

# South Tees Children and Young People's Mental Health and Emotional Wellbeing Transformation Plan 2015/16-2020/21

## RESILIENCE, PREVENTION & EARLY INTERVENTION

1. Reduce stigma and discrimination about mental health in communities and schools
2. Improve access to services helped by increasing capacity and reduce waiting times
3. Provide brief intervention and support to parents during the antenatal and postnatal period.
4. Raise awareness of the local offer of support
5. Provide advice and guidance for parents about CYP mental health and emotional wellbeing
6. Support development of the mental health offer in schools
7. Develop a quality framework for Mental Health and wellbeing in schools

## ACCESS & EFFECTIVE SUPPORT

1. Continue to provide bereavement and postvention support
2. Provide care closer to home for all CYP in crisis. CYP to be seen within the recommended timeframe
3. Continue to provide CYP intensive home treatment including community support
4. Implement a multi-media support offer to provide advice, support, training opportunities and low-level interventions including digital platforms and social media technology. Provide support materials for partner agencies that work with CYP, families and carers.
5. Review Autism pathway

## CARING FOR THE MOST VULNERABLE

1. Understand the mental health needs of our vulnerable populations and provide targeted support
2. Implement recommendations from SEND written statement of action
3. Improve transition for CYP from CAMHS into appropriate adult services
4. Provide support for refugee and asylum seeking CYP that are resettled in the local area
5. Provide necessary support for Looked After Children, Children In Need and those involved with the Criminal Justice System
6. Provide targeted Mental health and emotional wellbeing support for young people who are LGBT+

## WORKFORCE

- Work within:
- Education
  - Children's services
  - Universal health services
- To improve the CYP workforce's ability to understand mental health, and where appropriate undertake a brief intervention and signpost or refer accordingly  
To strengthen the CYP-IIAPT workforce and provide

WHAT WE ARE GOING TO DO

HOW WE WILL MEASURE IT

1. Surveys
2. Number of staff accessing training/supervision
3. Number of schools engaged
4. Numbers of pupils accessing peer support

1. CYP receiving support and intervention. Those accessing services report positive goals / outcomes achieved
2. 90% of CYP who need crisis support will receive it with set time thresholds
3. Intensive home treatment will support reduction in tier 4 admissions and out of area placements.
4. Multimedia support offer that CYP can access as well as families, carers and partner agencies
5. Reduce waiting times and increase capacity
6. Monitor uptake of training opportunities for parents/carers and professionals

1. A&E attendance for self-harm and accidental overdose
2. 90% of CYP open to CAMHS will have a good quality transition plan in place by age 17 ½
3. South Tees YOS health assessments to be audited for quality and impact on mental wellbeing
4. Number of assessments for refugees and asylum seeking children placed in area
5. Undertake service review and implement any service redesign
6. Reduction in number of reoffending for CYP known to criminal justice system
7. Delivery against SEND written statement of action

1. Number of staff trained in each of the workforce groups
2. CYP voice in feedback surveys stating that professionals understand mental health and can help effectively
3. Number of staff that retain a post once training is complete
4. Number of individuals training in CYP mental health

WHAT DIFFERENCE WILL IT MAKE TO CHILDREN AND YOUNG PEOPLE

1. Change in attitudes and people become more accepting that mental health is every body's business as we all have mental health
2. Women are better supported during and after pregnancy, improving attachment with their baby
3. Parents will be better informed and resilient to support their children's mental health
4. CYP are better supported in schools as staff and school environment will promote resilience
5. Reduction in waiting times and improved access for CYP requiring assessment from specialist mental health teams.

1. Help and guidance they need at the right time
2. Crisis support will ensure CYP receive a timely and appropriate response. Offer support to reduce risk and avoid future crisis events
3. More treatment within the community, closer to home when CYP need it
4. Low level advice, support and intervention is available, which will reduce inappropriate CAMHS referrals
5. CYP, families or carers will have support while going through timely assessment
6. Families and carers will be provided with appropriate support and training opportunities

1. Vulnerable group needs will be better understood
2. CYP deal with life's adversity through resilience skills
3. Mental health needs of CYP with SEND are fully supported through collaborative joined up working
4. Effective support into the most appropriate service
5. Positive impact on a child's emotional development
6. Reduction in reoffending for CYP known to criminal justice system
7. Earlier support and intervention for CYP who are at increased risk of suicide
8. Improved mental health and wellbeing of LGBT+ and a reduced risk of suicide and self-harm

1. The work force will have the right skills at the right level to ensure they are confident and competent to support CYP.
2. Understand the total workforce capacity for VYP mental health and wellbeing across education, children's services and health services – under the banner of mental health is everyone's responsibility
3. Sustainability of the local CYP workforce

CROSS CUTTING THEMES

## ACCOUNTABILITY, TRANSPARENCY & GOVERNANCE

- Restructure of the governance and reporting arrangements
- Ongoing monitoring of the delivery plan and progress
- Monitoring against identified priorities using established
- National indicators and/or local metrics for improvement

## EMOTION HEALTH & WELLBEING

- Focus on the full individual and not just one aspect of them
- Reduce stigma of mental health
- Build resilience and develop skill to facilitate self-management
- Think family

## UNDERSTANDING DATA

- Improve Voluntary and Community Services reporting on CYP-IIAPT access
- Use of data to identify priorities for transformation
- Use of data to identify areas of improvement in the current system

## ENGAGEMENT & COMMUNICATION

- Develop a proactive engagement and communication strategy which will support the delivery of the local transformation plan and ensure CYP, families, carers and professionals know how to self-help, identify what support is available, when and how to access it
- Work with CYP, families, carers and professionals to develop a CYP friendly version of the plan.