

Refresh of Children and Young People's Mental Health Local Transformation Plan September 2021

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INTRODUCTION AND BACKGROUND

Future in Mind: promoting, protecting and improving children and young people's mental health and wellbeing', was published by the Department of Health and NHSE England in 2015. This set out a national vision for improving children and young people's mental health. 'Future in Mind', required all areas to develop a Local Transformation Plan (LTP). Stockport published its first plan in early 2016. The plan set out a number of priorities based on 'Future in Mind'. These were as follows:

- Promoting resilience, prevention and early intervention
- Improving access to effective support
- Care for the most vulnerable
- Eating disorders
- Developing the workforce
- Accountability and transparency.

The NHS Long Term Plan was published in January 2019. It committed that the NHS will continue to prioritise and develop mental health services for children and young people. Commitments include:

- Further expansion of mental health services for children and young people
- Further expansion of eating disorders services for children and young people
- Further development of crisis care services
- Further development of mental health support in schools and colleges
- Establishment of a new approach to mental health services for 18 – 25 year olds.

The purpose of this report is to provide an update on progress and priority and areas for ensuring delivery of safe, effective and resilient emotional wellbeing and mental health services in Stockport. This report is an update and addition to the Local Transformation Plan and it is not intended that it replaces the original plan.

JOINT COMMISSIONING OF MENTAL HEALTH SERVICES

In Stockport, our vision is for all children and young people to have the best start in life. We want all children and young people to be safe, happy, prepared for adulthood and able to achieve their goals. We want families to feel supported, confident, resilient and connected to their community.

Our approach to joint commissioning starts with children, young people and their families and puts them at the heart of our approach.

Joint commissioning is where there is shared ownership for improving the lives of children and young people and their families. Partners across education, health and care work with children, young people and their families to agree at a strategic, service and individual level what is needed in an area and how they will work together to commission and deliver it. This means understanding the needs of a population or group and using resources to meet those needs through the planning and buying of services.

In 2019 we refreshed the Joint Strategic Needs Assessment for mental health and emotional wellbeing and will continue to develop this further on an ongoing basis.

A joint commissioning group has been established as part of the Special Educational Needs and Disability (SEND) Improvement Programme. The group has developed a joint commissioning plan and mental health and emotional wellbeing are at the heart of this plan. The key joint commissioning priorities over the last year in relation to mental health and emotional wellbeing are as follows:

- Establishment of a reformed Emotional Wellbeing and Mental Health Partnership
- Development of a Single Point of Access and consideration of self-referral options
- Implementation of an early help partnership offer that is community based and wraps around schools
- Improved access to mental health services
- Improved diagnostic and treatment services for ADHD
- Improved diagnostic pathway for Autism Spectrum Conditions.

Further information about the joint commissioning plan can be found via the link below.

https://search3.openobjects.com/mediamanager/stockport/fsd/files/send_commissioning_plan_1.pdf

THE EMOTIONAL WELLBEING AND MENTAL HEALTH PARTNERSHIP (1)

The key planning and governance mechanism for the Local Transformation Plan is the Emotional Wellbeing and Mental Health Partnership which reports to the Health and Wellbeing Board. This group was formed in early 2020. It is jointly chaired by the CCGs Associate Director of Commissioning and the Local Authority's Head of Business Support (Commissioning & Contracts). This group replaced the Integrated CAMHS Partnership which had been in existence for several years.

Purpose of the Partnership

The Partnership will provide a forum for partners to work collectively to drive improvements of the local system and services in relation to emotional wellbeing and mental health. The key purposes are outlined below:

1) Work to an agreed vision for Stockport's emotional wellbeing and mental health service provision for young people up to the age of 25, this is consistent with the SEND code of practice. The partnership intended to review the age parameters further by September 2020 however this was not addressed but an All Age Mental Wellbeing and Mental Health Strategy will be produced as an action from the Stockport Borough Plan (see slide 10).

2) Ensure the development, review and implementation of the Children and Young People's Mental Health Local Transformation Plan and associated action plans.

3) Establish work streams in relation to key priorities, provide oversight and monitor progress of these work streams. These will change over time.

The areas of focus during 2020/21 included:-

- Single point of access
- Early help
- Mental health in schools
- Parent infant mental health
- Crisis care.

4) Work collaboratively and holistically to manage the overall care and support pathways for children and young people.

5) Review performance in relation to agreed outcomes and quality and be ambitious for our provision.

6) Identify and address the emerging needs of children and young people in provision planning.

7) Respond to and provide innovation in relation to national and GM initiatives.

THE EMOTIONAL WELLBEING AND MENTAL HEALTH PARTNERSHIP (2)

Membership of the Partnership

The Membership of the Partnership currently includes the following members:

- Parents and Carers Together (PACT)
- Stockport Health Watch
- NHS Stockport Clinical Commissioning Group both commissioning and safeguarding representatives
- Stockport Family (Integrated Children's Service) leads for health, social care and education
- Local Authority, Head of Business Support (Commissioning and Contracting)
- Principle Educational Psychologist
- Specialist CAMHS including Associate Director, Consultant Psychiatrist and lead Clinical Psychologist
- Local Authority lead for SEND
- Education / head teacher representatives.

Governance

The Partnership will ultimately be accountable to the Health and Wellbeing Board and will report to both Stockport CCG Executive Board and Stockport Family Partnership Board.

It is recognised that many of the priorities of the Partnership are cross cutting with those of the SEND Improvement planning structure.

The Partnership also recognises the role of the Greater Manchester Health and Social Care Partnership in leading key programmes of work in relation to children and young people's emotional wellbeing and mental health.

With the creation of statutory Integrated Care Systems (ICS), the subsequent strengthening of place based working and development of provider collaboratives this presents an ideal opportunity for reviewing the governance arrangements for the Emotional Wellbeing and Mental Health Partnership and how the partnership aligns with other partnership boards.

ACHIEVEMENTS AGAINST AMBITIONS IN 2020/21 PLAN

Continued application and embedding of the Thrive approach into local planning

A Single Point of Access for emotional wellbeing and mental health services was established and operational in April 2021

Growing and developing the capacity for delivering evidence based support and treatment interventions within school communities

Mobilisation and implementation of an All Age Mental Health Liaison service was in place by December 2020

Local mental health crisis services for CYP were reviewed to ensure that there is effective alignment between services

Commenced a waiting list initiative for autism diagnostic assessments, still recognising that this continues to be a significant issue

Continued commissioning of Kooth.com a digital on-line therapy offer for CYP

Completed the procurement and mobilisation of a VCSE Early Help Offer

AMBITIONS FROM 2020/21 REQUIRING FURTHER ACTION

Stockport
Clinical Commissioning Group

It is recognised that the last year presented a number of challenges for the wider system and as a partnership some of our ambitions were not achieved. These are set out below with actions for taking them forward during 2021/22.

