

Children and Young People's Emotional Wellbeing and Mental Health TRANSFORMATION PLAN

Tameside and Glossop

2015-2021



Introduction and Background

- The Local Transformation Plan (CYPLTP) refresh sets the ongoing achievements realised from the onset of the original plan in 2015/16. The report also details a number of actions identified for 2020/21 to continue the transformation and improved outcomes for children and young people with mental health problems in line with Future in Mind and the Five Year Forward View for Mental Health published February 2016, and the Long Term Plan published 2019.
- The CYPLTP details the proposed financial plan to support the national delivery of extra capacity and capability whilst also giving access to high-quality mental health care for children and young people.
- LTP's require active engagement led by Clinical Commissioning Groups (CCG'S) working with all stakeholders.
- The refresh of the LTP reflects the local progress and further ambition going forward for 2020/21 and is seen by NSHE as the evidence that progress is being made, that the funding is being spent as intended.
- Refresh March 2019 is available [here](#)

Future in Mind Priorities:

- Promoting resilience, prevention and early intervention
- Improving access to effective support
- Care for the most vulnerable
- Eating disorders
- Developing the workforce
- Accountability and transparency

Long Term Plan Commitments include:

- Further expansion of mental health services for children and young people
- Further expansion of eating disorders services for children and young people
- Further development of crisis care services
- Further development of mental health support in schools, and colleges
- Establishment of a new approach to mental health services for 18 – 25 year olds

The Journey so far : Local Transformation Plan Progress

You Said

1. You wait too long for autism diagnosis
2. You only want to tell your story once
3. You wanted to be able to access mental health advice easier
4. You wanted teachers to be more aware of mental health
5. You said it's hard to find where to get help

We Did

1. We have invested in additional diagnostic time to reduce the waiting list from 23 months to 13 months
2. We now have a THRIVE Lead Subject Matter Expert who is working hard to make sure that all the workforce speaks the same language, make sure everyone knows the right place for you to be seen, and can signpost you effectively.
3. We have developed drop-in sessions for young people We attended the primary schools head teachers learning day to make them more aware of good mental health.
4. The school link network has champions from each school and some schools have completed the AcSeed award. Eleven schools are enrolled in the GM Mentally Healthy Schools Programme.
5. Young People have created a website called You and Your Mind which will help people in Tameside and Glossop to find out what they need. Young people and their families have also been involved in updating our SEND Local Offer

Our Journey so far



2015-16

- Neurodevelopmental pathway staffing and multiagency approach

2016-17

- Looked After Children Psychologist
- Youth Justice Service MH practitioner

2017-18

- Increasing Access with Mental Health Drop in sessions
- Schools Mental Health Link

2018-19

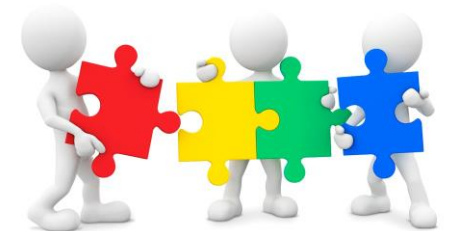
- Further implementation of THRIVE
- Positive Behaviour Support Training for workforce

2019-20

- All Age Liaison Service
- Mental Health links in Early Help
- Helping at Home Service
- Neighbourhood model and system integration

2020-21

- Integrated LAC team
- Community Emotional Health and Wellbeing Offer



Greater Manchester and National Priorities

Children and young people’s mental health is a key planning priority within Greater Manchester and several key work programmes have been developed.

The CYP Strategic Steering Group seeks to work with these programmes to align with local planning, and further detail about how we link to these locally is described elsewhere in this report.

Representation on key Greater Manchester groups include:

- Children’s and Maternity Commissioners Consortium
- Future in Mind Implementation Group (now LTP Implementation Group)
- Preventing Avoidable Admissions Learning Set

Further detail about the Greater Manchester programmes is provided in this additional document and the GM plan on a page



