



Community of
Practice site



Turning the Tide

Our plan to transform the emotional wellbeing and mental health of children and young people in Cornwall and the Isles of Scilly

October 2017: Plan Position Statement

Position statement

NHS Kernow Clinical Commissioning Group (NHS Kernow) and partners are able to issue this update to their children and young people's mental health local transformation plan – Turning the Tide - first published in February 2017.

After eight months, we have seen progress in some areas; progress has been made on mechanisms to monitor the success of Turning the Tide; investment in the area of workforce development through membership of the South West Children and Young People Improving Access to Psychological Therapies (IAPT) Board.

Governance

In Cornwall and the Isles of Scilly in the last eight months, the children's [One Vision](#) partnership plan has now been adopted and approved. This aims to provide shared priorities and outcomes to inform how children's services develop together and is seen as a work-stream within the Cornwall and the Isles of Scilly Sustainability and Transformation Plan - [Shaping Our Future](#).

Part of the One Vision plan, is to complete a governance review which will ensure the work of the Children and Adolescent Mental Health Services (CAMHS) Partnership Board is integrated with the wider system boards.

Significantly, as part of One Vision, there is a core review of joint commissioning between the local authority and NHS Kernow, with the aim to develop an integrated commissioning/transformation plan that consolidates our case for change, provides an overarching model for integrating services, and determines future joint commissioning intentions. The ambition is to develop this by January 2018.

Alongside this is the development of the overarching plan to deliver the [Mental Health Five Year Forward View](#) via an all age mental health strategy which is developing rapidly within NHS Kernow and its partners.

CAMHS transformation is a core work-stream within both of these pieces of work, and the developments to date and learning from the partnership work will be consolidated in these plans, however this work also impacts significantly on the direction of travel for the local transformation plan (LTP) and the next iteration of the plan needs to be placed firmly in the context of these two developments. The proposal is therefore that a full refresh is published in February 2018.

This does not prevent the partnership from continuing the development of new ways of working, or prevent transformation within the children's mental health system, in line with the existing LTP and the plans laid out in them. As an update, this statement will highlight progress to October 2017, as the project has an agreed timeline to provide a full refresh of Turning the Tide on its one year anniversary, February 2018.

I-Thrive

Cultural change

The CAMHS Partnership Board which is the multi-agency group closely working the transformation project is now moving into the next phase of work to implement the [i-THRIVE](#) principles. Cornwall is an i-THRIVE Community of Practice site and workshops with system providers are taking place to identify key enablers, such as a common language to support change.

Getting advice and getting help

NHS Kernow has commissioned an extension to the [Health Education England](#) (HEE) funded 'mind and body self-harm pilot' in West Cornwall, that will support a further 8 to 12 secondary schools across Cornwall until April 2018. The scheme identifies those with self-harm or planning to self-harm as well as those planning suicide. This investment with the [Addaction](#) charity which will see a planned 200 children receive one to one help and a 60 per cent improvement in the before and after status of the young person. Whole year assemblies and workshops as well as training will extend the total number of schools supported by this programme to between 14 and 20.

[HeadStart Kernow](#) has continued to develop its join up with the LTP. A focus in respect to planning whole system approaches, implementing whole school training programmes aimed at improving resilience and developing "early help" models in school. This has continued to develop in maturity of join up with the rest of the plans within the system.

Workshops across six areas of Cornwall and separately the Isles of Scilly are being held between November 2017 and March 2018, to bring together the widest range of people supporting children to establish the collective "get help" capacity needed to deliver brief interventions. Facilitation of this will be via HeadStart Kernow, working alongside NHS Kernow's clinical GP lead.

This place based approach will allow all seven areas to grow in a way that reflects their needs but which links through the Thrive framework to one overall system for mental health. HeadStart Kernow has recently awarded a contract to the Centre for Child Mental Health and Trauma Informed Schools UK (TISUK) to deliver workforce training for schools and voluntary and community based (VCS) settings. This will contribute to the support for young people in the system, alongside NHS Kernow's investment in four additional wellbeing practitioners, which in addition to the primary mental health workers should provide expert advice into the community system of support.

NHS Kernow has put funding towards a re-development of the www.mindyourway.co.uk website, developed by the CAMHS Young People's Board with support from [Young People Cornwall](#), which will extend peer-led information, advice, education and self-help resources around mental health and emotional wellbeing to young people across Cornwall and the Isles of Scilly. The site will be

promoted through a new 'ways to wellbeing' campaign for young people, developed by the Young People's Board and supported by Headstart Kernow and Public Health.