AMBITION	ACTION TO BE TAKEN
Embed the Emotional Wellbeing and Mental Health Partnership and ensure effective alignment with other strategic planning workstreams	These ambitions will be taken forward as part of the development of the All Age Mental Wellbeing Strategy (See slide 10)
Develop the Joint Strategic Needs Assessment for CYP and conduct further analysis of the needs of vulnerable groups of children	
Review and further develop the emotional wellbeing strategy for the school community	
Grow and develop the capacity for delivering evidence based support and treatment interventions within school communities	These ambitions will be taken forward, as a priority for Mental Health in Education (See slide 41)
Improve waiting times for access to specialist assessment and treatment initially to ensure assessment with 12 weeks and treatment within 18 weeks of referral	These ambitions will be taken forward as a priority as part of a service re-design and business case for CAMHS
Extend CAMHS service up to 18 years	
Scope the need for specialist mental health interventions for Looked After Children who are placed in Stockport by other areas and identify options for meeting this need	
Develop and scope a vision for delivery of support for CYP with neurodevelopment conditions and establish a planning process to take this forward	The work on this has commenced with the development of an All Age Autism Strategy and proposals to develop a new neurodevelopment pathway

SUMMARY OF NATIONAL PERFORMANCE STANDARDS – 2020/21

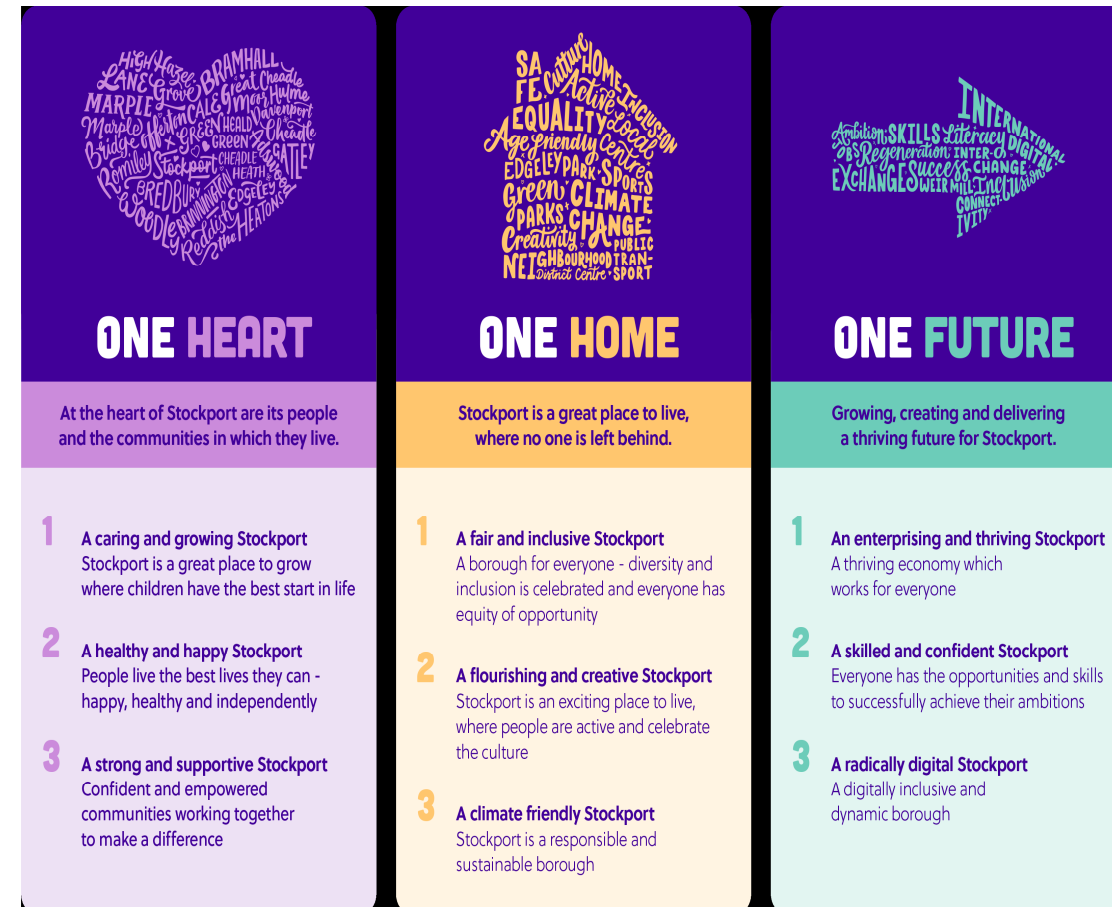
STANDARD	TARGET	PERFORMANCE
Number of 0-17 year olds receiving treatment from an NHS funded community mental health service	35%	42.2%
% of children and young people who have their first contact within 12 weeks of referral	95%	86.8%
% of children and young people who commence treatment within 18 weeks of referral	98%	98.7%
CYP Community Eating Disorder – 95% of urgent cases who start treatment within 1 week of referral	95%	100%
CYP Community Eating Disorder – 95% of routine cases who start treatment within 4 weeks of referral	95%	96.4%

The **One Stockport Borough Plan** is a shared plan which sets a vision with Stockport organisations, their citizens and other stakeholders working together to deliver 9 ambitions (See picture opposite).

Under the 'One Heart' pillar of the Borough Plan is the Health and Care Plan, which sets out the plans for improving health and care outcomes through all partners working together.

In relation to this Local Transformation Plan one of the key actions is to Improve **mental health and wellbeing** through development of a joint **all age mental health and wellbeing strategy** working with communities, schools and businesses. This action will be measured by: -

- Improvement in the levels of happiness, mental health and emotional wellbeing and increase the number of active people across the Borough
- Better access to mental health treatment and support (via CAMHS and Community Mental Health Services) for children and young people



IMPACT OF THE COVID 19 PANDEMIC

The Covid 19 pandemic has had a significant impact on All our lives. The Stockport Joint Strategic Needs Assessment (JSNA): Impact of Covid 19 on Health and Wellbeing in Stockport (September 2020) states that the Covid 19 crisis has led to challenges faced by people and communities as a result of socio-economic changes, bereavement as a consequence of the pandemic and restrictions during lockdown and it has also led to changes in mental health services. For CYP it is reported that 52% of children were struggling to learn at home, with motivation and lack of guidance and support being the most common reasons.

Coronavirus: Impact on Young People with mental health Needs (Young Minds: January 2021) states that lockdown was causing additional pressures for a number of reasons, notably isolation, a loss of routine and challenges accessing mental health support.

Since September 2020 there has been a large increase in number of children and young people who require urgent and intensive input (this consistent with other areas in Greater Manchester and nationally). This relates to both new referrals and those who were already on the CAMHS caseload.

The Covid 19 pandemic and other factors resulted in the loss of a permanent base for the specialist CAMHS service, this then affected the full delivery of the service which resulted in the service prioritising those CYP most in need and at risk, via a business continuity plan. Service delivery for assessment and diagnosis for Autism, ADHD and those CYP who were deemed not at risk was put on hold thus impacting on the time CYP had to wait causing additional pressures on families. To address these concerns the following actions have been agreed and taken forward: -

- A new permanent base for Healthy Young Minds has been agreed and work is underway with a completion date for new premises in 2022
- Funding for a waiting list initiative to out-source assessment and diagnosis for autism has been agreed
- Funding for a waiting list initiative to out-source CBT approaches and brief interventions for those CYP with mild to moderate presentations
- A waiting list initiative for those waiting for ADHD assessment and diagnosis is planned

Greater Manchester is now a devolved regional authority. Children and young people's mental health is a key planning priority within Greater Manchester and several pan-region work programmes have been developed. These include:

- A specialist Perinatal Mental Health Service
- Crisis Care Pathway
- Mentally Healthy School's Programme
- Thrive training and development programme
- Greater Manchester Trauma / Resilience Hub
- Establishment of Kooth.com across Greater Manchester – this is a digital emotional wellbeing and mental health service which delivers support and treatment online.

Further detail about these programmes is provided elsewhere in this report.

The Emotional Wellbeing and Mental Health Partnership seeks to work with these programmes and ensure alignment with local planning. Stockport is represented on key Greater Manchester planning groups including the:

- Children's and Maternity Commissioner's Consortium
- Local Transformation Plan Implementation Group
- Children and Young People's Crisis Care Board
- Mental Health in Schools Group.