LTP Refresh Local Priorities 2020/21

Working together
in neighbourhoods
to make it easier
to get help

Increasing access

Listening and
shaping services
with young people

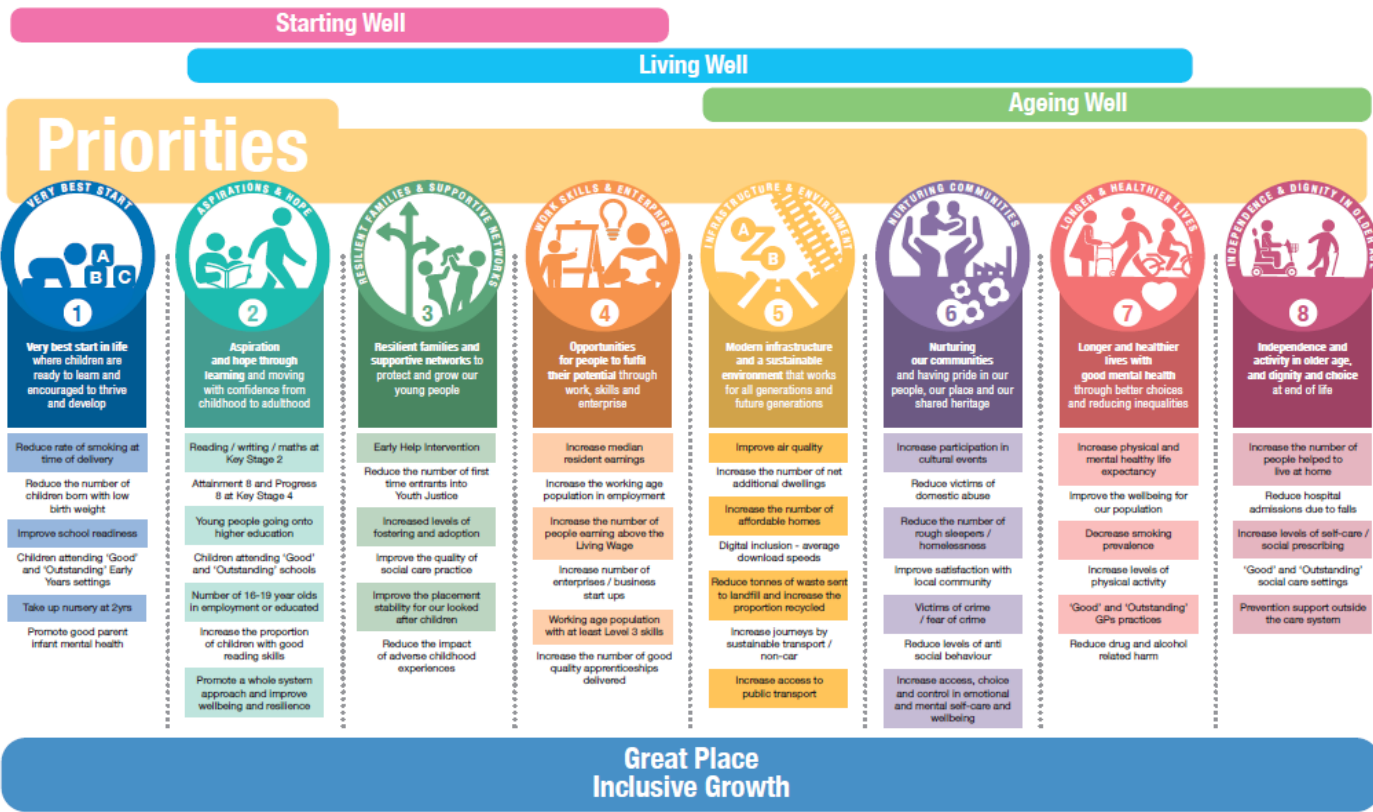
Focus on families
as the best
resource

Increase support
for those most
vulnerable to
improve outcomes

Tameside and Glossop Corporate Plan 2018-2025



Transforming Tameside & Glossop Our People - Our Place - Our Plan For everyone every day



Delivering on Our Plan

Delivering the vision, aims and priorities of the Corporate Plan will be supported by a number of enablers and ways of working:

A **new relationship** between public services and citizens, communities and businesses that enables shared decision making, democratic accountability and voice, genuine co-production and joint delivery of services. Do with, not to.

An **asset based approach** that recognises and builds on the strengths of individuals, families and our communities rather than focussing on the deficits.

Behaviour change in our communities that builds independence and supports residents to be in control

A **place based approach that redefines services** and places individuals, families, communities at the heart

A stronger prioritisation of **well being, prevention and early intervention**

An **evidence led** understanding of risk and impact to ensure the right intervention at the right time

An approach that supports the development of **new investment and resourcing models**, enabling collaboration with a wide range of organisations.

