

# Warrington and Halton Children and Young People's Mental Health and Wellbeing Local Transformation Plan (LTP) Refresh 19/20 and 20/21



Contents	Slide	Contents	Slide
Introduction	3	Warrington Working with Schools	49
Executive Summary	4-5	Warrington's Autism Strategy	50
Ambition	6	ADDvanced Solutions Neurodevelopmental Conditions	51
C&M Programme Board Update	7	Warrington Vulnerable Groups	52-55
Governance Halton	8	Warrington Data and Performance	56-60
THRIVE	9-14	Warrington Key Priorities	61 - 62
Halton Working with Schools	15	Warrington Financial Investment	63
Healthwatch Halton	16	Covid -19	64
Halton Mental Health Champions	17	Halton and Warrington Achievements	65-68
Halton Promotion and Prevention	18-21	THRIVE	69-70
Halton MH Service Directory	22	IAPT	71
Halton Vulnerable Groups	23-27	BIBS	72
Halton Data and Performance	28-33	Youth Justice	73-75
Halton Key Priorities and Covid-19 Response	34	Mental Health Services Dataset	76
Halton Financial Investment	35	C&M Workforce Planning	77-79
Governance Warrington	36	Local Workforce Planning	80
THRIVE	37-42	Using Data to Inform Improvements	81
Warrington Promotion and Prevention	43-44	Risks to Delivery	82
Warrington Healthy Child Programme	45-48	Warrington and Halton Appendices	83-84

# Introduction

Children and Young people's mental health has been a national priority since the launch of Future in Mind (2015) and the Five Year Forward View for Mental Health (2016).

NHS Clinical Commissioning Groups (CCGs) have been required, in partnership with a wide range of local and regional stakeholders to publish a local transformation plan (LTP) and to refresh this annually. This 2020/21 refresh should be viewed in conjunction with the documents from previous years which can be found on the relevant CCG websites.

Over the last few years, Halton and Warrington CCGs have worked in close partnership on a number of initiatives focussed on transforming mental health and wellbeing services for children and young people. Some of this work has been on a wider geographical footprint with neighbouring Mid-Mersey CCGs.

Following the appointment of a joint Chief Accountable Officer for NHS Halton and Warrington CCGs, in February 2018 it was proposed that a joint Halton and Warrington LTP refresh be undertaken. In many areas, where the priorities and aims align and where there is a single main provider of mental health services, it makes sense to have a consistent approach across the two boroughs. However, through local placed based partnership arrangements within the wider 'One Halton' and 'Warrington Together' programmes, there continues to be scope and plans to tailor services to local need and local pathways.

To reflect this joint approach, the 2020/21 LTP is therefore a **joint Halton and Warrington Plan**.

Through local partnerships, there continues to be a recognition of the importance of the **5 key themes from Future in Mind**:

- Promotion resilience, prevention and early intervention
- Improving access to effective support
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce

# Executive Summary

This 2020/21 refresh of the Warrington and Halton children and young people's 'Local Transformation Plan' is a reflection of the commitment locally to improving the mental health and wellbeing of our children and young people.

The [NHS Long Term Plan](#) sets out the priorities for expanding Children and Young People's Mental Health Services (CYPMHS) over the next 10 years. It aims to widen access to services closer to home, reduce unnecessary delays, and deliver specialist mental health care which is based on a clearer understanding of young people's needs and provided in ways that work better for them.

To achieve this, Halton & Warrington CCG's aim to develop effective, evidence-based services which can meet the goals set out in the [Mental Health Implementation Plan](#). These will combine local, system-wide leadership and ownership with the participation of essential partners including children, families and carers.

We will continue to build on the major service transformation programme we embarked upon in 2015, re-shaping the way services are commissioned and delivered, in line with proposals put forward in [Future in Mind](#).

## **Progress to date includes:**

- ✓ A continued focus on prevention and early support and intervention
- ✓ An increase in the number of children and young people being able to access help
- ✓ Easier access through self referral, drop in sessions and support in schools
- ✓ A more integrated model of care which includes more choice for young people about what help they can get, including online support
- ✓ A dedicated specialist eating disorder service
- ✓ A focus on having an appropriately skilled workforce that can provide the best evidence based interventions

# Executive Summary - Continued

## **Key Priorities:**

- We are still committed to a greater focus on our most vulnerable young people and there is work underway to improve care for young people in the youth justice service, with neurodevelopmental conditions and those young people on the edge of care/in care.
- For 2020/21 we aimed to focus on the implementation of Intensive Home Based Treatment for Warrington and Halton (now in place), to embed our Crisis offer and develop our Schools and Neuro SEND offer further.
- We will continue to work in partnership to drive forward the plans for 2021-2022 to ensure we deliver the national and local ambitions for our young people.

# Ambition

The partnerships across Halton and Warrington continue to be ambitious in delivering transformation change across the system to ensure we achieve the best outcomes for children and young people with mental health and emotional wellbeing needs.

**Our ambitious objectives require close partnership working with all stakeholders, including children, young people and their families; clinical commissioning groups; local authorities including early help; children's services, education and schools; voluntary Sector; specialised commissioning; youth justice services, Primary Care; and regional assurance teams.**

For both CCGs, plans and priorities cover the full range of need from promotion and prevention to specialist in-patient care including:

- ✓ Early help
- ✓ Evidence based routine care (in line with children and young people's improving access to psychological therapies programme)
- ✓ Crisis care and intensive interventions
- ✓ Supporting vulnerable children and young people including those who have experienced trauma or abuse/adverse childhood experiences, looked after children, children with learning disability and/or autism, young people in the youth justice system and children with long-term conditions.

A focus on understanding local need has been ongoing over the last 5 years (see previous LTP refresh documents). This year, there is a much greater focus on embedding Crisis Care, implementing an agreed model for Homebased Treatment and extending the Mental Health in Schools offer to Halton and further development of a new care model for tier 4 CAMHS between C&M Partners. All of which seeks to maintain children and young people in their homes and communities and preventing avoidable admissions to Secondary Care and Tier 4 CAMHS Inpatient facilities.

Slides 72 show a significant improvement in the use of data to ensure accountability and transparency; there is the ambition is to ensure this continues and develops further, including through more consistent use of and reporting of outcome measures.

We want to ensure that the changes we make deliver real improvements in the experience of care and the outcomes for the children and young people of Halton and Warrington.

# Cheshire and Merseyside Health and Care Partnership Mental Health Programme Board

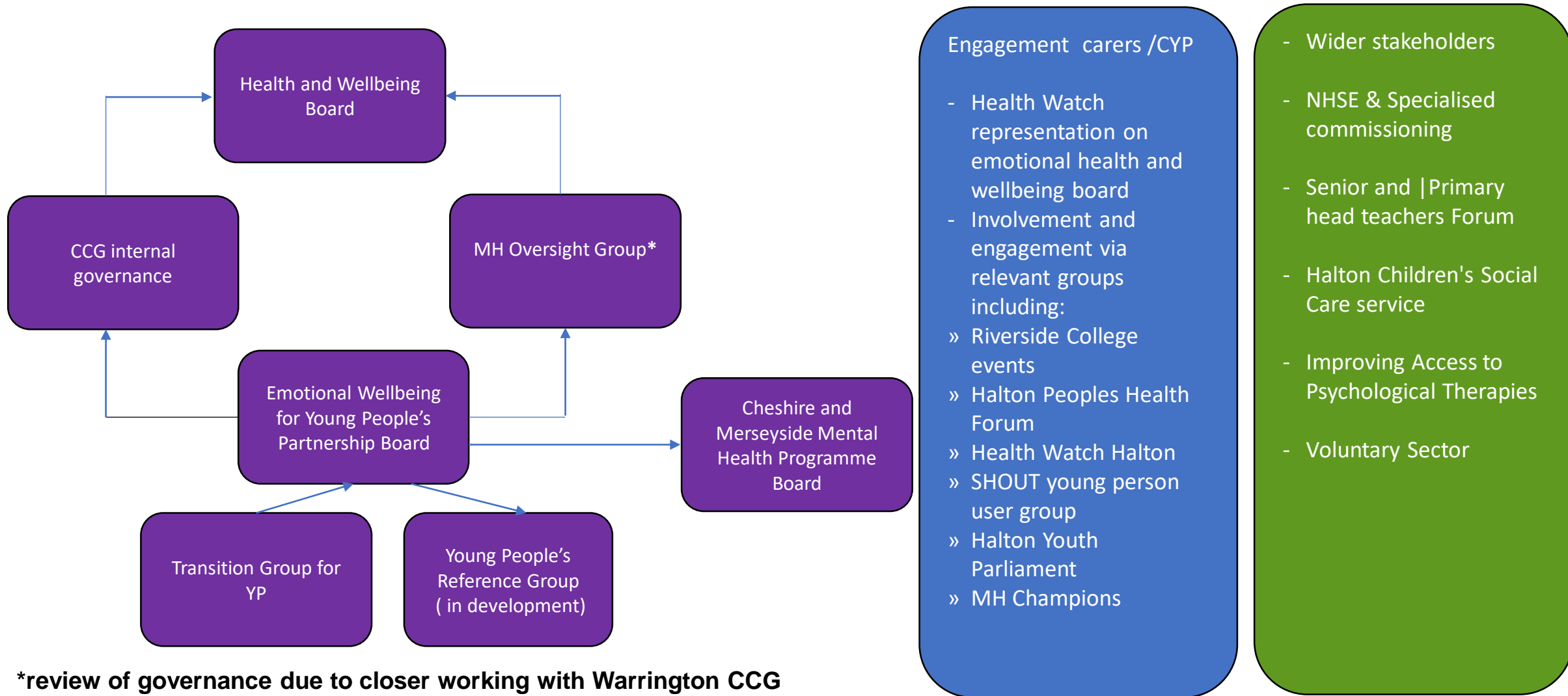
Cheshire and Merseyside Health and Care Partnership developed its five year health and care strategy 'Cheshire and Merseyside Better Lives Now' in 2019/20, closely aligned with the NHS England Long Term Plan. The strategy was due to be published by the end of March 2020. Mental Health is a key element within both the NHS England Long Term Plan and 'Better Lives Now' and the CYP Transformation Plan is fully aligned to the priorities outlined for children and young people's mental health. The Mental Health Programme (MHPB) in Cheshire and Merseyside is a strategic programme within the Health and Care Partnership, leading on those NHS England Long Term Plan Mental Health Priorities that are to be planned at scale.

The MHPB are currently leading on the development of a new care model in Cheshire and Merseyside for the delivery of CAMHS Tier 4 services. A whole system approach is being taken to the development of the care model and it is anticipated that this work will complete in late 2020/21. Cheshire and Wirral Partnership NHS Foundation Trust have been successful in a bid to become 'Lead Provider' for the Cheshire and Merseyside CAMHS Tier 4 Provider Collaborative and will therefore be the vehicle through which the new care model will be implemented. It is anticipated that the MHPB will also take a lead on the development of a Cheshire and Merseyside wide model for CYP crisis care, this work will also incorporate a whole system approach, contributed to by all stakeholders in 2020/21. All other priorities within the Long Term Plan for CYP mental health are being led at scale and therefore incorporated in detail within this transformation plan.



# Halton - Governance

Halton's oversight and governance arrangements have remained consistent and have enabled a balance of wide engagement and operational input and delivery, with strategic oversight and decision making when required.



**\*review of governance due to closer working with Warrington CCG**



# Halton Emotional Health and Wellbeing Service Offer

All agencies share a responsibility to provide emotional health and wellbeing information, advice, support and treatment proactively to the children, young people and their families living in Halton.

Halton THRIVE offer seeks to enhance awareness of the full range of mental health promoting practices (MHPP) and to facilitate a multi-agency approach to their use. The THRIVE services provide a range of interventions covering all of the quadrants, as outlined in the Thrive model below.



## Thriving

All those children, young people and families **who do not currently need individualised mental health advice or help**. They may benefit from more general approach to maintaining good mental health and wellbeing, provided by services/groups such as:

- Sports and Leisure [www.activehalton.co.uk](http://www.activehalton.co.uk)
- Community centres <http://haltoncommunitycentres.co.uk/>
- Libraries <https://www3.halton.gov.uk/Pages/libraries/libraries.aspx>
- <https://www.girlguiding.org.uk/what-we-do/brownies-7-10/im-a-brownie/>
- <https://www.scouts.org.uk/home/>
- Halton Local Offer <https://localoffer.haltonchildrenstrust.co.uk/>
- We are With You' support for drug and alcohol use  
<https://www.wearewithyou.org.uk/services/halton-for-young-people/> Tel: [01928 240406](tel:01928240406)
- GP <https://www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=89570>
- Halton and St Helens Voluntary and Community action  
<https://www.haltonsthelensvca.org.uk/>
- FREE mindfulness apps for children and adults <https://www.smilingmind.com.au/>  
<https://www.stopbreathethink.com/>

## Getting Advice

All children, young people and families, will from time to time experience events that cause emotional distress. Events such as bereavement, divorce and separation or other life events that will naturally cause emotional distress. Most families can support their children and young people through these events, however some may need some advice to support recovery from the emotional distress that has resulted. **Support may come from a universal service, or if more targeted services are already involved, the expectation is that they will provide support.** Advice can be accessed from a range of local services:

- **Headz Up Halton drop in hubs**, available on Wednesdays at the Grangeway Community Centre in Runcorn and Fridays at the Kingsway Children's Centre in Widnes; both from 2.30pm-4.30pm. They offer signposting, self-management advice and consultations for children, young people and their families and carers.
- **Kooth** provide anonymous on-line advice and support <https://kooth.com>
- **'We are With You'** support for drug and alcohol use <https://www.wearewithyou.org.uk/services/halton-for-young-people/> Tel: [01928 240406](tel:01928240406)
- **GP Practice** <https://www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=89570>
- **School nurse** <http://www.bridgewater.nhs.uk/schoolnursing/>
- **Health Visitors** <http://www.bridgewater.nhs.uk/healthvisitingsservice/>
- **iCART** <https://children.haltonsafeguarding.co.uk/contact-and-referral-team/>
- **CBUK** bereavement support for children and families <https://childbereavementuk.org>. Tel: [01928 577164](tel:01928577164)  
Email: [cheshiresupport@childbereavementuk.org](mailto:cheshiresupport@childbereavementuk.org). Face to face support and app available
- **Read Well** –self help books for young people and adults <https://library.haltonbc.info/books-on-prescription/>
- **Primary Schools** can gain advice via attending group consultation with CAMHS and Educational Psychologists. Group consultation takes place every 6 weeks
- **Secondary schools** can gain advice by staff speaking to their CAMHS link worker

## Getting Help

This grouping comprises those children, young people and families who would benefit from **focused, evidence-based treatment**, with clear aims, and criteria for assessing whether aims have been achieved.

Provided by services such as:

- **CAMHS** service offer 1-3 goal focussed evidence based interventions <http://www.nwbh.nhs.uk/camhs-halton>  
Tel: 01928 568 162
- **Kooth** provide anonymous on-line support and face to face sessions <https://kooth.com/>
- **PAPYRUS** – support for young people experiencing suicidal thoughts <https://papyrus-uk.org/hopelineuk/>
- **Educational Psychologists** <https://localoffer.haltonchildrenstrust.co.uk/educational-psychology-service/>
- **Youth Offending Service** Tel: 0151 511 7208
- **‘We are With You’** support for drug and alcohol use <https://www.wearewithyou.org.uk/services/halton-for-young-people/> Tel: [01928 240406](tel:01928240406)
- **CBUK** bereavement support for children and families <https://childbereavementuk.org>. Tel: [01928 577164](tel:01928577164)  
Email: [cheshiresupport@childbereavementuk.org](mailto:cheshiresupport@childbereavementuk.org). Face to face support and app available
- **Night Stop** - provide a variety of mental health services <http://ncnw.co.uk/> Tel: 0151 3456454
- **School based counselling support**
- **iCART** <https://children.haltonsafeguarding.co.uk/contact-and-referral-team/>
- **CAB** ‘Live well Spend Well’ service for adults in debt or struggling to pay bills, Tel: 0151 257 2449  
Email: [advice@citizensadvicehalton.org.uk](mailto:advice@citizensadvicehalton.org.uk)

## Getting More Help

This grouping comprises those young people and families who would benefit from a more intensive level of support, which may include inpatient care, but may also include extensive outpatient provision.

**Getting Risk Support** may also be an element of this package.

- **CAMHS service** – complex presentation and need, requiring 3 or more evidence based interventions or receiving additional agency support <http://www.nwbh.nhs.uk/camhs-halton> Tel: 01928 568 162
- **Kooth** provide anonymous on-line support and face to face sessions <https://kooth.com/>
- **‘We are With You’** support for drug and alcohol use <https://www.wearewithyou.org.uk/services/halton-for-young-people/> Tel: [01928 240406](tel:01928240406)
- **Youth Offending Service** Tel: 0151 511 7208
- **iCART** <https://children.haltonsafeguarding.co.uk/contact-and-referral-team/>
- **RASASC** -Rape and sexual abuse support centre <https://www.rapecentre.org.uk/contact.php>  
<https://www.nspcc.org.uk/services-and-resources/childrens-services/>

## Getting Risk Support

This grouping comprises those children, young people and families who are currently unable to benefit from evidence-based treatment, this may have been tried, but the behaviours and risk taking that cause concern are still present and they remain a **significant concern and risk**. This group might include children, young people who self-harm, or engage in other behaviours the continue put themselves at significant risk.

