

Hambleton, Richmondshire and Whitby CCG, Harrogate and
Rural District CCG, Scarborough and Ryedale CCG

Local Transformation Plan for Children and Young People's
Emotional and Mental Health 2015-2020

ACTION PLAN
OCTOBER 2019 REFRESH*



*Hambleton, Richmondshire and Whitby
Clinical Commissioning Group*



*Harrogate and Rural District
Clinical Commissioning Group*



*Scarborough and Ryedale
Clinical Commissioning Group*



Priority 1: Promoting resilience, prevention and early intervention

What we want to achieve	Outcomes	Update Oct 2019
Look after maternal mental health during and after pregnancy	Ensure timely access to IAPT therapies for mothers with mental illness	<p>An interim health system pathway is in draft with the intention of an integrated pathway to be launched in Q4, 17/18.</p> <p>In addition in 2016 NYCC commissioned a piece of research into the impact of poor maternal mental health in rural areas to inform and improve current practice and future commissioning. The outcomes of the Maternal Mental Health research were shared at a stakeholder workshop in April 2018. The key learning points across commissioning, prevention and treatment were shared with the NYY PNMH Group. Social Support was highlighted and in particular the benefit of peer support gaps will be considered when building the integrated PNMH pathway.</p> <p><u>Perinatal Mental Health Service</u></p> <ul style="list-style-type: none"> ✓ In Q1 18/19 the three North Yorkshire CCGs were successful in securing funding for perinatal mental health as part of a £23 million national scheme announced by NHS England on 8 May (wave 2). This money will enable enhanced specialist community mental health services for new and expectant mums within North Yorkshire. ✓ The bid includes the development of a single service to cover the large & diverse county of North Yorkshire & City of York (NY&Y) an area of over 3000 square miles and 7648 live births in 2016 using a multi-hub model with 4 hubs (Harrogate, York, Northallerton, Scarborough).
	Integrated pathways across agencies including health, Health Visitors and primary care	

	<p>Good awareness of peri-natal mental health</p>	<ul style="list-style-type: none"> ✓ The Service will be delivered by Tees Esk Wear Valley NHS Foundation Trust (TEWV) and funding flows have been agreed. TEWV are currently recruiting into post, and a Consultant Psychiatrist and Service Manager are already in place. ✓ National key performance indicators exist against the national service specification, and the Service will be monitored using an integrated commissioning approach, including a commissioning presence on TEWV's Mobilisation Group ✓ The role of the voluntary sector is key to the development of the service to ensure it builds on the local third sector services and systems already established. <p>Priority for 18/19</p> <ul style="list-style-type: none"> ✓ Embed the Perinatal Mental Health integrated pathway and service ✓ The Contract for the new service has been completed and recruitment to the service has been successful. The service has mobilised effectively and on 8th March the service lead will welcome a NHSE site visit. This is viewed as a positive opportunity to show how the money has been invested and highlight any areas that NHSE may provide support. An STP Service Evaluation process is being rolled out this month and TEWV have developed an excellent evaluation pro-forma which WYH STP are looking at adopting. <p>Q4 18/19 Update</p> <ul style="list-style-type: none"> ✓ The service is now established and in operation. ✓ The NY Perinatal Mental Health group is a partnership which allows connections from across the system to take place. The group has acted as Implementation Group for the specialist PNMH service and received regular updates from the lead Psychiatrist and service manager. ✓ To ensure continuity of service after the wave two finances have come to an end, PNMH has been identified as a funding priority by the North Yorkshire Mental Health and LD Partnership Board. <p>Oct 2019 Update</p> <ul style="list-style-type: none"> ✓ The service is fully operational and embedded ✓ The team is made up of specialist community psychiatric nurses, a consultant psychiatrist a psychologist, an occupational therapist and a specialist nursery nurse as well as a team medical secretary. ✓ Further details can be found on the TEWV website: <p>https://www.tewv.nhs.uk/services/north-yorkshire-and-york-perinatal-mental-health-service/</p>
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Workforce with the right training and support to identify potential difficulties and organise the right support	Early identification and offer of appropriate support	<p>Early identification and the offer of appropriate support</p> <ul style="list-style-type: none"> ✓ The NY Health Visiting Service work with prevention services and midwifery to offer a range of groups for parents with low level depression and confidence. This is part of the universal service offer with the aim of improving confidence and mood and developing social networks and have contact with the HV team where they can discuss mental health issues. ✓ All parents across NY are offered ante-natal sessions (minimum of 3) by Midwifery, Prevention and the Health Visiting service. This is an early opportunity for parents to meet together to develop new networks of support. ✓ Child Health Clinics use a Weigh stay and play model usually offered jointly with Children's Centre staff to encourage the development of support networks. ✓ In Hambleton a postnatal support group offer called 'baby and me' is available jointly delivered by prevention and the HV team. Wider rollout is being considered dependent on resources. ✓ Parents may also be signposted to parenting groups. ✓ Younger parents (under 25), are offered a weekly Children's Centre Group with prevention services and Health Visitor input. This is offered in both the ante-natal and postnatal period. ✓ For those identified at risk or with an identified mental health problem Mums in Mind is offered in Harrogate as a joint approach with input from mental health professionals. <p>Workforce Training:</p> <ul style="list-style-type: none"> ✓ An additional £25,000 has been provided to HDFT (18/19 & 19/20) to train 10 Perinatal and Infant Mental Health (Champions) staff. This training will then cascade the training to Health Visiting staff and Prevention Team staff. ✓ The training will develop key skills in assessment, care and referral for peri-natal mental health concerns with mothers and detection of infant mental health and attachment issues. Refresher training will be provided annually in parallel with the successful breastfeeding training model. ✓ In Q4 18/19 the Perinatal Mental Health Champion IHV took place <p>October 2019 Update</p> <ul style="list-style-type: none"> ✓ Cascade of the Perinatal Mental Health Champion to Health Visitors and Prevention staff across NY. <p>October 2019 Update</p>
	Confident workforce able to use screening tools	
	Support networks for those women with low levels of depression/other mental health problems	

		<p>✓ The Women's Wellness Centre in York has commissioned Changing Lives to deliver a range of services from the new centre. Services are available for any vulnerable females across the county but the centre is based in York.</p>
Enhance parenting programmes	Good quality parenting programmes help strengthen family attachment, and improve behaviour	<p>The North Yorkshire Parenting Strategy 2016-19 aligns with Future in Mind and outlines 'the provision of support for parents who have children with emotional and wellbeing concerns' as a priority. https://www.northyorks.gov.uk/sites/default/files/fileroot/About%20the%20council/Strategies%2C%20plans%20and%20policies/Parenting_strategy.pdf</p> <p>This includes monitoring the number of parents reporting increasing confidence with their parenting skills 6 months after attending courses delivered by the NYCC prevention services. (KPI from North Yorkshire parenting strategy)</p> <p>A key action for the next year is to audit the antenatal parenting programmes to ensure mental health is embedded.</p> <p>Q3 18/19 Update:</p> <p>✓ NYCC plan to embed the local parenting strategy into the Early Help Strategy which will be launch in March 2019. An evaluation of the current parenting strategy is being undertaken to determine the outputs from all programmes and evidence which programme have successfully achieved the desired outcomes. The evaluation report will be presented towards the end of February. The evaluation will include a review of the work which has been recently undertaken to explore and develop a programme focussing on parental relationships and conflict. An a bid has been submitted to DWP troubled families programme to hold a conference for partners in the summer term to raise awareness of the impact of parental relationships and conflict.</p> <p>Q4 18/19 Update</p> <p>✓ The parenting evaluation was completed during Q4 and is currently under consideration and will inform the Early Help Strategy.</p> <p>October 2019 Update</p> <p>✓ The Early Help strategy NY EH Strategy was launched in June 2019, with events to promote the strategy delivered in October 2019. The strategy clearly defines the partnership offer,</p>

		further details can be found NY EH Offer
There will be dedicated mental health teams aligned to all school clusters, a named mental health lead in each school and a named mental health worker for each GP surgery	<p>Staff will be supported through training and advice to recognise and respond to pupils with difficulties (advice/get help)</p> <p>Resilience training and co-ordination of the resilience framework will be delivered</p> <p>Pupils will be supported through interventions either individually or with groups and feel able to cope (advice/get help)</p> <p>Potential referrals to CAMHS or other specialist services will be assessed to reduce unnecessary and premature referrals (get more help)</p> <p>More children and young people are referred to appropriate support for their needs</p>	<p><u>School Mental Health and Wellbeing Project – Compass BUZZ & BUZZ US</u></p> <p>In 2016 Compass BUZZ were awarded the contract to deliver the North Yorkshire School Mental Health and Wellbeing Project. This innovative project works with the whole school workforce and other key partners to increase the skills, confidence and competence of staff dealing with emotional and mental health concerns. The project went live in April 2017 and was launched in schools in September 2017. All schools across North Yorkshire (396) have been offered the following Compass BUZZ training:</p> <ul style="list-style-type: none"> ✓ 'Level 1' Prevention and Promotion ✓ 'Level 2' Early Identification of Need ✓ 'Level 3' Early help & Intervention <p>Key Outcomes of the programme are included below</p> <p>Update Oct 2019:</p> <p>Training</p> <ul style="list-style-type: none"> ✓ 386 schools have received the Compass BUZZ Level 1 training and 10,062 staff had accessed this training. ✓ 307 schools have received the Compass BUZZ Level 2 training and 1,371 staff had been trained. ✓ 276 schools have received the Compass BUZZ Level 3 training and 950 staff had been trained. ✓ All Preventions Teams and Healthy Child Teams across North Yorkshire have been offered Compass BUZZ training and the majority of teams have taken up this offer. <p>Requests for Support</p> <p>Since the launch of the service in Sept 2017 Compass BUZZ received a total of 575 Requests for</p>

Support. The most common reason for a request for support are anxiety, self-esteem and conduct regulation.

