

REPORT TO: Children, Young People & Families Policy and Performance Board

DATE: 9 June 2014

REPORTING OFFICER: Strategic Director, Children & Enterprise

PORTFOLIO: Children , Young People and Families

SUBJECT: Update of review of children’s emotional health and well-being services

WARDS: Boroughwide

1.0 PURPOSE OF REPORT

1.1 To provide members with an update regarding the Children’s Emotional and Mental Health and Wellbeing Review.

2.0 RECOMMENDED that

- 1) The Policy and Performance Board notes the report
- 2) To request a further report be presented at the Board in 6 months outlining developments

3.0 Supporting Information

3.1 Mental health is central to our quality of life, central to our economic success and interdependent with our success in improving education, training and employment outcomes and tackling some of the persistent problems that scar our society, from homelessness, violence and abuse, to drug use and crime. Mental health encompasses mental wellbeing, good mental functioning and the absence of problems in relation to thinking, feelings or behaviour. Mental illness is common and is associated with significant individual, social and economic costs. In England, one in six adults and one in ten children will experience a mental illness at any one time.

3.2 9.6% of all children and young people aged 16 and under will have some form of mental disorder (ONS 2005). This equates to 2,500 Halton children aged 0-15 with a diagnosable emotional and mental health condition. There is wide spread evidence suggesting that vulnerable groups are more at risk of developing mental health problems:

- 3.3 Research by Green et al¹ showed that 7.7% of 5-10 year olds and 11.4% of 11-16 year olds were likely to have experienced a mental health disorder. Applying prevalence rates for the different mental health disorders to the 2013 population estimates for Halton residents aged 5 to 19, the numbers likely to have mental health disorders and been estimated. (Numbers for all types and each type do not add up as some children will have more than one disorder.)

4.0 What have we done locally

- 4.1 The Commissioning Partnership have agreed to prioritise children's emotional health and mental wellbeing. The CCG, Public Health and the Local Authority are working together to help develop a comprehensive emotional health and mental wellbeing provision across the Borough.
- 4.2 The Halton Mental Health and Wellbeing strategy takes a life course approach and prioritises action to increase prevention, early detection and treatment of mental health problems at all ages, as well as robust and comprehensive services for people with severe and enduring mental health problems.
- 4.3 It applies to the full range of services, from public mental health promotion through to suicide prevention, forensic mental health services, services for people with personality disorders, severe and enduring mental illness, people with learning disabilities and people detained under the Mental Health Act or subject to the Mental Capacity Act. The strategy and associated action plan compliments other work programmes, including the new Suicide Prevention Strategy and work to develop the Child & Adolescent Mental Health (CAMHS) Tier 2 service which are currently in development, and should be read in conjunction with these pieces of work. In demonstrating the importance of mental health outcomes, it is the intention of the strategy to explicitly recognise the importance of putting mental health on a par with physical health.
- 4.4 Through the work of Halton Mental Health and Wellbeing Strategy, Halton aims to ensure the **objectives** outlined in the national strategy and those identified in the Halton Health and Wellbeing Strategy 2013-2016, and the Halton Clinical Commissioning Group Strategic Plan are realised for local people. From a children and young people's perspective this will mean:
- (i) **More children and young people will have good mental health**
More children and young people of all ages and backgrounds will have better wellbeing and good mental health. Fewer people will develop mental health problems – by starting well, developing well, working well, living well and ageing well. We will improve the mental health and wellbeing of Halton's children and young people through prevention and early intervention. We will increase the early detection of mental health

¹ Green, H., McGinnity, A., Meltzer, H., Ford, T. and Goodman, R. (2004) *Mental health of children and young people in Great Britain*, Office for National Statistics

problems which will lead to improved mental wellbeing for people with mental health problems and their families.

(ii) More children and young people with mental health problems will recover

We will improve outcomes for children and young people with mental health problems through high quality accessible services. More children and young people who develop mental health problems will have a good quality of life – greater ability to manage their own lives, stronger social relationships, a greater sense of purpose, the skills they need for living and working, improved chances in education, better employment rates and a suitable and stable place to live.

(iii) More children and young people with mental health problems will have good physical health

Fewer children and young people with mental health problems will die prematurely and equally more people with physical ill health will have better mental health.

