their consequent use of resources.
- Concerns that open access to Child and Adolescent Mental Health Services is not always being achieved in practice. Across a larger Greater Manchester footprint there is a geographical variation in access and service offer.
- Some families and professionals find the procedures for accessing services unclear and confusing.
- Managing the emotional wellbeing and mental health of children is complex and challenging, requiring close working between multiple parties, including education. Children and young people's mental health and emotional wellbeing produce costs across the whole social system of Tameside and Glossop including Education.
- The complex fragmented nature of current CAMHS commissioning arrangements and lack of coordination between agencies held – and still does in certain parts - the potential for children and young people to fall through the net.
- Our partners, in particular but not limited to the third sector, face insecure and short term funding or have had to make cuts as a result of wider socio economic pressures and the impact of central funding reductions to local government.
- Despite these barriers to getting the right timely support, demand for mental health services for children and adolescents in Tameside and Glossop is increasing with escalating presentations around anxiety, self-harm, eating disorders and new demands from Child Sexual Exploitation (CSE).

2.6 Clearly if we are to improve and sustain access to services, then this requires more than additional funds but rather a new whole system approach that includes the active participation of all partners and key stakeholders. We hold a view that CAMHS should be seen as part of a wider network of services providing a range of support for emotional and mental health needs, which includes General Practitioners, Schools, Health Visiting, Youth Offending, Social Workers and Third Sector provision (to name a few). It falls beyond the resources of a single service or provider to effectively meet the emotional wellbeing and mental health needs of our children and young people. Therefore to address these mounting concerns and pressures, we recognise the need to act together, jointly, with a collective aim to improve access through a partnership approach to providing an emotional wellbeing and mental health system; improving partnership working to ensure children, young people and those who care for them have better outcomes.

2.7 The Tameside and Glossop Children and Young People's Emotional Wellbeing and Mental Health Programme Board was formed in February 2015. The

Programme Board is a partnership to lead the shared mission, vision and the ambition to improve access and support within an integrated approach to providing an emotional wellbeing and mental health system. See Appendix 1 for Terms of Reference for the Programme Board.

- 2.8 Our Local Transformation Plan has therefore been developed through a strong partnership approach and the active involvement of all stakeholders, specifically children, young people and those who care for them. Further to this is the development of the participation and engagement agenda and a commitment at both the commissioner and provider level to involve children, young people and those who care for them in emotional wellbeing and mental health service design, delivery, monitoring and evaluation.

Images 1: Ensuring young people's views from Consultation Workshops held August, 2015.



- 2.9 We recognise to deliver the vision and ambition set out in the plan, the CCG and its partners are committed to ensuring that the Emotional Wellbeing and CAMHS Transformation Plan is embedded within a whole system of change and development.

Connected Programmes of Work

2.10 The following programmes and have been identified that are interdependent in delivering our vision and ambition by 2020.

- a) **Child and Adolescent Mental Health Service and Schools Link National Pilot Scheme** – Tameside and Glossop CCG and its partners were delighted to have been selected by NHS England and the Department for Education as a national pilot to improve joint working between school settings and NHS funded Child and Adolescent Mental Health Services (CAMHS).
- b) **Care Together** – approved by Monitor in September 2015, NHS Tameside and Glossop CCG, Tameside Hospital Foundation Trust, Tameside Metropolitan Borough Council, Derbyshire County Council and NHS England are all committed to reducing demand on more intensive health and social care services by focussing on community based prevention and early intervention initiatives.

As organisations we have come together too fundamentally address the health and social care challenges faced by our population. We have created a “Care Together Programme” to redesign and realign health and care services to provide joined up care to the population of Tameside and Glossop. This will ensure that people get the right care in the right place from the most appropriate professional and within the resources available. Care Together aims to introduce a new form of provision into the Health and Care economy namely a fully Integrated Care Organisation spanning primary, community, mental health, social and local hospital based care.

- c) **Tameside Public Service Reform Hub** – strategic vision to radically reform public services in Tameside to improve outcomes for families and residents as well as tackle issues of increased demand. *The Public Service Hub is a pooled resource from across a range of services, bringing together skills, expertise and knowledge that will:*
- *Identify and respond to risk of harm*
 - *Prevent escalation to complex dependency*
 - *Support people to live well and be self-reliant*
- CAMHS Practitioners are embedded within the Hub and we are exploring options to develop this further into a single point of entry into all children’s services to ensure there is no wrong door.
- d) **Greater Manchester (GM) Devolution** – the twelve GM CCGs, ten Councils and all health and social care providers have a long history of working effectively together and the Devolution Agreement brings new opportunities to do this. The CAMHS elements that we hope to progress include:
- GM Commissioning of in-patient beds and alternatives to admission
 - GM Commissioning of Specialist Perinatal Mental Health Inpatient and Community Provision, including alternatives to admission
 - GM Self Harm and Suicide Prevention Strategy
 - GM Crisis Care Concordat updated to strengthen crisis support to children and young people, and develop consistent access to age appropriate crisis support
 - GM Starting Well Strategy including the Early Years New Delivery Model – aims to continue to roll out this evidence based approach to services in pregnancy and early years to promote the capacity of families to ensure their children are ready for school. Parent Infant Mental Health is at the heart of this model.
- e) **The GM Transforming Care for People with Learning Disabilities Fast Programme** – we have been a partner in the development of the Greater Manchester Transforming Care Fast Track Programme and are committed to including the need of children, young people and their families as well as those of adults. Within our CAMHS Transformation Plans we have included an Early Intervention Project for children with challenging behaviours, looking at how we can use our resources within CAMHS, schools, children’s services and the community more effectively in

childhood to improve outcomes and reduce the numbers requiring high cost out of area health and social care placements. This includes ensuring that our At Risk Register and Plans includes consideration of children and young people as well as adults.

- f) **Tameside Early Years New Delivery Model (EYNDM)** - aim is to provide integrated early years services delivered by health, education, early help, social care, private and voluntary service partnerships to improve outcomes and school readiness for the under 5's
- g) **Pennine Care Commissioning Footprint** – the six CCGs who commission CAMH provision from Pennine Care NHS Foundation Trust work closely together with the Provider to co-commission quality CAMH services. We are currently working together to jointly commission Specialist Community Eating Disorder services in line with NHSE Standards.
- h) **CQUINs** - Commissioning for Quality and Innovation (CQUINs) payments framework encourages NHS healthcare providers to share and continually improve how care is delivered and to achieve transparency and overall improvement in healthcare. We are utilising this framework to reward excellence, by linking a proportion of NHS healthcare providers' income to the achievement of local quality improvement goals. QUINs have been established that seek:
- Improved access and partnership working delivering improved/stretched waiting times targets or CAMHS; and
 - Children's integrated care pathway delivering integrated pathways for children with long term conditions / complex needs, which is delivering an integrated Self Harm pathway, from the Emergency Department to admission onto the paediatric ward in Tameside Hospital Foundation Trust.
- i) **Local Safeguarding Children's Board (LSCB)** – Tameside LSCB have established their priorities below for 2015-18. They have been developed based on the needs identified through quality assurance activities and case reviews during 2014/15 and from the TSCB Annual Report 2014/15.
- Domestic Abuse - To develop and deliver an educational awareness programme to universal services
 - Child Sexual Exploitation - To ensure that a tiered package of support is available for victims of CSE and increase awareness of CSE amongst children and young people, parents and community
 - Self-Harm – To develop and promote a self-harm and preventing suicide policy in conjunction with a package of self-harm and suicide training and support and work with the Emotional Wellbeing and Mental Health Board to develop the referral pathways and service offer for CAMHS.

- j) **NHS England Mental Health Access and Waiting Time Standards** – children and young people’s needs are being taken into account within our local plans to meet the new/emerging standards for:
- **Liaison Psychiatry** – within our review of RAID services in our local acute Trust we are reviewing access to CAMH specialists with a view to ensuring parity of esteem for children and young people. This includes 7 day access to crisis support, direct pathway into CAMHS, avoiding A&E and CAMHS support to our Street Triage programme.
 - **Early Intervention in Psychosis** – we are ensuring that our EIP developments take into account the NICE Ante and Post Natal MH recommendations and that our Integrated Parent Infant Mental Health Pathway is effective for all EIP service users.
 - **Improving Access to Psychological Therapy** – Healthy Minds, our local IAPT service, has a Babies Can’t Wait policy so all pregnant women or those with an infant under the age of two, and their partners have direct access to a range of psychological therapies. The IAPT service works with young people from the age of 16, including supporting those in colleges.
 - **Eating Disorders** – we are working with other CCGs and the provider to establish specialist eating disorder service for all young people up to the age of 18 in line with NHSE Standards. We are also aiming, with additional CCG investment, to extend the age range to 25 years for those who need it, to ensure that there will be no need for a transition at the age of 18.
 - **Perinatal Mental Health** – we are refreshing our Integrated Parent Infant Mental Health Pathway in line with the Antenatal and Postnatal Mental Health NICE Guidance and are preparing to work in partnership within Greater Manchester to meet the imminent NHS England Perinatal Mental Health Standards.
- k) **Parity of Esteem** – the CCG is committed to continuing to aim for more equal distribution of resources between physical and mental health disorders and ensuring the association between the two are supported in all commissioning.
- l) **SEND Reforms** - places duties on local authorities and other services in relation to both disabled children and young people and those with Special Educational Needs (SEN). As part of the reforms the CCG is seeking to expand the offer of a personal health budgets, from April 2016, wider to those children and young people with Education Health and Care Plan (EHC Plan).

Section 3: Future in Mind - Our Vision and Ambition

Our Vision

- 3.1 The vision for Tameside and Glossop is for a children and young people's emotional wellbeing and mental health system that is truly personalised, joined up, supports all children and young people to stay well and provides the very best support and care when and where they need it. For children, young people and those who care for them this means we will put them at the heart of all what we do to ensure better outcomes and experiences that meet their needs.
- 3.2 We want to create an integrated system where every child and young person in Tameside and Glossop receives the best, consistent, care and support; delivered as locally as possible - in our communities - with services designed in a joined up way so that they are seamless. This requires us to establish a comprehensive system wide approach to providing support and care, which puts children, young people and those who care for them first and to ensure a better understanding of all of a child or young person's needs. This is what we understand is to be truly holistic and person-centred, which necessitates the child and those who care for them being at the heart of our approach.
- 3.3 Currently we know there are inconsistencies in the way support and care is planned, commissioned and delivered across the many partners involved. Children, young people and those who care for them tell us that they experience time delays, duplication, fragmentation and a lack of clarity and uncertainty. With growing demand and rising expectations, the current system is generally seen as unfit for purpose and it is not sustainable. We need to develop a coordinated and integrated approach to children and young people's emotional wellbeing and mental health to improve experiences and achieve better outcomes.
- 3.4 We believe that emotional wellbeing and mental health is not about feeling positive all the time or solely focusing on providing treatment following assessment or diagnosis, but having the resilience and ability to cope from an early age through childhood and into adulthood. We recognise that mental health is as important as physical health, indeed it is the foundation of physical health. We acknowledge that it is not the responsibility of one agency or profession but about all organisations genuinely working together to meet the needs of the child, young person and those who care for them. We must have services that are accessible to all children, young people and those who care for them regardless of background or make up. We need to take active steps to reducing the barriers to support. Our children's emotional wellbeing and mental health is everyone's business.
- 3.5 To deliver our vision we must take a truly joint approach to commissioning and service delivery that ensures stakeholder engagement at all times. To underpin the transformation of the system we are committed to placing children, young people and those who care for them at the heart of change. To achieve this we will look to sustainable creative and innovative ways to make this happen.

Our Principles

3.6 Our principles are based on participation and collaboration. To help create and underpin our vision and ambition we have listened – and will continue to do so - to children and young people who have told us what they want and what we will aspire to deliver. Their voice provides us a set of principles, which will be seen as the right of any child or young person who maybe experiencing emotional wellbeing and/or mental health issues. See Appendix 2 for the voice of the child full findings.

The Voice of the Child	
1.	I should be listened to, given time to tell my story and feel like what I say matters
2.	I want my situation to be treated sensitively and I should be respected and not feel judged
3.	I want the professionals that I come into contact with to be kind and understanding and realise that I need to trust them if they are going to help me
4.	I should always be made to feel safe and supported so that I can express myself in a safe environment
5.	I should be treated equally and as an individual and be able to shape my own goals with my worker
6.	I want my friends, family and those close to me to understand the issues so that we can support each other
7.	I want clear and up to date detailed information about the services that I can access
8.	I want to get the right type of help, when things first start to be a problem, at the right time in the right place and without having to wait until things get worse
9.	I want to feel that services are shaped around my needs and not the other way round, but I also want to know that I am not alone in how I am feeling
10.	I want my support to feel consistent and easy to find my way around, especially if I need to see different people and services

Our Ambition

3.7 Our vision requires the following aims to be achieved:

- To improve access and partnership working to bring about an integrated whole system approach to promoting emotional well-being and resilience

and meeting the emotional wellbeing and mental health needs of children and young people.

- To ensure children, young people and families have:
 - Access to timely and appropriate information and support from pregnancy to adulthood
 - Clearly signposted routes to support, including specialist CAMHS
 - An 'open door' into a system of joined up support that holds a 'no wrong door' approach, which is easy to navigate
 - Clear understanding of the service(s) offer (what support should be received and what the expected outcomes are)
 - Timely access to this support that is as close to home as possible
- To maintain a commitment to promotion of emotional wellbeing and mental health prevention of problems developing through whole system approaches and aligned strategic programmes, such as:
 - Continued roll out of the Early Years New Delivery Model for all families including those with High Needs.
 - Integrated parent infant mental health provision from pregnancy across all partners.

3.8 We recognise our aims to improve access and partnership working through an integrated whole system approach to meeting the emotional and mental health needs of children and young people holds a number of inherent challenges. We know that delivering better coordinated care and support centred on the child or young person's needs is challenging and there are barriers at national and local level. The fragmented nature of current CAMHS commissioning arrangements, lack of coordination between agencies and explicit organisational boundaries holds the potential for children and young people to fall through the net, which has been highlighted in several recent national reports and, sadly, serious case reviews. As such the new approach will increase capacity of the whole system to promote emotional and mental wellbeing while at the same time, also strengthening our specialist services and referral pathways to make them more effective and accessible. It will deliver a clear offer to meet the emotional wellbeing and mental health needs of children and young people through partnership service delivery. This will require the ongoing development of skills, knowledge and support plus pathways across an array of services including, schools, health, social care, third and public sectors.

3.9 In addition, we recognise the increasing evidence and compelling arguments for a focus on early intervention - preventing mental health problems escalating and becoming entrenched through joined up timely early help and support. We will ensure the early effective assessment of children's and young people's emotional wellbeing and mental health needs by providing access to the 'experts' across the system; particularly placing them where children and young people are most vulnerable so that there are no gaps through which they can fall. Where children and young people require support we will equip all front line staff to be able to identify and respond to mental health issues within an agreed

framework for intervention providing clear pathways and access supported by an assertive consultation, information, advice and guidance (IAG) model.

- 3.10 Through these steps our fundamental ambition is to improve access so that children and young people have easy access to the right support from the right service at the right time and this is as close to home as possible. This includes implementing clear pathways for community based care and crisis intervention to avoid unnecessary admissions to hospital and inpatient care. Where children and young people are cared for based on their needs and not through a system on how agencies organise *'their'* services. Our ambition requires the voice of child to be held at the heart of change. We will ensure meaningful involvement of children, young people and those who care for them. They are the experts by experience.
- 3.11 We recognise this is a five year programme of change and our challenge and successes to date should be viewed as the start of longer planning process with subsequent updated action plans to follow; ensuring a phased approach that address not just system changes but also develops the culture for sustainability and learning. Our ambition and vision set out in this plan has been decided at a local level in a co-production between children, young people and those who care for them, our commissioner and providers.
- 3.12 Our journey is very much aligned to the Governments aspirations for 2020 and the key themes and recommendations outlined in the 'Future in Mind'. As such in this plan we bring together the local vision and ambitions reinforced and expand upon, with the key themes and recommendations from the 'Future in Mind'.

