

Child and Adolescent Mental health Services Local Transformation Plan Update

1. Introduction

- 1.1 Our **vision** is that the Children and Young People of Wigan Borough are **confident and resilient individuals who are connected to their communities and are able to make an effective contribution as responsible citizens**. We want them to feel **safe and care about their health, education and employment, and their community**.
- 1.2 Child and Adolescent Mental health Services (CAMHs) are a fundamental component of our children's services, and it is our **ambition** to redesign our services by 2020 to create a model for CAMHs that supports our vision by developing :
- Integrated, place based working that is visible and active in communities;
 - linked to Schools, Early Years Settings, Start Well Centres and GPs; and
 - builds on the wider workforce capacity for the promotion of positive mental health and well-being.

2. Progress so far

- 2.1 The CAMHs transformation funding has already enabled Wigan Borough CCG and Wigan Council to deliver some key changes, which have started to improve mental health services for children. In the first year of our transformation plan commissioners have invested an additional **£664k** in CAMHs as described in the following sections.
- 2.2 Developing and consulting on the final plan and developing an implementation process (**£25k**):
- Wigan's CAMHs transformation plan has been embedded in a robust governance structure. Ownership of the plan is with the local Future in Mind Delivery Group, which has representatives from all partner organisations. This group reports through the Children's Trust to the Health and Well Being Board, which means that the whole health and social care system is aware of progress.
- In order that we deliver on the full plan, we are in the process of expanding the membership of the delivery group to include education and primary care leads.
- A full time project manager supports the delivery of the programme, to make sure that the plan is delivered on time and outcomes achieved.
- 2.3 Roll out of the Deal for Children and Young People within CAMHs to ensure dedicated mental health input into testing alternative delivery models built out of the school and community (**£84k**):

The Deal sets out Wigan's programme of reform for children's services between now and 2020. This has commenced, and as part of the programme we have tested innovative integrated delivery models in a GP practice, a primary and secondary school. This learning has brought valuable information that will inform the next steps of our transformation plan, which will include CAMHs practitioners in our community hubs to ensure integrated working in localities

2.4 Increase capacity of Start Well New Delivery Model to deliver evidence based parenting support (**£99k**):

A Parent Support Offer has been developed to provide evidence based parenting support and access to evidence based parenting interventions, which is fully integrated into the Start Well New Delivery Model. Work to embed the parent support offer across Wigan will take place in 2016/17, and will feed in to our early years work programme.

2.5 Training Programme for Primary Care and dedicated input from GPs to transformation plan (**£25k**):

Commissioners have worked with GPs through the CCG's Clinical Reference Group to facilitate their involvement in the development of the CAMHs transformation plan. As a result of this all members have received Deal training. In connection to Wigan Borough's Locality Plan a series of engagement events have taken place with Primary Care. Through this forum it was identified that GPs would benefit from additional information and training events. A full programme has started and will continue into year 2 of the transformation plan to make sure that CAMHs is embedded in primary care.

2.6 Young Persons Mental Health raising awareness campaign (**£5k**):

Transformation funding has supported a campaign for children and young people in Wigan, delivered by young people to raise awareness of mental health; and provide an understanding of self-care strategies

Members of Wigan Council's Total Rethink group produced a short film called 'My Hidden Mind' and an accompanying workshop pack for teachers and youth group leaders

https://www.youtube.com/watch?v=_oPBOXrDJ2Y

Total Rethink youth group is helping to develop the borough's plans around mental health services for young people and is campaigning to change the perception of mental ill health.

2.7 Commissioning Wigan Family Welfare to deliver a Children and Young People's advocacy service to ensure improved access to services (**£32k**):

A local community provider was commissioned to deliver family advocacy to 100 children and young people who have disengaged with services. As part of this work, a research project has been carried out with these 100 children and young people to identify the reasons for disengagement and any barriers and potential solutions for re-engagement. The results of the research project are informing the next steps of the transformation plan to ensure full engagement.

2.8 Develop a in depth understanding of the challenges in relation to vulnerable children and young people (**£24k**):

A pathway is currently being finalised for Vulnerable Children and Young People and a dedicated CAMHS worker will be included in the Youth Offending Team (YOT). This work will be complete by April 2017.

2.9 Integrating technology into the local CAMHS offer (**£100k**):

A review of opportunities to improve access to CAMHS services through more effective use of current and emerging technologies has been completed. As a result, a number of planned improvements have been recognised, including online booking, SMS reminder, and video consultations and a range of potential opportunities identified including improved use of online platforms, live text chat, and mobile working. These issues are being looked at locally and at a Greater Manchester level.

To ensure technological improvements are delivered in a joined up manner locally, including collaboration with the wider Transforming through Technology and SharetoCare programmes, funding has been devolved to Wigan Council to lead a task and finish group to deliver a CAMHS technology development plan.

2.10 Roll out of Children and Young People's Improving Access to Psychological Therapy (IAPT) (**£30k**):

A series of in house re-fresher training has been delivered to the staff and CAMHS partnership agencies.

2.11 Supplement existing Eating Disorder team to work towards becoming evidence compliant (**£190k**):

Wigan and Bolton commissioners agreed a single service model for a joint Wigan and Bolton Children and Young People's Community Eating Disorder (ED) Service, in line the national access and waiting time standard. An ED project manager, who is a CAMHS professional at the 5 Boroughs Partnership NHS FT was appointed to lead on the production of the business case for the service in response to the national service specification, and to lead on the implementation of the service by April 2017.

2.12 Extend the School Pilots scheme (**£50k**):

Ten schools in the Borough have been involved in the schools link pilot. The pilot offer to schools includes:

- Dedicated support of a named CAMHS lead to work closely with two named leads from each school;
- Half termly multi-agency consultation to discuss children and young people where schools have concerns;
- Responsive, timely and flexible community-based assessment, interventions and input from specialist CAMHS professionals;
- Tools and training to support schools in identifying concerns for individual pupils' emotional wellbeing, and delivering appropriate in-school responses

- Formulation of a whole school 'Emotionally Friendly' quality baseline to support school development;
- Integrated referral to specialist services via Early Help.

The next step is to evaluate the impact and then roll out the offer to the rest of the schools in Wigan.

3. Next steps

3.1 As described in section 2, there has been significant progress and learning from the first year of the Wigan plan, and the next steps are to continue to deliver the full plan with a focus on the following areas in line with the Greater Manchester priorities.

3.2 Crisis Intervention/Liaison

A crisis care pathway for Children and Young People, which includes an all aged Rapid Access Interface and Discharge (RAID) service, to be implemented by April 2017.

3.3 Eating Disorders

The Wigan and Bolton Children and Young People's Community Eating Disorder Service, provided by the 5 Boroughs Partnership NHS FT, to be fully operational and compliant with Access & Waiting Time Standards by April 2017.

3.4 Neurodevelopment/ADHD

Pathway developed for children and young people with ADHD and Autism to be implemented by April 2017.

3.5 Vulnerable groups

Continue to define and develop the Wigan CAMHS offer to vulnerable groups of children, including youth offenders, those on a child protection plan, and those looked after by Wigan.

3.6 Early years

Finalise our strategic ambitions in respect of early years, based on our existing Parent and Child Mental Health Pathway which has been update to align with the Greater Manchester 8 stage Early Years model and our commitment to expanding frontline workforce capacity to support positive attachment and bonding.

3.7 The detailed plans for each area will be included in the full Greater Manchester plan to be completed by March 2017