

NHS Cheshire and Merseyside

Children and Young People's Mental Health Transformation Plan Update

31 October 2023



Children and Young People's Mental Health Transformation Plan

1. Purpose of this document

1.1 This document aims to provide:

- A brief overview of NHS England's requirements regarding an Integrated Care Board (ICB) Children and Young People's (CYP) Mental Health Transformation Plan.
- An overview of the strategic context in which the Transformation Plan sits.
- A summary of good practice examples across Cheshire and Merseyside to support the delivery of the NHS Long Term Plan (LTP) for Mental Health so far.
- An outline of the ICB's intentions for the development of an updated and refreshed mental health transformation plan.

2. NHS England CYP Mental Health Transformation Plan requirements

2.1 Local transformation plans have been in use across England since 2015. NHS England has required assurance of these plans annually, which has included support and sign-off by the Local Authority Health and Wellbeing Boards. The plans and assurances build on the former key lines of enquiry to support the development of clear, realistic, and transparent plans.

2.2 Plans have previously been established as joint agency plans at Place and provided an opportunity to:

- Empower our children and young people, their families and carers, our local communities, and our partner organisations across sectors to share ownership in creating and delivering a vision for the continued improvement of CYP Mental Health Services.
- Set out the mandatory requirements of NHS England concerning Children and Young People's Mental Health Services.
- Be transparent about and accountable for improvement plans.
- Ensure that plans are embedded into, and aligned with, strategic programmes, including the Special Educational Needs and Disabilities (SEND) and Transforming Care programmes, central documents and core governance, such as the Joint Strategic Needs Assessments (JSNAs), and, more recently, those developed by the Integrated Care Boards (ICBs) and Integrated Care Partnerships (ICPs).

2.3 In April 2020, the Cheshire and Merseyside Mental Health Programme and the Northwest Coast Clinical Network received a request from NHS England and NHS Improvement National Team to create one Cheshire and Merseyside (C&M) Children's and Young People (CYP) Mental Health Plan, which was to cover the Integrated Care System (ICS) by September 2021. The Plan was to replace the historic nine Clinical

Commissioning Groups' (CCGs) Local Transformation Plans, which were usually refreshed annually. Due to the impact of the COVID-19 pandemic, there was a slight delay and the ICB plan was published in December 2021.

2.4 In June 2023, NHS England contacted mental health system transformation leads to communicate national and regional expectations of a 2023/24 annual refresh.

3. Cheshire and Merseyside LTP delivery so far

3.1 Throughout the NHS Long Term Plan period so far, NHS Cheshire and Merseyside has worked hard as a partnership to meet the NHS England national ambitions for CYP Mental Health.

3.2 During the last 12 months, more than 31,000 children and young people across Cheshire and Merseyside have accessed mental health support. We know that prompt access to the right support enables children and young people experiencing difficulties to live healthy and happy lives, and we are committed to ensuring that our region's young people can achieve this.

3.3 We have developed brand new Mental Health Support Teams who work in our schools and over the last year, 4,500 children have accessed support. The Teams work with children, young people, their parents, and carers as part of a whole school approach to improve mental health and wellbeing. Our school coverage is approximately 49% - which exceeds the national average in England - and we intend to invest more and increase this coverage over the next few years.

3.4 We've also been working with health and social care professionals to put support in place if a young person's needs change or if they require more help to manage a complex - or urgent - mental health difficulty. This is taking place via our new place-based Gateways. The place-based Gateways are meetings in which our health, social care, and other professionals work together to ensure that our children and young people can access the right care, at the right time, from the right person, close to where they live.

3.5 Alongside this, any young person experiencing a mental health crisis can now receive urgent support by calling a 24/7 freephone number. Their parents and carers can also use this line to get advice and support. Professionals working with a child or young person, such as a GP, social worker, or Police Officer, can also access immediate advice via this telephone line.

3.6 We are fortunate in Cheshire and Merseyside to have lots of community organisations also providing mental health and wellbeing support for our children, young people, and families. Our NHS services are working with them collaboratively to increase access to support closer to where our CYP live and to reach out to our communities who may find it harder to engage with services.

3.7 In the appendix to this document, we have included some examples of great work that is taking place across our region and our nine Places.

4. The Future NHS Cheshire and Merseyside CYP Mental Health Transformation Plan

4.1 As an integrated health and care system, Cheshire and Merseyside have a strong focus on Children and Young People's mental health and wellbeing. We take great pride in our ongoing commitment to this and everything that we've achieved so far. In reviewing and refreshing the transformation plan, we have an opportunity to better align it to our wider strategic aims; these are outlined in the following key strategic documents:

- [All Together Fairer 2022](#)
- [Health and Care Partnership \(ICP\) Interim Strategy 2023-2028](#)
- [Joint Forward Plan \(2023-2028\)](#)

4.2 In 2021, the Institute of Health Equity (IHE) was commissioned by the Population Health Board of the Cheshire and Merseyside Health and Care Partnership (HCP) to support work to reduce health inequalities in the region through action on the social determinants of health, and to build back fairer from COVID-19. The case for reducing health inequalities is clear; they are unnecessary and unjust, harm individuals, families, and communities, and place a huge financial burden on services, including the NHS, the voluntary and community sector, and the economy.