Further detail about the Greater Manchester programmes is provided in subsequent sections of this plan.

THE THRIVE FRAMEWORK (1)

The Stockport Partnership is developing the use of the Thrive framework to assist us in supporting the mental health needs of children, young people, and families. The needs of all families will be considered as part of our plan and are grouped as:

- Thriving: those who need effective prevention and promotion to support their mental health.
- Getting Advice: those who need advice and signposting
- Getting Help: those who need goal focused, short term interventions
- Getting More Help: those who need extensive and specialised goals based help
- Getting Risk Support: those who have not benefitted from or are unable to use help but whom services need to provide support for as they remain a risk.

Stockport's approach recognises that emotional wellbeing and mental health are hugely influenced by social, economic environmental and individual factors and that a wide treatment and support offer is needed that reflects these multiple influences. Our plan recognises that whilst treatments and healthcare models are needed we also need to grow and explore a wide range of ways of achieving good outcomes for children and young people in Stockport.

The Emotional Wellbeing and Mental Health Partnership Undertook an exercise to map our services against the Thrive model. The model on slide 14 sets out the service offers and support that CYP and families can access. The Partnership also recognise that any further planning for support or any new service offer should be for those who need goal focussed short term interventions (Getting Help) which CYP and families can access early.



Getting Advice – Signposting, self-management and one off contact

- MASSH providing the function of a single point of access for all emotional wellbeing and mental health referrals
- Stockport Local Offer providing information on all local services for CYP
- Parent and Carers Together (PACT)
- Kooth.com – on line support and therapy for children 11 years and over
- Stockport Family – Health Visitors, School Nurses, School Age Plus workers
- Self-help leaflets providing NHS Self-Help guides
- The Proud Trust – LGBTQ+ support for CYP
- Healthy Stockport Lifestyle – diet, exercise, smoking, alcohol use and wellbeing
- Young people participating in activities such as Scouts, Guides
- Joining supportive physical activity groups
- Online Support – MindEd for Families; Moodjuice; Anna Freud On My Mind
- Telephone Support – The Mix; Young Minds;
- Trussel Trust and other Foodbanks

Getting Help – Goal focussed evidence informed and outcomes focussed interventions

- School Nursing Teams, Parenting Team, School Age Plus workers
- Behaviour support service, Primary Jigsaw, Secondary Jigsaw, Educational Psychology
- The Youth Offending Service for young people at risk of offending
- Early Help and Wellbeing Service – SHINE
- Psychological Wellbeing Service - provide eTherapy, psychoeducation groups and 1:1 Psychological therapies; Living Life to the Full for 11-18 years
- Talk Listen Change – Counselling family breakdown/domestic abuse
- Beacon Counselling
- The Women's Centre – Counselling and psychotherapy for women aged 18 years plus
- Kooth.com – Online therapy for children 11 years and over
- Arts for Recovery in the Community
- Psychological & Emotional Support for children and young people with life threatening or life limiting conditions
- Signpost for Young Carers
- Stockport Without Abuse/'Me 2'
- Pennine Care 24/7 Mental Health Helpline

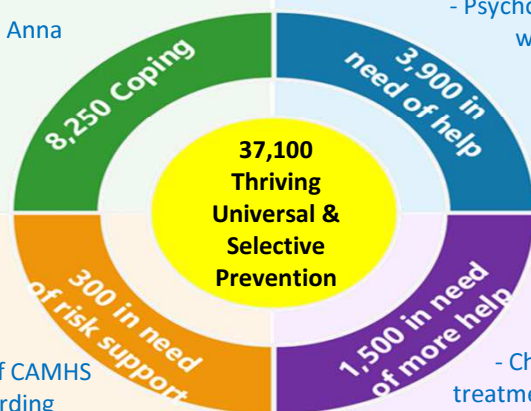
Getting Risk Support – Risk Management and Crisis Response

- Multi-agency risk management practices inclusive of CAMHS paediatrics, Youth Offending Team, Complex Safeguarding
- Crisis Response Services - Rapid Response Teams, Safe Zones
- CYP and adult Home Treatment Team
- CYP in-patient/Tier 4 beds – Hope Unit, Horizon Units, Junction 17, Galaxy House
- Other Specialist in-patient services, for example secure services
- National Helplines such as Childline and Samaritans

Getting More Help – Extensive Long Term

- GP referral and other professional referrals to paediatric service
- Access to Clinical Psychologists for long term psychological therapies
- Referral to Child Development Unit for children under 5 years
- Child and Adolescent Mental Health Services providing a range of evidence-based treatments, e.g. psychological therapies, care co-ordination, medication management monitoring and review
- Autism Spectrum Disorder Team – provide post-diagnostic support to families
- CYP Community Eating Disorder Service
- Adult Community Eating Disorder Service
- Early Intervention Service for First Episode Psychosis or at risk mental state
- MOSAIC – CYP substance misuse service
- 16/17 year old transition Services
- Specialist Community Perinatal Mental Health Service and Infant parent services
- Improving Access to Psychological Therapies – provide eTherapy and 1:1 psychological therapies
- All age mental health liaison team – carry out assessment at the Emergency Department

Linking with universal, public health, local communities and a wide range of agencies to promote general wellbeing, disseminate information through emotional healthy schools, online and youth programmes



THE THRIVE FRAMEWORK (3)

Our plan aims to increase the number of people in the community who are thriving and grow our range of support and treatments. We aim to do this in ways that maximises the potential of those who need support and improves their outcomes. We also aim to work with children and young people in ways way which they find engaging.

All developments within Stockport will be underpinned by whole community shared principles of the Thrive framework:

- **Common Language:** using a shared language and understanding across the system
- **Needs-Led:** Approach based on meeting need, not diagnosis or severity.
- **Shared Decision Making:** Voice of children, young people and families is central
- **Proactive Prevention and Promotion:** Enabling the whole community in supporting mental health and wellbeing
- **Partnership Working:** Effective cross-sector working, with shared responsibility, accountability and mutual respect based on the five needs based groupings

- **Outcome-Informed:** Clarity and transparency from outset about children and young people's goals
- **Reducing Stigma:** Ensuring mental health and wellbeing is everyone's business
- **Accessibility:** Advice, help and risk support available in a timely way for the child, young person or family, where they are and in their community.

A key element of our plans is to embed the Thrive framework in our planning to create flexible interagency working. We aim, where possible, to provide emotional wellbeing and mental health support where the young person is and through trusted practitioners. Healthy Young Minds is extensively involved in supervising the work of other teams in relation to mental health. This includes established relationships with, School Nursing, Family Nurse Partnership, the Youth Offending Service, the Local Authority Emotional Wellbeing Team and some special schools.

We are committed to ensuring that the voices of parents and young people are heard in planning of mental health services. Parents and Carers Together (PACT) are represented on the local Emotional Wellbeing and Mental Health Partnership and relevant sub-groups. PACT continue to be represented at the Stockport SEND Improvement Board and are central to new developments with the Autism pathway.

The Children and Families Scrutiny Committee undertook a review on CYP participation identifying the current arrangements in place for ensuring meaningful engagement with CYP. As part of the review the young people highlighted the following issues: -

- additional support and awareness for mental health is required more now than ever, especially as a result of Covid-19;
- young people need to be encouraged to speak out about mental health issues with work undertaken to remove stereotypes and reduce barriers to access;
- work with the National Trust linked to mental health and disabilities through access to green spaces;
- more green spaces are needed along with consideration of the environment, including litter;

- debit cards for young people, needed particularly since Covid-19 and to enable young people as adults of the future;
- making the town centre more accessible for young people, with better shops;
- public transport improvements are needed to enable young people to connect with activities, support, services and green spaces;
- awareness raising to ensure ease of access to activities;
- housing and benefits for young people with SEND;
- LGBT issues;
- employment opportunities

In relation to CYP participation it was recommended that there is improved awareness raising about services and provisions available for young people and any information includes messages which remove stereotypes and stigma attached to mental health in order to promote active engagement by young people.