Q2 19/20 data illustrates key outcomes achieved:

- ✓ **Increased Wellbeing** - **96%** of young people who attended co-facilitated one-to-one sessions reported increased wellbeing.
- ✓ **Increased Knowledge** - **94%** of young people who attended a co-facilitated one-to-one session reported increased knowledge of how to access support.
- ✓ **Increased Resilience** - **90%** of young people who attended a co-facilitated one-to-one session reported increased resilience.
- ✓ **Satisfaction with the service** - **98%** of young people who attended a co-facilitated one-to-one session reported satisfaction with the service.

In Q2 19/20 Compass BUZZ launched a new consultation process to help schools access advice and support more easily and also to further upskill staff. The new process has been widely published to schools and received positively:



	<p>GPs and surgery staff have direct access to advice regarding individual patients</p>	<p>Emotional Health and Wellbeing Offer Leaflets for GPs and Professionals – in Q1 18/19 the delivery group launched locality leaflets (example embedded below) outlining the EHWP service offer to GPs and other professionals to assist with appropriate referrals. This is in response to feedback from GPs who have said that they feel unclear about the services that are available. The leaflets are reviewed and updated annually (last update Q1 19/20) and shared through a number of forums including delivery at Safeguarding Master classes reaching 60 local managers as well as GP training events. The information has also been shared in CCG GP newsletters and is on CCG and NYCC webpages.</p> <div data-bbox="913 451 981 507" data-label="Image"> </div> <p>72190 HARRIPON District EWB Offer.pdf</p> <p>In addition, Compass BUZZ continue to make annual contact with all GP surgeries in NY to make them aware of the Compass BUZZ programme and a number of GP surgeries have requested that Compass BUZZ deliver an information session at the surgery. This has included Compass BUZZ staff attending GP CPD events as well as a GP and Practice manager attending the training.</p>
	<p>Reduction in numbers of unnecessary or premature referrals to CAMHS</p>	<p>A collaborative approach across key partners is key to ensuring that CAMHS receive appropriate referrals. The Single Point of Access (SPA) provide feedback to referrers and professionals who refer into service to ensure that YP get the appropriate support.</p>
	<p>More children and young people are referred to appropriate support for their needs</p>	<p>Oct 2019 Update Priority 18/19 Improve integrated pathways</p> <ul style="list-style-type: none"> ✓ To improve integrated pathways a workshop was arranged in Q3 18/19 between key stakeholders (CAMHS, Healthy Child Programme, Prevention, Compass and GP, School Headteacher) to discuss the current pathways and identify any areas of strength and areas for development. ✓ The meeting was very positive and there was a commitment to develop Integrated Pathways for Children and Young People's Mental Health Services. The vision is a clear, joined up approach between services; linking services so care pathways are easier to navigate for all children and young people, including those who are most vulnerable, so

		<p>people do not fall between gaps.</p> <ul style="list-style-type: none"> ✓ Key actions were agreed which include a commitment across partners to work towards a 'No Wrong Door' approach with one single web based information centre. The work for this agenda will be done through the Emotional Health and Wellbeing Delivery Group. ✓ Funding was also received in 2019 to develop The Go To, a North Yorkshire signposting website for children and Young People's Mental Health. This is due for launch in Q3 19/20. Further details are included in the digital innovations section.
Single point of access to multi-disciplinary hub (Customer Resolution Centre in North Yorkshire)	<p>CAMHS worker located in Local Authority children's services contact centres to offer advice and contribute to multi-disciplinary assessments:</p> <ul style="list-style-type: none"> • Liaison between children's services and CAMHS • ensure children and young people receive the appropriate support for their needs • fewer referrals into CAMHS fewer unnecessary or premature referrals into CAMHS • vulnerable children (such as looked after children) receive effective and timely support 	<p>North Yorkshire CAMHS have a Single Point of Access (SPoA) which accepts self-referrals from young people and parents as well as referrals from professionals. The SPoA works closely with the NYCC Multi Agency Screening Team (MAST) and this became even more embedded as the SPoA moved from a virtual access point to a hub in Northallerton and a spoke in Scarborough and Harrogate.</p> <ul style="list-style-type: none"> • Referrals are accepted from GPs, health, social care and educational professionals, early intervention and prevention workers, voluntary sector workers, parents and young people (self-referral in line with CYP-IAPT principles). • Referrals can be made via telephone or email with guidance and a referral form available. • Consultation is offered to professionals which supports children and young people getting access to the most appropriate service and support professionals to develop skills and confidence • All referrals receive multi-disciplinary triage and a standard approach to the access to service assessment
Support for Children and	Secondary school age young people are able to access good	<p>BUZZ US Digital Innovation</p> <p>The October 2017 LTP refresh made a commitment to increase the use of digital technology through</p>

<p>young people to access self-help and advice online</p>	<p>quality online advice and support</p>	<p>the launch of Chat Health (a new instant messaging service now named 'BUZZ US').</p> <ul style="list-style-type: none"> ✓ 'BUZZ US' was launched on 25th January 2018. It is a confidential texting service for young people across North Yorkshire ✓ By texting the free service young people (aged 11-18 years) can receive confidential advice, support and signposting from a wellbeing worker within one day via text. The service is open Monday – Thursday 9am-5pm and Friday 9am-4.30pm (excluding Bank Holidays). <p>Oct 2019 Update:</p> <ul style="list-style-type: none"> ✓ The service continues to be exceptionally well used by young people across North Yorkshire, as can be seen by the figures below (update Q2 19/20): <ul style="list-style-type: none"> ○ 11697 messages have been received since the launch of the service in January 2018 ○ 14935 messages have been sent since the launch of the service in January 2018 ✓ Compass BUZZ have also launched a new website which provides support and information for professionals, parents and carers and young people: https://compassbuzz.org/ <p>Oct 2019 Update:</p> <p>The Go To</p> <p><i>For Healthy Minds in North Yorkshire</i></p> <ul style="list-style-type: none"> ✓ In 2018 Hambleton, Richmondshire and Whitby CCG successful in an application to the NHS Estates and Transformation Technology Fund for a North Yorkshire support website for children and Young People's Mental Health. ✓ The Go To, is a North Yorkshire signposting website for children and Young People's Mental Health. ✓ The Go To new website is set to be launched in Q3 19/20, dedicated to helping children and young people find mental health support in North Yorkshire. The website will be a portal or 'single point of information' for the many mental health support services offered by different agencies in the county. It is being developed by NHS Hambleton, Richmondshire and Whitby CCG working in partnership with North Yorkshire County Council and neighbouring CCGs (NHS Airedale, Wharfedale and Craven CCG, NHS Hambleton, Richmondshire and Whitby CCG and NHS Scarborough and Ryedale CCG) and will promote services within the existing North Yorkshire County Council boundary. Young people from
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Building academic resilience – schools will implement The	Children will build skills and resilience Families and carers will feel included and empowered to	<p>Academic Resilience Training</p> <ul style="list-style-type: none"> ✓ The academic resilience approach (cohort 1) was initially piloted in partnership with the Esk Valley TSA and evaluated by the University of York. The evaluation has shown an increase in the resilience levels within the pupils and the case studies from the schools show the positive impact of a whole school approach. The cohort 1 schools are continuing to meet