4.3 The recommendations made in the report cover the key social determinants of health, the eight Marmot principles, and seven actions for the Cheshire and Merseyside system and stakeholders. Two of the 8 principles focus specifically on Children and Young People:

1. Give every child the best start in life.
2. Enable all children, young people, and adults to maximise their capabilities and have control over their lives.

4.4 Even before the pandemic, young people in the UK faced many forms of inequality: a lack of jobs, a shortage of affordable housing, cuts to public services, and growing mental health problems. The pandemic has exacerbated these problems and further widened the gap between generations. The theme of inequalities is echoed within the Health Care Partnership Strategy, and we are committed to improving the health of Children and Young People and our wider population, with our key focus on reducing inequalities and increasingly preventing ill health and poor outcomes.

4.5 As a partnership, we have an established Cheshire and Merseyside Children and Young People's Transformation Programme (Beyond). This works collaboratively with the Cheshire and Merseyside Directors of Children's Services (DCS) Forum and wider stakeholders to ensure there is an agreed set of priorities and objectives. With its multi-agency focus on prevention and early intervention, Beyond supports our key strategic

objective to give every child the best start in life, with programme priorities explicitly designed to tackle local challenges in innovative ways.

- 4.6 We also continue to support the work of a Cheshire and Merseyside All-Age Mental Health Transformation Programme. This programme works with systemwide stakeholders to support the ICB in delivering the NHS Long Term Plan for Mental Health and work at scale. Notably, the LTP sets ambitious targets for increasing access to mental health support for our CYP, as well as developing further support for CYP who require more help to manage their mental health.
- 4.7 Both of these transformation Programmes work closely with a further programme of work known as Transforming Care. This is to ensure our service transformation meets the needs of our CYP with learning disabilities and/or autism.
- 4.8 The national approach to Core20PLUS5 has identified a range of priorities to improve the health of children and young people, all of which we will deliver through our transformation programmes. This includes a specific focus on Mental Health and improving access, and equity of access, to Children and Young People's Mental Health services.
- 4.9 The voices of children and young people and their families/carers are key to effective service delivery, and links are already being established with Place participation partners to inform the ongoing design and delivery of our new plan through true co-production. We will listen to our children, young people, and their families to co-create solutions that work for them.

5. Next Steps

- 5.1 We are planning to create a joint, three-year CYP strategy. To support the development of this, we have created a Children and Young People's Committee for Cheshire and Merseyside. This Committee will be accountable to NHS Cheshire and Merseyside and will bring together a wide range of work that occurs across the whole system that contributes to better outcomes for children and young people.
- 5.2 The intention is that the CYP Mental Health Transformation plan will be an integrated element in the emerging three-year strategy.
- 5.3 Our children, young people, and their families are integral to this process, and we will be working hard to get their views on what the future of mental health services should look like, so that they can get support when they need it, where they need it, and in ways that work best for them.
- 5.4 In summary, over the coming months, our efforts will be dedicated to re-evaluating our current Children and Young People's Mental Health Transformation Plan and integrating this with our emerging three-year Children and Young People's Strategy, producing something that truly aligns with the strategic aims of Cheshire and Merseyside ICB and will result in the best possible outcomes for our population.

Appendices – At Scale Programme and Place-Based Best Practice Examples

At Scale Programme Best Practice Examples

<p>Beyond</p>	<p>Beyond is a Cheshire and Merseyside collaborative programme leading on the transformation of Children and young People’s health. As an Integrated Care System, we are continuing to work closely with Barnardo’s and the UCL Institute of Health Equity as part of the Children and Young People’s Health Equity Collaborative. This three-year programme has engaged with more than 300 children and young people, and efforts so far have been focused on using regional data about health inequalities to inform actions that we can take to address the barriers that may prevent our children and young people from achieving and maintaining good physical and mental health.</p>
<p>Level Up</p>	<p>Level Up, our Young People and Families Provider Collaborative, has established multi-agency Gateway meetings across all nine Places within our region. These meetings showcase collaborative efforts between our health and social care providers who work to ensure that the mental health needs of children and young people at high risk of hospital admission are met and that all agencies are taking responsibility for their care. By June 2023, over 120 of Cheshire and Merseyside’s young people had had their mental health needs discussed at a Gateway meeting, and around 300 of our health, social care and education professionals have already attended learning and information events led by the Gateway team.</p>
<p>Mental Health Programme</p>	<p>Community CYP Crisis Services have been mobilising, including the ongoing provision and development of 24/7 all-age urgent mental health support phone lines, crisis assessment, intervention, and intensive home treatment teams. Mental Health Support Teams in schools have also been mobilised across Cheshire and Merseyside, along with three pilots working in Primary Care Networks to increase access to mental health support.</p>
<p>Transforming Care</p>	<p>Through the work of the national Transforming Care programme, we have been able to assign a Dynamic Support Keyworker to every child and young person across Cheshire and Merseyside with a Learning Disability, Autism, or both considered to be at high risk of mental health admission. Our Keyworkers support these children & young people and their families to navigate the care and support system, and work to better co-ordinate services around the individual and their family.</p>

