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| TITLE OF REPORT: | Expanding Minds, Improving Lives: an update on the work of the collaborative commissioning of children and young people's mental health services |
| REPORT OF: | Chris Piercy, Executive Director of Nursing, Patient Safety and Quality |

Summary

The purpose of this report is to provide the committee with an update on the work in relation to Children, Adolescent Mental Health Services (CAMHS) across Gateshead and Newcastle.

1. Introduction and background

- 1.1 In January 2015 NHS Newcastle Gateshead Clinical Commissioning Group, Newcastle City Council and Gateshead Council agreed to work together with their communities to plan what needs to happen locally to transform the emotional wellbeing and mental health provision for children and young people and their families across Newcastle and Gateshead.
- 1.2 Nationally, regionally and locally there is a recognition that the emotional wellbeing and mental health needs of children and young people and their families are not being met and this project aims to address this through a fit for purpose local response.
- 1.3 "Expanding Minds, Improving Lives" is a time-limited project which has been established to drive the transformational change in Newcastle and Gateshead. "Expanding Minds, Improving Lives" is led by a Principal Public Health Consultant and benefits from a dedicated Project Manager. A small project team, made up from representatives from each of the three collaborative partners drives the day to day work of the project.
- 1.4 The project's vision is that:
'Our communities are enabled to improve the emotional health and wellbeing of children, young people and families, who will thrive through access to the right support at the right time.'

2. Progress to date

In February 2016 listening events commenced with key stakeholders, children young people and their families. A number of workshops explored experiences of the existing mental health services and discussed how these could be improved, alongside a call for submissions to enable the public and professionals who had not been able to attend the listening workshops to share their views on the exiting provision and how it could be improved. Engagement involved targeted listening with key stakeholder's in particular young people around their experiences with mental services and how and where they would like to access services.

Findings from the listening events have influenced a number of initiatives undertaken by Newcastle Gateshead CCG which have included:

- Commissioned additional counselling services for children and young people
- Commissioned Mental health awareness training for primary and secondary schools
- Commissioned Public Health Gateshead and the Queen Elizabeth hospital to develop and deliver self-harm training for schools
- School assemblies delivered to year 9 students around the role their local GP and primary care can help with emotional mental health wellbeing
- Extended the contract with Young Commissioners
- Developed child health leads in all GP practices

Development of two new service specifications Getting Help and Getting More Help influenced from findings from the listening phase. There was a requirement that the specifications were written in line with National guidance, however the Getting Help and Getting More Help specifications have been heavily adapted to take into account the local needs of our children and young people. Work with providers is underway to fully implement the specifications.

2.1 Young Commissioners

The project commissioned Youth Focus, a voluntary organisation based in Gateshead, to recruit, develop and support a group of young people aged 13 to 19 (or up to 25 if the young person has learning difficulties or disabilities) to become co-commissioners who will help to shape future mental health services for children and young people and their families across Newcastle and Gateshead.

Over the last year a core group of fourteen young people have worked with the project team and the following has been achieved.

- Undertaken training to understand what is meant by commissioning, the legal framework, jargon busting and processes.
- Regular meetings have taken place with key staff from the project team to understand the process being undertaken and to share findings and to allow the young commissioners to discuss and contribute actively to those findings.

- Involvement in “Pledge event” regarding children and young people’s emotional health and wellbeing.
- Active participation in a tendering process for level 2 counselling provision, including the decision making process about which organisations would be awarded the contract.
- Leading work on the design of a future website/ information for services
- Developing some local Key Performance Indicators that will providers will adhere too.
- Planning, organising and leading an event planned for the 22nd of April this year for young people to raise awareness of young people’s mental health and to sign post young people to local services.

The young commissioners are a committed and passionate group of young people who have relished this opportunity to be involved in the redesigning of children and young people’s mental health services and will continue to be involved with the project as it develops.

Work is currently underway to evaluate the counselling provision contracts and will continue to influence the delivery of the new model.

3. The proposed model

- 3.1 We need to provide the right support at the right time in the right place (we added ‘the right place’ as children, young people and families have clearly said that the present clinic environment does not work for them). Access to a variety of types of support and therapy should be easy to access ‘Easy in’ and when appropriate should be easy to leave ‘Easy out’ in a planned and controlled way to prevent relapse (our data highlights some children and young people appearing to be static in their care, in in care for too long). Such provision should be ‘recovery focused’ at all times, positively supporting children and young people to get back to ‘normal’ life and live the best lives that they can and this has been reflected within the newly developed service specifications.

4. Next steps

Over the next few months we will continue on our transformational journey. The following bulleted points indicate the ongoing areas of work required to ensure we meet our ultimate aim to improve the emotional health and wellbeing of children, young people and families, who will thrive through access to the right support at the right time in the right place.

- Full implementation of a new service specifications with providers (to include Looked After Children and Children in Special Circumstances
- Evaluation of both service specifications
- Development of a Children and Young People friendly website
- Variation to contracts to include improved performance and activity data,

- Continued workforce development across children's workforce
- Continued work around transitions
- Continued work with our Young Commissioners
- Continue to work collaboratively with the LD transformation board on a regional and local level. This will also include how it interfaces with SEND reforms

5. Recommendations

The committee is asked to note the content of the report and to provide comments on the information provided.

Agree to receive an update in 6 months in relation to;

- The development of a new Children and Adolescent Mental Health Service across Gateshead

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