Academic Resilience Framework as a whole school approach	support their children	and use the academic resilience approach to focus on identified areas of: engaging with parents and families, transition, high aspirations and pupil voice.
	Teaching staff will feel more confident and competent to deal with disruptive and challenging behaviour	<ul style="list-style-type: none"> ✓ Academic resilience approach (cohort 2) - following the success of this project, NYCC were successful in submitting a funding application to the North Yorkshire Coast Opportunity partnership board to widen up the academic resilience project (cohort 2) to schools in the locality and to build on the wider work with partners including Compass BUZZ. Cohort two schools are presently being recruited with approximately 20 schools initially being targeted for a September 2018 start. Cohort 3 and 4 schools have been identified and a project timeframe has been agreed starting from October 2018. The project is overseen by a partnership steering group. ✓ Through the North Yorkshire Coast Opportunity area funding the offer to be part of the academic resilience project has been made to all schools in the coastal area. ✓ 35 schools are involved in the project either as cohort 1, 2 or 3 ✓ Cohort 2 and 3 schools have received three CPD days to support them implement the resilience approach within their schools and they have developed their school specific resilience action plan based on the results from the baseline assessment tools. ✓ A dissemination event for all schools part of the project took place in June 2019 <p>October 2019 Update</p> <ul style="list-style-type: none"> ✓ The project steering group have agreed the academic resilience plan to continue the project throughout the academic year 2019 / 20 based on the identified needs of the schools through their action plans: pupil voice elements to enable pupils to become resilience / wellbeing champions, staff wellbeing linking with the public health workplace wellbeing award, a secondary school specific project group and a further three CPD events for schools participating in the project to enable them to share good practice and to support them to continue embedding the resilience approach. ✓ The resilience project has held its first CPD day for this academic year in September, a pupil voice 'wellbeing champions' training is running in November for primary school pupils and a session is running in October to support schools review how they can support parents in relation to resilience and emotional wellbeing. Following an input at the Coast Opportunity Area Partnership board there will be support to work with secondary schools in the area on resilience. <p>https://northyorkshirecoastoa.co.uk/academic-resilience/</p>

		<p>Statutory Relationships and Sex Education and Health Education for all schools in September 2020</p> <ul style="list-style-type: none"> ✓ The government released an updated draft guidance in February 2019 which still contains mental health learning outcomes for all schools in relation to mental health ✓ Schools have been informed of the statutory guidance and all NYCC PSHE guidance documents have been updated to include the proposed statutory learning outcomes. All schools can access these documents at http://cyps.northyorks.gov.uk/health-wellbeing-pshe ✓ All health and wellbeing training and network meetings planned for the remainder of this academic year and next academic year are using this guidance and aim to support schools to implement the requirements. This will include specific training on effective deliver of mental health within a taught, planned PSHE curriculum <p>October 2019 Update:</p> <ul style="list-style-type: none"> ✓ In Q4 a Public Health business case was agreed to launch a universal Healthy Schools Award during Summer Term 2019 – Emotional Health and Wellbeing will be a core element of the award. ✓ Since the launch of the Healthy Schools Award, 143 schools have signed up to attend the healthy schools award training during the autumn term 2019. <p>Back on Track</p> <p>The North Yorkshire Back on Track project provides therapeutic support for 53 children identified as having SEMH needs but no mental health disorder. The project is aimed at building the capacity of mainstream schools to meet the SEMH needs of children, reduce exclusions and increase attendance through integrated multi-disciplinary support.</p> <ul style="list-style-type: none"> ✓ Early data from NYCC on this cohort indicates a clear downward trend in the proportion of young people excluded each term. This is likely to be indicative that the project is having an impact. ✓ It is worth noting that there are 6 pupils who had multiple exclusion during the spring and summer term who have not received a Fixed Term Exclusion so far this year. This includes 3 pupils who had received more than 5 fixed term exclusions in the 2 terms before (summer & Spring) and would likely have been on the course for permanent exclusions – neither have been permanently excluded. ✓ The termly exclusions and excluded pupil figures indicate over the past 3 terms (excluding
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		<p>autumn 2017/18 as an outlier) indicate that a smaller number of our cohort are being excluded, but are more likely to receive multiple exclusions. This could be implicit that progress has been made with a number of children who are slightly less complex, but there is still progress to make with a more complex cohort.</p> <p>October 2019 Update:</p> <ul style="list-style-type: none"> ✓ The learning from this project is now being used to inform the development of SEND locality Hubs as part of the SEND strategic plan. The learning will be embedded into local services to ensure sustainability of the positive outcomes achieved. ✓ The Back on Track project ceased in July 19, the learning from the project is being implemented into locality hubs that are being developed to support children and young people with SEND. The project had a positive impact on the SEMH of pupils as evidenced by a reduction in SDQ scores and a statistically significant reduction in exclusions for the cohort. <p>Youth Mental Health First Aid (YMHFA)</p> <p>YMHFA training has been delivered to staff within mainstream secondary schools across North Yorkshire and two courses per academic year are being offered by the NYCC Inclusion Service to up skill school staff.</p> <p>Emotional First Aid training for primary schools is an accredited two day training course affiliated by Solent NHS. It is open to all primary schools through the Education and Skills traded offer.</p> <ul style="list-style-type: none"> ✓ The Emotional First Aid Training (EFA) course for primary schools ran in March 2019 with 100% positive feedback <p>October 2019 Update:</p> <ul style="list-style-type: none"> ✓ A further two EFA courses are being planned for the next academic year in the autumn 2019 and spring term 2020. ✓ A total of 74 school based staff have now been trained to be Youth Mental health champions. Feedback indicates that 89% of those attending the course found the training very useful, and 100% of respondents found the instructors to be good or very good.
Schools will adopt evidence based	Families and carers will feel included and empowered to support their children	<p>Thrive</p> <ul style="list-style-type: none"> ✓ The Thrive Network is now established and has been embedded within 24 schools across North Yorkshire to support early identification of SEMH needs and provide early

frameworks to support children and young people with SEMH		intervention within school. A survey was sent out to all participating schools for information which is in the process of being collated and developed into an evaluation. The evaluation report for this project is still in development. In addition, SEMH intervention guidance for schools has been developed. #
	Teaching staff will feel more confident and competent to deal with SEMH	<p>October 2019 Update:</p> <ul style="list-style-type: none"> ✓ The Thrive pilot has now ended. A full evaluation has demonstrated positive impact in respect of exclusion, requests for statutory assessment and improved wellbeing and resilience in some of the schools implementing the approach. There is also some evidence of improved academic outcomes. <p>October 2019 Update: Ladder of Intervention</p> <ul style="list-style-type: none"> ✓ The Ladder of Intervention and SEMH Intervention guidance has been published – this provides a framework for schools to identify SEMH needs early and provide appropriate support through a graduated response. https://cyps.northyorks.gov.uk/sites/default/files/SEND/Social,%20Emotional%20and%20Mental%20Health/75036%20Ladder%20of%20Intervention%20final.pdf <p>October 2019 Update: School based projects to support SEMH</p> <ul style="list-style-type: none"> ✓ PIVOTAL training is being offered to schools with high rates of exclusion to support them in developing positive and relational behaviour approaches that support good emotional wellbeing. ✓ The Opportunities area have funded a project to support schools in developing relational approaches to behaviour, provided additional transitional support for pupils with SEMH and developed an alternative provision pathway for children at risk of exclusion to support educational engagement for pupils with SEMH. ✓ The Education Psychology service is working with 5 mainstream secondary schools to improve their support for pupils with SEMH in a fixed term project. <p>Compass BUZZ The Compass BUZZ school project works with the whole school workforce and other key partners to increase the skills, confidence and competence of staff dealing with emotional and mental health</p>

		concerns. October 2019 Update: To date over 12,000 staff across NY had been trained in total.
The Life Coach model will be extended to vulnerable groups not ready to engage	<p>Increased access for children and staff to a mental health resource</p> <p>Reduced the stigma associated with accessing mental health support</p>	<p>The No Wrong Door (NWD) approach has embedded the Life Coach roles in the NWD hubs. This leads to increased engagement between young people and health professionals – leading to a greater identification of mental health and well-being needs.</p> <p>An independent evaluation of the programme was produced by the Department of Health (July 2017) and some of the key impacts are included below:</p> <ul style="list-style-type: none"> ✓ There is emerging evidence to suggest that NWD is contributing to young people remaining out of the care system. ✓ Interview data showed that the majority of NWD young people were either in Employment, Education or Training, or working towards it through applying to college courses or searching for employment. ✓ There is evidence of a reduction in criminal activity for young people that were supported by the NWD innovation, demonstrating the positive influence of the police liaison role. ✓ There has been both cessation and reduction in substance use for some of the NWD cohort. ✓ Incidents of NWD young people going missing have halved (from 503 incidents to 253) since the year prior to NWD commencing. ✓ There was evidence to suggest positive relationships between NWD young people and their main NWD hub worker. Young ✓ There was also evidence to suggest that there had been improvements in mental wellbeing for some of the interview sample and an improvement on SDQ scores. ✓ There is emerging evidence to suggest that NWD is successfully providing many young people with an access point for support. <p>October 2019 Update: No Wrong Door Practice is now fully embedded in services.</p> <p>Anti-Stigma</p> <ul style="list-style-type: none"> ✓ Delivering the anti-stigma campaign continues to be a key priority of the emotional Health and wellbeing delivery group. <p>October 2019 Update:</p> <ul style="list-style-type: none"> ✓ Public Health at NYCC are looking to launch an anti-stigma campaign in October 2019. This will include an anti-stigma statement for the children's workforce to sign up to.

