

Emotional Health and Wellbeing of Children and Young People in Northumberland

Action Plan – as at 12 June 2017

Proposal	Action	Lead Org	Lead Officer	LTP fund	Timescale	Comments
	Coping Focus on promoting resilience; building school and community capacity					
Improve perinatal mental health care, in line with national guidance	<ul style="list-style-type: none"> Review of maternity services across Northumberland (wider than this strategy). 	CCG	Annie Topping		Jan 2018	On-going. 19.8.16 - Healthwatch are also supporting the review.
	<ul style="list-style-type: none"> Identification of perinatal mental health model of care at emergency care hospital (maternity). 	NHCFT	Janice McNichol/ Kay Vincent		March 17	19.8.16 - Pathway in place. Completed.
	<ul style="list-style-type: none"> Identification of perinatal mental health model of care in a range of services in early years settings. 	CCG/ LA	Kay Vincent / Janice McNichol		Dec 16	Completed.
	<ul style="list-style-type: none"> Health outcomes based monitoring of achievement. 	CCG	Rachel Mitcheson / Kate Brundle		Annual	Review due 12/17
	<ul style="list-style-type: none"> Long term plan for review of perinatal mental health services developed and agreed across partners, in line with national guidance and funding stream. 	NECS	Kate Brundle	Yes	April 17	19.8.16 - Pathway in place. Completed
Early support initiatives from 0-5 years from Oct 2015	<ul style="list-style-type: none"> LA and health services to work together to deliver the 0-5 healthy child programme in a range of settings, working with children's centres, and in 	LA/ CCG	Mary Connor		March 16	In place - via service specification. Completed.

	line with the troubled families' agenda. Ensure coordination of care and early help assessments.					
	<ul style="list-style-type: none"> The transfer of responsibility to the local authority in Oct 15 will require a full review of services. 	LA	Karen Hearne/ Margaret Tench		March 16	Completed.
	<ul style="list-style-type: none"> Vulnerable young people's pathway to be developed which incorporates teenage parents. 	NHCFT & NCC	Alyson Raine/ Sharron Pearson		April 18	17.02.17 - Vulnerable parents pathway lead signed off with commissioners. 02.05.17 – Working group now in place.
Every health visitor receives updated training in mental health	<ul style="list-style-type: none"> Extend training programme for health visiting service. 	NHCFT & NTW	Alyson Raine	Yes	December 17	02.05.17 - Primary mental health workers in place. AR to discuss with Lead.
	<ul style="list-style-type: none"> Develop support network, to back up health visiting early listening support services, to improve access to perinatal services. 	NTW/NHCT	Alyson Raine		Jan 17	17.02.17 - Additional support for staff and supervision in place. Complete
Whole-system approach to fostering resilience within educational settings	<ul style="list-style-type: none"> Each educational setting has a point of contact single point of access telephone number. 	NTW / LA/ NCHFT	Alan Carrick		April 15	Completed.
	<ul style="list-style-type: none"> Increase primary mental health worker capacity to provide greater locality resource, available to schools. 	NHCFT	Alyson Raine	Yes	March 17	19.08.16 - Service specification being revised by KB. 02.05.17 – 80% primary mental health workers now in place plus additional admin.

	<ul style="list-style-type: none"> • Clarification re: role of Mental Health Champions • Identify mental health champions in educational settings. Maximising awareness and early identification and low level interventions available. 	LA	Jane Walker/ Yvonne Hush		April 17 and review in January 2018	Ongoing. Twilight consultation sessions held with schools. Resilience Strategy/Action Plan in place which includes support for Schools. Resilience Training Planning has taken place, reviewing the offer of support for schools.
Ensure special education needs planning aligned to the strategy	<p>Social, emotional and mental health (SEMH) objectives proposed by the local authority:</p> <ul style="list-style-type: none"> a) To create with partners a 0-25 years social, emotional and mental health Strategy and Local Offer for Northumberland b) To create a whole-county and regional tracking system for special educational needs high needs learners. c) To work with schools to track the progress of SEMH learners who are not high needs. d) To create more Northumberland special school places for SEMH learners. e) To develop mainstream and specialist provision in every School Partnership so SEMH learners 	LA	Sam Barron / Rachel Mitcheson / Kate Brundle		September 2017	Census of Northumberland. Objective A – completed.