**All agencies may be involved in supporting these young people.** Commonly this may include the following services, however this not an exhaustive list, as all services involved in a child will participate in risk support:

- **iCART** <https://children.haltionsafeguarding.co.uk/contact-and-referral-team/>
- **Youth Offending Service** Tel: 0151 511 7208
- **'We are With You'** support for drug and alcohol use <https://www.wearewithyou.org.uk/services/halton-for-young-people/>  
Tel: [01928 240406](tel:01928240406)
- **CAMHS** can offer consultation and advice to those professional systems involved in supporting these young people  
<http://www.nwbh.nhs.uk/camhs-halton> Tel: 01928 568 162

Other useful websites and national support:

- **Young Minds Parents Help Line:** offers advice to anyone worried about someone under the age of 25 call for free Mon-Fri from 9.30am to 4pm 0808 8025544 [www.youngminds.org.uk](http://www.youngminds.org.uk)
- **Young Minds 24/7 crisis service** for young people <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>
- **Minded** Info and guidance for parents and carers <https://www.minded.org.uk/>
- **Child line** FREE support for children and young people up to 18 <https://www.childline.org.uk/get-support/>
- **Stay Alive** app- suicide prevention app which offers help and support both to people with thoughts of suicide and people concerned about someone else [https://www.prevent-suicide.org.uk/stay\\_alive\\_suicide\\_prevention\\_mobile\\_phone\\_application.html](https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html)
- **Calm Harm** app helps people to resist and manage the urge to self harm <https://calmharm.co.uk/>

# Halton Working with Schools



- Named link practitioners from the CAMHS team are allocated to every primary, secondary and special school in Halton, to offer advice and support.
- The CAMHS team provide multi-agency consultations to primary and secondary schools on a 6 weekly basis.
- Early help and children's services can directly access consultation via a practitioner being co-located within multi-agency safeguarding hubs.
- \* NHS Halton CCG have bid for national funding to have two teams of Education Mental Health Practitioners (one in Widnes and one in Runcorn) to support children and young people in all primary and secondary schools in Halton, including the Special Schools and the Pupil Referral Unit. The outcome of the bid will be known by the end of March 2020.





# Healthwatch Halton Thrive Survey

- Healthwatch Halton is the patient champion for health and social care services in Halton.
- They collect feedback from the public, patients and service users who have used health and social care services. The feedback that they collect is used to inform the people who design services and those that deliver them of people's experiences and to encourage them to make improvements to the services.
- Following the introduction of the Thrive model, Healthwatch Halton collected anonymous feedback about children's and young people's mental health services in Halton. This survey was designed to find out from young people about how they would go about getting help if they needed it. The survey can be accessed here: <https://wh.snapsurveys.com/s.asp?k=154202954831>
- Responses were collected from 20<sup>th</sup> November to 31<sup>st</sup> December 2020, and the answers will be used to write an evaluation report in February 2021, that will be shared with service providers and commissioners to help us to continue to improve the local offer.

# Halton Mental Health Champions



- Children and Young Peoples Mental Health was an issue regularly raised at the Halton Youth Cabinet (HYC). It featured amongst the campaign issues for Members of Youth Parliaments across the UK and was an annual topic on their 'Mark Your Mark' ballot. Most HYC members had experienced mental health (MH) issues or knew people who had, and a number of concerns relating to CYP accessing services in Halton and the support young people received through schools and colleges had been raised.
- In response to this, in 2018, working with Young Addaction, HYC developed the Halton MH Champions Programme. 18 young people received accredited Mental Health First Aid training through the Mental Health Foundation. They ran peer led sessions with HYC members, looking at the issues facing young people in relation to mental health, access to decision makers to talk about young people and mental health, and support from partners about campaigning around mental health.
- The MH Champions continue to work with schools, the community and decision makers to promote MH awareness, and to campaign for more effective services and support for young people.

# Halton – Promotion and Prevention



## Healthy Schools Mental Health Offer

### Framework and Needs Assessment – Primary and Secondary

A school that effectively supports pupils' mental health and resilience has:



**Mental Health and Resilience in Schools (MHARS) Self assessment** sets out 7 key areas for good mental health, wellbeing & resilience. We will support you to assess your current practice, support development & celebrate good practice.



**5 Ways to Wellbeing Award-** Based on a framework of 5 everyday activities that boosts children's wellbeing. Schools can achieve the award by imbedding these activities into everyday school life

### Primary Only



**School Council sessions** are available to support pupils to make a difference in their school as part of the 5 ways to wellbeing award

### Readiness to deal with death and suicide – Primary and Secondary



**Help when we need it most guidance- how to prepare and respond to suicides in schools-** Guidance to be imbedded within bereavement policy to ensure schools are prepared to respond to suicide appropriately reducing the risk of further suicides in staff, pupils and the school community.



Guidance on bereavement policies available from CBUK <https://www.childbereavementuk.org/primary-school-bereavement-policy>

## For Staff – Wellbeing – Primary and Secondary



**Staff Wellbeing Workshop** Helps staff to reflect on what impacts their wellbeing within school and explore possible solutions as a school to improve staff wellbeing.



**Stress Awareness Training** Helps staff understand how the body reacts to stress, the impact it has on our mental health and ability to function at work and introduce tools to reduce stress.



**The Access to work mental health support services** Confidential and vocational support for employees who are struggling with their mental health provide a range of support and interventions

## Staff Training provided by Healthy Schools – Primary and Secondary



**Basic Mental Health Awareness Training-** Provides a basic knowledge of children and young people's mental health including; risk and resilience factors, wellbeing, resilience and support available.



**Self-Harm Awareness Training-** Provides a basic knowledge of self-harm including; why young people self-harm, risk factors to look out for, tips for talking about self-harm and support available



**Mental Health Resources workshop-** Provides an overview of evidence based resources and lesson plans available to imbed mental health awareness within the curriculum



**Mental health awareness for managers-**Provides managers and supervisors with knowledge and resources to support staffs mental health and wellbeing

## Specialist support available – Primary and Secondary



**Educational Psychology team-** Work with Families, schools and other professionals to bring about positive change for children and young people where there are concerns about their learning, behaviour or emotional wellbeing. For Further information contact a member of the Educational Psychology team [Educational Psychology team details](#)



**Halton Behaviour Support Service-**Work collaboratively with schools across the primary and secondary age range to embed a culture of consistency of practice, promote positive behaviour management policies, techniques and strategies. Offers Mental Health First Aid Training For further information contact [HBSS@halton.gov.uk](mailto:HBSS@halton.gov.uk)



**Nurturing Approach** - Nurture is a whole school approach which involves developing physical, social and emotional resilience, in order to allow children and young people to thrive. There are also regular network meetings to provide support and training for schools. For further information visit [Halton Nurture Strategy](#)



**CAMHS-** Support children and young people up to age 18 with their emotional and mental health and wellbeing. For further information or to contact CAMHS visit [Halton Child and Adolescent Mental health Service](#)

## Time to Change anti stigma campaign – Secondary only



**Time to Change Training for staff** This session is designed to equip you with knowledge and resources for you to deliver anti stigma activity directly with students



**Young Leaders Campaign Training** Equips young people with the knowledge, skills and resources to deliver campaigns to challenge stigma and discrimination. Creates a culture where young people can talk openly about mental health

## Recommended Training – Primary and Secondary



**Mental Health First Aid- 2 day course** Will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need- For further info contact Halton Behaviour Support Service [HBSS@halton.gov.uk](mailto:HBSS@halton.gov.uk)



**Emotional Literacy Support Assistant Training (ELSA)-** ELSA training aims to give Teaching Assistants / Pastoral Workers / Learning Mentors the knowledge and skills they need to plan and deliver individualised programmes of support to pupils with additional social, emotional and mental health (SEMH) needs. For Further information contact a member of the Educational Psychology team [Educational Psychology team details](#)



**Bespoke SEMH training packages-**The Educational Psychology Service can offer a wealth of bespoke training packages that can be delivered to promote the SEMH of children, young people, parents, carers and/or staff. For Further information contact a member of the Educational Psychology team [Educational Psychology team details](#)



**CAMHS-** Halton CAMHS offer a variety of training to any professionals working with children, young people and families. For details of the training provided by CAMHS please contact [HaltonTier2.CAMHSTraining@nwbh.nhs.uk](mailto:HaltonTier2.CAMHSTraining@nwbh.nhs.uk)

## OTHER TRAINING



**Basic Mental Health Awareness Training** for those who work with children and young people that don't work in a school, for example children's homes staff etc.

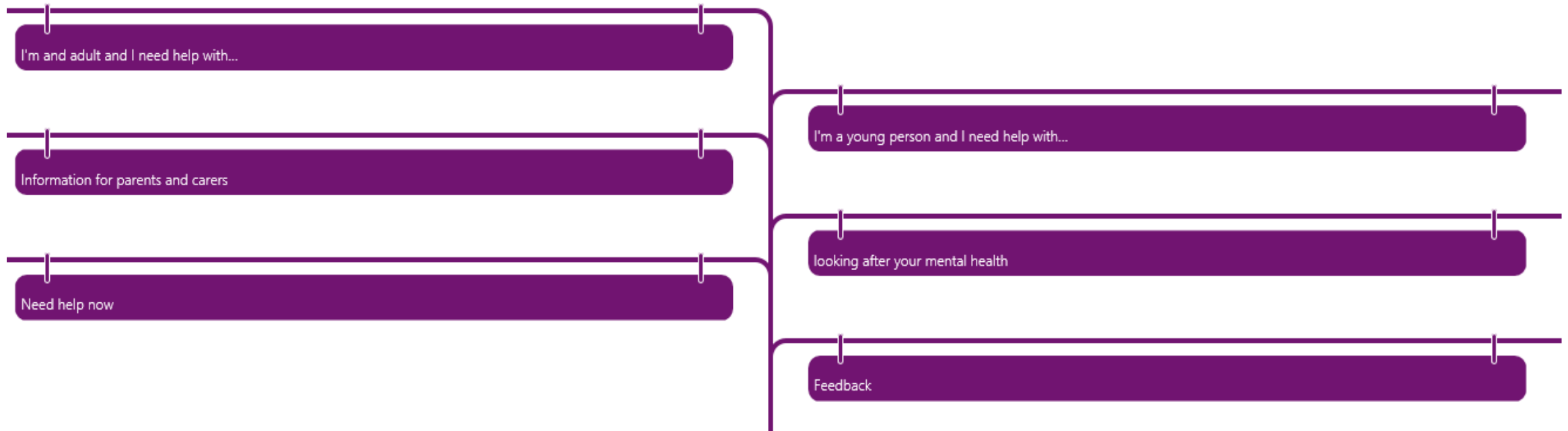


**Self-Harm Awareness Training** for those who work with children and young people that don't work in a school, for example children's homes staff etc.

# Halton Mental Health Service Directory

The directory is now live and can be accessed via the following web link: [www.halton.gov.uk/mhinfopoint](http://www.halton.gov.uk/mhinfopoint)  
Below is a snap shot of the landing page when you click onto the website link.

## Mental Health Info Point



Updating the list of services is work in progress, and a marketing and communications plan will be developed to promote it widely across the borough.





# Halton: Needs Assessment, Engagement and Equality – a Focus on Vulnerable Groups

## Neurodevelopmental

Following initial investment in 2016/17 into nursing support for children with ASD/ADHD, an audit had been undertaken which identified some significant issues with delivery of the diagnostic pathway which lead to an intensive review of the service offer during 2018/19 and associated recommendations. The Woodview Children's Development Centre have since made a number of positive changes to the service:

- Staff implemented a revised pathway that encompassed service processes, including updated and newly developed processes, shared ownership of problems and solutions. A Service Leaflet was developed for patients and parents that explained the referral and assessment process. Further information can be found here: <http://bridgewater.nhs.uk/halton/woodview-specialist-childrens-services/>
- Comprehensive MDT meetings and panels with care plans and pathways now in place to ensure coordination of case management.
- The Trust designed and distributed a Parent Information Leaflet to clarify the role of the MDT as an assessment function with support provided by the range of wider services. This was to help build the level of trust from parents, promote the positive improvements that have taken place and manage expectations moving forward.
- New System and processes in place to receive and action parent/family/patient feedback. Case co-ordinator recruited to lead on co-ordination and case management of children. All children allocated to the case coordinator within 48 hours of referral.
- Drop in sessions and individual meetings were offered to 143 families with regards to outstanding complaints and reopened complaints. Over 20 families attended the sessions to discuss the issues. Complainants are now contacted verbally by the Service Lead within 2 working days of any complaint receipt.
- The service undertook a demand and capacity modelling exercise to fully demonstrate measures and highlight any areas of concern or pressure. A Quality Impact Report outlining changes was submitted to the CCG that included; clarified service changes, data cleanse on referrals and waiting list (System One) and agreed significant operational changes.
- The service introduced full electronic patient records. This included a clear and achievable project plan for transfer of existing records to the electronic process.
- The service is working with other local children's services, with regards to them participating in 'Sharing the News Meetings' with parents/carers. This is to address any concerns or questions with regards to the outcome of a child's assessment.

# Halton: Needs Assessment, Engagement and Equality – a Focus on Vulnerable Groups

## Learning Disabilities



- ODN Model of care Audit was carried out in 2019 to assess the progress that local areas were making towards meeting the recommendations of The North West England Operational Delivery Network model of care for Children and young people with Learning disability and / or Autism service model. This used the Thrive framework - and recommended that all services (including mainstream ones) will be supported by locality Single Points of Access/Hubs. Further work on the actions agreed through the audit will continue this year and updates on progress will be reported accordingly.
- The children's Dynamic Support Database is up and running and is being embedded across Halton. This is currently for CYP with a Learning Disability, Autism or both who engage in challenging behaviour (Emerson 1995) or have an mental health condition who are at risk of a tier 4 bed admission.. Each CYP on the database has a lead professional who develops the multi-agency contingency plan.

# Halton: Needs Assessment, Engagement and Equality – a Focus on Vulnerable Groups



## Children in Care

- The Local Authority successfully commissioned a bespoke service provided by Core Assets, to support the mental health needs of children in care and support to fostering/adoption carers, which acknowledges the increasing complexity of problems experienced by children in care who may have been subject to abuse/neglect. There is currently a scoping exercise to be undertaken to explore the options of jointly commissioning this service between health and social care in the future. The service does not have a waiting list and 64 cases were referred and supported last year.
- There has been an increase in positive feedback from children, young people, foster carers and professionals accessing the service. The EHWPB panel chaired by the CIC Divisional Manager continues to provide clear communication and a more coherent way of collaborating with wider professionals, who have provided great feedback on how valuable they find the panel.



# Halton – Vulnerable Children



There are a large number of factors that can increase the vulnerability of children and young people who are experiencing mental health problems. Our early help services and social work teams have a range of interventions to work with these children identified with early help needs, or where they are open to social care as children in need or are looked after. There is increasing alignment and integration of these services with health services to achieve the best outcomes for children and young people, e.g. implementation of the local THRIVE model.

Area of Priority	Progress	Forward Plans
<p><b>Children with emerging needs are supported through targeted early help support</b></p>	<p>'We are with you' Halton is commissioned by the local authority as an Integrated Youth Provision. The target group for this contract is all young people aged 10-19 and up to 25 for those with additional needs in Halton. The service was formally known as Young Addaction, and now has three strands to its service offering:</p> <ol style="list-style-type: none"> <li>1. Treatment interventions that are recovery and participative orientated including one to one psychosocial interventions and a range of talking therapies including MI, Solution Focussed therapies and ITEP mapping for young people who are experiencing problems with substance misuse.</li> <li>2. It is the main hub within Halton for driving and delivering targeted and preventative early interventions, working within all of the high schools. The service also provides a Hidden Harm Service operating on a whole family approach, working with children and their parents where domestic abuse and or substance misuse is prevalent, breaking the cycle of intergenerational substance use and improving family functioning. An outreach service is also in operation which includes a dedicated street based team , travelling to areas that wouldn't ordinarily access services. This allows us to take our integrated provision into the community thus ensuring that our reach is truly borough wide.</li> <li>3. A universal youth provision which is again targeted in areas that are most in need, delivering and facilitating diversionary activities, art and play therapy classes whilst at the same time providing safe environments for children and young people to socialise and relax in.</li> </ol>	<ul style="list-style-type: none"> <li>• Runcorn Primary Care Network 'R Health', are piloting an enhancement to the current health engagement officer service which will provide additional capacity to support families presenting in primary care with non medical issues including emotional wellbeing,</li> <li>• NHS Halton CCG are submitting a collaborative proposal with NHS St Helens CCG, NHS Knowsley CCG and NWB to bid for Mental Health in school teams, initially based in Runcorn, and followed there after in Widnes, to help upskill school staff and provide an early offer of help for lower level support.</li> </ul>



# Halton – Vulnerable Children



Area of Priority	Progress	Forward Plans
<b>Children with emerging needs are supported through targeted early help support</b>	<ul style="list-style-type: none"><li>• There is a regular monthly children in care emotional wellbeing panel where cases are brought by social care to a multi agency panel including CAMHS staff, for advice and guidance, support on making referrals and on appropriate placements.</li><li>• Halton Borough Council have embarked upon a project to improve provision for children and young people with emotional health and wellbeing needs and displaying challenging behaviours. The project to have two resource bases in key stage one for children with these needs is now underway.</li><li>• Integrated risk support pathways in line with the THRIVE model have been developed</li><li>• Development of the One Halton all age autism strategy 2018 -2021</li><li>• Emotional Literacy Support Assistant Training for Teaching Assistants / Pastoral Workers / Learning Mentors to plan and deliver individualised programmes of support to pupils with additional social, emotional and mental health (SEMH) needs. Currently in primary and Secondary Schools but will be rolled out to early years</li><li>• Co-location of MH Practitioner in Social care front door now in place and thrive model firmly embedded in the local system.</li></ul>	<ul style="list-style-type: none"><li>• As part of the SEND agenda, a pilot has been funded by NHS St Helens CCG, to increase the skillset within the CAMHS service to accommodate children with LD /Additional needs. Evaluation of the pilot will be in 2021 and if successful it will be rolled out across Halton and other Mid Mersey boroughs.</li><li>• To roll out the Emotional Literacy Support Assistant Training to early years groups.</li></ul>



# Halton Data and Performance

## Children and Young Peoples Mental Health Targets 19/20

### Nationally:

- **Eating Disorder target** – achieved 100% for routine cases in 19/20. There have been no urgent cases that required treatment within 1 week.
- **CAMHS Access Target** - Halton achieved the 34% CAMHS access target for 19/20. This also included the Kooth online data and drop-in hubs activity that started to flow data to the MHSDS in March 2020.
- **Early intervention in Psychosis target** – achieved the 19/20 target of 50% seen within 2 weeks (14-65yrs)
- **Children and Young People Liaison Mental Health Service** - provides a 24/7 core liaison service (including CAMHS) at St Helens and Knowsley Hospitals Trust (STHK). The core liaison service is currently available 7 days a week from 8am - 8pm at Warrington and Halton Hospitals Foundation Trust (WHHFT), however as from April 2020, the same 24/7 provision will be available.