JOINT STRATEGIC NEEDS ASSESSMENT (1)

The local Joint Strategic Needs Assessment (JSNA) for children and young people's mental health is currently being refreshed. Preliminary findings are reported here.

It is estimated that 1 in 8 (12.8 %) of 5 – 19 years olds have at least 1 mental health disorder equating to 6430 children and young people in Stockport. If experimental data for 2 – 4 year olds is added it is estimated that there are 7030 children and young people, aged 2 – 19 with a mental health disorder in Stockport.

There are significant gender differences:

- In under 10 year olds mental health disorders are more common in boys
- In 11 – 16 year olds there is no gender difference
- In 17 – 19 year olds mental health disorders are far more common in girls (23.9% vs 10.3%).

National estimates also show that mental health disorders are comparatively:

- Higher in the Lesbian, Gay, Bisexual and Transgender communities
- Higher in white British ethnic groups
- Higher in lower income households

- Higher in children and young people who have had adverse childhood experiences or lived in households where there is family dysfunction.

The table below shows an estimate of the number of children and young people, aged 5 – 19 in Stockport who are likely to have specific mental health conditions.

Mental health condition	
Emotional disorders	4000
Behavioural (or conduct) disorders	2400
Hyperactivity disorders	850
Tics and other less common disorders	430
Autism Spectrum Conditions	610
Eating disorder	200

Mental Health of Children and Young People in England: 2021 (NHS Digital) state that the rate of probable mental health disorder increased between 2017 and 2021 in 6-16 years olds from 1 in 9 to 1 in 6 and for 17-19 years olds 1 in 10 to 1 in 6.

JOINT STRATEGIC NEEDS ASSESSMENT (2)

Data from General Practice indicates that the following are the most commonly seen conditions in children and young people in Stockport:

- Anxiety
- Depression
- ADHD
- Self harm
- Autism Spectrum Conditions
- Severe mental illness.

It is worth noting that anxiety and depression were the most common issues by some margin among the 15-24 age group.

There is national evidence of a rise in the overall rate of mental health disorders in children and young people between 1999 and 2017.

Over the past 3 years there have been 233 admissions to specialist mental health units in 0 – 24 year olds for mental and behavioural disorders. 15 – 24 year olds are the group who are most likely to be admitted. On average there are 150 admissions for self harm each year for children and young people aged under 19 years, increasing to 215 a year when including those aged up to 24 years are included.

In 2019 the Partnership progressed analysis of a range of

surveys of parents and young people about their views of local children and young peoples mental health services.

The key themes identified were as follows:

- Access to services, waiting times and finding the right support at the right time
- The need for mental health support in schools
- Communication from services and between services – difficulties in communication and having to re-tell stories
- The importance of family and friends in supporting around mental health
- Limitations in post 16 services
- Diagnosis – length of time taken and support available during the process
- Mental health treatment.

The Emotional Wellbeing and Mental Health Partnership will use this report to inform its future plans.

Considerable progress has been made on needs assessment in 2019 / 2020 and this will be progressed as part of the development of the All Age Mental Wellbeing Strategy. A summary of available information about the needs of vulnerable children and young people is provided on slide 19.

JOINT STRATEGIC NEEDS ASSESSMENT (3)

Vulnerable children and young people

Children and young people with a mental health disorder are more likely than those without one to have experienced certain types of adversity in their lives, like parental separation or financial crisis at home.

The risk of child mental health disorders is estimated as up to six times higher in vulnerable groups of children and young people (e.g. those with a learning disability and / or ASD, children with chronic health problems, looked after children, children in contact with youth justice and in families where parents / carers have a mental health disorder).

Stockport has a particularly high number of Looked After Children (LAC) who are placed in the area by other Local Authorities (LAs). The number of children in Stockport placed from out of the area at the end of June 2021 was 354, compared to the number of LAC children in Stockport, which is 426. The majority of these are placed in Stockport by Greater Manchester authorities but a significant number of CYP are placed by Local Authorities outside of Greater Manchester.

It is estimated that there are around 4230 children and young people living in Stockport who act as carers. Stockport Young

Carers Project supports around 350 of these at any one time and there are around 250 new referrals per year.

The table below shows the numbers of children and young with specific vulnerability factors. This represents the most up to date position as at September 2021.

Indicator	Number August 2020	Number September 2021
LAC placed in Stockport by Stockport LA	274	285
LAC placed by Stockport LA in other LA areas	125	148
Children in Need	2056	1823
Care Leavers	228	228
CYP with SEND with EHCP	2329	2534
CYP with SEND receiving SEN Support	4708	4824

NHS England has set the following standard in relation to access:

“% of children and young people with a diagnosable mental health condition who receive treatment from a NHS funded community mental health service”.

NHS England has also set a trajectory for this standard which is shown in the table below alongside the numbers needed to be treated locally to meet the trajectory.

It should be noted that the estimate prevalence of mental health disorders has increased slightly due to new information and Public Health England have provided a new figure for 5 – 17 year olds in with a diagnosable mental health disorder in Stockport (5483). This will be used going forward.

Year	Estimated number of children and young people in Stockport aged 5– 17 with a mental health disorder	NHS England trajectory of % of numbers to be treated	Numbers needed to treat in Stockport in order to meet NHS England trajectory
2016 / 2017	5400	28%	1512
2017 / 2018	5400	30%	1620
2018 / 2019	5400	32%	1728
2019 / 2020	5400	34%	1836
2020 / 2021	5400	35%	1890

It is expected that access data is derived from the Mental Health Services Dataset (MHSDS). Currently not all activity is captured in MHSDS. For example significant numbers of children and young people are treated for ADHD by the Community Paediatric service and this activity is not entered into MHSDS. The table below shows the numbers of children and young people who were recorded as receiving treatment between 2016 and 2021.

Year	Number of 0-17 year olds receiving treatment from an NHS funded Community Mental Health Service	Target	% 0-17 year olds using prevalence (5400)
2016/17	1491	28%	27.8%
2017/18	1544	30%	28.6%
2018/19	1728	32%	38.2%
2019/20	2790	34%	50.8%
2020/21	2325	35%	42.2%

Stockport exceeded the NHS England target of 35%. It should be noted that this figure still doesn't include data from the Paediatrics service.

Whilst the target has been achieved in a challenging year is encouraging we are not complacent and we aim to continue to exceed the NHS England targets. We also recognise the very significant challenges with waiting times. We recognise that not all children and young people with a mental health condition will need specialist mental health treatment. Through working in partnership we aspire to provide appropriate support or treatment for all children and young people with mental health disorders who need support.

Stockport CCG monitors 2 waiting times indicators. The performance against these is detailed in the table below.

Indicator	Target	Performance in 16/17 (July to March)	Performance in 17/18	Performance in 18/19	Performance in 19/20	Performance in 20/21
% of children and young people who have their first contact within 12 weeks of referral	95%	73.9%	94.9%	87.9%	95.7%	86.8%
% of children and young people who commence treatment within 18 weeks of referral	98%	87.9%	97.5%	94%	98.1%	98.7%

The table above indicates that the service did not achieve the 12 week waiting time standard, but achieved the 18 week standard. It is recognised however that 18 weeks is too long for a child or young person to wait to start treatment. Within Greater Manchester more sophisticated measures of waiting times for access to specialist CAMHS have been developed. These show the following in relation to access to Stockport CAMHS service in 2020/2021 (April to December):

- The average waiting to first appointment was 9.4 weeks
- The average wait between referral and the second direct appointment was 17.8 weeks
- The average wait between 2nd and 3rd appointment was 6 weeks.