Local Governance

Starting Well Partnership Overarching Priority Themes



The delivery of the priorities in the long term plan are governed by the CYP Emotional Wellbeing and Mental Health Strategic Steering Group which includes representation from:

- NHS Tameside and Glossop Clinical Commissioning Group (CCG)
- NHS Tameside and Glossop Integrated Care Foundation Trust
- Pennine Care NHS Foundation Trust which delivers the local Healthy Young Minds (CAMHS) service
- Tameside Local Authority Public Health Department
- Tameside Local Authority Head of SEN and Inclusion
- Voluntary Sector Providers
- The Youth Justice Service
- The Youth Council

Progress on the LTP is updated to the Starting Well Partnership via Single Commission governance and the LTP is expected to be presented at all of the strategic boards for information and sign off

Engaging Young People and their Families

- The SEND Local Offer has been refreshed following consultation and feedback from young people, parents and carers from 'Our Kids Eyes', a local voluntary organisation
- The Anthony Seddon Fund have engaged young people in their thoughts around online counselling and on their knowledge of the services available to them, which has fed into wider discussions around the offer
- Healthy Young Minds capture experience from children young people and their families who use the service
- In October 2019, children, young people and their families were asked to complete an experience of service questionnaire about their visits to Healthy Young Minds, 96% of people were satisfied.
- The Single Commission has developed a co-production framework, Listening, which is our commitment to developing services with young people, for them.
- Young People from the Youth Council were involved in the tender process for the new Young Persons Counselling Service
- The Anthony Seddon Fund have asked Action Together to listen to families ensure that the TalkShop is meeting their needs

Young Person and Family Feedback

YMHFA feedback is extremely positive and delegates showed an increase of confidence and knowledge from around 50% to nearer 100%

“Well delivered course with interesting and informative content”

Riding the Rapids course feedback from parents was positive. The goal based outcomes increased from 29 to 37 following the course based on the Sheffield Learning Disability Outcome Scale

“First we can thank for you. Because you are give us time to learn important thing of our child. This course is very helpful to me and my child. We understand and learn useful something very important of life of my son. I am very happy and thankful to you all to support us.”

“I felt I could talk without being judged”

HYM ESQ – October 2019

Does the range of agencies help?

- The variety of agency’s is perfect – it’s a one stop shop and very reassuring should you need its variety of help, if one agency doesn’t know another will.

TalkShop Feedback - 2019

How has it helped your mental health?

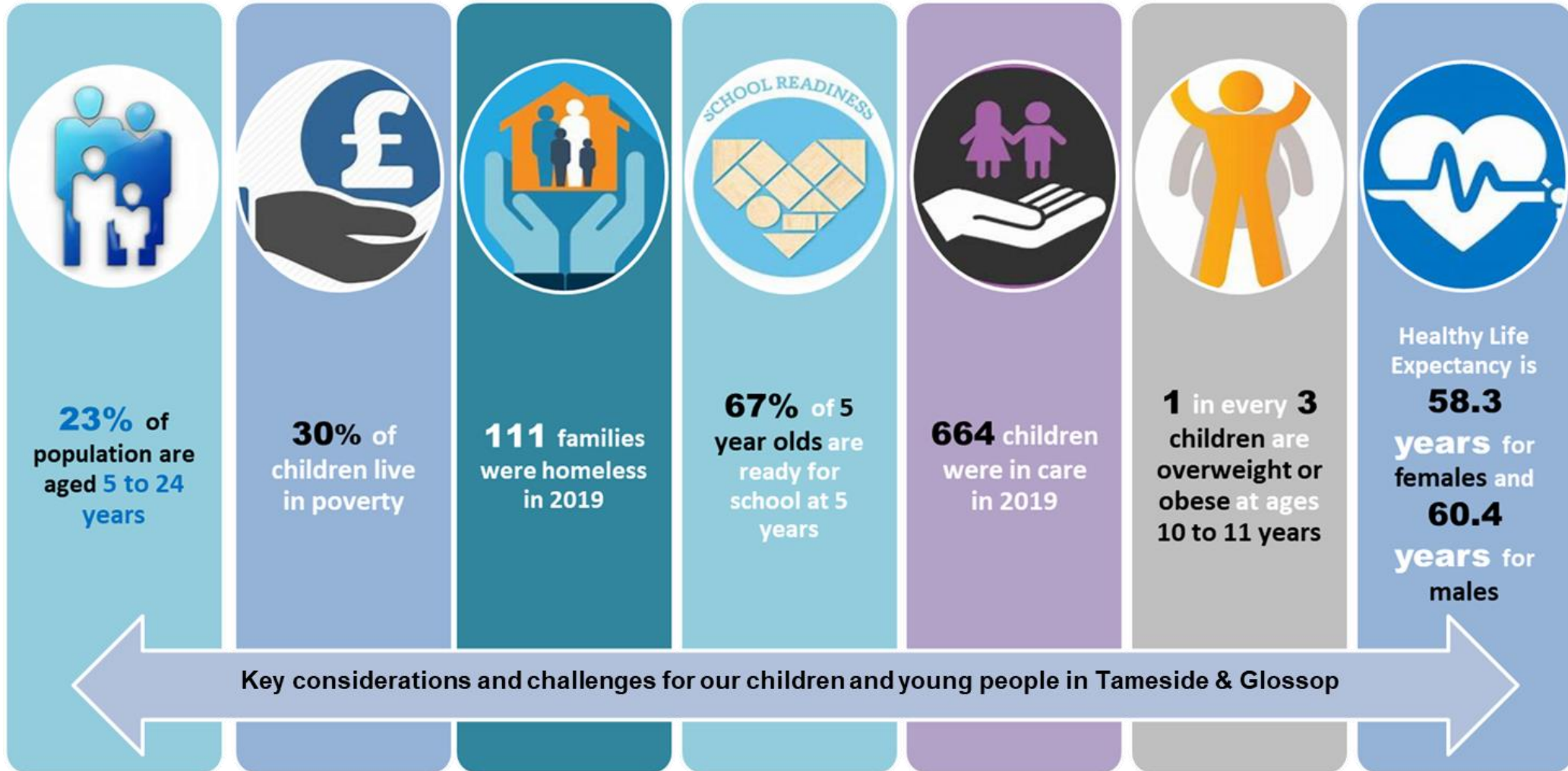
- It is chilled, no hierarchy, all neutral it doesn’t matter who you are, we are here to help each other, the ethos ‘don’t have to impress just find yourself, you don’t get judged’