In summary, the themes are:

- Promoting resilience, prevention and early intervention
- Improving access to effective support – a system without tiers
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce

Future in Mind recommendations that by 2020 Government wishes to see:

1. Improved public awareness and understanding, where people think and feel differently about mental health issues for children and young people. Also where there is less fear, and stigma and discrimination are tackled.
2. In every part of the country, children and young people having timely access to clinically effective mental health support when they need it.
3. Moving away from a system defined in terms of the service organisations provide (the 'tiered' model) towards one built around the needs of children, young people and their families
4. Increased use of evidence-based treatments with services rigorously focused on outcomes.
5. Making mental health support more visible and easily accessible for children and young people.

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
7. Improving 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 behaviour
8. A better offer for the most vulnerable children and young people, making it easier for them to access the support that they need when, and where they need it.
9. Improved transparency and accountability across the whole system, to drive further improvements in outcomes
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 for those who need it.

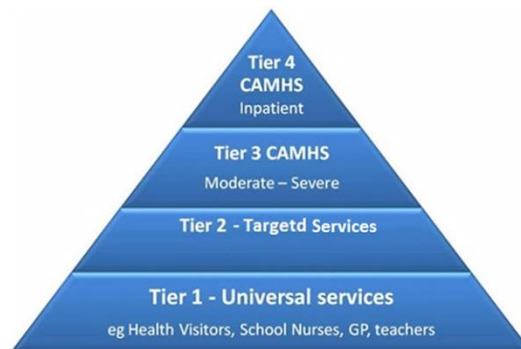
Section 4: Where Are We Now?

4.1 In this section we summarise where we are in 2015, as regards the current delivery, in relation to the emotional wellbeing services for children, young people and those who care for them. We provide an overview on the transformation that has occurred to date and the investment that goes into these services.

Phase 1 (2015-16) CAMHS Redesign - Moving to a system without tiers.

4.2 At the beginning of 2015, we embarked upon Transforming CAMHS with the mandate outlined in our vision and ambition set in Section 3. In response the Stepped Care Framework for Children’s Emotional Well-being Mental Health in Tameside and Glossop initiated the start on the redesign of CAMHS, moving the service from the Tiers of Need model, shown in *figure 1* below to a new model for CAMHS. The Tiers of Need was developed as part of the first national review of CAMHS in 1995. The tiered model for CAMHS provided at the time a useful means for helping differentiate between the forms of support that might be available to children and young people. However it is now increasingly criticised for providing barriers to getting help and support; through its denoted thresholds and the escalator journey required to getting the ‘expert’ help at the end of the journey and not the start.

Figure1. CAMHS Tiered Model (NHS HAS ‘Together We Stand’ 1995)



4.3 The new framework in 2015, shown below (*Figure 2*), was innovative by nature and focuses on a community based, Stepped Care approach promoting prevention, early intervention and supporting the Early Help agenda across Tameside and Glossop. The model is based on the notion of ‘Flexible Rigidity’. This concept offers some key principles around consultation and liaison, brief intervention and clear pathways for sentinel conditions i.e. ASD, ADHD and long term conditions, which are flexible enough to be tailored to, and meet the needs of different children, young people and families, communities and neighbourhoods.

Figure2: The Stepped Care Framework for Children’s Emotional Well-being Mental Health (Pennine Care Foundation Trust, 2015)



4.4 The stepped care model is heavily focused on helping workers within Universal and Early Help services, GP's and other children's services to develop skills to support the promotion and management of children's emotional health within communities. The service model seeks to support staff in children's services e.g. Youth Offending Teams, Primary Care Health Services and Children's Social Care, as well as GP's and schools to develop the required skills by the provision of consultation, liaison and training offers delivered by workers from what is currently known as the specialist CAMHS service. These consultations offer and serve as gateways for children's emotional health pathways at higher steps of the model, with the exception of the urgent care pathway. At steps 2 and 3, assessments, limited individual brief intervention and a group offer should be available and the goal is for capacity to be developed in other agencies following this year's non recurrent investment provided by the CCG to deliver these interventions. At step four, a time limited, goal and outcome focused CAMHS pathway will be available and delivered predominately by CAMHS clinicians. Partnership engagement will be essential to achieve full implementation of this way of providing emotional wellbeing and mental health services in the medium to long term.

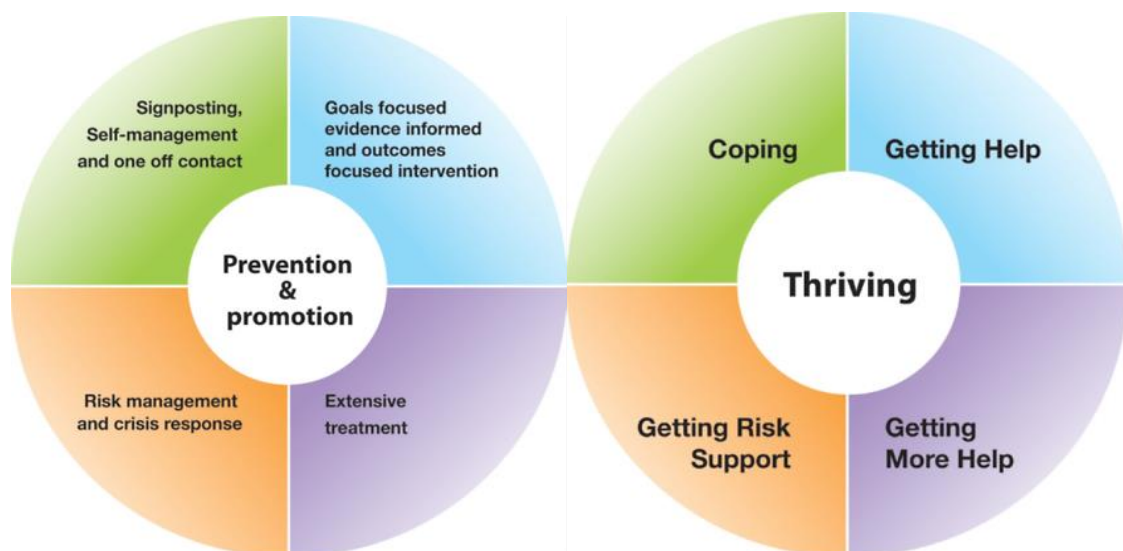
Phase 2 (2016-17) CAMHS Redesigned - THRIVE model for CAMHS

4.5 In the back drop to our initiated local CAMHS redesign, the Tavistock and Portman NHS Foundation Trust and the Anna Freud Centre have been collectively and individually considering what CAMHS could and should look like for some time. In 2014, they formed a consortium to further develop and refine a new model for CAMHS based on shared thinking in this area: this is now known as the THRIVE model. The Thrive Model is growing in support to replace the previous CAMHS tiered model with a conceptualisation that is aligned to emerging thinking on multi agency partnership working, providing timely support not based on diagnosis but to meet the emotional wellbeing and

mental health needs of the child or young person. It seeks to ensure that the most experienced professionals with expert knowledge of children and young people’s mental health are accessible from the start and not at the end of a journey based on escalation. The model outlines groups of children and young people and the sort of support they may need and draw a clearer distinction between treatments on the one hand and support on the other.

- 4.6 Rather than an escalator model of increasing severity or complexity, they suggest a model that seeks to identify somewhat resource-homogenous groups (it is appreciated that there will be large variations in need within each group) who share a conceptual framework as to their current needs and choices. The Thrive model below (*figure 3*) conceptualises four clusters (or groupings) for young people with mental health issues and their families, as part of the wider group of young people who are supported to thrive by a variety of prevention and promotion initiatives in the community.
- 4.7 The image below to the left describes the input that is offered for each group; that to the right describes the state of being of people in that group - using language informed by consultation with young people and parents with experience of service use.

Figure3: The Thrive Model for CAMHS (The Tavistock and Portman NHS Foundation Trust the Anna Freud Centre November 2014)



In our approach we will deliver a phased change in how care is provided – moving away from a system defined in terms of the services’ organisational structures towards one built around the needs of children, young people and their families. Our emphasis is on building resilience, promoting good mental health and wellbeing, prevention and early intervention and ensuring timely treatment support; through cohesive multiagency and integrated working.

The Current Local Offer (September 2015)

4.8 In this following subsection an overview is provided on current local services, in 2015-16, providing interventions to build resilience and to reduce risk around emotional wellbeing and mental health. The Local Offer is produced here under four domains: Local NHS services, Local Authority, Third Sector and Schools.

Local National Health Service (NHS)

Children and Adolescent Mental Health Service (CAMHS) (Pennine Care Foundation Trust)

4.9 Tameside & Glossop child and family therapy service (CAMHS) supports families and professionals who are concerned about children and young people who may be experiencing mental health difficulties. They see young people at all levels of ability. Some of the difficulties this team can help with include:

- Depression
- Self- Harm
- Anxiety Disorders (including phobias)
- Obsession/Compulsive disorders
- Attention Deficit Hyperactivity Disorder (ADHD)
- Eating Disorders
- Trauma, including Post-Traumatic Stress Disorder (PTSD)
- Psychosis
- Bi-Polar disorder

The service is made up of a team of mental health professionals, staffed by child and adolescent Psychiatrists, clinical nurse specialists, psychologists, family therapists and mental health practitioners. There are staff who specialise in working with young people with a learning disability.

The team can offer short term consultation and intervention to parents/professionals. They work individually with young people and their families. They offer urgent same day consultations to professionals worried about a child's risk via a duty system. The length of support offered is based on the child's and family's needs.

The service is working in partnership with the Children and Young People's Improving Access to Psychological Therapies programme (CYP IAPT) as part of a Learning Collaborative. Currently staff have and are receiving training in psychological therapies that are NICE approved. In addition the service offers a broad range of interventions, Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Interpersonal Psychotherapy (IPT), Family Therapy and medication (prescribing).

Any professional involved with a young person is able to refer to CAMHS with the appropriate consent. Referrals are screened daily; at this point some referrals will be re-directed to a more appropriate service (for service accomplishment see 4.65).

Inpatient (Tier 4/Getting Risk Support) Children and Adolescent Mental Health Service (CAMHS) (Pennine Care Foundation Trust)

4.10 Pennine Care Foundation Trust provides Tier 4 services in two inpatient units. The Hope Unit is an acute unit which provides short term crisis intervention to young people aged 13 – 18 years whose mental health needs cannot be managed safely in the community. Typically the length of stay in this unit is 6 – 8 weeks with the aim of formulating mental health needs, identifying appropriate support and intervention pathways, stabilising a young person’s mental state and managing risk. The Horizon Unit is a unit for young people aged 13- 18 with more complex and enduring mental health needs. Typically the length of stay in this unit is 9 months plus in order to provide treatment and rehabilitation to young people and their families.

The North West as a region can be seen as well-resourced in terms of inpatient provision with other inpatient units available that are provided by other NHS Trusts.

Early Attachment Service (EAS) (Stockport NHS Foundation Trust, Pennine Care NHS FT and Home Start)

4.11 Led by a CAMHS Consultant Clinical Psychologist, the Tameside and Glossop Early Attachment Service (EAS) was established in 2007. It is based on a unique model that is comprehensive, cost-effective and sustainable. It aims to meet the needs of parents, including those who need a high level of professional expertise and skill to help them, as well as those who would benefit from simpler information and support. The overarching principle of the Tameside and Glossop Early Attachment Service (EAS) is “holding the baby in mind”, from a universal level to targeted individual parent-infant relationships, from the antenatal to postnatal period, across services, and with all professionals and families; placing the baby at the centre of everyone’s thinking in the community. The service works with families from pregnancy through to the child’s third birthday; the small core staff team working in close partnership with midwifery and health visiting, who are trained and supervised in parent-infant mental health, enabling them to become proficient in the use of a range of universal interventions, and also in early identification when problems emerge. An embedded Home Start worker also supports parents.

Healthy Minds (Improving Access to Psychological Therapy Service) (Pennine Care Foundation Trust)

4.12 Provides a Tier 2 and 3 Improving Access to Psychological Therapy (IAPT) Service to people from the age of 16 years, offering support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood / depression, stress, worry or anxiety, feelings of hopelessness or panic attacks. The team also helps those dealing with the effects of a long-term health problem or chronic pain, Post Natal Depression, Obsessive Compulsive Disorder, phobias, or eating difficulties.

School Nursing Service (Stockport NHS Foundation Trust)

4.13 Children who are happy and healthy achieve more at school. The School Nursing Service aims to promote optimal health, well-being and opportunities for all children and their families within Tameside and Glossop. The service

works closely with children and their families and carers, schools and other agencies to provide a child focused flexible, accessible service to meet their health needs.

The School Nursing Service aims to provide:

- Named school nurse for each high school
- Drop-ins at all high schools
- Support all school aged children and young people to attain good emotional, physical, sexual and mental health
- Healthy Child Programme: 5-19 years
- Supporting children, young people and families to navigate the health and social care services to ensure timely access and support;
- Promoting emotional wellbeing through the school-age years working alongside children and young people to support those with emotional and mental health difficulties, referring to CAMHS where appropriate;
- Care and support to keep children and young people healthy and safe within their community.
- Early identification of children, young people and families where additional evidence based preventive programmes will promote and protect health in an effort to reduce the risk of poor future health and wellbeing;
- Working in partnership with primary and secondary care colleagues to support children and young people with long term conditions or complex needs and facilitate appropriate management of health conditions to ensure hospital admissions are kept to a minimum;
- Provide advice and support to parents and carers to enable them to address their needs and those of their children
- Work collaboratively with colleagues and with other professionals in order to deliver the best possible service to children and young people
- Educate school staff in the management of children and young people with long term conditions

Health Visiting (Stockport NHS Foundation Trust)

4.14 The service works to keep parent and child healthy and provide advice and support to parents and carers until children reach school age. They offer support to all new mothers around all aspects of childcare, infant feeding and post natal depression. Health Visitors work with partner agencies to offer support and work with families as required protecting vulnerable children and families, with particular emphasis on early intervention. They offer consultation and advice on immunisation, contraception, smoking cessation, alcohol consumption and all aspects of childcare.

Health Visitors aim to provide:

- All children 0-2 have a named Health Visitor
- All Parents receive an 6-8 week Edinburgh Postnatal Depression Scale assessment
- New born Behavioural Observations (NBO) and Neonatal Behavioural Assessment Scale (NBAS) provided
- Listening visits - for parents with emotional issues
- Out of the Blues groups run by HVs
- Family Health Mentors

Integrated Service for Children with Additional Needs (ISCAN) (Stockport NHS Foundation Trust and TMBC)

4.15 This multi-disciplinary team comprises of Occupational Therapy, Physiotherapy, Speech and Language Therapy Learning Disability Nursing, Complex Needs Nursing, Social Workers and Nursery Nurses. The Integrated Service provides:

- Nurses and therapists that work as lead professionals for parents with children with identified disabilities
- Packages of care provided for children, young people and their families to ensure healthiest outcomes achieved in the areas of physical, cognitive and emotional development
- Speech therapists work with children with communication needs and neurological disorders such as Autism. Therapy focusses on improving communication environments and developing skills (Children with language disorders more likely to have mental health issues).
- Family Therapy to support parents to manage communication deficits
- Speech and Language Therapy providing interventions for young people within the youth justice team
- Provides evidence based therapy and nursing interventions within schools, homes and other settings
- Trains parents, teachers and other professionals around the needs of the child

Paediatrics Services (Tameside Hospital Foundation Trust)

4.16 The children's ward comprises of a 21 bedded inpatient unit, 8 bedded day case unit. They provide nursing care for children aged between 0 to 16 years of age (in secondary education) with a variety of medical, surgical, orthopaedic, ENT, dental and gynaecological problems. On the unit they are able to provide care for children and young people requiring a higher dependency of care. The team comprises of experienced paediatric nurses and auxiliaries who provide holistic family centred care 24 hours, 7 days a week. The team works closely with all members of the multi-disciplinary team in order to deliver evidence based care to a high standard which ultimately empowers children, young people and those who care for them in preparation for discharge.