	travel shorter average distances to get the support they need.					
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Getting Help						
Focus on good access and early intervention						
Roll out the children and young people's improving access to psychological therapies programme	<ul style="list-style-type: none"> Transform psychological therapies programme with three work streams <ul style="list-style-type: none"> Participation and engagement of the staff groups IT infrastructure, supporting mobile working across the county (front loaded in the funding profile) Service development and integration of primary mental health workers and psychological therapies 	N'bria Uni/ NTW/ NHCT	Rebecca Campbell	Yes	April 16 - and ongoing	Complete
	<ul style="list-style-type: none"> Appoint into IAPT capacity (within the services being trained to deliver IAPT) so the training offered (above) is put into 	NTW	Rebecca Campbell	Yes	Sept 16 & Sept 18	19.8.16 - capacity issues at NTW will affect 16-17 training. PHMW team will

	practice, establishing and maintaining the IAPT capacity.					continue to access but impact as it is a collaborative. 17.02.17 – Three NHCFT staff currently training.
All GPs and other referrers should have a CAMHS contact point	<ul style="list-style-type: none"> • NTW single point of access established. • Awareness campaign to promote awareness and access to early intervention services across Northumberland, including primary mental health and early HELP assessments. 	NTW & NHFT	Rebecca Campbell / Alyson Raine		April 15 April 16	Completed. Information for GPs included in locality briefing Completed
Provide smooth transition between children and adult services	<ul style="list-style-type: none"> • Consider and implement the NICE guidelines, once published, to create smooth transition between children and adult services. 	CCG	Kate Brundle / Marion Moon / Sarah Knowles		April 18	Transition Group in place. 19.8.16 - NICE guidance published. Need to audit and put in place agreed pathways for transition. 17.02.17 - NTW undertaking work to identify all 17 ½ year olds and start transition planning. Monthly transition meetings taking place across all areas including staff from adult services.
	<ul style="list-style-type: none"> • Need to consider Mental Health transitions specifically as part of the plan. 	CCG/ NTW	Kate Brundle/ Rebecca Campbell		Nov 17	19.8.16 - Meeting to look at MH transition.
	<ul style="list-style-type: none"> • ADHD services for children and adults to be managed within the same directorate. 	NTW	Rebecca Campbell		April 15	Completed. ADHD Adult integrated service in the community up and running.

						19.8.16 - Service being reviewed.
	<ul style="list-style-type: none"> Consider the service consequences of creating a 0 to 25 year service, across health and care sectors. (Note: separation of children's and adult services training for health based workforce) 	LA & CCG	Kate Brundle/ Karen Herne		April 18	Ongoing
Greater access to personal budgets for children and young people and their families	<ul style="list-style-type: none"> Northumberland continues to offer personal health budgets at a rate that exceeds the regional and national average. Roll out programme to priority groups: <ul style="list-style-type: none"> Children with learning disabilities Children in transition to adult services Children with physical disabilities 	CCG	Marion Moon/ Donna Lathan		April 19	Good progress to date
Development of peer-support	<ul style="list-style-type: none"> Explore opportunities with third sector providers to develop peer support. 	CCG/ LA/ PH	Alan Curry/ Lynn Bryden/ Kate Brundle		April 18	Ongoing.

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Getting more help						
Focus on conditions requiring extensive treatment						
Increase commissioning for community care with a view to moving away from the tiered model.	<ul style="list-style-type: none"> Emotional health and well-being strategy uses THRIVE model rather than tiered model. 	HWBB			Oct 15	Completed - Strategy agreed.
	<ul style="list-style-type: none"> CCG commissioning of mental health services, including service improvement plan, based on THRIVE model from April 2016. 	CCG	Kate Brundle / Vanessa Bainbridge		April 16	Completed - Service specification.

Local lead accountable commissioning body with single budget for children and young people's mental health.	<ul style="list-style-type: none"> Northumberland Accountable Care Organisation (ACO) (as part of the national Vanguard Programme) will deliver this objective. 	CCG	Andrea Stoker / Kate Brundle		April 17. Revised date: Dec 17	17.02.17 – Action 'paused' whilst the ACO business case was being drafted and then would have to await approval from NHS England.
Design and implement a local plan for children and young people's mental health.	<ul style="list-style-type: none"> Emotional health and well-being strategy for 2015/20 and (this document) in place and agreed by all partners, health and well-being board. 	HWBB	Kate Brundle		Oct 15	Completed.
	<ul style="list-style-type: none"> Commissioning framework for main mental health providers delivers core components of strategy (i.e. service improvement plans aligned with strategy). 	CCG	Kate Brundle/ Vanessa Bainbridge		March 17	19.8.16 - PHMW service spec revised discussion on going with NTW. 02.05.17 – New SLA signed off for support and supervision.
Increased commissioning of home treatment and other flexible services.	<ul style="list-style-type: none"> Baseline assessment complete. Maintain level of provision and look for opportunities for continuous improvement. Focus on early discharge (operational programme) within NTWs existing transformation programme. 	NTW			April 15	19.8.16 - ICTS and EDICT are being reviewed by NECS. CCG following up on some capacity issues with NTW.
Develop community eating disorder services for children and young people.	<ul style="list-style-type: none"> Develop an integrated eating disorders community based service, across Northumberland and North Tyneside. <ul style="list-style-type: none"> Root and branch review of existing services (EDICT provision) Extension of community based service, across Northumberland and 	All		Yes	Jan 2018	