TalkShop Feedback - 2019

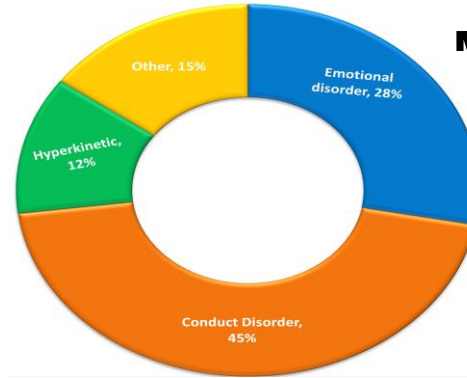
On average there are 23 referrals a months to The Hive, mainly from schools.

91% of CYP felt they were listened to at The Hive and 95% would recommend it to a friend

Local Needs

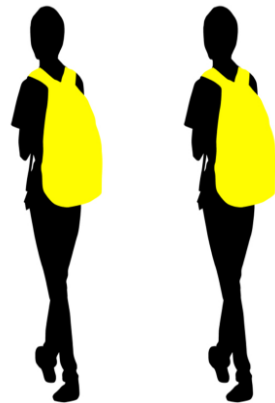


Local Needs – Mental Health



Types of Mental Health Issues (2018)

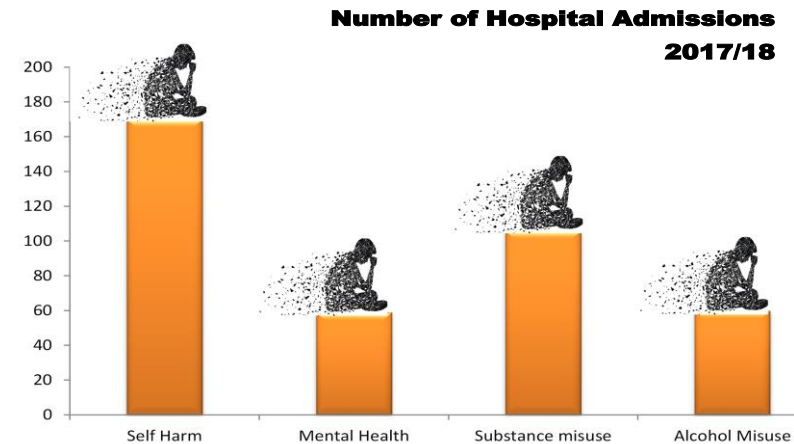
There was **Cause for Concern** relating to **Emotional and Mental Wellbeing** for **31%** of **Children in Care (2018)**



