

Health Scrutiny Committee

19 January 2017

The Emotional Wellbeing of Children and Young People

Summary

1. The Committee has previously considered the provision of emotional wellbeing services to children and young people and heard that services would be transformed in accordance with a plan ("*Emotional Wellbeing 2020*") which was published in February 2016 and supported by additional funding from NHS England of £1.2m per year for five years. It has invited members of the Education and Children's Services Scrutiny Committee to join it in assessing progress with the transformation of services one year into the project, and considering the role of schools in supporting this work.

Objective of Scrutiny

2. The objective of this scrutiny is to consider progress with the implementation of "*Emotional Wellbeing 2020*" a year after its publication, and to investigate and understand how schools are engaging with the delivery of emotional health and wellbeing services to children and young people in Suffolk.

Scrutiny Focus

3. The scope of this scrutiny has been developed to provide the Committee with information to come to a view on the following key questions:
 - a) What progress has been made against the ten priorities in the Transformation Plan ("*Emotional Wellbeing 2020*") since the Committee last considered this issue in January 2016?
 - b) Where progress has not been made, what are the reasons for this?
 - c) What aspects of the Transformation Plan are focused on ensuring that health and other agencies are meeting the statutory guidance requirements for responding and participating in Education Health and Care (EHC) needs assessment and EHC Plan co-production, as set out in the [*Special educational needs and disability \(SEND\) code of practice: 0 to 25 years*](#) ?
 - d) How long do young people and their carers have to wait for appointments for an initial assessment through CAMHS?
 - e) What is the emotional health and wellbeing offer to schools?
 - f) How many schools are taking it up?
 - g) What is the feedback from schools and how is the service responding to feedback?

- h) What is the service doing to engage with schools that may not take up the offer?
 - i) How is the quality and impact of emotional health and wellbeing services provided within schools assessed?
4. Having considered the information, the Committee may wish to:
- a) consider and comment upon the information provided;
 - b) make recommendations to the Suffolk Children's Emotional Health and Wellbeing Group;
 - c) seek to influence partner organisations.

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Background

5. Public Health Suffolk has recently completed and refreshed Needs Assessments of children and young people with emotional and behavioural difficulties and mental health needs. These assessments have found that 7% (approximately 8-9,000) children and young people in Suffolk have serious emotional and behavioural difficulties that significantly impact on their functioning, and 20% of children aged 5-19 have experienced a mental health problem.
6. In March 2015, the national Children and Young People's Mental Health Taskforce identified a need to improve services for children and young people with mental health issues across the country. In its report "*Future in Mind, Protecting, Promoting and Improving our Children and Young People's Mental Health and Wellbeing*", the Taskforce recommended the creation of multiagency support networks, and Clinical Commissioning Groups (CCGs) and partners were required to develop system wide transformation plans which aligned with the overarching principles and ambitions it set out.
7. The Suffolk Children's Emotional Wellbeing Group (CEWG) worked with the Children's Trust Board, the Health and Wellbeing Board, children and young people and other stakeholders to develop a Transformation Plan which was aligned with the Suffolk wide strategy for children and young people, and complimentary to other initiatives in the County (the recently refreshed version can be found at <http://www.healthysuffolk.org.uk/assets/Useful-Documents/Suffolk-Transformation-Plan-Refresh-Oct-2016.pdf>). CEWG is a multiagency partnership which, in terms of funding and resource decision making, is accountable to Suffolk County Council, Ipswich and East Suffolk CCG, and West Suffolk CCG.
8. Suffolk County Council is also responsible for the wellbeing of children and young people living in Waveney, which is in the geographical area covered by Gt Yarmouth and Waveney CCG (HealthEast). The Transformation Plan developed for Norfolk (<https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/childrens-health-and-wellbeing/mental-health-camhs/professionals>), which aligns with the Transformation Plan for Suffolk, underpins emotional wellbeing services for children and young people in this locality. This document is currently being refreshed and the updated version will be available in due course. Mental Health services for children in both Suffolk and Norfolk are

provided by Norfolk and Suffolk NHS Foundation Trust, commissioned by the CCGs in accordance with the relevant Transformation Plan.

