



Salford Children and Adolescent Mental Health Services (CAMHS)

Transformation Plan Summary
2019/20



Salford

Clinical Commissioning Group

Salford City Council



Introduction

There is a national drive to improve and transform mental health services for children and young people. Here in Salford we are committed to investing more and improving our local services.

Our first long term plan was published in 2015 and has been refreshed annually to detail our ongoing commitment to children and young people's mental health, as well as to describe our progress to date.

We have made significant progress against our priorities and have exceeded expectations in many areas. We are held as best practice in Greater Manchester in many areas. Our achievements include:

- Exceeding national, regional and local targets for increasing access to children's mental health services – we are one of the highest performers in Greater Manchester.
- Our Community Eating Disorder Service is held up as a best practice within Greater Manchester.
- Our LGBT working group and action plan are influencing national research and commissioning guidance and we are seeking to expand our youth service provision.
- Our Thrive Network and Emotional Health and Wellbeing training programme and investment is helping those who work with children and young people to improve their understanding about mental health, suicide prevention and supporting LGBT young people.
- Our Emotionally Friendly Schools programme is training and accrediting schools to provide a 'whole school' approach to children's emotional health, ensuring the mental health leads in schools improve their understanding and relationships with CAMHS and the wider system.

This summary gives an overview of our vision, what we have achieved so far, and what our priorities are for the next 12 months.



Our investment plans

We are putting more money than ever into support for children and young people’s mental health. We have invested in several new and improved services that will help support children and families.

These include:

1 CAMHS for children and young people with learning difficulties and neuro diverse conditions.

2 Children and Young People’s Community Eating Disorder Service.

3 Integrated Community Response Service (pilot to support young people in distress in targeted settings).

4 All Age Liaison, mental health liaison and assessment for under 16s in Salford Royal A&E.

5 IAPT training and development programmes for mental health.

6 Single Point of Contact in CAMHS to advise frontline workers and professionals to support children and signpost the best services.

7 Drama workshops in all high schools, special schools and pupil referral units, engaging young people in Year 10 in understanding mental health issues.

8 CAMHS school link, targeted support and training for all schools in Salford .

9 CAMHS for looked after children, targeted assessment and support for all children who are looked after in Salford.

10 Parent Peer Support for EHWB and SEND, a project to support parents in setting up groups that act as a forum for peer support as well as a place to have informal training or Q&A sessions from professionals.

Service/Project	Projected spend 2018/19	Proposed spend 2019-20
CAMHS LD uplift	96,891	76,141
Community Eating Disorder Service	161,000	161,000
Integrated Community Response Service	142,973	157,798
All age Liaison	83,699	149,400
42nd Street uplift	143,862	145,137
IAPT contributions	30,000	21,000
Post: Single point of contact	24,120	48,239
Engagement: Drama workshops	9,975	9,975
CAMHS School Link Programme phase 3	0	170,693
CAMHS LAC (Including i-START pilot)	118,038	0
Parent Peer Support	0	23,352
Total	£810,558	£962,735



Our vision

We want children and young people in Salford to enjoy a happy, confident childhood and to achieve their potential. We want them to grow into adults who are able to cope with the demands of daily life and contribute to life in the city.

When children and young people need help, we want them to find it easily, for it to meet their needs, be delivered by people who care and for services to listen to their views. In a crisis we want them to get help quickly and as close to home as possible.

Our ambitions

Children and young people are at the heart of what we do, so we asked them what they expect from services. We grouped what they told us into eight areas and we call these our 'ambitions'.

Everybody who works with children and young people in Salford is being made aware of our ambitions and is embedding them into their working practices.

This summary highlights some of the things we have done to work towards each ambition and what we are going to do for each one in the next 12 months.



1 Improved awareness and understanding

“We expect all staff who work with young people to be approachable and trustworthy with the right skills to communicate with us.”

“We expect staff to be trained to have an understanding of the emotional wellbeing needs of young people and be sensitive to our needs.”

Highlights of what we have achieved since 2015

Salford's Emotional Health and Wellbeing Training Programme

We secured £175,000 funding to support workforce development. The aim of the programme is to support staff and volunteers in their roles – to increase confidence and communication, have a better understanding of how to identify needs and have the skills to respond and effectively support children and young people with their emotional wellbeing.

