

North East Lincolnshire's Transformation Plan for Children & Young People's Mental Health & Emotional Wellbeing 2018/2019



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Foreword

This document should be read as an additional supplement to:

- [North East Lincolnshire Council \(NELC\) and North East Lincolnshire Clinical Commissioning Group \(NELCCG\) Transformation Plan 2015-2020](#)
- [North East Lincolnshire's Transformation Plan Children and Young People's Mental Health and Emotional Wellbeing October 2016 – March 2018](#)
- [North East Lincolnshire's Transformation Plan for Children & Young People's Mental Health & Emotional Wellbeing October 2017 - March 2021](#)

This document will be published by 31st October 2018 and sent for information and comments to the following boards.

- Health and Wellbeing Board
- CCG Council of Members
- Local Safeguarding Children's Board
- Healthwatch
- North East Lincolnshire Parent Participation Forum
- Youth Action Group
- Local Transforming Care Partnerships
- Future in Mind Programme Board

Please note the re-fresh plan will be updated if any of these boards meet after the submission date, amendments will be uploaded to our electronic submission online.

The refreshed plan will be published on the following websites:

- North East Lincolnshire Council
- Local Safeguarding Children's Board
- North East Lincolnshire Clinical Commissioning Group
- Lincolnshire Partnership Foundation Trust

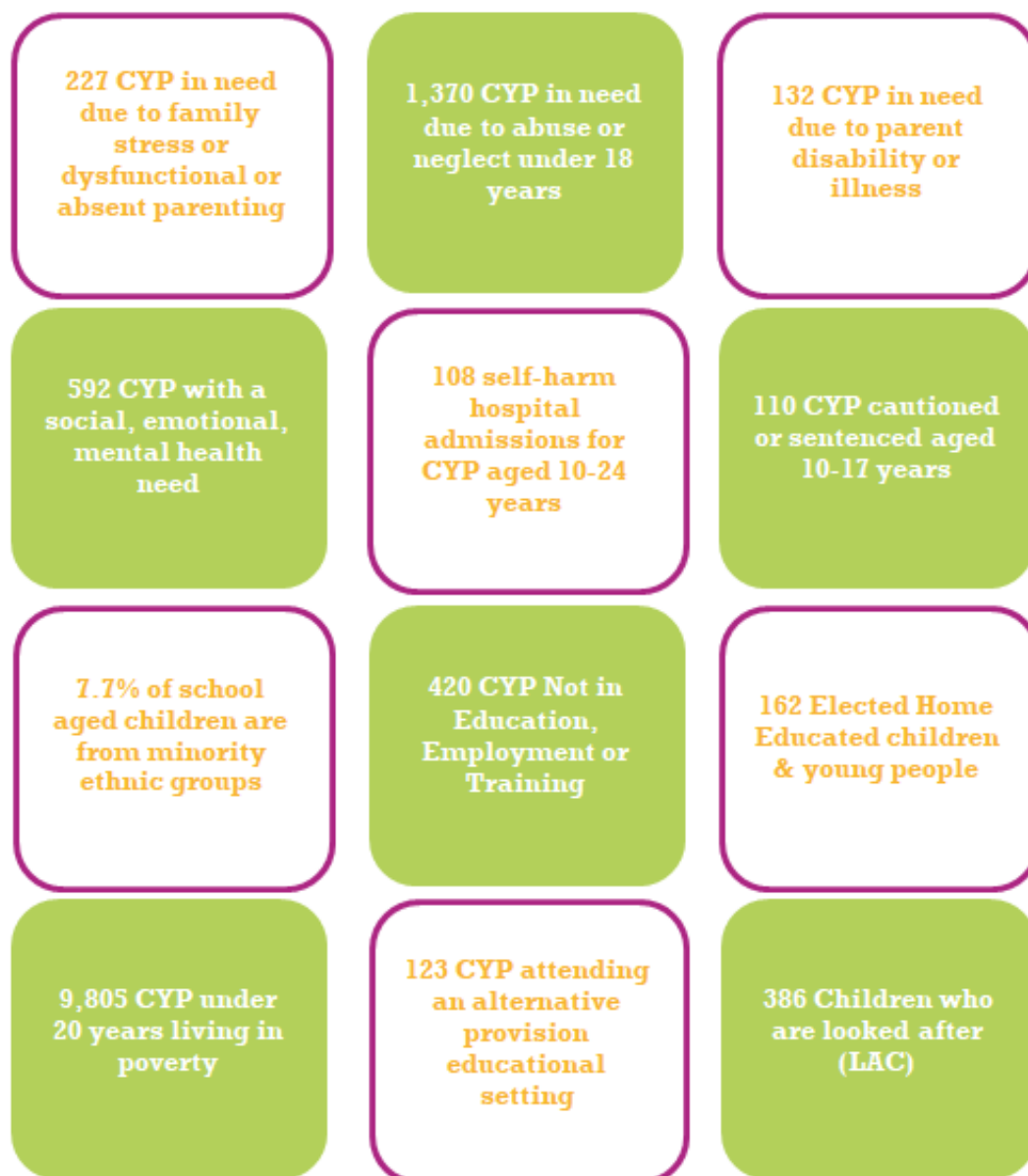
We are working in collaboration with Children and Young People (CYP) to create a summary document for CYP to understand what the Future in Mind re-fresh 2018-2021 means to them.

Introduction to North East Lincolnshire

The purpose of this refresh document is to highlight the key achievements which have been undertaken and detail the future plans for the Local Transformation Plan (LTP) in North East Lincolnshire (NEL).

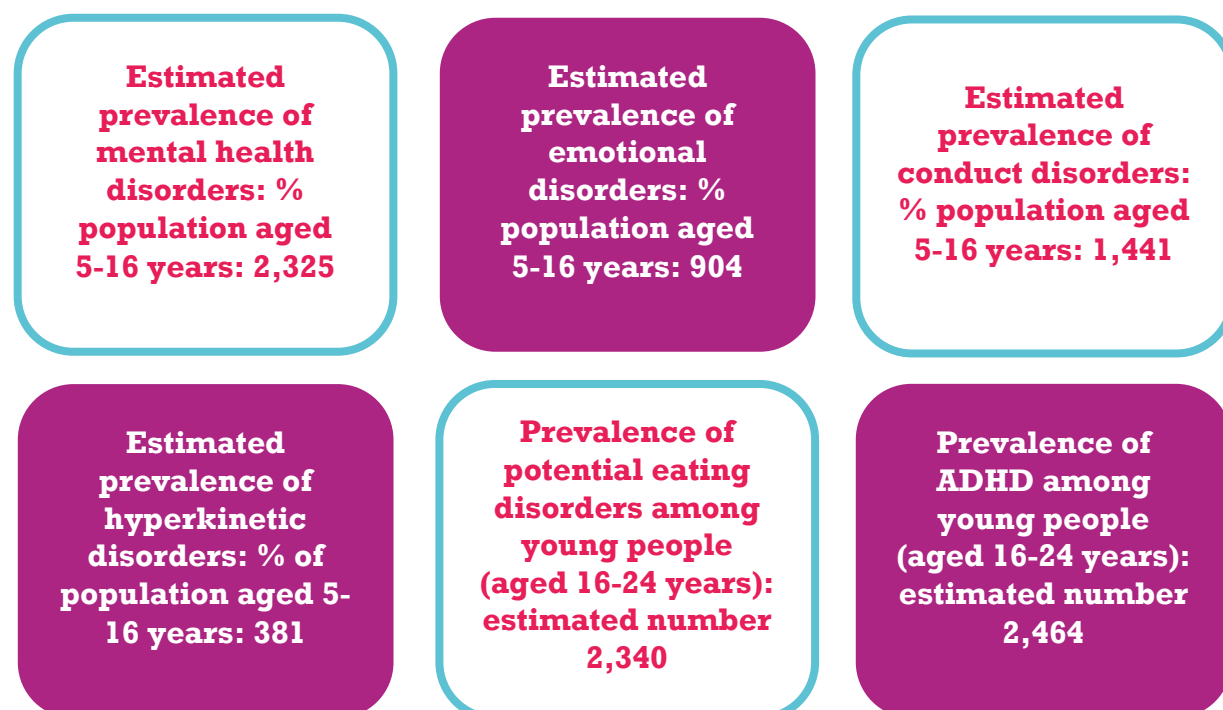
NEL is a unitary authority which is part of the Yorkshire and Humber region. The estimated total population is 159,827 and there are approximately 37,700 CYP aged 0-19 years. It is projected that in 2026 there will be 37,900 CYP aged 0-19 years. The health of people living in NEL is generally worse than the England average is one of the 20% most deprived unitary authorities in England.

Below summarises a snapshot of the CYP health within NEL, which includes vulnerable groups.



The Mental Health and Emotional Wellbeing Needs of Children & Young People

Below is a summary of the mental health and emotional wellbeing prevalence estimates for NEL:



North East Lincolnshire Council & North East Lincolnshire Clinical Commissioning Group Union Board

North East Lincolnshire Council (NELC) has delegated responsibility for the commissioning of CYPs mental health services from North East Lincolnshire Clinical Commissioning Group (NELCCG) through a Section 75 agreement.

In NEL the local authority and the Clinical Commissioning Group (CCG) are in the process of uniting together to focus on NEL as a place which is essential in this process. This union aims to deliver on health and wellbeing outcomes for the local population through strong, credible partnership working across both organisations. As the Union develops the proposals are that there will be a fully integrated single leadership model.

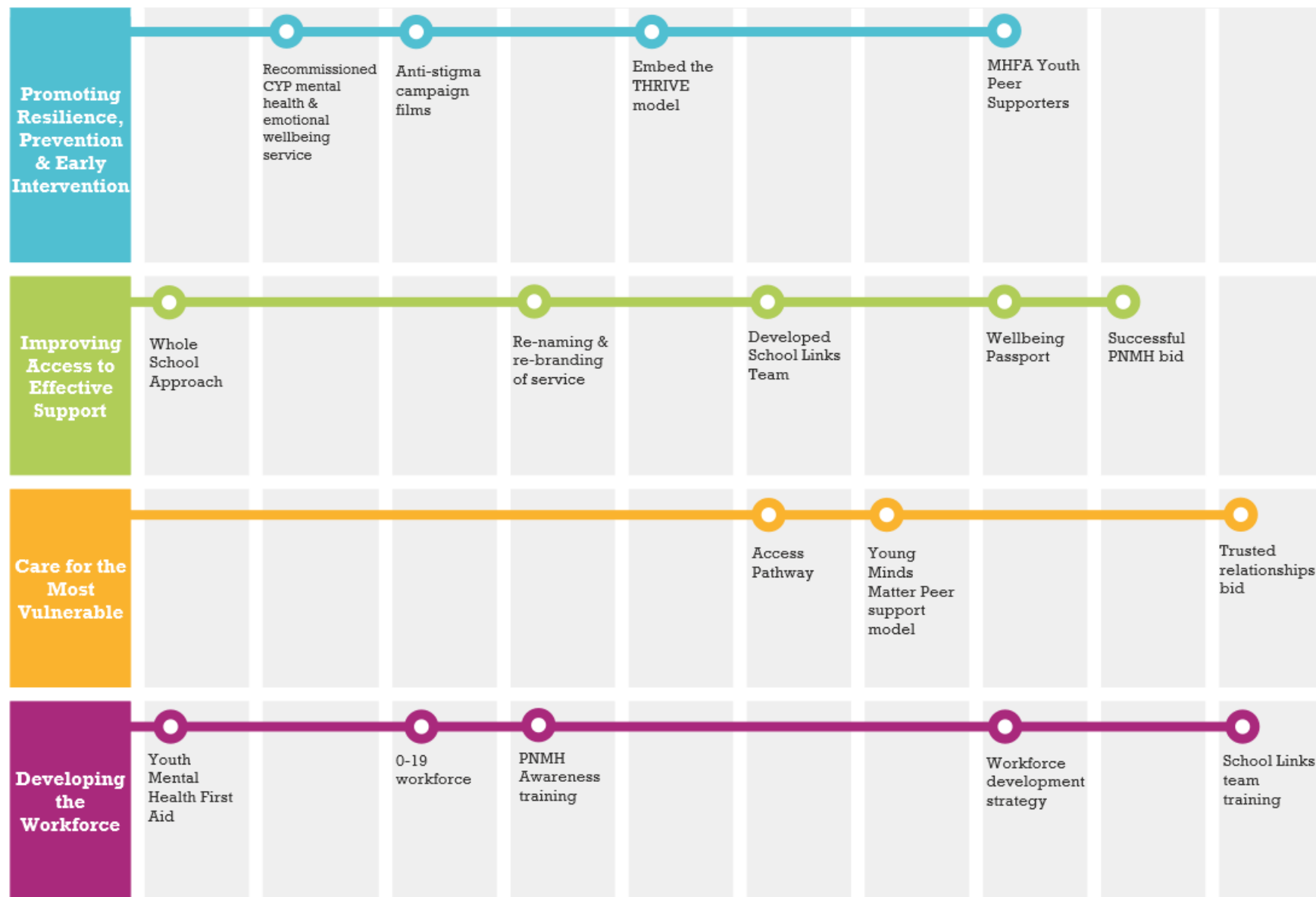
The aims of the Union are:

- Maximising the opportunities that combining significant resources can bring for the health and wellbeing of residents and communities
- Developing a single set of commissioning intentions and priorities for the place
- Furthering democratic and clinical leadership of the system and the place
- Bringing the wider determinants of health into sharper focus via increasingly combined (and not separate) interventions
- Reducing duplication of effort, spend and bureaucracy over time