9. The Transformation Plan produced by CEWG sets out how emotional wellbeing services are provided for those living in Suffolk, excluding the Waveney area. The Transformation Plan was subsequently agreed by NHS England, and new funding of £1.2m per year for 5 years was confirmed and released in December 2015. A joint press release from SCC and the CCGs on 21 December 2015 publicised the priorities in the Transformation Plan.
10. On 21 January 2016, the Committee considered a draft of the public facing version of the plan, "*Emotional Wellbeing 2020*", which was subsequently approved by the Suffolk Health and Wellbeing Board and published on the Health & Wellbeing Board website. This set out the "*Five Big Ideas*" and "*Ten Priorities for Suffolk*", which were:

Five big ideas:

1. Building simple referral routes and pathways with a family focus supported by a single point of access and assessment, whatever the type of presenting need;
2. Ensuring that people receive the right support at the right time and in the right place, regardless of how they present to services, using evidence based interventions and building on expertise and learning in line with the principles of the thrive model;
3. Increasing early help for children and young people;
4. Emotional wellbeing will be everybody's business in Suffolk with a more confident and competent wider children's workforce responding to the impact of parental difficulties on the emotional wellbeing of their children;
5. A radical increase in access for low to moderate need through the use of technology and digital based applications and a decrease in time interval for response so that people do not have long waits for support.

Ten priorities:

1. Access
2. Eating disorders
3. Children in care and vulnerable children
4. Behavioural pathway
5. Perinatal mental health
6. Crisis care
7. Youth justice mental health
8. Transition
9. Families and carers supporting children with emotional wellbeing needs
10. Workforce development

11. The Committee received information on the engagement exercises which had been undertaken during the development of the Transformation Plan and heard that the action plan for the first year included:

- a) the development of a single point of access and assessment for young peoples' emotional health, wellbeing and behaviour referrals so that help could be provided more quickly and by the appropriate service;
 - b) a redesign of the County's eating disorder service to provide better in-county support and reduce the number of out of county placements;
 - c) a shift in support to offer "whole family" assessments rather than focussing only on the young person; and
 - d) a 24/7 crisis care service.
12. On 20 July 2016, the Committee received, through the Information Bulletin, information on progress with implementation of the Plan. Members learnt that:
- a) the Single Point of Access and Assessment would be implemented during Autumn 2016;
 - b) a new ADHD service for east and west Suffolk would be operational from September 2016;
 - c) a funded programme of learning and development was under development. This would reflect the broad needs of the workforce stakeholders, families, carers, children and young people and some training was already available;
 - d) the Suffolk focussed website, the Source, had been refreshed with support from health professionals and young people to provide information, advice, guidance and resources for young people and a new chatline with experienced youth workers was providing confidential advice at specified times;
 - e) £278,000 in grants had been awarded to 22 local projects;
 - f) Healthwatch Suffolk was running a pilot project with a Suffolk School and had been commissioned to work with 8 more schools in a new project; and
 - g) a community Eating Disorder Service had been launched for people up to age 18.
13. In January 2016, the Committee had discussed the role of schools in identifying children and young people with emotional wellbeing needs, supporting them, and teaching children to recognise diversity and support each other. Members heard that schools had responsibilities to deliver a range of statutory duties with regard to wellbeing and the emerging mental health needs of pupils, and their approaches to delivering this varied. The Committee heard that there were now 7 different funding and governance mechanisms for schools in Suffolk, and the Local Authority had a duty to hold them to account on behalf of vulnerable children.
14. The Committee considered inviting Members of the Education and Children's Services Scrutiny Committee to establish a joint Task and Finish Group to consider the role of schools in delivering wellbeing services for pupils, and the Chairmen and Vice Chairmen of the two committees subsequently met with officers from the County Council and CCGs to consider the issues in more detail. As a result of these discussions it was agreed that Members of the Education and Children's Services Scrutiny Committee should be invited to this Health Scrutiny Committee meeting (on 19 January 2017), to discuss progress with the execution of the plan a year after its implementation.

Main body of evidence

Evidence Set 1 is the minutes of the Committee's previous consideration of this matter, on 21 January 2016.