During 2018/19 we rolled out a comprehensive programme of training including suicide awareness, mental health first aid and LGBTQ+ awareness.

GM iThrive

GM iThrive will provide training for a minimum of 60 front line staff per year. The Greater Manchester team will organise joint learning days that address common issues and challenges so knowledge can be shared amongst the ten Greater Manchester local authorities.

Our key priorities for 2019/20

1. Deliver on Green Paper expectations for improved mental health offer in schools, linked to Salford emotional health and wellbeing (EHWB) in schools programme.
2. Develop a protocol around building emotional resilience and providing care leavers with coping strategies.
3. Implementation of an ACEs pilot and training programme for Salford to support professionals in identifying trauma in childhood and building resilience.



2 Timely access to support

“We want to be treated as individuals and really listened to, giving us the time to talk.”

“We would like to know who we can talk to if we have problems, as sometimes we just need an available shoulder to cry on.”

“We would like more peer support available in schools and the community, as young people are more likely to talk to people their own age than adults.”

Highlights of what we have achieved since 2015

Whole school approach to emotional wellbeing

Our Emotionally Friendly Schools programme has been rolled out to 70 schools. This offers whole school awareness training, an action planning meeting and a resource manual. We are currently developing the offer for Early Years and post 16 versions of the programme.

The Little Pot of Health

Healthy Schools Fund allows schools to apply for up to £5,000 to deliver activities which improve health and wellbeing. 11 schools were awarded grants.

The Little Pot of Health Healthy Schools Community Partnership Challenge

This scheme aims to develop partnerships between schools and voluntary and community organisations to improve the health and wellbeing of pupils. Partnerships can bid for up to £15,000 for their project. Six partnership projects were awarded grants.

iThrive

A Greater Manchester iThrive hub will provide access to a training and development programme for staff, a supervision framework, revised care pathways and the roll out of learning from the ACEs study and action learning groups.

The Salford Thrive network

Two Thrive network events took place in 2018, these events are to raise awareness and improve knowledge amongst the children and young people's workforce. Subjects covered included emotional health in schools, LGBTQ+ awareness and the Greater Manchester Crisis Care pathway.

Integrated commissioning arrangements

Our joint work around CAMHS and emotional health and wellbeing is an early focus for pooled budgets and integrated commissioning arrangements. We have established an Integrated Commissioning Lead role which now works across the council and the CCG.

Single point of contact

A CAMHS worker who is located with The Bridge to advise front line workers and professionals in supporting children and signposting the best services.

Our key priorities for 2019/20

1. Early Help implementation plan and rollout city wide.
2. Develop strategies to better support young people not in education, employment or training (NEET) with improved emotional wellbeing.
3. Primary to secondary school transition - establish a set of good practice standards to support pupils, especially vulnerable pupils.



3 Targeted support

“We would like appointments to happen more quickly and at a more suitable time for young people.”

“We need more education on how to spot issues earlier before they get out of hand and be encouraged to be more open about any issues and speak out.”

“We would like access to more and better information in schools and other public places that are young people friendly.”

Highlights of what we have achieved since 2015

Community Eating Disorder Service

Families can be seen at home, at a CAMHS clinic or at Manchester Children's Hospital (when there are concerns about physical health or a psychiatric risk assessment or paediatric assessment is needed). This service consistently exceeds national targets and is highly regarded in Greater Manchester.

All Age Liaison (formerly RAID)

This service is for young people who present in A&E to make sure they get the right help. From May to September 2018, the service supported 75 under 16s, only 26% of these were known to CAMHS.

Integrated Community Response Service

This service supports 13 to 18 year olds who present with episodes of psycho-social distress and risk and need a rapid response to de-escalate their situation. Running in five pilot settings, the interim report in October 2017 showed that 96% of the young people who had been helped had not had a diagnosis and were different from CAMHS young people.

