

Suffolk Health and Wellbeing Board

A committee of Suffolk County Council

Report Title:	Joint Health and Wellbeing Strategy Outcome One: Every child in Suffolk has the best start in life Children and Young People’s Emotional Wellbeing Transformation Plan (EWB 2020)
Meeting Date:	21 July 2016
Chairman:	Councillor Tony Goldson
Board Member Lead(s):	Sue Cook
Authors:	Eugene Staunton, Assistant Director Redesign and Lead for Children, Young People and Mental Health: West Suffolk CCG Email: eugene.staunton@westsuffolkccg.nhs.uk Jo John, Transformation Lead for Child & Adolescent Mental Health Services, West Suffolk CCG Email: jo.john@suffolk.nhs.uk

What is the role of the Health and Wellbeing Board in relation to this paper?

1. This paper provides the Board with an update on progress in delivering the Children and Young People’s (CYP’s) Emotional Wellbeing Transformation Plan (EWB 2020) and the requirement for ongoing support and commitment to the Transformation Plan, specifically the development of the Single Point of Access and Assessment. Note: This paper does not cover the Waveney locality. Service development for emotional wellbeing and mental health for children and young people in Waveney is included within the Norfolk and Waveney Transformation Plan.
2. The development of the Plan and Single Point of Access form a key priority in Family 2020, and this work has been prioritised by the Board as an area of key progression.

What actions or decisions is the Board being asked to take?

To encourage staff that work closely with young people to take part in the funded learning and development being made available as part of this programme – see sections 9 - 11 on workforce development.

Background



3. We are working to establish a joined-up, family focused response to all children, young people and families presenting with emotional, behavioural or mental health needs.
4. The Children and Young People's Emotional Wellbeing Transformation Plan (EWB 2020) has been developed with both NHS West Suffolk Clinical Commissioning Group (CCG) and NHS Ipswich and East Suffolk CCG, GPs, Suffolk County Council, charities, schools, young people, parents and carers and is based on Five Big Ideas and Ten Priorities which we will deliver together over the next five years. Find out more at www.healthysuffolk.org.uk/EWB2020

6 months onOur Achievements

Single Point of Access and Assessment (SPAA) and Behaviour and Conduct Pathways

5. The vision for the SPAA is that no child, young person or their family/carer will be turned away without being offered appropriate help, information or advice. The key principles for the SPAA are whole family focussed, no wrong door, importance of initial/first contact experience, early intervention and reducing bounce around the system. Young people will be supported to access the services they need.
6. A number of meetings and workshops with key stakeholders and CYP and parent/carers have taken place to shape the new Single Point of Access and Assessment. The outline model has been approved by the Children's Emotional Wellbeing Group (24 June 2016) and the implementation phase will now begin to deliver the model during Autumn 2016 – this will include physical location, recruitment, governance, IT/systems etc.
7. Alongside the development of the SPAA, work is taking place to develop an over-arching behaviour pathway providing early help through to specialist assessment, diagnosis and treatment services. This has centred initially on a new Attention Deficit Hyperactivity Disorder (ADHD) service for East and West Suffolk. This will be in place from September 2016. Key to this work will be the acceptance of all elements of the system to commit positively to the process, particularly in terms of referral acceptance, handovers and handbacks from services.

Workforce Development

8. Extensive engagement work with stakeholders, including parents/carers and young people, told us that those working with children and young people would benefit from and value training and support to enable them to be more confident and skilled in responding to issues relating to emotional wellbeing and mental health.
9. We have put in place a funded programme of learning and development resources, which will be developed over time, to reflect the broad needs of our workforce, families/carers and children and young people. In general the programme aims to provide a platform of learning that can be accessed at different points over time and reflected upon in practice to support the emotional wellbeing of our young people. It will be further complemented by bespoke training and practice development to meet identified workforce development needs.
10. Training is accessible via www.suffolkcpd.co.uk
 - **Suffolk Needs Met Introduction to Mental and Emotional wellbeing** – A three-hour introductory course which provides an understanding of what it means to be emotionally healthy, why it is important, and how emotional health supports physical health.
 - **Mental Health First Aid training** – a two-day training course which will help people to spot the early signs of a mental health problem, feel confident when helping someone who is experiencing a problem, and have the skills, knowledge and understanding of how to effectively support those experiencing emotional or mental distress.
 - **MindEd E-Learning** – a recommended suite of e-learning modules which will provide knowledge to support the wellbeing of children and young people, to identify a child experiencing or at risk of a mental or emotional health problem, and contribute to providing confidence to act on your concerns.
 - **Online resources** – Web-based resources to further your understanding of mental and emotional health.