NHS Kernow and Cornwall Council are jointly commissioning resource to review the mental health support for lesbian, gay, bisexual, and transgender (LGBT) children and young people. NHS Kernow is match funding with Cornwall Council to support the [Intercom Trust](#) charity to provide support in Cornwall and make recommendations for the future.

CAMHS transformation is also supporting the Transforming Care Partnership work for those with learning disabilities and autism. Health and local authorities are jointly commissioning training from the [Challenging Behaviour Foundation](#) for parents and professionals. Funding has also been ring fenced for participation in behaviour workshops through the children's and young people IAPT training programme.

Timed to run alongside the 'get help' development, NHS Kernow is commissioning a further £300,000 until April 2019 of therapeutic interventions to ensure specialist children and young people IAPT interventions are more available at an earlier stage in a child's illness. This will implement alongside investment to increase capacity of the Multi-Disciplinary Team (MDT) CAMHS to assess and care-manage a greater caseload, utilising the increased offer of therapies from partners.

This is aimed to increase the reach of health commissioned CAMHS and improve waiting times. Trajectories are yet to be determined.

Getting more help

The plans to deliver more capacity in earlier intervention for children and young people IAPT, should release capacity within the workforce to review approaches to this group. Within this is the plan to ensure the move to a more outcome based accountability for delivery.

The join up with adult services in planning implementation of early intervention in psychosis, will now be achieved through the developments of the plans to deliver an all age Mental Health Five Year Forward Plan.

Turning the Tide broke new ground in its approach to achieving the Access and Waiting Time Standards for eating disorders by asking providers from primary care, mental health therapy and secondary care paediatrics to work together as one resource, on one pathway and one service for the first time. The additional investment was made available to the three providers working in partnership and has provided a real test for how organisations work together across systems, decision making models, protocols and governance. Community eating disorder implementation has given the whole project significant insight into the challenges that face the deployment of the Thrive framework and this learning will be taken forward. The community eating disorder service still has much to overcome but has made solid ground in true collaborative working around a single service group, which has seen; formalised physical monitoring outside of school hours to reduce disruption to education; the use of GP Referral Management Service (RMS) to

simplify the process for primary care; a focus on how 16 and 17 year olds are supported in hospitals. Progress has been made toward the new Access and Waiting Time Standards for eating disorders and work is continuing on bringing data together to identify the impact on children and young people.

Getting risk support

We also have new approaches to urgent and emergency care and avoiding admitting children and young people being developed by NHS Kernow, NHE England and Cornwall Partnership NHS Foundation Trust (CPFT). A new twelve bed facility will be coming on line in Cornwall in April 2019.

But many children and young people are already presenting with high needs and NHS Kernow is working with CPFT on an investment programme into the areas of specialist support to those needing urgent and emergency care and those with trauma and enduring needs to bridge the period until new models of care are in place as a result of the specialist inpatient unit. This investment combined with the additional therapeutic interventions will be the main plan to increase the numbers of children and young people treated and underpin an additional increase in roles in the system.

NHS Kernow currently supports those in the Health and Justice System with nurses and a grant. Joint work with the health and justice specialised commissioning at NHS England and with CPFT will look to use an additional funding from NHS England to remap the service using the full value of the funds available in a more targeted way. This work should be complete by March 2018.

There are particular groups of children and young people with higher risk presentations now, including those suffering from adverse childhood experiences or trauma. Commissioning for these children currently sits with both Cornwall Council and NHS Kernow. Joining up the commissioning plan will enable a better understanding of how we jointly meet the needs of these children, and will be included in the integrated commissioning/ transformation plan.

Workforce development

Turning the Tide made significant commitments to workforce development through children and young people IAPT with trajectories through to 2020/21. NHS Kernow is a member of the South West Children and Young People IAPT Collaborative Board and has provided commissioning perspective into the curriculum. In 2017/18 NHS Kernow is supporting back fill costs to those attending courses in addition to the commitment to support the four new wellbeing practitioners mentioned earlier from 2018/19.

The transformation project has also recognised the need to ensure that as the wide number of changes discussed here develop and implement, there is a need for a robust participation and involvement model. NHS Kernow has extended therefore its Hear our Voice contract with the Young People Cornwall to implement and embed participation and involvement across all its commissioned mental health services, in

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line with the children and young people IAPT participation priorities framework. This additional investment offered until April 2019 will ensure that there is capacity for the voice of the child, young person and parent/carer to be heard.

NHS Kernow and its partner agencies looks forward to providing a more detailed update in the annual refresh of its plan - Turning the Tide - in February 2018 but enquiries about the programme can be sent to kccg.kernowcamhstplan@nhs.net