Stockport's performance against these measures benchmarks poorly within Greater Manchester and we aspire to make improve in this area.

Whilst Stockport is achieving the standard in relation to access to specialist mental health services there are very significant challenges in relation to waiting times. A key reason for this is the increase in the number of referrals into CAMHS over the last three years. Referrals from 2016 to 2021 are provide in the table below.

Year	2015/16	2017/18	2018/19	2019/20	2020/21
Number of referrals	2091	2043	3026	3033	2388

It is notable that referrals increased by 48% in 2018/2019 compared with the previous year and remained at a high level in 2019/2020. Increasing referrals to specialist CAMHS are part of a national picture. Locally we feel the reasons include:

- Increased need in some areas
- Increased awareness of mental health
- Limitations in lower level support and an over reliance on the specialist service.

However between 2019/20 and 2020/21 referrals significantly reduced by 21.3% as a result of the both the pandemic and lockdown measures in addition to a reduction in capacity for the CAMHS. The reduction in referrals was seen across Greater Manchester and nationally.

During 2020/21 a successful procurement took place and a new Early Help Offer was commissioned. In addition the Single Point of Access for emotional wellbeing and mental went live. Both these developments are early in mobilisation and we have not yet seen the impact on referrals to specialists CAMHS services.

FINANCE AND INVESTMENTS

The table below gives an overview of total spend and investments in children and young people's mental health services 2015 – 2022.

	Year	Value in 000s
Total spend on CAMHS services for 5 – 18 year olds	2015 / 2016	£1,986
CCG investments		
Community access to CAMHS including Community Eating Disorders Service	2016 / 2017	£531
Community access to CAMHS	2018 / 2019	£187
CYP CAMHS expansion, all-age mental health liaison, CYP CEDS	2020/2021	£539
VCSE Early Help Offer, CYP CEDS, CYP 24/7 Crisis Response, GM Thrive and Kooth.com	2021/22	£347
Total CCG Investments		£1,604
Total spend on CAMHS services for 5-18 years	2021/22	£3,590

Non-recurrent allocation of £79k was also provided to deliver a waiting list initiative to address long waits for Autism Spectrum Disorder diagnosis. This figure is not included in the table above.

Planned Investments for 2022/23 include the investment in new premises for Stockport CAMHS service

As indicated on the previous slide the CCG has increased investment in children and young people's mental health services however at the same time referrals have increased since 2018/19. This has limited the impact of investment and has meant that it is less than it would have been if referrals rates had stayed constant. There have however been some demonstrable areas of impact including:

- More children and young people are receiving treatment from a specialist mental health service
- Improved mental health care for young people aged 16 and 17 - this has allowed the Transition Team to provide additional support to the existing Mental Health Liaison Team offering specialist assessment and consultation to young people attending the Emergency Department, liaison with adult home treatment team and Healthy Minds service and specialist consultation/ triage to all 16 and 17 year olds who are referred to the adult single point of access
- Improved consultation to the care leavers teams which has helped smooth the journey of care leavers into adult mental health services and signpost them to other sources of support - an audit of this work has been carried out which shows that it has been very positively received by staff who are working with care leavers
- Improved interface between CAMHS and schools with identified schools liaison leads in all secondary schools including independent schools - this has been well used by many schools and has been well perceived but it hasn't reduced referrals to the service
- Roll out of the Train the Trainer programme to enhance emotional wellbeing and good mental health of children and young people, school staff and local authority workers (the hope programme)
- Improved interface between CAMHS and the School Nursing Service – mental health practitioners provide supervision to Schools Nurses which enables them to provide effective support to children and young people via their twice weekly clinics in secondary schools
- CAMHS and the children's community learning disability team have worked together to provide an enhanced offer for children and young people with learning disability in special schools.

- Enhanced community and home treatment care for children and young people with eating disorders to provide quicker access to effective help, improve recovery rates and reduce the need for inpatient admissions
- Establishment of a local authority led mental health in schools programme which aims to further develop the capacity and capability of the schools workforce in promoting wellbeing and resilience of pupils – as part of this a schools wellbeing strategy has been developed and launched
- Closure of the treatment gap for children aged 3 - 5 years with complex social, emotional and behavioural problems although it should be noted this is a small resource and further alignment with other early years services would be beneficial in order to ensure a multi-agency seamless service for children aged 0 – 5
- Improved support for families (of young children) who have mild to moderate mental health needs via commissioning of a volunteer led home visiting service which aims to promote attachment
- Improved multi-agency working in relation to infant parent mental health and development of a multi-agency Infant Parent Mental Health Pathway
- Greater Manchester 24/7 Response to crisis for CYP is now fully embedded across all localities, improving the offer of crisis support for children and young people. The service offer can be accessed via NHS 111, through CAMHS and the All Age Mental Health Liaison Service. Further developments are underway to expand the crisis offer, including the establishment of CYP Home Treatment Teams.

In 2016 there were 23.8 whole time equivalent (WTE) posts in the CAMHS service commissioned by Stockport CCG. This excludes the workforce in the infant parent mental health service. Since then the CCG has commissioned an additional 11.1 WTE clinical posts CAMHS. The CCG commissioned clinical workforce, as at September 2021, has increased to 34.9 WTE. The breakdown of posts is shown in the table below.

With the additional investment of funding into the CAMH service the additional posts to be recruited to include:

- Mental Health Practitioners
- Team Leader
- CBT Therapist
- Consultant Psychiatry
- Psychology Assistant

Type of staff	CCG commissioned workforce 2016	Additional capacity commissioned by CCG since 2016	CCG commissioned workforce September 2021
Psychiatrist	2.9	0	2.9
Psychologist	3.6	0.2	3.4
Mental health practitioner	14.3	9.3	23.6
Psychological Wellbeing Practitioner	0	2.0	2.0
Service manager	0	1.0	1.0
Other	2.0	0	2.0
Total	23.8	11.1	34.9

It should be noted that there is a national shortage of trained nurses and psychiatry, which has impacted nationally on recruitment and subsequent retention. Also since the original plan was published in 2016 there has been a significant increase in demand for the CAMHS service as outlined on page 21. This has meant that although commissioned capacity has increased there remain very significant pressures within the service.

Stockport CCG has commissioned a Community Eating Disorders Service in partnership with 5 other CCGs. The service is delivered by a multi-disciplinary team which includes input from a psychiatrist, a dietician and mental health practitioners. Stockport has also agreed to commission a children and young people's home treatment team in partnership with the other CCGs, which will be operational from April 2020. From a Stockport perspective this will be jointly commissioned with Stockport Local Authority.

The Greater Manchester Health and Social Care Partnership has also commissioned additional elements of the workforce which contributes to local delivery. This includes:

- The Greater Manchester Crisis Care Pathway which includes Rapid Response Teams and Voluntary Sector led safe spaces
- The Greater Manchester Thrive Hub.

The information on workforce on slide 27 focusses on the elements commissioned by the CCG but it is acknowledged that there are a large range of services which are commissioned by Stockport Local Authority which contribute significantly to emotional wellbeing and mental health. Examples include, a Looked after Children's offer, schools based mental health services in both primary and secondary schools, the School Nursing Service, the Parenting Team, School Age Plus workers and Mosaic (young people's drug and alcohol service).

