

SLOUGH BOROUGH COUNCIL

REPORT TO: Slough Wellbeing Board **DATE:** 23 September 2015
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PART I **FOR INFORMATION**

'MENTAL HEALTH 4 LIFE: BUILDING RESILIENT COMMUNITIES' – SLOUGH CAMHS¹ STRATEGY (2015-19)

1. Purpose of Report

To inform the Slough Wellbeing Board of the consultation and development of a CAMHS Strategy for Slough. The Strategy will establish a framework for local partners to work together to support the (physical and mental) health and wellbeing ambitions, set out in within the borough's overarching Children's and Young People's Plan (CYPP) for 2015 - 2016.

2. Recommendation(s)/Proposed Action

The Committee is requested to note the report.

3. The Slough Wellbeing Strategy, the Joint Strategic Needs Assessment (JSNA) and the Five Year Plan

3(a) Slough Wellbeing Strategy priorities

The priorities in the CAMHS Strategy will support specific delivery against each of the following Joint Wellbeing Strategy priorities:

Health – Reducing inequalities and improving the (emotional and physical) health and wellbeing of our children and young people will help them live more positive, active and resilient lives.

Safer Communities – Reducing crime, the fear of crime and anti social behaviour and safeguarding and supporting our most vulnerable children and young people will help keep them safe, feel safe and make Slough a place where people want to live, work and visit. The Strategy will support the Slough Local Safeguarding Children Board (LSCB) in safeguarding and supporting vulnerable children through the children's services improvement programme and early help agenda.

3(b) Joint Strategic Needs Assessment (JSNA)

¹ CAMHS¹ stands for Child and Adolescent Mental Health Services. CAMHS are provided by a range of statutory and non-statutory agencies

The CAMHS Strategy is based on a local CAMHS Needs Assessment, originally produced in 2008, but subsequently refreshed using information from the borough's 2015 JSNA and other key data sources. It found that there was a need for:

- A perinatal mental health service to address the needs of three different groups: those who have experienced a traumatic birth, those who had ongoing mental health problems and those who have developed post natal depression (not at clinically high levels but still requiring support).
- Adopting the results of pilot school based interventions with Mindfulness.

The refreshed CAMHS Needs Assessment is available on request.

3(c) Five Year Plan Outcomes

Reducing inequality, supporting the most vulnerable and enabling people to help themselves are threads that run through each of the challenges and opportunities identified in the council's Five Year Plan (2015 – 2019). The CAMHS Strategy will support delivery against outcome 5 in the Five Year plan i.e. that children and young people will be healthy, resilient and have positive life chances. It will do this by:

- Developing more preventative approaches to ensure children, young people and families are safe, independent and responsible.
- Ensuring that Slough Children's Services will be one of the best providers of children's services in the country, providing timely, purposeful support that brings safe, lasting and positive change.
- Ensuring vulnerable children and young people are safe and feel safe.
- Ensuring children and young people are emotionally and physically healthy.
- Ensuring children and young people enjoy life [and learning] so that they are confident about the future and aspire to achieve to their individual potential.
- Ensuring children and young people with SEND and their families receive comprehensive, personalised support from childhood to adulthood.

4. Other Implications

- a) Financial - There are no financial implications of the proposed action - but if the action plan for CAMHS transformation is agreed with NHS England some additional funding could be drawn down to enable Slough's Clinical Commissioning Group (CCG) to commission a perinatal mental health service to reduce the delay for ASD and ADHD diagnoses and to support governance at a targeted level from specialist CAMH services which has been identified as a gap.
- (b) Risk Management - There are no identified risks to the proposed action.
- (c) Human Rights Act and Other Legal Implications - There are no Human Rights Act implications to the proposed action.
- (d) Equalities Impact Assessment (EIA) - An EIA has been completed – key issues relate to the BME and LGBT communities. The Strategy's action plan

aims to reduce bullying within schools and stigma through a comprehensive schools based training programme for staff and young people.

5. Supporting Information

5.1 *Background*

The development of a CAMHS Strategy for Slough has paid regard to what has emerged in national policy since 2011, including a raft of new strategy, policy and guidance published in March 2015 [e.g. Mental Health 4 Life, Five Year Forward View, Future in Mind], with a particular focus on the use of evidence based interventions to promote emotional health and wellbeing of children and young people, including the role of schools, colleges and the delivery of earlier help. Parity of esteem between mental health and physical health in the delivery of health services has been highlighted in several recent national policies and a commitment has been made to support the Mental Health 4 Life themes.

The Government's 'No Health without Mental Health' policy² placed an emphasis on early intervention to prevent serious mental health issues developing, particularly amongst children. It highlighted that, in addition to mental health professionals, there are a wide range of professionals and groups who can support and improve a child or young person's psychological wellbeing, including:

- Midwives
- Health visitors
- Children centre staff
- School staff
- School nurses
- Community workers.

These professionals are mostly located in "universal services" and are in a good position to provide help.

In October 2014, the Department of Health published Achieving Better Access to Mental Health Services by 2020³. This emphasised the need to bring about 'parity of esteem' between mental health services and physical health services and to put into place better prevention and early intervention to support children and young people.