Digital

11. The Suffolk-focused website for young people, the [Source](#), has been refreshed to provide clinically assured information, advice, guidance and resources for young people to help them with issues that matter to them, including anxiety, depression, self-harm and eating disorders. The site has been developed with support from health professionals and young people to provide clear explanations to address what concerns young people and signposts them to support and further help.
12. In addition a new online chat support service, Ask the 4YP Expert, with experienced youth workers from Suffolk charity 4YP is providing confidential advice every Tuesday, Wednesday and Thursday from 5 –7 p.m. until the end of summer. Anyone aged 12 – 25 years can go online and ask a 4YP expert about any issue that is affecting them.

Grant Fund/Voluntary and Community Sector (VCS)

13. Recognising the importance of the voluntary and community sector in supporting the Transformation Plan priorities, we are working with Suffolk Community Foundation to administer a grants programme. Following an evaluation process, £278,000 has been awarded to 22 local projects that will deliver support in a range of ways and places that work for children, young people and their families. . University Campus Suffolk (UCS) has been commissioned to undertake an innovative evaluation process, working with these local projects to understand the impact of their service and potential for sustainability.

Healthwatch – My Health, Our Future

14. Healthwatch has been running a pilot project in partnership with the Thomas Gainsborough School in Sudbury and Unity and Diversity to collect the views of pupils about their use of current services as well as the ambitions of the EWB2020.
15. Following the pilot, Healthwatch has been commissioned to begin a new project called ["My Health, Our Future"](#) with 8 more schools across East and West Suffolk.
16. The project will help schools to identify the emotional wellbeing needs of pupils to inform steps that can be taken to increase support and promote healthy psychological development.

Community Eating Disorder Service (CEDS)

17. The Children and Young People's Community Eating Disorder Service (CEDS) provided by Norfolk and Suffolk Foundation Trust (NSFT) was launched on 1 July 2016, and will provide dedicated, bespoke care to people aged up to 18 with anorexia, bulimia and binge eating disorder in line with NHS England guidance.
18. NSFT will also contract Beating Eating Disorders (BEAT), the eating disorders charity, to provide training and education to help Trust staff and primary care colleagues recognise the symptoms so that people can get help at the earliest opportunity. BEAT will also deliver training to school staff across East and West Suffolk, focusing on increasing understanding, recognition and response to risk factors and signs of eating disorders. BEAT will additionally deliver training workshops for pupils and provide Young Ambassador talks in schools, aimed at increasing young people's understanding about eating disorders, the risk factors and where to go for help. BEAT will provide online peer support groups for young people, designed for anyone under 18 that is struggling with an eating disorder or difficulties with food.
19. Under-pinning the delivery of the Transformation Plan is the work with our stakeholder group of parents/carers, young people and VCS organisations, who are an active part of the service review and development across all the priorities and providing a realistic and pragmatic sense alongside innovative proposals.

Next Steps

20. Key to achieving this system wide transformation will be the requirement for the health and social care system to adapt and change, both in terms of culture and practice. The need to be focused and to work together positively will ensure

that good progress continues to be made on delivering the priorities set out in the Transformation Plan. Over the next six months, the focus will be on implementing and reviewing the county wide Single Point of Access and Assessment and the new ADHD service and behaviour pathways. Co-location of the SPAA with the Multi-Agency Safeguarding Hub (MASH) will be of benefit because:

- a) It will enable ready access to multi-disciplinary staff for liaison and consultation, without having to set up another multi-disciplinary team elsewhere or rely on alternative communication methods.
 - b) The necessary IT and systems access is already in place and could be extended to accommodate the SPAA.
 - c) The proposed professional consultation line for EWB can be aligned with the existing MASH professionals consultation line to enable a faster and more cohesive implementation.
 - d) The MASH Team will have ready access to staff with knowledge of emotional and mental health early interventions and services.
21. Build on the work to date with the full range of schools and other educational settings to co-develop their ability to provide early response and support for children and young people experiencing emotional distress. This will include whole school approaches, training for school staff and clear pathways of access to consultation from clinical staff.
 22. Work collaboratively with NSFT to re-design the service for children in care experiencing emotional distress and mental health problems as a result of neurodevelopmental trauma and attachment difficulties. This will be an integral part of a wider work stream to improve mental health provision for our vulnerable children and young people.

<p>Sources of further information</p>
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<p>No other documents have been relied on to a material extent in preparing this report.</p>
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