Stockport Local Authority has recently reviewed services commissioned via the Direct Schools Grant and plans to realign services to develop a more cohesive early help offer which includes emotional wellbeing services.

Additional to the children's workforce Stockport CCG has also invested in the workforce in relation to Infant Parent Mental Health. This includes the following:

- A 0.6 WTE infant psychology lead
- A full time mental health practitioner whose focus is families of children aged under 5
- A full time mental health practitioner in the Improving Access to Psychological Therapies Team (IAPT)
- An Independent Sector led volunteer home visiting scheme for parents with mild to moderate mental health issues who also have a young child.

Greater Manchester Health and Social Care Partnership has invested in a Specialist Perinatal Mental Health team which works in partnership with local infant parent mental health services to provide support for mothers with severe mental health concerns.

There is a strong multi-agency approach to infant parent mental health in Stockport and significant commitment from other local commissioners and services in relation to workforce. Other workforce elements include:

- A dedicated midwife
- A dedicated health visitor
- A lead social worker and identified locality champions.

Mental health support for vulnerable children and young people is a high priority in all the work which we do locally. Much of the information about this is included in other sections of this plan including the following:

- The voice of parents and young people slide 16
- JSNA slides 17-19
- Special Educational Needs and Disability (SEND) slide 34
- Eating disorders slide 35-36

This section particularly focusses on support provided for:

- Looked after Children
- Children in need
- These who have had adverse childhood experiences
- Young offenders.
- Young carers
- Young people who identify as LGBTQ+
- Care leavers (16-25yrs) .

It focusses on the following:

- The CAMHS offer
- Local Authority services
- Other services
- Partnership working
- Next steps.

CAMHS

CAMHS employs a full time Looked After Children's psychologist. They offer consultations with the wider multi-agency team, offering recommendations to social workers, foster carers and care homes. They also offer direct work with Looked After Children (subject to eligibility), including, assessment, crisis prevention and intervention, Dialectical Behaviour Therapy, trauma based work and play therapy. They work with children in Stockport placed by the local authority and those placed by other Greater Manchester (GM) authorities.

CAMHS also provide services for Looked After Children who are placed in Stockport by non GM local authorities including assessment, formulation, recommendations, medication review, crisis support and assessment and diagnosis of Autism and ADHD.

The service employs a half time mental health practitioner who provides consultation to the care leavers team and liaison with adult mental health services. The service also employs a full time mental health practitioner who works directly with the Youth Offending Service (YOS) providing consultation and access to CAMHS where needed.

Local Authority Services

Stockport local authority employs a part time Clinical Psychologist who co-manages their Emotional Health and Wellbeing Team which work predominantly to support the emotional health of our children in care. The Clinical Psychologist provides clinical oversight to all the cases open to the team, clinical supervision, consultation clinics to foster carers as well as staff support and training to our in house residential homes. They are responsible for the service design, delivery, outcomes and service development for the team. This role provides a bridge between CAMHS (Looked After Children Psychologist) and partners in social care. The psychologist also provides supervising for the new Clinical Psychologist for the No Wrong Door model and Family Drug and Alcohol Court (FDAC) service in Stockport Family.

The Emotional Health and Wellbeing Team comprises of clinical psychologist (0.5fte) and 3 full time social workers who are linked to each of the localities. The specialist social workers offer consultations to the social care team, systemic assessments, formulations and intervention plans. They work with foster carers, schools and sometimes family members or parents providing direct interventions to carers in the form of reflective sessions, some direct work with children as well offering support to social workers via consultation to plan and carry out life story work.

There is an established complex safeguarding team (Aspire), who work with children and young people open to Children's Social Care who have been or are at risk of being exploited. The team also completes specialist assessments in relation to high risk and complex domestic abuse and supports the locality social work teams in responding to complex safeguarding issues. The team includes specialist social workers who do direct interventions with children and young people. The clinical psychologist also supports the Aspire Team offering consultations, training and staff support via the Trusted Relationships initiative funded by the Home Office across Greater Manchester.

Other services

Stockport Without Abuse offers safety interventions and advice to young people age 13 years and over who are in abusive relationships or experiencing relationship abuse.

Counselling for children and young people impacted by domestic abuse is provided by Talk, Listen and Change. The service takes referrals for children and young people aged 5 – 18 who have witnessed and/or experienced domestic violence and abuse.

The majority of secondary schools commission school based counselling. There is also a strong school nursing presence in state funded secondary schools (including academies). The service delivers regular clinics which are often the first point of contact for children and young people experiencing emotional wellbeing issues.

The Greater Manchester Trauma / Resilience Hub was established to support children, young people and families who were affected by the terrorist attack in Manchester. Options are being considered to determine the legacy of this highly effective project. These include consideration of an ongoing function to support any child, young person or family who has experienced trauma.

Stockport Local Authority commissions a support group for children and young people who identify as Lesbian, Gay, Bisexual, Transgender or who are questioning their sexuality. The group meets weekly and provides wellbeing activities, peer support and sex and relationships education. It also provides some outreach and education.

The Local Authority and the CCG jointly commissions a well established Young Carers Project which works with young people aged 6 – 25 years who live in the Stockport area. The

service offers age appropriate advice, support and activities to promote wellbeing and provide a break from the caring role.

Pure Insight work in partnership with Beacon Counselling and refer any young care leaver that feels they will benefit from counselling.

Partnership working

Partnership working to support vulnerable children and young people is strong. Some examples of this are given below:

- Stockport CCG ensures that the Safeguarding Children Partnership are sighted on the Local Transformation Plan
- The Local Authority commissioned psychologist is supervised by CAMHS
- The Local Authority and CAMHS psychologists work effectively together
- There is a clear link between CAMHS and the social care Emotional Wellbeing Team via the Local Authority psychology post
- There are strong links between the School Nursing Team and CAMHS

- CAMHS provide a consultation offer to some special schools to advise on Positive Behaviour Support and prevent escalation of mental health crisis
- CAMHS have established capacity to work within key teams for vulnerable children and young people including the Care Leavers Team and the Youth Offending Service
- Stockport local authority fund a psychologist within the No Wrong Door (edge of care) project and the Family Drug and Alcohol Court service – this will be delivered in partnership with CAMHS who will recruit and provide clinical supervision. The post holder will work closely with other clinical colleagues and to strengthen the offer for vulnerable children on the edge of care.
- The local authority Autism Team and CAMHS work together to provide support for vulnerable children and young people whose mental health needs are escalating
- The “No Wrong Door”, programme is a multi agency initiative which aims to work with those on the edge of care to prevent them becoming looked after (where possible) - mental health input will be included in this initiative and recruitment is underway for a psychologist.

Next steps

The Greater Manchester specification for specialist CAMHS services includes an outcomes framework but reporting is not disaggregated by vulnerability. As yet we do not have a system wide view of outcomes and indicators in relation to mental health of vulnerable children and young people. This will be a priority for the newly formed Emotional Wellbeing and Mental Health Partnership.

Both The CCG and CAMHS recognise that there are limitations in the offer for Looked After Children who are placed in Stockport by areas outside of Greater Manchester. Although significant services are provided for this group ongoing therapeutic support isn't provided. We plan to establish a part time Psychologist to provide support for this group including consultation with children's homes, liaison with the responsible commissioner and direct work with children and young people where needed. We will also scope the need for specialist mental health interventions for this group and identify options for meeting this need.

We note that 2 reviews have been conducted recently in Greater Manchester (LAC and children with complex needs) and we will work with colleagues in Greater Manchester to implement the recommendations.

