

# Better Emotional Health and Well being

## OBJECTIVE:

C2: Improve the emotional health and wellbeing of children and young people

# National Context

- Incidence of mental health
- Future in Mind
- 5 Year Forward view for mental health
- Local transformation plan Open Up Reach Out
- Transforming Care development of Children's Workstream

# Open Up, Reach Out

The transformation plan describes a major change in Thurrock to improve the emotional well being and mental health of children and young people.

We have moved from a traditional tiered service delivered by fragmented, multiple providers to a single integrated service across seven localities.

Over the next five years, we will be promoting a cultural transformation from a traditionally reactive service to one that invests in prevention, early intervention and resilience for children, families and communities.

# Where are we now:

Spa – total number of referrals received

CCG	@30/11/15	@31/3/16	31/5/16	30/6/16	@30/7/16
Thurrock	96	470	159	249	314

Case load data for core EWMHS

CCG	@31/3/16	31/5/16	30/6/16	@30/7/16
Thurrock	552	626	551	550

Case load data for crisis team

CCG	@30/11/15	@31/3/16	31/5/16	30/6/16	@30/7/16
Thurrock	6	12	9	5	3

A & E Crisis activity – total number of crisis undertaken including out of hours – no and % of those presenting assessed with 4 hours of referral.

	Target		Ap 16	May 16	Jun 16	Jul 16
	100%	<4 hours	6	7	9	5

# Increased access.

- **Improving access and equality**
- Establishment of a single point of access for each of the three local authority areas, enhanced by an increased workforce and workforce development
- Enhance crisis services and extend home treatment.
- Extended children's and young people's IAPT, with the aim of achieving 100% coverage by 2018
- A significant investment and development in eating disorder services
- Improvements in support for vulnerable and disadvantaged children and young people
- Medicines management review
- Increased capacity to respond to complex needs (such those of children with learning disabilities and mental health needs) and serious disorders (such as ADHD), supported by a new intake of junior doctors
- Improvements in transitions between services e.g. for long term needs of young people moving into adulthood

# Additionally

- NELFT as part of the service specification have actively sought to engage young people in service design and development going forward, this not only includes reviewing products to improve participation but most notably have ensured their views on service experience are accurately recorded

# Waiting times

**The performance around waiting times as @ end Q1 – June 2016.**

Referral to Assessment (RTA) waiting times – as @ end Q1 June 2016

- 69% CYP receive their assessment within 12 weeks
  - 48% CYP receive their assessment in less than 4 weeks
  - 31% CYP waited over 12 weeks for their assessment
- Referral to Treatment (RTT) waiting times – as @ end Q1 June 2016
- 61% CYP receive their first treatment intervention within 12 weeks
  - 51% CYP receive their first treatment intervention in less than 6 weeks
  - 74% CYP receive their first treatment intervention within 18 weeks

# Suicide and self harm

The project brief ( 16/17) was to

- review the existing guidelines for schools to test their use and effectiveness and establish any further support that is required to enable all partners to prevent suicide and support children and young people at risk
- include recommendations on awareness raising and capacity building.
- Guidance to be distributed to schools March 2017

# The plan for 16/17

- Suicide - revise existing guidance, test with focus groups and re-launch
- Develop new guidance for schools
- Campaign with schools and parents on Mental Health
- Working with colleagues in schools admission guidance to include MH & Schools to cover their 'MH offer' on their websites
- Information Portal for schools with range of information and advice on Emotional wellbeing and mental health
- Request to explore collation of different data requirements – via CCF
- Checking with West Essex CCG what data we get on Tier4 cases
- Incident review Panel to gain learning and insight

# Anti Bullying

- Current policy to be reviewed by July 2017
- Preparation for Anti – Bullying week in October
- Review of Schools policies
- Review of data and learning