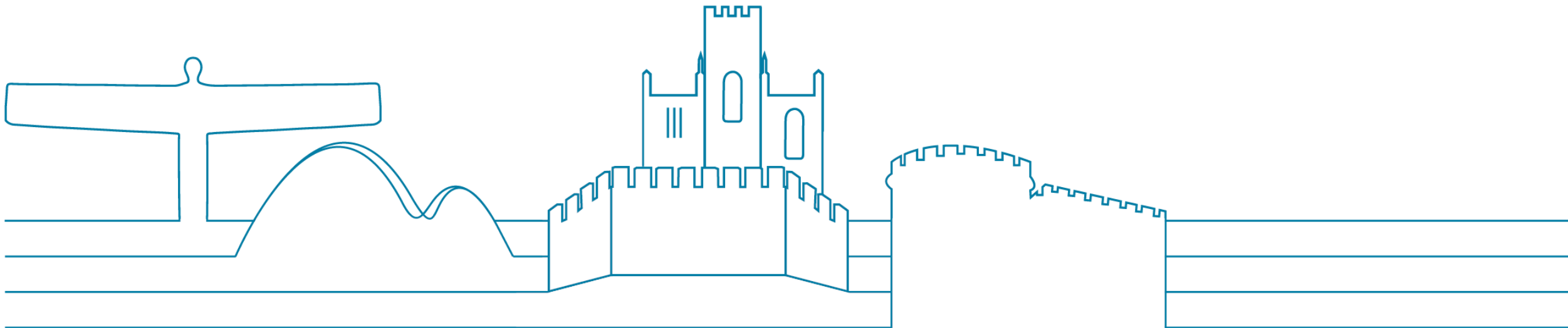


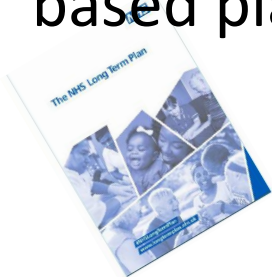


North East North Cumbria ICS Children and Young People's Mental Health 21/22 Strategic Transformation Plans



Background

- The NHS Long Term Plan published in January 2019, restated the Government's commitment to deliver the recommendations in The Five Year Forward View for Mental Health. The plan set out further measures to improve the provision of, and access to, mental health services for children and young people.
- Following the 20/21 pandemic, NHS England requested that an aligned Children and Young People Mental Health (CYPMH) plan should continue to be developed and fed into local and system level strategic plans, as referenced in the Long Term Plan, to ensure that our CYPMH population is recognised and supported moving forward.
- The Integrated Care System [ICS] brings together organisations that plan, buy and provide healthcare including mental health across North East North Cumbria (NENC). These slides have been developed to show the process NENC ICS have undertaken to show the aspirations regarding CYPMH strategic transformation plans for 2021/22 which have been developed and updated by CCGs / place based plans.



Process to develop plans

The process was agreed by Children and Young People (CYP) System leaders:-

- Each local area (CCG) would continue to develop their place based CYPMH strategic transformation plan in order to achieve optimum mental health and wellbeing for their CYP population.
- The plans would continue to develop and enhance links with partners locally including :-
 - Health and Local Authority CYP Commissioners;
 - Providers;
 - Third sector;
 - Parents/carers; and children and young people.
- The plans would continue to demonstrate advances in co-production and accountability to the local people it serves.
- Once finalised the plans will be published, online, following sign off by respective Health and Wellbeing Boards, so that members of public and local communities can understand the mental health ambitions for their area.

- The CCG plans will feed into the place-based plans being described for all mental health services and in the spirit of the collaborative framework of the ICS MH Steering Group. Any assurance process had to add to the effort to improve outcomes for CYP in the North East and North Cumbria.
- Work together on issues and challenges that would benefit from an ICS at scale, solution.
- Plans to take into account Looked After Children who are a group of children with a high-level of need and often cross CCG/LA borders, receiving different levels of support as a result
- The plans need to develop a ‘framework’ for improved CYP outcomes that includes parent/carer and children & young people input.
- Identifies opportunities to examine parity across inputs and outputs from providers that deliver across commissioner boundaries.

Panel Sessions arranged prior to publication of plans

- Three panel sessions were held in October 2021 for each CCG to feedback a summary of their plans. The panel included CYP Mental Health Network members, NENC Locality Manager (mental health) and CYP IAPT Manager for NEY.
- An expectation that the presentation include the CCG strategic vision and opportunity to demonstrate improving outcomes to be achieved for their CYP population and changes as a result of the plans in consultation with young people and families.
- The presentation to describe what the CCG was undertaking in respect of early intervention and prevention (linking with the Thrive model), understand challenges to deliver the plan and describe potential obstacles in order to achieve their ambition.



Summary of plans following panel sessions - Successes -

- CCGs ensured co-production with CYP and parents/carers in producing their strategic transformational plans to inform service development
- Mental Health Support Teams (MHST) continue to be established across NENC by 2024 with over 40% coverage expected across schools in the region.
- Plans described how CCGs will engage all parties to continue to adopt and implement the THRIVE framework and promote positive mental health and wellbeing for CYP and Learning from the impact of Covid.

Successes

- Delivery of a flexible and responsive 24/7, 365 days a year for crisis support
- Development and roll out of digital support with ongoing update and positive feedback in most areas.
- Training of Mental Health First Aid for schools
- Improvement in the neuro development pathway and waiting times reduced in some areas.
- Close working and collaboration with partner organisations including voluntary sector.
- Progress of a trauma informed approach in a number of localities but to be further developed and enhanced in other areas.

Challenges

- Children and Young People's mental health has been impacted by Covid 19 with an increase in referrals across the system. Nationally, as well as in the ICS there has been an increase in CYP eating disorders.
- NENC have some of the highest prevalence of children with mental health disorders and Looked After Children when compared to the rest of England and work needs to continue to address inequalities
- Covid 19 has clearly impacted on the work that has taken place in 2020 and 2021 and has led to changes in work priorities and progress.
- Workforce is considered one of the biggest challenges in the system, particularly being unable to fill staffing gaps due to attrition.
- Workforce wellbeing has been impacted by capacity pressures
- Recruitment and shortages of skilled individuals particularly in specialist posts across the ICS.

Challenges

- Improvement in MHSDS reporting, data quality issues including mapping against i-Thrive.
- Work to improve transitions from CYP services to adults and provide needs led continuing of care based on developmental and individual requirements.
- Develop and enhance models of care with CYP with complex needs including extending the capacity of current services working with these children
- Uncertainty of impact of the ICS and new provider collaboratives on current place based working
- Only one place based partnership specifically discussed LGBTQ+ issues during their presentation

Next Steps for ICS and Clinical Network

- Issues and challenges identified in plans to be discussed at NENC ICS Mental Health Operational Steering Group
- Thematic topics to share good practice and challenges as agenda item at monthly CYP Commissioners & Partners Forum
- CYP Crisis / Complex Care event to be arranged with key stakeholders
- NENC Mental Health Support Teams Event to be arranged for established and developing teams in 21/22 Quarter 4 to share good practice / workforce / different approaches / data collection in MHSTs across the region
- The ICS will become a formal body in April 2022 and this will impact upon the sustainability of these plans during the transition. All localities have been asked to say how they will minimise this disruption

CCG published plans — to be updated as plans developed and signed off

- North Cumbria
- Northumberland
- Newcastle / Gateshead
- North Tyneside
- South Tyneside
- Sunderland
- County Durham
- Tees Valley

