

# Children and Young People Mental Health JSNA and Transformation Plan

Health and Wellbeing Board

Date: 21 October 2015

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Author:	Frances Mayes, Senior Public Health Manager
Wards:	All
Locality Affected:	All
Parishes Affected:	All

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## 1. Purpose and Reasons

- 1.1 This Children and Young People's Mental Health and Wellbeing Joint Strategic Needs Assessment outlines the national strategies and guidance on children and young people's mental health, current services and performance in Swindon, the views of children and young people and prioritises recommendations for the future direction of service delivery and commissioning in Swindon.
- 1.2 The report is necessary to inform future commissioning of children and young people's mental health services to meet the needs of children and young people in Swindon. It has informed the Transformation Plan for Swindon and will inform the Children and Young People's Mental Health Strategy.

## 2. Recommendations

The Board is recommended to:

- 2.1 Note the recommendations from the Children and Young People's Mental Health and Wellbeing Joint Strategic Needs Assessment Bulletin attached at Appendix 1 to this report.
- 2.2 Support the development of a Children and Young People's Mental Health Strategy and action plan for Swindon
- 2.3 Note the Transformation Plan bid attached at Appendix 2 to this report.

## 3. Detail

### Children and Young People Mental Health Needs Assessment

- 3.1 Nationally, one in ten children aged between 5 and 16 years has a mental health problem.

Half of those with lifetime mental health problems had their first experience by the age of 14 and three-quarters before their mid-twenties.

Hospital admissions for self-harm for are particularly high in Swindon compared to national rates. Nationally there were 352.3 hospital admissions per 100,000 population 10 - 24 year olds compared to 572.3 in Swindon. It should be noted that the above figures are for admissions rather than individuals and local

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analysis has shown that a proportion of these are repeat attendees with some young people attending multiple times. Great Western Hospital implements NICE guidance which recommends that all children and young people who attend A&E for self-harm undergo a mental health assessment which usually requires an admission. This puts the above figures into context and it should be acknowledged that work is underway to address this.

- 3.2 This needs assessment focuses on the needs of those aged 5 - 18 years but also includes transition to adult services.

It forms part of a suite of Children's Needs Assessment. The needs of those under 5 years of age are addressed in the Early Years Needs Assessment and also the work being undertaken around perinatal mental health.

- 3.3 The needs assessment looks at all current services from those who look after the emotional health of all children and young people helping to build resilience such as schools, GPs, and youth services, to more targeted mental health services and more specialist mental health services fulfilling needs of those with the most severe mental health problems.

- 3.4 Estimates show that for Swindon LA there are likely to be 3054 young people under the age of 18 who have a clinically diagnosable condition. Of those about 880 will require a specialist out-patient mental health service.

- 3.5 Eating disorders (particularly anorexia nervosa) are the third most common chronic illness of adolescence. In Swindon wherever possible these conditions are treated in the community but in 2013/14 there were 20 admissions where eating disorders were either the primary or secondary diagnosis.

- 3.6 Both children and young people with experience of mental health services and those without were consulted. The findings were that it is felt there is a stigma associated with mental health problems. Many young people wait a considerable length of time before seeking help. They felt that services should be more visible, that more should be done to raise awareness of mental health problems and tackle stigma. They thought services should be more accessible, flexible and close to home.

- 3.7 Carers and parents reported that they would like more information/communication whilst waiting for treatment and that waiting times should be addressed.

- 3.8 There has been an increase in demand for and complexity of those accessing treatment. There were considerable waiting times for all mental health services with those most in need prioritised.

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- 3.9 Some groups of children and young people are more vulnerable for mental health problems. The needs assessment looks at the needs of these groups which include children of adults with mental health problems and/or substance misuse, children in care, those who have suffered sexual abuse or exploitation amongst others. Services need to ensure they are meeting the needs of all vulnerable groups.
  - 3.10 Schools now commission mental health services for their students. Most commission traded services from the Targeted Mental Health Service provided by Swindon Borough Council with whom they have a good working relationship. However, they recognised the need to improve staff training, communications with mental health services, access to services. They also recognised the need to retain focus on anti-bullying.
  - 3.11 The needs assessment recognised the need to ensure the mental health needs of those in crisis were met. Services are part of the Mental Health Crisis Care Concordat and aim to improve access to Psychological Therapies, improve partnership working and ensure seamless pathways between targeted and specialist services.
  - 3.12 An economic evaluation was undertaken to highlight the most effective interventions providing the best value for money.
  - 3.13 Transitions between children and adult mental health services can be particularly difficult at a time when young people are experiencing many challenges. The needs assessment highlighted the need to improve the pathway between services and ensure support for those who are not eligible for adult services.
  - 3.14 The needs assessment made 12 recommendations.
    - 3.14.1 Address waiting times, access to services and capacity within children and adolescent mental health services at both specialist and targeted levels. The focus should be on early intervention with the aim of reducing the periods of time in treatment and complexity of cases. This should include a review of the single point of access and joint assessment clinic, alongside the internal CAMHS pathway, capacity and demand review and include the staffing mix and working practice between CAMHS and TaMHS. This should be undertaken by CAMHS and TaMHS in conjunction with commissioners.
    - 3.14.2 Increase group based provision. Service providers and commissioners should explore opportunities for increasing group work where possible particularly with regard to treatment for anxiety and depression.
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- 3.14.3 Raise awareness and training for universal service providers in conjunction with early intervention. Many stakeholders raised the need for additional training for staff working with children and young people with regard to mental health so that they can gain knowledge and confidence to offer support and can identify children and young people requiring more specialist interventions. This will reduce inappropriate referrals. This would also include the promotion of mental health and wellbeing resources for schools, parents and professionals. These could include national and local resources, sharing of good practice and access to on-line resources.
  - 3.14.4 Strengthen commissioning of mental health services undertaken by schools to ensure services are evidenced based, follow best practice guidance and meet the needs of young people. Schools highlighted the need to share best practice.
  - 3.14.5 Consider the integration of mental health services into local or primary care settings. In order to make children and adolescent mental health services more visible and accessible, the viability of moving mental health services into community, local or primary care settings should be explored. TaMHS felt that the links into GP practices could improve working relationships and address some of the perceived inequity in their traded service provision. Children and young people also highlighted that they would like services to be more flexible and closer to home.
  - 3.14.6 Prioritise vulnerable groups. Ensure access to mental health services for vulnerable children and young people mentioned in this report. This will include sustainable counselling provision through SARC and perinatal mental health needs of those under 18, and those with emergent personality disorder.
  - 3.14.7 Review residential placements: A full review of review of residential placements should be undertaken with social care and CAMHS to better understand the increasing complexity of cases requiring residential placements. This work should inform the commissioning of local support services and be fed into any wider work around market development with residential providers.
  - 3.14.8 Reduce admissions and attendance for Self-Harm. This will include the continued implementation and monitoring and data review from the established self-harm register, the introduction of information packs and postcard scheme at GWH, the implementation of CCG quality premium and the reintroduction of