### Locally:

- Comprehensive Performance Outcomes Framework in place with new THRIVE based Service specification
- Outcomes reporting in place



# Halton Children's and Young People's Access Target

In **19/20** Halton CCG reached the **34% access target** for CYP with a diagnosable condition receiving treatment by NHS-funded community services. The data originally recorded through the MHSDS did not include the Headz up Halton Drop In activity, however from March 2020 the activity started to flow to the MHSDS, so it was officially able to count towards the access target. (See table below)

As of **Nov 2020**, Halton CCG is **currently at 24% of the 35% access target for 20/21**. Due to the nature of the drop ins, they were the first to close in March 2020, due to the COVID restrictions, and remain closed at present. Although other services continued, this impacted upon service delivery. It is anticipated that the target may not be met due to these restrictions, however the provider has a trajectory plan in place to achieve as near to the target as is possible, including the adoption of virtual technology that will become further embedded in the final quarter to support achievement, and the reinstatement of the drop ins as soon as is practicable. This is the last year for the national access target.

For **21/22**, we have agreed to set a **local target of 35%** and plans are in place for jointly commissioning with the Local Authority a bespoke offer to Children In Care around emotional Wellbeing and Mental Health and the new provider will be able to flow data to supplement the access target from April 21/22. Plans are also in place to flow data from the neurological pathway using System1 during 21/22.

% Access													
Target/Forecast	Apr-19	May-19	Jun-19	Jul-19	Aug-19	Sep-19	Oct-19	Nov-19	Dec-19	Jan-20	Feb-20	Mar-20	
Halton (incl KOOth Online)	5.3%	10.8%	13.5%	16.4%	18.4%	19.9%	21.5%	23.7%	25.4%	28.1%	29.9%	31.6%	
Local NWBH CAMHS Data (Cumulative) (2019/20)													
Actual	Apr-19	May-19	Jun-19	Jul-19	Aug-19	Sep-19	Oct-19	Nov-19	Dec-19	Jan-20	Feb-20	Forecast Mar-20	Difference from 34% Target
Halton	141	285	351	419	465	504	545	592	632	695	737	779	-203
Kooth Online	11	26	39	54	68	71	78	92	102	118	127	136	
Halton + Kooth online	152	311	390	473	533	575	623	684	734	813	864	915	-67
Headz Up Halton Drop Ins		4	6	5	5	9	9	6	14	20	19	16	+27

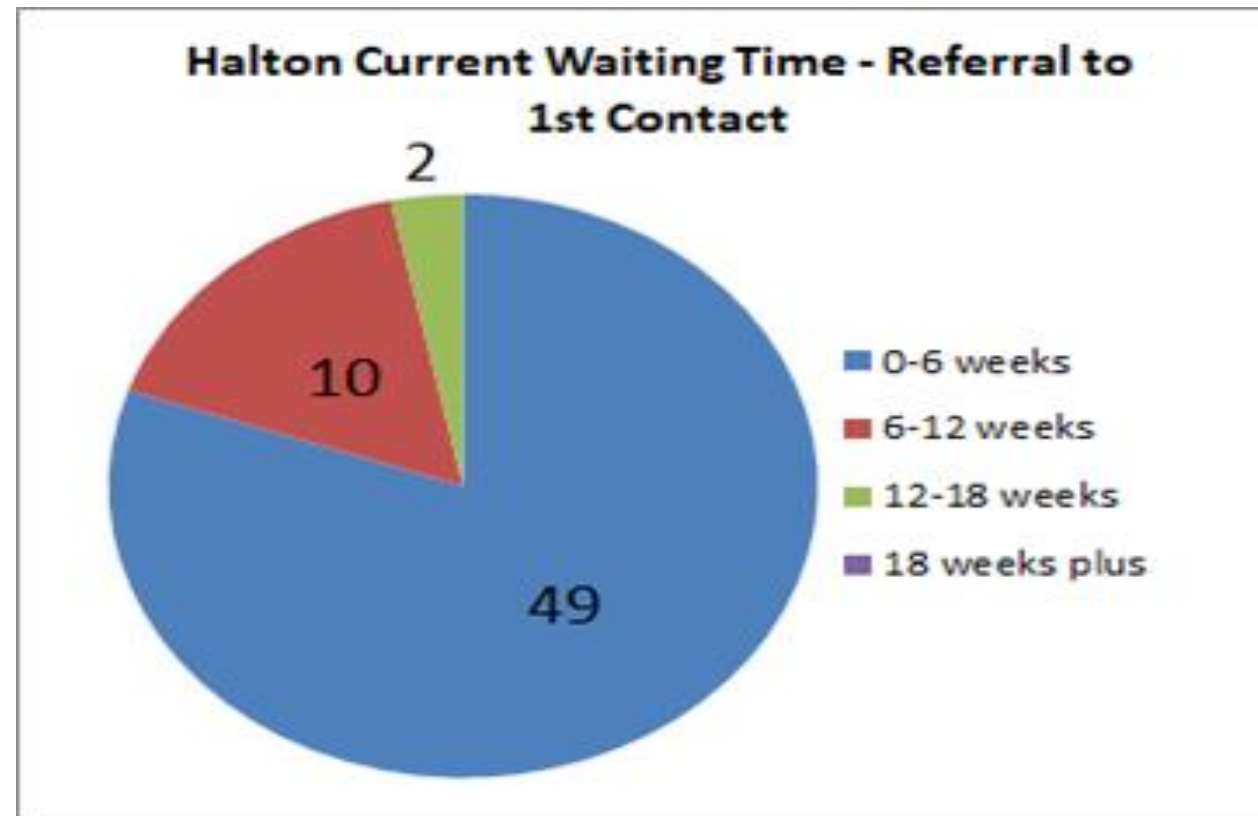


# Halton CAMHS Waiting Times

## Referral to 1<sup>st</sup> Contact

(as of 10 March 2020)

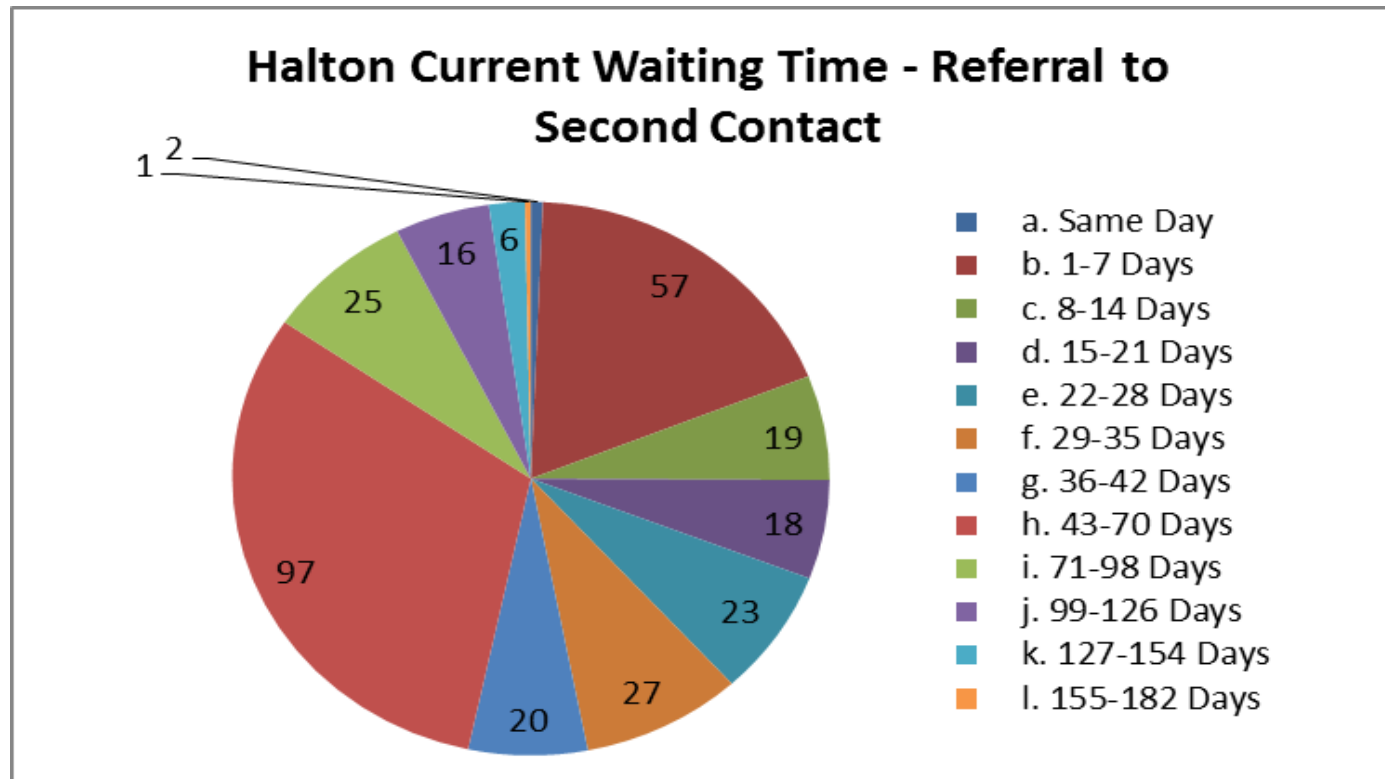
- There are no current issues with waiting times to first contact in the team, over 80% are currently seen within 6 weeks.
- Referral to treatment times average at 5 weeks (which include indirect contacts). Any long waiters are monitored on a weekly basis and proactively followed up if they DNA or cancel their appointments.



**80% Waiting < 6 weeks**  
**No over 18 week waiters**

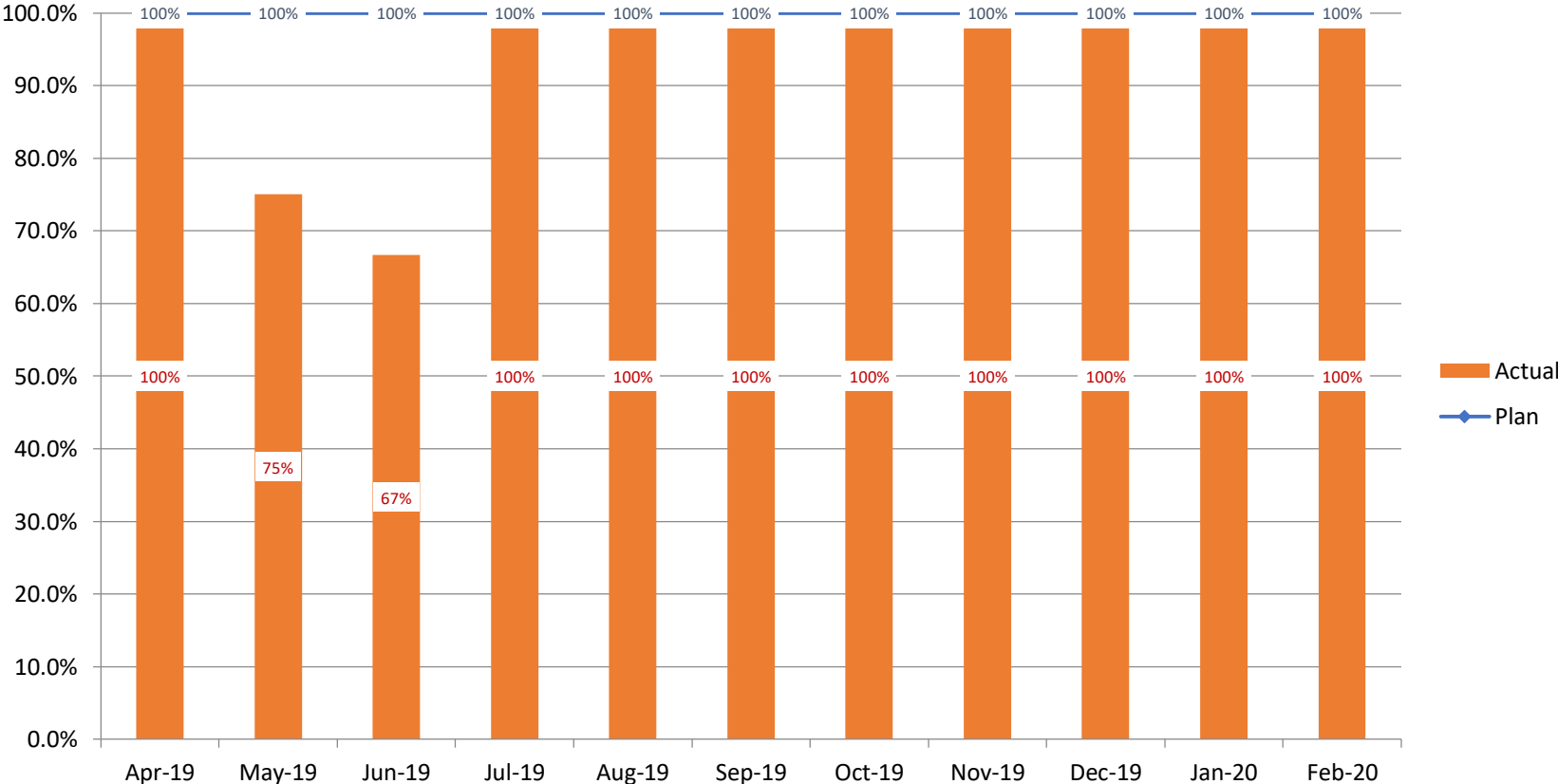
# Halton CAMHS Waiting Times Referral to 2<sup>nd</sup> Contact (Treatment) (as of 10 March 2020)

- 62% accessed treatment within 3 weeks (21 days)
- 71% accessed within 5 weeks and the remaining 29% (10 patients) commenced treatment within 10 weeks



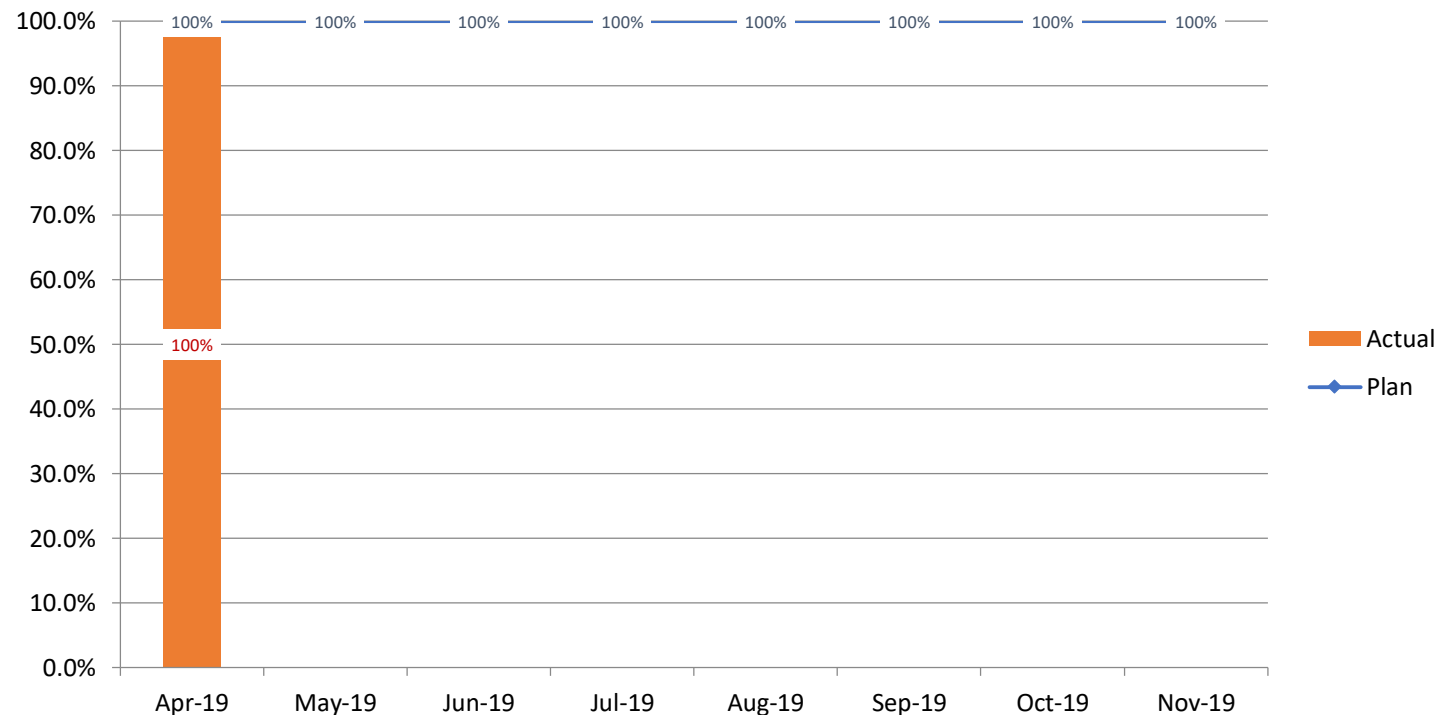
# 4 Weeks Waiting Time Target Eating Disorder Routine Referrals

Since July, 100% of Children and young people referred for assessment or treatment for an eating disorder have received NICE-approved treatment with a designated healthcare professional within 4 weeks



# 1 Weeks Waiting Time Target Eating Disorder Urgent Referrals

Since April 2019, there have been no urgent referrals to the eating disorder service.