In 2018 Stockport was inspected to assess its progress in implementing the Code of Practice for Special Educational Needs and Disability (SEND), 2014. The inspectors commented on a number of strengths locally including a passionate and dedicated frontline workforce. They also found significant weaknesses in the local areas practice and Stockport was required to produce a Written Statement of Action (WSOA) to address these weaknesses.

In the report there were only a few comments specifically about mental health services. These were:

- The enhanced Healthy Young Minds offer to those who have moderate to severe learning disabilities with mental health needs was found to be a strength
- Pathways for 16 - 25 year olds with SEND are not well established - mental health services were mentioned
- Diagnostic pathways for Autism and ADHD post 16 are not fully established.

It is acknowledged that mental health services have a significant role to play in meeting the needs of children and young people with SEND. This is especially the case in relation to ASD, ADHD and Learning Disability.

Since the inspection a SEND Improvement Board has been established with several sub-groups including a joint

commissioning sub-group. Several key priorities in the Written Statement of Action relate to children and young people's mental health. These include:

- Development of a single point of access for mental health
- Improving the diagnostic pathway for children and young people with Autism to streamline the process and ensure timely assessment
- Improving the diagnostic and treatment pathway for ADHD and ensure timely assessment and treatment.

Key achievements in response to the WSoA are as follows:

- We have established the Designated Clinical Officer for SEND post in the CCG.
- We have commissioned additional consultant capacity in the Paediatric service to improve timescales for assessment and treatment of ADHD
- We have commissioned a waiting list initiative for assessment and diagnosis of children and young people with Autism to ensure those on the waiting list receive a timely service, this however still remains an issue
- We have established an Autism and ADHD diagnostic and treatment service for those age 16 years and above
- We have implemented a Single Point of Access for all emotional wellbeing and mental health referrals.

A pan Greater Manchester Community Eating Disorders (CED) service specification has been developed for implementation from April 2020 onwards. This is in line with national guidance. The three eating disorders services in Greater Manchester are continuing to meet and share learning and expertise to either achieve or maintain the national targets that by 2021:

- 95% of service users classed as urgent being seen within a week
- 95% of service users classed as routine being seen within 4 weeks.

Greater Manchester has been consistently achieving above the national and regional average. There has been a trajectory of improvement across the year.

The Greater Manchester wide CED service specification has been developed to reduce unwarranted variation across Greater Manchester. In order to provide consistency across the three services it is expected that all services have paediatrician and research time included within the core team. It is also expected that they are cognisant of the

recommendations from the transition report, with particular reference to episodes of care not being interrupted solely due to age.

Investment to the Greater Manchester CED Service continues as outlined in the Mental Health Investment Standard and plans are being developed that seek to make effective use of the increased resources for eating disorders under the NHS Long Term Plan. Both services and commissioners are aware that in order to continue to achieve improved access and waiting time that workforce capacity and expansion is required.

Stockport CCG has commissioned a Community Eating Disorders Service in conjunction with 4 other local CCGs. The service has 2 hubs one of which is based in Stockport and provides an intensive support offer in the community in order to reduce hospital stays. This aims to complement and enhance other local community provision. There is evidence that children and young people's hospital admission for eating disorders have declined since establishment of community eating disorder services

The Healthy Young Minds service and Stockport Paediatric Service have embedded the Marsipan Standards, on working with children and young people with eating disorders, into their practice.

Stockport CCG also commissions a community psychology led eating disorders service from a local 3rd sector organisation. This works with people from age 16 years upwards.

Local performance against the national access standards for access to eating disorders services is strong locally. The table opposite shows performance against key standards in 2020/21.

Performance indicator	Stockport performance March 2020/21
95% of urgent cases who start treatment within 1 week of referral	100%
95% of routine cases who start treatment within 4 weeks of referral	96.4%

Additional investment across five CCGs was provided to the CYP Community Eating Disorder Service to secure

- a 2 site model of service delivery (Bury and Stockport)
- Increase case manager role and additional mental health practitioner in-put

These developments will enhance staff skill mix, offer Early Intervention and support staff training.

A report recently published by NHS Digital (Mental Health of Children and Young People in England:2021) state that the proportion of CYP with eating problems increased between 2017 and 2021 from 6.7% to 13.0% in 11-16 year olds and from 44.6% to 58.2% in 17-19 year olds.

The Greater Manchester crisis care pathway comprises several areas, some of which are new service developments and some which require transformation of existing systems and services.

Four new Rapid Response Teams launched in May 2019 and are now operating 8am to 8pm, 7 days a week, actively supporting young people across all 10 boroughs of Greater Manchester. They provide rapid assessment, de-escalation and brief intervention for young people who are experiencing a mental health crisis and support young people, along with their families, for up to 72 hours.

Whilst being implemented in a phased way, the ambition is to have a 24/7 crisis response from April 2021 and to expand the points of referral over the next 12 months to ensure clear, safe and effective pathways which reach the young people most in need of support.

Also due to be fully operational from April 2021, the **Greater Manchester Assessment and Inreach Centre** (GMAIC) will provide a single point of access for referrals when a young person needs to be admitted to a general

adolescent or eating disorders bed. GMAIC will undertake access assessments and support effective pathways across all providers in GM. This team forms an integral part of the GM CAMHS lead provider collaborative model.

Two Safe Zones have been opened across GM by a partnership of voluntary, charitable and social enterprise organisations led by The Children's Society. This service provides complementary and ongoing support in a youth-centred, community setting for young people and families who have accessed the rapid response service. There is a longer term ambition to enable open access for certain groups of vulnerable young people who may otherwise present more frequently to A&E.

The next 12 months will see further developments to enhance the inpatient services across the pathway including 3 sites piloting the We Can Talk programme which supports effective working between CAMHS and paediatrics; scoping for a Discharge Coordination Team primarily to support the weekend offer; and a procurement exercise for the independent sector to provide 'crash pads' for young people who require a safe space for immediate risk management and de-escalation.

Locally in Stockport we aim to ensure effective alignment with the Greater Manchester Crisis Care Pathway. There are significant local pressures on crisis care services including on:

- The CAMHS services
- Stepping Hill Hospitals Emergency Department
- Stockport's acute Paediatrics service.

It is recognised that further work is needed to improve co-ordination of crisis care locally and to ensure alignment with the Greater Manchester Crisis Care pathway. This will include:

- Expansion of CAMHS up to age 18
- Expanding the offer of CAMHS to extend evening and weekend working
- To improve the interface between CAMHS and Paediatrics
- To develop the capacity and capability of Stockport's Paediatric service in providing effective care and support for children and young people who are admitted with mental health conditions

- To improve alignment between all aspects of crisis care delivery
- To ensure alignment between children's and adults crisis care services and ensure effective pathways.

Early Intervention in Psychosis (EIP) teams were introduced across the UK following the publication of the National Service Framework for Mental Health in 1999. The aim of the EIP team is to improve short and long term outcomes for people who present with a first episode of psychosis. There is a wealth of evidence which suggests that outcomes for individuals can be improved by reducing the duration, or length of time, that people experiencing a psychosis are left untreated (Duration of Untreated Psychosis – DUP). The EIP team will provide a multi-disciplinary approach to treating, managing and supporting people who present with a psychosis. A package of care will usually include:

- Care co-ordination
- Medication management
- Review of physical health
- Access to psychological therapies
- Family intervention
- Support to carers
- Vocational (education and employment) support.

The recommended age criteria for the team usually is from 14 years upwards.

The Early Intervention Team for Psychosis in Stockport takes referrals from age 14. However there are a number of children under and above the age of 14 that who are managed and have intensive input from CAMHS.

