Derbyshire approach to CYP Mental Health

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Tip of the [mental health] iceberg

For every child or young person that we support, there are an extra three in the community that need help.

- CYP being supported (25%)
- Families seeking help (50%)
- Families not realising they need help, or afraid of the stigma (25%)
1 in 10
Children and young people aged 5-16 years worldwide have a clinically diagnosable mental health disorder

35-50%
Only between 35-50% of people with severe mental health problems receive treatment

17 years
It takes an estimated 17 years for treatment options to be translated from research to practice.

50%
Half of all adult mental health problems start before the age of 14.

5%
Children and young people receive less than 5% of mental healthcare funding.

£105 billion
The wider economic costs of mental illness in England are estimated at £105 billion each year.

In an average class of 15-year-old pupils...

3 could have a mental disorder

10 are likely to have witnessed their parents separate

1 could have experienced the death of a parent

7 are likely to have been bullied

6 may be self-harming
(Public Health England, 2015)
A 5 Year Programme

Year 1 - 2015/16
Vision/destination, LTP ready
Proof of concept, Innovation; CAMHS Rise, Eating Disorder service, Schools pilots Refresh engagement

Year 2 - 2016/17
CiC service Capacity Need Assessment School toolkit Reduce waiting times Outcomes framework Develop ‘one team’

Year 3 - 2017/18
Impact and outcomes framework being piloted. Workforce capacity building Early help team in place Prevention with schools Place-based approach reflecting Erewash pilot.

Year 4 - 2018/19
One whole-system approach Responding to demand. Skilled workforce across the system. Focus on schools and parenting. Learning from ‘proof of concepts’ and consolidate

Year 5 - 2020
Move from responding to more than 1 in 3. Whole-system model in place. Consistency across the footprint Equity of approach at place based

Across the Derbyshire footprint our vision remains

‘Children and young people are able to achieve positive emotional health by having access to high quality, local provision, appropriate to their need, as well as a range of support enabling self-help, recovery and wellbeing.’

(Derby and Derbyshire Local Transformation Plan, 2016)
What are stakeholders telling us?

- **Children and young people:**
  - Feel worried about “being different”, family circumstances, adjusting to adult life, and school/extra-curricular performance;
  - 1 in 2 do not feel able to turn to parents or trusted adult for support;
  - Bullying about appearance, race, culture and religion reported by 17%;
  - Want opportunities to speak openly about MH during the school day.

- **Professionals:**
  - Schools should be protective settings but are challenging environments;
  - Universal prevention and early intervention is key;
  - Need to build resilience, empowerment and the means to self-care.

- **Parents and carers:**
  - Unsupported and feel uninvolved in care planning for their children;
  - Want to be able to help but do not always know how.

Key areas of focus for the LTP this year and over the next 2 years

- **Strategic Priority 1:** Engagement and support to parents and carers.
- **Strategic Priority 2:** A whole-school approach to prevention and early help.
- **Strategic Priority 3:** A new care model responding to children and young people exhibiting complex needs.
- **Strategic Priority 4:** Increasing the workforce offer including blended learning approaches across professional groups.
- **Strategic Priority 5:** A place-based approach to interventions and care supporting Primary Care, developing the Voluntary and Community Sector, linking to schools, and offering digital interventions.
Priority 2: a whole-school approach to prevention and early help

Current
- Derbyshire emotional and mental health resource pack
- Mindfulness reached 5441 CYP
- Schools CAMHs Link Project 60 schools
- Schools Peer mentoring
- Whole School Approach to Emotional and Mental Health Events, Audit and Action Planning
- Be a Mate Anti Stigma Campaign 47 schools and 235 Ambassadors
- Specialist Community Advisors, Primary Mental Health Workers
- CYP IAPT Enhanced Evidence Based Training EEPB
- Wellbeing Practitioners for Children

Priority 2: a whole-school approach to prevention and early help

Coming soon
- Targeted intervention offer (early help)
- Green Paper ambition
- Opportunity Area in the City
Priority 4: Increase the workforce offer including blended learning approaches across professional groups.

- Workforce development strategy - system wide capability and embedding evidence practice
- Enabling whole system to be effective in identification support and early intervention eg schools, communities, families
- Improving confidence and expertise, resilience and self management
- Supervision and quality support, ensuring fidelity
- Measuring impact and outcomes
- Additional capacity

Priority 5: To develop a place-based approach to interventions and care supporting Primary Care, developing the VCS, linking to schools, and offering digital interventions.

Current
- Development of Future in Mind at Place model in Erewash

In development
- Place/locality based provision including Live Chat as a digital offer
- Targeted intervention offer
- Specialist Community Advisor Model supporting place/localities
- Community early intervention triage
- Social activities key part of new home support services
CYP Mental Health Access Targets

We have made significant progress towards the CYP MH access targets. 6096 children supported against a target of 5403.

In Derbyshire we aim to improve upon the national target meeting 1 in 3.

Milestones for 18/19

Year 4 -2018/19
• One whole-system approach
• Responding to demand
• Skilled workforce across the system
• Focus on schools and parenting
• Learning from ‘proof of concepts’ and consolidate
Annual LTP Refresh

Discussion
• What’s worked well from your perspective?
• What do we need to do differently?
• If we could change one thing that is realistic and deliverable?

Resources to support you
The Wellbeing Pathway p6 of the Resource for Schools

Useful resources

- Charlie Waller: [https://www.cwmt.org.uk](https://www.cwmt.org.uk)
- Be a Mate campaign
Services

• Relate
• Action for Children
• Specialist Community Advisors
• IAPT for 16 years and above

CAMHS websites for information

Chesterfield Royal CAMHS (North county)
https://www.camhsnorthderbyshire.nhs.uk/

Derbyshire Healthcare CAMHS (South county and city)
http://www.derbyshirehealthcareft.nhs.uk/services/childrens-services/camhs/camhs-homepage/
Derbyshire Training Opportunities

- **Mental Health Awareness** – those that come into contact with the public
- **Mental Health First Aid Youth** – those that work with 8-18 year olds
- **Mental Health First Aid** – those that work with vulnerable people
- **Suicide Prevention** – those in contact with more vulnerable people

Contact: [Mental.Health.Training@derbyshire.gov.uk](mailto:Mental.Health.Training@derbyshire.gov.uk)

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Summary and Next steps

- Refresh plan and submit draft by 12th October 2018
- Final Plan will be published on CCG and Local Authority websites by 31st October

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*Any questions and thank you*