		<ul style="list-style-type: none"> ✓ Work will align with the Public Health England Strategic Framework scheduled for launch in 2020. ✓ A key element of the Compass BUZZ training is based around reducing stigma associated with accessing mental health support. ✓ An anti-stigma statement is in development for the children's workforce to sign up to and will be tested at a YP Mental Health Summit in July being held and ran by young people and will be formally launched at a NY Public Mental Health event in October.
Strong inter-agency pathways to hold children and young people	Clear care and referral pathways across all agencies	<p>NYCC have a Multi-Agency Screening Team which has a common referral across the Healthy Child Programme, Prevention services and Children's services. The NY TEWV CAMHS team has a regular dial in session to the team to support multi-agency decision making in relation to appropriate service support to families</p> <p>The SEMH Cross Service Implementation plan includes the review of integrated care pathways for vulnerable CYP – Youth Justice, attachment, challenging behaviour & transition (21). This will take place in 18/19.</p> <p>Self-Harm Pathway</p> <p>The Emotional Health and Wellbeing Delivery Group have worked in partnership with the NYCC suicide prevention group to refresh the self-harm pathway. The pathway was developed in collaboration with partners and key stakeholders through a number of engagement events across NY, this included co-production with a parent group. The engagement events were extremely well attended by schools, health professionals and parents and carers.</p> <p>October 2019 Update:</p> <p>The self-harm pathway launched in Sept 2019 and is published on NYCC and partner websites: https://www.northyorks.gov.uk/news/article/increased-support-children-and-young-people-risk-self-harm</p>
Leadership in Crisis Care work	Children and young people in crisis will receive high quality care and support: <ul style="list-style-type: none"> • response from qualified 	<p><u>New Models of Care/T4 Pilot - Crisis Support and Intensive Home Treatment</u></p> <p>In 2016 TEWV were appointed by NHSE to be a New Models of Care Pilot scheme which enables secondary mental health providers to take responsibility for tertiary commissioning budgets. As part of the pilot scheme TEWV committed funding to establish a Crisis and Intensive Home</p>

	<p>professionals</p> <ul style="list-style-type: none"> • access to safe and supported crisis accommodation (whether at home, in hospital or S136) • high quality step down support from T4 	<p>Treatment Service for North Yorkshire and York. The aim of this service is to reduce wherever possible the dependence on Tier 4 beds by delivering more in the community and closer to home.</p> <p>The service is in operation across the region and an update on each locality is detailed below:</p> <ul style="list-style-type: none"> - Scarborough & Whitby – a 10am- 10pm service is in operation 7 days a week. - Hambleton and Richmondshire – A 24/7 service is in operation, provided from the Tees base - Harrogate and Rural District –a 10am-10pm service is in operation 7 days a week. - York – a 10am-10pm service is in operation 7 days a week. - TEWV are working towards a 24/7 service across all localities. - An example leaflet is embedded below: <div data-bbox="913 598 981 662" data-label="Image"> </div> <p>Harrogate Crisis leaflet.doc</p> <p>Priority 18/19</p> <p>Work towards a 24/7 Crisis service across all of NY</p> <p>October 2019 Update:</p> <ul style="list-style-type: none"> ✓ TEWV are working towards a 24/7 service across all localities and New Models of Care has agreed initial funding for North Yorkshire and York and Selby. ✓ The two locality service areas have joined in line with the wider Trust vision to form a North Yorkshire and York service under one management, leadership and funding structure. ✓ Management of the funding and delivery of this service will transfer from Tees to the North Yorkshire and York directorate and Hambleton and Richmondshire will no longer have their dedicated service delivered from Teesside .
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Priority 2: Improving Access to effective support – a system without tiers

What we want to	Outcomes	Update Oct 2018
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achieve		
The locality continues to be part of and benefit from the IAPT collaborative	IAPT principles and activity will inform treatment of children and young people and transform service provision	<p>IAPT principles and practice are embedded in all specialised services for children and young people across NY. TEWV staff in localities have received the following training:</p> <p><u>Scarborough</u> - 1 Incredible Years, 2 EEBP, 1 Supervisor</p> <p><u>Harrogate</u> - 1 Incredible Years, 2 CBT, 1 Systemic Practice, 1 Supervisor, 1 Supervisor (completing training), 3 Leadership (2 in service wide posts)</p> <p><u>Northallerton</u> - 1 Incredible Years, 2 Leadership (1 completing training), 1 Systemic Practice, 2 CBT</p> <p><u>York and Selby</u> - 2 systemic trained staff – 1 trained whilst in our service and 1 trained in their previous job, 1 CBT, 5 Transformational Leaders, 3 clinical supervisor training courses attended, 2 CBT trainees due to finish in November, 1 EEBP trainee, 2 clinical supervisor training courses</p> <p>TEWV have also commenced the CWP programme this year and currently have 5 (was 6 but one trainee withdrew)-practitioners in the service. TEWV are keen to look at the wider services joining with CYPS IAPT.</p> <ul style="list-style-type: none"> ✓ TEWV continue to be involved in the CYP IAPT training programme with staff released to be involved in wave 8 along with recruitment to CWP for September 2019. <p>October 2019 Update:</p> <ul style="list-style-type: none"> ✓ TEWV are preparing for recruitment to posts in September/October 2019. <p>In Oct 2018 an IAPT Support and Challenge Meeting (NY & Y) was held. It was agreed at this group that a North Yorkshire and York Children's and Young People Emotional Mental Health (NYY CYP EMH) Workforce Development Group would be established where the group could implement the 5 key principles (participation, accountability, accessibility, evidence based practice and awareness). More details of this group are outlined in the Workforce section of this action plan.</p>
Support for backfill and equipment funding to release staff	<p>Service provision continues whilst staff are released for study</p> <p>Staff are able to study effectively</p>	<p>In 18/19 TEWV has applications for 2 CBT anxiety and depression therapist, 1 systemic family practice for eating disorder therapist, 2 transformational leaders and a CBT Supervisor training place. Attendance will be dependent on backfill support. It is also hoped that TEWV will be successful with its application to participate in CYP Well Being Practitioner Wave 2 cohort .</p>

Set up a monitoring and supervisory group for IAPT, comprising Commissioners from the partner organisations and providers	IAPT is effectively monitored and is able to demonstrate improvements in care for children and young people	This will be incorporated into regular monthly commissioning/provider meetings. In addition in Oct 2018 an IAPT Support and Challenge Meeting (NY &Y) was held. It was agreed at this group that a North Yorkshire and York Children's and Young People Emotional Mental Health (NYY CYP EMH) Workforce Development Group would be established where the group could implement the 5 key principles (participation, accountability, accessibility, evidence based practice and awareness). More details of this group are outlined in the Workforce section of this action plan.
Collaborative working with Local authorities on directory of services	Children and young people and their families will have high quality and up to date signposting to services and support across statutory agencies ad voluntary sector	<p>October 2019 Update: Work has taken place by NYCC to develop North Yorkshire Connect. North Yorkshire Connect is a free community directory for North Yorkshire, providing information about the diverse range of community groups and services in the area. The directory includes non-profit community service groups, government agencies, clubs and organisations. https://northyorkshireconnect.org.uk/</p> <p>In addition NYCC host a webpage called CYPs info, which holds information for early years, schools and children's services professionals in North Yorkshire. This site is written and managed by the Children and Young People's Service within North Yorkshire County Council. This includes a section on SEMH.</p> <p>CCG webpages also hold information on children and young people's services commissioned across NY. https://www.hambletonrichmondshireandwhitbyccg.nhs.uk/children-and-young-people http://www.scarboroughryedaleccg.nhs.uk/your-health/children-and-young-people/ http://www.harrogateandruraldistrictccg.nhs.uk/reports-and-publications/transformation-plan-for-children-and-young-peoples-emotional-and-mental-health-2015-2020/</p>
CAMHS waiting Lists <i>Priority added oct</i>	Reduced CAMHS waiting lists so that children and young people access services in a more timely	In 2016 CAMHS services received some one off additional funding from NHSE to reduce waiting lists. This money was used to provide group support to Children and young people who are waiting for a CAMHS assessment as well as group training for children and young people with low end depression