In relation to 14 and 15 year olds the service works in partnership and with CAMHS to provide support and advice with CAMHS being the lead service. This is because in practice children and young people with early signs of Psychosis often have a complex range of presentations which are best managed by a specialist children's mental health service.

The CAMHS service offers family therapy. They also have a practitioner who is trained in Cognitive Behaviour Therapy for people with Psychosis and can offer this intervention where needed.

For those aged 16 and over the Early Intervention Team would be the lead service and they offer a full service for people with Psychosis.

Mental Health in Education is a high priority for the Partnership.

As part of the Scrutiny Work Programme the Children and Families Scrutiny Committee requested a review to consider the support for young people's mental health and wellbeing in schools in order to:

- a) Understand provision and how young people with emotional health issues are supported, particularly those who are not acute enough to warrant full scale intervention
- b) To understand how schools feel in terms of dealing with emotional health issues and whether more could be done.

Both Councillors and parents in attendance were well informed and appreciative of the breadth of the information and support available across the borough for children and young people, however it was highlighted that further work is done to raise awareness of the offers of support.

The following recommendations were proposed:

- A robust programme of workforce development for universal and early help staff is commissioned, along with expert supervision and consultation from specialist provision to support the universal and early help sector.
- Beacon Counselling and the school nurse service, jointly link with the Ethnic Diversity Service and young people representatives in Stockport to maximise the reach of the support and services to young people.
- A programme of awareness raising with regard to support available for young people regarding mental health and wellbeing
- The CAMHS waiting list progress is incorporated into Scrutiny reporting
- A review of the current local investment into mental health provision for young people is undertaken
- Improved awareness raising about services available for young people to reach all organisations taking into account the views of young people.

MENTAL HEALTH IN EDUCATION (2)

Embedding mental health support for CYP within schools and colleges is a key element of both the NHS Long Term Plan and the Green Paper, which both set out proposals to improve mental health support in schools and colleges. Stockport CCG was allocated £150K non-recurrently to progress local initiatives in development and preparation for the Mental Health in Education programme. Stockport will join the programme in Wave 7, commencing in September 2022. The locality preparatory phase consists of five key elements: -

Element 1

Co-ordinator and Clinical Lead

A mental health co-ordinator has been recruited to co-ordinate planning and preparation for Mental Health in Schools Teams. A clinical lead has been recruited to provide leadership and supervision to wellbeing workers.

Element 2

Schools Wellbeing Workers

Two wellbeing workers, hosted by a local VCSE with experience and a track record of providing emotional wellbeing support in education settings will deliver CBT informed brief interventions in a school setting.

Element 3

Emotional Literacy Support Assistants (ELSA) Programme

This is a nationally recognised, evidence-based programme designed to increase the capacity of schools to support CYP with social, emotional and mental health needs.

Element 4

Link Programme

The aim of this programme is to improve relationships between education and mental health services in readiness for the Mental Health in Schools Programme using the CASCADE framework developed by the Anna Freud Centre which assesses levels of interagency working in supporting CYP

Element 5

Mental Health Leads in Schools/Colleges

Funding is available for mental health leads in schools/colleges to take forward and support the schools' strategic and whole school college approach

The LGBTQ+ mental health project has been co-designed and produced with young LGBTQ+ people, CAMHS providers and Voluntary Sector partners. Each CAMHS service in Greater Manchester has reviewed itself against the, “You’re Welcome Standards”, which have been reviewed through a rainbow lens which focusses on the experience of young LGBTQ+ people. For example, where the standards state that there should be a welcoming environment, this “rainbow lens” version includes reference to staff having a positive pronoun approach to avoid mis-gendering young people.

Following the audit of services against these standards, services have developed action plans for improvement. These will be reviewed by young reviewers who have been trained. 100 CAMHS staff across Greater Manchester will access LGBTQ+ training which has been tailored to their needs from the audit returns. Additionally, young people will visit each service provider and then meet with two staff from each provider to discuss their actions plans, achievement and learning.

This project is designed to improve the experiences of LGBTQ+ people by having better informed services, greater engagement with LGBTQ+ young people. Furthermore many

services are not currently reporting confidence in their monitoring of gender in an inclusive way (including non-binary people) or sexual orientation. Through this project, we aim to build this confidence and establish a baseline to then review access and outcomes from the LGBTQ+ community accessing CAMHS.

In Stockport there is an established CAMHS Practitioner who provides support to the local Youth Offending Service . The focus of this role includes:

- Liaison between the Youth Offending Service and CAMHS and ensuring effective support
- Direct work with young people when needed
- Increasing capacity and capability of the Youth Offending Service team in relation to mental health
- Advice and support to the Youth Offending Service team.

The Greater Manchester Youth Justice Mental Health Collaborative Commissioning Network (CCN) project is progressing the following work :

- Improving identification of mental health (including neuro-disabilities) needs of children and young people in contact with the criminal justice system and victims on 4 key pathways
- Enhancing pathways for these vulnerable children and young people who may otherwise face barriers to accessing health and justice services, and develop bespoke solutions that best support the needs of GM children and young people

- Understanding any gaps in provisions and taking steps to close them
- Engaging with the voices of those who are 'experts by experience' to co-design solutions
- Supporting trauma awareness in the workforce, linked to wider work in the Greater Manchester
- Improving integration of services as children and young people transfer to mainstream services, to promote continuity of care
- Enabling cooperation and coordination between services commissioned by different organisations, whilst reducing duplication and delivering efficiencies.

Continue to design and consolidate a comprehensive CYP emotional wellbeing and mental health offer across the Thrive Framework

- Review and update the service mapping of all emotional wellbeing and mental health services, including mapping prevalence to the thrive framework and a review of investment into all service offers
- Improve the Early Help offer with greater input from the VCSE sector
- Increase the capacity of the CAMHS to extend the service offer up to 18 years
- Ensure that all reviews, service planning and design is co-produced with CYP and families

Improve access to CYP mental health services by addressing the waiting times for assessment, diagnosis and treatment

- Continue to develop the Single Point of Access for Emotional Wellbeing via the MASSH
- Promote and publicise all service offers through the Local Offer and on partner organisations websites
- Complete the waiting list initiatives for ASD, ADHD and CBT for brief interventions
- Increase service capacity for CAMHS to achieve the proposed waiting time standards for CYP mental health services

Clearly understand the needs of our vulnerable CYP in order to address inequalities and improve outcomes

- Conduct further analysis of the needs of vulnerable groups of children and young people including, looked after children, care leavers, children and young people who have had adverse childhood experiences and those who identify as LGBT
- Develop a system wide approach to measuring outcomes in relation to children and young people's mental health including vulnerable groups

Continue to develop the mental health in Education programme

- Participate and complete the Anna Freud Link Programme in preparation for the roll out of Mental Health Support Teams in September 2022
- Evaluate the Schools Wellbeing Workers and ELSA Programme
- Document learning from the Schools Wellbeing Workers and ELSA Programme to inform the establishment of Mental Health Support Teams taking into account local need to ensure equality of access and address inequalities
- Plan for the recruitment and training for two Mental Health Support Teams in September 2022

Create a new and improved neurodevelopment pathway, initially focussing on children and young people with ASD and ADHD

- Working within a multi-disciplinary, multi-agency approach design a new ASD pathway to include pre and post diagnostic support
- Ensure the new pathway is shared and communicated with both families, CYP and all relevant agencies
- Development the pathway in conjunction with Single Point of Access
- Undertake a test and change exercise
- Develop a business case to implement the changes to the pathway