



## CAMHS Executive – Local Priorities STORYBOARD

### Children and Young People’s Emotional and Mental Health in the City

#### 1. Introduction

This Story Board describes our vision for the emotional and mental wellbeing of all children and young people in our City. It presents the priorities, strategies and initiatives, developed over the last three years, to ensure best practice and deliver the best outcomes.

Definition of mental disorder is based on the ICD-10 Classification of Mental and Behavioural Disorders with strict impairment criteria – the disorder causing distress to the child or having a considerable impact on the child’s day to day life.

#### 2. Local Picture of Need

Nationally the prevalence of mental disorder varies by age and sex. Boys are more likely (11.4%) to have experienced or be experiencing a mental health problem than girls (7.8%). Children aged 11 to 16 years olds are also more likely (11.5%) than 5 to 10 year olds (7.7%) to experience mental health problems. Using these rates, the estimated prevalence of mental health disorder by age group and sex in York is 1360 for boys aged 5-16, and for girls aged 5 -16 it is 895<sup>1</sup>. (Source: Office for National Statistics mid-year population estimates for 2012. Green, H. et al (2004).)

There will be a greater number of children and young people who experience distress and poor emotional health and wellbeing who by definition are not mentally disordered but are clearly in need of an appropriate form of help or intervention.

Our community of school leaders identify emotional and mental health issues as a significant barrier to learning. This group also highlight transition points and exam years as periods of heightened risk for their children and young people’s emotional and mental wellbeing.

We know that the health and well-being of children in York is generally better than the England average. In 2012/13, children were admitted for mental health conditions at a similar rate to that in England as a whole. However, the rate of inpatient admissions during the same period because of self-harm was higher than the England average.<sup>2</sup>

<sup>1</sup> Source: Office for National Statistics mid-year population estimates for 2012. Green, H. et al (2004).)

<sup>2</sup> Child Health Profile - March 2014 [Public Health England]

In York, our looked after population, young carers, children and young people subject to protection plans, care leavers, children and young people with complex needs, children and young people involved with our Youth Offending Service and those from BME backgrounds are all identified as priority groups in planning services to support the emotional and mental health outcomes for children and young people in the City.<sup>3</sup>

A review of those children who have received a Tier 3 local authority intervention has highlighted four key areas requiring specialist input. These are:

1. Responding to emotional/behavioural regulation issues
2. Dealing with the impact of domestic abuse
3. Addressing parental unmet needs
4. Responding to attachment issues

### **3. York's Strategy**

Our strategy in York is underpinned by the following principles:

- early identification and support will secure for many children and young people the best future outcomes and reduce the likelihood of future emotional and mental health issues
- where possible support for young people will be provided by known and trusted adults
- health and social care pathways for children and young people are integrated and take account of each 'child's journey' through services
- a committed and knowledgeable childrens workforce ensures that only those children who are in need of Tier 3 CAMHS progress to the specialist providers
- our specialist providers will work to support the whole childrens workforce to equip them with the necessary advice and information to help them support children at Tiers 1 and 2
- Joint planning and commissioning underpinned by a vigorous need assessment ensures the outcomes for children and young peoples' emotional wellbeing and mental health are improved across the City.

### **4. Strategy Bookcase:<sup>4</sup>**

Childrens and Young Peoples Mental Health

- Improving Health and Well-being in York 2013 -2016
- Childrens and Young People's Plan 2013 - 2016
- Children and Young People's Mental Health Strategy 2011 – 2014
- Children and Young People's Mental Health Strategy - Part 2 [Action Plan 2013 - 2016]

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<sup>3</sup> Priority groups for by the Local Authority and the Clinical Commissioning Group

<sup>4</sup> A summary of key national strategies and guidance is available at appendix 1

## Related Local Strategy and Planning Documents

- Joint Strategic Needs Assessment
- Looked After Children's Strategy 2012-2015
- Vision for York Children's Social Care 2013 - 2016
- Poverty Strategy 2011-2020
- Narrowing the Gap: Breaking down Barriers

### 5. The Vision:

We will secure good mental and emotional well-being for all children and young people in the city of York to ensure to ensure they achieve their optimal potential.

To achieve this Vision

We Will:

1. Ensure that strategic planning and commissioning bodies work together (in **partnership with families**) to effectively support/promote good child and adolescent emotional and mental health and well-being.
2. Develop a supported, qualified, **experienced and confident workforce** that work across agency boundaries.
3. Ensure that children, young people and their families are treated with **respect and dignity** and that services reflect the choices and preferences of children and YP and are provided in a way to minimise any perceived stigma.
4. Ensure **service provision is well-coordinated** and joined-up across professional/organisational boundaries.
5. Encourage schools and the universal services to adopt a **'nurture to learn'** culture to
6. Promote good emotional and mental health of children and young people in their settings.
7. Promote and facilitate **early identification and intervention** to support the emotional health and wellbeing of children and young people across all settings.
8. Ensure high quality **specialist and targeted services are available in a timely** way to those children and young people most in need or at most risk.