17	way.	<p>and anxiety to help reduce waiting times for treatment and release clinician times for more complex cases.</p> <p>Since this original investment, the total number of patients waiting for their first and second appointments has improved.</p> <p>A number of other actions have been taken to address waiting times.</p> <ul style="list-style-type: none"> - There has been a review of the Single Point of Access approach and CAMHS moved towards a dedicated cell with a hub and spoke approach in all Localities. This will support further engagement with the Multi-Agency Screening Team (MAST) in North Yorkshire County Council. - TEWV offers self-referrals and all referrals are offered a telephone assessment within 24 hours on receipt of referral. The Service is now promoting electronic referrals which also include sign posting information. - The Service held an RPIW which looked at a range of group programmes across the Locality; this now supports quicker access to those groups where appropriate.
Equality and equity are embedded in all specifications and commissioning activity	<p>All children and young people have equity of access to high quality support and care</p> <p>Protected groups receive the support and care they need</p>	This is embedded in all CCG service specifications.
Collaborative commissioning <i>Priority added Oct 2017</i>	Include joint place based plans (between CCGs and specialised commissioning)	<p>CCG and NHSE have collaborative commissioning plan in place to support seamless services for children and young people. The plan outlines actions and interventions that support the development of a local integrated pathway for CYP requiring beds that include plans to support, admission prevention and support appropriate and safe discharge.</p> <p>West Yorkshire STP is a Wave 2 New Care Model (NCM) site for CAMHS T4 and as such we have a shared system ambition and plan for the region with regard to crisis and intensive home treatment services. The aim of the West Yorkshire NCM is to develop streamlined pathways across the region for community intensive services both to reduce the need for, and the length of, an inpatient stay, and/or as an alternative, ensuring CYP are cared for in WY and do not need to travel out of area unnecessarily.</p>

		<p><u>Development of Integrated Pathways– Children and Young People’s Services</u></p> <p>In 2018, discussions continued between North Yorkshire County Council (NYCC) and CCGs to develop a shared ambition for joint commissioning of children and young people services across North Yorkshire. Regular Systems Leaders Meetings continue to take place to help move this work forward.</p> <p>The Children and Young People’s commissioning team have worked closely with NYCC to carry out a review of autism services in North Yorkshire through stakeholder workshops and customer journey mapping exercises in 2018. Stakeholder Autism workshops have been held to discuss referrals and services for autism and to start discussions on the development of a integrated pathways between CCGs and NYCC.</p> <p>Updates are outlined below:</p> <ul style="list-style-type: none"> ✓ Waiting times for autism assessments continue to be closely monitored and we are working closely with providers and partners to ensure children’s needs are met whilst waiting for an autism assessment. ✓ One of the key finding which came out of the workshops was the need to have a clearer understanding across health, education and social services about which services are available for CYP with autism and how these are accessed. A flyer has been developed which will assist primary care in signposting CYP & their families to the right service and outlining the service offer. ✓ A Customer Journey project took place in May 2018 and the feedback influenced the next steps. Key messages from the Customer Journey feedback are outlined below: ✓ Improving the information offer to families who are beginning to feel that their child might be ‘different’, or who feel they need help with some aspect of their child’s life. ✓ Improving the information offer at the post-diagnosis stage. ✓ Understanding why there is a delay in accessing various services, for instance diagnosis. Our customer journey work has shown that once someone gets a service they are happy with it, but getting the service is painful and there is a lot of delay. ✓ Considering differences in geographic responsibility – the initial pathway mapping took place in the east of the county. The offers might be different in other parts of North Yorkshire, so a decision is needed on where to focus effort.
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		<ul style="list-style-type: none"> ✓ A need to reconsider how schools might be better prepared and supported to respond positively to families whose children display autistic traits. ✓ An ambition to have services set up for need, not for autism diagnosis. ✓ A need to ensure we are meeting the needs of the Autism Act and to understand where it touches children's services, and what the implications are. ✓ The adult diagnostic contract is going out to procurement – is there an opportunity to influence what is required of the provider in the new contract? ✓ What are the training needs in our workforce, both those who provide medical or social care support to people who have autism, and those who work in frontline roles who will come into contact with them? ✓ How might services manage the increasing demand on them for support for autism? ✓ Clarifying what support and information might be relevant for families where there is no diagnosis. <p>This is an ongoing piece of work and is fed into the All Age Autism Strategy Steering Group across North Yorkshire. NYCC are refreshing their All Age Autism Strategy in 2019.</p> <p>Update October 2019: Autism waiting times remain under close monitoring by the CCGs and recent activity has brought around a number of changes to the services. Locality updates are as follows:</p> <p><u>SR CCG</u></p> <ul style="list-style-type: none"> ✓ The SR autism assessment service was previously been provided by York Teaching Hospital NHS Foundation Trust (YTHFT). ✓ YTHFT gave notice to Scarborough & Ryedale CCG that they will <u>not</u> be providing the Children's Autism/ADHD service at Scarborough Hospital from May 6 2019. ✓ Agreement reached with The Retreat to provide autism assessments within the SRCCG locality. This new provider and pathway also includes online assessments provided by Helios. ✓ The new contract is being monitored closely by the CCG, although it is too soon to understand the impact on the waiting list. ✓ The NY CCGs are also considering a long term solution will look at a North Yorkshire wide solution, considering a number of sustainable options. A Task and Finish Group will be established to consider all available options and timescales will be provided when available.
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		<p><u>HaRD CCG & HRW CCG</u></p> <ul style="list-style-type: none"> ✓ The HaRD and HRW CCG service continues to be provided by Harrogate District NHS Foundation Trust (HDFT). ✓ The waiting list for these services grew steadily over 2018/19 ✓ As a consequence HDFT undertook a Rapid Process Improvement Workshop and developed a new more streamlined pathway. This was launched in Q2 19/20 ✓ The new contract is being monitored closely by the CCG, although it is too soon to understand the impact on the waiting list <p><u>Behaviour Pathway</u></p> <p>Work is underway between CCGS, NYCC, TEWV and other key stakeholders to develop a behaviour pathway. This work will be moved forward in 20/21, initially holding a workshop with key stakeholders to map the current behaviour pathways across multi-agencies and identify any areas of strength and areas for development.</p> <p><u>Information Leaflet</u></p> <ul style="list-style-type: none"> ✓ Following the engagement workshops a leaflet was developed to assist primary care in signposting CYP & their families to the right service and outlining the service offer. ✓ The latest version is embedded below. <div data-bbox="1010 1019 1072 1086" data-label="Image"> </div> <p>Children_Services_v 11.pdf</p> <p>Priority 18/19</p> <ul style="list-style-type: none"> ✓ Establish closer working relationships with Sustainability and Transformation Plans (STP) and the newly established North Yorkshire Mental Health and Learning Disability Partnership Board
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		<p>In Q3 the NY Children's Commissioner attended the Humber Coast and Vale STP Children & Young People Scoping and Network Event and will be involved in the ongoing work that falls out of the group. The Head of NY Children and Young People's Commissioning is also linked into discussions around the Whole Pathway CYP MH Pilot.</p> <p>Oct 2019 Update <u>Whole Pathway Commissioning</u></p> <p>In June 2019, Tees, Esk and Wear Valleys were successful in a proposal to undertake a whole pathway commissioning approach to Children and Young people's mental health services across its geographic footprint. The Whole Pathway Commissioning 'pilot' provides the opportunity to take the current arrangements another step forward and to bring together the specialised and non-specialised commissioning and provision of CYP Mental Health Services. This will help ensure that priorities are identified across the whole pathway in an integrated way and have a real joint understanding of the impacts of service development/decommissioning on the whole pathway.</p> <p>This model is also being progressed across the whole Yorkshire and Humber region with different CAMHS providers. This work is a shift away from providers competing against each other, and instead collaborating to create a way of commissioning services that are integrated with community services. Provider collaboratives will receive delegated responsibility for commissioning services in these mental health areas and the budget. They will work collectively with STPs and ICSs to plan and commission services across the region, engaging with service-users and stakeholders to plan increasingly tailored services for populations, making efficient use of funding. It is expected that each provider collaborative to go live between April 2020 and April 2021, where NHSE Specialised Commissioning will work with the Lead Provider to enable this transition.</p> <p>Parallel to enabling Provider Collaboratives the CAMHS bed reconfiguration continues across Yorkshire and Humber region with the opening of the Hull CAMHS inpatient service by the end of 2019. Plans have been submitted for the West Yorkshire development and this work continues to bring 22 beds to this area, based at the St Mary's site in Leeds. Finally, we have seen this year the opening of a CAMHS low secure service, for which has not been provided previously in the Yorkshire and Humber region, this is providing more accessible care and treatment for young people requiring a low secure environment.</p>
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		<p>Oct 2019</p> <p>North Yorkshire Mental Health and Learning Disability Partnership Board</p> <p>The NY CCGs have establish a formal partnership approach to the strategic planning and delivery of mental health and learning disabilities services currently funded by the three CCGs across North Yorkshire. It is anticipated that the Strategic Partnership will deliver a more coordinated approach to commissioning across the North Yorkshire locality, whilst acknowledging that it is essential that this continues to be needs lead and reflect the priorities in the local areas. It is proposed that a Commissioning Group will replace the current Contract Management Board.</p> <p>The NY Children's Commissioner attends the monthly MH and LD Commissioning Group and also monthly MH meetings with the MH and LD Contracts Manager and Commissioning team to ensure the CCG are up to date with the work being undertaken by the NY MH and LD Partnership Board,</p>
Priority added Oct 2018	Work towards the national access and waiting times for eating disorders services.	<p>Priority 18/19</p> <p>✓ Continue to work towards achieving the national access and waiting times for the enhanced eating disorder service</p> <p>Oct 2019 Update:</p> <p>Eating Disorders</p> <p>In 2018 a Task and Finish group was established across NY and York to continue to improve the outcomes of the service. Key outcomes of this group are outlined below:</p> <ol style="list-style-type: none"> 1. TEWV have established a committee to ensure the accuracy of CEDS data. 2. An agreement has been made between TEWV, GP leads and Commissioners on the processes for monitoring & management of physical/medical functioning of CYP in the CED service. 3. CEDs Focus Groups have taken place in August 2018 with children, young people and parents/carers 4. A Parents Programme has been developed in York and it is hoped this will be rolled across NY in the future. 5. Breach reports are now produced by TEWV when they do not achieve the waiting standards. These help give a more detailed picture of the service and are analysed closely by commissioners. See latest data below in the tables below.