(iv) More people will have a positive experience of care and support

Care and support, wherever it takes place, should offer access to timely, evidence-based interventions and approaches that give people the greatest choice and control over their own lives, in the least restrictive environment, and should ensure that people's human rights are protected.

(v) Fewer children and young people will suffer avoidable harm

Children and young people receiving care and support should have confidence that the services they use are of the highest quality and at least as safe as any other public service.

(vi) Fewer children and young people will experience stigma and discrimination

Public understanding of mental health will improve and, as a result, negative attitudes and behaviours to people with mental health problems will decrease.

The strategy has identified five **priority** areas for work to meet the needs of local children and young people.

- **Priority 1 - Improve the mental health and wellbeing of Halton's children and young people through prevention and early intervention**
- **Priority 2 – Increase the early detection of mental health problems which will lead to improved mental wellbeing for children and young people with mental health problems and their families**
- **Priority 3 - Improve outcomes for children and young people with identified mental health problems through high quality, accessible services**

- **Priority 4 - Broaden the approach taken to tackle the wider social determinants and consequences of mental health problems**
- **Priority 5 - Optimise value for money by developing quality services which achieve positive outcomes for people within existing resources**

This strategy aspires to meet the needs of the whole population and by using the best evidence of what works to increase the effectiveness and value for money of mental health services.

- 4.5 A children's emotional health and mental well-being event was held on the 10th July 2013 in Widnes. A wide number of stakeholders attended the event which included parents, professionals and Members.
- 4.6 From this event a number of quick wins were identified. These included the development of a service directory guide. This have now been completed and widely circulated. (Appendix A)
- 4.7 A comprehensive CAMHS Partnership Board has been established which is chaired by Gill Frame (Clinical Lead for Children Services Halton CCG). This is to ensure wide representation to ensure wide system engagement in to the board.
- 4.8 The Board is responsible for the development of a comprehensive CAMHS provision across the borough. The Board is accountable to the commissioning partnership and the Health and Well Being Board. The Board will be responsible for the following aspects of service development:
- Networking and developing best practice and shared pathways
 - Service redesign and retendering opportunities (Budget Management)
 - Workforce development
- 4.9 The board has created a number of actions plans to identify and address issues across the Tiers of CAMHS provision. This includes the development of an integrated Tier 2 CAMHS service specification.
- 4.10 The Tier 2 service specification has been developed jointly between the LA, CCG and Public Health. The specification was developed to address the gaps and issues highlighted at the current Tier 2 fragmented provision. The specification has thus far been widely consulted upon and children, families, professionals and commissioners have been involved in developing the specification.
- 4.11 A Young Person's Focus Group has been established and an initial consultation event has been completed where young people were able to feedback their issues and concerns with the service specification.

5.0 Next Steps

5.1 The CAMHS Board have agreed the to the draft specification for Tier 2 which will be funded by the CCG. In addition, in recognition of the increased number of children in care and their complexity we are exploring the option of a second tender to specifically address the needs of these young people funded by the LA.

6.0 POLICY IMPLICATIONS

6.1 This work stream is being developed in conjunction with the revised Mental Health Policy and Health and Well Being work.

7.0 OTHER IMPLICATIONS

7.1 None at this time

8.0 IMPLICATIONS FOR THE COUNCIL'S PRIORITIES

8.1 Children and Young People in Halton

Children's emotional and mental health is a Children's Trust Priority.

8.2 Employment, Learning and Skills in Halton

Employment, learning and skills opportunities are influenced by the emotional health and wellbeing services and it is envisaged this work will have a positive impact.

8.3 A Healthy Halton

The services support people to improve their mental health and wellbeing. Issues outlined in this report focus directly on this priority.

8.4 A Safer Halton

The services provide support to vulnerable children, young people and families to assist them to access appropriate service provision within their local communities. This links to satisfaction with services and overall perception of the area in which people live. Issues outlined in this report focus directly on this priority.

9.0 RISK ANALYSIS

10.0 EQUALITY AND DIVERSITY ISSUES

10.1 The services specified within this report relate to the needs of individuals and families with protected characteristics as defined within the Equality Act 2010.

11.0 BACKGROUND DOCUMENTS

None under the meaning of the Act.