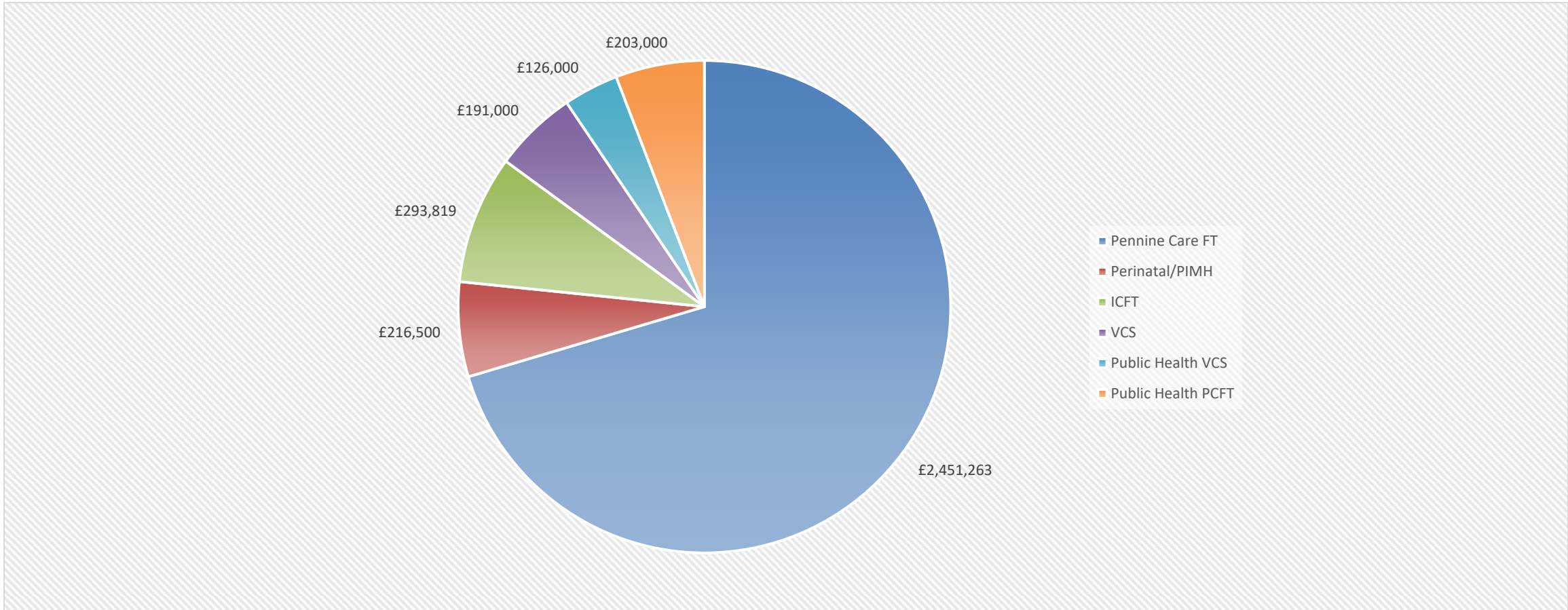
2% of the school population have a SEN for emotional, social or mental health issues

206 parents in **drug and alcohol** treatment (2018/19)

55 **Homeless Young People** ages 16 to 24



Strategic Commission Investment in CYPMH 2019/20



CCG Investment in Children's Mental Health

NHS Tameside and Glossop CCG LTP Income	2018/19	2019/20	2020/21
Community Eating Disorders (CED)	£141,000	£141,000	£141,000
Local Transformation Funding	£790,000	£883,000	£995,000
Total LTP Income	£931,000	£1,024,000	£1,136,000
Core Programme (Expenditure):	2018/19	2019/20	2020/21*
Community Eating Disorders (PCFT)	£141,000	£141,000	£168,000
Parent Infant MH	£40,000	£40,000	£92,619
Neurodevelopmental pathway	£128,547	£151,343	£281,000
Looked After Children	£104,009	£104,009	£104,009
Neighbourhoods and Schools	£157,506	£210,630	£275,000
Improving Access- Drop ins	£99,599	£99,599	£99,599
HYM YOS Forensic & Transition	£51,575	£51,575	£51,575
All Age Liaison (PCFT and ICFT)	£28,076	£56,151	£109,151
Transforming Care - Early intervention	£25,678	£51,263	£51,263
Transforming Care - PBS training	£16,000		
CYP IAPT Trainees	£50,281	£87,975	£43,647
CVS - MH First Aid Training	£4,350	£0	£15,000
HYM Psychiatrist FTE 0.33	£30,455	£30,455	£125,455
Family focus (Raising Confident Kids)			£50,000
CYPEMH Development			£64,000
Unallocated	£53,924		
Total Expenditure	£931,000	£1,024,000	£1,530,318
*Subject to SCB Approval April 2020			