		<table><tr><td colspan="3">TABLE 1 August 19/20</td></tr><tr><td>CCG</td><td>CYPED.01 Percentage of CYP with ED (routine cases) seen within 4 weeks of referral for NICE approved treatment. <i>Target is 95% by 2020</i></td><td>CYPED.02 Percentage of CYP with ED (urgent cases) seen within 1 week of referral for NICE approved treatment. <i>Target is 95% by 2020</i></td></tr><tr><td>HRW CCG Aug 19/20</td><td>50%</td><td>33.3%</td></tr><tr><td>HaRD CCG Aug 19/20</td><td>60%</td><td>60%</td></tr><tr><td>SR CCG Aug 19/20</td><td>50%</td><td>No referrals</td></tr></table> <table><tr><td colspan="2">TABLE 2 August 19/20</td></tr><tr><td>Reason For ED Access and Waiting Times Breach NY CCGs August 2019</td><td>Number of breaches</td></tr><tr><td>Prioritise physical health</td><td>0</td></tr><tr><td>Coding Error (e.g. coded as urgent when should have been routine)</td><td>2</td></tr><tr><td>Capacity of the ED team</td><td>5</td></tr><tr><td>Patient choice</td><td>1</td></tr><tr><td>Patient transferring from another hospital</td><td>0</td></tr><tr><td>Patient rescheduled appointment</td><td>1</td></tr><tr><td>Not clinically appropriate</td><td>0</td></tr><tr><td>Other</td><td>1</td></tr><tr><td>TOTAL Breaches</td><td>10</td></tr></table>	TABLE 1 August 19/20			CCG	CYPED.01 Percentage of CYP with ED (routine cases) seen within 4 weeks of referral for NICE approved treatment. <i>Target is 95% by 2020</i>	CYPED.02 Percentage of CYP with ED (urgent cases) seen within 1 week of referral for NICE approved treatment. <i>Target is 95% by 2020</i>	HRW CCG Aug 19/20	50%	33.3%	HaRD CCG Aug 19/20	60%	60%	SR CCG Aug 19/20	50%	No referrals	TABLE 2 August 19/20		Reason For ED Access and Waiting Times Breach NY CCGs August 2019	Number of breaches	Prioritise physical health	0	Coding Error (e.g. coded as urgent when should have been routine)	2	Capacity of the ED team	5	Patient choice	1	Patient transferring from another hospital	0	Patient rescheduled appointment	1	Not clinically appropriate	0	Other	1	TOTAL Breaches	10
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	Implement national standards for early intervention into	<u>Early Intervention Psychosis (EIP)</u>																																					

	psychosis (EIP)	<p>Priority 18/19</p> <p>✓ Continue to implement national standards for early intervention into psychosis (EIP)</p> <p>The national standards for early intervention into psychosis were implemented in April 2016. The *standard is monitored monthly against a 50% target. Latest data from TEWV (Aug 2019) illustrates that Hambleton, Richmondshire and Whitby and Harrogate and Rural District CCG are meeting the 50% target.</p> <p>Oct 2019 Update:</p> <p>Scarborough and Ryedale CCG are not achieving the target and the providers are taking have taken action to address this.TEWV held a trust wide event to look at the EIP pathway, including a focus on the implementation of standards of care in EIP pathway for 14-18 year olds. Following the Trust EIP event, the service identified a need for training into the Adult MH service on providing effective support to young people on the EIP pathway. Whilst this training is being organised, staff from the CAMHS service are providing support where required to the adult service with EIP assessments for young people. In the long term TEWV are developing a_recovery action plan with targeted support to areas of most need. Different models are being explored with the resource available but level of investment needed.</p> <p>*Standard requires that any person aged 14 and over experiencing their first episode of psychosis to commence treatment within two weeks of referral.</p>														
	Continue to increase access to high quality evidence based mental health care – by April 2019 at least 32% of children with a diagnosable condition will be able to access evidence-based services (national standard)	<p>Priority for 18/19</p> <p>✓ Continue to increase access to high quality evidence based mental health care – by April 2019 at least 32% of children with a diagnosable condition will be able to access evidence-based services (national standard)</p> <p>In 17/18 all 3 NY CCGs exceeded the national target of increasing access to high quality evidence based mental health care by 30%.</p> <p>Oct 2019 Update:</p> <p>In 18/19 CCGs also met the target of 32%. See data below:</p> <p>Improve Access Rates to CYPMH (EH9)</p> <table><tr><th>CCG</th><th>Trajectory 17/18</th><th>Actual 17/18</th><th>Trajectory 18/19</th><th>Actual 18/19</th><th>Trajectory 19/20</th><th>Actual 19/20</th></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>	CCG	Trajectory 17/18	Actual 17/18	Trajectory 18/19	Actual 18/19	Trajectory 19/20	Actual 19/20							
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		HRW	30%	35.7%	32.6%	32.6%	34%	Await yr end
		HaRD	30%	30.4%	32%	31.9%	34%	Await yr end
		SR	30%	37.3%	32.1%	39.4%	24%	Await yr end
Source: NHSE								

Priority 3: Care for the most Vulnerable

What we want to achieve	Outcomes	Update Oct 19
Priority added Oct 2017 Identify and prioritise vulnerable groups	Children and young people recognised as vulnerable, will be identified and prioritised.	<p>Oct 2019 Update</p> <p><u>Young People on the Edge of Care and SEMH</u></p> <p>NYCC has invested in and expanded the No Wrong Door approach to supporting vulnerable young people who are within or on the edge of the care system. This has been extended to children and young people with SEMH needs, offering therapeutic support to help access education. In North Yorkshire there are two hubs: one in Scarborough to serve the east of the county, whilst one in Harrogate serves the west. Each hub has a dedicated team which includes:</p> <ul style="list-style-type: none"> ✓ A life coach who is a clinical psychologist; ✓ A speech therapist; ✓ Two community foster families who work out of the hub and are part of the professional team; and ✓ Community supported lodging places for 16 and 17-year-olds, again staffed by people who are specially trained and are part of the professional team. <p>http://www.northyorks.gov.uk/article/33274/About-No-Wrong-Door</p> <p><u>LGBTQ+ Support</u></p> <p>The LGBTQ+ delivery partnership group in NY includes representatives from CAMHS and Compass BUZZ and LGBTQ+ champions have been identified in both services.</p> <ul style="list-style-type: none"> ✓ The LGBTQ+ delivery partnership group has agreed to be a pilot train the trainer with Stonewall with a focus on LGBTQ+ and mental health. ✓ Compass BUZZ has an identified a LGBTQ+ Specialist Lead who attends the champion network to support partnership working and increased awareness about mental health

