

# FUTURE IN MIND

Our vision for children and young people's mental health



Southern Derbyshire Clinical Commissioning Group  
North Derbyshire Clinical Commissioning Group  
Earwash Clinical Commissioning Group  
Hardwick Clinical Commissioning Group



Derby City Council



Improving life for local people

# FUTURE IN MIND

Promoting, protecting and improving our children and young people's mental health and wellbeing.

## Our vision for children and young people's mental health

The Government has asked us to work out what needs to be done to improve children and young people's mental health and wellbeing. Growing up is meant to be one of the very best times in anyone's life but it can also be tough. There are many pressures and some young people, such as children in care and those leaving care, are exposed to situations and experiences that can make them particularly vulnerable.

Experiencing mental health concerns is not unusual. At least one in four of the population experience problems at some point in their lives. Over half of mental health problems in adult life (excluding dementia) start by the age of 14 and seventy-five per cent by age 18. Although mental health issues are relatively common, it is often the case that children and young people don't get the help they need as quickly as they should. As a result, mental health difficulties such as anxiety, low mood, depression, conduct disorders and eating disorders can stop some young people achieving what they want in life and making a full contribution to society.

**We have been working very closely with children, young people families and providers of services across Derbyshire County and Derby City to plan how children and young people’s mental health and wellbeing could best be supported to give them best start in life with extra investment to support the local transformation of services.**

**As your local Clinical Commission Group (CCG) and local authority, we pledge to be clear about how resources are being used, ensuring we work in partnership with young people, children, their families and providers to make good investment decisions.**

## Over the next 5 years we aim to:

### *Improve awareness and understanding and tackle stigma:*

- Link up the Youth Councils as well as both specialist Child & Adolescent Mental Health Services (CAMHS) providers, service users and carer engagement groups, to lead on the development of an anti-stigma campaign which will be delivered within schools and colleges.
- Ensure that CAMHS work closely with other services including schools, social work teams, Multi Agency and youth offending teams so that services are more integrated. This will allow other professionals to feel more confident when talking with children and young people around mental health knowing they have support from CAMHS professionals.
- Develop an improved service for children and young people with eating disorders that will reduce the negative impact of their condition and work towards their recovery by providing effective interventions as early as possible.
- By investing in early detection and prevention, we anticipate a reduced dependency on in-patient beds by 2020.
- Ensure that all services make active attempts to improve the awareness of mental health and access to services within Black and Minority Ethnic (BME) communities as identified by the Mental Health Taskforce 2015 and recent research (Edbrooke-Childs et al 2015).

## Early intervention:

- Develop the 'teaching' of resilience within the school curriculum as well as having an accreditation programme around mental health and wellbeing within schools building on national good practice.
- Ensure development of pastoral care within schools and build on learning from good practice.
- Ensure development of peer support and those with lived experience around mental health being more included in delivery of services.
- Use technology to better support young people to self-care.

## Improve access to effective support – a system

### without Tiers

- Adopt 'Thrive' the AFC–Tavistock Model for CAMHS and ensure effective integration of CAMHS within schools, Primary Care, Multi Agency Teams (MATs), youth offending and social work teams.
- Develop a 'menu' for young people to be able to choose what they think will help and personalise this around their individual needs.
- Ensure all CAMHS providers are CYP IAPT compliant, including the acceptance of self-referral. Roll out CYP IAPT training with a strategic approach to targeting training according to need in communities.

*(The Children and Young People's Improving Access to Psychological Therapies programme (CYP IAPT) is a service transformation programme that aims to improve existing Child and Adolescent Mental Health Services)*

- Develop and implement key performance indicators which will enable a better understanding of all areas including waiting times for CAMHS
- Ensure the availability of personal health budgets for children and young people in relation to their mental health.
- Ensure services monitor and measure outcomes in relation to mental health and wellbeing of children and young people.

## Care for the most vulnerable

- Ensure availability of rapid access provision 24/7.
- Ensure intensive home treatment is an option for those at risk of inpatient admission or those being discharged from inpatient provision, and thereby see a reduction in average length of stay for inpatient care.
- Invest in (Derby City) or ensure current investment (Derbyshire County) for children in care. Ensure that support for children and young people who have experienced sexual abuse/child sexual exploitation is evidence and needs based and achieving outcomes.
- Ensure that evidence-based interventions are available for young people with Learning Disabilities and/or neurodevelopmental disorders including support for parents/carers.

## Increase accountability and transparency

- Ensure publication of this plan is available on CCG and Local Authority websites.
- Ensure that Youth Council and CAMHS service user and engagement groups have ongoing input into the development and implementation of this plan as well as local service initiatives.
- Report through newly-developed governance structures which include young people, parents/carers, and all stakeholders.

## Develop the workforce

- Enable all professionals involved with children and young people to have the attitudes, skills and training to respond to mental health and emotional wellbeing issues.
- Develop social capital within each community to support children and young peoples mental health and wellbeing.
- Develop the workforce to achieve an equitable service provision and care pathways from universal to specialist
- In line with CYP IAPT ensure that CAMHS professionals are trained in evidence based practice and adapting intervention around feedback from children/young people and parents/carers
- Commissioners will monitor time/spend on mental health continuing professional development across all sectors.
- Ensure all professionals work together focussed around agreed outcomes.



## Outcomes: What will be different for children, young people and their families?

- Work is well underway to develop an outcomes framework for evaluating health services for children and young people.
- Outcome measures will reflect what young people say is important to them, this will enable us to measure what difference services are making to children and young people's lives

## It is anticipated that the following will be key success measures:

- Children and young people feel more positive about their emotional health and wellbeing.
- Children and young people feel that their school and other local services are helping them to be resilient and to cope with life situations.
- Children and young people know how to access help if they need it.
- Children, young people and their families feel that they are listened to and involved in decisions about their care.
- Fewer children and young people are admitted to hospital due to self-harm.
- Fewer children and young people are excluded from school.
- More young people aged 16-18 are in education, training or employment.

## For Further Information Please Contact:

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