

Transforming Children and Young People's
**Mental Health and
Emotional Well-being**
for Coventry and Warwickshire
2015 - 2020



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End of Year 1 Easy Read Version

Background – The National Picture

Experiencing mental health concerns is not unusual, with around one in four of the population experience problems at some point in their lives. Over half of mental health problems in adult life (excluding dementia) start by the age of 14 and 75 per cent by age 18. Although mental health issues are relatively common, nationally it can be the case that children and young people do not get the help they need as quickly as they should. As a result, mental health difficulties such as anxiety, low mood, depression, conduct disorders and eating disorders can stop some young people achieving what they want in life and making a full contribution to society.

Future in Mind was published in March 2015 by the Department of Health and NHS England. The document set out a series of proposals to improve outcomes for children and young people with mental health problems, emphasising the need for joined up support and commissioning. These proposals were endorsed by the Five Year Forward View for Mental Health published earlier this year.

NHS England agreed that new funds for children and young people's mental health, announced in the Autumn Statement 2014 and Spring Budget 2015, would go to the development of local Transformation Plans. These plans describe how the national ambition will be translated and delivered locally over a period of five years.

Plans have now been in place for a year and each local area was required to refresh their transformation plan to demonstrate the progress being made. The refresh also needs to demonstrate that the funding is being spent as intended and provide evidence on how services are being transformed.

Coventry and Warwickshire Vision and Priorities

Our vision by 2020:

We will use our Transformation Plan to locally redesign services to serve the needs of young people and their families across Coventry and Warwickshire that will:

- Provide a range of care through early help, prevention and crisis support to young people and their families to improve their health outcomes and resilience
- Young people will have access to flexible, personalised care that is fair and accessible to all who need it
- Young people will receive early help and support within schools that will be delivered flexibly to support children including those from vulnerable and hard-to-achieve backgrounds
- Services are designed to meet the needs of children, young people and their families so that they can access the right support from the right service at the right time
- Improve and strengthen transitions for young people (including those starting to access adult services)
- Improved care for children and young people in crisis so they are treated in the right place at the right time and as close to home as possible
- More use of evidenced-based practice and interventions
- Vulnerable young people will have access to flexible specialist mental health and emotional well-being support which is designed and responsive to meet individual need

- Professionals, young people and their carers will have a greater awareness of the mental health and emotional well-being services available locally
- Provide a clear sense of direction for all agencies and stakeholders working in partnership to improve the mental health and emotional well-being of children and young people in Coventry and Warwickshire

Additional funding from the transformation fund has allowed us to accelerate the transformation of our local mental health and emotional well-being support.

The focus has been on the planning and delivery of the following seven key strategic priority themes:

1. Reducing waiting times for mental health and emotional well-being services
2. Providing a crisis response service to support children and young people with self-harm needs, preventing unnecessary hospital admissions
3. Improving access to specialist support, including ASD
4. Providing support to the most vulnerable
5. Strengthening mental health support in schools
6. Enhancing access and support through the use of technology
7. Implementing a dedicated, community-based Eating Disorder Service



Year 1 Progress

The initial year of the five-year plan has focused on addressing some of the fundamental challenges relating to capacity and demand.

Since implementation, the investments made and development activity has led to the following:

- Insuring referral to treatment waiting times within one week for urgent cases and 18 weeks maximum for routines cases
- A commitment to reduce follow up waiting times
- Working closely with the Acute Liaison Service at hospital has ensured timely assessment and support for young people presenting to hospital in crises
- Approving a new Eating Disorder service and recruiting professionals to deliver the service
- Approving a new Coventry service for supporting Looked After Children and care leavers and recruiting professionals to deliver the service

The above progress represents a starting point. Local commissioners know there is more work to be done to build on this. The next four years of the plan will help us deliver our 2020 vision.

Challenges

There are a range of challenges that the plan has had to address, including:

- Increasing number of referrals
- High rates of ASD presentation in Coventry
- Higher than average rates of hospital admission for self-harm
- Recruitment of additional staff at a time when nationally there has been an increase in demand for children's mental health professionals and therefore a limited pool of suitably qualified and experienced professionals to appoint

Next Steps – Year 2 of the Plan

The next year will focus on the more wider changes required to deliver long-term transformation. The partner agencies represented at the CAMHS Transformation Board will plan and implement this change together.

For Coventry and Warwickshire, in year two the joint work will focus on:

- Launching the new Eating Disorder Service, to support young people quicker where they have an eating disorder
- Developing joined up pathways for young people who may require specialist treatment beds will be a priority. The aim will be to support more young people in the community, preventing admission and supporting timely discharge

In Coventry the key developments will be:

- Launching a new dedicated service for Looked After Children and care leavers

- Signing off and implementing a revised ASD pathway that ensures earlier support for young people with ASD and reduced waiting times for diagnosis
- The rollout of a strengthened training and support package for teachers and professionals

In Warwickshire, the focus will be on driving change through tendering for a single children and young people’s emotional well-being and mental health contract for the county.

The competitive dialogue procurement process opened on 27th September 2016 and is due to run until March 2017 where a successful lead provider will be identified (*as set out in the table, below*). This procurement is being led by Warwickshire County Council as lead commissioner on behalf of the three CCGs operating in Warwickshire.



Competitive dialogue procurement process

Milestone	Date
1st round of dialogue meetings	December 2016
2nd round of dialogue meetings	January 2017
Invitation to Submit Final Tender	February 2017
Clarification meetings (if required)	March 2017
Contract award confirmed	June 2017
Contract commences	August 2017

If you have any questions about the plan contact:

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