

Children and Young Peoples THRIVE Emotional Wellbeing and Mental Health Framework – Engagement Events November/December 2022 Outcomes

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Background

The planning of children and young people's mental health services takes place at a system level within Lancashire and South Cumbria.

On 1st July 2022 the Integrated Care Board (ICB)¹ replaced the eight Clinical Commissioning Groups (CCGs) in Lancashire and South Cumbria. The Children and Young People's (CYP) Mental Health Transformation and Delivery Board takes responsibility and is accountable to the Integrated Care Board. In partnership with key stakeholders, the CYP Mental Health Transformation and Delivery Board is responsible for the design and implementation of the Lancashire and South Cumbria Children and Young People's Mental Health Strategic Transformation Plan.

As part of the NHS Long Term Plan, the ICB will continue to invest in expanding access to community-based mental health services to meet the needs of more children and young people. By 2023/24 nationally at least 345,000 additional children and young people aged 0-25 will be able to access support via NHS funded mental health services.

The ICB is committed to working with partners including the Voluntary, Community, Faith, and Social Enterprise (VCFSE) sector who will be key to the design and delivery of the service transformation plan.

As a system, partners have worked together to develop the THRIVE² model of care, these included NHS organisations, local authorities, education, the police, and representatives from the VCFSE.

Working alongside children, young people and parents/carers, a new model of delivery to improve services that support the emotional wellbeing and mental health of children and young people aged 0-19/25 was co-produced.

The Lancashire and South Cumbria Children and Young People's Mental Health Strategic Transformation Plan is based on the THRIVE conceptual model of delivering integrated care and is focused on improving the resilience, emotional wellbeing and mental health of children and young people. The aim of our transformation plan is for our children and young people in Lancashire & South Cumbria to grow up with healthy minds, feel confident and resilient and are able to fulfil their potential.

Process

A letter was sent to current commissioned organisations and a Prior Information Notice issued via Find a Tender Service and Contracts Finder³.

¹ <https://www.lancashireandsouthcumbria.icb.nhs.uk/about-us>

² www.annafreud.org/mental-health-professionals/thrive-framework/

³ <https://www.find-tender.service.gov.uk/Notice/029951-2022> <https://www.contractsfinder.service.gov.uk/Notice/44d60c08-5eba-43af-9818-adaadc5180df>

An engagement event was held on Friday 18 November 2022 to engage with Providers on how the ICB can structure its ways of working with providers of children and young people's emotional wellbeing and mental health services. 98 people registered to attend the event and 72 attended the event. The engagement event gave Providers the opportunity to:

- Detail how they currently work collaboratively
- Provide their thoughts on what would be the best ways for the market organising itself
- Give suggestions on what the best way of the ICB procuring / contracting given the ambition to work with children and young people up to the age of 25 and the geography of Lancashire and South Cumbria

At the engagement event stakeholders were invited to attend the place-based engagements events:

- Monday 28th November, 09:30-13:00- Online via Microsoft Teams
- Tuesday 29th November, 09:30-13:00 The Village Hotel, Blackpool FY3 8LL
- Wednesday 30th November, 09:30-13:00- Online via Microsoft Teams
- Friday 9th December, 09:30-13:00 Burnley Cricket Club BB10 2LS

Purpose of the Place Based Engagement Event

The engagement events were held to engage with stakeholders to help develop the Lancashire and South Cumbria ICB's ways of working with providers by telling us about the services they deliver to support Children and Young People's Emotional Wellbeing and Mental Health. The presentation shared provided an overview of Lancashire and South Cumbria's Children and Young Peoples Transformation Programme, and the approach to adopting and embedding the THRIVE Framework. (Appendix 1).

Attendees were then provided with the opportunity to answer questions via an interactive board facilitated by a member of the Lancashire and South Cumbria's Children and Young Peoples Transformation Programme.