Key Actions Undertaken and Progress to Date

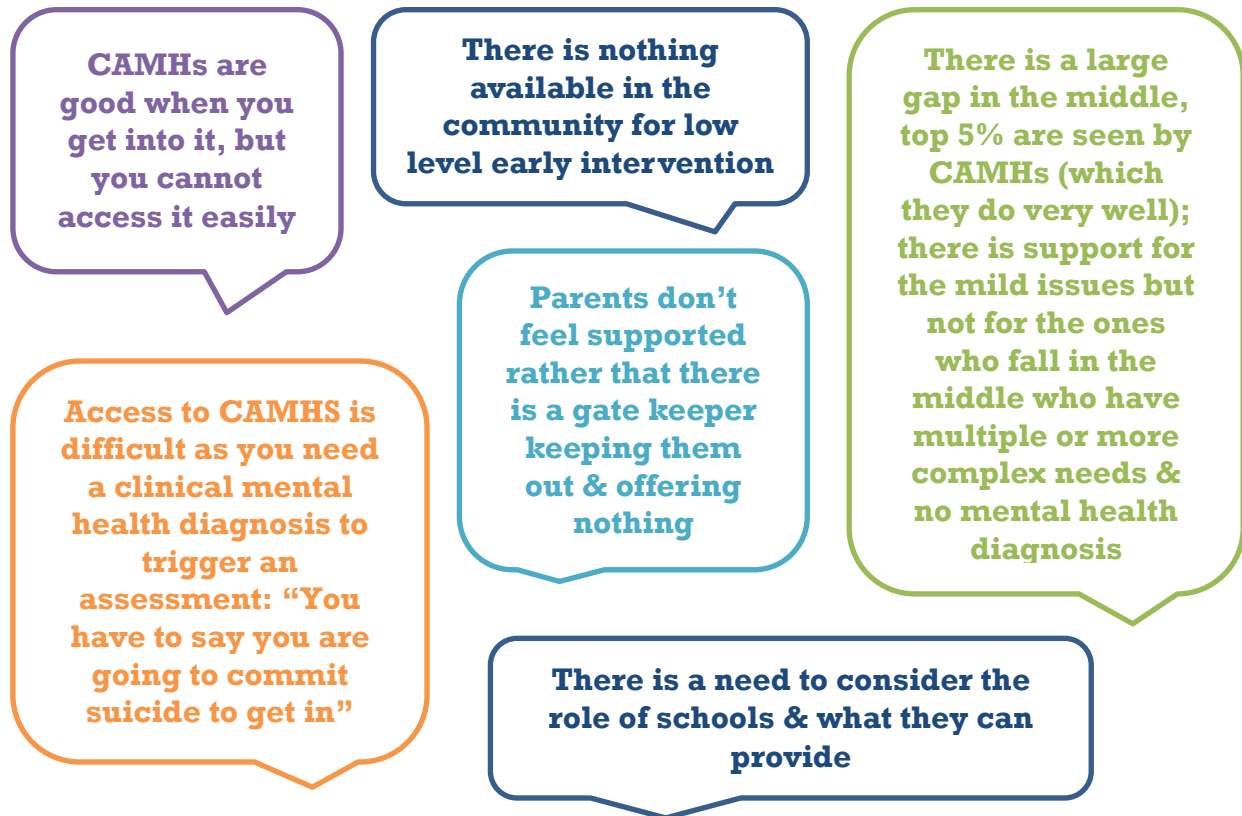
Transformation Plan Tube Map

The diagram below is a visual summary of the key milestones achieved to date.



THRIVE Model of Care

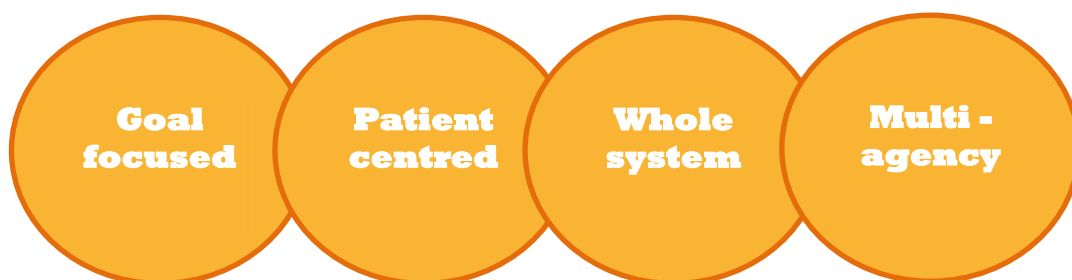
The new child and adolescent mental health service has been recommissioned moving away from a tiered model of care, which is in response to consultation and engagement with professionals, stakeholders, parents/carers and CYP who gave feedback on the previous tiered model. These quotes summarise some of the common themes:



Young Minds Matter Offer

The children and adolescent mental health and emotional wellbeing service, (formerly known as CAMHS) has been re-commissioned and is now within the implementation stage from the 1st April 2018. The incumbent Provider Lincolnshire Partnership Foundation Trust (LPFT) was successful in winning the bid to now provide a mental health and emotional wellbeing service for NEL.

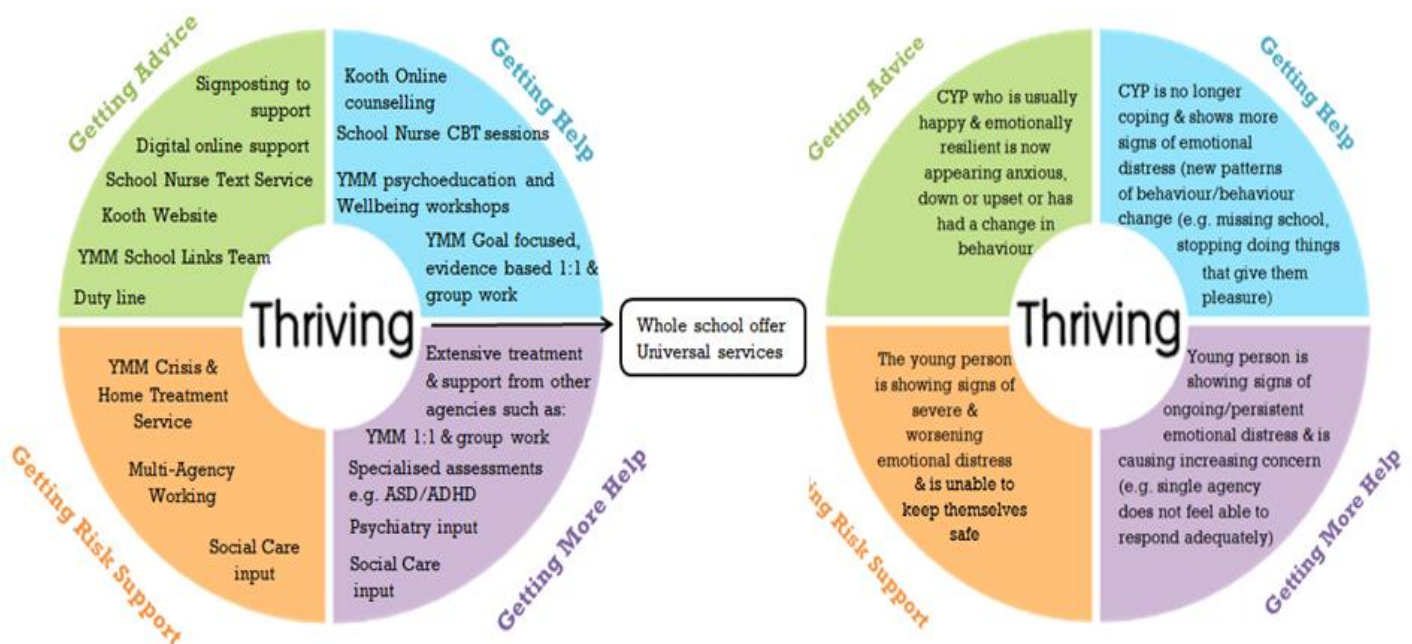
The new contract has been commissioned using the THRIVE model of care with the aims that the service will be:



There have been many changes within the new contract which reflect the ambitions locally and also align to the aims set out with Future in Mind and the recent Government changes. These key changes are detailed below:

- Increased the age range of the service to now include CYP up to the age of 19 years (25 years for SEND) this aims to improve the transition between child and adolescent services to adult mental health services
- Commissioned the service using the THRIVE model of care and now delivering the lower two quadrants 'getting help' and 'getting more help' to deliver low-level mental health and emotional wellbeing support
- To be more visible within the community and provide support to CYP at the right time and in the right place
- Deliver a multi-agency service across the system in collaboration with other professionals and agencies who support CYP
- Be the champion across the system
- Re-branded and re-named the service with the involvement of CYP
- Delivering a more flexible service across the borough
- Increased level of innovation to meet the needs of CYP

North East Lincolnshire's New Offer



Thriving

Social Media

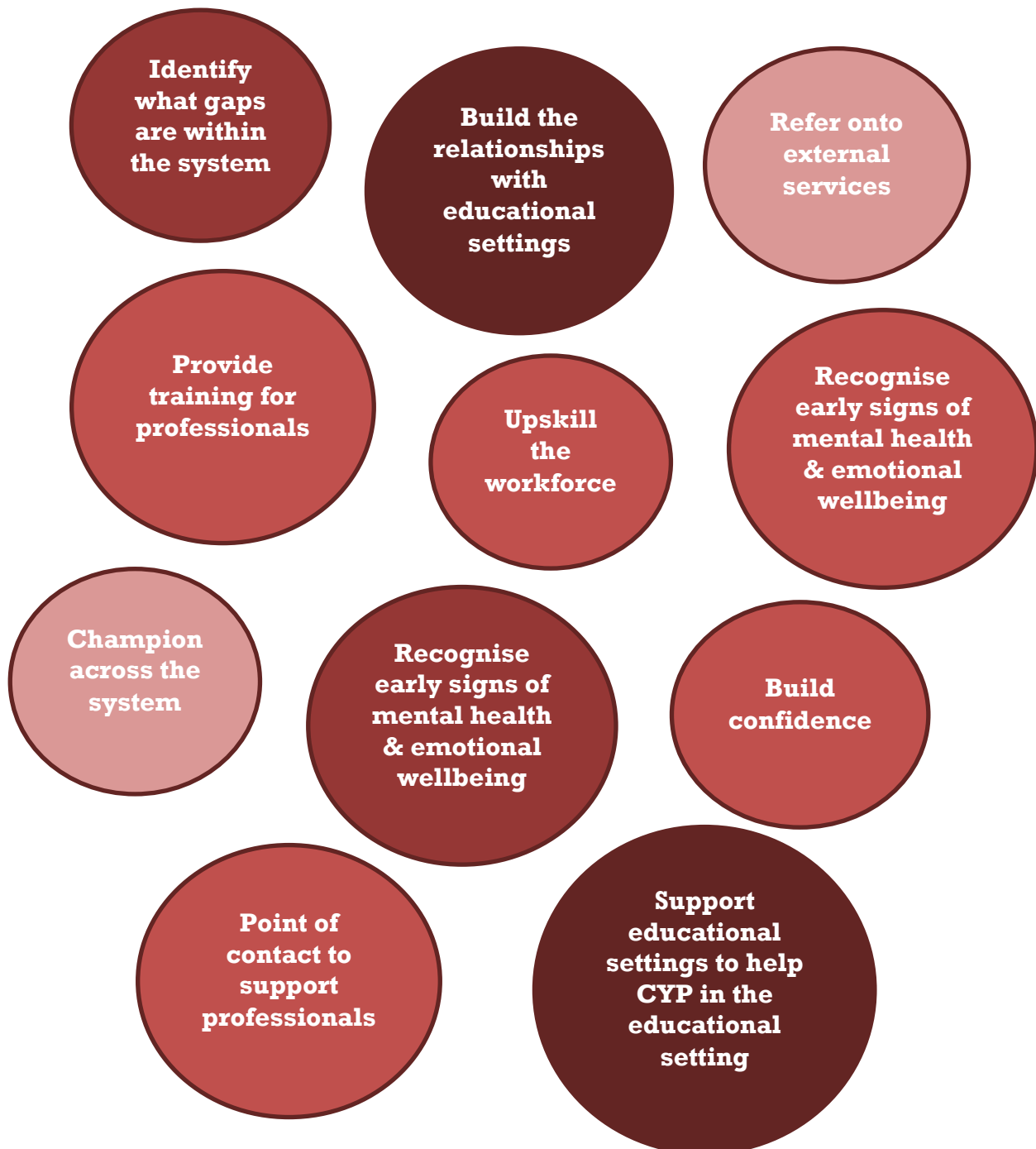
We have enhanced our presence on social media and created a marketing campaign calendar which links to all of the national campaigns for awareness months/weeks and days. These campaigns are being promoted on social media and below are a selection of the posts which have been shared and reached CYP.



Whole School Approach

One of the main priorities identified within the previous transformation plan was to enhance the offer for the 'whole school approach' and extend this support to other educational provisions (e.g. colleges, home-schooled and pupil referral units). Over the last 12 months we have focused on improving the support for educational settings across the borough.

