



Salford Child and Adolescent Mental Health Transformation Plan 2015 – 2020

Updated March 2018

A Summary

Introduction

In December 2015 Salford Clinical Commissioning Group published our CAMHS Transformation Plan outlining our priorities and our overall aim and outcomes for 2020. The plan can be found at <http://www.salfordccg.nhs.uk/camhs>. The plan was refreshed in March 2017. A further update was published in March 2018 and this is a summary of the key points.

What is CAMHS?

CAMHS stands for Child and Adolescent Mental Health Services, which are specialist NHS services. It is a term for all services that work with children and young people with emotional, behavioural or mental health difficulties.

What is the plan?

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.

For this to happen, all services need to work together so that children and young people get the support they need at the right time and in the right place.

The CAMHS Transformation Plan explains how we planned to do this over a five-year period to 2020, by investing in services which focus on community support.

Key achievements since the plan was first published in 2015

We have made significant progress with our plan. Here is a flavour of some of the milestones that have been achieved:-

- Launch of a number of new service pilots, including a community eating disorder service, a CAMHS/Schools pilot, the Integrated Community Response Service and the Single Point of Contact in CAMHS.
 - The Community Eating Disorder Service supports children and young people aged up to 18 and the Integrated Community Response Service provides early assessment for children and young people with high levels of psycho-social distress.
 - The CAMHS / School Link pilot involves 30 schools. All the schools have identified mental health leads that liaise with the full-time CAMHS School Link Post for advice, support, training, referrals and supervision.
 - The Single Point of Contact works across Salford, helping to raise awareness about emotional health and CAMHS provision, and provides advice and consultation on pathways and referrals for professionals, including GPs, school nurses, health visitors, youth workers and social workers.
- Completion of several research studies. These studies looked at emotional health and wellbeing needs within schools, in the LGBTQ population and in the Orthodox Jewish communities. In addition, Salford Council for Voluntary Services carried out a research project on the availability of Voluntary, Community and Social Enterprise support services which highlighted the current provision for children and young people.
- Roll-out of a programme of work with schools, including the accreditation of the Emotionally Friendly Schools (EFS) programme. Over 60 primary and secondary schools are involved in the EFS programme which offers whole school awareness training and action planning and provides a resource manual.
- Commissioned a community arts group to deliver 'A Spiralling Mind' performance workshop which focussed on self-harm, eating disorders, suicidal feelings, body image and depression. The script, workshop and accompanying school lesson plan was developed collaboratively with 42nd Street, a young people's mental health charity. During March 2017, 2,338, year 9 students from all of Salford's secondary schools participated. The project won a national award for best engagement project from the Association of Healthcare and Marketing.
- As part of Salford CCG's Healthy Work Programme, Salford primary schools were invited to bid for small pots of grant funding for projects to be delivered across the academic year 2017/18.
- A School Nursing Service is now part of the integrated 0-19 years service. Health visitors and school nurses play a key role in promoting emotional wellbeing and positive mental health of children, young people and their families. All high schools have a weekly drop in facilitated by a school nurse which ensures assessment of health and wellbeing needs, early identification of risk factors and support for health promotion around issues such as obesity, smoking, drugs, relationship issues and sexual health.
- Launch of the all-age Salford Suicide Prevention Strategy which focusses on awareness raising and co-ordinated preventative work.
- Initiation of a programme of training and workforce development, including the establishment of a Children & Young Peoples' Wellbeing Practitioner role and the introduction of a Salford Emotional Health and Wellbeing training plan.
- Salford has been part of a Greater Manchester work programme which included the development of the Crisis Care pathway, service specification for core CAMHS and the implementation of a GM i-THRIVE training and development hub which will provide access to a training and development programme for staff

- Contributed to the development of the Greater Manchester Children and Young People's Emotional Wellbeing and Mental Health Workforce Strategy 2017-2021.
- Further work has been undertaken by the Council and the CCG to appraise options for integrated commissioning arrangements for children's emotional and mental health services in Salford.
- Focussed on improving the transition from CAMHS to adult mental health services and other services to make it a smoother and more timely process.