Referrals are accepted from General Practitioners, Accident and Emergency Department, the Observation and Assessment Unit and other health professionals. Patients are not able to self-refer to this service.

Primary Health Care (GPs)

4.17 Primary Health Care provides the first point of contact in the health care system. In the NHS, the main source of primary health care is general practice. Across Tameside and Glossop there are 41 GP practices that offer for registered patients appointment times for medical advice, examinations and prescriptions. GPs also provide an out-of-hours service via contact the practice directly.

The aim is to provide an easily accessible route to care, whatever the patient's problem. Primary health care is based on caring for people rather than specific diseases. This means that professionals working in primary care are generalists, dealing with a broad range of physical, psychological and social problems, rather than specialists in any particular disease area.

Local Authority Offer (TMBC)

Behaviour for Learning and Inclusion Service (BLIS) (TMBC)

4.18 BLIS plays an important supporting role, providing schools with support which is both preventative and also directly supporting children with emotional, behavioural and social difficulties (EBSO). It offers:

- Supports students with Education Health Care Plans where EBSO is a priority need.
- Provides six day cover for Primary excluded pupils.
- Provides support for Key Stage 1 pupils at risk of a permanent exclusion/permanently excluded.
- Supports the identification of pupils with BESO adopting offering an overview of need through a comprehensive in depth assessment process ensuring a multi-agency approach response and building capacity in school
- Offers advice, support and training to schools, their pupils, parent/carers and governors in the promotion of positive behavioural, emotional and social development (BESO) and the effective management of behaviour.
- Supports through training, advice and sharing of good practice the promotion of an ethos which encourages and facilitates positive BESO including the recognition of the link between good teaching and learning and an emotionally healthy school where pupils are able to achieve
- Where appropriate acts as a critical friend in terms of identifying and supporting the needs of children and young people and monitoring and evaluating school interventions
- Facilitates, where appropriate, referral for further assessment/involvement of other professionals and access to support through a multi-agency approach
- Supports identification of pupils at risk of exclusion and support for reintegration of those who have been excluded

Communication Language and Autistic Spectrum Support Service (CLASS) (TMBC)

4.19 This service enables pupils with Social Communication Difficulties including Autistic Spectrum Disorders (ASD) or with Specific Language Impairments (SLI) to reach their maximum academic and social potential in an inclusive educational environment. It offers:

- Support for pupils with an Education Health Care Plan where ASC is a priority need
- Advice and support for school staff on specific and appropriate targets and strategies for pupils with diagnosis of Autistic Spectrum Disorder (ASD), Asperger Syndrome or with Social and Communication Difficulties
- Liaison with professionals, parents and carers
- Monitoring and review of progress
- Support for transitions, especially KS2 to KS3 and KS4 to KS5
- Provision of recommendations regarding future placements and support
- Training is provided on particular skill development:

- General ASD awareness
- Delivery of Social Skills Programmes (KS1, KS2 KS3 and KS4)
- Pupil focused sessions for all staff

Children's Social Care (TMBC)

4.20 The main responsibility of the service is to safeguard and promote the welfare of 'Children in Need'. Children subject to protection plans remain vulnerable to mental health issues; they remain living in family environments where neglect or abuse has been identified. This is often due to parental substance misuse and or mental health impacting on parenting ability and in turn on the emotional wellbeing and mental health of the child.

The Government sets standards that Children's Social Work has to meet. These include:

- The child and family assessment must be completed within 45 working days.
- Families are usually entitled to have a copy of the assessment.
- Families will be given clear information about the services which are available as a result of the assessment.
- Children are at the centre, their wishes, views and voice will be heard and will inform the assessment and plan
- Social workers must work in partnership with parents

Tameside Youth Offending Team (TMBC)

4.21 The Youth Offending Team is made up of professionals from several different organisations in Tameside, working with young offenders aged 10 -17 and their families within the borough.

The main aim of the team is to prevent children and young people from offending. The team provides the following services:

- Working with young offenders who receive Out of Court disposals (formerly Police Cautions)
- Providing a variety of services to the Tameside Youth Court including - writing Pre-Sentence Reports; the supervision of Court Orders.
- Restorative justice work as part of the above orders.
- Supervision of young offenders during and after custody.

Service for Children with Disabilities and their Families

4.22 Jubilee Gardens is a resource centre for children with disabilities and their families. They work directly with families to look at needs and identify appropriate support where needed. The Centre's facilities include:

- Play sensory room, SNOEZELEN® Room, filled with special lights, soothing music, a variety of textures, mirrors and sounds. The floors and walls are cushioned and there are special chairs that are placed for relaxation
- Staff from the ISCAN (Integrated Service for Children with Additional Needs) are based at the centre.

Third Sector

4.23 The following provides details of third sector offers and the organisations who are delivering emotional health and wellbeing services and activities across Tameside and Glossop. The organisations featured here are delivering targeted services under the Thrive model of Coping to Getting Help. There is a wider group of third sector organisations who deliver emotional health and wellbeing work as a part of their positive activities offer, these organisations are currently being mapped and a service directory will be available from the CVAT website by the end of 2015.

42nd Street

4.24 It is a regional charity that provides services to young people under stress. They work with young people between the ages of 11-25 living in parts of Greater Manchester, providing a range of services including one to one counselling, therapy and psycho-social support. They also offer targeted and needs led group work and offer a growing creative programme. Currently in Tameside and Glossop a 42nd Street counsellor is seconded to CAMHS to provide 2 days of counselling per week for aged 16+ in Tameside College, Hyde Clarendon and Ashton 6th Form supporting transition.

The Anthony Seddon Fund

4.25 It is a Tameside Charity involved in raising funds for mental health & wellbeing projects in our local area. The charity is passionate about helping people who are living with mental illnesses and the effects. The charity aims to raise awareness and challenge the stigma, discrimination and lack of resources endured by those with mental health issues in our community. The Antony Seddon Fund work in partnership with other agencies to provide therapeutic services to young people at risk of suicide or associated issues (self-harm, low mood, low confidence etc.). Services provided through the following groups/projects are:

- Rethink Mental Illness Family & Friends Group - Suitable for people who provide support to someone with a mental health diagnosis, age 18+
- One-to-one Counselling Sessions age 13 – 28 years
- Therapeutic Art-based Project age 7 – 11years Sunshine Social Group – a peer led drop-in group – suitable for people with low level mental health issues
- Time to Change - LGBT Youth Group – starts in July 2015

Off the Record (OTR)

4.26 Delivers the Emotional Wellbeing Service in Tameside for Young People aged 10 to 25. OTR currently provides:

- A person centred counselling service based in Hyde and at other young person friendly venues, including; supported accommodation projects and with partner organisations, e.g. the Anthony Seddon Trust and Cavendish Mill.
- Two drop-ins for young people 'in immediate crisis', offering brief interventions. In November 2015 there will be an additional internet based Skype Drop-In.
- Schools based counselling service, with counsellors based in 6 primary and secondary schools in Tameside.

- The 'Time-2-Talk' projects offering specialist counselling provision for young people who are the victims of Domestic Abuse or Child Sexual Exploitation. These projects are funded through Comic Relief and the Step Up Programme.
- A new internet based service to be launched in November 2015 – www.wtfaffirmation.co.uk. Young people and their families will be able to access advice and guidance through a message board and a range of 'self-serve' tools called Affirmations.
- The 'What Makes You Tick?' is an accredited personal development training programme. The training programme targets the victims of domestic abuse, CSE and young people working with YOT.

Tameside Oldham and Glossop Mind

4.27 It is a mental health charity covering Tameside and Glossop (*and Oldham*), providing counselling and therapeutic group work and activities.

- Currently providing emotional wellbeing and mental health awareness assemblies in all secondary schools in Tameside.
- Providing resilience building workshops in all secondary and 30 primary schools.
- Part of National Department for Education pilot in 5 Tameside schools offering workshops and facilitated self-help services.
- Counselling, Therapeutic courses and solution focused therapy also provided in Oldham schools and self-funding Tameside schools.

Lifeline

4.28 It is a national charity which in Tameside is providing a Tier 3 young people's substance use treatment service, working with young people up to the age of 25 that also includes family support and interventions.

- A TMBC Public Health project in conjunction with the Child Sexual Health team is planned from September 2015, focusing on Year 8 pupils identified with risky behaviours
- Strengthening Families (parenting programme for families with alcohol or substance misuse) project is funded until July 2015.
- Hidden Harm project supporting Young Carers

Papyrus

4.29 It is a national suicide prevention charity focussing on young people and young adults

- It has a project in Tameside training a group of 20 young people to provide support in the community for self-harm and potential suicide.

Making a Difference Tameside

4.30 Provides fully trained workers in mental health and coaching skills provide individually tailored practical support to people in their own homes including household management, cooking and budgeting. Volunteers and fellow members from the workshop also help with decorating and maintenance work. Working towards goals and needs identified by the person themselves their support workers assist, enable and empower them to be more confident and independent. The workshop is a dynamic, supportive yet challenging centre which seeks to develop self-esteem and relationship skills through a range of

social and vocational activities. The approach is built on befriending, participation and the ethos of a “therapeutic community”.

Home Start

4.31 Home-Start is a family support charity that works with families who are suffering from stress and who have at least one child under the age of five. They are an early intervention charity that aims to support parents to give their children the best possible start in life, to improve the ability of parents to care for their children, and to prevent family crisis and breakdown by ensuring the health and social needs of families are met. They do this by recruiting, training and supporting volunteers (who are all parents themselves) to go into family homes for a few hours on a weekly basis to offer practical help and much needed emotional support. Home-Start has a dedicated Parent Infant Mental Health worker who is a member of Tameside’s Early Attachment Service and who works primarily with families with children in the 0-2 period.

4.32 Many of the families supported by Home-Start are affected by mental health issues, including post natal depression, as well as other mild to moderate mental health issues that affect a parent’s confidence, self-esteem and motivation. Through the support and reassurance of their volunteer, families are enabled to widen their support networks, to gain confidence and self-esteem and to establish routines that lead to a more settled home life. Parents consistently report feeling more able to cope as a result of Home-Start support and the emotional wellbeing of parent and child is greatly enhanced.

Crossroads - Harmony Home

4.33 Harmony Home is a refuge for women 16-24 year olds that provides transitional housing for women who are in the process of recovery providing a number of programmes of support/Interventions from substance abuse treatment, to psychological assistance, domestic abuse. It operates a support group for children aged 5 – 15 who have experienced domestic abuse.

Life You Choose

4.34 Life You Choose is a Community Interest Company (“CIC”), which is required to use its profits and assets for the benefit of the community rather than for private gain. It was set up to create and discover opportunities within the Glossop community for people with learning disabilities. It provides a social group focussing on media related activities for those with learning disabilities.

Hidden Gems - Glossop Autism Support Group

4.35 The aim of the group is to provide support, guidance, encouragement and inclusion for families and their children who are affected by ASD and all related conditions. They promote a safe, relaxing and non-judging environment where children and their parents, carers can meet to share advice and for all the family to make new and local friends. They offer support for children aged 4 - 15 years and their siblings. The group is open to parents, relations and carers and their children who have Autism Spectrum Disorder, Attention Deficit Hyperactive Disorder, DAMP, SPD, Dyspraxia and all related conditions including behavioural issues and delayed development. Families awaiting a diagnosis for their child are also welcomed.

4.36 Taking the term 'emotional wellbeing' in its widest sense to mean being happy and confident, able to build good relationships with others and have the emotional strength required to be resilient, then the following range of activities in the third sector, which could be classed as supporting wellbeing, may be relevant:

- Sports Clubs: There are a wide range of sports clubs across Tameside and Glossop
- Uniformed Groups e.g. brownies, guides, rainbows, beavers, cubs, scouts, explorers, army cadets. There are packs in Hadfield and Glossop plus an army cadet base in Glossop.
- Youth Groups: Millennium Cellar, Simmondley Youth Projects Group, Youth Café at Jericho Café, Gamesley. Also a number of Church based groups for children and young people e.g. Methodist Church, St Lukes, St Andrews.
- Drama Groups: Partington Players

Schools Offer

4.37 Future in Minds proposes that there is a dedicated named contact point in targeted or specialist mental health services for every school that seeks to improve communication and access. Tameside and Glossop CCG and its partners are working with NHS England and the Department for Education to test the named lead approach and training programme. The CAMHS and school link scheme will support the promotion of mental health awareness, thus empowering staff within education to more confidently identify mental health difficulties, leading to more timely assessments and more effective interventions at the 'getting help' stage of the Thrive Model. NHS England and the Department for Education have recruited a training organisation to develop and deliver a joint training programme that aims to:

- Raise awareness and improve knowledge of mental health issues amongst school staff;
- Improve CAMHS understanding of specific mental health and well-being issues within schools; and
- Support more effective joint working between schools and CAMHS.

We expect the training to be undertaken in the autumn term 2015 and spring term 2016.

4.38 The following provides details of individual school offers that have been received during the schools mapping programme prior to the national pilot scheme outlined above. These individual school offers build upon and/or liaise with the service offer's outlined in paragraphs 4.18 and 4.19 (BLISS and CLASS services). In addition the CCG, Tameside and Glossop CAMHS and the ADHD Foundation have ensured training to over half of the schools' teachers who hold the function of Special Educational Needs Co-ordinator (SENCO's) in around ADAH and its application within a school setting.

Astley Sports College / A + Trust Schools

4.39 Work directly with Pennine Care NHS Foundation Trust CAMHS offering the school trust an enhanced emotional wellbeing and mental health service. They

offer a broad range of school-based counselling, therapy and parenting support services with a single point of access. Services can be tailored to the needs of individual schools.

The offer is committed to providing high standards of care and governance and will link into other universal, targeted and specialist support services provided in your school and community, for example school nursing and health visiting. The schools work in Partnership with CAMHS:

- 1) To improve students' emotional wellbeing
- 2) To help overcome barriers to learning
- 3) To enable students to maximise their education and fulfil their potential

Hawthorns

4.40 It provides 'A Quiet Place', a 6 week programme within AQP environment, for pupils led by trained Hawthorns staff. Manage emotions, breathing, anger management, and explore personal issues. In addition, a children's counsellor works one day a week in the school (available for staff at lunchtime).

- Family and Multi-agency link worker- supports families
- Key workers - support child in school and family where needed
- Educational Psychology advice
- ISCAN support
- Behaviour team support
- BLIS
- CLASS
- MIND Resilience sessions for Year 6 to help with transition.
- Resilience training for staff
- School nurse

White Bridge College

4.41 Provides SENCO, Key Teacher and Pastoral Support with Educational Psychologist input. Liaison with a variety of agencies including CAMHS, MAAT, YOT, The Phoenix Team, Branching Out, Off The Record, Inspire and MST.

Yew Tree

4.42 They provide a SENCO and pastoral supervisor, who works with children who are emotionally vulnerable e.g. dealing with bereavement, members of family in prison and/or social care issues. Receives input from an Educational Psychologist and BLIS support team, who offer support for those children who are finding it difficult to cope in the mainstream classroom. They offer advice and practical guidance and support for teachers, including coaching.

4.43 CLASS also provide invaluable support for those children on the Autistic Spectrum. In addition they work with external services to gain advice on particular situations.

St Damien's

4.44 Provides a student support officer, pastoral/attendance officer and behaviour and guidance support manager. In addition to its SENCO, T.A.'s and carers also has: Peer Mentors; Father (Priest).

The school works with Off the Record, CAMHS and the Tutor Trust. Receives support from BLIS Intervention CLASS support and School Nurse plus Health Mentors.

St Paul's RC

4.45 TA and Class Teachers provide pastoral support to pupils with emotional and mental health issues, although they have received little/no training in relation to this.

Russell Scott

4.46 Provide the social and emotional aspects of the Learning (SEAL) programme, Teacher and TA support and School Nurse – with advisory capacity. Learning Mentor – Individual programmes of work e.g. self-esteem, anger, friendship etc. They receive input from an educational psychologist and is supported by BLIS support.