We are working with educational settings to:

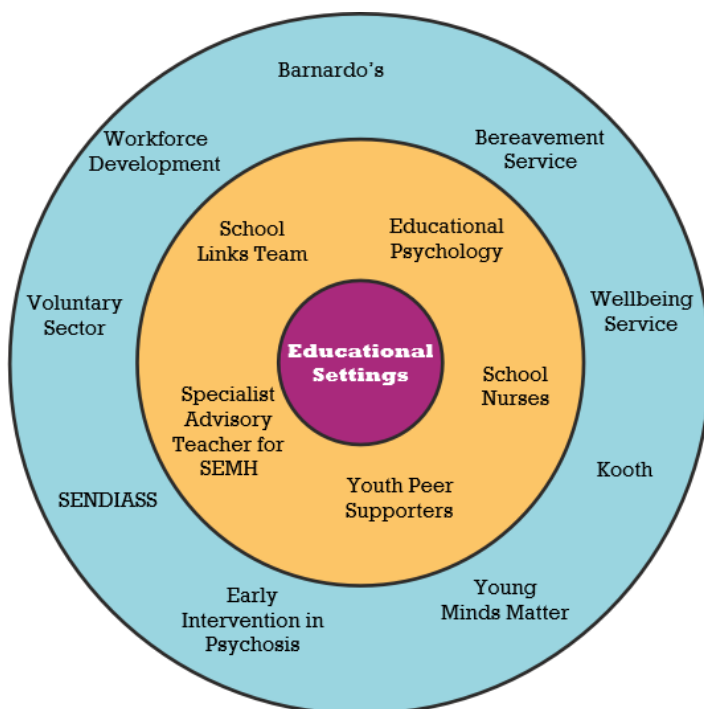


We have established a multi-agency whole school approach group with the aims of ensuring:

- The development of the educational offer to support CYPs mental health and emotional wellbeing
- Encouraging multi-agency working across the system and all partners are involved in the decision making process
- All professionals working in educational settings feel that they have the knowledge, skills and confidence to support CYP with mental health and emotional wellbeing issues
- Educational professionals are aware of the services available locally to sign-post CYP and parents/carers to
- The voice of the child is captured and ensure that this shapes the future of the local offer
- There is a forum for professionals to share best practice and success stories
- CYP get the right support, at the right place, at the right time through collaborative working

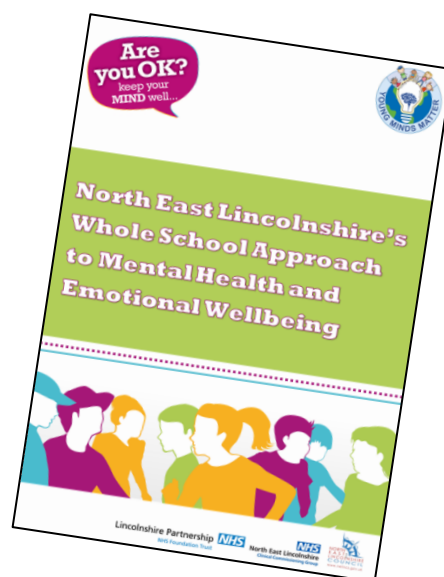
We aim to upskill the confidence and knowledge of professionals working with CYP to support them with mental health and emotional wellbeing issues. One of our aims was to ensure that all professionals had an understanding of mental health and emotional wellbeing and where knowledgeable of what other services are available in the community to further support CYP.

Below is a diagram to represent the services which directly and indirectly support educational settings across the borough:



Whole School Approach Guidance

A whole school approach (WSA) guidance document for educational settings has been jointly developed with partners across the CYPs workforce. The document aims to support professionals to improve their confidence, knowledge and skills when supporting CYP with mental health and emotional wellbeing concerns. The document also sets out and gives professionals the knowledge when to refer onto external agencies as appropriate. It also aims to inform professionals of all the training courses and packages available for FREE to increase their skill set.



This document is being shared with educational settings across the borough. The document is intended to be live and reviewed and developed on an on-going basis as educational settings feedback on the effectiveness and appropriateness of the document.

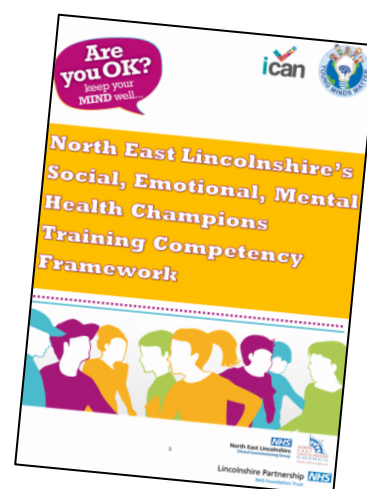
Social, Emotional and Mental Health (SEMH) Champions

There has been a programme of support developed for SEMH champions through scheduled termly meetings, these will focus on 'hot topics' and train the champions with the appropriate skills to deal with issues (e.g. attachment interventions). The programme of support will underpin the competency framework and will be led by the champion's and be dependent upon the needs within each of the educational settings.

The first meeting was held in September and was well attended by SEMH champions and was focused on SEMH outcomes, trauma informed work and attachment interventions in the classroom, these meetings will be on-going.

Social, Emotional, Mental Health Training Competency Framework

A social, emotional and mental health competency training framework has been created to guide the SEMH champions to be able to develop the right skills and knowledge to be fully confident in supporting CYP. This competency framework has been completed in conjunction with the School Links Team, educational psychology and the Specialist Advisory Service and is to be rolled out from 2018/19 academic year and will be reviewed as part of the wider offer.



School Links Team

During the implementation and planning stages of the new contract and as part of the enhanced WSA offer the School Links Team was developed with the aim of improving the support available for educational settings across the borough.

The School Links Team works alongside all of the educational settings across the borough (including colleges, alternative provision and pupil referral units) and supports these professionals. Each School Links Worker is assigned as a designated link for that school/college/PRU to build up relationships and be their first point of contact when they have concerns around CYP. The team also undertakes workshops directly with CYP who have been identified needing additional support. The offer began in the 2018/19 academic year and will be evaluated and reviewed on an on-going basis to ensure that the offer meets the needs of professionals and CYP.

Training Courses & Packages

Training courses are being offered to all educational settings across the borough (including, colleges and pupil referral units) through flexible and bespoke training packages and courses. The training offered is based upon feedback from the needs of educational settings and are based on many of the common mental health and emotional wellbeing issues.

Some of the training courses which are being offered:

- An Introduction to Young Minds Matter & the School Links Team
- Impact of Trauma in the Classroom
- Mental Health Awareness for Children & Young People
- Children & Young People Experiencing:
 - Stress
 - Anxiety
 - Depression
 - Self-Harm
 - Suicide Ideation
 - Eating Disorders

Consultation

Each of the educational settings across the borough have a designated School Links Worker who will be their first point of contact for the educational professional (e.g. SENCo) to speak to regarding common issues within the school. There is also the opportunity for face-to-face consultations with the professional to discuss common issues and ways to support and help the CYP; this will be offered to every educational setting.

Liaison

The School Links team will discuss referrals to Young Minds Matter with the mental health champion and assist with referrals to external services and sign-posting. The team will jointly work with Educational Psychology and Specialist Advisory Service to deliver training and SEMH interventions.

Psycho-Education and Wellbeing Workshops

The School Links Team is offering beginning in the 2018/19 academic term psycho-education and wellbeing workshops for groups of CYP who are struggling with particular issues. Students can take part in psychoeducation sessions and if they require further support then identified students can attend appropriate skill workshops (e.g. anxiety, low mood, and stress or relaxation workshops). This element of the School Links Team enables CYP to receive support for low-level mental health and emotional wellbeing concerns before the issues escalate.

School Links Team Performance Scorecard

The School Links Team launched officially in May 2018 and has spent up until the summer holidays term making contact with every educational setting across the borough and arranging introductory meetings with SEMH champions, SENCOs and head teachers to introduce the new offer and build up relationships.

Key Performance Indicators	Overall Total
% of schools which have met with their designated School Links worker	87.1%
Number of schools which have met with their designated School Links worker	61/70
% of schools with a named Social, Emotional, Mental Health Champion	60%
Number of professionals who have attended School Links training	94
Number of psycho-education and wellbeing workshops held	Beginning November onwards
Number of CYP accessing psycho-education and wellbeing workshops	Beginning November onwards
Number of consultations held with School Links Team and educational settings	17 24.2%

Children and Young People's Mental Health Trailblazer Site – Green Paper

In NEL we have submitted to part of wave 1 of the Green Paper bid. This bid was co-produced by a multi-agency of professionals across the CYP mental health and emotional wellbeing system. We are very keen in NEL to improve access to early intervention and prevention support for CYP within their educational setting. We have already begun implementing the elements of the Green Paper through the work which focuses on the Whole School Approach.

We have a workshop planned in with the educational settings to further develop the offer locally and if NEL are unsuccessful we will plan with colleagues for a wave 2 submission.

Youth Mental Health Peer Supporters

The aim of the Youth Mental Health peer supporter programme is to equip young adults with the skills to be able to support friends, peers and strangers alike with any mental health and emotional wellbeing issues that could be supported with the best possible first aid. This programme was initiated and supported via the NEL Youth Council in partnership with Mental Health First Aid England. A young person from a local secondary school negotiated with NELC for CYP to be trained as Youth Mental Health First Aiders giving support to their peers.

The training consisted of 14 young people targeting year 10 and 12, the training was delivered on two separate off-timetable days. It was agreed that the training would form the basis of a scheme in schools which would aim to provide emotional wellbeing and guidance support to anyone who requires it within the student body. The initiative has been seen as a way to ensure good mental health and wellbeing allowing the academy to become a pilot school for the initiative and be the first school to facilitate the training Youth Mental Health First Aiders for its students.

The scheme has been very beneficial and some of these have been outlined below:

- Ensure students know how to effectively administer Mental Health First Aid from mild problems to crisis point
- Be able to have a system to support the mental and emotional wellbeing of students in the educational institution to support the social environment
- Become more aware of the issues that affect CYP and how this best can be supported
- Gain confidence in talking about and dealing with mental health problems
- Reduce the stigma of mental health issues within the educational setting
- Support a county wide initiative that is intending to use youth voice to create social action

“It was a great experience that has enabled me to help those who are struggling with their mental health in the best way I can.”

“All I can say is it was one of the most useful experiences I have undergone & would totally recommend teaching to young people as it allows them to understand struggles that some kids suffer with”

“This course was an incredible experience which opened my eyes on Mental Health. During the two days, I was able to find out what Mental Health is really about, who it affects, how it affects people, & most importantly how personally I am able to support those struggling.”

Getting Advice (Coping)

The getting advice quadrant focuses on building and promoting resilience, prevention and promotion across the system, within CYP, family's schools and communities. This quadrant is appropriate for CYP who are adjusting to life circumstances with mild or temporary difficulties who are choosing to manage their own health. This includes sign-posting, one off contacts and accessing information, advice and guidance.

Kooth Online Counselling

Kooth online counselling has been procured since December 2016 and is being promoted across the system. This offers CYP within the borough an anonymous service to access support, information, advice and guidance on a range of emotional wellbeing and mental health issues.

"I love how this conversation is easier to have behind a computer screen than it would be with a person I could see"



New Registrations

Gender of New Registrations	17/18	Overall Grand Total*
Agender	14	19
Female	579	1,113
Gender Fluid	11	30
Male	228	512
Total	832	1,674

"Thank you so much, sometimes it's just good to talk to someone and feel like things are going to be okay...yeah I just want to keep this mood I'm in you've been so helpful thank you."

Number of Logins	17/18	Overall Grand Total*
Total number of log ins	5,536	10,452
Unique young people logging in	1,117	1,839

The peak time for CYP to login is between 7:00 – 8:00pm, which is after hours from traditional support services and allows there to be information, advice, guidance and support for CYP to access during the evenings and weekends.

"I feel like I have been listened to and have had tools for what I should do and feel like a person again."

Forum & Article Views	17/18	Overall Grand Total*
Total views of articles	1,648	2,823
Unique young people accessing articles	335	529
Total views of forum threads	1,089	1,713

Unique young people accessing forum threads	204	348
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"At first I was feeling very low about myself and was putting myself in danger by self-harming, but counselling changed that."

**this data is from the beginning of the contract December 2016*

Integration & Participation Worker

In NEL there is an integration and participation (IP) worker who is building relationships with local organisations, including schools, colleges and PRUs to promote the message of Kooth and to encourage sign-up from CYP in the area. The IP worker has been working closely with the School Nursing team to have a coordinated approach to transition for children in year 6 moving up to secondary school.

School Nursing Text Service

The School Nursing Text Service provides early intervention and prevention for CYP aged between 11-19 years to access a school nurse anonymously on a range of health and wellbeing issues and CYP can also request to see a school nurse. The secure text service is manned 9:00am – 5:00pm Monday to Friday.

Secondary schools also hold promotional sessions to promote the service and all school nurses give CYP text cards after any interventions held and are also promoted through Young Minds Matter.

Quarter	Messages Received	Messages Sent	Conversations Opened	Conversations Closed
Q1	183	178	17	16
Q2	50	51	9	9
Q3	200	254	27	27
Q4	103	143	23	18
Total	536	626	76	70

Young person who contacted the text line to say they were self-harming, they agreed to meet a school nurse but were very shy & would not talk about their self-harm but wanted to do CBT on anger. On completion of this work & through forming a relationship with them over time, they have now requested help with their self-harm. Without the text service they said they would never have reached out as they find it awkward to talk to people they do not know.

Getting Help

The 'Getting Help' quadrant describes services for CYP who have clinical presentations that would benefit from short-term focused evidence-based treatments in line with NICE guidance.

Kooth Online Counselling

Counselling Chat and Messaging Support

Chat counselling is an instant messaging service available to all CYP registered on the site. Our counsellors are available to chat weekdays 12:00pm to 10:00pm and weekends 6:00pm to 10:00pm. This can be for drop-ins or for booked chats. CYP who require more structured counselling can also have a named counsellor. The team work very closely to manage the chat queue with workers monitoring the queue and messaging CYP who are waiting.

Counselling Chat & Messaging Support	17/18	Overall Total*
Number of messages sent and received	2,963	5,403
Unique young people using messaging counselling	416	918
Number of counselling chat sessions	336	592
Unique young people using counselling chat	161	322

"I have only been on Kooth for a few days but it has already helped me so much. So for everyone reading this you are amazing and you are positive outlet for everyone and anyone who uses it."