Priorities for the next 12 months

Our priorities for the coming year are:

- Emotional Health and Wellbeing (EHWB):
 - Continue the roll-out of the Salford Emotional Health and Wellbeing training programme
 - Support delivery of the Greater Manchester Children and Young People's Emotional Wellbeing and Mental Health Workforce Strategy 2017-2021
 - Continue work with schools to deliver a whole-school approach to emotional health & wellbeing
 - Continue to develop the EHWB webpages and WUU2 website (What are you up to?), linking to My City health and My City Salford
 - Continue to develop the EHWB dashboard to understand progress and need
 - Further develop the role of the EHWB Partnership as the expert reference group to help shape and deliver the priorities.
- Further engage with and implement i-THRIVE, linked to Greater Manchester programme
- Review options for integrated commissioning arrangements and implement the GM CAMHS service specification
- Review and evaluate the Community Eating Disorder Service, the Integrated Community Response Service and the Single Point of Contact pilots
- Establish a second Schools Counselling Approved Provider Register and grants programme to ensure access to counselling for the most vulnerable young people
- Be involved in the implementation and evaluation of the GM Crisis Care pathway
- Develop and implement the Attention Deficit Hyperactivity Disorder (ADHD) & Autism Spectrum Disorder (ASD) pathways to improve the management of ADHD in Salford
- Continue to monitor the implementation of the Suicide Prevention Strategy
- Support development of the Salford peri-natal mental health pathway across Greater Manchester to provide support and treatment to pregnant or post-natal women
- Develop the Salford parental support offer
- Evaluate school plays, the accompanying teaching resources & primary to secondary school transition project
- Continue to involve young people in the evaluation and development of services
- Continue to involve LGBTQIA young people in the working group
- Consider and respond to the recommendations from the peer research and mentoring support within the Orthodox Jewish communities.
- Further work to ensure better transition arrangements between children's and adults' services

- In response to a significant increase in demand for services, leading to an increase in waiting times for Salford CAMHS, we are developing an improvement plan and looking at the possibility of additional capacity.
- A key challenge, both locally and nationally, is the issue of workforce capacity. A workforce development strategy is being pulled together at the Greater Manchester level to respond to this.

While we work on these priorities, we are fully committed to ensuring the continued involvement of young people in the evaluation and development of services.

Work with partners on joint priorities

We are working with the Greater Manchester Health and Social Care Partnership, with Greater Manchester's ten local authorities and with nine clinical commissioning groups to commission and deliver services where populations and needs require a wider implementation than in just one area. Projects we are jointly working on include:

- the implementation of a Greater Manchester Crisis Care Pathway for children and young people that will involve the recruitment of 4 crisis resolution and home intervention teams, additional short stay beds and two safe zone areas to be used as an alternative to hospital admission for children and young people who present in mental health crisis.
- developing a Greater Manchester-focused inpatient mental health offer, ensuring 'Greater Manchester beds for Greater Manchester's young people'.
- the implementation of a Greater Manchester workforce development strategy that will support both the recruitment and retention of the Greater Manchester children and young persons' workforce, and greater flexibility of staff deployment across provider organisations.
- Introducing a mental health support offer for Greater Manchester's education settings that will enhance and extend developments that our CCG has already commissioned or developed in partnership with our local authority and education settings.
- developing recommendations for a more equitable and consistent mental health offer for all of Greater Manchester's Looked after Children population, and for those involved with the Youth Justice System.
- drawing upon our local experiences of effective children and young persons' participation, to support the development of a Greater Manchester Children and Young Persons mental health reference group.
- the development and implementation of an Early Attachment Service that will be a locally delivered component of Greater Manchester's Perinatal and Infant Mental Health Service
- an overarching multi-agency Special Educational Needs and Disability strategy for Salford

What we plan to achieve by 2020

Our ambition is that by the time we complete our CAMHS Transformation Plan in 2020, we will have:

- Improved attendance of young people within schools and improved educational achievements
- Engaged children, young people and families in self-care and services
- Provided effective pathways of support in universal services to reduce escalation
- Improved the confidence of frontline staff to respond and reduce inappropriate referrals
- Reduced waiting times for treatment
- Improved access to services and reduce the number of 'did not attends'
- Reduced the amount of time spent in treatment
- Reduced re-referrals/re-admissions
- Facilitated planned and smooth transitions between services
- Reduced admissions to in-patient beds

The full version of the Salford Child and Adolescent Mental Health Transformation Plan 2015 –2020 can be viewed via www.salfordccg.nhs.uk/camhs