Fairfield

4.47 Provides KS3 and KS4 Learning Mentors, individual programmes for students for anger management and self-esteem, Young Carers, Friday Friendship and Peer Mentoring (SHINE) groups. Receives support and input from C.L.A.S.S., Tameside Young Carers Project and Early Help, School Nurse, Health Mentor, SALT and Educational Psychology

In addition provides:

- Relateen (7hours per week)
- Hilary Quigley (exam techniques, relaxation strategies)
- Home Tutor linked to LAC students
- Behaviour buddies (provided by Teaching Personnel)

Copley

4.48 Learning Support and Behaviour Support units provide a school nurse and weekly health mentor, counselling (weekly sessions run by 'off the record') and 'relateen'. They receive input from Education Psychology.

4.49 Students can access stress management, Young Carers support and emotional wellbeing support from the Pastoral Team – has one trained Counsellor leading intervention. 1:1 or small group. They also provide relaxation sessions and anxiety reduction sessions with students. They also work with parents about how to support their families.

Longdendale

4.50 Longdendale provides SEAL intervention from their Pastoral Team 1:1 and a small group of identified students and also receive input from Education Psychology.

4.51 Available is support for students who are coping with stress in an unsafe way - self harm coping strategies, working in alignment with CAMHS professionals - 1:1 support by trained counsellor for vulnerable and at risk students. There are family sessions in school with trained counsellors – emotional support for families in conflict. Self-esteem and body image sessions – booking sessions from the 'Dove' project.

4.52 Longdendale work with MIND to provide sessions for students – targeted small groups and assemblies – focus: strengthening resilience. MIND offers evening workshops to parents re: building resilience with their families and focus: strengthening community resilience. LHS is one of the Centres for this project working with MIND.

Mossley Hollins

4.53 The Learning Support Unit provides access to a school nurse and health mentor (weekly). Receive input from Educational Psychologist BLIS, Early Help Team and You think. They access advice and support from CAMHS and make referrals to CAMHS as required.

Canon Burrows

4.54 Provides pastoral support from teachers, TAs, SSA and SMT and school nurse as required.

- SEALs taught through PSHE sessions.
- Peer support – buddy systems.
- Targeted interventions e.g. anger management, self-esteem, friendship building etc.
- Reward systems to encourage success and positive self-esteem.

Receive input from BLIS, CLASS, Educational Psychologist, Early Help Team, and Inspire.

Moorside

4.55 Moorside provides a small team who support children and parents with their emotional wellbeing and some issues relating to mental health. They receive input from BLIS – social groups and 1:1 support.

Silver Spring

4.56 Provides a Family and Community Engagement Co-ordinator, trained in therapeutic play techniques, bereavement support, sexual exploitation awareness and supports learners in KS2. They support those children with the most complex needs with Play Therapy and compliment this with Family Therapy for parents. This is provided by IntraQuest.

4.57 The School has established effective links with MIND, Social Care, CAMHS, Neighbourhood Teams, Early Help, the Children’s Centre team and Inspire and the implementation of “Strengthening Families, Strengthening Communities”. All classroom based staff in the school and Welfare Assistants have been trained in Attachment Theory and Practice on which Family Mechanics is built.

4.58 A qualified teacher provides Nurture Group support for a group of six children with emotional and behavioural needs each afternoon in KS1. One of their HLTAs delivers Hotshots. The head teacher, SENCO and two other teachers have specialist training in supporting challenging behaviour.

St Raphael's

4.59 Provides a Class teacher, SENCO, SLT and Family liaison officer/safeguarding.

Ravensfield

4.60 Provides two learning mentors in school that have accessed a range of training to enable emotional support (self-esteem, friendships, anger management, nurture and massage, bereavement, relationships, managing feelings, attachment disorders). In addition provides Art Psychotherapy – purchased by the school.

4.61 Delivers: SEAL programme and their own SEALs wheel modelling of situations. Commando Joe - respect, aspiration and self-control resilience cooperation. Early identification of feelings through their own Feelings Register. They facilitate every 8 week referral meetings to assess developing need and discussion with pastoral and leadership team for accessing further intervention of support. Available is a learning support unit to provide internal exclusion, and focus emotional support and access to BLIS for advisory support or assessment and 1-1 work with individuals or groups.

The Heys

4.62 Provides learning mentors, one to one support with key workers, SENCO support, and Play Therapy. They receive input from Educational Psychologist, BLIS, School Nurses and CAMHS. They also deliver the Social and Emotional Aspects of the Learning (SEAL) programme.

Leigh

4.63 Support is given via the school's inclusion team. A new Welfare Officer/Mentor is to be appointed during the summer term. At present the school accesses Inspire to support some identified families.

Our Investment in 2015/16

4.64 This subsection seeks to provide an overview of the 2015-16 emotional wellbeing and mental health services for children, young people and those care for them investment - by the CCG and its partners.

		years), ASD and Learning Disability
0.7	Band 8C Psychologist*	2 x posts 0.5 holds caseload of complex cases and contributes to the management team. 0.2 Hold a case load within the Early Attachment Service
2.5	Band 8a Psychologist	Contribute to ASD, LD, paediatrics and core CAMHS. Between them they hold specialist skills in CBT, IPT, DBT, and Parenting. They offer supervision and teaching on the IAPT courses
1	Band 8a Operational Manager	Responsible for day to day management of the CAMHS team
4.1	Band 7 Senior Mental Health Practitioners (0.5 of which is a specified family therapist)	Hold management responsibility in their roles as well as taking leads on multi-agency pathways, delivering specialist mental health interventions to complex clients. The post holders have additional skills in NMP, parenting, DBT, CBT and Family Therapy. 2 of the band 7's have been on the initial IAPT in 2012 and are accredited in parenting and CBT. They continue to offer supervision support to current IAPT attendees and contribute to wider system peer supervision amongst the agencies
6.7	Band 6 Mental Health*Practitioners	These staff offer assessment/ interventions/ consultation/duty cover. They work across the pathways, supporting the leads. Most staff have additional skills in the areas of CBT, DBT, and Family therapy. 1 member of staff completed the SFP training on IAPT in 2014 and another is due to complete the CBT IAPT in December 2015. 1 member of staff is on the EEBP IAPT and due to complete in January 2016.
1	Band 4 Practitioner	Offers support to the team in supporting group interventions, specialist play work and is also completing the EEBP IAPT,
1	Band 4 Service Administrator *	Administrative lead
3	Band 3 Secretaries	Offer admin support across the service
1	Band 2 Receptionist	Provides reception duties and inputs data

* Note: From the CCG £ 200k non recurrent investment, funded till March 31.03.2016, relates to 0.3 of a 8C Psychologist time that sits in the management CAMHS team, plus a band 6 and a band 4 admin time

(Source: Adapted from Tameside and Glossop CAMHS, Pennine Care NHS Foundation Trust, 2015)

Section 5: Our Needs - Local Needs Assessment

5.1 This section seeks to provide a description of the current mental health and wellbeing needs of Tameside and Glossop's children and young People. These needs have been used to inform and target service provision in tackling health inequalities and along with other findings, inform the Transformation Plan recommendations. The findings contained in this section draw upon the Tameside Joint Strategic Needs Assessment (JSNA) 2015/16, the National Child and Maternal Health Intelligence Network and an epidemiological literature review.

Tameside and Glossop Children and Young People

Age

5.2 Children and young people under the age of 20 years make up 23.8% (n=57,042) of the population of Tameside and Glossop.

Table 1: Tameside and Glossop CCG population 2014, Age distribution

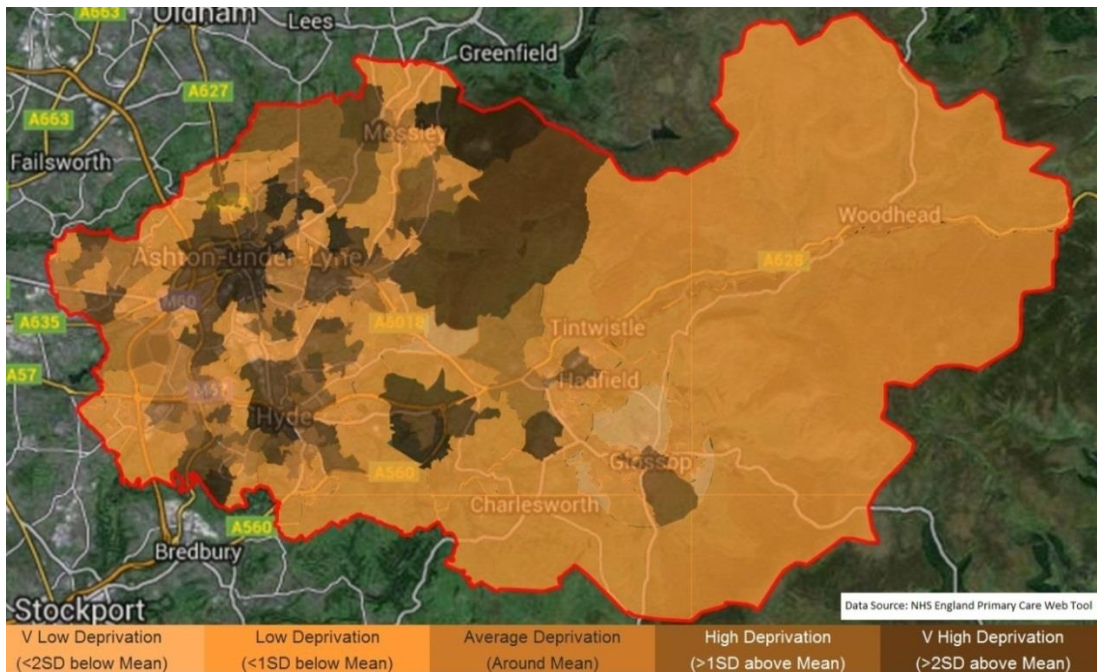
Age	Male	Female	Persons
0 – 4 years	7,775	7,482	15,257
5 - 9 years	7,284	6,921	14,205
10-14 years	6,680	6,503	13,183
15-19 years	7,423	6,974	14,397
20+	89,996	92,272	182,268
Total	119,158	120,152	239,310

(Source: ONS, 2015)

Deprivation

5.3 Some major risk factors for mental health problems include poverty, poor education, unemployment, social isolation/exclusion and major life events. A review of large-scale studies of mental health problems evidences that such problems are more common among children and young people who are have fewer educational qualifications, have been looked after or accommodated, are in a low income families or have a low standard of living. When considering inequalities in mental health and wellbeing, it is therefore important to consider deprivation as a driver. Just over a third of the Tameside population lives in areas that fall within the most deprived 20% of areas nationally, with just 3.2% of the Tameside population living within areas that fall within the least deprived 20% of areas nationally. In Glossopdale, the Gamesley residential area falls in the most deprived 10% of areas nationally. This means that based upon the level of deprivation in Tameside and Glossop health inequalities would be expected to exist between Tameside and Glossop and England as a whole.

Map 1: Deprivation in Tameside and Glossop (IMD 2010)



(Source: NHS England Primary Care Web Tool)

Child Poverty

- 5.4 Child Poverty is currently defined by the national child poverty measure: the percentage of children who live in families in receipt of out-of-work benefits or in working families with income less than 60% of the median national income. The wider determinants of poverty include a range of social and economic factors and are currently being reviewed under the banner of 'life chances' and 'social mobility'. The consequences of allowing a child to grow up in poverty are severe, not only for the child but for the family, for society and for the wider economy as well. For a child, consequences can be wide ranging and can affect health, education, employment, behaviour, finance, relationships and their well-being.
- 5.5 A child growing up in poverty has a greater likelihood of experiencing health problems from birth and of accumulating physical and mental health problems throughout their life. Poverty and inequalities proportionately increase the chances that someone will develop a disability or life limiting illness and ultimately decrease their life expectancy. Though poverty can affect anyone, a number of groups are more at risk than others. These include, children in care, teenage parents, asylum seekers, single parents and particular ethnic groups. The levels of child poverty in Tameside are higher than both the North West and England (national Child Poverty Data from 2011). Local data had indicated that the levels of poverty had increased over the past 4-5 years. Local data is no longer comparable due to welfare changes. National data from HMRC continues to be available but in arrears. This data indicates a relatively static position in the percentage of children living in poverty in Tameside.

Ethnicity

- 5.6 Ethnicity has a major impact on a person's mental health (Persuad, R. 2007). It is important to consider the ethnic breakdown of the local area when planning services, given that different ethnic groups have differing needs. There may be barriers to accessing services in some ethnic communities due to limited knowledge of English. Research on the risk factors for young people developing mental health problems has highlighted that those from black and ethnic minority groups may be disproportionately affected, as indicated by the numbers excluded from school, being looked after, in local authority accommodation or being homeless (Young Minds, 2005).
- 5.7 The largest ethnic groups within Tameside are the South-Asian ethnicities Indian, Pakistani, and Bangladeshi accounting for 1.7%, 2.2% and 2% of the Tameside population respectively. Glossopdale is one part of the High Peak area, which has a predominantly white population with less than 3% of residents from black and minority ethnic (BME) groups. The overall white British population is considerably higher in Tameside at 88.5% compared to the England average of 79.8%.

At Risk and Vulnerable groups

Pregnancy and early years

- 5.8 Pregnancy and early years lay the foundations for health, wellbeing, cognitive development and economic security throughout one's life. The transition through pregnancy, birth and early parenthood is a vital window of opportunity. A baby born into a home with parents that are well educated and financially comfortable has a better chance of living longer (and without disease and disability) than a baby born into poverty. This is in a large part because the social and economic inequalities in our society are reflected in and help to determine our health and wellbeing outcomes.

Looked After Children

- 5.9 Evidence from literature reviews reflect that looked after children are more likely to experience mental health problems than the general population. It has been highlighted that among children aged 5 to 17 years who are looked after by local authorities in England, 45% had a mental health disorder, 37% had clinically significant conduct disorders, 12% had emotional disorders, such anxiety or depression, and 7% were hyperkinetic (Meltzer, H. et al 2003). As such it should be viewed as all looked after children are vulnerable hence a reasonable expectation that appropriate services should be in place. Failure to meet the needs of those most vulnerable impacts not just on their childhood but also on their adulthood and on their ability to parent and the cycle continues.

Table 2: Looked after children in Tameside and Glossop

Total number of Looked After Children (LAC) in Tameside and Glossop	766
Number of LAC placed in Tameside and Glossop (from other areas)	467
Number of LAC placed in other areas by Tameside and Glossop	136

(Source: NHS Tameside and Glossop CCG, September 2015)

The number of Tameside and Glossop children who are looked after is higher than the England average.

Youth Offending

5.10 There is a considerable agreement that levels of mental health problems among young people connected to any part of the criminal justice system are higher than in the general population. Literature reviews indicate the prevalence rates of mental health problems to be at least three times as high for those within the criminal justice system as within the general population (Leon, L. 2002). A recent evaluation of the Youth Justice Liaison and Diversion pilot scheme (Haines, A. et al. 2012), found that 80% of young people had between one and five vulnerabilities, which range from mental health issues, behavioural issues, and social problems.

5.11 In Tameside, between April 2014 to March 2015, 112 children entered the youth justice system for the first time. This is a 21.7% increase compared with (n=92) the previous equivalent 12 months. Although this gives a similar rate to the England average for young people receiving their first reprimand, warning or conviction. Tameside Youth Offending Team (YOT) use Asset as their assessment tool, the nationally recognised assessment framework for young people involved in the criminal justice system. Asset aims to look at the young person’s offence or offences and identify a multitude of factors or circumstances – ranging from lack of educational attainment to mental health concerns - which may have contributed to such behaviour. The extent to which a section is associated with the likelihood of further offending is rated on a 0 – 4 scale.

