

**To: Kent Health and Wellbeing Board**

**From: 0-25 Emotional Wellbeing Subgroup of the Kent Children's Health and Wellbeing Board.**

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**Date: 19<sup>th</sup> November 2014**

**Subject: *The Way Ahead: Draft Emotional Wellbeing Strategy for Children, Young People and Young Adults (0-25) in Kent – Part 1.***

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### **Summary:**

In April 2014, the Kent Children's Health and Wellbeing Board appointed a multi-agency subgroup to lead development of a new Emotional Wellbeing Strategy for 0-25 year olds.

Following engagement activity with children, young people, families and professionals, Part 1 of the draft Strategy has been written, setting out a shared partnership vision to promote and improve emotional wellbeing.

Kent Children's Health and Wellbeing Board approved Part 1 of the draft Strategy on 12<sup>th</sup> September for a period of wider consultation, seeking feedback on the proposed outcomes and principles set out in Part 1, as well as views about how these might be translated into a Delivery Plan (which will form Part 2 of the Strategy, to be developed by February 2015).

### **Recommendations:**

- **This report invites comments on Part 1 (Strategic Framework) of the draft Strategy and recommends this document to the Board for approval.**
  - **It is also recommended that, once consultation is complete, this strategy becomes a supporting element of the Joint Kent Health and Wellbeing Strategy, as a key part of the response to two of its overarching outcomes: to ensure that 'every child has the best start in life' and that 'people with mental health issues are supported to live well'.**
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### **1. Context:**

- 1.1. Emotional wellbeing is recognised as having a crucial influence on children and young people's life chances and their ability to achieve positive outcomes across a range of domains, including educational engagement and attainment, social inclusion and physical health. Nationally and locally, demand has been rising for specialist child and adolescent mental health services, with a wide range of studies

and reviews concluding that this is likely to continue until more effective support is available to catch problems at an early stage.

- 1.2. In response to these pressures across the system, the Kent Children's Health & Wellbeing Board established an Emotional Wellbeing Subgroup in April 2014 with the remit of:
  - Leading a multi-agency **Emotional Wellbeing Summit** (which took place in July 2014) to set the strategic direction for future delivery of emotional wellbeing services, including mental health;
  - Developing a multi-agency **Emotional Wellbeing Strategy**, to encompass a broader age range of 0-25 (in response to emerging national and local data around the importance of integrated care pathways spanning adolescence and early adulthood).
- 1.3 A multi-agency group was formed, with a high level of participation from partners indicating a real commitment to work together on this agenda. This commitment was underlined in the achievement of its original aims within just over three months.
- 1.4 The group included representatives from across Kent County Council (including Public Health, Strategic Commissioning, Adult Services, Safeguarding, and Education and Young People's Services, including schools), from Kent's Clinical Commissioning Groups and GPs, as well as from District Councils and the voluntary sector. The group has also taken a partnership approach to its chairing arrangements, with a shared lead between Public Health, West Kent CCG and Strategic Commissioning.

## **2. Key principles of the draft Emotional Wellbeing Strategy**

- 2.1. The draft Emotional Wellbeing Strategy, entitled 'The Way Ahead', has been owned and developed at real pace by multi-agency partners on the Emotional Wellbeing Subgroup, guided by the findings of consultation exercises with children, young people and families as well as views expressed at the Emotional Wellbeing Summit.
- 2.2. It is proposed that the Strategy becomes a supporting element of the *Kent Joint Health and Wellbeing Strategy*, since it forms a key part of the response to two of its overarching outcomes: to ensure that 'every child has the best start in life' and that 'people with mental health issues are supported to live well'. To this effect, *The Way Ahead* has adopted a complementary approach, and sets out a framework of **four key outcomes** (with **promoting emotional wellbeing** as a fifth overarching outcome, to be delivered across each level of need).
- 2.3. The framework of outcomes (within which commissioning intentions will be developed in Part 2: Delivery Plan) are as follows:

**Outcome 1 - Early Help:** Children, young people and young adults have improved emotional resilience and where necessary, receive early support to prevent problems getting worse.

**Outcome 2 – Access:** Children, young people and young adults who need additional help receive timely, accessible and effective support.

**Outcome 3 – Whole-family approaches:** Children, young people and young adults receive support that recognises and strengthens their wider family relationships.

**Outcome 4 – Recovery and Transition:** Children, young people and young adults are prepared for and experience positive transitions between services (including transition to adult services) and at the end of interventions.

**Promoting Emotional Wellbeing** is envisaged as a ‘golden thread’ running each of these four outcomes, and influencing activity at each level of need.

2.4. These outcomes have been identified through consultation with children, young people, young adults and families. The consultation broadly indicated a need for renewed focus on improving both:

- the **visibility** of emotional wellbeing support (including promoting resilience and positive emotional wellbeing, as well as offering accessible services)
- the **experience** of accessing support (including communication with families and the need for clarity around what support is available, and from whom).