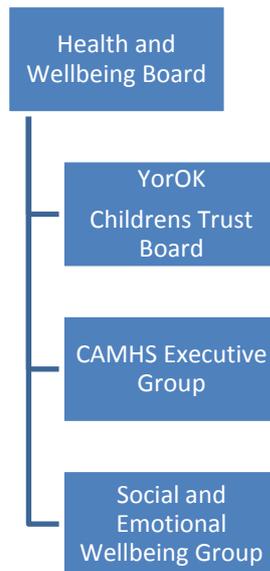
### 6. The Stakeholders

The YorOK Community of Children's Service Providers  
Children, Young People and their Families

**7. User Voice tells us<sup>5</sup>**

- We must tackle the issue of stigma that can be a barrier to accessing services
- Children and Young people want to receive support from known and trusted adults in their lives (including: school based staff)
- We should create a nurture to learn culture across our school community
- Frontline children services professionals should be confident and competent in identifying and responding appropriately to the emotional and mental health needs of children and young people in the City.
- Any CAMHS strategy should maximise the importance of peer support for children and young people.
- Specialist CAMHS services should be delivered whenever appropriate in non-clinical settings.
- Specialist CAMHS services should always work in partnership with other professionals in a child / young person’s life.
- Early identification of emotional and mental health issues is welcomed and effective
- Monitor and tackle the issue of bullying

**8. Delivering the Strategy:**



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<sup>5</sup> Captured through children and young people’s voice at Childrens Mental Health Matters Conference / feedback fro York Youth Council / Young People’s involvement in Learning and Culture Overview and Scrutiny Review

## **9. The CAMHS Executive Group:**

This Executive group and the agencies, organisations and constituencies that are represented within the Executive, have as their shared aim the implementation of the CAMHS Strategy.<sup>6</sup>

## **10. Key Developments and Work Streams:**

Initiatives that have Improved Outcomes for Children and Young People in York:

- F.I.R.S.T. Initiative – Support children and young people with complex needs in York
- Annual Anti-Bullying Survey and Action Plan
- Training and deployment of Emotional Literacy Support Assistants across York Schools
- Implementation of SEAL
- York's Autism Strategy
- CAMHS Looked After Childrens Service
- Mental Health Tool Kit for Year 10 students
- Accredited Attachment Training for Foster Carers
- Forensic Panel for Childrens who Sexually Harm
- Healthy Schools Programme
- Healthy Settings Programme
- Healthy Minds Programme
- Healthy Child Programme

## **11. The Outcomes we are Achieving:<sup>7</sup>**

The City's ELSA programme has contributed to a reduction in the number of children and young people who are referred to a Tier 3 service.

FIRST initiative achieving a significant reduction in the number of young people with complex needs requiring specialist out of City provision.

Forensic Panel received national recognition for its work to triage and signposting young people who pose a risk to others to specialist assessment.

CBT project in schools delivering non stigmatising low cost solution for children and young people in schools who may have anxiety issues and/ or disorders.

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<sup>6</sup> Terms of reference included at Appendix 1 - *Children and Young People's Mental Health Strategy 2011 – 2014*

<sup>7</sup> It is not possible here to set out a full account of the impact of those services developed through the CAMHS partnership. Each of those services named has been separately evaluated and the findings available.

York's autism strategy delivering clear assessment and support pathways across agencies for children and young people.

Attachment Training for Foster carers providing accredited training for carers to develop more resilient stable placements for Looked After Children

Nurture Groups – providing early support and integration for vulnerable children in primary settings and preventing future learning and transition difficulties.

## **12. The Next 12 Months – Priority Actions Overview:**

- i. Harness the commitment from the whole school community<sup>8</sup> to further invest in and develop 'in school' arrangements to support the emotional and mental health needs of children and young people.

### **This process will;**

- Achieve an extension of the ELSA Programme to every school in the City
  - Promote the participation of every school in the Youth Council's Charter Mark for emotionally healthy schools
  - Review the Primary Mental Health Worker role to better support front line staff who are working with children with emotional and mental health issues.
  - Support the ambition to become a SEAL City
- ii. Through the Tier 3 re-tendering<sup>9</sup> process work with the CCG, Providers and the Local Authority to negotiate better integrated pathways for children and young people. As part of this process we will review the use of the local authority's commissioning budget<sup>10</sup> to strengthen the early help offer to children and young people with emerging emotional and mental health issues.

