



**Emotional
Wellbeing**

2020





East and West Suffolk transformation plan for Children and Young People



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The emotional wellbeing of children and young people has gripped the news. Celebrities are supporting change. Politicians are pledging money. And young people are being listened to.

Get in touch at EWB2020@suffolk.gov.uk to share your ideas about improving emotional wellbeing of children and young people in Suffolk, or to find out how you can contribute, and how to get involved.

We have a once in a generation chance to improve the lives of many children and young people in Suffolk. So this is our shared plan for change, working with parents and carers, young people, teachers, professionals and clinicians to make a difference.

Wherever you are in Suffolk we ask that you personally commit to understanding and helping your pupils, clients, patients, friends, children.

We have a little more money but really this is about making the most of services, schools and other education settings, communities and families – all of us taking responsibility to support children and young people with their emotional development as they develop into adulthood.

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– What young people say –

"I want to help my friends to get better"

"It took a long time to get an appointment, then they expect everything to be sorted in four weeks"

"Parents felt that they had to fight for a service for their child and were passed "from pillar to post"

"I know we're not equal, but they treat us like we're not human"

"You get spoken to like a child"

"I want help at 3 o'clock in the morning"

"Mental health sounds negative, like crazy or being mental. There's too much of a stigma attached to it."

"As a self-harmer I got bullied for being depressed as nobody understood and they believed I was a freak"

"Mental illnesses weren't real because you couldn't see them, and panic attacks were just children seeking attention. Nobody ever took it seriously as nobody understood that mental illnesses affect different people in different ways, there isn't just one set of symptoms."

"I would like to sit down with those high up and those most marginalised by the current mental health system to attempt to implement changes"



East & West Suffolk Numbers



- **135,900 All children and young people need to be emotionally resilient**
- **34,500 have a diagnosed or additional mental health need**
- **4,100 are assessed or supported every year**
- **24% of an average class have a mental health need** 
- **£11m spend on emotional wellbeing [Check]** 

** Figures for children and young people aged 0-17 in 2015, from Suffolk CAMHS JSNA, ChiMat, DfE*

This plan is to transform services and the system that supports emotional wellbeing of all children and young people in East and West Suffolk (the whole of Suffolk excluding Waveney which is included in the Norfolk transformation plan). This is a big and complex system which is why the plan is to 2020, and why we are reliant on everyone playing their part and contributing.

In the plan we cover all emotional, behavioural and mental health needs, including parents who have children or who are having a baby – we are thinking of the whole family.

This plan is for East and West Suffolk and there is a separate plan for Waveney. The two plans are closely aligned and there will be similar solutions across Suffolk.

The plan has been developed by young people, parents and carers, schools, the police, health services, West Suffolk and Ipswich and East Suffolk Clinical Commissioning Groups and Suffolk County Council. We listened to what young people and parents were saying and have designed the plan around **Five Big Ideas** and **Ten Priorities**.

5 Big Ideas



1 Simple referrals and pathways

through a single point of access and assessment for support, focusing on the whole family.

2 Right support, right time, evidenced.

Children and young people are able to access services they need at the right time, designed to fit them individually. We will use clinical evidence to design services and measure the impact on outcomes.

3 Big increase in early help

by focusing on the whole population of children and young people, using schools, Primary Mental Health Workers, council staff, parents, carers and peers to significantly increase the volume and speed of support.

4 Emotional wellbeing is your business.

Everyone has responsibility for the emotional wellbeing of young people they engage with. The workforce will be broader and more confident at supporting children. Parents, carers and friends will know better how to help.

5 Help when you need it

using 24/7 chat with specialists at the moment of crisis to reduce waiting times, apps and forums for peer support, and digital help on www.theSource.me.uk