The following questions were asked:

- What services do you deliver to support CYP's emotional wellbeing and mental health (Type of intervention, direct/whole school, specific to diagnosis, work with parents/carers, service specific to CYP or all-age?)
- Do you currently flow data to the MHSDS?
- Do you have established pathways with NHS CYP's emotional wellbeing and mental health services
- Considering the geography of Lancashire and South Cumbria, which areas do/could your services cover
- What is the workforce / skill set like?
- What do you think are the gaps in service delivery for CYP's emotional wellbeing and mental health in Lancashire and South Cumbria

Outcomes from the Event

The tables below provide a summary of responses to each of the questions asked, full responses to all questions can be found in Appendix 2:

Q1) What services do you deliver to support CYP's emotional wellbeing and mental health – (Type of intervention, direct/whole school, specific to diagnosis, work with parents/carers, Is your service specific to CYP or all-age?)

Smoking cessation, suicide prevention, community mental health and substance	Introducing Mindfulness into schools for both teachers and students as a way of supporting mental health and emotional resilience.	Professional training and services to parents-carers around children presenting with complex needs aiming for earlier intervention	Interventions including: Outdoor activities Artwork, trauma-based interventions for age 11+ Therapeutic support
Professional Counselling/ Psychotherapy for self-harm behaviours	Various online interventions directed by the community and digital lived experience	Signposts them to relevant specialist support services.	Offer a similar Early help mental health service across other ICB's 0-25
Peer Support Group/ 121	Whole schools' approach	Self-referrals and organisational referrals	Mentoring/training
Support and information	Social prescriber	ABL Health- Intensive Personalised Support	Wellbeing champions in schools

Q2) Do you currently flow data to the Mental Health Service Dataset (MHSDS)?

There are several Providers who do currently flow data to the MHSDS, and some do but only as part of their NHS contracts. Most of the Providers stated that although they do not currently flow data, they would be very supportive of doing so. It was noted from responses that flowing data to the MHSDS may require some administration support that is not currently available within the providers, this will be considered by the ICB as part of future commissioning.

Q3) Do you have established pathways with NHS CYP's emotional wellbeing and mental health services?

Informal pathways	Referral into ELCAS	Yes, at CCG level, Local Authority level, School level	No specific pathway but good relationships with CAMHS
Most young people we work with are already accessing mental health support services	Most referrals come through a direct route eg school designated MH Lead or GP or CAMHS Triage, so we have established pathways 'up and down' range of services	Difficult to refer into services, tell CYP to self-refer	

Q4) Considering the geography of Lancashire and South Cumbria, which areas do/could your services cover?

The response to Question 4 was very positive as it has been noted that there are many services available across the wide range of Lancashire and South Cumbria. Some providers are predominantly digital so are able to provide Children and Young People access to services anywhere and anytime, equally some providers deliver services predominantly in specific areas or in multiple areas across Lancashire and South Cumbria. It was noted that some providers can expand their offer which is subject to funding, recruitment, and retention.

Q5) What is the workforce / skill set like?

Program is delivered by teachers in schools	Qualified health Champions	Trained counsellors, youth workers, education professionals	Current Mental Health Transformation Officer
There are some very specific skill gaps in the professional workforce and gaps in structures that we see in our work with families	Qualified well-being coaches, all staff are mental health first aid trained have suicide awareness training and all are trauma informed trained.	Team of 30-40 parent volunteers no formal qualifications required but do have a massive range of skills and experience.	Co-produce our interventions with CYP, parents/cares, school staff, clinicians/practitioners, CYP MH academics
Work ongoing with the following: Lancaster University Morecambe College University of Cumbria	challenges are pay scale not in line with NHS or private	Some workers Counselling skills, trauma therapists, CBT practitioner others less skilled.	Focus on digital interventions
Lead Youth Worker (ex teacher, support worker & police officer now qualified Youth Worker & MH 1st Aider)	Sustainable back-office team including, HR, Finance, digital, Impact, Business Development teams	Range of backgrounds, E.g., psychology and teaching - we train and educate staff in domestic abuse and our programmes.	Mental health first aiders

Q6) What do you think are the gaps in service delivery for CYP's emotional wellbeing and mental health in Lancashire and South Cumbria?