2.5. The vision that this Strategy seeks to set out is therefore:

- **A model designed and implemented as much as possible in partnership** with children, young people, families, responding to their articulation of the priorities.
- **A re-balancing of approach**, with emphasis on supporting professionals within the wider children’s workforce, particularly universal services, to **promote emotional wellbeing and respond appropriately** where there are concerns about a child or young person. Overall, the aim will be to **engage earlier**, to reduce escalation to more targeted and specialist services. The multi-agency partnership required to do this will be pivotal – and needs to be practically-focussed, appropriately prioritised and resourced. This ambition is vitally linked to the 0-25 Transformation vision of KCC, and particularly the Early Help agenda, but also includes the wider role of multi-agency partners.
- **A ‘whole-system’ view**, with consideration given not only to the design and structure of commissioned services, but to the ways in which they interact with universal services.
- **An extended pathway to support young people up to age 25**, recognising emerging evidence of the need to improve transition at 18 and the findings that 50% of all lifetime mental illness occurs by age 14, and 75% by age 25 (*National Institute of Mental Health, 2004*).

2.6. With all of this in mind, the Strategy itself has been deliberately framed as an accessible document, non-clinical in tone and emphasising the need for partnership with children, young people and families – as well as with a much broader range of professionals within the children’s workforce. It is concise, but has been well-researched and reflects principles identified in national guidance as being essential to achieving good outcomes.

### **3. Next steps:**

#### **3.1. Delivery Plan (Part 2):**

A period of wider engagement is currently underway around the proposed outcomes and principles in Part 1 of the Strategy, as well as to ensure a robust multi-agency approach to the development of Part 2, the supporting Delivery Plan. Engagement is taking place through a variety of channels including:

- Online consultation via the Kent.gov, Live it Well and CCG websites, promoted to the public, partner organisations and stakeholder groups through shared distribution lists;
- Presentation across a wide range of countywide and local strategic groups, including Local Health and Wellbeing Boards, CCGs, COGs, and Patient Involvement Groups;
- Targeted workshop activities for multi-agency professionals around specific themes, including outreach to vulnerable groups including young offenders, children in care, and children and young people affected by child sexual exploitation;
- Further engagement with children, young people and young adults;
- A large event planned in December to draw together attendees of the July Summit and additional representatives, reviewing emerging findings from the consultation activities.

3.2 The Delivery Plan will synthesise findings from this range of activities, as well as research into best practice and alternative models, and set out recommendations for a ‘whole system’ approach to promoting and improving emotional wellbeing support. This will include future commissioning options for both internal and external services.

3.3 At this early stage in our consultation around Part 1, we are identifying a number of key issues that will need to be reflected and updated within the document: in particular this includes a recognition of the importance of strong multi-agency responses to identify and meet the needs of children and young people missing from education or from care, or affected by trafficking or child sexual exploitation. Providing effective emotional wellbeing support, as well as promoting the use of risk assessment tools to the wider children’s workforce, will be key parts of the response to these issues and will be addressed within the forthcoming Delivery Plan, as well as within an updated draft for Part 1 of the Strategy.

#### 4. Timeline

- 4.1 An interim report on the engagement process will be taken back to the Children's Health and Wellbeing Board on 28<sup>th</sup> November 2014, with the aim of returning with the full findings, and a draft Delivery Plan, to the meeting in February 2015.
- 4.2 The implementation date of this model, if approved, will depend upon the outcome of decisions regarding existing commissioned services across Tiers 2-4 (delivered by Young Health Minds, Sussex Partnership Foundation Trust and South London & Maudsley NHS Trust) which are all due to end in October 2015. The Young Healthy Minds and Sussex Partnership Foundation Trust contracts both have an option to extend for up to two years.
- 4.3 A key principle agreed by the Children's Health and Wellbeing Board was that we need to work together to seize the opportunity that all contracts ending together presents. It was strongly emphasised that new arrangements should be decided jointly, in line with this multi-agency approach.
- 4.3 Work is currently underway to scope a draft procurement timetable, and discussions are taking place regarding the possible extension of existing contracts. It is recommended that where possible these decisions are informed by the recommendations within the Strategy and forthcoming Delivery Plan.

#### 5. Conclusion

The draft Emotional Wellbeing Strategy for Children, Young People and Young Adults represents a recognition by partners in Kent that emotional wellbeing is 'everybody's business', and a significant step forward towards developing an integrated approach to the design and delivery of appropriate support services. This work will be continued at pace over coming weeks, with a draft Delivery Plan anticipated for review in February 2015 which will influence decisions about future service models from 2015/16.

#### 6. Summary of recommendations:

The Health and Wellbeing Board are invited to:

- **Review and comment on Part 1 (Strategic Framework) of the draft Emotional Wellbeing Strategy**
- **Recognise the strategy as sitting beneath the Joint Kent Health and Wellbeing Strategy**, as a key part of the response to two of its overarching outcomes: to ensure that 'every child has the best start in life' and that 'people with mental health issues are supported to live well'.
- **Attend an Emotional Wellbeing Summit on Thursday 18<sup>th</sup> December, 1.30 – 5.00pm at Clive Emson Conference Centre, Detling, Maidstone.** This event will support further development of the Delivery Plan. Please RSVP to [rose.hadlow@kent.gov.uk](mailto:rose.hadlow@kent.gov.uk) by 1<sup>st</sup> December 2014.

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