Successes in 2019/20

- Youth Mental Health First Aid training between April 2019-December 2019 has been delivered to 112 people over 7 cohorts. This has been delivered in clusters of secondary, primary and wider workforce across the neighbourhoods with positive feedback and improvement in perceived knowledge following the training sessions
- The new Helping at Home service has started to support families with children under 5 who are displaying attachment difficulties
- The Schools Link Mental Health network has been set up to communicate the mental health offer to the schools and share best practice encouraging a network. The group facilitated a mental health programme for the primary school head teachers away day in 2019
- The expansion of Early Help panels have been supported with the addition of mental health input and from this has initiated the developments around a single point of entry for all referrals including mental health
- Successful and growing drop in sessions for children's mental health, including the addition of 'families in mind' which also support parents. The TalkShop has seen an increase to 67 young people attending the weekly sessions
- Youth Justice Service positive peer review recognising the importance of the MH practitioner within this multiagency team
- Addition of a THRIVE project manager has taken forward the agenda with additional partnership meetings and set priorities to work to. The uptake for the GM iTHRIVE Academy training modules has increased.

Mental Health Access Standards

NHS England has set the following standard in relation to access, and by 2021 the target is to enable 70,000 more children and young people access to mental health services nationally, which is 35%:

“% of children and young people with a diagnosable mental health condition who receive treatment from an NHS funded community mental health service”

NHS England has also set a trajectory for this standard which is shown in the table, alongside the local trajectory.

Year	Estimated Prevalence	% target	Number of children and young people in Tameside and Glossop Target
2017/18	5485	30%	1646
2018/19	5485	32%	1755
2019/20	5485	34%	1865
2020/21	5485*	35%	1920

*N.B A new prevalence figure is to be used from 2020/21, based on 2016 PHE data, so the prevalence is likely to increase.

Mental Health Access Standards – Local Update

We have worked hard with partners across the system to enable data to be flowed to the mental health services dataset (MHSDS). This has been challenging to get a complete picture as some organisations have been unable to flow data successfully.

Year	Number of CYP receiving treatment and flowed to MHSDS	% target	% treated as per MHSDS
2016/17	415	32%	18.1%
2018/19	1185	32%	23%
2019/20	1270	34%	30.8%

The annual one off submission offers data from all providers and it is therefore estimated that in 2018/19, **2035** children and young people with a diagnosable mental health condition who receive treatment from an NHS funded community mental health service were flowed to MHSDS manually, meaning that **37.2%** of those with mental health conditions accessed treatment, which exceeds the target.

Although this is encouraging, we will continue to work with the third sector providers to enable data flow, as well as capturing all data from core providers.

Two priority areas of development should improve access for children and young people –

- the development of a single point of access
- refresh of the neurodevelopmental assessment pathway

Waiting Time Standards

Indicator	Target	19/20 (to November)
% of children and young people who have their first contact within 12 weeks	95%	90.8%
% of children and young people who commence treatment within 18 weeks	98%	93.8%
% of children and young people seen in CEDS routine (contract report)	95%	100%
% of children and young people seen in CEDS urgent (contract report)	95%	100%

The core CAMHS Healthy Young Minds Service has seen 1093 referrals from April to November 2019. In addition to this, 54 new people have accessed the TalkShop drop in (683 in total), 273 young people have accessed counselling at Off the Record and 174 have been seen at TOG Mind. Off the Record also have a drop in in Hyde and GP scheme in Hyde that 411 young people have accessed.

A plan to manage demand in the system at Healthy Young Minds includes:

- An internal review of staffing structure
- Review of the ADHD and ASC assessment pathway – Improved neighbourhood relationships
- System wide development of a single point of access

Further development of the THRIVE approach will also help to reduce demand on core CAMHS by utilising the wider system, but a review of overall capacity needs to be undertaken.

Our Local Workforce

Healthy Young Minds

- THRIVE
- Community Eating Disorders
- Neurodevelopmental Service
 - CYP IAPT
 - Helping at Home
- Neighbourhood posts
- CYP Home Treatment Team

CVSE Providers

- Denton Neighbourhood 16-25 Project
 - The TalkShop drop in
- Youth mental health first aid
 - The Hive drop in
 - Young persons counselling services

Perinatal and Parent Infant

- Dad Matters
- Early Attachment Service
 - Homestart

Social Care and Education

- YJS MH practitioner
- Education Mental Health Practitioners
 - Health Mentors
 - Early Help Team

GM wide provision

- GM Crisis Care Team
- Perinatal Community Mental Health Team

Ambition and Outcomes

Our LTP is ambitious both in its desire to effectively implement the recommendations set out in Future in Mind and the Long Term Plan but also changes the model of care for CAMHS to the THRIVE model fully incorporating universal, community and voluntary sector provision, and also the pace and volume of supporting activity required to make this happen. Our plan includes a mix of redesign, underpinned by the transformational restructure of our specialist Healthy Young Minds (CAMHS) service, community mental health provision, and additional investment to increase capacity in specific pathways and services such as Eating Disorders, Neurodevelopmental conditions (ADHD and ASC) and vulnerable children and young people.