Goals



Common Issues

These are the most common issues with CYP have presented to Kooth online counselling with during 17/18.



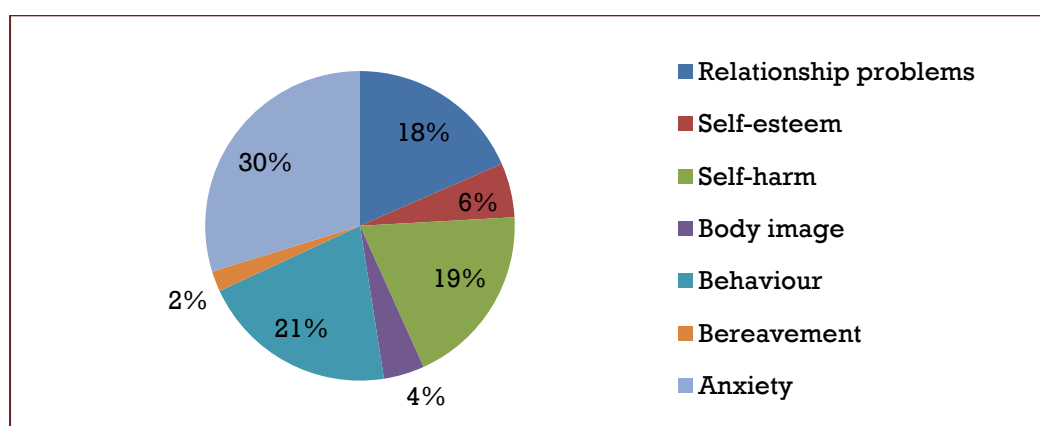
CBT Principles

School Nursing Team & Youth Offending Team

The school nursing team and youth offending team continue to provide lower-level mental health and emotional wellbeing support for CYP in a range of different location and this service has been well received.

School Nursing Team				
	Q1	Q2	Q3	Q4
Number of CYP by the SN team in Health and Wellbeing Clinics	180	113	125	194
Number of CYP commenced CBT principles	N/K	N/K	21	15
Number of CYP sign-posted to external services for support	3	2	8	4

Common Presenting Issues:



Youth Offending Service				
	Q1	Q2	Q3	Q4
Number of CYP seen when CBT principles have been applied	15	6	6	8
Number of staff using CBT principles within their role	11	8	8	7
Number of CYP sign-posted to external services for support	-	6	-	5

Evidence of Impact

A young person was having difficulties with anxiety due to poor relationship with Mum. On initial assessment the young person rated themselves as 4/10, constantly crying & worrying however once the young person completed some work with the School Nurse they rated themselves as 9/10. They appeared much more confident after the sessions, were making eye contact & were not constantly crying in school.

CBT Supervision

CBT supervision for the School Nursing team and Youth Offending team is provided by LPFT and is thought of highly by these professionals. The CBT training has recently been extended to the voluntary sector and trained professionals to support CYP in the community.

CBT Supervision	Total 17/18
Number of sessions held	48
Number of supervisees attended	184

Getting More Help

Some CYP have mental health conditions (e.g. psychosis, eating disorders) and some CYP require extensive and long-term interventions into in-patient care or with extensive out-patient provision from healthcare professionals.

Young Minds Matter

Young Minds Matter provides an emotional wellbeing and mental health service with a focus on prevention, early intervention and building a resilient community for CYP. The service provides a full range of interventions, ranging from low-level brief advice and information, CYP IAPT recognised therapies, right through to complex mental health treatment to meet a wide range of emotional, relationship, behavioural and mental health difficulties. The service is accessible for help and support 24 hours a day, 7 days a week in order to prevent mental health crises and respond quickly to the presenting needs of CYP. Young Minds Matter operates core hours of 9.00am–5:00pm Monday to Friday, with evening clinics as required, as well as a 24/7 crisis service.

Information on Current & Past Referral Rates	14/15	15/16	16/17	17/18
Routine Referrals	1,603	1,755	1,493	1,489
Emergency Referrals	85	112	69	102
Urgent Referrals	108	121	101	86
Total Referrals	1,796	1,988	1,663	1,677

This table illustrates reduction in routine referrals historically, with peak-effect 16/17 correlating to an increase of lower-level support such as Kooth and the School Nursing CBT approach implemented through FiM outside of the previous CAMHs contract. The Young Minds Matter implementation will capture the previously hidden activity from September-2018.

The highest number of referrals by source for 17/18 was GP, internal CAMHs and education.

Access & Waiting Times

This table is a breakdown of the quarterly submission that the NEL Young Minds Matter (formerly CAMHs) submit to the mental health services data set (MHSDS). This breakdown the access and waiting times for CYP by each quarter and how long they have waited for treatment by weeks

Mental Health Services Data Set				
2017/18	Q1	Q2	Q3	Q4
Average waiting time from referral to treatment (days)	66.9	68.4	62.5	66.2
No. of CYP waiting for treatment for 0-4 weeks	26	21	15	7
No. of CYP waiting for	13	5	10	3

treatment for 4-6 weeks				
No. of CYP waiting for treatment for 6-8 weeks	28	10	11	3
No. of CYP waiting for treatment for 8-10 weeks	14	15	8	4
No. of CYP waiting for treatment for 10-12 weeks	16	12	11	5
No. of CYP waiting for treatment for more than 12 weeks	33	32	7	8

As part of the recommissioning of the children and adolescent mental health service it was recognised that there was a need to reduce the waiting times for the service. Within the specification we set a target for the Provider to meet a waiting times ambition of 8 weeks for all of the pathways, however this does exclude waiting times for ASD and ADHD. This will be monitored through the contracting meetings on a quarterly basis.

Activity Data Collection Tool

NEL Activity Data 17/18			
Name of Service	Provider	No. of referrals	No. of accepted referrals
LPFT (including: Core CAMHs, LAC, Learning Disability, ADHD, Eating Disorders, Crisis & Home Treatment Service)	LPFT	1,147	1,489
Early Intervention in Psychosis	NAVIGO	NK	NK
Criminal Justice Liaison & Diversion Service (14-18 years)	NAVIGO	NK	NK
Community Eating Disorders (17.5-18 years)	NAVIGO	NK	NK
Open Minds (16-18 years)	NAVIGO	NK	NK
Educational Psychology (including EP reports, consultation reports, JSFC review)	NELC	NK	205
CBT Approach (School Nurse & Youth Offending)	NELC	364	364
Kooth Online Counselling	Xenzone	577	577

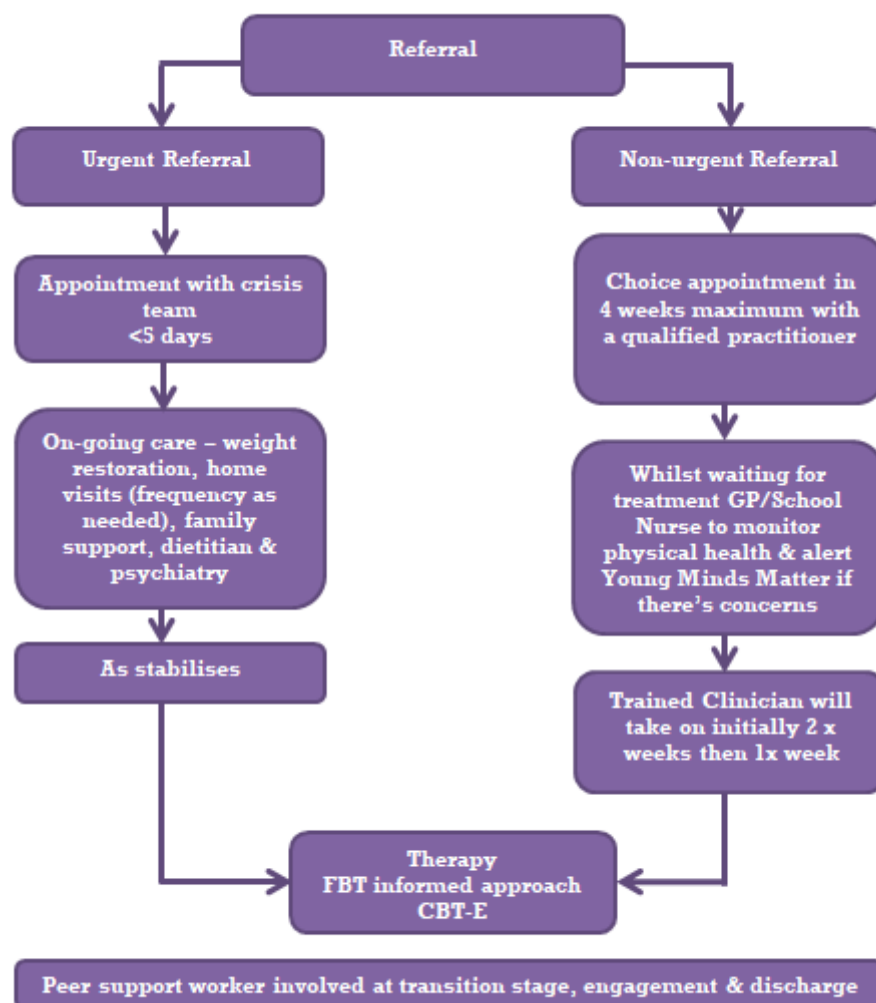
Eating Disorders

Within NEL we maintain a very low level of referrals for eating disorders into the specialist service Young Minds Matter and to Navigo the adult mental health Provider who supports young adolescents 17.5 to 18 years old.

We have a partnership agreement in place in which Lincolnshire Partnership Foundation Trust buy in specific support from Lincolnshire County Council CEDS - CYP commissioned model to support the eating disorder pathway. This is done

on a case by case basis through a hub and spoke model to ensure that the pathway is NICE compliant. This ensures that LPFT has the appropriate support, capacity and skills-mix to meet the Access and Waiting Time Standard.

The THRIVE principles have been applied to eating disorders, ensuring that cases do not get lost in the system and the early intervention and prevention support works well. The team is able to manage risk within the community for eating disorders via the Crisis and Intensive Home Treatment service and have the skills and expertise to provide on-going care. The referral process has been summarised below.



Below we have described the local offer for eating disorders aligned to the THRIVE model:

Thriving

- Prevention and early help offer with school nurses, Kooth online counselling, Are You OK? Cards etc.

Getting Advice (Coping)

- Eating disorder training is provided for professionals
- Mental Health Mix Tape which focuses on eating disorders
- Duty line is available for all professionals to speak to Young Minds Matter for information, advice and guidance

Getting Help

- CBT approach from school nurses with the additional eating disorder training element supporting CYP who do not evidence rapid weight loss and do not pose a risk currently

Getting More Help

- Specialist support provided by Young Minds Matter and NAViGO

Getting Risk Support

- Tier 4 inpatient support

Wellbeing Passport



LPFT have developed a wellbeing passport following from an application for innovation funding, this aimed to ensure that CYP did not have to keep repeating their story to different professionals and services. Clinicians had already expressed their concerns and dislike of the care plan stating it is a 'tick box exercise', 'depersonalised' and 'not child friendly'. Consultation and engagement was then held with

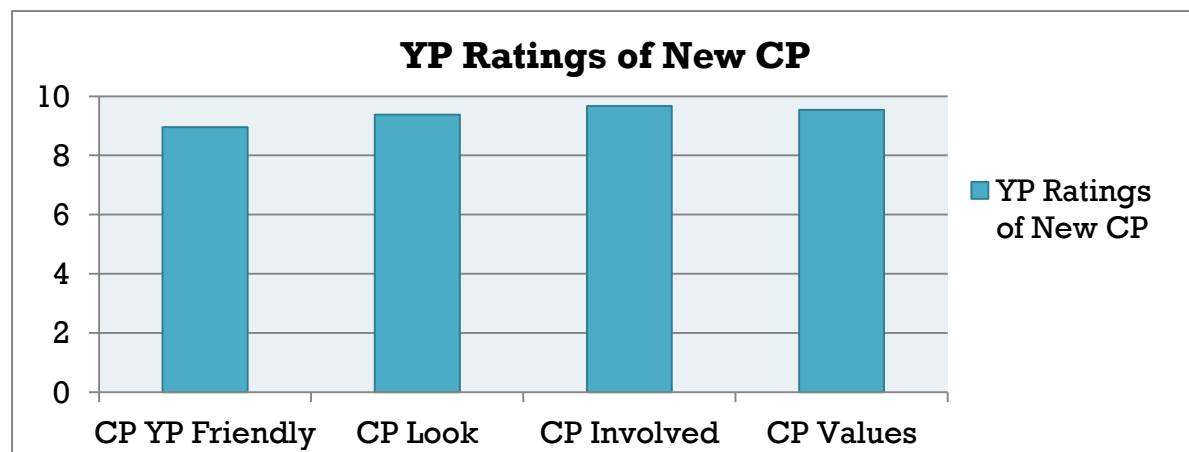
the CYP and their families and the feedback to shape the development of the wellbeing passport.



The passport holds all of the CYPs information and can be carried by them and taken to any services and the passport will help the integration of health, social and educational services to ensure a seamless transition between life events.

Following development of the wellbeing passport, it was initially trailed and feedback and data gathered from the CYP and clinician to evaluate these changes and the impact.

The passport has been received well by clinicians and CYP and they have recorded positive perceptions on the new care plan in terms of the young-person friendliness, their look, the extent to which the young-person is involved and the degree to which they are valued.



The passport has also shown a change in the rates of DNA appointment for their initial 'Choice' appointment. Since the implementation of the passport the percentage of DNA incidences has decreased from 5.7% (February – August 2017) to 2.3% (September 2017 – March 2018).