The government's most recent policy update published in 2015, 'Future in Mind'⁴ includes five themes to support the mental health of young people:

- promoting resilience prevention and early intervention
- improving access to effective support – a system without tiers
- care for the most vulnerable
- accountability and transparency

² Department of Health 2011 <https://www.gov.uk/government/publications/no-health-without-mental-health-a-cross-government-outcomes-strategy>

³ <https://www.gov.uk/government/publications/mental-health-services-achieving-better-access-by-2020>

⁴ Department of Health and NHS England 2015

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

- developing the workforce

5.2 Strategy development

The Children and Young People's Partnership Board (CYPPB) agreed in February 2015 that a new CAMHS Strategy should be written covering the five year period May 2015 to March 2019. This Strategy will replace the existing Strategy that was developed in 2008.

Slough's new CAMHS Strategy will set out how council and partners will work together to meet the mental health needs of children and young people in Slough. It will incorporate the latest national guidance from Mentalhealth4life and use the following Mentalhealth4life themes (together with a life course approach) to deliver the following aims of the Government's Mental Health Strategy:

THEME 1: Promoting Mental Health 4 Life with parents

THEME 2: Promoting Mental Health 4 Life with children and young people

THEME 3: Promoting Mental Health 4 Life with schools

The current draft of the Strategy includes feedback received from key partners and service areas involved in the pathways project (including the Berkshire Healthcare Foundation Trust, Slough Schools, national bodies such as; the CAMHS outcomes research collaboration working on the funding criteria, the national group working on the THRIVE model, the advisory group responsible for the Mentalhealth4life resources, Slough's Emotional and Behavioural Outreach Service (SEBDOS) (a not for profit community interest group), Cambridge Education, Healthwatch Slough, Public Health England and Slough's Clinical Commissioning Group (CCG).

A pilot service redesign (with young people and local schools) also took place between January and July 2015 to help inform the development of the Strategy.

Feedback from a number of 'Implementing pathway changes and engagement sessions' held with young people (to develop a bespoke website), Slough's Youth Parliament, colleagues from the council's Youth Engagement Team (within Ice Creates) and members of the CYPPB has also be reflected in the current draft.

A final round of consultation is currently underway (running from September 9th to October 30th⁵) to identify whether there are any actions that could be developed but are as yet undefined. Subject to the successful outcome of this final phase of consultation, Health Scrutiny will be given an opportunity to review a final draft of this Strategy in November 2015, before it is passed to the CYPPB and Slough Wellbeing Board for final endorsement in January 2016. The latest draft of this Strategy is appended to this report.

5.3 Governance

Action plans to support the delivery of this Strategy have already been developed and agreed in principle by the CYPPB (it may be necessary to revisit these once the current phase of public consultation has concluded) and will sit within the

⁵ <http://www.slough.gov.uk/downloads/draft-CAMHS-strategy-2015-2019.pdf>

CYP priority 2 subgroup for delivery. This sub group will meet bimonthly and escalate issues to the CYPPB for resolution. Any exceptions which require further escalation will be brought to the Slough Wellbeing Board as required. Specific questions about the management of vulnerable cases will be dealt with by Slough's Local Safeguarding Children's Board (LSCB).

5.4 Monitoring delivery

The action plans that have been developed will, by their very nature, not be able to cover everything that is happening across the borough in relation to our children and young people or all of the activities that will take place to achieve the outcomes identified in the Strategy, but it will provide a common framework, a shared sense of purpose and a clear direction for those looking to co-operate.

The Strategy will also be underpinned by a joint CAMHS transformation fund action plan for all tiers of children and young people's mental health and wellbeing in accordance with "Future in Mind" recommendations. This fund will provide additional funding to the CCG to enable it to address the following issues i.e.

- Roll-out of the CYP IAPT measures
- Improving perinatal mental health
- Strong focus on creating best evidence based community ED teams with details of how capacity freed up by specialist teams will be redeployed to improve crisis and self harm services
- Work with collaborative commissioning groups between specialised commissioning teams and CCG
- Commitments to transparency, service transformation, meeting legal duties with regard to quality and health inequalities and demonstrating improvement

This funding is however contingent on the development of a transformation plan that aligns with the principles and ambitions set out in the Future in Mind policy.

6. Comments of Other Committees / Priority Delivery Groups (PDGs)

6.1 There are no comments from other committees.

7. Conclusion

- Improving outcomes for children and young people with poor mental health and wellbeing will make a difference to their lives, and to the lives of their parents, carers, family, friends and wider community.
- By supporting children and young people they are less likely to need adult mental health services and more likely to enjoy a higher quality of life into adulthood.
- The proposed CAMHS Strategy will be the overarching strategy for improving the emotional health and physical wellbeing of Slough's children and young people.
- It identifies the key issues to be addressed and is based on a comprehensive assessment of what works and is the most effective approach to avoiding adult mental health problems.
- It will also contain detailed estimates of costs that could be avoided by implementing the suggested approach and will support the delivery of nationally agreed CAMHS transformation fund priorities.

7. Appendices attached

A - Mental Health 4 Life: Building Resilient Communities – Slough CAMHS Strategy 2015-2019

8. Background papers

None