- 0 Not associated at all
- 1 Some association
- 2 Associated
- 3 Strongly associated
- 4 Very strongly associated

5.12 While there are a number of domains within the assessment, those relating to emotional and mental health and vulnerability, most clearly demonstrate the prevalence of need amongst the YOT cohort. An analysis of assessments completed by Tameside YOT during the 1st April 2014 to 31st March 2015 shows the following results:

Table 3: Young People Assessed by Tameside YOT using ASSET- 1st April 2014 to 31st March 2015

Asset Section	Asset Score / Vulnerability Indicator	Total Number of Assets	Total Number of young people	% of young people
Emotional & Mental Health	2	201	53	31%
	3	55	27	16%
	4	10	7	4%
Vulnerability	No	98	38	22%
	Yes	516	133	78%

(Source: Tameside Youth Offending Team, 2015)

The table demonstrates, in 51% of all cases, the assessments evidenced an association between emotional and mental health, equating to 87 young people in total, suggesting that half of the YOT caseload would benefit from intervention and support in this area.

Domestic Abuse

5.13 Domestic Abuse often remains hidden. Abuse is not disclosed for a variety of reasons, shame and stigma, fear of not being believed, confidence in both services and often victims themselves in dealing effectively with abuse and the relationships where it occurs. As such the data reported should be viewed as an under representation of the true prevalence of domestic abuse. Data for 2011/12 shows that Tameside is ranked fourth highest out of ten Greater Manchester Authorities in terms of rate of domestic abuse per 1,000 population. Within Tameside the rate has fluctuated year on year rising from 5.9 crimes per 1,000 population in 2009/10 to 6.9 on 2010/11 and decreasing again to 6.3 in 2011/12. Almost 80% of domestic abuse crimes in Tameside are linked to violence compared to an average of 76% across Greater Manchester as a whole (Tameside Domestic Abuse Strategy 2013-16). There is a long lasting impact on children and young people's emotional well-being due to being exposed to the trauma of witnessing domestic abuse.

5.14 Some of the effects on children and young people as a result of witnessing domestic abuse are as follows:

- Anxiety or depression
- Difficulty in sleeping or nightmares
- Experience of physical pain
- Temper tantrums
- Low self-esteem
- Use of drugs or alcohol
- Eating disorders

Some children may also experience many mixed emotions such as being angry, powerless, frightened, lonely, insecure and confused and they are often unable to articulate these feelings.

Tameside and Glossop Children and Young Peoples Mental Health

Prevalence

5.15 The following application of prevalence rates are based on the ICD-10 Classification of Mental and Behavioural Disorders with the criteria that the disorder causing distress to the child or having a considerable impact on the child's day to day life.

Preschool

5.16 The National Child and Maternal Health Intelligence Network reports relatively little data on the prevalence rates for mental health disorders in preschool age children. However from a literature review of four studies looking at 1,021 children aged to 2 to 5 years inclusive, found that the average prevalence rate of any mental health disorders was 19.6% (Egger, H et al 2006) Applying this

prevalence rate to the population of Tameside and Glossop gives a figure 2,350 aged 2 to 5 years.

School age

5.17 The report 'Mental Health of Children and Young People in Great Britain, 2004 (Green et al (2004) provides a prevalence estimate for mental health disorders in children aged 5 to 16 years. Prevalence varies by age and sex, with boys more likely (11.4%) to have experienced or experiencing mental health problems than girls (7.8%). Children aged 11 to 16 are also more likely (11.5%) than 5 to 10 year olds (7.7%) to experience mental health problems. Using these rates, the following tables highlight the estimated prevalence of mental health disorders by age group and sex in Tameside and Glossop. *Note: in the following tables the numbers do not add up as the numbers in each age group are different.*

Table 4: Estimated Number of Children with mental health disorders by age group and sex

	Estimated number of children aged 5-10 years with mental health disorders (2012)	Estimated number of children aged 11-16 years with mental health disorders (2012)	Estimated number of children aged 5-16 years with mental health disorders (2012)	Estimated number of boys aged 5 -10 years with mental health disorders (2012)	Estimated number of boys aged 11 -16 years with mental health disorders (2012)	Estimated number of girls aged 5 -10 years with mental health disorders (2012)	Estimated number of girls aged 11 -16 years with mental health disorders (2012)
Tameside & Glossop	1,275	1,925	3,190	860	1,070	415	850

(Source: General Practice (GP) registered patient count aggregated up to CCG level; Office for National Statistics mid-year population for 2012. Green, H et al (2004))

Mental Health Disorders

5.18 Prevalence rates of mental health have been broken down by the following disorders:

- Conduct (a range of antisocial types of behaviour);
- Emotional (person's ability to be happy, control their emotions e.g. anxiety);
- Hyperkinetic (enduring pattern of severe, developmentally inappropriate inattention, hyperactivity and impulsivity)

The following tables show the estimated number of children with these disorders In Tameside and Glossop.

Table 5: Estimated Number of Children with conduct disorders by age group and sex

	Estimated number of children aged 5-10 years with conduct disorders (2012)	Estimated number of children aged 11-16 years with conduct disorders (2012)	Estimated number of children aged 5-16 years with conduct disorders (2012)	Estimated number of boys aged 5 -10 years with conduct disorders (2012)	Estimated number of boys aged 11 -16 years with conduct disorders (2012)	Estimated number of girls aged 5 -10 years with conduct disorders (2012)	Estimated number of girls aged 11 -16 years with conduct disorders (2012)
Tameside & Glossop	810	1,105	1,915	580	690	230	420

Table 6: Estimated Number of Children with emotional disorders by age group and sex

	Estimated number of children aged 5-10 years with emotional disorders (2012)	Estimated number of children aged 11-16 years with emotional disorders (2012)	Estimated number of children aged 5-16 years with emotional disorders (2012)	Estimated number of boys aged 5 -10 years with emotional disorders (2012)	Estimated number of boys aged 11 -16 years with emotional disorders (2012)	Estimated number of girls aged 5 -10 years with emotional disorders (2012)	Estimated number of girls aged 11 -16 years with emotional disorders (2012)
Tameside & Glossop	400	840	1,240	185	340	205	505

Table 7: Estimated Number of Children with Hyperkinetic disorders by age group and sex

	Estimated number of children aged 5-10 years with Hyperkinetic disorders (2012)	Estimated number of children aged 11-16 years with Hyperkinetic disorders (2012)	Estimated number of children aged 5-16 years with Hyperkinetic disorders (2012)	Estimated number of boys aged 5 -10 years with Hyperkinetic disorders (2012)	Estimated number of boys aged 5 -16 years with Hyperkinetic disorders (2012)	Estimated number of girls aged 5 -10 years with Hyperkinetic disorders (2012)	Estimated number of girls aged 11 -16 years with Hyperkinetic disorders (2012)
Tameside & Glossop	265	235	500	230	435	35	35

(Source: General Practice (GP) registered patient count aggregated up to CCG level; Office for National Statistics mid-year population for 2012. Green, H et al (2004))

Autism-Spectrum conditions

5.19 A survey by Baron-Cohen et al (2009) of Autism-Spectrum conditions using the Special Educational Needs (SEN) register alongside a survey of children in schools aged 5 to 9 years produced prevalence estimated of autism-spectrum conditions of 94 per 10,000 and 99 per 10,000 respectively. The ratio known to unknown is about 3:2. Taken together, a prevalence of 157 per 10,000 has been estimated, including previously undiagnosed cases. The following table shows the estimated prevalence of children in Tameside and Glossop with Autism-Spectrum disorders.

Table 8: Estimated Number of Children with Autism-Spectrum conditions

	Estimated Autism in Children aged 9 - 10 years (2012)	Estimated Other ASDs in Children aged 9 - 10 years (2012)	Estimated Total of all ASDs in Children aged 9 - 10 years (2012)	Estimated Autism-Spectrum conditions disorders in children 9 -10 years (2012)
Tameside & Glossop	110	215	320	245

(Source: General Practice (GP) registered patient count aggregated up to CCG level; Office for National Statistics mid-year population for 2012. Baron-Cohen, S. et al (2009))

Children and Young People with Learning Disabilities

5.20 People with learning disabilities are more likely to experience mental health problems (Emerson, E. et al 2008). Despite this, prevalence rates of learning disabilities prove to be difficult. Emerson et al (2004) calculates prevalence in children and young people with learning disabilities for different age groups as follows: 5 to 9 0.97%; 10 to 14 years 2.26%; 15 to 19 years 2.67%. The following table applies these rates to Tameside and Glossop.

Table 9: Estimated total number of children with learning disabilities

	Estimated Children aged 5 - 9 years with a learning disability (2012)	Estimated Children aged 10 - 14 years with a learning disability (2012)	Estimated Children aged 15 - 19 years with a learning disability (2012)	Estimated Children aged 5 - 19 years with a learning disability (2012)
Tameside & Glossop	150	305	400	855

(Source: General Practice (GP) registered patient count aggregated up to CCG level; Office for National Statistics mid-year population for 2012. Emerson, E. et al (2004))

These rates reflect that as children get older, more are identified as having a mild learning disability. The Foundation for People with Learning Disabilities (2002) estimates an upper estimate of 40% prevalence for mental health problems associated with Learning disability, with higher rates for those with severe learning disabilities. The following table shows how many children with learning disabilities who also experience mental health problems expected estimation for Tameside and Glossop.

Table 10: Estimated total number of children with learning disabilities with mental health problems

	Estimated Children aged 5 - 9 years with a learning disability with mental health Problems (2012)	Estimated Children aged 10 - 14 years with a learning disability with mental health Problems (2012)	Estimated Children aged 15 - 19 years with a learning disability with mental health Problems (2012)	Estimated Children aged 5 - 19 years with a learning disability with mental health Problems (2012)
Tameside & Glossop	60	125	160	345

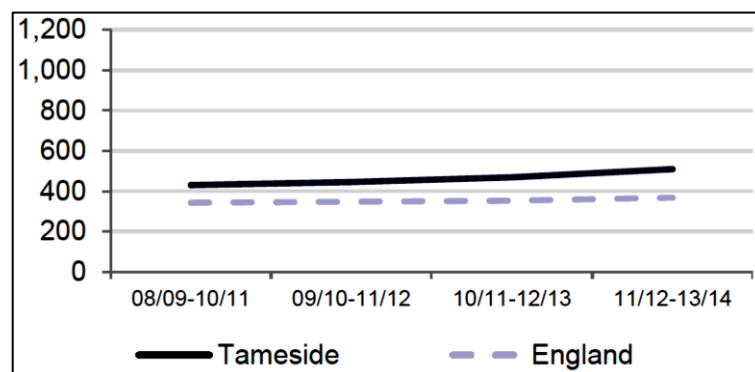
(Source: General Practice (GP) registered patient count aggregated up to CCG level; Office for National Statistics mid-year population for 2012. Foundation for People with Learning Disabilities (2002))

Self-Harm

5.21 Literature reviews evidence the levels of self-harm are higher among young women than young men. However, self-harm SUS data for Tameside 2011 to 2013 shows that from the age of 20, 53% of those who self-harm are male. The rates of self-harm in young women averaged 302 per 100,000 in 10 to 14 year olds and 1,423 per 100,000 in 15 to 18 year olds. Whereas for young men the rates of self-harm averaged 67 per 100,000 in 10-14 year olds and 466 per 100,000 in 15 to 18 year olds (Hawton, K. 2012). Nationally self-poisoning was the most common method (Hawton, K. 2012).

5.22 In comparison with the 2008/09 - 2010/11 periods, the rate of young people aged 10 to 24 years who were admitted to hospital as a result of self-harm was higher in the 2011/12 - 2013/14 period. The admission rate in the 2011/12-2013/14 period was higher than the England average.

Figure 1: Young people aged 10 to 24 years admitted to hospital as a result of self-harm (rate per 100,000 population aged 10 to 24 years)

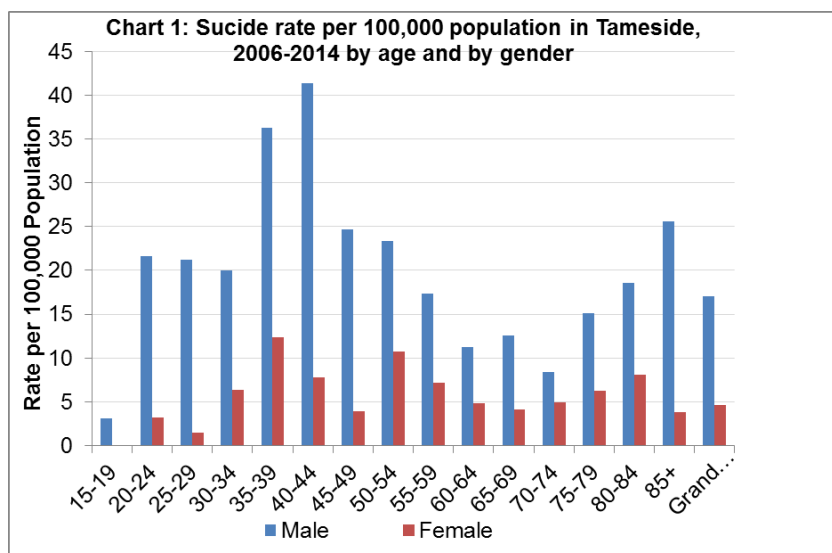


(Data source: Hospital Episode Statistics, Health and Social Care Information Centre)

Three years of pooled data on hospital admissions for self-harm in Tameside show that under the age of 20, 79% of those admitted for self-harm were female.

Suicide

5.23 In England, men are at three times more likely to die by suicide than women (DoH, 2012). Suicide is the leading cause of death in British men under 50 years of age. In Tameside, the peak age range for male suicide is 35 to 54 years and the peak age group is 40 to 44 years. There is also a relatively high level of suicide in younger males aged 20 to 34. For suicide in females there are two peak age groups of 35 to 39 and 50 to 54 (H&SCIC, 2015). See *chart 1 below*



(Source: PCMD data, 2015 courtesy of Ruth du Plessis, Specialty Registrar TMBC Public Health)

For males there is a clear gradient across the deprivation quintiles with those in the most deprived quintile having a significantly higher rate of suicide than those in the least deprived quintile.

Estimated Service Demand

5.24 Estimates of the number of children and young people who may experience mental health problems appropriate to a response from CAMHS at Tier 1, 2, 3 and 4 have been provided by Kurtz (1996). A description of the CAMHS Tiered model of care is provided in Section 4.

5.25 The following Table shows the estimates for the population aged 17 and under in Tameside and Glossop who may experience mental health problems.

Table 11: Estimated number of children and young people who may experience mental health problems requiring intervention and CAMHS services

	Estimated Tier 1 needs (2012)	Estimated Tier 2 needs (2012)	Estimated Tier 3 needs (2012)	Estimated Tier 4 needs (2012)
Tameside & Glossop	7,730	3,610	995	40

(Source: General Practice (GP) registered patient count aggregated up to CCG level; Office for National Statistics mid-year population for 2012. Kurtz, Z. (1996))

The above Table shows that an estimated 12,375 children and young people potentially need an intervention applying the CAMHS Tiered Model of Care.

Tameside and Glossop CAMHS Activity Data

5.26 Tameside and Glossop in the period between 1st April 2014 and 31st March 2015 received 1,889 referrals; of which 1,366 (62%) were accepted, 749 (35%) were rejected and a further 46 (3%) classified as pending a decision. The table below provides a breakdown on the referrals and the presenting problems. It evidences the current high level of demand on our service and that this is higher than the estimated number of children and young people who may experience mental health problems requiring a CAMHS services.