Place-Based Best Practice Examples

<p>Cheshire East</p>	<p>Cheshire East Place has worked closely with system partners to update its Joint Strategic Needs Assessment (JSNA) for CYP Emotional Health and Wellbeing to be published in January 2024. They will be using the findings to inform its Expression of Interest in the</p>
-----------------------------	--

	<p>confirmed Waves 11 and 12 of the Mental Health Support Teams in schools. By working collaboratively with the Local Authority, Cheshire East Place has also been able to implement the 'My Happy Mind' programme in 80% of Primary Schools, giving teachers, parents, and young children the knowledge and tools to achieve good mental health.</p>
<p>Cheshire West</p>	<p>The integrated work taking place within Cheshire West between health and care services has led to the proposal for a new facility that will address an identified gap in mental health provision for children and young people. <i>The Nook</i> is a proposed collaboration between the Cheshire and Wirral Partnership (CWP) and Cheshire West and Chester Local Authority (CWAC) that will support young people and their families to ensure they have the best start in life. <i>The Nook</i> would aim to provide a trauma-informed, overnight support setting for the whole family to utilise together, with intensive wrap-around support. It is expected to significantly decrease the demand for A&E and ambulance services and will save the NHS a significant amount of money by reducing the number of young people requiring entry into care.</p>
<p>Halton</p>	<p>Halton continues to work towards expanding the early support offered for children and young people. Commissioned by the ICB and run by Halton Borough Council's Children and Families Team, the Health Engagement Service (HES) is a social prescribing service for children and young people and their families/carers. It provides advice, guidance, containment, a listening ear, and signposting to health and specialist services, following a referral from general practice clinicians or care navigators. The overall aim is to maximise delivery of early help to those eligible and prevent escalation of needs. Clinicians have provided feedback that the HES has stopped the "non-medical guesswork" and has prevented young people from being "bounced between services", and service users have described the HES as "invaluable" and a "great support".</p>
<p>Knowsley</p>	<p>Young Person's Advisory Service (YPAS) continues to provide an alternative to crisis drop-in across Knowsley, Liverpool, and Sefton and has supported 1877 children, young people, and their families since it was commissioned. The service has seen over 1,000 internal referrals to wider YPAS support as a result, with fewer young people requiring transfer of care or escalation into a more specialist service. Feedback from children, young people, their families and carers, and wider stakeholders has demonstrated a high rate of satisfaction with this service.</p>
<p>Liverpool</p>	<p>The Liverpool CYP Mental Health Strategic Partnership continues to drive and implement transformation informed by the NHS Long Term Plan and based upon individual need, delivering services through the Child and Adolescent Mental Health Service (CAMHS) Partnership. As a collaborative partnership, they have created a Digital Front Door which provides access to information, support, resources, training, and referrals. In 2022/23, the service received 21,302 visitors, improved the knowledge of 85% who have attended training via the platform, and enabled 12,074 self-referrals to CYP mental health services via its online referral portal.</p>

Sefton	<p>Across Liverpool and Sefton, 49 children & young people have been seen within Avoidant Restrictive Food Intake Disorder (AFRID) assessment clinics since November 2022, 31 of which remain open to the Eating Disorder Young People Service. Education groups have also been set up to support children and young people, their families, and their carers to learn about AFRID and equip them with tools to help at home. The format and schedule of these events have been altered to make it easier for parents and carers to attend, and feedback on this has been incredibly positive.</p>
St Helen's	<p>St Helens have created the Children and Young People Mental Health (CYPMH) Collaborative which is made up of NHS and Third Sector organisations that provide support for CYP and families with emotional and mental health needs. The group meets with the objective of taking a joined-up approach to addressing local need. In February 2022, the St Helens Young Men's Christian Association (YMCA) Listening Service launched to provide CYP with the option to access a youth work-led mental health offer; the service also partners with Crisis Response to offer a step-down option for CYP coming out of crisis. The project has proved successful and has subsequently secured further funding nationally to increase the offer and to establish a Youth Hub.</p>
Warrington	<p>Through a partnership between MerseyCare CAMHS, Culcheth High School, and Warrington Borough Council, professionals have been recruited from non-traditional backgrounds to form a dedicated Mental Health School Link Worker Team that operates across all schools in Warrington. This team effectively addresses the workforce challenges while simultaneously increasing the capacity and capability of Warrington schools to identify and assist children and young people experiencing mental health challenges at an early stage. This initiative is forecast to improve access to direct interventions, training, and support for professionals, and teams will be able to reach and support all Warrington schools, complementing the Mental Health Support Teams (MHST) offer available in 40% of the schools.</p>
Wirral	<p>Wirral Place has updated its Joint Strategic Needs Assessment (JSNA) for CYP Emotional Health and Wellbeing and have worked to co-produce a new model of care in Wirral to increase access to mental health support for CYP.</p> <p>An innovative digital platform is being developed to act as a Single Point of Access (SPA), again to increase access to support for CYP and their families and carers with a service launch planned for April 2024.</p>