# Halton Road Map – Key Priorities

2016-2018

2018-2019

2019-2020

2020-2021

2021-2022

COVID 19

Promoting Resilience, Prevention and Early Detection,

Commissioning of specialist perinatal service across Merseyside & Cheshire  
Commissioning of BIBS attachment service  
Named CAMHS practitioner schools link for schools

Mobilisation of BIBS attachment service  
Implementation of combined Educational psychology and CAMHS links practitioners school visits  
Roll out of prevention offer from public health

Continue to deliver on PH prevention and promotion agenda  
Pickup the funding of specialist perinatal MH service  
Expand perinatal support via investment in PIM low level peer support offer  
Development of a bid for Mental Health Teams in Schools for wave 3 and 4 funding

Continue to deliver on PH prevention and promotion agenda  
PIM perinatal peer support service contract extended for 2 years

Continue to deliver on PH prevention and promotion agenda  
Roll out of MHST in schools project, for 2 teams of MH Education Practitioners based in Runcorn and Widnes

Development of the Emotional Health and Wellbeing Group, including multi-agency attendance to ensure effective information sharing and support for young people is in place

Improving Access to Effective Support

Procurement of Eating Disorder service  
Co-Design of THRIVE model of care  
Extended offer for crisis support  
Increased access to support and better data quality assessment  
Waiting list funding utilised to reduce waiting times  
Development of underpinning action plan to support implementation of Transformational Plan for CAMHS  
Delivery of whole system work force plan

Evaluation of THRIVE model implementation  
Full implementation of THRIVE offer and deliver national access target of 32%  
Continue to make progress towards standards for ED and EI in FEP  
Evaluate pilot crisis offer for Mid Mersey

Review progress with workforce plan with a focus on the needs of the wider system e.g. children's services  
Deliver access target of 34% eating disorder waiting time standard of 95%  
Be prepared for taking forward the recommendations in the green paper including providing access to support and waiting time targets  
Improve collection and reporting of wider outcome measures

Deliver access and waiting times targets  
And explore other options to count local data  
In line with Cheshire and Merseyside plans deliver a consistent, responsive, crisis response (ambition 4 hours) and intensive community based support model  
Development and evaluation of Health & Justice offer and exploration of Conduct Disorder Pathway offers within each borough  
Continued focus on data/indirect contacts/on line element/outcome reporting

Continue to improve access and waiting times in line with mandated trajectories  
Implementation of an agreed model for Homebased intensive treatments in line with the Cheshire and Merseyside Plans.  
New care model for Tier 4 CAMHS between our C&M Partners

Introduction of the NWBH Intensive Support pathway pilot for children and young people at risk of admission  
Implementation of the 24/7 all age Crisis Line  
Kooth providing telephone and video counselling through their online platform to children and young people whose face2face appointments were Cancelled  
Extend the CYP Eating Disorders Team to meet increased demand within the service

Care for the Most Vulnerable

Youth justice MH Support service offer  
Neurodevelopmental review/audit  
3rd sector investment for vulnerable groups projects

Implementation of consistent health offer of MH and SLT to YOT  
Review of neurodevelopmental service offer  
Procurement and implementation of new SALT service  
further 3rd sector investment for vulnerable groups projects

Develop proposals for joint commissioning for SEND  
audit recommendations embedded into neurodevelopment service offer  
Evaluate 3rd sector investment for recurrent funding

Development of SEND/Neuro integration into supporting achievement of access target now BW services on System 1  
Approach to LA to jointly commission the Emotional Wellbeing Service for LAC to enable activity to support achievement of target  
3rd sector recurrent vulnerable groups funding approved

Implementation of the jointly commissioned Emotional Wellbeing Service for Children in Care  
Explore opportunity to commission ADHD post diagnostic support  
SEND/Neuro supporting access target  
Embed redesigned CCNT and Contience Service Offer

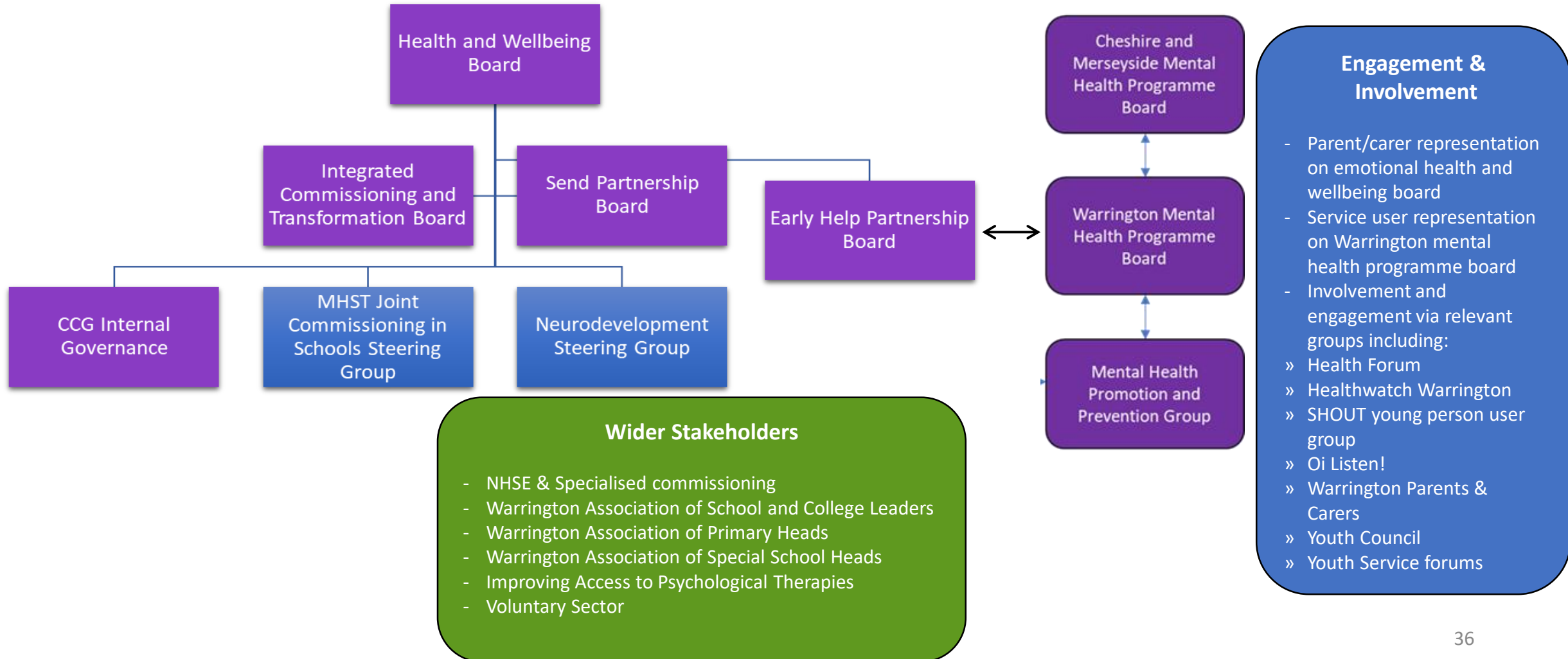
Refresh of the Neurodevelopmental Service Specifications and KPI's  
Transformation of the CCNT and Contience Service  
New DCO in post to support with children with SEND

# Halton – Financial Investment 3 Year Plan

Commissioner	Service	Actual Spend	Actual Spend	Actual Spend	Planned Spend
		2018/2019	2019/2020	2020/2021	2021/22
Halton CCG Total Spend on CYP MH		1,907,848	1,881,038	1,916,580	1,964,080
CCG	THRIVE provision (Specialist CAMHS & Kooth, BIBs, Crisis Response, schools link and YOT service)	1,657,853	1,657,917	1,670,480	1,670,480
CCG	YJS Grant Allocation	9,000	9,000	9,000	9,000
CCG	Eating Disorders	120,995	124,121	135,600	135,600
CCG	Neurodevelopmental LD Nurses	90,000	90,000	90,000	90,000
CCG	ADHD Support	N/A	N/A	N/A	35,000
CCG	Grants to variety of 3 <sup>rd</sup> sector organisations utilisation of CAMHS slippage	30,000	0	24,000	24,000
Public Health	0-19 service and Family Nurse Partnership	3,450,000	3,450,000	3,450,000	3,450,000
Council	Looked after children’s MH Service	187,000	187,000	187,000	227,000 (Joint Commission CCG/LA)
Council	Substance misuse services for YP	171,000	171,000	171,000	171,000
Total Spend across CYP System		5,715,848	5,689,038	5,737,080	5,812,080

# Governance - Warrington

Warrington's oversight and governance arrangements have remained consistent and have enabled a balance of wide engagement and operational input and delivery, with strategic oversight and decision making when required.





# Warrington's Emotional Health and Wellbeing Service Offer

All agencies share a responsibility to provide emotional health and wellbeing information, advice, support and treatment proactively to the children, young people and their families living in Warrington.

Warrington THRIVE offer seeks to enhance awareness of the full range of mental health promoting practices (MHPP) and to facilitate a multi-agency approach to their use.

Warrington THRIVE services provide a range of interventions covering all of the Thrive quadrants, as outlined in the Thrive model below: -



## Thriving

All those children, young people and families **who do not currently need individualised mental health advice or help**. They may benefit from more general approach to maintaining good mental health and wellbeing, provided by services/groups such as:

- **Warrington Borough Council** <http://happyoksad.warrington.gov.uk/children-and-young-people.aspx>
- **Sports and Leisure** <https://livewirewarrington.co.uk/>
- **Community centres** <https://www.mylifewarrington.co.uk/>
- **Libraries** <https://www.warrington.gov.uk/libraries-0>
- <https://www.girlguiding.org.uk/what-we-do/brownies-7-10/im-a-brownie/>
- <https://www.scouts.org.uk/home/>
- **Warrington's Local Offer AskOllie**  
<https://www.mylifewarrington.co.uk/kb5/warrington/directory/localoffer.page?localofferchannel=0>
- **Warrington's Local Offer Warrington Families Information Service**  
<https://www.mylifewarrington.co.uk/kb5/warrington/directory/directory.page?directorychannel=1>
- **Warrington's Voluntary and Community action** <https://www.warringtonva.org.uk/>
- **FREE mindfulness apps for children and adults** <https://www.smilingmind.com.au/>  
<https://www.stopbreathethink.com/>
- **ADDvanced Solutions Community Network** <https://www.addvancedsolutions.co.uk/our-offers/our-offer-in-warrington.html>

## Getting Advice

All children, young people and families, will from time to time experience events that cause emotional distress. Events such as bereavement, divorce and separation or other life events that will naturally cause emotional distress. Most families can support their children and young people through these events, however some may need some advice to support recovery from the emotional distress that has resulted. **Support may come from a universal service, or if more targeted services are already involved, the expectation is that they will provide support.** Advice can be accessed from a range of local services:

- **Warrington Borough Council** <http://happyoksad.warrington.gov.uk/children-and-young-people.aspx>
- **Orford Youth Base** - offer drop-in sessions. They offer signposting, self-management advice and consultations for children, young people and their families and carers.
- **Kooth** provide anonymous on-line advice and support <https://kooth.com>
- **Warrington Youth Service** offers support for drug and alcohol use  
<https://www.mylifewarrington.co.uk/kb5/warrington/directory/service.page?id=vFSDD42nQhA>
- **GP Practice** <https://www.nhs.uk/service-search/find-a-gp/results/Warrington?latitude=53.3895712237609&longitude=-2.59089667658018>
- **School nurse** <http://www.bridgewater.nhs.uk/schoolnursing/>
- **Health Visitors** <http://www.bridgewater.nhs.uk/healthvisiting-service/>
- **CBUK** bereavement support for children and families <https://childbereavementuk.org>. Tel: [01928 577164](tel:01928577164) Email: [cheshiresupport@childbereavementuk.org](mailto:cheshiresupport@childbereavementuk.org). Face to face support and app available
- **Primary Schools** can gain advice via attending group consultation with CAMHS and Educational Psychologists. Group consultation takes place every 6 weeks
- **Secondary schools** can gain advice by staff speaking to their CAMHS link worker
- **Early Help** – Offer assessments through professionals to identify and assess families needs  
<https://www.mylifewarrington.co.uk/kb5/warrington/directory/advice.page?id=sQnBZtzP2FQ&&>

## Getting Help

This grouping comprises those children, young people and families who would benefit from **focused, evidence-based treatment**, with clear aims, and criteria for assessing whether aims have been achieved.

Provided by services such as:

- **CAMHS** service offer 1-3 goal focussed evidence based interventions <https://www.nwbh.nhs.uk/camhs-warrington>
- **Warrington Borough Council** <http://happyoksad.warrington.gov.uk/children-and-young-people.aspx>
- **Kooth** provide anonymous on-line support and face to face sessions <https://kooth.com/>
- **PAPYRUS** – support for young people experiencing suicidal thoughts <https://papyrus-uk.org/hopelineuk/>
- **CBUK** bereavement support for children and families <https://childbereavementuk.org>. Tel: [01928 577164](tel:01928577164)  
Email: [cheshiresupport@childbereavementuk.org](mailto:cheshiresupport@childbereavementuk.org). Face to face support and app available
- **Warrington Safeguarding Partnership** <https://www.warrington.gov.uk/warrington-safeguarding-partnership>
- **Early Help** – Offer assessments through professionals to identify and assess families needs  
<https://www.mylifewarrington.co.uk/kb5/warrington/directory/advice.page?id=sQnBZtzP2FQ&&>
- **MHST Teams:** Children and Young People can access an Education Mental Health Practitioner in school. Warrington currently has two teams working across 40 schools
- **St Joseph's** offers a range of counselling support <https://www.saintjosephsfamilycentre.co.uk/counselling>

## Getting More Help

This grouping comprises those young people and families who would benefit from a more intensive level of support, which may include inpatient care, but may also include extensive outpatient provision.

**Getting Risk Support** may also be an element of this package.

- **CAMHS service** – complex presentation and need, requiring 3 or more evidence based interventions or receiving additional agency support <https://www.nwbh.nhs.uk/camhs-warrington>
- **Kooth** provide anonymous on-line support and face to face sessions <https://kooth.com/>
- **Early Help** – Offer assessments through professionals to identify and assess families needs <https://www.mylifewarrington.co.uk/kb5/warrington/directory/advice.page?id=sQnBZtzP2FQ&&>
- **Youth Offending Service** Tel: 0151 511 6622/0055
- **RASASC** -Rape and sexual abuse support centre <https://www.rapecentre.org.uk/contact.php>  
<https://www.nspcc.org.uk/services-and-resources/childrens-services/>

## Getting Risk Support

This grouping comprises those children, young people and families who are currently unable to benefit from evidence-based treatment, this may have been tried, but the behaviours and risk taking that cause concern are still present and they remain a **significant concern and risk**. This group might include children, young people who self-harm, or engage in other behaviours the continue put themselves at significant risk.