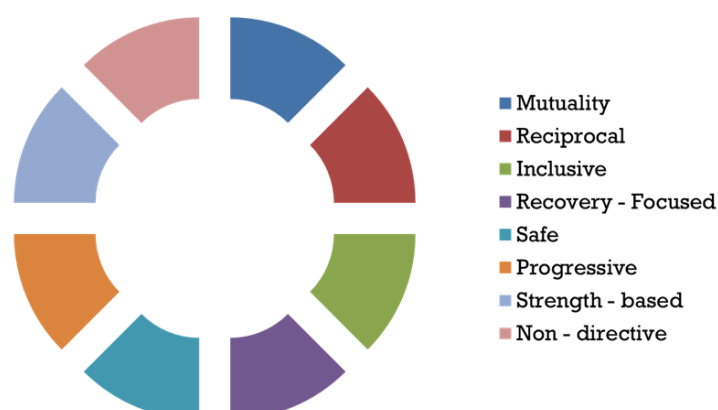
Peer Support

Young Minds Matter has employed a peer support worker who supports CYP in the service. The role is not to solve the young person's problems, but to listen, problem solve together and utilise the CYP voice in their needs.

Peer supporters can help a young person with:

- Engaging in treatment
- Working on recovery-focused goals alongside their lead practitioner
- Engaging in group work
- Visiting public places with them (i.e. exposure work)
- Sitting in on Care Programme Approach reviews so they feel they have someone in their corner
- Transition work, help young people prepare for leaving
- Helping them build positive relationships with their family

The peer support worker follows the 8 principles below which are key in guiding the work and the role of the peer supporter.



Peer Support	No. of CYP
Number of CYP supported in a group setting	11
Number of CYP supported in a 1:1 setting	7

Below are some quotes of the positive impact from the peer support worker:

“After a session about my lived experience with inpatient care with a CYP who was due at an inpatient unit to look around the next day and their Mother, their Father called the service 5 minutes after leaving the session with me asking to cancel the inpatient meeting because the CYP had decided that they were able to recover in the community after talking with me.”

“After doing some work with a CYP around the anxiety of eating in public, I used my lived experience to help validate their feelings of anxiety, whilst also providing support to create a plan to meet this goal. The young person is now able to eat in public in a variety of places/cities without anxiety as they are able to enforce the plan we created together to almost any restaurant and have been discharged from the service due to the amount of progress they have made.”

“After having an hour-long conversation with the parents of a CYP about my lived experience and the thought process of their child who has been struggling. “Thank you for explaining that, it makes so much more sense coming from someone who’s actually lived it and hasn’t just learned it from a textbook” “It makes a lot more sense now where all this anger comes from when you’ve explained the thought process” (Taken from the notes of that session).”

The Access Pathway

The access pathway is a single point of access and partnership approach to identifying, supporting and assessing CYP with communication and interaction, cognition and learning and social emotional and mental health difficulties in NEL.

NEL, the CCG and partners in Health have made a commitment to work together to ensure that all families and CYP are clear about how they can access support,

activity to support development and assessment so that they can feel safe, be healthy, enjoy learning and able to be social.

The partnership is made up of:

- North East Lincolnshire Council
- North East Lincolnshire Clinical Commissioning Group
- North East Lincolnshire Parents Participation Forum
- GP's
- North East Lincolnshire Clinical Commissioning Group Community Reps
- Paediatrics
- Speech and Language Services
- Barnardos
- Lincolnshire Partnership Foundation Trust
- North Lincolnshire and Goole NHS Foundation Trust.

Communication and Interaction

CYP with speech, language and communication needs (SLCN) have difficulty in communicating with others. This may be because they have difficulty saying what they want to, understanding what is being said to them or they do not understand or use social rules of communication.

Cognition and Learning

Support for learning difficulties may be required when CYP learn at a slower pace than their peers, even with appropriate differentiation. Specific learning difficulties (SpLD), affect one or more specific aspects of learning. This encompasses a range of difficulties such as literacy and numerous problems and issues in the development of fine and gross motors skills.

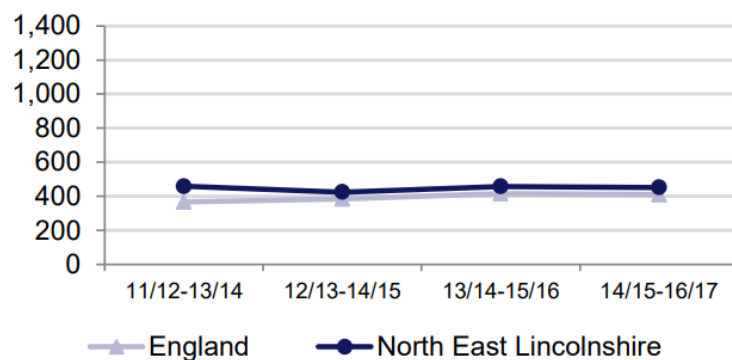
Social, Emotional and Mental Health Difficulties

CYP may experience a wide range of social and emotional difficulties which manifest themselves in many ways. These may include becoming withdrawn or isolated, as well as displaying challenging, disruptive or disturbing behaviour. These behaviours may reflect underlying mental health difficulties such as anxiety or depression, self-harming, substance misuse, eating disorders or physical symptoms that are medically unexplained.

Self-Harm

In NEL there is a higher incidence rate of self-harm than the England average compared to eating disorder presentations. Public Health England data for hospital admissions as a result of self-harm: DSR per 100,000 population aged 10-24 years is 511.5 compared to the England average of 460.5 (March 2017).

Young people aged 10 to 24 years admitted to hospital as a result of self-harm (rate per 100,000 population aged 10-24 years)



Due to the higher rate of incidence we are locally auditing self-harm and initially the presentations within A&E. A focus group has been established and has audited self-harm and focused on the following areas:

- Number of cases
- Age
- Type of injury
- Whether the CYP is living in residential care/LAC/child who is looked after whose placed at home
- Who attended with the child
- Whether the case was referred to social services
- Coding and information to ensure that the CYP is identified
- Looking as to whether professionals recognise all forms of self-harm
- Level of self-harm
- Themes presented with (e.g. relationship breakdowns)

Early Intervention in Psychosis

We offer two care pathways, the traditional First Episode of Psychosis (FEP) pathway and also the At Risk Metal State (ARMS) pathway, both pathways provide a NICE approved package of care.

For FEP pathway we offer a 3 year period of care, targeted at helping the individual recover from psychosis and lead a productive and happy life. For the ARMS pathway, individuals are offered 6 to 18 months focussing on Cognitive Behavioural Therapy. The aim of this is to help the person avoid developing a psychosis.

The service is for people aged 14-35 who are experiencing psychosis or are at risk of psychosis. We aim to see the any new referrals within 2 weeks of the referral. We complete a specialist assessment called the Comprehensive Assessment of at Risk Mental State (CAARMS) to determine appropriateness and pathway.

We make our support and care person specific so a set care package is different for each individual. However, it will be forward thinking, challenging the stigma

and misconceptions of mental health and illness. We work holistically and can support people on our caseload in all aspects of their life, moving forward and getting on.

Using a normalising approach to care, we strive to challenge the stigma and myths about psychosis, working holistically with the person and their family and we support them in all aspects of their life.

With regards to transition from children's services to adult services, we work alongside the local CAMHS team, getting to know the young person and identifying the most appropriate service for them. This is usually a 6 month service.

The future developments for the service are:

- Investment has taken place and the team has recently recruited a CBT Therapist who has sufficient qualifications to provide CBTp and are awaiting for her to start an advert has also gone out for a further care coordinator to improve access to EIP Clinicians.
- Family Interventions is reliant on 1 staff member and training for FI for staff is currently being arranged to implement the support robustly to be compliant with NCAP targets
- Looking to include employment specialists within NAViGO's local bid to the STP for this provision so we can become compliant with this standard.

Suicide Prevention Strategy

A Suicide Prevention Action Plan has been refreshed and populated with current activity. We produce a 5-year rolling suicide prevention audit which alongside national strategy outcomes has been used to design the action plan.

A multi-agency steering group meets quarterly to capture updates and prioritise activities across the Borough. This group's membership consists of Public Health, CCG, NAViGO and Young Minds Matter amongst others. The two main priorities are to reduce male suicides, particularly our high-risk group 35-44 year olds and to build resilience in CYP including reducing self-harm, particularly with Looked after Children and Care Leavers.

Humber, Coast and Vale Care Partnership Perinatal Mental Health

More than one in 10 women develop a mental health problem during pregnancy or within the first year following birth; if left untreated, it can have a long lasting effect on women, families and a child's emotional, social and cognitive development.

NHS England has signalled its commitment to improving access to Perinatal Mental Health (PNMH) services across the country as outlined in both 'Better Births' and 'The Five Year Forward View' so that by 2020/21 there will be increased access to specialist perinatal mental health support in all areas of England, allowing at least an additional 30,000 women each year to receive

evidence-based treatment, closer to home, when they need it. This includes access to the right range of specialist community and inpatient care.

To achieve this ambition, a five-year-phased transformation programme was launched, backed by significant additional funding, to improve women's access and experience of care, early diagnosis and intervention. Allocation of the funding was split over Wave 1 and Wave 2 funding phases, with a commitment that the funding would be mainstreamed into CCG allocations from 2019/20 to further support the development of perinatal mental health services.

HCV STP Partnership Background & Wave 2 Submission

The Maternal Mental Health Alliance Map published data in April 2018 which highlighted the lack of, or patchy, PNMH provision across the STP area, with 4 CCG's being rated at red and 2 at amber.

<https://maternalmentalhealthalliance.org/wp-content/uploads/England-Specialist-Community-Perinatal-Mental-Health-Teams-2017.pdf>

NHS England released an additional £23m for Wave 2 in February 2018 for bid submission in March 2018, with the criteria that each STP could only submit and support one investment proposal for their area. Humber, Coast and Vale submitted a bid which was successful in July 2018. The bid included multi-disciplinary teams with a critical mass of patients in line with the Royal College of Psychiatry [CR197](#) guidance and included the development of two services split across the STP geography as follows:

Tees Esk and Wear Valley Foundation Trust (TEWV) will provide a specialist service into York and Scarborough Ryedale.

Humber NHS Teaching Foundation Trust (HFT) will extend their existing service in Hull and the East Riding, whilst providing a new service in the North Lincolnshire and North East Lincolnshire areas, in collaboration with local mental health trusts NAViGO and Rotherham, Doncaster and South Humber Foundation Trust (RDaSH) for which sub-contracts outline the areas of service for which they are responsible.

Current Position

In line with NHS England requirements, both services went live on 1st October 2018. Dedicated programme manager resource was quickly identified for the two services to support the successful mobilisation of the services with clear mobilisation plans in place.

Both the HFT and TEWV mobilisation plans include a number of key activities to ensure successful implementation with a number of joint activities to ensure effective use of time, resources and to enable peer support across the STP Partnership. These include:

- Training
- Communications
- Stakeholder Engagement

- External Evaluation
- Co-production plan to ensure the voices of women are heard throughout mobilisation

Recruitment has of new staff has been a key priority of mobilising services and all areas have been successful in attracting candidates.

Governance/Accountability

A clear and robust governance structure has been agreed and can be found below. NHS England will be closely monitoring progress of key deliverables and outcomes, with assurance reporting and a site visit planned for Friday 16th November 2018 which will cover the whole STP Partnership.

Reporting schedule to NHS England is as follows:

Date	Event/Reporting
27th July '18	May - June 2018 Abbreviated progress report due
6th September '18	Implementation plan due
12th October '18	July – September 2018 Full progress report due
11th January '19	October – December 2018 Full progress report due + plan for service evaluation
12th April '19	January – March 2019 Full progress report due
Sept '18- April '19	NHSE site visit – dates to be confirmed with individual sites
26th April '19	Final evaluation report

One progress report will be submitted covering the HFT and TEWV element of the service and the two programme managers will work closely to maximise resources.

Finances

The total funding to be added to CCG baselines for specialist perinatal mental health is £73.5million in 2019/20 and £98million in 2020/21, when it will become recurrent. NHS England disseminated guidance to support CCGs to calculate their baseline funding for 19/20 onwards which is expected to be spent on the purposes for which they were originally intended. CCG's will be expected to report expenditure from 2019/20.

After discussions across all six CCG's, all CCG's have given their support to the service development and on-going funding has been agreed to support the sustainable funding from 2019/20 onwards.

Perinatal Mental Health in North East Lincolnshire

Locally we are continuing with our multi-disciplinary Perinatal Steering Group and have recently reviewed the purpose of the group, the Terms of Reference and the local action plan to re-focus the work we are doing. We are in the process of reviewing the MABIM tool to identify the progress we have made locally over the last year, the updated MABIM tool will be submitted to the regional Local Maternity Services group.

The group works together to improve local services and address issues that have been picked up. Better working relationships and understanding of each other's services have developed and there continues to be a lot of enthusiasm locally for helping to improve the services for women in the perinatal period. This includes working to have more consistency across how information is recorded and the tools used by professionals. Training is a key area and we offer the IHV PNMH awareness training free of charge to anyone who works with children. We continue to raise awareness of PNMH issues and how to recognise when help is needed. An information leaflet is available giving useful contacts for parents and staff.

We have links to the Maternity Voices Partnership and continue to work to engage those with lived experience and ask for their input. We are continuing to work with and support the regional STP HCV Perinatal Mental Health group and the Perinatal Mental Health Wave 2 Oversight and Governance board. Mobilisation of the new perinatal mental health service is underway.