		<p>issues for the LGBTQ+ community.</p> <ul style="list-style-type: none"> ✓ Data from the Growing Up in North Yorkshire 2018 survey is important for consideration: <ul style="list-style-type: none"> ○ High resilience and wellbeing scores had reduced across all young people, with trans young people decreasing an extra 1% to their peers. ○ For figures relating to smoking, drugs and being sexually active – trans young people had the highest figures overall. ○ This was the same when asked about cutting or hurting themselves with an increase from 26% (2014) to 44% for trans young people. ○ A positive to come from the survey is that each time the survey is done, more young people are being open about identifying as being lesbian, gay bisexual and / or trans. ○ There was also an increase in young people being aware that LGBTQ+Youth Groups are available. <p>Actions moving forward:</p> <ul style="list-style-type: none"> ○ Develop good practice case studies for schools that are doing good work in highlighting and celebrating LGBTQ+and also for support specific students. ○ To explore developing a focus group for young people to learn more about safe spaces (both physical and emotional) and what this means to young people. <p>Oct 2019 Update</p> <ul style="list-style-type: none"> ✓ At the Youth Voice Event in 2019, an LGBTQ+ workshop was offered to participants. ✓ North Yorkshire Youth will be working with 24 schools for Wake Up Call and two pilot schools have been identified. This will be a piece of group work with young people is years 9-11 in secondary schools where there are concerns around their ideologies, but not to the extent where they meet the Prevent Pathway. The schools will nominate the students to take part. The main theme will be racism but referrals can be made for ideologies outside of this. One aspect that will be explore will be Community Cohesion, it is being explored it Barnardo's can support in doing some work around LGBTQ+Q. There is also funding available to offer on going 1:1 support to continue the work if it was felt necessary. The schools taking part will also be able to access Train the Trainer courses to carry on delivering the program. ✓ The pilot phase of the Wake Up Call project have taken place. The learning from the pilot phase is being used to develop the work with further schools aiming to reach 24 schools over the next two years
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		<ul style="list-style-type: none"> ✓ North Yorkshire County Council have achieved first place in the Stonewall Education Equality Index for local authorities in 2019. ✓ Barnardo's have been funded by the Government Equalities Department to continue working in North Yorkshire to provide training in schools and one-to-one work with children aged 8 and over for a further year ✓ In Q2 19/20 the pilot LGBTQ+ and mental health training was delivered in NY in partnership with Stonewall. The training was attended by staff who work within the local authority in North Yorkshire with children and young people. Twenty five members of staff were trained, these staff are now in the process of delivering aspects of this training out in their localities for example in Scarborough the early help team and healthy child team are co-delivering the training to the children and young people's workforce in the area. ✓ LGBTQ+ badges have been designed and distributed to professionals who work with children and young people and staff in schools to support an inclusive LGBTQ+ environment. ✓ An LGBTQ+ guide has been developed for professionals who work with children and young people: https://cyps.northyorks.gov.uk/sites/default/files/Teaching/Health%20and%20Wellbeing%20PSHE/2018%20NYCC%20LGBTQ+%20Guidance%20for%20Professionals%20who%20work%20with%20CYP%20in%20North%20Yorkshire.pdf <p>Growing Up in North Yorkshire survey 2018 https://cyps.northyorks.gov.uk/sites/default/files/Childrens%20voice/GUNY/NYork2018%20GUNY%20County%20summary%20Report%2020%201%2019.pdf</p> <p>The Growing Up in North Yorkshire 2018 survey was completed by schools. The county and district data is widely shared amongst partners and continues to identify vulnerable groups and key themes. Some key themes that emerge from the data are highlighted below:</p> <ul style="list-style-type: none"> ✓ Almost every indicator of young people's emotional health and wellbeing shows females with poorer wellbeing in the older age groups, but this is less pronounced or absent among Year 2 pupils. ✓ All but two of the vulnerable groups have significantly higher rates of low wellbeing scores than the whole Y10 sample, with the exception of the ethnic minority group and the minority religion group.
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		<ul style="list-style-type: none"> ✓ In general, Craven and (to a lesser extent) Ryedale score best on the emotional health and wellbeing criteria responses. ✓ Scarborough and (to a lesser extent) Selby score less well on the emotional health and wellbeing criteria responses, as indicated by the red colour on the table. These are the chosen sites for the pilot of the Mental Health Support Teams in schools. <p>Oct 2019 Update:</p> <p>The next Growing up in North Yorkshire survey is scheduled for 2020 for all schools so we can continue to monitor the responses from all schools and the vulnerable groups of children and young people.</p> <p><u>Health & Justice</u></p> <p>Priority 18/19</p> <ul style="list-style-type: none"> ✓ Embed integrated care pathways for vulnerable children and young people (for example Youth Justice, attachment, challenging behaviour & transition) <p>NHS England 's Health and Justice specialised commissioning team in Yorkshire and the Humber are currently involved with two of the three work programmes that are focussing on improving collaboration between various commissioners of services for those children and young people who come into the NHS England Health and Justice pathway. Commissioners of such services include NHS England, Office of Police and Crime Commissioners, Local Authorities and Public Health England. The two programmes are 1) the development of a framework for integrated care for Children and Young People's Secure Estate (CYPSE) known as <i>Secure Stairs</i> and 2) establishing collaborative commissioning networks. The third work programme involves establishing a Specialist Child and Adolescent Mental Health Service for High Risk Young People with Complex Needs (Community F:CAMHS) across Yorkshire and the Humber.</p> <p>One of the key objectives of these three work programmes includes identifying and addressing <i>gaps in mental health provision</i> for children and young people held within, and transitioning into or out of, the CYPSE either on youth justice or welfare grounds, Child Sexual Assault Assessment Services (CSAAS) and Liaison and Diversion services across Yorkshire and the Humber. Another objective involves focussing on those children and young people whose mental health needs may not meet</p>
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		<p><i>traditional service thresholds</i>, but for whom the aggregated impact of multiple health and social issues presents not only an immediate risk, but also one which may escalate to the point of crisis if left unaddressed.</p> <p>Partners are working together to ensure that commissioning for the most vulnerable involves supporting those CYP who are transitioning out of Secure Children Homes back into the community and that they have access to appropriate mental health/emotional wellbeing support following that transition. See below for the details of 2 successful bids to support this work:</p> <p>Oct 2019 Update:</p> <p>Youth Justice Services Psychologically Informed Practice – Clinical Psychologist Post Funding was received from NHSE to support a 2-year project, embedding a Clinical Psychologist in front-line Youth Justice Service teams (covering NYCC and CYC). These teams have a combined annual caseload of over 500 young people, most of whom are multiply-disadvantaged and likely to have trauma, abuse or neglect experiences. The specialist post works closely with young people, families and professionals to ensure that care assessments, plans and service activity are informed by continuing psychological formulation. This individualised understanding of need may lead to bespoke psychological assessment and direct intervention work, including Life Coaching, or the Clinical Psychologist may provide training, supervision and support to other workers, enhancing their practice.</p> <p>Youth Justice Services Speech and Language and Communication Needs (SLCN) Therapist Post Funding was also agreed from NHSE to embed a SLCN Therapist within NYCC and CYC Youth Justice. This role includes training and advising the multi-disciplinary team, and also providing direct clinical services for young people. This focused specialist model will enable decisively important interventions at key points in the child’s journey, for example influencing judicial sentencing or re-integration to education.</p> <p><u>Police Fire and Crime Commissioner (PFCC)</u></p> <p>Oct 19 Update:</p> <ul style="list-style-type: none"> ✓ North Yorkshire Police are working with TEWV around pathways for individuals in custody where MH is a presenting concern (which does not require a s136). Discussions are taking place to agree pathways of support. This is ongoing. This is not specific to CYP. ✓ PFCC & CCG continue to work with TEWV and commission an all age street triage service in Scarborough, Whitby & Ryedale. There are discussions around what, if any provision is
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		<p>needed in Harrogate.</p> <p><u>CAMHS & Vulnerable Groups</u> North Yorkshire CAMHS identify and prioritise vulnerable groups. Referrals are made to other specialist services regarding children and young people in different circumstances where appropriate and Vulnerable Exploited Missing Trafficked (VEMT) protocols and guidance are followed.</p> <p>There is also a dedicated CAMHS Looked After Children (LAC) Specialist Consultation and Assessment Service. CAMHS offer support to local youth justice team as part of CCG statutory duties outlined in the Crime and Disorder Act. NY CAMHS also recruit volunteers who have been service users to be involved in support programmes in a way that suits the young person's skills and experience. A CAMHS worker is located within Youth Offending Service (NY&YCAMHS).</p> <p>The jointly funded Child Sexual Assault Assessment Service is based at York Hospital and provides a service for CYP 0-16 who have disclosed sexual abuse or assault or where it is suspected it may have happened. Young People must be referred by a Social Worker or the police. Older young people can choose to be seen at the adult Sexual Assault Referral Centre, if it is believed it is more appropriate to meet their needs. Onward referral can be made to both ISVAs and counselling services as appropriate.</p> <p><u>Compass BUZZ & Vulnerable Groups</u> Compass BUZZ continue to identify and prioritise vulnerable groups and have in place established referral routes to VEMT (Vulnerable, Exploited, Missing, Trafficked) and SARC (Sexually Assault Referral Centre).</p> <p><u>Child Sexual Exploitation</u> Since the health needs of children at risk or victims of CSE, and adults who were victims as children, are many and varied, there is not one single access pathway to services. Access is dependent on the presenting issue(s) and assessment. However, some services have a specific role in responding to these health needs. For example: CSAAC, SCOT, IAPT, CAMHS, Adult mental health services, Maternity Services, Primary Care, Urgent Care Services, Healthy Child Service.</p>
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		<p>Fund to support the Skill Mill Project and deliver a countywide Anger Management Service, ensuring vulnerable young people are prioritised for support: https://www.northyorkshire-pfcc.gov.uk/for-you/partnership/non-commissioned-community-safety-services/community-safety-services-fund-2019-20/</p> <p>Priority 18/19 Embed the new strategic SEND plan for SEMH across North Yorkshire which specifies the continuum of educational provision. <u>Strategic plan for SEND education provision 0-25, 2018 to 2023</u> NYCC are responsible for reviewing how special education is provided in North Yorkshire, and for making sure there are enough places in education for children and young people with SEND. NYCC work closely with parents, carers, young people, local groups, education providers and professionals so we can meet this responsibility in the best possible way.</p> <p>During 2017 and 2018 NYCC heard from parents, carers, children and young people and professionals about their views on how special education is provided. This helped develop an overarching strategic plan for how to best provide educational support for young people with SEND in North Yorkshire in the future. The final plan was launched in 2018 and can be found here: www.northyorks.gov.uk/send-specialist-support-and-provision</p> <p>As set out in the final plan NYCC are reviewing and reshaping the SEND ‘high needs’ budget. This will be an ongoing process as NYCC implement the. More details can be found here: https://www.northyorks.gov.uk/changes-high-needs-budget</p> <p>Oct 19 Update The Ladder of Intervention and SEMH Intervention guidance has been published – this provides a framework for schools to identify SEMH needs early and provide appropriate support through a graduated response. https://cyps.northyorks.gov.uk/sites/default/files/SEND/Social,%20Emotional%20and%20Mental%20Health/75036%20Ladder%20of%20Intervention%20final.pdf</p> <p><u>Third Sector services</u> – these are externally commissioned and primarily provided by: ✓ Hand in Hand (project from The Children’s Society which helps young people recognise</p>
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		<p>themselves as victims, increase resilience and make informed choices to lower risk and prevent escalation);</p> <ul style="list-style-type: none"> ✓ Time 2 (support to children who are vulnerable to/known to have experienced CSE); ✓ IDAS (provides Independent Sexual Violence Advisors who offer support to women, men, children, young people and their families during the immediate period following disclosure and through any subsequent criminal justice processes). ✓ PACE (Parents Against Child Exploitation) – this voluntary organisation supports parents whose children have experienced CSE. ✓ Evaluations of third sector organisations differ according to the organisation. The CCGs would seek assurance of effectiveness via partnership arrangements (e.g. Section 11 audits, reports to LSCB). ✓ Supporting Victims is the route to support for any victim (of any age) of any crime in North Yorkshire. Trained staff are able to provide practical advice and support and referral, as appropriate, into specialist support services, including counselling and restorative justice.
	Embed the Transforming Care Partnership (TCP) sub group for children and young people	<p>Priority in 17/18</p> <p>Further develop the Transforming Care Partnership (TCP) sub group for children and young people including a dynamic risk register of children and young people at risk of inpatient admissions and monitoring of Care and Treatment Reviews (CTR) to ensure that 90% are community base</p> <ul style="list-style-type: none"> ✓ In April 2018 the TCP Board approved the attached Risk Stratification and Governance Structure. ✓ The dynamic risk register of children and young people at risk of inpatient admissions and monitoring of Care Education and Treatment Reviews (CETR) has been developed is in development to ensure that 90% are community based. The Governance arrangements around the register are currently being finalised. ✓ The TCP sub group for children and young people has been established as a virtual reference group. ✓ The sub group undertook a 3rd benchmarking exercise about the TCP's work with children and young people. This was submitted in Q1 18/19 and NHSE shared their feedback on this submission. The CYP TCP in NYY remains at Amber/Red. NHSE suggested that it would be helpful to focus on the following 3 points to progress the transformation of services for children and young people. <ul style="list-style-type: none"> 1. A functional, embedded Dynamic Support & At Risk of Admission Register for Children & Young people across the whole of the TCP footprint.