**Warrington's CRISIS Response Team** offer support between 9am and 9pm 7 days a week on 01744 627618

**All agencies may be involved in supporting these young people.** Commonly this may include the following services, however this not an exhaustive list, as all services involved in a child will participate in risk support:

- **Warrington Safeguarding** <https://www.warrington.gov.uk/warrington-safeguarding-partnership>
- **Youth Offending Service** Tel: 0151 511 6622/ 0055

Other useful websites and national support:

- **Young Minds Parents Help Line:** offers advice to anyone worried about someone under the age of 25 call for free Mon-Fri from 9.30am to 4pm 0808 8025544 [www.youngminds.org.uk](http://www.youngminds.org.uk)
- **Young Minds 24/7 crisis service** for young people <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>
- **Minded** Info and guidance for parents and carers <https://www.minded.org.uk/>
- **Child line** FREE support for children and young people up to 18 <https://www.childline.org.uk/get-support/>
- **Stay Alive** app- suicide prevention app which offers help and support both to people with thoughts of suicide and people concerned about someone else [https://www.prevent-suicide.org.uk/stay\\_alive\\_suicide\\_prevention\\_mobile\\_phone\\_application.html](https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html)
- **Calm Harm** app helps people to resist and manage the urge to self harm <https://calmharm.co.uk/>

# Warrington – Promotion and Prevention

- Warrington's Public Health Team leads an all age mental health promotion and prevention strategy that is aligned with the children and young people's local transformation plan
- Prevention & Early Intervention is a key element within universal settings, schools, colleges and primary care
- Public Health promote a whole school/setting approach, as part of overall THRIVE model, through:
  - 0 to 19 public health commissioned service with specific KPI's around mental wellbeing
  - PSHE network meetings
  - Academic delivery plans
  - Youth Health Champions
  - Training
  - Promotion of evidenced based mental wellbeing campaigns e.g. In Your Corner
  - [www.happyoksad.org.uk](http://www.happyoksad.org.uk) website
  - Suicide Prevention and intervention



- There is a named lead in each primary and secondary school for mental health who has received mental health first aid training. This includes a senior lead and an operational lead. In addition, every secondary school has a named CAMHS link worker.
- There is some early data to indicate that there are increased opportunities for the wider system to get support and advice on managing and containing lower level mental health needs at home and in schools, leading to a reduction in referrals to specialist services. It is hoped this then creates capacity for a greater number of the appropriate referrals to receive evidence based interventions.



# Warrington – Promotion and Prevention

Warrington runs a variety of courses to support Children and Young People

Course	Run by	Description	Audience
Understanding and Managing Low Mood	CAMHS	Focus on Cognitive Behavioural Therapy for young people to manage anxiety and low mood	Staff who work with young people – teachers, SENCO, Teaching assistants, voluntary sector
Anxiety and Panic Self-Harm Awareness	CAMHS	Offered to School Employees to support the early identification of Children with anxiety and suffering with self-harm	School Colleagues
Learning Acceptance and Commitment Therapy Skills	CAMHS	Stopping the Struggle with Emotions, using Acceptance and Commitment Therapy.	Teachers, SENCO, Teaching assistants, youth workers, voluntary sector
Child Development and Attachment	CAMHS	The course covers brain development, normal developmental and emotional milestones, attachment styles and identifying attachment difficulties	Family support workers, Youth Workers, School Nurses and Health Visitors
Adolescent Brain Development Training	CAMHS	Focus on supporting teenagers through adolescent years, through the learning of brain development during puberty and the importance of child-parent relationships	School Nurses, Health Visitors, Youth Workers, Family Support, SENCO
Teaching Mindfulness	CAMHS	Introduction of mindfulness to delegates & support them with skills to introduce mindfulness to young people	Voluntary Sector Workers, Teachers, Youth Workers
DBT Manage Strong Emotions	CAMHS	Introduction to Dialectical Behaviour Therapy to support regulation of emotions	Teachers, Teaching assistants, family support, school nurses

# Healthy Child Programme – Health Visiting and School Nursing

Warrington Public Health 'Healthy Child Programme 0-19 years' Commissioned service is based on the delivery of the 4–5–6 Model for Health Visiting & School Nursing.

The 4-5-6 model is an evidence based approach to deliver the healthy child programme. It encompasses the reach and impact of health visiting and school nursing services through:

- 4 levels of service
- 5 universal reviews
- 6 high impact areas of which EHWP features in the following:
  - Early Years High Impact Area 2 – Maternal and (Perinatal) Mental Health
  - Early Years High Impact Area 1 – Transition to Parenthood and the early weeks
  - School nursing High Impact Area 1 (Resilience and emotional wellbeing)

# Healthy Child Programme – Health Visiting and School Nursing

Warrington HCP 0-19 service:

- Have care pathways clearly defined with other organisations and agencies providing Level 1, 2 and/or 3 mental wellbeing services and other primary care providers; including perinatal mental health and infant mental health
- Provides early identification and access for children and young people showing early signs of emotional distress or attachment difficulties for infants.
- Provides appropriate referral to Child and Adolescent Mental Health Services & other local services.
- Supports schools to adopt a comprehensive whole-school approach to social and emotional wellbeing

# Healthy Child Programme – Health Visiting

Health visiting services deliver the core Mandated contacts of the Health Child Programme. Emotional health needs are discussed at every contact.

- Pre-Birth Assessment (for all clients) -Mental Health – previous, peri-natal and family
- Birth Visit 10-14 days - Observation and assessment of peri-natal mental health using evidence based tools
- 6-8 week Visit - Observation and assessment of peri-natal mental health using evidence based tools
- 9-12 Month Contact and developmental assessment -Peri-natal mental Health
- 2-2 1/2 year developmental assessment.

# Healthy Child Programme – School Nursing

- Support the emotional health and wellbeing early help offer.
- School Nursing Service offer holistic weekly drop in service in Warrington High Schools
- School nurses offer enhanced EHWB support to pupils in secondary school (up to 6 contacts) based on evidence based practice (SFBT etc)
- EHWB Lesson delivery is offered to primary schools for all Year 5/6s on request as part of half day entitlement.
- Support the Public Health delivery of the school health champions and the EHWB campaigns.

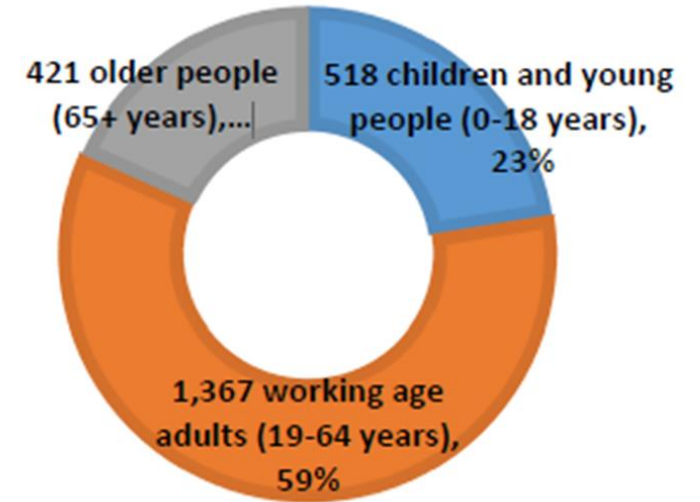
# Warrington – Working with Schools

- MHST – Warrington have two teams of Education Mental Health Practitioners who will be supporting children and young people in 40 schools across Warrington, including the Special School and the Pupil Referral Unit
- Warrington are also working with the Anna Freud Centre to deliver the Schools Link Programme to schools with access to MHST in 2020. This will be rolled out to other schools over the coming years
- NHS Warrington CCG continue to joint commission with the schools across the borough for dedicated support and consultation from mental health services within the schools.
- Early Help have delivered the ROAR Programme in Primary Schools to support Mental Health in young children through awareness and early identification.

# Warrington's Autism Strategy

**Autism in Warrington** - based on the national estimate that 1.1% of the population has Autism, it is likely that there are 2,307 people living in Warrington with Autism.

- There has been an increase in the diagnosis of neurodevelopment conditions in children and young people as a result of better understanding of conditions such as Autism, Pathological Demand Avoidance and Attention Deficit Hyperactivity Disorder. There are currently 348 children and young people known to health services with Autism.
- There are some inconsistencies in the diagnostic pathway for children and some are diagnosed very early in their lives and others wait several years.
- The number of pupils with Autism has increased 40% in the past four years and as of January 2018 there were 335 pupils in primary, secondary and special schools were receiving additional support from school or an with an Education, Health and Care Plan.



**Our priorities** are based on what we know about the needs of children, young people and adults living with Autism in Warrington and the changes we need to make to the way we run our services so that they are Autism friendly.

**Our priorities are for people with Autism to:**

1. Be supported by professionals who understand Autism
2. Be identified at the earliest opportunity
3. Get the best from school and college
4. Be prepared for adulthood
5. Live as independently as possible.

We also understand that parents and carers of children, young people and adults with Autism also need help and support to ensure that they are able to cope with the daily challenges that face them. 50



## Warrington Families

- Open Access Community Network Group  
<https://www.advancedsolutions.co.uk/our-offers/open-access-community-network-groups.html>
- Family Learning Programmes and Workshops  
<https://www.advancedsolutions.co.uk/our-offers/family-learning-programmes-and-workshops.html>
- Family Activity Days
- Awareness Raising Training for Professionals  
<https://www.advancedsolutions.co.uk/our-offers/awareness-raising-training-for-professionals.html>
- Supporting Children and Young People  
<https://www.advancedsolutions.co.uk/contact>



**ADDvanced Solutions**  
Community Network  
Supporting you to find the answers

The team has over 20 years' professional experience from across education, health and social care, criminal justice system and community development working with families living with neurodevelopmental conditions, learning difficulties and associated mental health needs.

# Warrington: Needs Assessment, Engagement and Equality – a Focus on Vulnerable Groups

NHS Warrington CCG has undertaken extensive engagement and needs assessment to inform the development of the newly commissioned THRIVE model. Detailed information can be found on the [CCG website](#) in both previous LTPs and supporting documents.

Following implementation of THRIVE, there continues to be a need to focus on some specific vulnerable groups e.g. children looked after or that have been abused, and children with neurodevelopmental conditions.

## Neurodevelopment and Special Educational Needs and Disabilities (SEND)

Based on national prevalence data, it is expected that in Warrington there are 407 children with autism spectrum disorder (ASD) and between 740 and 1851 children with attention deficit hyperactivity disorder (ADHD). A joint strategic needs assessment for SEND in Warrington can be found [here](#).

After recent quality reviews of the neurodevelopmental pathways which highlighted some clear opportunities to improve services a new pathway went to consultation in 2019. Recommendations from the consultation are forming further improvements to the pathway including the co-design with Early Help and an improved communication and engagement plan, which has been designed with WarrPAC to include a parents briefing.

Warrington CCG and Warrington Council will continue to co-design the pathway with the aim to implement in on the 1<sup>st</sup> of April 2020, following further recruitment to the planned workforce.

Warrington CCG and Warrington Council have developed a process by which schools can apply for funding for individual children and young people with complex medical needs in an equitable manner.

# Warrington: Needs Assessment, Engagement and Equality – a Focus on Vulnerable Groups

## Children in Care

In June 2018, the rate of children in care in Warrington was significantly higher than the England average, at a rate of 93 per 10,000. Over the past 18 months there has been a significant decrease in the number of children in care, Warrington currently has a rate of 83 per 10,000. Interventions have focused on avoidance of unnecessary care admissions, early help, edge of care and a restorative approach to family breakdown.

Upcoming programmes for children in care:

### No Wrong Door Programme

- A 2 year programme aiming to provide support to young people who are within or on the edge of the care system
- Through co-production a local community hub will host an MDT style model to combine residential care with fostering
- The Hub will include speech therapists, a clinical psychologist, community foster families and staffed community supported lodging
- The Warrington No Wrong Door is planned to go live in March 2021.

### Mockingbird Programme

- Warrington will be implementing the Fostering Network's Mockingbird Family Model which aims to improve the stability of fostering placements and strengthens the relationships between carers, children and young people, fostering services and birth families. The model can support young people's wellbeing and can reduce foster carer isolation.
- The Mockingbird Family Model is a method of delivering foster care using an extended family model which provides sleepovers, short breaks, peer support, regular joint planning and training, and social activities.
- The first Mockingbird constellation is due to be launched in late April 2020

# Warrington – Vulnerable Children

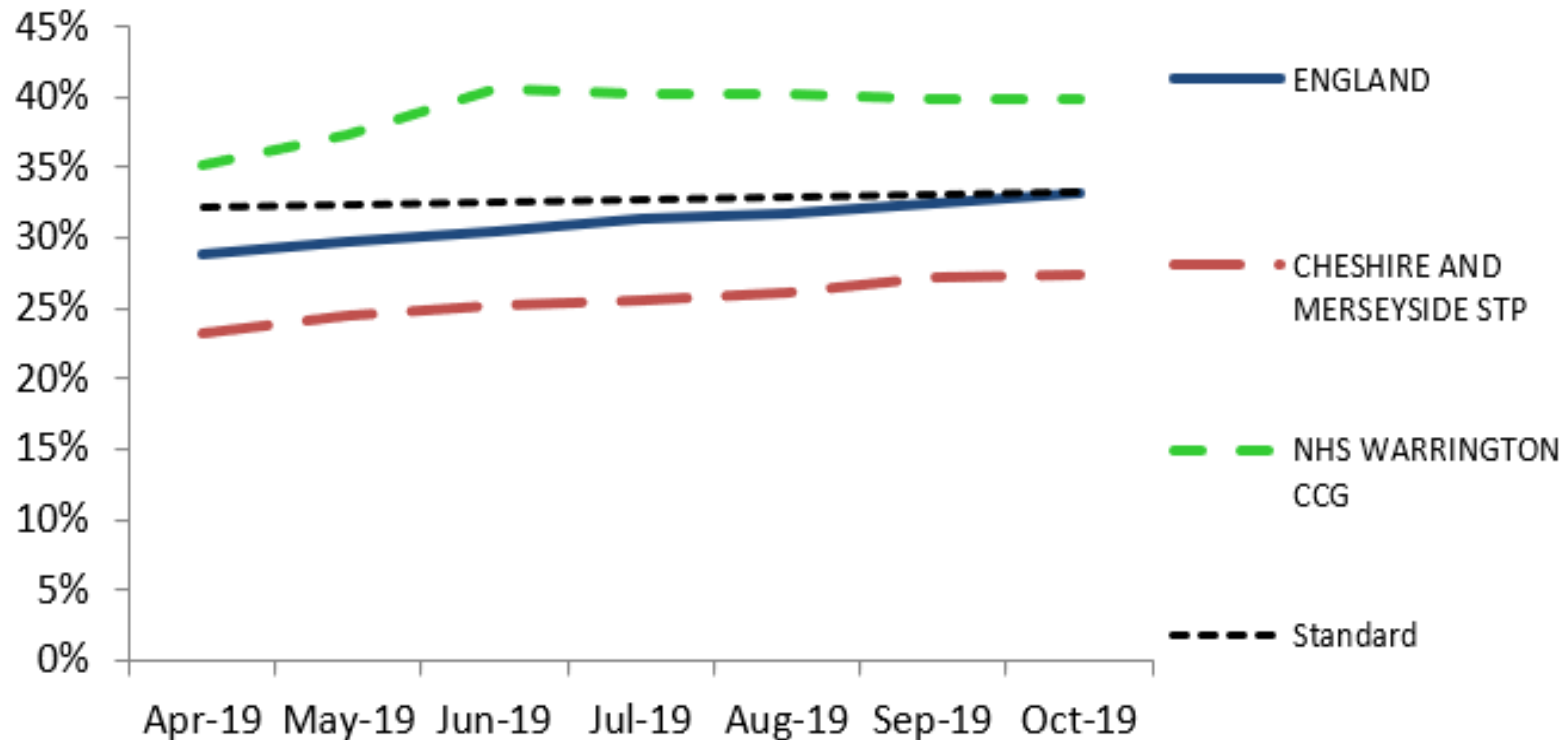
There are a large number of factors that can increase the vulnerability of children and young people who are experiencing mental health problems. Our early help services and social work teams have a range of interventions to work with these children identified with early help needs, or where they are open to social care as children in need or are looked after. There is increasing alignment and integration of these services with health services to achieve the best outcomes for children and young people, e.g. in moving to a THRIVE model.

