

SHEFFIELD HEALTH AND WELLBEING BOARD PAPER

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Date: 26 March 2015

Subject: Response and progress update from the Health and Wellbeing Board to its Emotional Wellbeing and Mental Health Engagement Event with Chilypep, Sheffield Futures and Young Healthwatch in November 2014

Including CAMHS Scrutiny response and update on progress

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Summary:

This paper provides a brief account of progress to date and a response to how those issues identified by the young people who facilitated the emotional wellbeing and mental health engagement event in November are being addressed.

This outline is to be approved by the Board and shared with the organisations and young people who led and participated in the engagement event.

In addition appended to the paper is an update for the Board on progress on actions and service redesign following recommendations made via the CAMHS scrutiny process.

Recommendations:

- Agreement from the Board to agenda a further review on progress and implementation during early summer 2015.
 - To note actions and service redesign being taken forward as an outcome of the CAMHS Scrutiny process.
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Response and progress update from the Health and Wellbeing Board to its Emotional Wellbeing and Mental Health Engagement Event with Chilypep, Sheffield Futures and Young Healthwatch in November 2014

1.0 SUMMARY

Health and Wellbeing Board members were impressed with the commitment, honesty and passion shown by the young people who facilitated the Emotional Wellbeing and Mental Health (EWBMH) engagement event in November 2014. The accounts and experiences which the young people shared emphasised the need for the Health and Wellbeing Board to continue to prioritise Emotional Wellbeing and Mental Health so as to ensure improved outcomes and experiences for those young people using mental health services. A one-page summary from the event was published on the Board's website.¹

2.0 ACCOUNT OF PROGRESS TO DATE

This gives a brief account of progress to date and a response to how those issues identified by the young people are being addressed. As a result of the issues the young people raised a new Emotional Health and Wellbeing Executive Group has been established. This group will be jointly chaired by Sheffield City Council and NHS Sheffield CCG to provide a partnership focus to all actions that will impact on the delivery of EWBMH. The Executive Group will oversee the delivery and implementation of a new EWBMH Action Plan which is addressing the following priorities:

Positive mental health and resilience including early intervention and prevention

- The young people consistently identified the gap in addressing EWBMH in school & youth settings and supporting children and young people to develop resilience in schools. There was acknowledgement that there continues to be a strong focus on attainment and achievement in school settings and in some cases a loss of the wider pastoral support to address emotional wellbeing and mental health needs. As a result a commitment is given through the delivery of high quality Personal and Social Health Education (PSHE) to support schools to deliver a robust EWBMH offer. The EWBMH school toolkit will be refreshed and new lesson plans and resources developed ready for implementation in September 2015. Through the Citywide Learning Body schools will be asked to consistently deliver EWBMH input through the PSHE curriculum and using the new toolkit and material provided.
- Young people commented that they 'want someone to help', someone who they can turn to for information and support with low level mental health issues (e.g. family breakdown, exam pressure etc.) A new primary mental health intervention will be piloted and further tested in 3 families of schools using a school based 'hub' model. This is to expand and build on the pilot delivered at Park Academy in 2014 and will help all partners including Sheffield City Council, NHS Sheffield Clinical Commissioning Group

¹ See <https://www.sheffield.gov.uk/caresupport/health/health-wellbeing-board/what-the-board-does/events/engagemevent.html>.

and schools to make the right decisions about investments for young people's services in the future. The new service is currently being mobilised and will be operational from April 2015. The providers Interchange and Family Action will deliver the Emotional Health & Wellbeing Service through Community Youth Teams and schools offering counselling, signposting and a whole school approach to support settings to provide help, advocate for young people and improve their resilience and emotional wellbeing.

- The evaluation and outcomes of the service offered across the three families of schools will contribute towards the development of a business case focusing on improving accessibility, pathways and the potential redesign of EWBMH provision. This business case will be presented to the Children's Trust Executive Board (CTEB) in the future.

Young People Approaching Adulthood

- The new Executive Group will include a work stream focusing specifically on provision for 16-18 year olds. Its focus will be to ensure appropriate support for young people already engaged in specialist services, the development of a clear Pathway and 'step down' for those young people transitioning out of specialist provision. The current extension of CAMHS from 16 to 18 years will be evaluated to review the delivery model and experiences of young people aged 16+ using CAMHS services.

Development of community based support (Tier 3.5)

- Working with NHS Sheffield CCG the development of community based support as an alternative to hospital care is being explored so as to offer improved local community mental health services. This is in response to recognising that inpatient provision isn't always most appropriate or necessarily best tailored to young people's needs.

Services for Vulnerable C&YP

- In most instances the best place for children and young people experiencing severe mental health problems is to remain in Sheffield and close to home. The priority is to support the needs of vulnerable children and young people (particularly Children in Care) and reduce the number of children and young people who are placed out of city for their care.

Engagement and Participation

- The Board engagement event highlighted how powerful and important the views of children, young people and families are. The Executive Group is committed to hearing the voice of children and young people through using existing engagement structures. The engagement work led by the executive group will look to implement a new EWBMH local campaign. This will provide positive stories from young people and be used in schools and youth settings to reduce stigma, dispel myths and improve communication regarding EWBMH. This group will also continue to ensure the role of the 'Young Commissioners' in the development of EWBMH service provision. The young commissioners played an essential role in the recent commissioning of the EWBMH Service (described earlier) having active involvement in the procurement process, interviewing potential providers, informing the service model and selecting Interchange and Family Action as our preferred providers.

The Health and Wellbeing Board is committed to continue to prioritise EWMB. The young people involved in the engagement event from Chilypep, Sheffield Futures and Young Healthwatch are invited to ask for regular updates, get involved or challenge progress.

3.0 RECOMMENDATIONS

- Agreement from the Board to agenda a further review on progress and implementation during early summer 2015.
- To note actions and service redesign being taken forward as an outcome of the CAMHS Scrutiny process.