Areas of upcoming focus:

- Full review of the MABM tool to identify any gaps in services
- Looking at how the new PNMH service is impacting locally
- Support for fathers what is available
- Peer support programs

Health & Justice

NHS England 's Health and Justice specialised commissioning team in Yorkshire and the Humber are currently involved with two of the three work programmes that are focussing on improving collaboration between various commissioners of services for those CYP who come into the NHS England Health and Justice pathway. Commissioners of such services include NHS England, Office of Police and Crime Commissioners, Local Authorities and Public Health England. The two programmes are 1) the development of a framework for integrated care for CYPs Secure Estate (CYPSE) known as *Secure Stairs* and 2) establishing collaborative commissioning networks. The third work programme involves establishing a Specialist Child and Adolescent Mental Health Service for High Risk Young People with Complex Needs (Community F:CAMHS) across Yorkshire and the Humber.

One of the key objectives of these three work programmes includes identifying and addressing *gaps in mental health provision* for CYP held within, and transitioning into or out of, the CYPSE either on youth justice or welfare grounds,

Child Sexual Assault Assessment Services (CSAAS) and Liaison and Diversion services across Yorkshire and the Humber. Another objective involves focussing on those CYP whose mental health needs may not meet *traditional service thresholds*, but for whom the aggregated impact of multiple health and social issues presents not only an immediate risk, but also one which may escalate to the point of crisis if left unaddressed.

Local CCG commissioners need to ensure that commissioning for the most vulnerable involves supporting those CYP who are transitioning out of Secure Children Homes/YOIs back into the community and that they have access to appropriate mental health/emotional wellbeing support following that transition. Whole packages of care need to be commissioned to ensure that there is full pathway consideration. Priority areas for development include increased Speech and Language provision to address communication barriers, identification of learning disabilities and improve engagement with youth justice services. There needs to be a greater understanding and awareness of the impact of complex trauma on CYP across the whole spectrum of health and social care and there needs to be the encouragement of a trauma aware approach to working with CYP. Psychological support needs to be considered for CYP who come into contact with one of the four CSAAS or Youth Offending Teams in Yorkshire and the Humber and how they transition into mainstream CAMHS.

Ensuring seamless transition and integrated working is the key to supporting CYP who come into contact with Health and Justice Services are some of the most vulnerable in Yorkshire and the Humber.

Trusted Relationships Bid

This project will tackle the regional drivers of CCE, namely low aspiration and substance misuse and engagement in the illegal drugs market in NEL. Psychological therapy will be delivered by practitioners with small caseloads on a one to one and group basis, alongside signposting to sports, arts and cultural activities. A dedicated not in education or employment (NEET) worker will address the connection between CCE and being in alternative education provision. Community mentors will help to build a richer picture of the nature of exploitation in the area, with a particular focus on exploitation of siblings of gang affiliated young people and those with no previous criminal record or engagement with law enforcement.

Looked After Children

As part of ongoing work to review services for LAC we have requested information regarding the child and adolescent mental health services from Providers that we have CYP placed in Out of Area placements with. The information we have requested includes details of the provision of services, charges and waiting times. We are collating this information to determine which area placements we may want to prioritise. The service offer is not equitable across the country and we are aiming to ensure that our children looked after out of area are not disadvantaged by their access to CAMH service. This information will then be presented at the Children Looked After Strategy board and the

information will be used to guide and inform placement decisions for CYP placed out of area.

NSPCC Together for Childhood

The vision for Together for Childhood Grimsby is to prevent child abuse and neglect in the East and West Marsh Wards of Grimsby. This will primarily be achieved through the understanding that multiple adversities, such as mental health, substance misuse and domestic abuse impact on child abuse. Research has been done and plans have been developed to create sustainable change. We have started by building foundations which are based on a clear understanding of the relevant evidence base (including evidence about systems change), analysis of local gaps and needs, partnership strategic priorities, and what is realistic and manageable. The work streams include; Engaging Fathers, Prevention of Domestic Abuse, Community Engagement, Working with Schools and Trauma Informed Workforce (which includes Sharing the Science).

The 'Working with Schools' element includes the plans to offer a 'Keeping Safe' programme, which is a whole school approach to improved safeguarding. We are also working closely with local schools and the local authority to develop an innovative trauma-informed schools approach which will be based on Restorative Practice. Five schools have already agreed with the director of children's services to be trauma informed schools.

The Trauma Informed Workforce element includes training the whole workforce, and some community members, in the use of the Alberta metaphors, to create a shared understanding of child development and trauma, so that people understand practical ways to support a child and so that they can communicate about keeping children safe more clearly. We are calling this 'Sharing the Science'. In addition, under the auspices of Together for Childhood, we plan to have training available to all staff in local schools and the children's workforce, to understand the impact of trauma, respond appropriately and better understand prevention, so that they feel more confident to identify the risk factors of abuse and act accordingly.

Specialised Commissioning

Progress continues following the Mental Health Service Review for CAMHS, with a working bed reconfiguration plan that is now seeing new build developments in the Humber region for General adolescent and PICU services. For West Yorkshire, developments are at the planning stage however the St Mary's hospital site in Leeds has been announced as the new build site; again this will see General Adolescent and PICU services. Within South Yorkshire collaborative provider partnerships are being formed to enable further bed reconfiguration.

This high level reconfiguration will see the distribution of beds being more able to meet young people's needs more locally and support a positive pathway experience. The overall plan is aimed for delivery within 2020, and this will also include Low secure for MI and LD, for which Yorkshire and the Humber have not had prior.

A further progression to meeting local population needs, is the announcement that 'New Care Models' being seen as the steady state of commissioning, which is essentially aiming for collaborative and devolved commissioning. We already have a wave one (North Yorkshire) and a Wave two (West Yorkshire) sites for CAMHS. Progress in South Yorkshire on implementing a provider partnership is ongoing and being supported. Both the bed reconfiguration and New Care Models support each other in refining clinical models and enabling local innovation.

Getting Risk Support

Some CYP currently are unable to benefit from evidence-based treatments but remain a significant risk/concern. This may be CYP who routinely go into crisis but are not able to make use of the help offered, or the help has not been able to make a difference (e.g. children who self-harm, who have emerging personality disorders).

Young Minds Matter Crisis and Intensive Home Treatment Service

The crisis and home treatment provision within NEL is a 24 hours, 7 days a week, 365 days per year service for CYP. The service provision is for CYP experiencing significant mental health difficulties or presenting in mental health crisis. The team consists of a multi-disciplinary team of experienced social workers and mental health nurses with support from psychology and psychiatry. The service works closely with the local hospital, children's services and the police, to ensure that a crisis is responded to in a timely and efficient manner. Through working collaboratively with the police, the service has often averted the need for the police to use Section 136 of the Mental Health Act, which ensures a more caring and personal response to a child's distress. Since the service re-design in 2013, the team have considerably reduced the number of inpatient admissions. In fact over the last 5 years there have only been 3 admissions to Tier 4 from the service. This low number is achieved by providing a quality community mental health service to support CYP to remain with their families, carers and friends. The Government's aspiration through Future in Mind are to have 'improved crisis care: right place, right time, close to home' by 2020. The service is already delivering this to CYP across the borough and feels privileged to be doing so. The service is able to promote, protect and improve our CYP's mental health and wellbeing, by working flexibly and creatively. These achievements have been recognised by the CQC by the recent inspection of the service and with numerous awards that the service has been nominated for.

Tier 4

2014/2015								
NELCCG	AC	Child	ED	LD	Low	Med	PICU	Total
Admissions	<5	0	0	<5	0	0	<5	<5
Service Category	<5	0	0	<5	0	0	<5	5
Occupied Bed Days	126	0	0	81	0	0	66	273
2015/2016								
NELCCG	AC	Child	ED	Low	Med	PICU	UKNC	Total
Admissions	<5	0	0	0	0	<5	0	<5
Service Category	<5	0	0	0	0	<5	0	5
Occupied Bed Days	57	0	0	0	0	118	0	273
2016/2017								
NELCCG	AC	Child	ED	Low	Med	PICU	UKNC	Total
Admissions	<5	0	0	0	0	<5	0	<5
Occupied Bed Days	204	0	0	0	0	118	0	204
2017/2018								
NELCCG	AC	LD	ED	Low	Med	PICU	UKNC	Total
Admissions	6	0	0	0	0	<5	0	7
Occupied Bed Days	70	70	0	0	0	0	0	140

Tier 4 National Spend	14/15	15/16	16/17	17/18
NHS NEL CCG	£567,759	£186,465	£184,874	£482,213

Workforce & Governance

Workforce Development Strategy

In September 2018 a workforce development day was held with colleagues from CYPIAPT Midlands Collaborative in collaboration with colleagues from LPFT, local educational providers and North East Lincolnshire Council to create a workforce development strategy.

The following areas have been identified as the priority workforce challenges for NEL:

- Attracting qualified staff to work in NEL
- Geographical issues due to being isolated from major cities and large towns
- Succession planning for the retirement of staff with expert clinical knowledge
- Increasing the aspirations of young people to fill the skills gap
- Ensuring that partner agencies keep mental health and emotional wellbeing as a priority in their organization

- Time and capacity to attend training courses
- Breaking down professionals working in silos and highlighting the importance of networking and learning

Psychological Wellbeing Practitioners

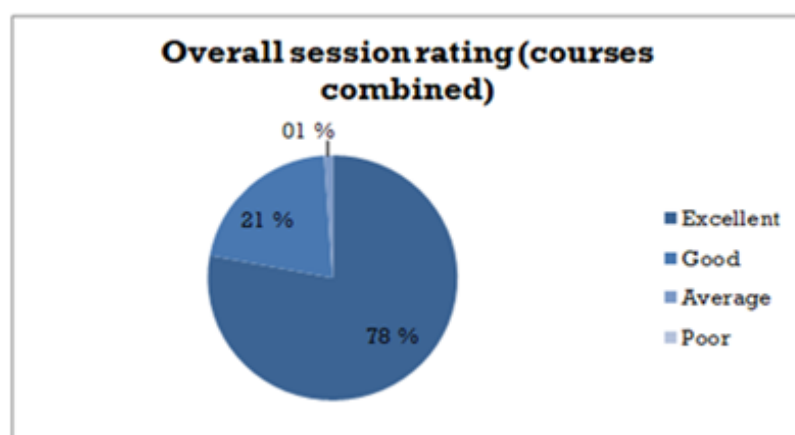
NEL have been successful in 4 Psychological Wellbeing Practitioners (PWPs) who will be training through the Midlands CYP IAPT collaborative from January 2019. These staff will be additional to the early intervention and prevention offer for CYP.

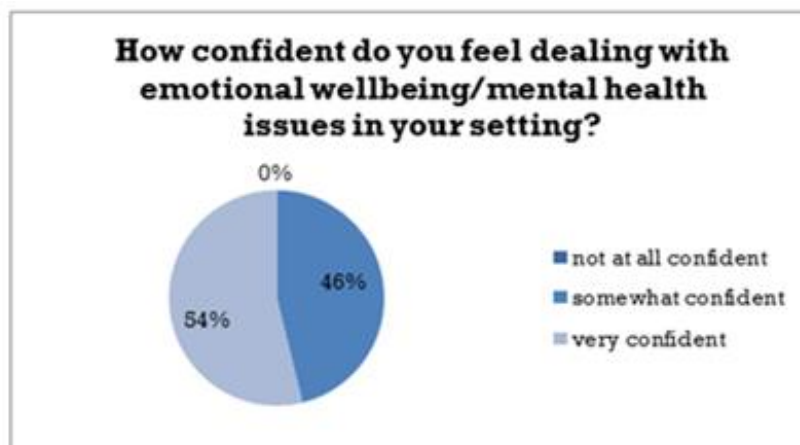
Wellbeing Service

We have commissioned the Wellbeing service within NELC to provide courses to professionals working with CYP. These courses are on a payment by results approach and we are liaising with service leads to identify professionals who require this training as part of their work to upskill their knowledge and confidence.

Training Courses	Total Trained 15/16	Total Trained 16/17	Total Trained 17/18	Total Trained 18/19*
Youth Mental Health First Aid	37	129	142	72
Youth Mental Health First Aid Lite	N/A	85	83	62
Mental Health First Aid	42	29	88	39
Mental Health First Aid Lite	N/A	35	19	27
Emotional Resilience	155	170	201	N/A
Stress Managers Workshop	71	76	56	N/A
Youth Health Champions	6	9	N/A	N/A
Grand Total	311	544	589	200
Grand total number of trained 1,644				

*data up until end of September 2018





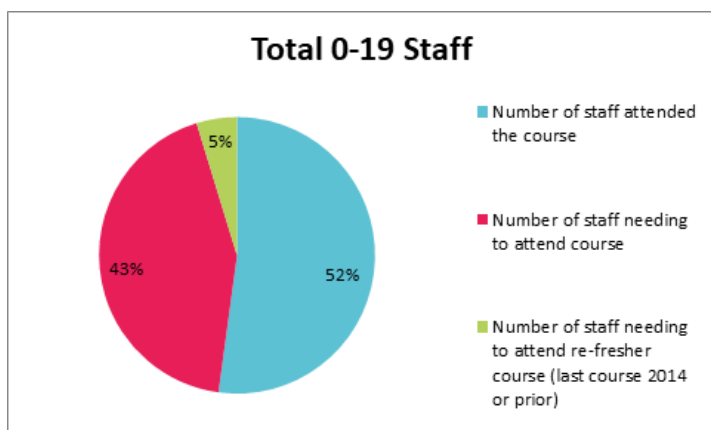
Participant Feedback

“Really relaxed & open environment created by instructor. Simple but effective learning exercises”

“The trainer was fab & very knowledgeable, which made training enjoyable”

Auditing of Professionals

As part of the 0-19 transformation within the Local Authority we have aligned job roles to the required training to ensure that professionals are able to support CYP with mental health and emotional wellbeing concerns. We are continuing to audit professional's attendance and liaise with service leads to encourage take up of the courses.