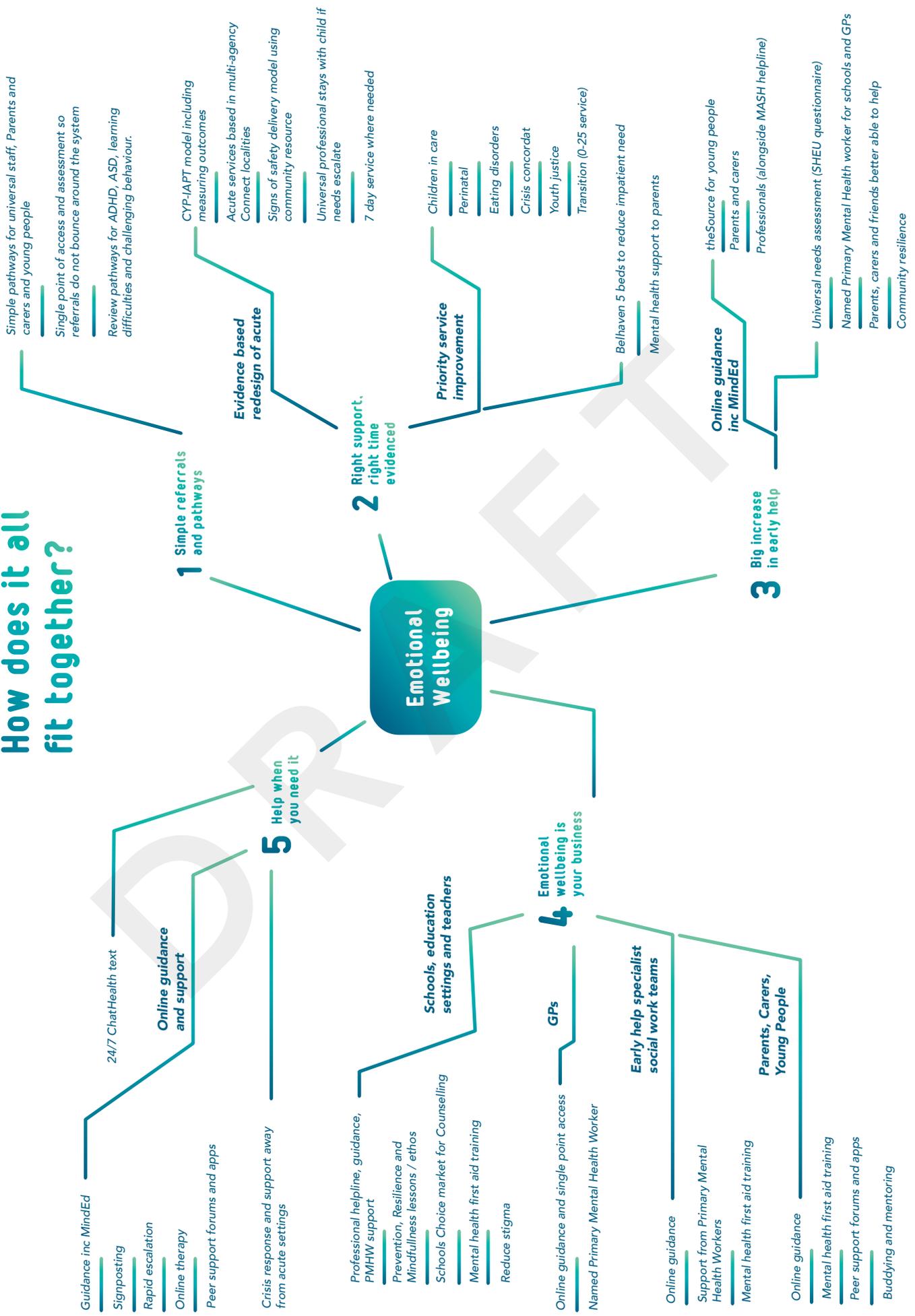
10 Priorities

The Department of Health produced the **Future in Mind** report with recommendations for child and adolescent mental health services in England. This focused on the value of co-production and in seeing young people and families as the experts, and this approach has informed our Transformation Plan.

Our 10 priorities identify key gaps in our current service. These were identified through needs assessments and conversations with young people and families, and are also in line with the key themes from the national Future in Mind report. We will prioritise the following changes in Suffolk:

- 1 Access.**
Developing a single point of access and assessment, supporting easier referrals and treatments from early intervention to acute care.
- 2 Eating disorders.**
Increasing support for young people with eating disorders across East and West Suffolk with a new commissioned service.
- 3 Children in care.**
Redesigning the support for children in care and vulnerable children, including psychological therapies.
- 4 Integrated behavioural pathways**
using a multi-agency assessment for the whole family, enabling children and young people to access the support they need.
- 5 Perinatal mental health** (before and after birth). The current pilot for perinatal mental health will be developed to meet national guidelines.
- 6 Crisis care.**
Supporting the priorities identified for children and young people within the Suffolk Crisis Care Concordat and action plan, which could include developing an intensive outreach response to crisis in the community.
- 7 Youth justice mental health.**
Responding to national guidelines and developments in youth justice, including the roll-out of the pilot 'Youth Diversion' scheme.
- 8 Transition.**
Where appropriate, services will be extended from the age of 18 up to the age of 25 to give young people a smoother and more integrated transition into adult services.
- 9 Families supporting children with emotional wellbeing needs.** Listening to parents and carers, and helping them to build resilience in themselves and their child.
- 10 Workforce development.**
Developing and training the system workforce so professionals know how to identify and refer needs, and are confident to support children and young people directly.

Five big ideas - How does it all fit together?



– Actions –

It is tricky to transform services for children's emotional wellbeing. We know that demand is increasing and we need more funding, but during times of austerity we have to squeeze the best out of all our resources. This is a five year plan for transformational change, the following actions are an initial outline of the programme of work although this will evolve over time.