Outcomes will be measured and reported in the following way and look to work to the GM CAMHS outcomes Metric



GM CAMHS Outcome Metric.png

How much are we doing?

How well are we doing it?

Is anyone better off?

CYP LTP Priorities in Tameside and Glossop

Working together in neighbourhoods to make it easier to get help

- Create a single place to get help through the Integrated Early Help Access Point by July 2020 and Integrated Early Help Neighbourhood Teams by Sept 2020
- Mental Health in Education – develop services in line with the Green Paper, bringing together GM and local initiatives including Team Around the School
- Establish an Integrated Perinatal & Parent Infant MH Service
- Integrate CYP crisis care pathway to ensure joined up working across GM services, Healthy Young Minds and the Integrated Care Foundation Trust.

Increasing access

- Expand capacity and geographical spread of early access services through pooling Public Health and CCG emotional wellbeing resources and using these to co-produce and commission a new children and young people's emotional wellbeing offer through either Innovative Partnership Commissioning or Competitive Dialogue, dependent on market views.
- Reduce waiting times for Autism assessment and build more pre and post diagnostic support
- Eliminate a gap in provision through resourcing Healthy Young Minds to cover 16 and 17 year olds.

Listening and shaping services with young people

- The new children and young people's emotional wellbeing offer will be co-produced with young people with emotional wellbeing needs and their families
- Engage 16 to 25 year olds to shape services to ensure the best offer across young people and adult services

Focus on families as the best resource

- Build more parent/carer support including training, joint sessions and peer to peer opportunities
- Establish an evidence based course for parents with anxiety, called Raising Confident Kids
- Review parent carer respite investment

Increase support for those most vulnerable to improve outcomes

- Establish psychological resources within the new Family Intervention Service
- Integrate existing services to create a Looked After Children Health and Wellbeing Team
- Review therapy service provision for looked after children with complex needs with a view to ensure proactive approach to identifying and meeting needs early to improve outcomes, and from this the ascertain the commissioning requirements
- Increase early support to families where a child has a learning disability or autism and mental health needs in line with Transforming Care and SEND.

The i-THRIVE Framework

THRIVE: a conceptual framework for CAMHS was developed by a collaboration of authors from the Anna Freud National Centre for Children and Families and the Tavistock and Portman NHS Foundation Trust. The THRIVE framework is an integrated, person centred and needs led approach to delivering mental health services for children, young people and their families. It conceptualises need in five categories (see diagram).

In 2019 the Greater Manchester i-THRIVE programme was established. A THRIVE lead project manager has been recruited to, and is working closely with the Greater Manchester team to embed THRIVE into our local planning.

Further details about the GM programme are provided in the additional document, and the local service updates are described on the next pages with more detail about of our local services can be provided as a supporting document



Thriving



Current Provision:

- SEND local offer and online Family Information Services Directory
- Parenting courses – Solihull Online is universal plus incredible years
- Local Schools Offer – a whole school approach creating emotionally friendly schools, working towards an award – 6 schools have received the AcSeed award.
- GM Mentally Healthy Schools – 11 schools taking part
- Youth Mental Health First Aid (YMHFA) training for all people who work with children and young people delivered by TOG Mind

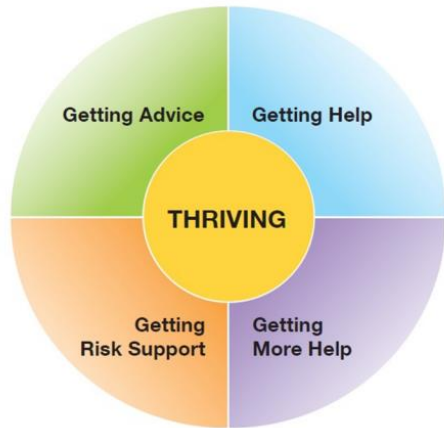
Future Developments:

Training offer – refresh of the recommended Mind ED modules and relaunch
Develop a comprehensive schools programme in line with the GM developments
Improve the SEND local offer