Young people often think they are on the pathway to receive	Education with key stakeholders (teachers) about the THRIVE model and a	Mental health support for parents. Family therapy, Parent	Better understanding of services, who they are, what they offer and how they are accessed
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support from CAMHS when they are not	move away from the pyramid model	therapy, relationship therapy, trauma	
Long waiting lists	Lack of permanent staff	ADHD and ADD awareness	More primary school support
Gaps in having out of hours services	16-19	Parent support	EBSA support
Frustrations around postcode lottery for support.	CYP with complex emotional needs that need longer term therapy - who don't meet the criteria for CAMHS but also can't be supported through early intervention therapy services	Appropriate investment in prevention and education	With language barriers. We do not have funding for interpreters.
More respite services in Lancs - children are being neglected, no capacity to move them out of home, maybe respite could help	Staff Wellbeing- significant dip and subsequent impact on delivery		

Themes Identified

Attendees were overwhelmingly pleased to be included at the beginning of the conversation with the ICB. Providers welcomed the opportunity to network with others which highlighted the needs for forums to be arranged to continue the networking opportunities.

The responses to questions posed were extremely positive as it was recognised that there are many services being provided across Lancashire and South Cumbria for Children and Young People and their Families. The services provided include face to face support and digital interventions. It was positive to note that many providers work closely with schools. The ICB have confirmed that the expansion of Mental Health Support Teams is out of scope, the expansion of Mental Health Support Teams is a nationally funded programme with timescales for roll out.

Whilst it was noted that many providers have formed strong relationships with services and there are agreements in place for referrals there are no formal NHS CYP treatment pathways established, with many non-NHS providers receiving referrals from NHS CYP services but unable to refer directly into NHS CYP services.

It was recognised that not all providers currently flow data to the Mental Health Data Set, but many providers would be happy to flow the data if required.

Providers deliver a wide range of services, and it was recognised that there is a diverse workforce and skill set available to support with this. There are many specific roles including Trained Counsellors, Youth Workers and Education Professionals embedded within the providers and many professionals have counselling skills. Equally it was highlighted that there are challenges within the workforce including the lack of qualified Youth Workers due to historic funding ceasing. Some providers are working with local colleges to develop training courses to support colleague development.

It was noted that the workforce within the providers includes volunteers and back-office teams such as HR and finance teams. It was positive to note that some providers are co-producing interventions with Children and Young People, Parents and Carers and Schools.

Providers identified gaps in service delivery for Children and Young Peoples Emotional Wellbeing and Mental Health in Lancashire and South Cumbria, with the most highlighted gap being the limited understanding of what services are available, what support they offer and how they are accessed. Some thoughts were given to the idea of a service directory being developed across Lancashire and South Cumbria and providers shared existing apps and service directories which the ICB will explore.

Equally it was noted that there are many services and interventions being delivered by providers that the ICB are not aware of which highlights the need for services to be mapped to raise awareness across the system.

Other gaps identified included Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD) awareness and services available for Children and Young People with complex needs who do not meet the criteria for Child and Adolescent Mental Health Services. There was also a gap identified in support for Parents and Family members of Children and Young People.

Next Steps

All those who registered for the Engagement events on Friday 18 November 2022 and the subsequent Place Based Engagement events in November/December 2022 will be provided with a follow up meeting pack which will include the presentations slides and resources.

We understand that organisations are not always familiar with public sector procurement processes and frameworks. Helpful information is available via the following link, and it is strongly recommended that organisations review this guide in preparation for the potential change in the way in which contracts are awarded by the ICB:

[VCSEs: A guide to working with government - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/vcse-a-guide-to-working-with-government)

Organisations were also encouraged if they hadn't already to register on <https://www.gov.uk/contracts-finder> where further information regarding the ICB's intentions will be published under the category of Children's and Young People's Mental Health Services.

It was also confirmed that whilst the voice of CYP, parents and carers from the work on the THRIVE redesign had been heard, the ICB is committed to undertaking further engagement with CYP, parents and carers.

Appendix 1 – Place Based Engagement Slides



Place based
Engagement event_

Appendix 2 – Nearpod Reports

Monday 28th November, 09:30-13:00- Online via Microsoft Teams



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Tuesday 29th November, 09:30-13:00 The Village Hotel, Blackpool FY3 8LL



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Wednesday 30th November, 09:30-13:00- Online via Microsoft Teams



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Friday 9th December, 09:30-13:00 Burnley Cricket Club BB10 2LS



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