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information sharing between A&E and school nurses. This will be led by service providers, commissioners and public health. An assessment of the requirement for a hospital liaison provision to include a "Responsible Clinician" role at GWH should be undertaken.

- 3.14.9 Improve data collection and monitoring information. A minimum data set for TaMHS needs to be developed, led by TaMHS and Commissioners based on the national minimum dataset as part of transformation plans.
  - 3.14.10 Strengthen Information sharing and referral pathways between many services including: GPs and TaMHS, TaMHS and CAMHS, GWH and school nurses, TaMHS/CAMHS and school nurses, adult and children's mental health services to mention but a few.
  - 3.14.11 Tackle stigma and raise awareness in children and young people. Service Providers, Commissioners, Public Health and Children and Young People should work together to raise the profile of Mental Health Services, mental health conditions and resilience.
  - 3.14.12 Improve the transition from CAMHS to adult mental health services. Work building on the self-assessment regarding transition from CAMHS to AMHS needs to be developed to ensure the needs of those between 16 and 25 years are met by CAMHS and Adult services in-line with best practice guidance highlighted in this needs assessment. This should include reviewing the transition and access to adult Early Intervention Services for those leaving CAMHS services at 18. This work will be led by Public Health, Commissioners and service providers.
- 3.15 The needs assessment has been used to inform our local Transformation Plan and will be used to develop our local Children's mental health strategy. Progress against the recommendations will be monitored as part of the Children and Young Peoples Mental Health Strategy Group.
- 3.16 The full Joint Strategic Needs Assessment will be available on the JSNA website.  
<http://www.swindonjsna.co.uk>

## Transformation Plan

- 3.17 The Department of Health has identified additional funding for Children and Adolescent Mental Health Services to improve the offer for children and young people. Local areas have been invited to submit bids for additional resources to focus on key areas including eating disorders, improving access to psychological

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therapies, bringing education and mental health services closer together and building capability and capacity across the system. Additional funding will be released in due course for improving perinatal mental health services.

- 3.18 The Transformation bid is being led by CCG in collaboration with SBC and stakeholders including mental health service providers.
- 3.19 The plan outlines how we will:
  - 3.19.1 Build resilience, promote good mental health, prevent mental health problems and improve early intervention
  - 3.19.2 Change how care is provided, improving access, capability and pathways, addressing waiting times and transition out of children's services at 18 yrs.
  - 3.19.3 Sustain a culture of continuous evidence-based services delivered with a workforce with right skills mix, competencies and experience.
- 3.20 The plan outlines our current position and short term (until April 16) goals, alongside longer term ambitions.
- 3.21 Work will continue to develop the Transformation Plan and Strategy.

## 4. Alternative Options

- 4.1 Not to approve the Children and Young People's Mental Health Needs Assessment recommendations and Transformation Plan.

## 5. Implications, Diversity Impact Assessment and Risk Management

### Financial and Procurement Implications

- 5.1 There are no direct financial or procurement implications arising from development of the strategy. If additional resources are needed a detailed business case will be developed.
- 5.2 The Needs Assessment has informed the Transformation Plan which will allow Swindon to bid for additional national resources to improve services.

### Legal and Human Rights Implications

- 5.3 Legal and Human rights have been taken fully into account in compiling this report. It is considered that the recommendations within this report are compatible with Convention Rights

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## All Other Implications (including Staff, Sustainability, Health, Rural, Crime and Disorder)

- 5.4 There should be no significant staffing or other implications arising from this report

## Diversity Impact Assessment

- 5.5 The full Children and Young People's Mental Health and Wellbeing Joint Strategic Needs Assessment has assessed the needs of all children and young people in Swindon and highlighted those at highest risk. The assessment has considered all equality groups.

## Risk Management

- 5.6 No specific risks were identified.

## **6. Consultees**

- 6.1 The Board Director, Resources (Section 151 Officer) and Director of Law and Democratic Services (Monitoring Officer) are consulted in respect of all reports.

## **7. Background Papers**

- 7.1 None.

## **8. Appendices**

- 8.1 Appendix 1 Children and Young People's Mental Health Joint Strategic Needs Assessment Bulletin.
- 8.2 Appendix 2 Transformation Plans for Children and Young People's Mental Health.