	<p>North Tyneside, following review of provision.</p> <p>Full regional analysis of eating disorder in patient capacity will have impact on the community based provision required and developed.</p> <p>Capacity released will be directed at crisis and self-harm services, in line with national imperative.</p>					17.02.17 - NECS review of regional capacity and funding for EDICT behind schedule.
Stepping down to self-care.	<ul style="list-style-type: none"> Transition and discharge out of services to be supported by clear signposting and awareness of continuing support available. 	All			Oct 17	

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<p>Getting risk support</p> <p>Focus on interagency collaboration for particularly vulnerable groups</p>						
Prioritise, based on need, the services for looked after children and those from vulnerable backgrounds	<ul style="list-style-type: none"> All looked after/vulnerable background children receive assessment and treatment prioritised to clinical need and risk following a triage/consultation process. 	NTW			April 15	Completed
	<ul style="list-style-type: none"> Primary mental health worker will support assessment of looked after children (triggered by SDQ score) and facilitate early referral to services based on that need 	NHFT	Alyson Raine		March 17	Process identified and to be implemented when additional staff recruited. Complete
	<ul style="list-style-type: none"> Increase psychology supervision to the primary mental health team. 	NTW	Alyson Raine	Yes	April 16	Process identified and implemented. Completed.
	<ul style="list-style-type: none"> Support for foster carers in managing the children in their care, to meet their emotional health and wellbeing needs. 	LA	Liz Spaven / Lynn Bryden	Yes	Oct 17	21.12.17 – Training for NCC foster carers includes:

						Promotion and Health and Wellbeing Introduction to Attachment Fostering Changes Bullying Working with the Impact of CSA Neglect Moving on to Adoption Skills to Foster Training Adopting Changes Adoption Preparation Group Life Story Work Training for IFA foster carers varies from organisation to organisation but is expected to be in line with that offered to "in house" foster carers.
	<ul style="list-style-type: none"> Awareness raising/ training for social work staff about emotional health and wellbeing needs, and the services required to meet those needs. 	NTW / NHCFT	Rebecca Campbell / Alyson Raine	Yes	Oct 17	19.8.16 - It was agreed a small task and finish group will look at a coordinated training strategy for MH awareness and early intervention to avoid duplication. 17.02.17 - Issue of mental health awareness to be raises at the Strategic Resilience Group by AR/TC.
	<ul style="list-style-type: none"> Working with the local authority, provide additional support to fostering and adoption provision, including post adoption work. 	LA	Lynn Bryden	Yes	Oct 17	Liz Spaven to comment on this.
Ensure smooth transition	<ul style="list-style-type: none"> Children's and adults pathways joined to ensure continuity; ADHD adult and 	NTW	Rebecca Campbell		April 15	Completed.

between children and adult services	children services are within the same directorate.					
Focus on trans gender population needs	<ul style="list-style-type: none"> • Work in partnership to meet the needs of emerging groups, including transgender population. 	All			Oct 16	Task and finish group established by public health. Completed.
Prioritise responses to those who have experienced child sexual exploitation and sexual violence	<ul style="list-style-type: none"> • Consider the impact of child sexual abuse, including exploitation on demand for emotional health and wellbeing services. Configure services based on the assessment of need. • Improve training for child sexual exploitation awareness. • Consider role of youth workers in supporting child sexual exploitation issues. 	LA/ CCG		Yes	Jan 17	<p>18.11.2016 - Northumberland Youth Service has worked with a group of young people to develop materials for young people regarding CSE.</p> <p>MT has obtained funding from NHSE to support this. CSE part of all GP single agency training.</p> <p>Contract for Mosaic service taken over by CCG top ensure quality of service provision.</p> <p>17.02.17 - Audit and review of cases being undertaken.</p> <p>CSE materials developed by the sexual exploitation sub group and young people have been nominated for local and national awards.</p> <p>Completed.</p>

	<ul style="list-style-type: none"> • With Northumberland safeguarding board, support those who have experienced female genital mutilation (FGM). 					
Focus on older care leavers	<ul style="list-style-type: none"> • Improve the provision of support to care leavers once they reach adulthood to meet emotional and mental health needs and improve participation in education, employment and training (EET). 	NCC	Sharron Pearson		April 17	