School Links Team

The School Links team are delivering tailored and bespoke training packages for professionals who are working with CYP. The team are offering courses on the following topics:

- Mental Health Awareness for CYP
- CYP Experiencing Low Mood/Depression
- CYP Experiencing Anxiety

- CYP Experiencing Self-Harm
- CYP People Experiencing Suicidal Ideation
- The Impact of Trauma in Education for CYP
- CYP with Learning Disabilities Experiencing Anxiety
- CYP Experiencing Eating Disorders

These courses have commenced in Q1 and have currently trained 244 professionals. Below are some of quotes from professionals:

“We met with our School Links worker to discuss the service can support our school. We felt listened to & our concerns valued & heard sympathetically. School Links Worker was able to offer lots of advice & guidance to us as MH champions on how we as individuals can develop our skills to assist our students. We felt we had a very positive meeting & look forward to working with School Links Worker.”

“School Links Worker has been very helpful in explaining options that we have available.”

“Good opportunity to get to know each other & what's available.”

“Informative, clearly identifying ways for monthly consultation, group work, specialist training & champions”

“A very informative & positive meeting.”

“Helps to feel that the work towards good mental health in school is to be supported.”

100% of all professionals who attended the consultations said that they would recommend the Young Minds Matter School Links Team to other schools.

Perinatal Mental Health Cascade Training

The PNMH training is continually being cascaded to all professionals who are working with children and families. A range of different professionals have attended the course, including (but not exclusive), families first practitioners, police, family hubs, house support, NSPCC, health visitors, Women's Aid and student midwife.

Quarter		Total Trained – PNMH Cascade Training
17/18	Q3	45
	Q4	61
18/19	Q1	37
	Q2	26
Total		169

Colleagues who attended the training were asked as part of the evaluation, what was the best part of the training, below is some of the comments received:



Cognitive Behavioural Therapy Essentials

Due to the 0-19 restructure within NELC there have been some professionals who previously received CBT Essentials training who have changed roles or left. To ensure that all professionals have the skills and knowledge to support CYP, therefore a course to train these professionals has been commissioned. As part of the new service delivery model we have extended the training out to the voluntary sector to upskill the workforce.

Course	Total Number of Professionals Trained
15/16	14
16/17	37
17/18	0
18/19	13
Total	64

Newborn Behavioural Observations (NBO) & Neonatal Behavioural Assessment Scale (NBAS)

The NBO is a relationship-building tool between parent and baby and parent and practitioner, highlighting baby behaviour, looking at sleep and crying and helping parents to identify the kind of support the baby needs for successful growth and development. It also helps practitioners know what areas are needed for support of the parent-baby relationship. The NBAS is an assessment of new-born babies and identifies behavioural states, neurodevelopmental systems and self-regulatory abilities.

In NEL 33 professionals have attended NBO training and 11 professionals are accredited to undertake NBO and 6 professionals have attended NBAS training and 1 professional is accredited to undertake NBAS. Below are some of the case studies of the impact of the NBO and NBAS work:

I have undertaken NBO with premature twins that were delivered traumatically & Mum had to be admitted to intensive care.

Completing the NBO with that Mum clearly helped to identify how well her twins are progressing & it was apparent that Mum was reassured by the completion of the NBO.

I performed an NBO on a 6 weeks infant yesterday. This is Mum's second baby & whilst I have never had concerns with her parenting & engagement with the core offer, Mum has always appeared to be a little less receptive to health advice & a little defensive during contacts. To Mums delight, the baby responded beautifully during the assessment. I felt that this had a huge positive effect on Mum's relationship with me as I received a very warm response with a very positive evaluation report. I believe that Mum will feel a lot more confident accessing the HV service as a first point of access in the future.

NBO undertaken with mum who wasn't receptive to advice and disengaging. After demonstrating what her baby was telling her she became much more engaged & interested in her baby and their relationship.

Triple P Stepping Stones Parenting Programme

There have been 19 Families First Practitioners and 1 SENCO trained to undertake the Triple P Stepping Stones parenting programme.

Key Performance Indicators	17/18	18/19	18/19	Total
	Q4	Q1	Q2	
Number of groups delivered	2	2	1	5
Number of parents starting the group	9	12	5	26
Number of parents completing the group	8	9	<5	21
% of parents completing the course	88%	75%	75%	-

- Evidence shows that some parents reduced from extreme severe to normal anxiety levels
- Evidence that some parents reduced from moderately depressed

“Got the help I needed from the course which met most of my needs, has helped with my child’s behaviour & helped develop skills that can be applied to other family members”

“Both parents stated that it has helped with their child’s behaviour & helped them to parent their child better, both scored as extremely satisfied with the course & would recommend it”

“Excellent course, met most of my needs & helped me deal with behaviour better, especially in the home & with family, behaviour massively improved”

“Satisfied with the amount of help I received & helped somewhat towards dealing with my child’s behaviours”

Overall Training

Since Future in Mind was implemented we have had 2,544 professionals attending a range of training courses to upskill the workforce

Governance

Mental Health Needs Assessment

It has been over 12 years since a mental health needs assessment was completed in North East Lincolnshire. A needs assessment is being undertaken locally and local data will be utilised to provide intelligence about the prevalence and incidence of mental health disorders, review the current availability of services in the public, private and third sectors that are directly concerned with mental health.

The aims of the need assessment are to:

- Provide a comprehensive assessment of the factors that are associated with poor mental health and wellbeing at all the major stages of the life course

in North East Lincolnshire and how mental health and wellbeing issues are manifesting and presenting to public services, schools, employers etc.

- Review the range of services that are currently available to assist people with their mental health and wellbeing and assess whether this reflects the needs of our community
- Identify the incidence and prevalence of common mental health disorders using available data at all the major stages of the life course.

The methods of the needs assessment are:

- Survey a wide range of professional groups to:
 - Identify the major underlying causes of mental health and wellbeing problems across the major stages of the life course.
 - Look to identify particular mental wellbeing issues affecting specific groups such as people with long-term conditions and disabled people. We will also consider gender related issues separately where appropriate
 - Identify how mental health and wellbeing problems are manifesting themselves across the major stages of the life course
- Review the range of statutory services that are provided locally to address these issues
- Evidence review to identify the sort of support mechanisms that assist with positive mental health and wellbeing issues
- Review services available through voluntary and informal care sectors for mental health and wellbeing
- Using routine and service based data sources and prevalence estimates, identify the extent of mental health problems including an analysis, where possible, of how mental health varies between, wards, socioeconomic groups, gender, age groups, ethnicity etc.
- Using the State of the Borough survey to provide a snapshot of the current state of mental health and wellbeing

The information and intelligence gained from the needs assessment will form an action plan and will provide support to strategy and future service specification development.

Special Educational Needs and Disability (SEND)

Between 2nd July October and 6th July 2018, Ofsted and the Care Quality Commission (CQC) conducted a joint inspection of the local area of North East Lincolnshire to judge the effectiveness of the local area in implementing the disability and special educational needs reforms as set out in the Children and Families Act 2014.

In line with the inspection framework, the inspection focused on the following three areas:

- The effectiveness of the local area in identifying children and young people's special educational needs and/or disabilities.
- The effectiveness of the local area in assessing and meeting the needs of children and young people's special educational needs and/or disabilities.
- The effectiveness of the local area in improving outcomes for children and young people's special educational needs and/or disabilities

The inspection team identified areas of strength with examples of good practice in the local area and also highlighted three key areas for further improvement.

As a result of the findings of the inspection and in accordance with the Children Act 2004 (Joint Area Reviews) Regulations 2015, Her Majesty's Chief Inspector (HMCI) determined that a Written Statement of Action is required to address the areas of weakness in the local area's practice. North East Lincolnshire Council (NELC) and North East Lincolnshire Clinical Commissioning Group (NELCCG) are jointly responsible for submitting a Written Statement of Action.

The future in mind strategy and approach has been integrated into the SEND action plan to ensure CYP receive a co-ordinated approach to support on Social and Emotional Mental Health.

Special Educational Needs & Disabilities Joint Strategic Needs Assessment

A SEND Joint Strategic Needs Assessment (JSNA) for NEL was completed in 17/18 and the key points from the needs assessment were:

- The percentage of pupils with SEN is lower in NEL than the percentage for the England LA mean
- There are more than double the numbers of males with SEN than females.
- There are considerable variations in the percentages of pupils with SEN between individual schools and by free school meal status
- The percentage of new EHC plans issued within 20 weeks in NEL is lower than the percentage for the England LA mean
- Of the pupils with an EHC plan/statement, the most common primary needs were severe autistic spectrum disorder, and severe learning difficulty. Of the pupils with SEN support, the most common primary needs were moderate learning difficulty, social emotional and mental health, and specific learning difficulty, and speech, language and communication need
- The attainment percentage of NEL pupils with SEN is lower than the percentage for the England LA mean
- Of the NEL looked after children at 31 March 2017 and who had been continuously looked after for at least 12 months, 51.6% had SEN provision and 4.4% were recorded with disability

Transforming Care

In NEL we are implementing the CETR policy and are currently reviewing the policy and the dynamic risk register. There have also been new consent

procedures which have been integrated into the transition protocols for mental health, learning disability and educational health and care plans. In the last year 3 CETRs have been undertaken and from this process 2 admissions have been avoided.

Mental Health Services Data Set (MHSDS)

In NEL we are working towards Providers who contribute to increasing access to NHs funded mental health services by inputting activity into the MHSDS and supporting any Providers who currently do not flow data.

All the allied services who contribute to Future in Mind submit a quarterly scorecard which outlines how much activity did undertake, how well was this achieve and whether anyone is better.

The scorecard captures the activity being undertaken in NEL and we are working with these services to ensure they are submitting their activity data to MHSDS. Therefore using the data which is submitted to the Future in Mind board we have estimated that the increase in access to mental health and emotional wellbeing service is below:

Number of CYP Accessing Support for Mental Health & Emotional Wellbeing		
15/16	16/17	17/18
1,255	2,015	2,150

This data includes CYP accessing, Young Minds Matter (CAMHs)/Kooth online counselling/School Nursing CBT/ Youth Offending CBT

This data estimates the number of CYP accessing support, however due to the fact there may be CYP which have accessed more than one service or may not have met the minimum requirement of 2 contacts, we believe there will be some duplications in the data.

Current Achievements:

- All CBT referrals for School Nurses going through LPFT to capture the activity (from September 2018)
- Working alongside Kooth online counselling to capture all activity and agreed for submission of data to MHSDS (from October 2018)
- School Links team 1:1 and group work flowing through LPFT

Future Actions:

- Work alongside the Youth Offending team to include data flowing to the MHSDS
- Ensure Kooth Online counselling meets the timescales of capturing activity to the data set

Future in Mind Project Board

The Future in Mind project board meets on a quarterly basis to discuss the progress made on each of the scorecards which contribute to the vision and aims set out within the LTP plan and to prioritise actions for the following quarter.

Outcome Based Accountability

We have commissioned the new child and adolescent mental health service using an outcomes framework to enable the Provider the freedom to achieve the best outcomes for CYP.

Engagement & Participation

Anti-Stigma Campaigns

As part of transforming the mental health and emotional wellbeing system across NEL, we are dedicated to reducing the stigma associated with speaking out about having a mental health/emotional wellbeing concern.

Youth Mental Health Mixtape

CYP have been involved in the coproduction and design to create a set of mental health and emotional wellbeing films. There have currently been 8 short films created, which aim to reduce stigma and normalise mental health and emotional wellbeing. To view these films, [please click here](#).

These films all focus on a different topic

- **That Voice** – Created in conjunction with Chelsea who shares her personal experience of an eating disorder through a poem and how she overcame the illness
- **Match the Facts** – A quiz show with some facts about mental health which may surprise people and links to support services which are locally available
- **YPCS News** – A rehearsal of a fictional news show for Young People Challenging Stigma News, where some of the negative attitudes that create stigma are challenged and links to support services available
- **Help Yourself** – CYP exploring how they can help themselves with the 5 ways to well-being and services available for young people
- **Who is the Victim?** – Explores how the impact of bullying can impact on emotional wellbeing for CYP
- **We're on Your Team** - Created in collaboration with Grimsby Town Football Club with the aim of targeting specifically boys and young males in relation to male mental health and the prevention of suicide
- **Meet the Young Minds Matter Team** – A short film to inform CYP, parents/carers and professionals what Young Minds Matter team does and what support and services they provide
- **ICAN be anything** – a short film to tackle physical and learning disability stigma

These films have been promoted to schools, academies, colleges, PRU, on social media, to professionals and to external stakeholders. The promotion of these short-films will be on-going to ensure that we tackle the stigma around mental health and emotional wellbeing.



Diana Award

We are proud to announce that Youth Voice from NEL have been awarded the Diana Award for their contribution to improving access to mental health services for young people and challenging stigma. This group of seven influential and passionate young people have been integral in the development and recognition of youth led mental health initiatives in the NEL area.

Re-procurement Panel

As part of the re-procurement process for the child and adolescent mental health service we included 2 previous service users and 2 community representatives to take part in the People's Panel and ask the Providers a series of questions to form an overall score for each of the Providers. The involvement of a People's Panel was very valuable and helped shape the decision making.

Re-branding the 'Young Minds Matter' Service

Following the recommissioning of the child and adolescent mental health service to include lower-level mental health and emotional wellbeing concerns the service was renamed and rebranded.

CYP were imperative throughout this whole process and engaged with to incorporate their views to shape the new service. We ran a series of competitions to invite CYP to submit entries for a new name for the service and this was won by a young girl who attended a local Pupil Referral Unit. There was a presentation to award the young girl with a certificate to celebrate with the Mayor, Chief Executive of North East Lincolnshire council and the Director of Children's Services.

