


**Kent Emotional Wellbeing Strategy
for Children, Young People and
Young Adults (0-25 years)
(CAMHS)**

Health Overview and Scrutiny Committee

A blue ribbon graphic with a white border, containing the date '5th June 2015'.

5th June 2015

A decorative graphic on the left side of the page, composed of overlapping, curved shapes in various shades of blue and purple, creating a sense of movement and depth.

**Patient focused,
providing quality,
improving outcomes**

Kent Emotional Wellbeing Strategy for Children, Young People and Young Adults (0-25 years)

Summary

This paper provides a progress report on the development of the Emotional Wellbeing Strategy for Children, Young People and Young Adults and associated Delivery Plan.

Extensive consultation events have taken place during 2014 and in early 2015 to develop a whole system approach to emotional wellbeing and mental health. Work is now taking place to implement the associated Delivery Plan; short term actions have been identified and are in progress and longer term work on the pathway, service model and future commissioning plans has started.

Work is continuing with partners to look at how existing resources can be aligned to support this work. A draft service model is being developed that will inform the contract procurement process to commence in the autumn 2015.

Recommendation

Members of the Kent Health Overview Scrutiny Committee are asked to note the contents of this report.

1. Introduction and Background:

- 1.1. In January 2014 Kent HOSC raised concerns regarding the performance of child and adolescent mental health services across Kent. This prompted a review of the services and whole system agreement that a new approach to children's mental health in Kent was required.
- 1.2. This issue is clearly of national concern. A national task group set up by Norman Lamb, Minister for Care and Support reported similar concerns to those in Kent. This important work stream for Kent strategically fits with work across the country in improving children's emotional wellbeing provision. It strategically aligns with the NHS Five Year Forward View, the mental crisis care concordat and KCC transformation programme for 0-25 year olds.
- 1.3. Emotional wellbeing underpins a range of positive outcomes for children and young people and is a key multi-agency agenda. Nationally and locally, demand is rising for specialist mental health services; three children in every class have a diagnosable

mental health condition (10 per cent) and there is recognition of the need for a whole-system approach to promote wellbeing, identify need appropriately, and intervene earlier.

- 1.4. Over the last year a huge amount of work and negotiation has taken place to transform children's emotional wellbeing services in Kent. The emotional and wellbeing strategy has been developed and consulted on widely with children, young people and families.
- 1.5. In light of the complexity of the challenge, agreement was reached across the system to extend two major children and young people's contracts to allow the time for organisations to develop a major transformation programme for children's and young peoples emotional wellbeing services across Kent.
- 1.6. This work has been developed through a range of partnership structures and governance arrangements to ensure whole system commitment and agreement. This has included regular reporting to both the Children's' and Kent Health and Wellbeing Board, bespoke strategic summit events, clinical commissioning group governance structures and KCC 0-25 Portfolio Board.

This report summarises the:

- Final version of the Strategic Framework
- A multi-agency Delivery Plan
- The emerging draft model.

2. Overview of Activity

- 2.1. Development of the Emotional Wellbeing Strategy (appendix 1) and supporting delivery plan (appendix 2) has been driven by a real desire to engage with and listen to the views of children, young people, families and professionals of all backgrounds. In total, around 650 contributions have been received since June 2014 via a range of online surveys, workshops, and engagement events. The amount of interest and quality of responses given by such a wide cross-section of the local population and workforce underline the importance of this agenda, both at a strategic level and in the everyday experience of families in Kent.

- 2.2. The aim of such extensive engagement was to piece together a variety of perspectives in order to understand how best to design a 'whole system' approach; one not only focussed on the quality of commissioned services (crucial though these are), but also on strengthening partnership working at every stage, improving the visibility and accessibility of support, and underlining the role of all partners to promote and protect emotional wellbeing.
- 2.3. In addition to engagement activity, the content of both the Strategy and Delivery Plan has been directed by the findings of a refreshed Emotional Wellbeing Needs Assessment, and from a range of national and local reviews and best practice guidelines.
- 2.4. This issue is everybody's business. Families, schools and universal services play the key role in promoting children's emotional wellbeing. In addition to universal provision KCC commissions and manages contracts that deliver a range of services in relation to emotional wellbeing and is responsible for two key contracts relating to emotional wellbeing - the Young Healthy Minds Service and the Children in Care element of the CAMHS contract. The NHS clinical commissioning groups are responsible for commissioning targeted Child and Adolescent Mental Health Service. The specialist services are commissioned by NHS England.

3. Strategic Framework

- 3.1. The Strategy was developed following initial surveys and facilitated discussion groups with children, young people and families and from service providers.
- 3.2. The draft Strategy has been consulted on widely and a 12-week period of engagement ran from 20 October 2014 to 5 January 2015 through the following channels:
 - **Online consultation survey**, hosted on kent.gov.uk and CCG platforms, with links through the Live it Well website and KELSI. The survey was further promoted through the Schools e-Bulletin, GP bulletins, Members' bulletins, District Council and Voluntary and Community Sector (VCS) networks, Health Watch Kent and Kent Public Health Observatory.
 - **Presentation of the draft Strategy and consultation discussions** held at a wide range of strategic and local multi-agency forums, including Kent Health and Wellbeing Board, Health and Social Care Cabinet Committee, clinical

commissioning groups, Mental Health Action Group Chairs, local Health and Wellbeing Boards, patient involvement forums, and Children's Operational Groups.