Area of Priority	Progress	Forward Plans
<p><b>Children with emerging needs are supported through targeted Early Help support</b></p>	<ul style="list-style-type: none"> <li>• Many Warrington schools and the Early Help division are trauma trained to support adverse childhood experiences</li> <li>• The Youth Service facilitates and promotes the health drop-ins and provide targeted interventions for young people, e.g. emotional wellbeing, drugs and alcohol, sexual health</li> <li>• Risky Behaviours education, advice &amp; support to all year 7 &amp; 10 pupils within Warrington education settings</li> <li>• Working in partnership with children’s mental health services to deliver the THRIVE model, e.g. mental health practitioner co-located in the multi-agency safeguarding hub.</li> <li>• Early help staff co-deliver training to the wider workforce including health, e.g. GPs.</li> <li>• The Early Help division has 2 x Therapeutic social workers supporting children with conduct disorder through the redesign</li> <li>• Early Help Practitioners (Family Support Workers) support families with children with complex needs to enable them to remain at home.</li> <li>• MHST have moved into Orford youth base and will be working in partnership with the Early Help Integrated teams (Family Support, Youth service, Children centre staff).</li> <li>• 10 Mental health champions are part of the Early Help workforce.</li> <li>• Whole family practitioners based in the Early Help Support team are linked with all schools to model whole family working and promoting the importance of timely Early Help assessments being completed.</li> </ul>	<ul style="list-style-type: none"> <li>• Development of integrated risk support pathways in line with the THRIVE model</li> <li>• Early Help, along with schools to support action on the impact of social media on mental health</li> <li>• Development of an all age autism strategy</li> <li>• Early help strategy to include a focus on mental health, drug and alcohol and domestic violence, along with CSE</li> <li>• To work towards a trauma informed council</li> <li>• A new timetable supporting the existing offer of Mind works (Mental health drop in) due to Youth Café and NTH closure moving to another town centre space.</li> <li>• Revised model of YP targeted drug and alcohol and Risky behaviour programme facilitated by the Early Help Youth service in partnership with PH and schools</li> <li>• Health visitor to be part of the triage team and process at the Early Help front door/MASH to identify children at an earlier stage</li> <li>• To work with corporate communications around the use of social media to promote Early Help Services in line with other LA</li> </ul>

Area of Priority	Progress	Forward Plans
<b>Targeted Interventions /Edge of care</b>	<ul style="list-style-type: none"> <li>• The Families First Service deliver a range of edge of care interventions to support children to remain at home where safe to do so, providing low level support for children’s emotional wellbeing including interventions based on the principles of multi systemic practice; targeted support from a therapeutic social worker; and trained therapy practitioners. Children’s mental health services are integrated within the edge of care service, to guide and support interventions with more complex children so needs can be met early and at home.</li> <li>• Trained social workers undertake effective direct work with children, supported by an additional therapeutic social worker based in the permanency team, linking to children's homes, foster carers and offering 1:1 therapeutic work to a small number of children.</li> <li>• Social workers commission bespoke psychological treatments when required.</li> <li>• 2 social workers have accessed the systemic family practice training through the national IAPT programme.</li> </ul>	<ul style="list-style-type: none"> <li>• Continued roll out of a workforce development programme for all social care workforce based on relationship based systemic practice.</li> <li>• An ambition to offer mental health first aid training to the whole children’s services workforce.</li> <li>• Develop links between peri-natal mental health and infant mental health pathways where specialist support is needed to strengthen attachment, and with specialist services such as forensic CAMHS and sexual assault services.</li> <li>• The No Wrong Door Hub “Life Coach”, a Clinically Trained Psychologist, will provide open access to in-house psychological services for young people working with No Wrong Door.</li> </ul>
<b>Children in Care</b>	<ul style="list-style-type: none"> <li>• Children in care receive an annual assessment of their emotional wellbeing, though the use of the Strengths and Difficulties Questionnaire (current uptake 92%). Children who score high are supported by the children in care therapeutic social worker and are prioritised for mental health support.</li> <li>• Children’s emotional needs are best met through stable, family based care. Where children need to come into care, Warrington seeks to ensure they are provided with this. Warrington has greater placement stability than other areas, with 73% of our children being in the same placement for 2 or more years.</li> <li>• The focus of the service is on family based care, and we have invested in our fostering team to ensure we can recruit and retain foster carers equipped, and supported, to manage children with lower level mental health needs. Training includes: Solihull approach – understanding behaviour, emotional first aid, ADHD, attachment, foetal alcohol syndrome training, autistic spectrum disorder training.</li> <li>• The service has been gathering the views of children in care and care leavers through the “The Your Life, Your Care” and “Your Life Beyond Care” surveys. The results of the surveys will help us understand young people’s emotional wellbeing and consider service developments.</li> </ul>	<ul style="list-style-type: none"> <li>• Through a range of individual support and interventions, there will be a trend of improvement when the strengths and difficulties questionnaire is repeated.</li> <li>• Explore the use of a wider range of outcome tools</li> <li>• More engagement with children in care to find what they want in terms of support for their mental health and wellbeing</li> <li>• Develop the role of a dedicated educational child psychologist</li> </ul>

# Warrington Data and Performance

Warrington CCG is on track to meet the national targets in relation to CYPMH:



**Children's and Young People's Access Rate (latest 12 months)**

# Warrington are on target for year 2019/20!



## MHSDS Access Target

At least 35% of CYP with a diagnosable MH condition receive treatment from NHS funded community MH services

Borough	2017/18	2018/19	2019/20 As at Nov 19	2020/21
National Target	30%	32%	34%	35%
Halton CYP Target	870	928	982	1,012
M8 2019/20	490 / 17%	845 / 29%	587 / 23%	
Forecast Year End			31%	
Knowsley CYP Target	1,019	1,090	1,154	1,188
M8 2019/20	620 / 18%	450 / 13%	374 / 11%	
Forecast Year End			15%	
St Helens CYP Target	1,101	1,175	1,248	1,285
M8 2019/20	790 / 22%	995 / 27%	1124 / 31%	
Forecast Year End			43%	
Warrington CYP Target	1,192	1,272	1,351	1,391
M8 2019/20	1220 / 31%	1375 / 35%	1015 / 30%	
Forecast Year End			37%	

Supporting our communities to **live life well**





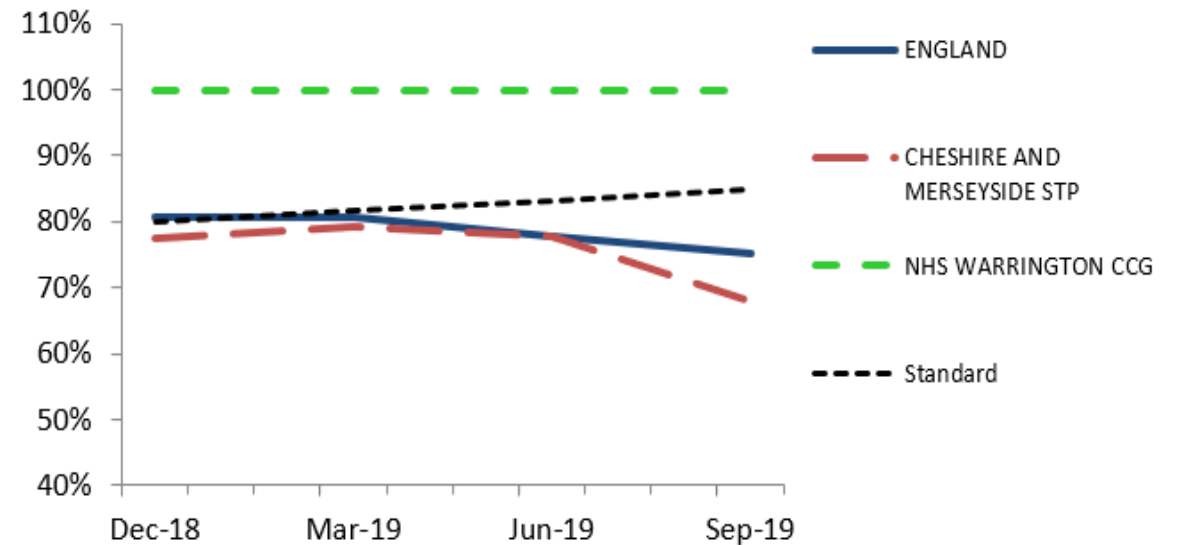
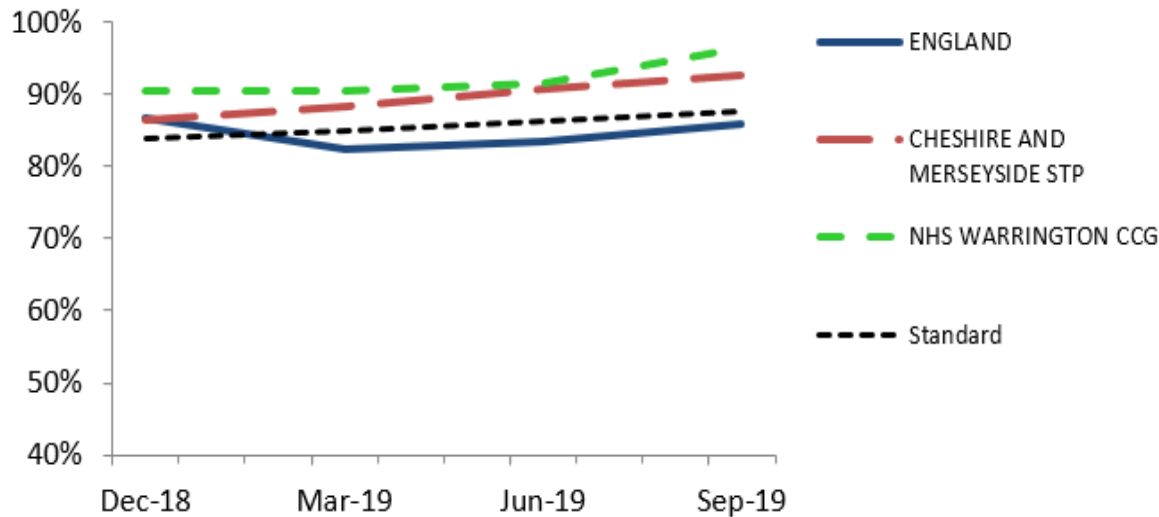
# Eating Disorder Services Performance Data

## Warrington meeting the required standards!

Mid Mersey	Indicators	Thresholds	2018/19				2019/20	
			Qtr 1	Qtr 2	Qtr 3	Qtr 4	Qtr 1	Qtr 2
<b>Children and Young Persons Eating Disorder Service-Completed Pathway into NICE recommended treatment</b>	Proportion of routine referrals who receive a NICE concordant treatment within 4 weeks of referral	75% by 2018 85% by 2019 95% by 2020	93.0%	81.3%	92.3%	70.8%	100.0%	100.0%
	Proportion of urgent referrals who receive a NICE concordant treatment within 1 week of referral		75.0%	100.0%	100.0%	81.8%	100.0%	100.0%

# Warrington Data and Performance

Warrington CCG is on track to meet the national ED waiting time targets in relation to CYPMH



**CYP Eating Disorder Waiting Time – Routine (rolling 12 months – quarterly for national & regional)**

**CYP Eating Disorder Waiting time - Urgent (rolling 12 months - quarterly for national & regional)**

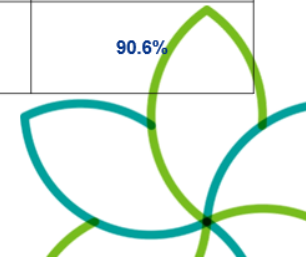
# Improving picture to 'Second Appointment'!

## Numbers waiting for Treatment as at 6<sup>th</sup> January 2020 – Thrive Teams Second face to face attendance - unvalidated

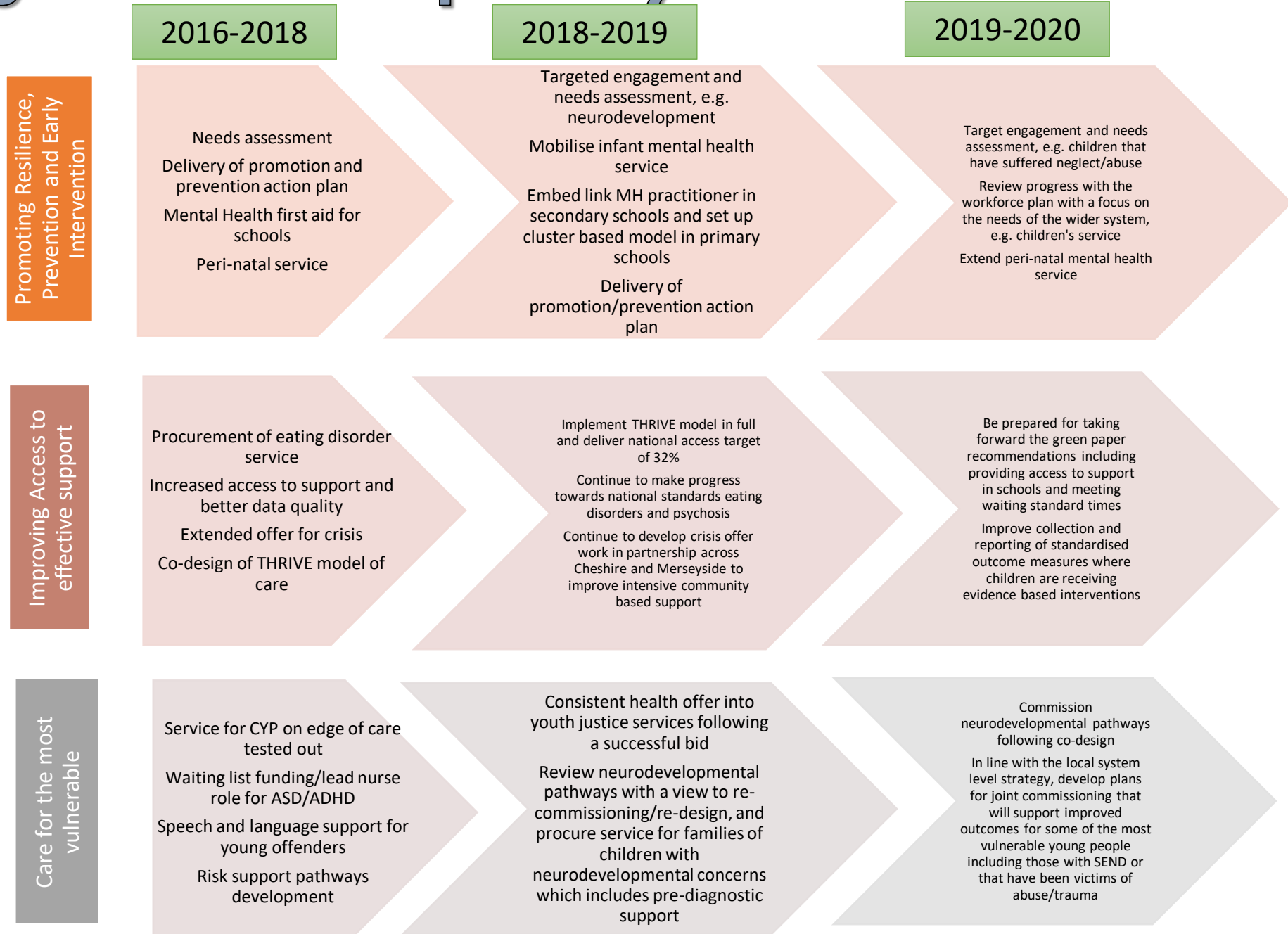


Borough	0-6 weeks	6-12 weeks	12-18 weeks	18 weeks plus	Total	% within 18 weeks
Halton	19	12	3	4	38	89.5%
Knowsley	27	14	1	4	46	91.3%
St Helens	20	14	8	10	52	80.8%
Warrington	46	26	21	4	97	95.9%
<b>Total</b>	<b>112</b>	<b>66</b>	<b>33</b>	<b>22</b>	<b>233</b>	<b>90.6%</b>

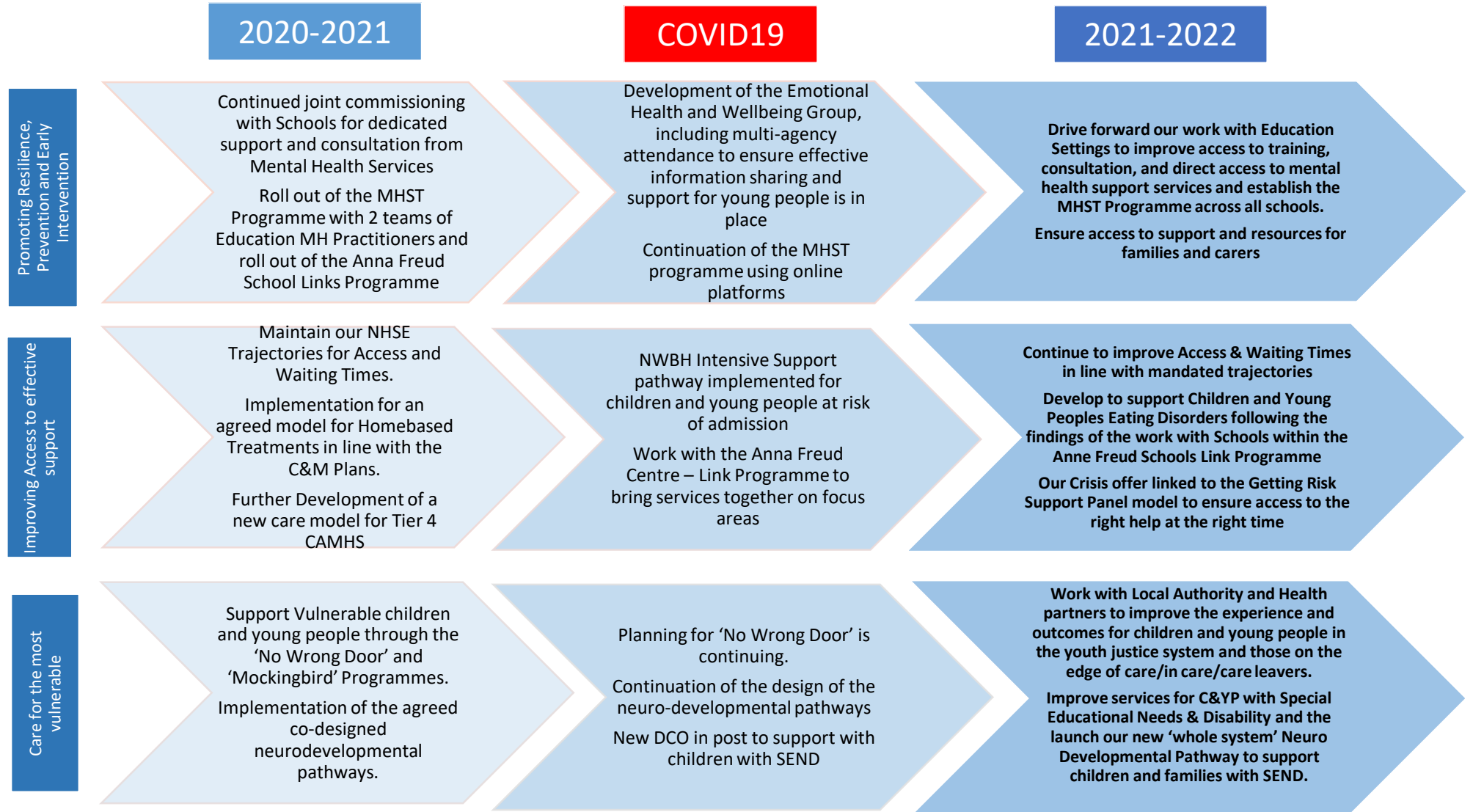
Supporting our communities to **live life well**