Table 12: Tameside and Glossop CAMHS Referrals 1st April 2014 to 31st March 2015

Accepted Referrals - Presenting Problem ICD / Description	Total
Anxiety disorder, unspecified	80
Atypical autism	< 5
Childhood disorder of social functioning, unspecified	< 5
Childhood emotional disorder, unspecified	62
Conduct disorder, unspecified	< 5
Depressive episode, unspecified	81
Developmental disorder of scholastic skills, unspecified	< 5
Developmental disorder of speech and language, unspecified	< 5
Eating disorder, unspecified	18
Feeding disorder of infancy and childhood	< 5
Hyperkinetic conduct disorder	< 5
Hyperkinetic disorder, unspecified	26
Mental & behaviour disorder multiple/psychoact drug: unspecified mental & behaviour disorder	< 5
Mixed disorder of conduct and emotions, unspecified	40
Mixed specific developmental disorders	< 5
Moderate mental retard sig impairm of behav req attent /treat	< 5
Nonorganic encopresis	< 5
Obsessive-compulsive disorder, unspecified	7
Occurrence at unspecified place	103
Other childhood emotional disorders	< 5
Pervasive developmental disorder, unspecified	119
Phobic anxiety disorder of childhood	< 5
Predominantly obsessional thoughts or ruminations	< 5
Problem related to social environment, unspecified	< 5
Problems relating alleged child sex abuse	< 5
Tic disorder, unspecified	8
Unspecified behaviour emotion disorder	< 5

Unspecified disorder of psychological development	14
Unspecified organic or symptomatic mental disorder	< 5
Not specified (blank)	775
Accepted Total	1,366
Pending Total	46
Rejected	749
Total of all Referrals received	2,161

(Source: Tameside and Glossop CAMHS, Pennine Care NHS Foundation Trust, 2015)

5.27 The table below (table 13) provides a breakdown of the referral source. It shows that the majority (58%) of the referrals to Tameside and Glossop CAMHS are from GPs, which would be expected in relation to the access pathway at this time.

Table 13: Tameside and Glossop CAMHS Referral Source – 1st April 2014 to 31st March 2015

Referral Source	Total
Accident and Emergency	7%
Consultant	8%
Education Establishment	18%
Emergency Services	0%
GP	58%
Internal (from across the NHS Trust)	1%
Judicial Establishment	0%
Local Authority	3%
Non-medical individual	0%
Nursing	3%
Other	39%
Other Medical Practice	0%
Health Worker	2%
Grand Total	100%

(Source: Tameside and Glossop CAMHS, Pennine Care NHS Foundation Trust, 2015)

As of the 30th of June 2015 the average waiting list for unseen clients in weeks was 16.3, or 113 days (Pennine Care NHS Foundation Trust, 2015). This is within the national target to start non-emergency NHS consultant-led treatment within a maximum of 18 weeks from referral.

Benchmarking CAMHS Activity data

5.28 In reviewing Tameside and Glossop CAMHS activity we are able to draw comparisons with four other Greater Manchester CCGs (Bury, Oldham, Stockport and Heywood Middleton and Rochdale), which all commission CAMH services from Pennine Care NHS Foundation Trust.

5.29 Regionally within this cluster of localities, Tameside and Glossop CAMHS holds the highest proportion of assessments that lead to treatment (retention rates), with 91% of all assessments leading to children and young people coming back

for a second appointment and commencing treatment. This is higher than the national expectation. The mean average for the five localities is 74% and the lowest is proportion being 39%. In addition Tameside and Glossop CAMHS has the highest proportion of contacts recorded.

Table 14: Number of contacts recorded by CAMHS services across five Pennine Care locality services, 2014/15

Locality	Contacts
Tameside & Glossop	17,932
HMR	14,144
Stockport	13,009
Oldham	11,450
Bury	7,739

(Source: Pennine Care NHS Foundation Trust, 2015)

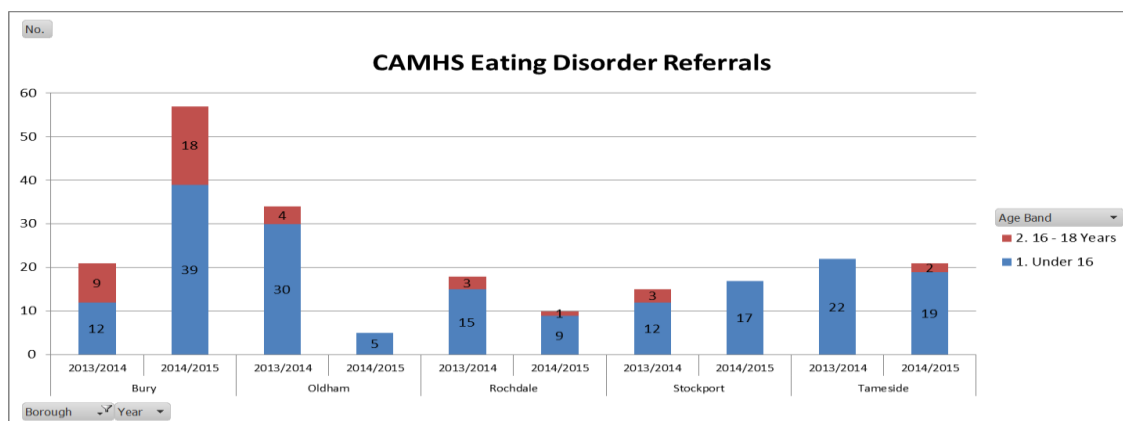
5.30 In summary, benchmarking our activity with the regional cluster of Bury, Oldham, Stockport and Heywood Middleton and Rochdale (HMR) CCGs we able to extrapolate:

- Our locality holds the second highest (after Bury) for number of referrals to a CAMHS services.
- Our locality CAMHS service holds the highest percentage of referrals that are rejected – not authorised for assessment.
- Our locality CAMHS service holds the shortest average waiting time in performance for routine referrals.
- Our locality CAMHS service holds the highest proportion of assessments that lead to treatment (retention rates), with 91% of all assessments leading to treatment (second appointment).
- Our locality CAMHS service has the highest proportion of contacts recorded - see *table 14*.

In Patient activity for Eating Disorders

5.31 The table below highlights that within the regional cluster Tameside and Glossop has the second highest referrals rate for Pennine Care inpatient eating disorders. In 2014/15, Pennine Care Hope and Horizon units received 21 referrals, for 18's years of age and under, from the Tameside and Glossop locality. 18 (85.7%) of these were accepted (authorised). The number of bed days, based on OBD reports for the Hope and Horizon Unit, shows that Tameside and Glossop required 1,907 days in 2014/15. This is increase on the 1,800 bed days required in 2013/14. Currently in 2015/16 to date (September 2015) Tameside and Glossop has the highest number of beds days (n=1,015) from across the five localities.

Table 15: Number of Eating Disorder referrals for Pennine Care NHS Foundation Trust services by age and borough for the periods 2013/14 and 2014/15



(Source: Pennine Care NHS Foundation Trust, 2015)

Transition 16-18 Activity Data

5.32 The following Table provides a summary of the activity of 16-18 years olds that are excluded in the CAMHS activity and that sit within Pennine Care Adult Adults Mental Health (AMH) Services.

Table 16: Under 18 year of Age activity undertaken with Adult Mental Health services, for the period 01/04/2015 - 31/08/2015

Description	Number of Under 18s	All AMH Activity	<18 as % of all AMH Activity
Referrals accepted - All Access (inc RAID)	129	3548	3.6%
Referral Tameside Health Minds (IAPT)	478	3366	14.2%
Total	607	6914	8.78%
Attended Activity (appointments /contacts)	3947	36874	10.7%
Open Caseloads* (T&G Registered Patients)	700	4326	16.2%

* Open Caseload taken as snap shot on 31/08/2015

(Source: Pennine Care NHS Foundation Trust, 2015)

Tameside and Glossop Key Findings

5.33 Listed below is a summary of the key findings related to the Tameside and Glossop area:

- Almost a quarter of our population is under 19 years of age
- 18.6% of school children are from a minority ethnic group.
- Tameside secondary schools exclusions (fixed period and permanent) rate in 2012/13 was higher than the England average and the highest in the North West*
- The health and wellbeing of children in Tameside and Glossop is generally worse than the England average.
- The level of child poverty is worse than the England average with 22.7% of children aged under 16 living in poverty.
- The number of Tameside and Glossop children in a looked after care setting is higher than the England average.

- 51% of all Tameside YOT cases during 2014-15 (financial year), the assessments evidenced the need for emotional and mental health intervention, of which 39% could need a clinical intervention.
- The admission rate for self-harm among 10 to 24 years in the last three years is higher than the England average; 79% of those admitted for self-harm were female.
- An estimated 12,375 children and young people could need an intervention applying the CAMHS Tiered Model of Care, of which 1,035 would require specialist input
- 41,785 5-19 years olds would benefit from awareness and prevention programmes in over 100 schools across Tameside and Glossop
- Referrals to our CAMHS service are higher than estimated expected demand, with 62% of all referrals in 2014-15 accepted.
- The average waiting list for unseen clients is 113 days from referral to assessment as of 30.06.2015
- Tameside and Glossop has a higher than expect demand for inpatient eating disorder services
- Within our Adult Mental Health provision just under 9% of accepted referrals are for under 18's, whilst under 18's makes up 16.2% of the open case load (as 31.08.2015)

(Additional Source: Public Health England, Child Health Profile June 2015, * Department for Education)

Section 6: Harness the Power of Information

- 6.1 In this section the plans to develop and monitor the performance of the Transformation Plan across the life of the five year strategy is summarised. Through this work we seek to support and sustain a culture of continuous evidence-based service improvement, promote transparency and accountability across the whole system and ensure collaborative decision making.

Introduction

- 6.2 Robust service planning is based on good information and requires access to data that demonstrates outputs and outcomes. Locally there are significant gaps in information and data that we seek to address. This gap is reflected nationally not just here in Tameside and Glossop. The document 'Future in Mind' highlights that in order to drive improvements in the delivery of care, and standard of performance to ensure we have a better understanding of how to get the best outcomes for children, young people and their families and value from our investment we need to harness the power of information (Future in Mind 2015).

- 6.3 We consider the following areas that we need to address to achieve transformation and deliver our local vision and that set out in the Future in Minds:

- Transparency, Accountability and Governance
- The Voice of the Child
- Data Sets and Key Performance Indicators (KPIs)
- Clear Outcomes and the use of Routine Outcome Measures
- CAMHS Commissioner Modelling Tool

Through the triangulation in applying and combining multiple observers, methods (both quantitative and qualitative) we aim to overcome the gaps in our information and weakness that come from single method approaches.

Transparency, Accountability and Governance

- 6.4 As outlined in Section 2, Tameside and Glossop CCG have formed a Children and Young Peoples Emotional Well Being and Mental Health Programme Board. The Programme Board is accountable for the delivery of the Transformation Plan and continued development of working relationships between health and social care commissioners and provider organisations. The Programme Board is a partnership that takes whole system ownership of the priorities, challenge performance and manage risk to deliver a whole system approach and accountability on behalf of the population of Tameside and Glossop. Each member organisation has a responsibility to report back through its own governance structures and collectively to the Health and Wellbeing Boards (Tameside and Derbyshire). See Appendix 1 for the Terms of reference.

- 6.5 The Programme Board was initially set up with a fixed term remit, until the 31st of March 2016, to develop and produce this plan. However the Programme Board came into operation before the publication of the Future In Mind document. Since then an agreement by the board is to continue until 2020 to:

- Ensure constant stakeholder engagement throughout the plan's life span
- Ensure stakeholders are committed and enabled to take the work forward
- Ensure all stakeholders having the ability to challenge, input and embrace new models of thinking and service delivery
- Ensure continued robust structures for programme governance
- Ensure multi agency and collective monitoring and evaluation of the Transformation Plan

6.6 The assurance process requires the Transformation Plan to be signed off by the Health and Wellbeing Board. All Local Transformation Plans are then assured by NHS England, led by the regional Director of Commissioning and Operations (DCO's). It is the intention beyond 2015-2016 to integrate assurance within the mainstream planning framework that requires the CCG to work closely with our Health and Wellbeing Boards, NHS England and other key agencies including the third sector and education to refresh the plan and monitor improvements, making an annual declaration.

6.7 The Transformation Plan ensures transparency about service provision and the levels of investment, our base line information and stretched target - outlined under KPIs. The Transformation Plan and subsequent annual action plans and annual declarations will be published on the CCG and our partners' websites and making sure it is accessible to all. We are committed to improving all aspects of transparency in connection with the plan. As part of this commitment in order to ensure our investment has the most impact, on improving experiences and delivering the outcomes for children, young people and those who care for them, we have embarked upon unpicking the mental health block contract that potentially limits our understanding and future system modelling. This is a substantial piece of work and undertaking, which NHS Mental Health Providers across the country are working to resolve.

6.8 Tameside and Glossop CCG invests £22.4million through a block contract with Pennine Care NHS Foundation Trust to provide Mental Health services for the population of Tameside and Glossop. The Trust has been unable to provide a detailed breakdown of the costs and therefore only divisional level information is available, i.e. the operational budget for services across Tameside, Stockport, Bury, Oldham and Rochdale, plus additional cross boundary elements. This provides a fundamental challenge to our intention to achieve transparency within this Plan.

The Voice of the Child

6.9 At the heart of our vision is to ensure the voice of children and young people is heard and acted upon, shaping the design and delivery of services and ultimately this Transformation Plan. Children and young people are experts in their own lives and when they are equipped and supported to influence commissioning, delivery and monitoring of the services they and their peers use, those services improve and in turn they develop and build skills and confidence. In 2016, we will build on our young people's voice and influence, working to establishing a service user fora for children and young people who are receiving or have been in receipt of interventions. The service user fora will

have a direct voice into our programme board to ensure decisions around design and delivery are shaped by those best placed to know what works and that our impact and effectiveness is also scrutinised by service users. In this way, we will continually learn and improve what we do as a result of the genuine involvement of our service users' experiences.

Data Sets and Key Performance Indicators (KPIs)

6.10 We support the introduction of the new Mental Health Services Data Set (MHSDS). This new data set requires our CAMHS commissioned service to measure referral to treatment pathway activity and outcomes for the assessment and treatment of children and young people. Providers are mandated to begin collecting the relevant data no later than 1 January 2016 as such our commissioned service is putting in place plans for the collection of the MHSDS. In addition to the national data set, for our NHS CAMHS commissioned service, we seeking to ensure a local data is implemented by April 2016 that can be applied to a system wide approach and the collaborating services. The application of minimum data set, will support the evaluation of the effectiveness of our services and the Transformation Plan as whole.

Key performance indicator's for CAMHS 2015-16

6.11 The following targets have been established and supported through the application of a CQUIN in 2015-16. The targets seek the improvement on access and reduction on the waiting times:

- Total number of referrals received
- Total number and percentage if referrals accepted
- Fewer rejected (inappropriate) referrals (% decrease on baseline);
- First contact (consultation, triage or assessment) within 12 weeks of referral;
- 98% of accept referrals treatment is commenced in 18 weeks of referral.

Clear Outcomes and the use of Routine Outcome Measures

6.12 Services need to be outcomes focused as such a core set of outcomes are being defined that will be embedded in contractual Service Specifications going forward for 1st April 2016. It is our intention to develop a robust set of metrics covering access, waiting times and outcomes (covering patient experience and treatment concordant and effectiveness) that enables benchmarking of local services at regional (Greater Manchester) and national level.

6.13 The National Institute for Health and Care Excellence (NICE) documents a wide range of well-evidenced interventions that can be used to treat children and young people with mental health disorders effectively. We will ensure that all providers commissioned across Tameside and Glossop are NICE concordant, adhering to the latest evidence based practices.

6.14 In addition we will ensure as local commissioners and providers we are meeting NHS England Access and Waiting time Standards in Mental Health including the recently published Eating Disorders guidance and Early Intervention in Psychosis.

6.15 As we embark on a five year journey our new approach in collectively monitoring evaluating the effectiveness of plan will be refined over this period, year on year. As such we will strive to seek data quality, compliance and completeness improvement year on year. This desire will be reflected by commissioners placing into contracts the clear requirements for data and information. As part of this work, Tameside and Glossop is accessing support to develop a linked local area data set to monitor the implementation of Transformation Plan over the next 5 years.

