

# Health and Wellbeing Board

## Future in Mind November 2019 Refresh



# Context

- Derbyshire and Derby City's Ambition: *“Children and young people are able to achieve positive emotional health by having access to high quality, local provision, appropriate to their need, as well as a range of support enabling self-help, recovery and wellbeing.”*  
*(Derbyshire and Derby City Future in Mind Local Transformation Plan)*
- Moving into the 5<sup>th</sup> and final year of the 5 year plan
- Plan published on the CCG and councils websites
- Governance structure changes to report into Joined Up Care Derbyshire and both City and County SEND Boards



**Derby and Derbyshire**  
Clinical Commissioning Group

# What have we done this year?

# Targeted Early Intervention

- **Build Sound Minds-** Action for Children
- An early intervention offer for Children and Young People aged 0-17 who are experiencing mild to moderate Mental Health difficulties
- Face to face and digital interventions
- Links to NHS Long Term Plan's call for NHS to continue to 'commission, partner with and champion local charities, social enterprises and community interest companies'
- NHS 5 Year Forward View- Early intervention and quick access to good quality care is vital – especially for children and young people
- <https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/>

# Digital Interventions

- **Kooth**- Free, Safe and Anonymous support for Children and Young People aged 11-25- No referral needed
- **Qwell**- Free online counselling offer for Parents and Carers of Children and Young People under the age of 18 in Derby and Derbyshire- No referral needed
- Both provide in and out of hours online counselling functionality with an accredited counsellor (Mon-Fri 12pm-10pm, Sat-Sun 6pm-10pm)
- Option for peer support via online forums
- Articles detailing coping strategies, case studies etc
- Long Term Plan Link: Digitally-enabled care will go mainstream across the NHS
- Links:  
<https://www.kooth.com/>  
<https://www.qwell.io/>
- Further Information: [seth.hemingway@nhs.net](mailto:seth.hemingway@nhs.net)

# Educational Support

- **Mental Health Support Teams (MHSTs)**
- Derby & Derbyshire CCG were successful in their application to become a Wave 2 CYP mental health
- 4 team clusters that act as Centres of Excellence across the 4 communities of the DDCCG footprint - Bolsover, Derbyshire Dales, Erewash, and Kingsmead School in Derby City as a Centre of Excellence reaching out to all Behaviour Support Centres and Special Schools in the DDCCG footprint.
- Will develop models of early intervention on mild to moderate mental health and emotional wellbeing issues, such as anxiety, behavioural difficulties or friendship issues, as well as providing help to staff within early years, schools and college settings.
- Possibility of applying for more teams at a later stage

# CYP Involvement and Participation

- **MH2K-** to get Young People talking about Mental Health within their communities
- Young People as Citizen Researchers who then look into local information, deliver workshops to other young people, analyse and then present findings to key stakeholders.
- National Literature Link: *Transforming Children and Young People's Mental Health Provision- 2019 Green Paper*: 'In order to make changes that are meaningful to CYP, parents and carers, we need to ensure their continued involvement in all key decisions'

What we're planning on doing next year

# Urgent Care

- We have an established aspiration to move to a 24/7 community focused service
- Currently: **North Derbyshire**- 10am-10pm 7 days a week, **South Derbyshire and Derby City**- 8am-11pm Monday to Friday and 8am-9:30pm at weekends
- NHS Long Term Plan Link: Children and young people experiencing a mental health crisis will be able to access the support they need. Expanding timely, age-appropriate crisis services will improve the experience of children and young people and reduce pressures on accident and emergency (A&E) departments, paediatric wards and ambulance services. Evaluations of urgent and emergency care services for children and young people in Vanguard sites found that, on average, 83% of children and young people referred to crisis and liaison services were seen within four hours. Children and young people who received intensive community follow-on support subsequently made less use of crisis services compared to less integrated services. ***With a single point of access through NHS 111, all children and young people experiencing crisis will be able to access crisis care 24 hours a day, seven days a week***

# Eating Disorders

- Aim- The Eating Disorder services are keen to establish new elements including an intensive home based family offer for particular children, as well as the development of a 24/7 offer- furthermore, further planning shall happen with adult commissioners regarding the 18-25 cohort to ensure they can access provision in line with current standards (Long Term Plan)
- Link to National Literature: *Transforming Children and Young People's Mental Health Provision- 2019 Green Paper*- For eating disorders: by 2020, 95% of young people in need of an eating disorders service will be seen within four weeks, and one week in urgent cases.
- Baseline -In the second quarter of 2017/18, 71% of patients started urgent treatment within one week, and 82% of patients started routine treatment within four weeks

# Children and Young People's Mental Health and Wellbeing Forum

- Aim- To develop a CYPMHWF where the views of CYP, from a diverse range of backgrounds, can be strongly heard in commissioning decisions
- National Literature: *Transforming Children and Young People's Mental Health Provision- 2019 Green Paper-* "In order to make changes that are meaningful to children, young people, parents and carers, we need to ensure their continued involvement in all key decisions- about their care, about service design and evaluation, and about commissioning"
- For more info- [seth.hemingway@nhs.net](mailto:seth.hemingway@nhs.net)