What's not described here is the huge amount of work that will be undertaken in schools and other educational settings, by GPs and social care staff, and by parents and communities in focusing and supporting children and young people with their emotional wellbeing. We need to work as a whole system. So this transformation plan is nothing if not supported by thousands of small actions taken by committed and responsible staff and families – thank you.

– 2016 –

- **Engagement events** to co-design the transformation plan and actions with schools, young people, parents and carers including marginalised and minority groups
- Support the **Young People's Health Ambassador** and **Apprentice Commissioners** to redesign services
- Appoint joint **project lead** to manage the transformation plan
- Establish a **single point of access and assessment** with clinical staff from different services, open to Schools, GPs, other professionals, parents, clinicians and young people
- Named **Primary Mental Health Worker** for each school and post-16 setting and GP surgery
- **Mental health first aid training** programme – starting with specialist staff and expanding to include parents and partners
- Develop **online guidance** for three portals: young people (The Source), parents and professionals (alongside the MASH helpline); including MindEd training, apps and online forums
- 24/7 **ChatHealth** text service staffed by specialists to support at moment of crisis
- **Schools' Choice** market for schools to buy counselling services that are quality assured
- Redesign county-wide **eating disorder services**
- Review of the **Accord protocol** to ensure parents with emotional wellbeing needs are given first priority
- Develop an **outreach response to crisis** so that young people can stay in their home communities to avoid secondary care admission where possible
- Redesign of service for **Children in Care** and improve SDQ measurement of emotional wellbeing
- Evaluate **Belhaven** model to support young people who might require inpatient services
- Support the **voluntary and community sectors** to test alternative interventions to support emotional wellbeing
- Roll-out national **CYP-IAPT** model to specialist mental health services including **Signs of Safety** practice and culture.



Longer Term

This transformation programme will be shaped and changed by the thousands of staff supporting emotional wellbeing, by parents and carers, and by young people themselves. Whilst we anticipate the following actions we may prioritise other areas of development or change the design of the system based on engagement responses, and how young people lead aspects of the commissioning and service design.

- Continuing **engagement and publicity** to ensure emotional wellbeing is your business
- Ongoing **workforce development** and training
- Review **pathways** for ADHD, ASD, Learning Disabilities and Challenging Behaviour to test a new family assessment model
- **Measurement of outcomes** at every mental health treatment session – and developing new KPIs for the transformation programme

- Expand SHEU questionnaire to include a **universal needs assessment** of most children and young people in Suffolk – build outcome measures into KPIs for transformation plan
- **Support package for schools** and other education settings including mindfulness / resilience and peer buddying or mentoring, co-produced with schools
- NHS England **transfer of tier 4 acute** services to Suffolk CCGs
- Develop **mental health services for parents** integrated with domestic abuse, drug and alcohol abuse and parenting support
- Acute mental health services delivered in multi-agency **Connect localities** with parents and universal staff included in therapies and treatments
- All acute services redesigned around latest **clinical evidence** and research by Peter Fonagy.



Measuring Impact

We do not have a robust way to measure the resilience or emotional wellbeing of children and young people in Suffolk. But this transformation plan includes actions to improve. The CYP-IAPT programme measures outcomes at every session, and we are putting in place an annual universal outcome survey for all school-aged children. Together these give robust measurement of emotional wellbeing for all children, and measure improvement for children and young people accessing more intensive services.

We will be able to show the impact of the Emotional Wellbeing 2020 transformation plan by using these measures, from a baseline of 2017. We will also measure uptake of new services such as 24/7 ChatHealth, mental health first aid training, and access to information by parents and carers and young people.



Usefull

Web Links



- Get in touch with Eugene and Richard to shape the transformation plan at EWB2020@suffolk.gov.uk
- This transformation plan, needs assessments and further information is available at www.healthysuffolk.org.uk/EWB2020
- The Source is a Suffolk website with information and advice for young people, including emotional wellbeing and relationship issues www.thesource.me.uk
- Future in Mind national guidance by DH and NHSE <http://tinyurl.com/olwbolh>
- DfE guidance to schools on Mental Health and Behaviour in Schools, including schools' roles to support counselling and resilience <http://tinyurl.com/nqty7vp>
- MindEd is a free resource for adults to support children and young people's mental health, with contributions from Suffolk's parents www.minded.org.uk
- A film has been produced by the Norfolk and Suffolk FT Youth Council to show the experience of mental health services for young people – presented at the Montreal Third International Conference for Youth Health conference <https://vimeo.com/140291156>
- TED Talks on mental health: Thomas Insel <http://tinyurl.com/npsf37y>, Guy Winch <http://tinyurl.com/lsms5kz> and Ruby Wax <http://tinyurl.com/ol7fhzv>