6.16 Building on their existing funded work, the CAMHS Evidenced Based Practice Unit (EBPU) with input from Child Outcome Research Consortium (CORC), part of the Anna Freud Centre, are working with us offering support to:

- Selecting the best outcome measures and indicators across education, health and social care to use with your particular populations and ensuring local consensus and ownership
- Determining best options for linking data across agencies and organisations to ensure comprehensive monitoring of the progress of your Local Transformation Plan and service user outcomes
- Feedback of cross agency and organisational trends in outcomes and performance to commissioners, providers and users of services, facilitating the review and refinement of your plan over time

6.17 Work has already begun on establishing and enabling the application of routine outcome measures across the system. Working with CORC and our partners we have agreed the use of the following outcome measures:

- Child Outcome Rating Scales (CORS) for 6 to 12 year olds and Outcome Rating Scales (ORS) for 13 plus years
- Child Session Rating Scales (CSRS) for 6 to 12 year olds and Session Rating Scales (SRS) for 13 plus years
- Goal Based Outcomes (GBOS)

ORS and CORS

6.18 The Outcome Rating Scales is a session by session measure designed to assess areas of life function known to change as result of intervention. ORS assess four domains of young person functioning that are widely considered to be valid indicators of successful outcomes (Lambert et al. 1996).

- Personal or symptom distress (measuring individual Wellbeing)
- Interpersonal Wellbeing (measuring how well the young person is getting along in relationships)
- Social role (measuring satisfaction with work/school and relationships outside of the home)
- Overall wellbeing

SRS and CSRS

6.19 The application of these routine outcome measures enables the 'service user' to rate their experience of the session within an intervention. The ORS and SRS give children, young people and those who care for them a voice in treatment as it allows immediate feedback on what is working and what is not. The application of these routine outcome measures improves retention and

outcome, whilst decreasing deterioration, length of stay and costs (Law, D. et al, 2014).

GBOS

6.20 Goals based outcomes are a way to evaluate progress towards a goal. They simply measure how far a young person feels they have moved towards reaching a goal they set at the beginning of intervention. The setting of the goals should be collaborative and reflect the wishes of the young person (Law, D. et al, 2014). They help determine the aim of the intervention from the start.

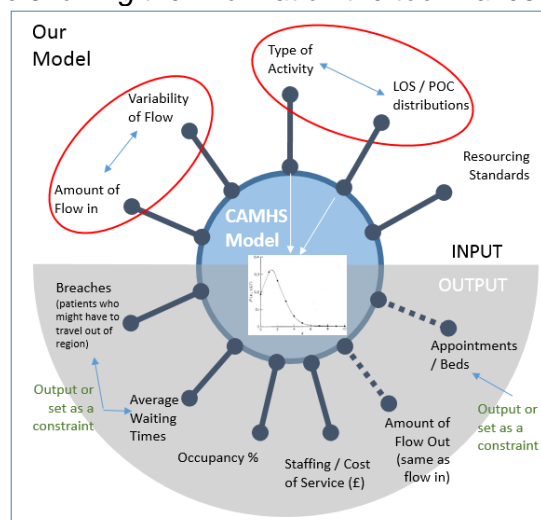
CAMHS Commissioner Modelling Tool

6.21 In October 2014 NHS England commissioned Central Southern Commissioning Support Unit in partnership with HCD Economics and Oxford Health Foundation Trust to develop a modelling tool to support the delivery of improved mental health services for children and young people. Tameside and Glossop CCG with its partners are piloting the use and application of the CAMHS Commissioner Modelling Tool (Version 1.0 Beta Release)

6.22 The tool is designed to be a practical planning tool for Commissioners of CAMHS services. The tool has multiple aims, but in brief summary it:

- Helps the commissioner meet the needs of its population by providing data on historic activity, and augmenting this with local prevalence information.
- Helps to record future commissioning intentions
- Creates an auditable record of intentions and scenarios for making changes to where that activity might take place. For example considering scenarios like more crises outreach to substitute for Inpatient Care.
- It helps with estimating cost of services and allows you to compare scenarios.
- Allows the Commissioner to model and optimise their future service.
- Supports commissioners to help plan and invest in services that will improve the transition between children's mental health services and other services for young adults including adult mental health services.

Figure 1: Schematic showing the information the tool makes explicit.



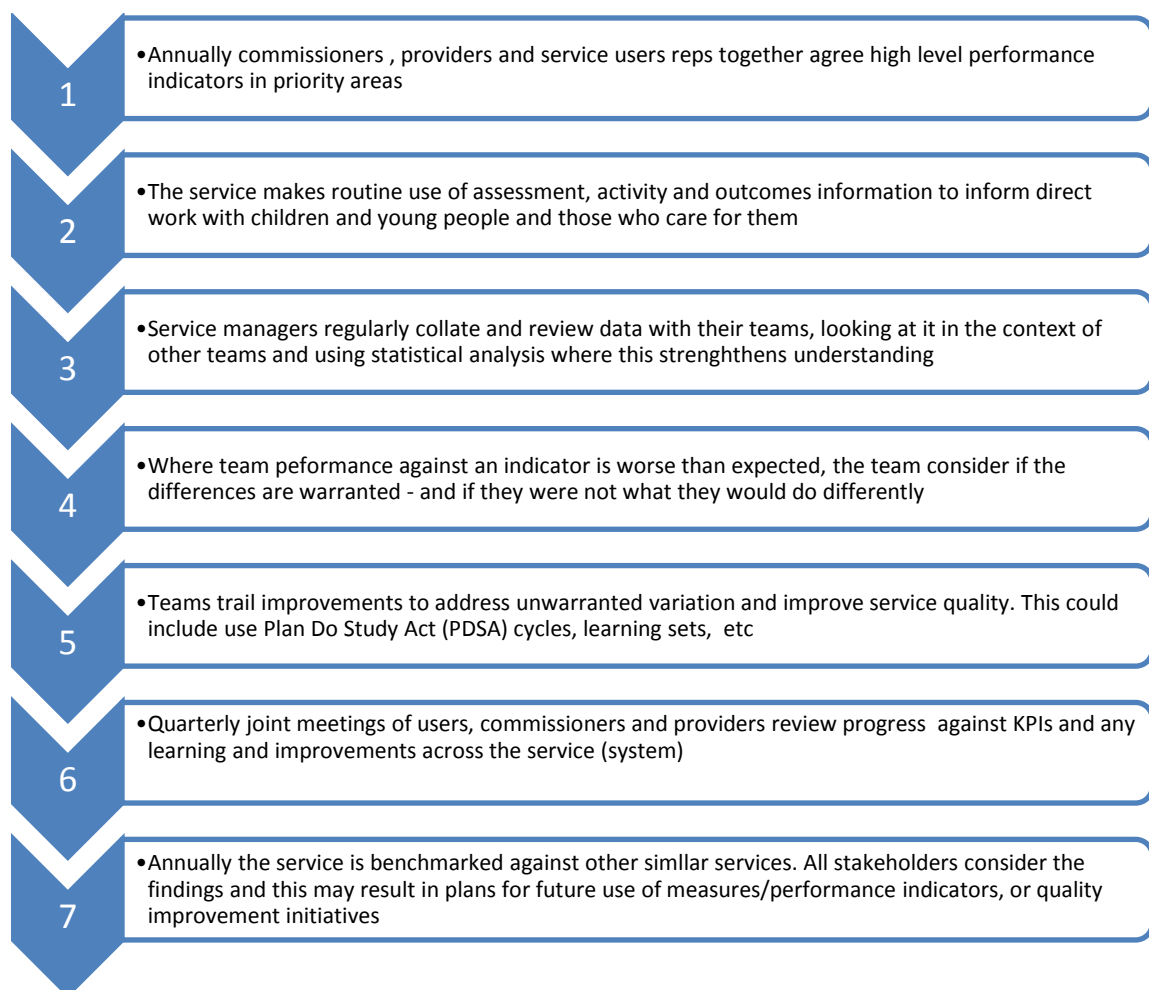
(Source: CAMHS Commissioner Modelling Tool Business Guide, Central Southern Commissioning Support Unit, HCD Economics and Oxford Health Foundation Trust, July 2015)

7 Steps to MINDFUL Performance Management

6.23 In combining multiple observers we ensure transparency and the ability draw on the strengths of each of our partners – stakeholders - so that we are best placed to deliver our vision and ambition. Working with CORC ensure the ability to benchmark our findings regionally and nationally and thus avoid seeing interpreting our findings in isolation. Services and teams will hold an emphasis on continual learning supported by the application of routine outcome measures. Embedding service users within our performance management approach ensures that we continually hold their views and experiences centrally.

6.24 Acting on this approach and recognising that this is a five year programme of change, which applies a phased approach in transforming system wide delivery, it is vital that learning collaborations are embedded from the start. As such within our performance management approach we seek to ensure making better use of information by applying and adapting the CORC 7 Steps to MINDFUL use of PROMS for performance management. This framework provides a useful model to ensure transparency, joint ownership and accountability. Going forward the following performance framework will be embedded at the heart our governance and contractual service specifications.

Figure 2: 7 Steps to MINDFUL Performance Management



(Source: Adapted from CORC, 2015 & steps to MINDFUL use of PROMs for performance management)

Section 7: Our Plan with the Future in Mind

- 7.1 This final section of the transformation plan outlines and summaries our priorities in taking forward and delivering our vision and ambition. In addition it outlines the proposal for the new Emotional Wellbeing and CAMHS funding.
- 7.2 We have already started to take forward our vision and aim for children, young people and those who care for them in Tameside and Glossop. Our initial phase, in this first period 2015 to 2016, sees our focus and attention on access and partnerships and developing learning collaborations (developing robust information and monitoring and performance systems). We have embarked upon linking services so that care pathways can be joined up, simplified and to seek the removal of artificial barriers and duplication. We are developing creative and initiative ways to ensure that the voice of the child is held at the heart of our transformation.

Community Eating Disorders Service

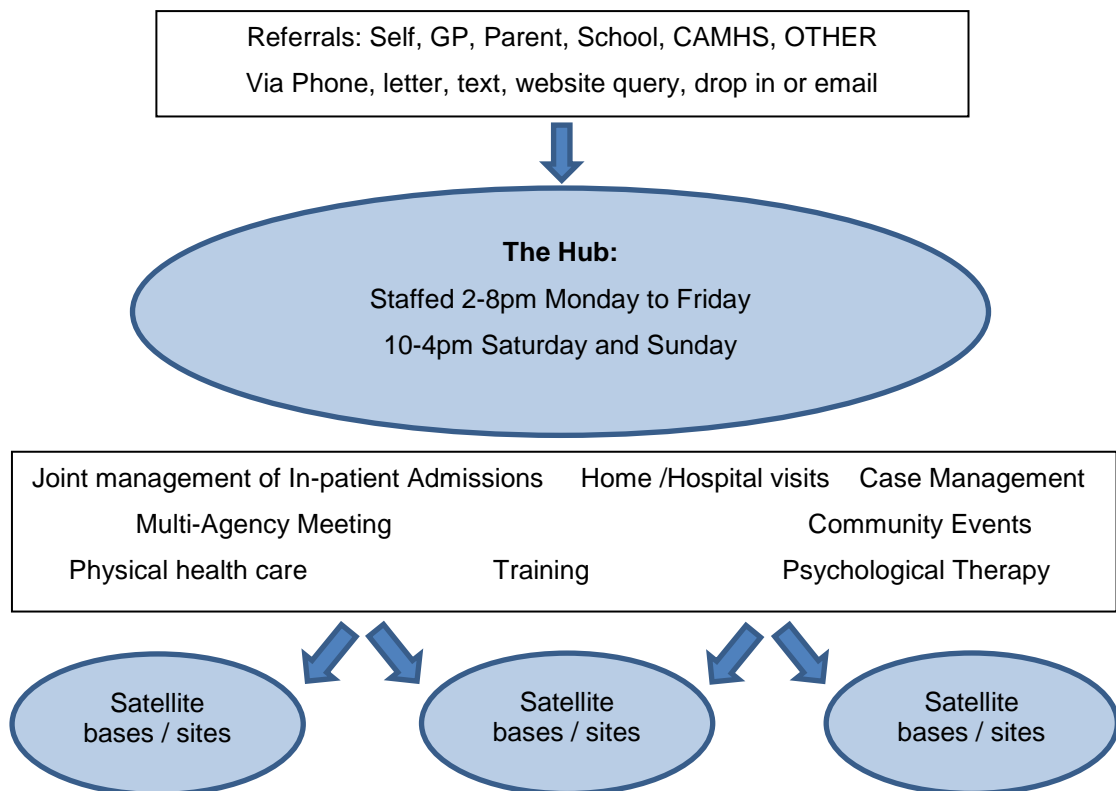
- 7.3 Tameside and Glossop CCG is working with 5 others CCGs (Trafford, Stockport, Oldham, Bury and Heywood, Middleton and Rochdale) and Pennine Care NHS Foundation in a partnership to develop and deliver a community based eating disorder service that meets the requirements established by NHS England (July 2015), 'Access and Waiting Time Standard for Children and Young People with an Eating Disorder'. *See Appendix 3 for full details on PCFT Eating Disorders Business case*
- 7.4 In summary the proposal is to provide a comprehensive locally based service to young people, who are resident in the identified Boroughs and who have an eating disorder. The pathway will be delivered through the development of a dedicated Community Eating Disorder Service (CEDS) staffed by a range of multi-disciplinary professionals. The national guidance states that there should be a dedicated team per 500,000 of the general population. Across the localities covered there is a population of 1.3 million and this would require the development of a minimum of two teams. It has been agreed in partnership with other CCG commissioners and the provider that two teams will be developed as follows:
- South Hub –Tameside and Glossop, Trafford, and Stockport
 - North Hub – Bury, Heywood, Middleton and Rochdale (HMR), Oldham.

The teams will mirror each other in terms of skill mix and pathway but the development of two separate teams allows for the evolution of local identity over time as the team becomes embedded.

- 7.5 The service will be structured on a hub and spoke model due to the large geographical area covered and the relatively small size of the teams. The following has been agreed in principle. The South Hub will be based in Stockport with satellite bases in Trafford and Tameside and Glossop. The North Hub will be based in Oldham with satellite bases in HMR and Bury.