# Warrington Road Map – Key Priorities 2016- 2020



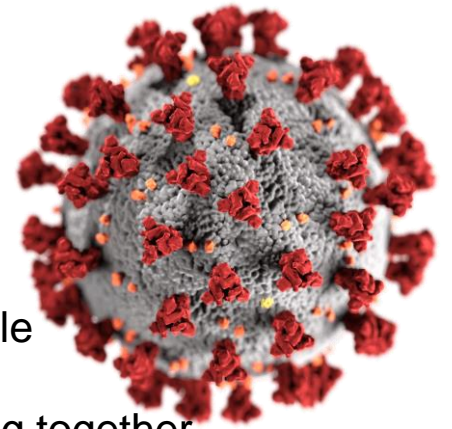
# Warrington Road Map – Key Priorities 2020 -2022



# Warrington – Financial Investment 3 Year Plan

	2018/19 Actual	2019/20 Actual	2020/21 Plan	2021/22 Plan
Warrington Total CCG Spend on C&YP MH	£928,521	£1,101,710	£1,775,590	£1,947,922
NHSE CCG Allocation - Thrive	£644,000	£720,000	£983,000	TBC
Youth Justice Service Allocation		£25,036	£25,036	£25,036
NHSE CCG Allocatio - Eating Disorder Services	£175,236	£175,236	£264,156	£26,156
NHSE CCG Allocation - MHST Programme	£123,708	£123,708	£528,434	£528,434
NHSE CCG Allocation MHST Programme (Non Recurrent)	£40,000	£40,000	£0	£0
Primary School Joint Commissioning Income	£0	£35,000	£35,000	£35,000
Secondary Schools Joint Commissioning Income	£0	£25,000	£25,000	£25,000
Neuro-Developmental Pathway for 0-19	£0	£0	£50,000	£220,000
Waiting list monies	£20,000	£0	£0	£0
Improved Access to Talk Therapies (IAPT)	£112,000	£0	£0	£0
WBC School Health Service & Health Visitors and FNP Allocation	3,533,586	3,533,586	3,533,586	TBC
Total Allocation	£4,648,530	£4,677,566	£5,254,292	TBC
Total Spend	£4,462,107	£4,635,296	£5,204,480	TBC

# COVID-19



In light of the COVID-19 Pandemic, additional measures have been taken to support children and young people across Warrington and Halton, especially as some have been unable to attend school and in the transition back to education.

- Emotional Health and Wellbeing Groups have been developed in both areas in order to bring together professionals across all agencies to share information and highlight concerns;
- Materials have been developed and shared with Education settings to support the transition back to school for children and young people and also to support staff in managing anxiety and worries;
- Modelling around Home-Based Treatment pathways and Neurodevelopmental pathways have continued;
- Warrington's Mental Health Support Teams (MHST) have developed new ways of working remotely with schools and continued with their training courses;
- Work with the Anna Freud Centre Schools Link Programme in Warrington has taken place to bring services together to focus on particular areas of concern.
- It has been recognised that there has been an increase in the prevalence and levels of acuity of Eating Disorders during the pandemic. System wide work commenced in August 2020 and ensured a robust and clear offer was in place across Warrington and Halton for children and young people. Overall investment was increased substantially in October 2020 to support meeting this increase in demand.

Unfortunately the pandemic has meant that other ambitions have had to be put on hold, such as training the workforce in Warrington in Functional Behaviour Assessments and Positive Behaviour Support, and also the review of the Baby Infant Bonding Support (BIBS). This will be reviewed in due course.



# Halton and Warrington Partnership Working Warrington

In recent years Halton and Warrington CCGs have worked in close partnership on several initiatives focussed on transforming mental health and wellbeing services for children and young people. Some of this work has been on a wider geographical footprint with neighbouring Mid-Mersey CCGs. Positive progress has been made on a number of the joint working initiatives over the last 12 months and is demonstrated on the next slides.

# Halton and Warrington – What has been achieved in 19/20

Area of Priority	NHS Warrington CCG Update on Progress	NHS Halton CCG Update on Progress
<p><b>THRIVE/Improving access to effective support (from prevention to specialist community based care).</b></p>	<p>The Thrive model was successfully implemented in 2018/2019. This model along with workforce planning and capacity and demand planning continues to support delivery of the national access target as all providers now flow data consistently to the mental health services dataset, including Kooth online.</p> <p>Successful submission of online data from KOOTH now available through NHS Digital <a href="https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-services-monthly-statistics/final-october-provisional-november-2019">https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-services-monthly-statistics/final-october-provisional-november-2019</a></p> <p>Mind Works drop-ins are available across Warrington for children and young people and/or parents, allowing self referral/access to support. Currently the activity data flows in to the MHSDS to contribute towards the access target. Drop-in sessions run from the Orford Youth Base Centre, Capesthorpe Road Warrington and the Warrington Youth Café New Town House, Buttermarket Street.</p>	<p>Headz Up Halton drop-ins are available in both Widnes and Runcorn for children and young people and/or parents, allowing self referral/access to support. Plans are in place to flow the activity data to the MHSDS to contribute towards the access target. Following the success of previous years, the CCG plans to continue funding the 4 third sector organisations to support system wide response to EWB issues for Young People - the right service in the right place at the right time:</p> <ul style="list-style-type: none"> <li>• Cheshire Autism CHAPS</li> <li>• Widnes and Runcorn Cancer Support group</li> <li>• Child Bereavement UK</li> <li>• Halton Community Radio</li> </ul>
<p><b>Schools and the Green Paper</b></p>	<p>Warrington CCG continue to jointly commission with primary and secondary schools in the town to provide access to training, consultation and direct support in respect to children and young peoples mental health</p> <p>Warrington CCG has successfully bid for MH Teams in both Primary and Secondary Schools, The opportunity to has allowed implantation for 2 teams of MH workers to begin their training and work with schools to provide better early prevention and intervention. Following publication of the green paper, the partnership will need to be prepared to align local and national plans in line with national recommendations and national roll out.</p>	<p>All primary and secondary schools in Halton have a named link mental health worker who works in conjunction with the educational psychologist aligned to each school to provide advice and guidance to staff. Following publication of the green paper, the CCG has worked with a task and finish group of children’s health, social and educational professionals to agree a suitable model for the mental health teams in schools. A joint Mid Mersey bid has been submitted by the provider North West Boroughs, on behalf of the CCGs. If successful, a team will be recruited to support all schools in Runcorn initially due to its higher deprivation, shortly followed by a team to support all the schools in Widnes. We are also exploring the opportunity to bid for a team to support the local college.</p>

# Halton and Warrington – What has been achieved?

Area of Priority	NHS Warrington CCG Update on Progress	NHS Halton CCG Update on Progress
<b>Eating Disorders</b>	<p>The CCGs co-commission a specialist community based eating disorder service with NHS Knowsley and St Helens CCGs which operates in line with the model recommended in NHS England commissioning guidance and which is signed up to the national quality improvement programme. In Halton, the service has met the national 4 weeks waiting time target to date, with 100% of CYP routine and urgent referrals being completed within 4 weeks, and they are on track to achieve the target in the last quarter. (see data and performance information, slides xx)</p> <p>The Eating Disorder Awareness Group has been recognised nationally as an innovative model of good practice, and the service were approached by NHS England to present at the Royal College of Psychiatry Conference on 5<sup>th</sup> December. The group enables CYP who are high risk be identified quicker and low risk to exit the service sooner. The service are also exploring the opportunity of having an ED champion in each of the Mid Mersey CYP Mental Health service teams. The ED champion will help to improve identification, assessment and communication around ED and raise baseline confidence of other staff members around eating disorder's.</p> <p>The Family Therapy Team have trialled intensive clinics for the more complex cases by working in partnership with Warrington CYPMHS, Trauma and CBT Therapist to offer a combination of interventions to families that need more intensive support. So far this has been a positive intervention and they will continue to trial it with their high risk children. Due to its success, the 4 CCGs have agreed for the contract to be extended for a further 2 years.</p>	
<b>EIP</b>	<p>The CCGs co-commission a specialist early intervention in psychosis team with NHS Knowsley and St Helens CCGs for ages 14 years + that offers NICE recommended treatment. The service is meeting current national access and waiting times standards. The service has now achieved level 3 accreditation for both Halton and Warrington.</p>	
<b>CAMHS Crisis Offer</b>	<p>Both CCGs commission a Pan Borough (St Helens, Knowsley, Halton, Warrington) emergency response team from North West Boroughs Partnership Trust, that manage all front door emergency assessments/FU/Intensive support packages ,including children with a learning disability and/or autism. They also act as liaison between the community CAMHS teams and Tier 4 inpatient beds. They are a link for children in custody with a mental health concern and police point of contact for any young people who are detained on a section 136, as well as street triage point of contact. They provide a 24/7, 365 days per year response, this includes: 9am-9pm crisis duty line (can also be accessed via NHS 111), a dedicated practitioner at both hospital sites from 9pm – midnight 7 days a week (as part of an all age liaison psychiatry offer), and a sleeping on call clinician for psychiatric emergencies. In addition there is still an online offer available in both boroughs via kooth.com until 10pm, 7 days per week. Commencement of pilots for implementing 111 pathways and direct self emergency referrals are currently underway, and the trusts have widened their offer of the crisis drop in clinics by borough, available daily. New KPIs have been implemented and work is now underway with the crisis team, Acute Trust's and Local Authority to develop the home intensive treatment offer.</p>	

Area of Priority	NHS Warrington CCG Update on Progress	NHS Halton CCG Update on Progress
<p><b>Peri-natal and infant mental health</b></p>	<p>The Cheshire and Mersey Specialist Community Perinatal Mental Health Service is fully mobilised. The service provides assessment and support to women who are pregnant or have a baby, and are experiencing severe or complex mental health problems. The service also provides pre-conception advice to women with pre-existing Mental Health needs who are planning a pregnancy; and provides advice to other health professionals. In a 2019 survey, 100% said they would recommend the service to others (122 responses).</p> <p>The CCGs continue to invest additional resource into a dedicated infant mental health offer (BIBS) that focuses on attachment and bonding where maternal mental health is not a significant concern - this service will work closely with the peri-natal service.</p>	<p>Halton CCG invested 12 months funding for 19/20 in a 3<sup>rd</sup> sector organisation 'Parents in Mind', who provide evidence based safe and effective perinatal mental health peer support to pregnant woman and mothers of new babies up to the age of 2 years, who are struggling with low level mood or feeling isolated or anxious. Parents in Mind are linked in well with the local offer and makes onward referrals to the appropriate services where necessary. The CCG will be extending the contract for a further 2 years, following the success of the first year.</p>
<p><b>Transition CQUIN (commissioning for quality and innovation)</b></p>	<p>The provider for Halton and Warrington's children's and adult mental health services was signed up to deliver on the national mental health transition 2 year CQUIN (2017-19). The CQUIN covered all services including eating disorders. All commissioners agreed that the Trust had met the full CQUIN requirements based on the evidence they were presented with. Post transition survey responders said:</p> <ul style="list-style-type: none"> <li>• <b>100%</b> had a transition plan and achieved their goal</li> <li>• <b>100%</b> of young people had either a transition plan or discharge plan in place</li> <li>• <b>92%</b> of the young people (the nominator) had a meeting to prepare for transition. Since Q4 in 2018 this is a significant increase from 70%</li> <li>• <b>67%</b> had this meeting either at least 6 months before transitioning or for individuals who are less than 6 months from transition age on joining the sending service, at least 1 month before transition.</li> </ul> <p>Of those not held within the timescales, details were provided to show when the meeting took place and in some cases why the timescale wasn't met. Positive outcome for the patient summary numbers and feedback was that Halton transition meetings were much better than other areas. The Trust Lead was asked if they were linked into SEND agenda and this was confirmed through the preparing for adulthood meetings. There was no CQUIN in place for 19/20.</p>	
<p><b>Children and Young People's improving Access to Psychological Therapies (CYP-IAPT) and Workforce Planning</b></p>	<p>There is a CYP-IAPT partnership across 4 CCGs (including NHS Halton and Warrington CCGs) with both a strategic and operational lead identified from the main mental health provider. There is a reporting mechanism that tracks compliance with key principles including collaboration and participation, and routine outcome measurement. This is reported to commissioners and decisions are made in relation to funding training places for providing evidence based interventions. In 2019 the CCGs funded 4 x Systemic family practice (SFP) PG Diploma courses (2 x Warrington social care and 2 x Halton Social care), 1 x parenting PG Diploma (Warrington social care), 1 x CBT (Halton CAMHS) 2 x Systemic Supervision course (1 x Warrington CAMHS and 1 x CEDS – pan borough), 2 x CYWPs (Warrington CAMHS) All trainees either passed/completed or are about to. The courses helped to meet the IAPT principle of evidence based practice, skilling staff up in an evidence based way of working. The courses also emphasise all the other principles of IAPT and this aspect of the training is measured by an exam on CYP IAPT which is one of the assessments of the courses.</p>	





# Joint Progress with Thrive

- NHS Halton and Warrington CCGs' THRIVE model of care has been fully implemented and embedded into the local offer for children and young people. The work undertaken to model capacity and demand in line with THRIVE has contributed to increasing access to support.
- CYP and their parents/carers can self refer and access prompt information, advice and signposting via the drop in hubs, which are now available:
  - Halton on Wednesdays at the Grangeway Community Centre in Runcorn and Fridays at the Kingsway Children's Centre in Widnes; both from 2.30pm-4.30pm..
  - Warrington at the Youth Base and Youth Café, Capesthorpe Road, Orford

(Both of these were suspended under Covid 19 and are currently under review).

- Named link practitioners are allocated to each primary and secondary school in Halton and Warrington, and early help and children's services can directly access consultation via a practitioner being co-located within multi-agency safeguarding hubs.
- Multi agency re-launch of THRIVE model has taken place, and regular communication takes place via various CCG social media outlets.
- There is increasingly dedicated support to the Youth Justice population following a newly developed health offer that includes dedicated mental health provision and speech and language therapy, Co-location of staff and shared training and development, consistent service specification and key performance indicators and linking with local authorities in relation to AIM assessments for sexualised behaviours.
- A joint Halton and Warrington Thrive Steering group has been established on a bi-monthly rotational basis.

# Children and Young People's Improving Access to Psychological Therapies (IAPT)



- There is a CYP-IAPT partnership across 4 CCGs (including NHS Halton and Warrington CCGs) with both a strategic and operational lead identified from the main mental health provider. There is a reporting mechanism that tracks compliance with key principles including collaboration and participation, and routine outcome measurement. This is reported to commissioners as made in relation to funding training places for providing evidence based interventions.
- In 2019 the CCGs funded 4 x Systemic family practice (SFP) PG Diploma courses (2 x Warrington social care and 2 x Halton Social care), 1 x parenting PG Diploma (Warrington social care), 1 x CBT (Halton CAMHS) 2 x Systemic Supervision course (1 x Warrington CAMHS and 1 x CEDS – pan borough), 2 x CYWPs (Warrington CAMHS) All trainees either passed/completed or are about to.
- New courses for 2020 started in January and February, with no drop outs to date. Training is on-going for 3 x SFP PG Diploma courses (2 x Warrington social care and 1 x Halton CAMHS), 1 x CBT PG Diploma course (Warrington CAMHS) 2 x Systemic Supervision course (1 x Warrington CAMHS and 1 x CEDS – pan borough), 4 x CYWPs (2 x Warrington and 2 x Halton) .
- The courses have helped to meet the IAPT principle of evidence based practice, skilling staff up in an evidence based way of working. The courses also emphasise all the other principles of IAPT and this aspect of the training is measured by an exam on CYP IAPT which is one of the assessments of the courses. There is a strong focus on the courses for outcome measuring, working collaboratively, reducing stigma and helping people in need to get the right treatment in a timely way.
- In the boroughs, THRIVE has helped implement the IAPT principles by ensuring access to getting advice and help, as well as the getting more help aspect of traditional CAMHS.
- In the CAMHS services, there is a continued push to use outcome measures and data on this is now flowed through the MHMDS. North West Boroughs have an on-going plan for in house training (next one planned is for the ORS – Outcome rating Scale).
- They continue to have monthly CYP IAPT meetings with all the CAMHS teams, Warrington social care and our partners Kooth, St Josephs and Barnardos, where we jointly plan and implement the courses and IAPT principles.



# Halton and Warrington Baby and Infant Bonding Support (BIBS)



- After a successful pilot, BIBS was recognised as a 'Rare Jewel' by the Parent Infant Partnership in 2019.
- BIBS is 1 of 27 specialised parent-infant relationship teams in the whole of the UK
- BIBS was commissioned in 2018, locally it has been well received by those who have accessed the service
- Following feedback from the CCG's Clinical Leads, it has been noted there are opportunities to develop this service even further.
- Currently, there has been limited access to this service due to the low staffing levels and strict referral criteria.
- During 2020/21 a review will take place to establish the potential the service has to offer our local community.