### **This process will:**

- Maximise the appropriate use of shared resources across the LA / CAMHS provider to deliver services to children and young people in the context of the 'Child's Journey'.
- Skill up the wider children's workforce to better respond to and support children and young people's emotional and mental health needs closer to the front line.
- Ensure timely access to specialist services for those children and young people who cannot be supported at Tiers 1 & 2.
- Help to inform a clearer shared understanding of need and threshold across the whole children's workforce.

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<sup>8</sup> A key undertaking from the head teacher community of York given at the March 2014 Annual Conference

<sup>9</sup> See appendix 1

<sup>10</sup> This will include a review of the shared social work role currently located in Limetrees

- iii. Review the contribution of the CAMHS LAC service in conjunction with the LA's New Deal for Foster Carers initiative.

**This process will:**

- Help to strengthen and build the capacity and resilience of the local fostering offer to improve the placement stability and overall outcomes of the City's looked after children.
  - Re-focus the resource to strengthen our response to children and young people on the 'edge of care'.
  - Clarify the contribution of this resource / service to the refreshed 'responding to children who harm' work.
  - Clarify the CAMHS offer to children who are temporarily placed out of the City
- iv. Review the emotional and mental health support arrangements for children and young people who may offend.

**This process will:**

- Clarify, in the context of the YOS plan, the health offer to children and young people and in the context of the preventative and Restorative Justice aspirations of the services.
- v. Explore the opportunity for greater collaborative working across York and North Yorkshire including:
- Shared commissioning
  - Children and Young People who sexually harm
  - Children on the edge of care

**This process will:**

- Bring greater capacity for the local delivery of high cost low demand specialist services
  - Create opportunities for shared learning
  - Build resilience across some key service areas
- vi. Investigate the issue of children who harm as part of a Health and Well-being Board 'deep dive' exercise to understand York's position in relation to the national picture.

**This process will:**

- inform the strategy to reduce the incidence of self harm in children and young people

### **13. The Gaps, Barriers and Risks:**

- transition to adult services
- non attendance at drop-ins and clinics
- alignment with the CCG commissioning priorities
- services for those who are bereaved
- parental MH and the impact on their children
- resources for evidence based practice i.e., the Solihull Approach for Health Visitors
- teenage parents MH

### **14. How will we know if we are succeeding?**

1. An emotional health survey of children in the City will demonstrate that childrens and young people's view of their overall emotional and mental health is good or improving.<sup>11</sup>
2. There will be a reduction in the number of children and young people who are referred to specialist CAMHS.
3. The outcomes measures from specialist CAMHS, for example, the childrens health of the nation outcomes scores will be used as a quality measure.
4. Timely pathways for those children who do require a Tier 3 service.
5. Contract meetings with Providers' of services (i.e., SHN) will highlight the number of referrals to specialist CAMHS services, but also the number of children and young people they are seeing with emotional health problems.
6. Our Local and National annual child health profile will demonstrate a reduction in the number of children who are referred for concerns of self harming behaviour.
7. The stability of the number of children who have SME as their primary need on EHC Plans (currently about 12-13% of CYPs have 'BESD' as their primary area of need)
8. You're Welcome Quality mark – will assess the quality of services from a young person's perspective

**ER/AD/CSS**

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<sup>11</sup> To confirm with PK

National:

Department of Education (2014) Children and Families Act  
Department of Health (2009) Healthy Child Programme x3  
Department of Health (2010) Getting it right for children and young people: Overcoming cultural barriers in the NHS so as to meet their needs  
Department of Health (2010) Achieving equity and excellence for children: How liberating the NHS will help us to meet the needs of children and young people  
Department of Health (2011) Healthy Lives, Healthy People  
Department of Health (2012) No Health without Mental Health Mental Health  
Department of Health (2014) Making mental health services more effective and accessible  
Department of Health (2014) Public Health Outcomes Frameworks  
HM (2012) Health and Social Care Act  
HM (2013) Giving all children a healthy start to life  
HM (2013) Working Together to Safeguard Children  
NICE (2009) Promoting young people's social and emotional wellbeing in secondary education  
University College London, Institute of Health Equity (2010) Fair Society, Healthy Lives (The Marmot Review)

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/137645/No-Health-Without-Mental-Health-Implementation-Framework-Report-accessible-version.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/137645/No-Health-Without-Mental-Health-Implementation-Framework-Report-accessible-version.pdf)

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/216096/dh\\_127424.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216096/dh_127424.pdf)

DfE Children and Families Bill: SEN Code of Practice 2014  
NICE Social and Emotional Wellbeing of Children and Young People October 2013  
Report Of The Children And Young People's Health Outcomes Forum – Mental Health 2012  
HMGov No Health Without Mental Health 2012  
Children's Society report on the Good Childhood Index 2011  
DCSF Promoting Emotional Health and Wellbeing in Children and Young People 2010