7.6 We envisage The Hub as a vibrant, child oriented, community facility, located centrally. The Hub will be staffed 7 days a week and will be the main base offering drop ins, groups, assessments and treatments. Our ambition is for it to be a thriving community resource including a library of self-help resources, a café and a centre for training events, groups and meetings/talks. Staff at the hub will be able to offer same day responses to screen referrals and will be able to travel to carry out emergency visits where needed. Routine and specialist services will be available including family based approaches. There will also be a number of smaller satellite bases/sites that can offer assessments and treatments, located conveniently in separate geographical locations

Figure 3: Visual representation of the Hub Model



7.7 The expected outcomes for this service are:

- A more equitable and standardised level of provision for children, young people and their families
- More timely access to evidence based community treatment
- Fewer transfers to adult services
- Earlier step down and discharge from inpatient settings
- Reduced use of both medical and mental health inpatient.
- Reduction in crisis presentations and re referrals to specialist services
- Increased awareness and skill within the community including families/carers and peers
- Extend the Early Help offer to include lower level eating disorders
- Release capacity within generic CAMHS to enable shorter access times into the service

Our Priorities 2015-2017

Period	Key Priority	Thematic Domain
June 2015 to March 2016	<p>Getting Help – we will ensure children, young people and those who care for them can access help when and where they need it through a single point of access that covers the whole system and not just specialist CAMHS; providing a clear understandable service offer (what support should be received). We aim to: -</p> <ul style="list-style-type: none"> • Review access pathways for specialist CAMHS, benchmarked with other similar partnership area service(s). • Undertake referral mapping and audit to identify low and high referral sources; Identify key sources of redirected referrals and focus of redirection (which services are families signposted to); Re-referral rates. • Identify the hard to reach young people and families by locality and collect baseline information on access to specialist CAMHS and benchmark findings • Develop and produce access pathways and a clear, '<i>understandable</i>' CAMHS 'local offer' for meeting emotional wellbeing and mental health needs, which includes self-referral • Develop and plan, in partnership, interventions (training needs analysis and programme, supervision, link practitioners) to encourage self-referral and improve referral quality and appropriateness (address low and high referral sources/routes). • Ensure that the most experienced professionals with expert knowledge of children and young people's mental health are accessible from the start' across the system; particularly placing them where children and young people are most vulnerable (LAC, Youth Offending), so that there are no gaps through which they can fall • Work with NHE England and the Department for Education to pilot and test the named lead approach and the training programme with schools. • We will ensure that all GPs have a named CAMHS Consultant to improve communication and access between primary care and CAMHS • Implement Single Point of Access (SPA) within the integrated Public Service Reform Hub to improve access for children, young people and those who care for them • Place the third sector within the management of the NHS CAMHS service to enable a joined up offer between statutory and voluntary services; offer mediation within referral appeals • Implement local waiting time targets that seek the improvement in access specialist CAMHS services support and treatment • Agree our parenting programme offer, ensuring that we have consistent access to high quality evidence based parenting programmes, delivered to model fidelity 	A, C, D, E, F
September 2015 to	<p>Community Eating Disorders Pathway – we will work with our identified CCG partners and Pennine Care NHS Foundation Trust to develop and deliver a community based eating disorder service that meets</p>	A, B, C, D, E

March 2017	<p>the requirements established by NHS England (July 2015), 'Access and Waiting Time Standard for Children and Young People with an Eating Disorder'. We aim to: -</p> <ul style="list-style-type: none"> • Ensure the service model is developed in partnership with key stakeholders, placing the voice of the child and those who care for them at the heart; utilising national guidance, local clinical expertise, performance data and service user feedback • Review the range of services available for young people with eating disorders, including inpatient treatment, support from the In reach/Outreach team (IROR) and community CAMHS intervention ensuring that the new service provision builds on and takes into account existing provision and expertise • Explore the true need in providing support to young people across a full pathway from emerging, lower levels to moderate and severe, ensuring support is readily available for all levels of need • Scope and ensure that Paediatric and Dietician services are seamless delivered within an integrated Eating Disorders Pathway • Ensure the reduction of inequalities in access and outcomes; service design and communications should be appropriate and accessible to diverse communities. Scope building services in more visible, more central and more accessible sites may assist in addressing socio-economic or cultural barriers to access. • Review and consider the findings from the Surveillance Review December 2013 of the 2004 NICE Eating Disorders Guidance with emerging evidence that day patient care is equally effective as in-patient care but associated with lower cost • Ensure CYP accessing the service are offered a generic mental health assessment to identify/exclude any co-morbid needs, a specialised eating disorder assessment, a baseline physical health screening and an individualised care plan. • Ensure the service can offer a range of therapeutic interventions, which are evidence based and underpinned by a multidisciplinary team (MDT) ethos and approach. The MDT will work in close collaboration with the virtual team members that they regularly interface with such as Acute Trust Paediatric and Medical services, and with Primary Care, to ensure young people's co-existing physical health needs are met. 	
October 2015 to October 2016	<p>Transition to Adulthood – we will continue to explore all avenues to smooth the transition from children's to adult services by taking a developmental, personalised approach rather than being dictated by chronological birthdates. We aim to:-</p> <ul style="list-style-type: none"> • Establish an all age Eating Disorder Service, enabling young people to stay on within the same service until they are ready to be discharged. 	A, B, C, D, E

	<ul style="list-style-type: none"> • Establish an all age ADHD service to support CAMHS graduates and families as well as adults. • Review mental health provision for young people aged 16 and 17 and engage young people in the design of options for consideration • Strengthen the integrated pathways between CAMHS and AMHS, using the learning from the transformation plan to better support the service transition in particular for vulnerable groups including CSE, Looked after young people and young people who self-harm. • Explore evidence base and options for vulnerable young people to continue within the CAMH service until they are ready to leave. • Develop a CQUIN that builds upon and improves transition arrangements between CAMHS and Adult Mental Health. 	
September 2015 to December 2016	<p>Parental Mental Health – we will continue our focus on Parent Infant Mental Health and expand this to include parents of children of all ages. We aim to:-</p> <ul style="list-style-type: none"> • Undertake a whole system audit of practice based on the NICE Guidance on Ante and Postnatal Mental Health and check our findings against gathered experiences of care in the perinatal period from parents. • Refresh our Integrated Parent Infant Mental Health Pathway in line with recent developments including NICE Guidance on Ante and Postnatal Mental Health. Review training programme and amend as required. • Establish a pathway for families with high needs, such as those within the child protection system and parents with learning needs, from early pregnancy to school. To support this we will extend the capacity of our Early Attachment Service to deliver intensive evidence based parenting programmes such as Mellow Parenting to prospective mothers and their partners and to extend provision for dads. • When published, work with partners across GM to agree a sector solution to the expectations of the NHS England Perinatal Mental Health Standards to ensure women have access to specialist perinatal services when they are required, including access to Mother and Baby Units/community based alternatives as an option for all expectant mothers or those in the first year after birth. • Build on last year's Parental Mental Health CQUIN, CCG Carers review, evidence base on outcomes for children where parents have mental health needs and agree whole system requirements to promote good outcomes for children. 	A, B, C, D, E, F
October 2015 to May 2016	<p>Neurodevelopmental Umbrella Pathway – we will work with all partners across the health and economy and children's social care and education to deliver an umbrella pathway for children and young people where there are queries or concerns about difficulties in the following areas: Attention, concentration,</p>	A, B, C, D, E

	<p>impulsivity and hyperactivity (ADHD and ASD). In addition we will strive to widen the pathway within a phased approach to also cover: Learning, thinking behaviours; Tics and other motor mannerisms; and other difficulties such as sensory processing. We aim to:-</p> <ul style="list-style-type: none"> • Work with CYP and those who care for them to improve assessment, diagnosis, management, ongoing support and outcome plans for all children and young people, whether a specific diagnosis is reached or not • Establish multi agency partnership and steering group to review, develop and implement a pilot Neurodevelopmental Umbrella Pathway, continuing to work in partnership with the ADHD Foundation • Deliver the GM and Lancashire Strategic Clinical Network ADHD standards • Ensure timely access to NICE concordant care through the delivery of Neurodevelopmental Umbrella Pathway - drawing on, but not limited to, Attention deficit hyperactivity disorder: Diagnosis and management of ADHD in children, young people and adults; and Autism: The management and support of children and young people on the autism spectrum • Ensure clear ownership and accountability for the pathway • Review and monitor the effectiveness and impact on resources and ensure provision is sustainable 	
<p>August 2015 to June 2016</p>	<p>Develop the Workforce – we develop training programmes that lead to an appropriately skilled workforce across the whole system that seek to ensure a ‘no wrong door’ approach and promotes early invention and timely access. We aim to:-</p> <ul style="list-style-type: none"> • Implement workforce audits that leads to the development of training pathway and programme that cuts across the whole workforce; including volunteers, support staff and receptionists • Establish multi agency partnership and steering group to review, develop and implement a training programme that can be accessed by all agencies and organisations across Tameside and Glossop that are working with children, young people and those who care for them. This will include training and development on adult mental health to enable children’s services staff to support parents into adult mental health provision if required • Promote access to e-learning and tuition lead courses to all CYP workforces, including volunteers, across Tameside and Glossop; minimising the barriers to access • Develop and implement Self-Harm and Suicide Strategy, guidance for all practitioners across setting supported by training and supervision (action learning model) • Maintain and roll out CYP IAPT from our NHS CAMHS service to all partners, including the third sector and education. • Develop and implement training programme for parents and carers 	<p>B,C D, F</p>

<p>September 2015 to April 2016</p>	<p>Coping – we will ensure access to a range of information and develop the infrastructure that enable those children, young people and those who care for them the choice over their care that enables self-directed care and management. We aim to:-</p> <ul style="list-style-type: none"> • Develop and support infrastructure that enables self-directed care and management (e-platforms and apps), one off contact (online or face to face) and peer mentoring • Develop choice and control for children, young people and those who care for them through: promotion of the local offer; Personal Health Budgets (PHB); establish and maintain Service User Fora • Ensure promotion of mental health and emotional wellbeing through tackling stigma campaigns, workshops and local events (e.g. World Mental Health Day) 	<p>A, B, C</p>
<p>September 2015 to June 2016</p>	<p>Getting Risk Support – we will continue to develop preventative and proactive as well as intervention services for children and young people who are vulnerable such as those who are looked after, in the criminal justice system, those with a mental Health crisis and those requiring in-patient care. We aim to:-</p> <ul style="list-style-type: none"> • Review interface between CAMHS community based and inpatient services (including secure) • Build effective risk management and early intervention for children and young people at risk of a crisis • Refresh our Crisis Care Concordat to ensure that children and young people are appropriately reflected. • Review crisis care for children and young people within our evaluation of RAID services at Tameside General Hospital in line with NHS England Psychiatric Liaison Standards. • Review CAMHS In-reach Outreach Service in conjunction with the development of the home treatment aspect of the Community Eating Disorder service and develop urgent/crisis care home treatment model, ensuring cross organisational support and integrated delivery. • Scope opportunities in conjunction with the LA to develop Edge of Care services in localities to prevent family breakdown and reduce the use of unplanned care episodes • Work with colleagues in GM to develop a local approach to commissioning CAMHS Inpatient care and alternatives to in-patient care in line with GM Devolution. • Ensure, with the Local Safeguarding Children’s Boards (LSCBs), that findings from Serious Case Reviews (SCRs) in relation to emotional well and mental health are implemented 	<p>A, B, C, D, E</p>
<p>September 2015 to March 2017</p>	<p>Joint Commissioning – in line with our Care Together plans we will integrate the commissioning of emotional and mental health services and ensure a Mindful approach to commissioning that ensures services meet the emotional wellbeing and mental health needs of children, young people and those who care for them. We aim to:-</p> <ul style="list-style-type: none"> • Maintain our commitment to systematically ensuring the voice of the child is heard and acted upon 	<p>A, B, C, D, E, F</p>

	<p>within commissioning arrangements</p> <ul style="list-style-type: none"> • Build on our engagement with children and young people by developing and maintaining Service User Fora to provide a direct voice into our Programme Board and future commissioning intentions; ensuring decisions around design and delivery are shaped by those best placed to know what works and help monitor effectiveness • Place the Voice of Child statements within all service specifications commissioned to deliver emotional wellbeing and mental health service for CYP and those who care for them • Ensure all service specifications (including physical health) highlight emotional wellbeing and mental health requirements of the provider. • Expand the remit and terms of the current Children, Young People's emotional Wellbeing and Mental Health Transformation Programme Board until 2020. • Pilot CAMHS Modelling Tool to support the of improved mental health services for children and young people beyond 2016/17 • Ensure outcome based commissioning is developed and that Routine Outcomes Measure (ROMS) are stipulated within service specifications • Establish New service specification for Community CAMHS 2016/17 based on Local Transformation Plan principles and Thrive Model for CAMHS; placing the voice of child 'I' statements at the heart service specifications • Develop and Maintain Pennine Care CAMHS Commissioning and Provider interface, with those CCGs who commission Pennine Care NHS Foundation Trust as their CAMHS provider (Tameside and Glossop, Oldham, Trafford, Stockport, Bury and Haywood, Middleton and Rochdale) • Work with all partners within our work to create an Integrated Care Organisation that supports a single point of access to all children and young people's provision (including Mental Health). This will ensure smooth pathways into a range of support with a significant reduction in 'asks for help' being rejected and/or referred on. We will ensure direct access to help for children, young people and those who care for them. 	
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Thematic Domain Key:

- A. The voice of the child - reforming care delivery based on the needs of young people, children and those who care for them;
- B. Developing resilience, prevention, early intervention and promoting good mental health and wellbeing;
- C. Improving access to appropriate services that are as close to home as possible and at the right time that are implementing evidence based pathways;
- D. Promoting working across agencies leading to a clear joined up approach for the benefit of children and young people in Tameside and Glossop;
- E. Improved accountability, transparency and ownership of an integrated whole system; and
- F. Development of training programmes that lead to an appropriately skilled workforce across the whole system.

Finance Plan

7.8 The following Finance Plan shows the new funds allocated to Tameside and Glossop and our commissioning intentions as to its potential use, subject to assurance process for final agreement.

Figure 1: Tameside and Glossop Commissioning Intentions 2015-17 utilising NHSE CAMHS Transformation investment

Tameside & Glossop CAMHS New Funding	2015/16		2016/17	2017/18	2018/19	2019/20
New CAMHS Income						
Community ED (initial allocation on submission of plan - October 2015)	145,589					
Following assurance (Nov/Dec time)	364,423					
All	510,012		510,012	510,012	510,012	510,012
Potential Expenditure	Forecast Outturn 2015-16	Notes	2016-17 Plan			
Core Programmes:						
Community Eating Disorders	145,589	1	147,045			
Parent Infant Mental Health	10,000	2	40,000			
Access and Transitions	8,000	3	32,000			
Early Help	0	4	43,772			
Neurodevelopment Umbrella Clinics	9,000	5	36,360			
LAC Psychology	14,910	6	60,237			
YOS Forensic & Transition	0	7	51,575			
Schools Liaison and Consultation	12,766	8	43,772			
Workforce Development (Training Post)	10,835	9	43,772			
CYP/Service User Fora	10,000	10	3,678			
LTP Benefits Realisation (Monitoring and Evaluation)	16,000		7,800			
Non Recurrent Service Development:						
Neurodevelopment Umbrella Service Development and Coordination	34,000		0			
Neurodevelopment Umbrella Clinical Development	45,000		0			
School Health and CAMHS Service Development	45,000	11	0			
LAC Emotional Well Being and Mental Health Service Development	45,000		0			
Challenging Behaviour Service Development	46,000		0			
Non Recurrent Programmes:						
Voice of the Child Findings & Development	20,000		0			
Public Health Campaign Awareness/resources	15,000		0			
Youth Mental Health First Aid Course (2 trainer the trainers)	5,476	12	0			
Training Materials Non Pay Costs	17,436		0			
Total	510,012		510,012			
Remaining	0		0			
Notes						
1 Planning & Delivery of an Integrated Service						
2 Expansion of Early Attachment Service (EAS) and perinatal Care						
3 3rd Sector Funding to improve access and transition for children and young people and to coordinate and embed 3rd sector offer within our statutory CAMHS service						
4 Early Help funded through non-recurrent funding and ends 31.03.2015						
5 New Umbrella Neurodevelopment Pathway with additional Community Paed Clinics						
6 New dedicated LAC service with Psychology						
7 NHSE divisionary funding end 31.03.2015 establish New dedicated YOS service with MH practitioner based in YOT						
8 New CAMHS School Consultation and Liaison Service						
9 New MH Training Officer post						
10 Support Cist for CYP service user Fora						
11 New service developments cost						
12 Non Recurrent programmes - Public Health Campaigns and Training Programmes						

7.9 The plan is built on sustainability and supports a phased approach in delivering our vision and ambition. As such this first phase of commissioning intentions outlines the potential expenditure to 31st March 2017, building on the existing Emotional Wellbeing and CAMHS 2015-16 Investment outlined in 4.64. The commissioning intentions makes explicit our plans in prompting equality and addressing health inequalities. As such the commission intentions hold a focus

around those children and young people deemed vulnerable to mental health issues.

7.10 Following assurances at a local, regional and national level we will adhere to the performance management framework outlined in section 5 that will review and decide upon subsequent use of monies pass this date. As such the commissioning intentions outlined here as all subject to review and evaluation going forward to 2020.

APPENDIX

Appendix 1: Emotional Well Being and CAMH Services Programme Board Terms of Reference



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Appendix 2: Voice of the child full findings

- a) *Report on the Findings from Focus Groups on Emotional Wellbeing and Mental Health Services in Tameside and Glossop August 2015*



Report on the Findings from Focus G

- b) *Tell Us Survey- Tameside and Glossop July 2015*



Tell Us Survey Report.docx

Appendix 3: Eating Disorders Business Case Pennine Care NHS Foundation Trust



Eating Disorder Business Case PCFT F