3.3. In addition to the discussions held, a range of individuals and organisations responded to the consultation. Overall findings indicated:

- 100% of respondents identified parents and carers as the primary group needing additional information and support around emotional wellbeing issues.
- Schools were identified as the second key group needing additional information and support around responding to emotional wellbeing.
- The structure of the strategy is around four themes; Early Help, Access, Whole Family Approaches, Recovery and Transition, however importantly the underpinning action to promote emotional wellbeing at every opportunity was unanimously welcomed.

3.4. Following consultation, a number of amendments have been made to the original Strategy to incorporate feedback received (including the addition of content relating to children affected by Child Sexual Exploitation and to target health inequalities). The final version of the strategy is provided in appendix 1 of this paper.

4. Development and Engagement Activity for The Delivery Plan

4.1. In addition to the online consultation, a number of engagement events were held during November and December 2014 to inform development of the supporting Delivery Plan. These included:

- Practitioner workshops
- Further engagement with young people, including the development of a second film sharing young people's views about the most valuable methods of delivering support
- A second Emotional Wellbeing Summit (18 December 2014). A number of KCC members attended the summit events.

- 4.2. The draft Delivery Plan summarises findings from the Kent Emotional Wellbeing Needs Assessment, engagement activity, and best practice reviews and outlines a series of recommended actions that together will lay the foundation for a whole-system approach to emotional wellbeing.
- 4.3. The recommended actions will be achieved through a combination of improved partnership working, particularly in relation to much more and more effective communication, training for universal services staff, and also access to consultation with specialist professionals, as well as key procurement activity.
- 4.4. This means that some of the actions can be implemented in the short-term, which began in March 2015, while others will need to be included within procurement exercises for new services beginning in October 2016 (when existing contracts with providers will expire). Suggested timescales are included within the Delivery Plan, alongside recommended lead agencies.
- 4.5. This is clearly a multi-agency action plan; founded on the vision agreed by key strategic stakeholders and partners at the Emotional Wellbeing Summit in July 2014 that emotional wellbeing is 'everybody's business'. The recommended actions will therefore only be achievable with involvement and commitment from a wider range of partners than before – for example, in supporting relevant workforce development or embedding it within planned programmes of training.
- 4.6. Work is therefore continuing with partners to identify how existing resources can be realigned to support the 'whole system' approach, recognising that this is intrinsically connected to the success of specialist commissioned services in meeting need. The emotional wellbeing and mental health needs of children in care will be considered as part of this work. A technical group is being drawn together to lead on this element, led by the clinical commissioning groups (CCGs).
- 4.7. **The model**
- 4.8. The detail required to deliver the model will be contained within the national specs guidance and the specs will inform the future contracts and the contractual framework required. A contract technical group has been established and is developing the draft model with commissioners and clinicians.
- 4.9. Key points of the model include the following

- Promoting emotional wellbeing – how to embed this in all the work that we do this will include a multi-agency communications strategy.
- A single point of access/triage pathway model across emotional wellbeing early intervention and mental health services.
- Enabling children and young people to receive timely access to support; development of drop-ins or safe spaces in schools.
- Increased availability of consultation from specialist services.
- A ‘whole family’ protocol, defining how parents and carers will be involved and identifying and responding to the wider needs of the family within assessments of the child’s emotional wellbeing.
- Effective implementation of multi-agency tools and protocols to identify children and young people who have been affected by Child Sexual Exploitation (CSE), and rapid access to specialist post-abuse support.
- Emphasis in the model for continued improvement of performance to agreed contract requirements across the system

5. Next steps:

5.1. During summer 2015, the following activity is planned:

- Continue the implementation of short-term improvement actions identified in Delivery Plan
- Continued scoping of the interdependencies of current pathway developments e.g. neuro development, learning disabilities, Early help, health visiting, eating disorders pathways.
- Finalise the service model

- Develop the new NHS Child and Adolescent Mental Health Service specification, including the Child in Care element of the contract and the early intervention contract and agreeing contract procurement frameworks.
- Technical group to complete activity , capacity mapping and recommend resource allocation
- Consider consultation route for new model and contract framework
- Market engagement to inform development and costing of the model

5.2. It is anticipated that formal procurement processes will begin in the autumn 2015, subject to approval of specifications.

Recommendations

Members of the Kent Health and Overview Committee are asked to

- (i) NOTE the contents of this report.

Appendices

- 1)The Way Ahead, Kent's Emotional and Wellbeing Strategy for Children , Young people and Families
- 2)The way Ahead, Kent's Emotional and Wellbeing Strategy for Children, Young people and Families

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