



## Bristol Health & Wellbeing Board

<b>Children and Young People’s Mental Health Services CQC Thematic Review</b>	
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Report for Information	

### 1. Purpose of this Paper

To brief Health and Wellbeing Board on outcome of CQC Thematic Review of children and young people’s mental health services and recently published DOH/DOE Green Paper – Transforming Children and Young People’s Mental Health Provision.

### 2. Executive Summary

Formal CQC Thematic Review response was brief as in 4.

Green Paper published on Dec 3<sup>rd</sup>.

### 3. Context

In January 2017 the Prime Minister announced that there would be a thematic review, led by the CQC with input from Ofsted, looking at mental health services for children and young people across the country to find out what is working and what is not.

Bristol was one of ten areas chosen, the findings of which will feed into a new Green Paper on children and young people’s mental health, expected later this year. The central question for the review is as follows:

*“How can we ensure that all partners make their unique contribution and work together so that children and young people, and their families and carers, have access to high quality mental health care?”*

### Policy Background

#### **Whole System Transformation of Emotional Health & Wellbeing Support**

Future in Mind (2015) sets out the vision for a five-year transformation programme for children and young people’s emotional health. The focus for transformation is whole-system, emphasising our joint responsibility to support positive mental health:

<https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people>

### **National Transformation Priorities**

In 2015-16, all NHS Clinical Commissioning Groups (CCGs) in England were required to produce a five-year Transformation Plan in relation to children and young people's emotional health & wellbeing. The Bristol Plan, produced in association with key stakeholders, was assured by NHS England and funding released to support Transformation. The initial national focus for Transformation was to improve Eating Disorders and Crisis Outreach provision.

**Transforming Children and Young People's Mental Health Provision: a Green Paper.** <https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper>

The consultation will be open for 13 weeks closing at noon on Friday 2<sup>nd</sup> March. <https://engage.dh.gov.uk/youngmentalhealth/>

Proposals include

#### **1. More than £300m funding**

The government is proposing to commit £310 million in new funding to supporting mental health in young people.

#### **2. Senior mental health leads**

£95 million of the funding will train "senior mental health leads" to work in schools from 2019. These people will be responsible for developing a "whole-school approach" to mental health and wellbeing.

Their roles will also include pastoral support and ensuring strong policies are in place for dealing with issues including bullying.

#### **3. Mental health support teams**

The remaining £215 million will pay for new support teams. These will be expected to improve the link between schools and local health services.

The teams will also work to improve early intervention on mental health, by providing a range of support and treatments in or near schools and colleges.

The government hopes to recruit "several thousand people" over the next five years to fill the teams, which will be supervised by clinicians.

#### **4. Mental health discussions and CBT in classrooms**

Pupils will be taught about mental health and wellbeing in classrooms through the new relationships education and PHSE curriculum.

Mental health support teams will also be trained to offer “evidence-based treatments” in the classroom, including cognitive behaviour therapy.

## **5. New research**

New research will be commissioned to fill “evidence gaps” across children’s mental health, including a focus on how best to support vulnerable families.

There will also be a new working group to look at mental health support for 16- to 25-year-olds.

## **6. Quicker access to health services for pupils**

A pilot scheme will attempt to cap the waiting time for child and adolescent mental health services at four weeks.

## **7. Training for teachers**

Mental health awareness training for teachers will be offered to every primary and secondary school in the country.

### **Local Transformation Priorities**

As well as the national priorities outlined above, Bristol identified local priorities. In the last two years, commissioning has been undertaken to increase capacity and capability across the wider system, increasing our collective ability to spot the early signs of poor mental health and intervene early.

## **4. Main body of the report**

Feedback letter stated:

There was a clear vision for children and young people’s mental health services across partners. There was an aspiration to be innovative joined up and person centred in the approach and delivery of care and treatment.

The shared vision was across health, social care, education and third sector. This included system leaders such as the mayor. Staff within services were also adopting the vision.

When children and young people were able to access services they report a very high degree of satisfaction with the quality of care, services, involvement and treatment that they received.

However, children and young people told us they sometimes felt unable to access the care they needed in a timely manner or close to home. They also said that there could be too high a threshold for receiving specialised support.

Despite strong communication between individuals who head up and run differing services across the sector, services sometimes felt fragmented from each other with difficulties in communication. There were not ALWAYS clear pathways for early intervention before children and young people accessed specialist CAMHS.

## **5. Key risks and Opportunities**

There is an opportunity to reflect on the feedback and take action to improve.

## **6. Implications (Financial and Legal if appropriate)**

Some aspects identified require changes to provision that requires investment. A business case relating to securing this year's Emotional Health Transformation funding is in the Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group process.

## **7. Evidence informing this report.**

CQC Thematic Review feedback letter.

## **9. Recommendations**

Health and Wellbeing Board to

- note CQC Thematic Review feedback that will be reviewed and plans will be made to address identified issues.
- Note DOH / DOE Transforming Children and Young People's Mental Health Provision: a Green Paper