CYP were then invited to submit their entries for a new logo to represent the service, with a chance to win a high street voucher for the winning entry. These entries were then shortlisted by a group of professionals to the top two favourite logos and children and young people could then vote for their favourite one. This then decided which logo would become the winner and the new branding of the service. CYP chose the below logo, which was then adapted by a graphic design team.

Young People and Mental Health in a Changing World - Film Premiere & LTP Engagement Event

A premiere event was held with CYP, professionals, parents/carers to showcase the new anti-stigma campaign films and during this event an engagement activity was undertaken. The activity was to gain an insight into what CYP would like to see on a website that focuses on mental health and emotional wellbeing.

We also asked CYP to answer the following questions:

- What could we improve or start doing?
- What services and/or support are working well in NEL?
- What services could we stop doing?

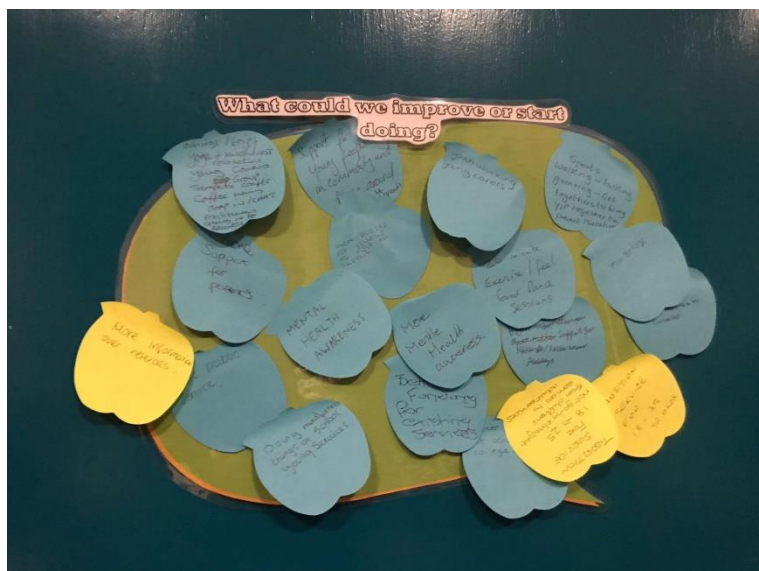
These answers will then form part of the local transformation action plan and focus what key areas we should concentrate on in the upcoming financial year.

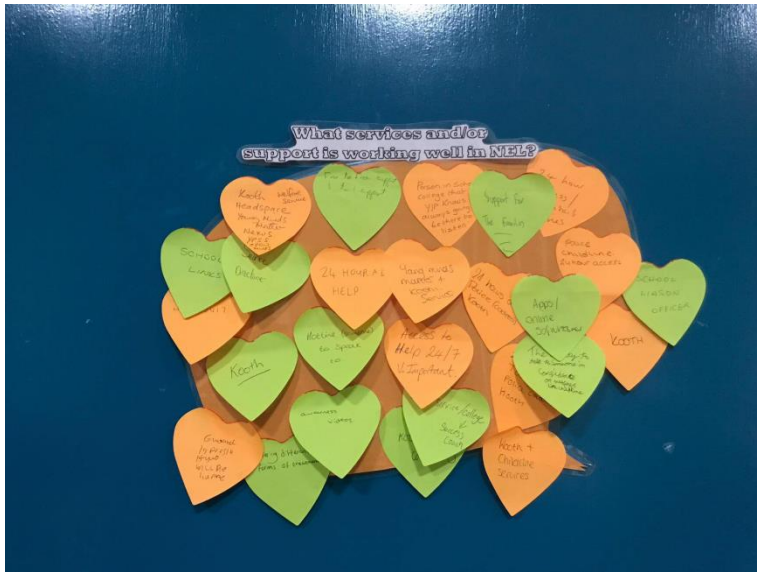
Please refer to the LTP action plan for these key actions.

Single Digital Platform

As part of previous consultation and engagement with CYP they have told us that they do not know where to go to find out information, advice and guidance and the current websites are not suitable. Parents and carers have also expressed that they do not know where to go and what trusted websites to use and has also been echoed by professionals who are supporting CYP.

We are in the beginning stages of planning a single digital platform which has information, advice and guidance for CYP, parents/carers and professionals. We had organised the above event to co-produce this website, involving CYP at the heart of this process.





The common themes from the websites which were shown as examples were:

- Too wordy/dark
- Uninteresting text blocks
- Too much writing/too professional
- Like colourful
- Like icons

Nexus Youth Forum

Nexus Youth Forum supports young people aged 16–21 years to promote positive mental health and to create a safe place for young people to gain advice and support about the services that are available to them. This project started in January 2018 at one of the local further education colleges and has held monthly meetings covering a range of topics, such as:



- Exam stress
- Hate crime
- Mental health

Nexus have engaged with 100 CYP and have obtained a small grant from Humberside Youth Association and held activity sessions throughout NEL, these sessions have included:

- Yoga
- Drumming
- Music
- Rock painting

These activities have reached around 400 people including parents of the CYP who are taking part. Following on from the initial success of the Nexus groups at the college this offer is now being



extended to a local YMCA venue where 2 meetings have currently been held and residences are enjoying the project and finding it a positive outlet to speak out about mental health and reduce stigma.

CYP who have been involved in the Nexus project group have said the quotes below:

- "Since coming too Nexus I've learnt that there are other people who have similar problems and I'm not alone."
- "I have learnt about breathing techniques that will help me when I am anxious"
- "I've enjoyed interacting with people of the same age in a safe space"
- "I've enjoyed the chance to discuss different topics"

At the recent AGM hosted by NAViGO the adult mental health provider Nexus was nominated for the Chairman's award for the group of the year and Nexus was the winner.



Transformation Action Plan

Key Milestones	Deadline		
	18/19 Q3&Q4	19/20 Q1&Q2	19/20 Q3&Q4
Getting Advice (Coping)			
1. Marketing & Promotion			
Market and promote services across the system (e.g. iCAN, text service, online counselling)	✓	✓	✓
Promote the emotional wellbeing and mental health short films created through social media platforms etc.	✓	✓	✓
Create additional short-films identified by CYP, Parents/ Carers and professionals to reduce stigma around mental health.	✓	✓	
2. Digital Communication & Support			
Continue to embed the online counselling service Kooth across the system and to CYP, parents/carers and professionals	✓		
Procure online counselling service in line with EU and UK procurement law to commence 1 st April 2019		✓	✓
Continue School Nursing Text Service and review impact	✓	✓	✓
Create a Single Digital Platform for all IAG, self-care and support on one website for CYP, parents/carers/professionals	✓		
3. Whole School Approach			
Identify further mental health champion in all schools/academies/colleges to achieve 90% coverage	✓	✓	✓
Ensure all educational settings are involved in WSA have an SEMH policy	✓	✓	✓
Review the SEMH training competency framework following implementation with the champions	✓	✓	✓
Continue to engage SEMH champions through network	✓	✓	✓
Ensure schools understand the local offer for mental health and emotional wellbeing following the re-procurement	✓	✓	✓
Review training offer for educational settings and audit gaps and future developments		✓	✓
Plan a workshop in with educational settings to scope out future service developments	✓		
4. Trauma Informed Schools			
Support Trauma informed schools pilot with NELC, Educational Settings and NSPCC	✓	✓	✓
5. GP Liaison Role			

Engage with GPs and healthcare professionals to ensure they understand the new delivery model	✓		✓
6. Attachment & Parenting Support Pathway			
Evaluate and review parenting and attachment programmes	✓	✓	✓
Getting Help			
7. Perinatal Mental Health			
Develop PNMH peer support programme and pilot through engagement with parents and the voluntary sector	✓	✓	
Review and embed the PNMH peer support programme			✓
8. Parental Mental Health			
Develop a task and finish group to focus on parental mental health and the impact on CYP	✓	✓	✓
Develop a parental mental health action plan		✓	✓
9. Youth Mental Health First Aid Peer Support			
Review pilot and recruit further schools/educational settings to undertake training	✓		
Target other voluntary agencies supporting young people to identify YMHFA peer supporters	✓		
10. Transition Programme			
Review feedback from Transition Passport from CYP and families and measure the impact	✓		
Ensure transitions between services are planned and supportive as part of the new delivery model	✓		
11. CBT Are You Ok?			
Continue to implement the school nursing/youth offending CBT support for CYP with self-harm, low level anxiety and depression	✓	✓	✓
Review and evaluate the CBT support programme for CYP	✓	✓	✓
Maintain CBT supervision arrangements to support the early help model	✓	✓	✓
Getting More Help			
12. Eating Disorders			
Continue to monitor eating disorder cases to respond any increase in prevalence across CYP/Adult providers	✓	✓	✓
13. The Access Pathway			
Review the Access Pathway to meet the needs CYP who have communication & interaction, SEMH, Attention and behaviour difficulties			
14. Families First Single Point of Access			
Continue to monitor arrangements between Young Minds Matter and Families First Access Point to ensure this model meets need	✓	✓	✓

15. Transforming Care			
Consolidation of CYP cohort, register and CETRs processes	✓	✓	✓
Ensure continuity with Humber TCP	✓	✓	✓
16. Liaison Psychiatry			
Develop liaison psychiatry for CYP	✓	✓	✓
17. Vulnerable Children & Young People			
Complete quality and governance audit for those LAC placed OOA receiving specialist CAMHs provision and make recommendations for improving mental health outcomes	✓		
Support designated nurse for LAC to complete Care Leavers Gap analysis	✓	✓	✓
Ensure FIM activity complements and delivers against actions outlined in the SEND strategy and action plan	✓	✓	✓
18. Trusted Relationships Bid			
Recruitment of a specialist CAMHs practitioner to support with Trauma related therapy and support	✓		
Review effectiveness of specialist CAMHs practitioner role as part of wider programme	✓	✓	✓
19. Suicide Prevention & Self-Harm			
Widen self-harm task and finish group and refresh action plan and priorities	✓	✓	✓
Support and actively engage with the NEL suicide prevention strategy	✓	✓	✓
Information packs to be given to children, young people, their parents on discharge from A&E	✓		
20. Specialist Peri-natal mental health service			
NELCCG to lead and oversee the delivery of the Specialist Peri-natal mental health service on behalf of the CCGs in the HCV STP	✓	✓	✓
Getting Risk Support			
22. Crisis Care Concordat			
Engage and implement recommendations from Crisis Care Concordat	✓	✓	✓
20. Section 136/ Place of Safety			
Continue to explore the Humber model	✓	✓	✓
YMM, NLAG and emergency services to review section 136 arrangements and develop annual training programme	✓	✓	✓
Governance and Workforce			
21. Wellbeing Service Training Delivery			
Continue to deliver mental health training offer to the children's workforce	✓	✓	✓

22. Workforce Planning			
Finalise workforce planning with task and finish	✓	✓	
Continue to audit 0-19 staff sign-up to emotional wellbeing and mental health training	✓	✓	✓
Work in collaboration with the NSPCC to ensure mental health training is incorporated as part of the trauma informed workforce programme	✓	✓	✓
Work with HE colleagues to explore projected workforce trends	✓		✓
Promote to children and young people mental health as a career option at skills shows etc.	✓	✓	✓
23. CYP IAPT			
Continue to embed the approach of CYP IAPT across the 0-19 workforce	✓	✓	✓
Continue supervision as part of CYIAPT	✓	✓	✓
4 Psychological Wellbeing Practitioners training at Health Education England (HEE)	✓	✓	✓
24. Training for clinical Pathways Support			
Cascade out PNMH champions training to wider workforce and community members	✓	✓	✓
Coordination and delivery of training to complement the delivery of the Access Pathway	✓	✓	✓
25. FiM Programme Management			
Monitor KPI's, outcomes and activity across all programmes contributing to LTP using the scorecard format	✓	✓	✓
Oversee the Future in Mind Strategy through the 'FiM Programme Board' and monitor progress	✓	✓	✓
Explore options to capture additional activity levels from allied services to input into the MHSDS	✓	✓	✓
26. Governance			
Embed THRIVE delivery model across the system	✓	✓	✓
Develop a refreshed 'Future in Mind & Me' easy read summary for the re-fresh	✓		
Continue to develop joint working arrangements for MH across STP footprint	✓	✓	✓

Financial Allocation

Future Allocation & Spend

Quadrant	Commissioner	Services Commissioned	14/15 Value	15/16 Value	16/17 Value	17/18 Value	18/19 Forecast	20/21 Forecast
Getting Risk Support/ Tier 4	NHS England	Inpatient beds	£567,752	£186,456	£184,874	£482,213	TBC	TBC
Getting More Help	NELC	Includes crisis & home intervention service	Part of Young Minds Matter block contract below					
Getting Help	NELC	Young Minds Matter	£2.28 million	£2.28 million	£2.28 million	£2.28 million	£2.75 million	£2.86 million
Getting Advice/ Help	NELC	Online counselling	£0	£0	£30,000	£60,000	£66,696	£60,000
Getting Advice	Variety of different services which support mental health and emotional wellbeing and offer general advice and early signposting into getting help/getting more help services. It should be noted that some educational settings are funding external mental health services however values are not known.							

Financial Schedule

Children's and Young People's Emotional Wellbeing and Mental Health Services		
Main Sources	19/20	20/21
Children's Partnership Agreement	£2,199,800.00	£2,199,800.00
Young Minds Matter Commissioning Top Up	£197,000.00	£197,000.00
Prevention and Early Intervention	£64,545.00	£64,545.00
Future in Mind Funding & Eating Disorders (including CYP IAPT)	£376,369	£428,995