# Halton and Warrington Health and Youth Justice

## Ambition

- To narrow the health inequalities gap between those in the criminal justice system and the rest of the population and improve their outcomes.
- To support a reduction in the number of people who are detained as a result of undiagnosed and untreated mental health issues and also support continuity of care after release.

## Achieved

- Equality of access to health assessments at the point of arrest rather than post sentence – this has resulted in young people with unidentified / unmet health needs being diverted to health services as opposed to the criminal justice pathway
- Dedicated mental health provision for young offenders
- Dedicated speech and language therapy provision for young offenders.
- More than 500 have been diverted from the criminal justice system across the Cheshire footprint – many into more applicable treatment to support their health and special educational needs that had previously not been identified.



NHS England Health and Justice

# Halton and Warrington Health and Youth Justice

## Collaborative Commissioning Network

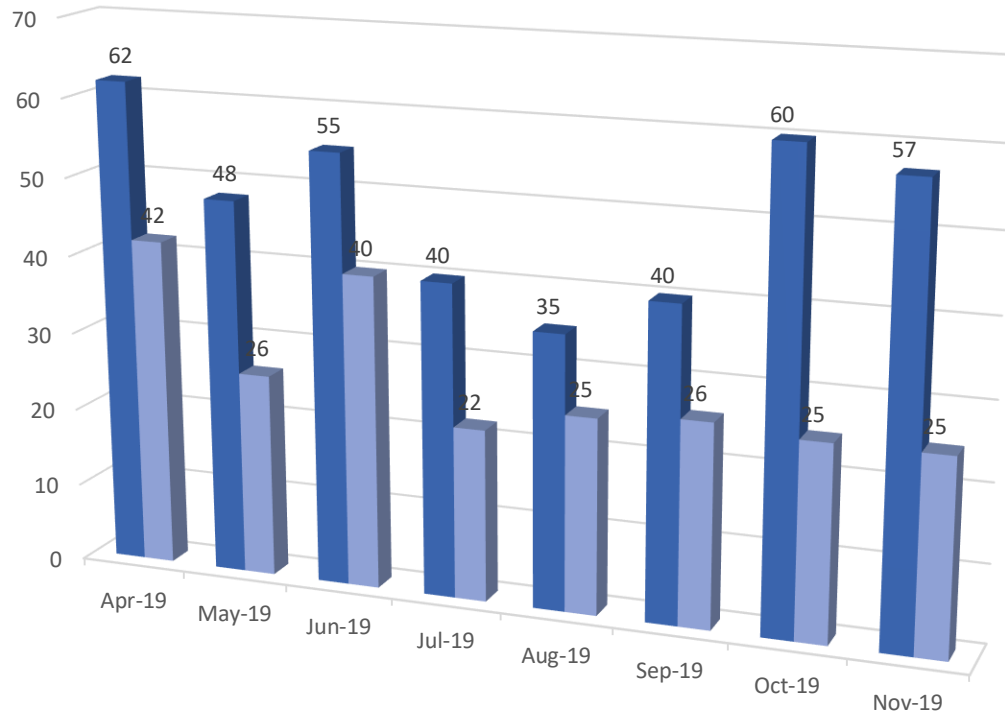
- Includes stakeholder representation from the six clinical commissioning groups, four local authorities, the Police and Crime Commissioner, NHSE and Public Health across the Youth Justice Service
- The Health and Youth Justice Subgroup has been established and is reporting to the Youth Justice Management Board – focused specifically on those young people in contact with the Youth Justice Service as a vulnerable group
- Attracted NHSE investment to establish a consistent health offer across the area which includes:
  - ✓ Co-location of health and justice staff
  - ✓ Shared training and development
  - ✓ Consistent service specification and key performance indicators



# Halton and Warrington Health and Youth Justice

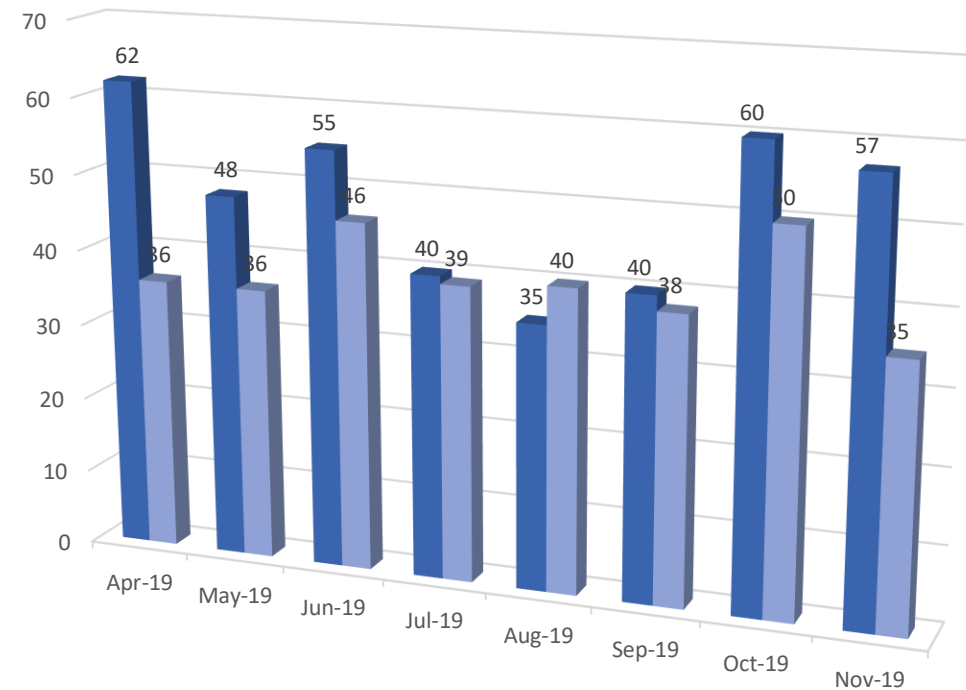
## Specialist CAMHS Services for High Risk Young People with Complex Needs

Referrals received



- Number of referrals received by the Community F:CAMHs Team
- Number of referrals that lead to formal direct case involvement

Ongoing mental health involvement



- Number of referrals received by the Community F:CAMHs Team
- Number of cases with ongoing mental health involvement as part of the integrated care plan

# Flowing data to the Mental Health Services dataset (MHSDS) and Outcome Measures



The CCGs recognise the importance of accountability and transparency in the delivery and performance of children and young people’s mental health services. All fully or partially NHS funded services are contractually required to flow data to the mental health services data set. In Halton and Warrington, through the new lead provider arrangements, all providers are now flowing face to face and online data. Data quality has continued to improve over the past few years.

CCG	2016/2017	2017/2018	2018/2019	2019/2020	20/21	21/22
<b>NHS Halton CCG</b>	North West Boroughs flowing limited data	<ul style="list-style-type: none"> <li>• KOOOTH begin to flow face to face data if quarter 4</li> <li>• No indirect contacts data flowing</li> <li>• No outcome measures data flowing</li> <li>• No online data flowing</li> </ul>	<ul style="list-style-type: none"> <li>• All NHS funded providers are flowing face to face data</li> <li>• Indirect contacts data flowing July 2018</li> <li>• Online data to flow from December 2018</li> <li>• Work underway to flow outcome measures</li> </ul>	<ul style="list-style-type: none"> <li>• All NHS providers flowing complete and accurate data</li> <li>• % Increase in reporting of paired scores (outcome measures)</li> <li>• Increased recording of indirect contacts/activity</li> </ul>	<ul style="list-style-type: none"> <li>• Drop in hubs activity data to flow</li> <li>• Explore the opportunity to flow data from Children in Care service</li> <li>• Explore the opportunity to flow data from local third sector providers</li> </ul>	<ul style="list-style-type: none"> <li>• National target ended. Set up a local LTP target of 35%</li> <li>• Jointly commission Children in Care EHWP service data to flow</li> </ul>
<b>NHS Warrington CCG</b>	North West Boroughs flowing limited data	<ul style="list-style-type: none"> <li>• St Joseph’s begin to flow data</li> <li>• Kooth submit data for national data refresh</li> <li>• No indirect contacts data flowing</li> <li>• No outcome measures data flowing</li> <li>• No online data flowing</li> </ul>	<ul style="list-style-type: none"> <li>• All NHS funded providers are flowing face to face data.</li> <li>• Indirect contacts data flowing from July 2018</li> <li>• Online data to flow from December 2018</li> <li>• Work underway to flow outcome measures</li> </ul>	<ul style="list-style-type: none"> <li>• All providers flowing complete and accurate data</li> <li>• % increase in reporting of paired scores (outcome measures)</li> <li>• Increased recording of indirect contacts/activity</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to monitor</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to monitor</li> </ul>



# Cheshire and Merseyside Workforce Planning

**The C&M Health and Care Partnership 5 Year Strategic System Plan 19/20 to 23/24 'Better Lives Now' states on page 56: 4.7.2 Children and Young People (CYP) "By 2023/24:**

- 345,000 additional CYP aged 0-25 will have access to support via NHS-funded mental health services and school- or college-based Mental Health Support Teams (in addition to the FYFVMH commitment to have 70,000 additional CYP accessing NHS services by 2020/21).
- There will be a comprehensive offer for 0-25 year olds that reaches across mental health services for CYP and adults.
- The 95% CYP Eating Disorder referral to treatment time standards achieved in 2020/21 will be maintained.
- There will be 100% coverage of 24/7 mental health crisis care provision for children and young people which combines crisis assessment, brief response and intensive home treatment functions.
- CYP mental health plans will align with those for children and young people with learning disability, autism, special educational needs and disability (SEND), children and young people's services, and health and justice"



# Cheshire and Merseyside Workforce Planning

## **NHS Long Term Plan**

Our children and young people will be able to access and receive age appropriate support and services to help them in times of crisis; with eating disorders; with services that are better joined up and that build towards a comprehensive offer for 0-25 year olds that reaches across mental health services for CYP and adults. To do this, our Mental Health Board will:

- Require evidence of alignment with wider plans e.g. for CYP with learning disabilities and/or autism special educational needs and disability (SEND), CYP services and health and justice.
- CYP 0-17: Ensure there is a robust, up to date Local Transformation Plan in place, with evidence of progress against the plan and developed in line with the 2019/20 Local Transformation Plan Key Lines of Enquiry.
- Require evidence of services being commissioned to meet the specific needs of children (including under 5s).
- Encourage Places to develop closer working relationships with education, local authority, voluntary and community sector, and put in place joint agreements to support this approach (s75 agreements for example).





# Cheshire and Merseyside Workforce Planning

## **Developing The Workforce – C&M Approach: CAMHS Services**

It is recognised by the C&M CAMHS Collaborative Commissioning Network that there are a number of challenges in developing CAMHS workforce – as articulated in the service aspirations above. It is acknowledged that future funding, commissioning intentions and the number/complexity of service providers plays a critical role in securing our workforce for current and future CAMHS services. We recognise that the majority of our staff consistently go above and beyond what is required of them and deliver outstanding care for our communities, irrespective of what part of the service they work in – and that interorganisational collaboration across CCGs and Providers (both NHS and non-NHS is required) to enable effective workforce development. This will involve:

- Whole System Workforce Strategy – utilising the framework of the C&M People Strategy (see attached) develop a common strategy across CAMHS
- Workforce Plan – agreeing a current workforce baseline and action plan for priority areas (which links into....)
- Workforce Training and Development – SASAT completion for CAMHS for ongoing workforce development and quality improvement
- CYP IAPT



# Local Workforce Planning

Following the publication of the CYP mental health Mid-Mersey workforce plan 2017 - 2020, capacity and demand modelling exercise was undertaken in line with THRIVE to plan the required workforce. As of February 2020, the workforce levels for each team are shown below:

## Warrington

### Clinical/Medical

Clinical Manager (B7)  
Deputy Manager (B6)  
Senior MH Practitioners (B7)  
Senior MH Practitioners (B6)  
Clinical Psychologist (B8a)  
Clinical Psychologist (B7)  
Consultant Family and Systemic Psychotherapist  
Child and Adolescent Psychotherapist (8a)  
Support Workers (B3)  
Consultant Child and Adolescent Psychiatrist

**Total Clinical/Medical Workforce =**  
Required workforce = 31.6

## Halton

### Clinical/Medical

Clinical Manager (B7) 1.00 WTE  
Deputy Manager (B6) 1.00 WTE  
Senior MH Practitioners (B7) 0.60 WTE  
Senior MH Practitioners (B6) 7.80 (WTE)  
Clinical Psychologist (B8a) 2.00 WTE  
Clinical Psychologist (B7) 0.60  
Consultant Family and Systemic Psychotherapist(8c)0.60 WTE  
Child and Adolescent Psychotherapist (8a) 0.50 WTE  
Support Workers (B3) 2.00 WTE  
Consultant Child and Adolescent Psychiatrist 1.50 WTE

**Total Clinical/Medical Workforce = 17.5 wte**  
**Required workforce = 20.6wte**



# Using Data to Inform Improvements

Future in Mind highlighted the need for improved transparency and accountability in relation to children and young people's mental health services. Historically, there has been very limited information/data to inform commissioning and support improvements in services. **This is now changing.** In addition to CCGs publishing local transformation plans, there is an increasing range of data sources, benchmarking and monitoring/evaluation to enable an evidence based approach to improvement. **This includes:**

- New local outcomes and reporting framework monitored through contract arrangements
- Involvement in local and national evaluation of THRIVE implementation
- Mental Health Services dataset
- National and regional dashboards (in development)
- Rightcare data packs
- Hospital data (SUS data)
- Development of local dashboards to track key measures through partnership arrangements
- Accountability to NHS England through local 'deep dive' meetings to confirm and challenge
- Accountability to local health and wellbeing boards, safeguarding children's boards and other local forums
- Supporting capacity and demand planning to enable effective flow
- Supporting workforce planning and staff development needs in order to provide appropriate evidence based interventions

# Risks to Delivery

Risk	Risk level	Mitigation
Workforce – recruitment, retention, evidence based interventions	High	Workforce plan developed and aligned with implementation of THRIVE model to include new roles, new training routes, improving retention, IAPT training places
IT and performance support to support flowing data	Medium	This has reduced from high risk and work to ensure all providers flow all required information is on track.
Current NHS and system level infrastructure both local, regionally and nationally not developed sufficiently in terms of integration to support ambitions	Medium	Undertake the ground work, e.g. needs assessment, engagement in order to be prepared for when the wider system changes can support and enable some of the changes in the more complex, integrated pathways
Financial pressures within CCGs, local authorities, and providers impacting on ability to invest	High	Ensure good awareness of the national requirements and CCG responsibilities, work with finance to incorporate into budget setting, prioritise resource to enable delivery of key national targets.
Covid 19	High	Work to ensure alternative access to services using technologies and protective practices to minimise risk

# Warrington Appendices



- [Warrington Action plan 2018 - 2020](#)
- [Warrington children's mental health joint strategic needs assessment](#)
- [Warrington children's special educational needs and disabilities joint strategic needs assessment](#)
- [Mid Mersey children's mental health workforce plan](#)
- [Corporate parenting report 2018](#)
- Warrington Autism Strategy: [https://www.warrington.gov.uk/sites/default/files/2019-08/revised\\_autism\\_strategy.pdf](https://www.warrington.gov.uk/sites/default/files/2019-08/revised_autism_strategy.pdf)
- Warrington SEND Strategy: <https://www.warringtonccg.nhs.uk/Maternity%20Children%20and%20Young%20people/Integrated%20Special%20Educational%20Needs%20and%20Disabilities%20Strategy%20201821.pdf>
- Warrington SEND JSNA: <https://www.warrington.gov.uk/sites/default/files/2019-09/jsna-special-educarion-needs-2017.pdf>
- Warrington Early Help Strategy: [https://www.warrington.gov.uk/sites/default/files/2019-09/early\\_help\\_strategy.pdf](https://www.warrington.gov.uk/sites/default/files/2019-09/early_help_strategy.pdf)

# Halton Appendices



- Halton children's Mental Health and Emotional Well Being JSNA [JSNACYPMHEW](#)
- Halton SEND strategy 2016 – 2020 <http://www.haltonccg.nhs.uk/your-health/Documents/SEND-Strategy.pdf>
- One Halton All age Autism Strategy  
<https://www3.halton.gov.uk/Pages/councildemocracy/pdfs/adultsocialcare/autismstrat.pdf>
- Halton's Trust Joint Commissioning Strategy <https://haltonchildrenstrust.co.uk/wp-content/uploads/2018/02/Halton-Joint-Commissioning-Strategy-2018-2021-FINAL.pdf>
- Everyone Early Help Strategy <https://localoffer.haltonchildrenstrust.co.uk/wp-content/uploads/2018/12/Everyone-Early-Help-Strategy-2018-20121.pdf>
- Halton Suicide Prevention Strategy <https://www3.halton.gov.uk/Pages/health/PDF/health/SuicidePreventionStrategy.pdf>
- Woodview Children's Specialist Services Information - <http://bridgewater.nhs.uk/halton/woodview-specialist-childrens-services/>
- Mid Mersey Children's mental health Workforce Plan  
<https://www.warringtonccg.nhs.uk/Downloads/About%20Us/CYPMHS%20Mid-Mersey%20Workforce%20Plan.pdf>