Our key priorities for 2019/20

1. Implementation of Neurodevelopmental Needs Led Pathway in collaboration with Neurodevelopmental Working Group, incorporating work with CAMHS and Community Paediatrics on ADHD and ASD, aligning with GM ADHD standards.
2. Implementation and review of GM Crisis Care Pathway for children and young people.
3. Continue to support the implementation of the Suicide Prevention Strategy.



4 Parental support

We would like better links between our teachers and parents/carers to make sure we have the support we need when we need it most.

We would like parents and carers to be able to have support and training when they need it, helping them to feel more confident in helping us with any issues or problems we may have.

Highlights of what we have achieved since 2015

Parental involvement and support

In the West Locality pilot some work with parents took place to help develop a peer support group. A couple of motivated parents set up their own group. 42nd St worked with them to support them further.

This working group reviewed emotional health and wellbeing support for parents and are now looking to bridge the gap between parents and services. A Parent Peer Support Project Co-ordinator post is being created and there will be a central hub of information for parents.

Our key priorities for 2019/20

1. Consider how we engage and support parents, including dads, as a priority for 2019.
2. Delivery of the parent engagement and support project for parents, incorporating peer support, parent training offer and improved parent advice and support offer from core services.
3. Continued delivery and review of Homestart Salford and Trafford project. Also see perinatal programme deliverables under Ambition 3 above.



5 Transparency and accountability

“We expect organisations to be honest with us and explain clearly what we should expect from each service and if you say you’re going to do something then please do it.”

“We need better information on services for young people on what each organisation does and how they can help us.”

Highlights of what we have achieved since 2015

Emotional health and wellbeing resources

The Emotional Health and Wellbeing Directory has been redesigned to make it easier to find information, with more shortcuts and hyperlinks. It will be updated quarterly.

The Emotional Health and Wellbeing data dashboard was reviewed with representatives from the EHWP Partnership to ensure that the dashboard meets the needs of the Partnership as a business intelligence tool and fully reflects the activity and performance across the city. This is now a robust document for the partnership.

In 2019, our communications plan includes:

- Launch of Emotionally Friendly Schools website.
- Launch of new versions of Emotionally Friendly Schools manuals.
- Marketing activity to promote Emotionally Friendly Schools programme to schools outside of Salford.
- Ongoing, regular communications to schools who have signed up to the Emotionally Friendly Schools programme.

- Review and relaunch of the WUU2 website, working with young people.
- Development of resources for parents to help support their children.
- Implementation of the GM Crisis Care Pathway.
- Continued GP engagement.

Our key priorities for 2019/20

1. Further alignment and Integration of CAMHS commissioning arrangements and contracts.
2. Continued engagement and communications between GPs and the iThrive model.
3. Continuation of the EHWP Partnership as the expert reference group to help shape and deliver the priorities.



6 Giving children and young people a voice

“We want services to really listen and to hear our voice, use our ideas and suggestions to improve the services for all young people.”

“We would like to be able to share our ideas in the way we feel most comfortable, such as meetings, social media, in schools and online.”

Highlights of what we have achieved since 2015

Plays in schools

A performance and workshop called ‘A Spiralling Mind’ has been touring local schools and places of learning. Focusing on self-harm, eating disorders, suicidal feelings and depression. 88% of young people who saw the performance said they now know where to go for help if they need it.

Young Jewish People’s Peer Research

162 young Orthodox Jewish people were involved in a research project and agreed a series of recommendations. These included more education about mental health such as evening classes and workshops in schools, and a centralised database for signposting. These recommendations, amongst others, are now being implemented.

Mentoring support for young people from Orthodox Jewish Community

45 young people have been trained by Gateway Action to provide mentoring support to their peers. Over 100 people have now had support from these mentors since April 2018.

Our key priorities for 2019/20

1. Develop and implement action plan to establish new approach to children and young people engagement; establishing a working group of the EHWP partnership and co-producing and involving CYP.
2. Establish links with GM Voice of Child and engagement work.
3. Continuation of the LGBTQ+ Working Group and involving LGBTQ+ young people in evaluation.

More information

You can download our full CAMHS Transformation Plan at www.partnersinsalford.org/youngemotionalhealth

If you have any questions or would like further information please email ehwb@salford.gov.uk