Evidence Set 2 provides a response to the questions for scrutiny from Eugene Staunton (Associate Director of Redesign, NHS West Suffolk Clinical Commissioning Group and Chair, CEWG);

Evidence Set 3 provides a briefing on CAMHS Transformation Plans in Norfolk and Waveney from Rebecca Driver (Director of Commissioning and Engagement, NHS Great Yarmouth and Waveney CCG);

Evidence Set 4 provides the responses from schools to an article published in "Suffolk Headlines".

Evidence Set 5 provides information on the Healthwatch Suffolk Project "My Health Our Future"

Evidence Set 6 is an extract from the executive summary of the Suffolk Child and Adolescent Mental Health Services Needs Assessment Refresh (February 2016). The full report can be accessed via the following link:

<http://www.healthysuffolk.org.uk/assets/JSNA/PH-reports/20160516-Summary-Documents-Emotional-Behavioural-and-Mental-Health.pdf>

Evidence Set 7 sets out a summary of recent reports from the Education Policy Institute and has been provided by the Democratic Services Officer as background information for the Committee.

Attendance:

Members of the Education and Children's Services Scrutiny Committee have been invited to participate in this meeting.

Invitations to attend/provide evidence to the meeting for this item have been extended to representatives of:

- Suffolk Children's Emotional Wellbeing Group
- Children and Young People's Services, Suffolk County Council
- Schools Choice (Community Education Psychology Service)
- Ipswich and East Suffolk and West Suffolk CCGs
- Health East (NHS Gt Yarmouth and Waveney CCG).
- Norfolk and Suffolk Foundation Trust
- Public Health and Protection, Suffolk County Council
- Waveney Youth Forum (Lowestoft Rising)
- Representatives from Schools
- Healthwatch Suffolk
- Suffolk Parent Carer Network

Supporting information

“EWB 2020” The October 2016 refresh of the Children and Young People’s Emotional Wellbeing Transformation Plan for Ipswich and East Suffolk and West Suffolk CCGs (as presented to the Suffolk Health and Wellbeing Board):

<http://www.healthysuffolk.org.uk/assets/Useful-Documents/Suffolk-Transformation-Plan-Refresh-Oct-2016.pdf>

The Children and Young People’s Emotional Wellbeing Transformation Plan for Norfolk and Waveney:

<https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/childrens-health-and-wellbeing/mental-health-camhs/professionals>

(This document is currently being refreshed and the updated version will be available in due course.)

The papers relating to the Committee’s previous considerations of this matter can be accessed via the following links:

20 July 2016 (Information Bulletin):

<http://committeeminutes.suffolk.gov.uk/meeting.aspx?d=20/Jul/2016&c=Health Scrutiny Committee>

21 January 2016 (Agenda Item 5):

<http://committeeminutes.suffolk.gov.uk/meeting.aspx?d=21/Jan/2016&c=Health Scrutiny Committee>

7 July 2015 (Agenda Item 7):

<http://committeeminutes.suffolk.gov.uk/meeting.aspx?d=07/Jul/2015&c=Health Scrutiny Committee>

“Future in mind - Promoting, protecting and improving our children and young people’s mental health and wellbeing”, Department of Health, 2015:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

Glossary

4YP Suffolk Young People’s Health Project (a charity)

AAT Access and Assessment Team

ADHD Attention Deficit Hyperactivity Disorder

BEAT Eating disorder organisation

CAMHS Child and Adolescent Mental Health Services

CAT Children and Young People Action and Transformation (Stakeholder Group)

CCGs Clinical Commissioning Groups

CEWG Suffolk Children’s Emotional Wellbeing Group

CPD Continuing Professional Development

CYP Children and Young People

EHC Education Health and Care
EP Educational Psychologist
GL Assessment
GP General Practitioner
GYWCCG Great Yarmouth and Waveney CCG
IDT Interdisciplinary Team
LTP Local Transformation Plan
MHFA Mental Health First Aid
MIND Mental Health Charity
NSFT Norfolk and Suffolk Foundation Trust
OCD Obsessive Compulsive Disorder
PMHW Primary Mental Health Worker
Point 1 Norfolk and Waveney CAMH Service
PSHE Personal Social and Health Education
SEND Special Educational Needs and Disability
SMSC Spiritual, Moral, Social and Cultural
STP Sustainability and Transformation Plan
UCS University College Suffolk