LTP Investment:

- Continuation of the YMHFA training offer in line with the Long Term Plan
- Invest into delivery of the 'Raising Confident Kids' programme to parents across all schools to support anxious parents with their mental health and not to project the anxiety onto their children
- Continuation of the GM THRIVE Academy to provide training for the workforce

Getting Advice



Current Provision:

- Open access drop in sessions across Tameside and Glossop
- Training for workforce – YMhFA and MindED modules
- Psychological Wellbeing Practitioners, Early Help Advisors and Neighbourhood MH Practitioners as well as the Schools Educational Mental Health Practitioners offer support in the neighbourhoods
- Representation of mental health at the schools networks and Head Teachers Forum
- Increasing uptake of 14+ LD health checks in General Practice

Future Developments:

- Enhanced open access drop in sessions
- Expansion of schools network in line with MHiE proposals, in collaboration with the Anna Freud Centre
- Establishment of a parent carer forum
- Development of the Team around approach

LTP Investment:

- Innovative Collaborative Commissioning to develop a young persons emotional and wellbeing community offer, including drop in and family support services
- Explore the digital offer including the digital front door and counselling, to increase access to services and open up choice to our young people, including the most vulnerable

Getting Help



Current Provision:

- Thrive aligned care pathways
- Established evidence based PIMH pathway within Early Attachment
- Workforce training offer, e.g. HYM make reasonable adjustments for clinic appointments in line with the SEND code of practice
- Riding the Rapids courses delivered in special schools
- Solihull / Incredible years parenting courses
- 42nd Street Neighbourhood Mental Health Team for 16-25 in the Denton Neighbourhood

Future Developments:

- GM funded training to expand the Riding the Rapids trainers to run parenting courses in schools
- Development of a Solihull Resource for families to support the parenting offer in Early Years (Grow)

LTP Investment:

- MH B7 post in SPOE to triage signpost and support the team with referrals
- A collaborative approach to supporting 16-25 year olds working with young people to ensure we have a robust offer that meets their needs, including vulnerable groups such as those with SEND and young people who are LGBTQ+

Getting More Help



Current Provision:

- The Helping at Home team are recruited to and supporting families with children 0-5 who are displaying early signs of learning disabilities and attachment difficulties, with positive outcomes.
- ND waiting list initiative enabled 126 more young people to be seen between April and October 2019
- CEDS are now taking all eating disorders referrals

Future Developments:

- The Family Intervention Service within Early Help is being developed to include a mini team of psychotherapists and psychologists to support the attachment needs of those older than 5 years old, in a trauma focussed intervention.
- Further development of the CEDS service to improve access
- Development of All Age Hospital Liaison and Vulnerable Young Persons Post as a joint team to support CYP in A&E and on the ward, supported by We Can Talk training.

LTP Investment:

- Neurodevelopmental pathway capacity and resource, for assessment but also including a post diagnostic offer and a robust core service
- Additional capacity with the Transforming Care agenda to further develop the Dynamic Support Database and Care Education and Treatment Review process and personalised care, working towards the 'Ealing Model'
- Additional medical support for prescribing for 16 and 17 year olds

Getting Risk Support



Current Provision:

- Early Help / CSC upskilled workforce with the introduction of mental health in the Early Help Panels
- MH worker in Youth Justice Service and a positive peer review
- Single point of entry initiated alongside the early help safeguarding hub
- Team around the School
- Ongoing training and awareness around the offer so that mental health is everybody's business

Future Developments:

- Integrated Perinatal and Parent Infant Mental Health services
- Integrated Crisis Pathway for children – ensuring swift and easy access to the most appropriate care

LTP Investment:

- Pooled resource across the system to create an Integrated Looked After Children Wellbeing Team, which aims to demonstrate savings across the system
- Further development of the GM Crisis Care offer

Proposed Additional Investment Going Forward

Element	Proposed investment
CYP Emotional Health and Wellbeing Development - to be commissioned through Innovative Partnership Commissioning	£64,000
Youth MH First Aid Training	£15,000
Early Help Single Access Point - Senior MH practitioner	£50,000
Extend CAMHS to meet needs of 16 and 17 year olds	£95,000
Additional capacity for Autism pathway	£130,000
Raising Confident Kids	£50,000
	£404,000



Supporting Documents

- GM Priorities and GM Plan on a Page
- Long Term Plan 2019 [Long Term Plan](#)
- Future in Mind 2015 [Future in Mind](#)



The Local Transformation Plan has been developed by partners working across Tameside and Glossop