		<p>2. Evidence of clear mechanisms in place for tracking and reporting community CETR and robust quality measures across the TCP to follow through on agreed recommendations and actions.</p> <p>3. Ensuring that all local areas within the TCP can demonstrate that they are aligning the CETR process to other multi-agency processes: EHCPs, LAC, CIN and CPA in a joined up way.</p> <ul style="list-style-type: none"> ✓ These recommendations have been taken on board by TCP CYP Task and Finish group. The 4th benchmarking exercise is scheduled for submission at the end October 2018. The date is yet to be confirmed. ✓ 6 parents of young adults are members of the CYP reference sub-group and provide feedback on CYP TCP developments. The children's lead for cross-agency TCP is a member of the TCP co-production and engagement group as well as the TCP Housing task & finish group. ✓ Plans are starting to develop with NHSE on a housing project for a small group of high risk young people who require bespoke packages of care in order to bring them closer to home. This work will be joined up with adult's services to ensure smooth transitions from child to adult services. <p>Oct 2019 Update:</p> <ul style="list-style-type: none"> ✓ The Dynamic Support Register (DSR) has been successfully established and embedded. ✓ Full governance is in place for consents for CYP to be on Register. ✓ Monthly TCP CYP DSR meetings take place to review and monitor this at risk cohort. Multi-agency planning is now taking place which will include NHSE ✓ The intended outcome is to prevent unnecessary admissions into inpatient settings and for TCP cohort to be supported in community. ✓ North Yorkshire & York TCP successfully bid for B7 case manager for C(E)TR post for 12 months and the lead is now in place and leading this work.
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Priority 4: Accountability and Transparency

What we want to	Actions	Update Oct 19
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achieve		
Effective monitoring and oversight of Transformation Plan	Governance structure with Lead Commissioning Forum and delivery boards, accountable to HWBB	<p>See governance structures diagram in section 5 of main LTP report.</p> <p>Priority 18/19</p> <p>✓ Monitor the cross-agency Social and Emotional Health (SEMH) Cross Service Implementation Plan</p> <p>The Social and Emotional Health (SEMH) Cross Service Implementation Plan continues to be monitored by the SEMH Steering group. In Q3 19/20 the SEMH steering group will review the plan and priorities and Terms of Reference of the group to ensure it aligns with recent changes in organisational structures.</p>
Transformation Plan is published on CCG and LA websites	Plan and updates are published	Complete and published on CCG websites.
Future alignment of Transformation Plan and existing strategies and budgets for emotional and mental health for children and young people	<p>Review of strategies to ensure alignment of strategy and simple planning and delivery structures</p> <p>Review of budgets and resources across organisations</p>	<p>Priority 18/19</p> <p>✓ Plan services for the future (post 2020)</p> <p>Oct 19 Update</p> <p>In Q4 18/19 the NY MH and LD Partnership Board approved the proposed approach to continue funding for a children and young people's mental health early intervention service (currently Compass BUZZ) post 2020. Moving this work forward further, in 19/20 CCGs and NYCC agreed to jointly fund early interventions services for children and young people post 2020, combining budgets for a more integrated approach. CCG and NYCC Commissioners are working closely to develop a joint service specification and consider the best contracting arrangements to enable this collaborative work. This work will also align with an application to the Green Paper Trailblazers for Mental Health Support Teams in Schools.</p> <p>Oct 19 Update</p> <p><u>Mental Health Support Teams in Schools and Colleges (2019)</u></p> <p>In 2019 North Yorkshire and York CCGs were successful in an application to NHS England for two pilot sites for the Mental Health Support Teams in Schools and Colleges. The two sites will be</p>

		<p>based in Scarborough and Selby and bring over £720,000 additional funding to support early intervention into children and young people's mental health.</p> <p>Each team will be made up of Educational Mental Health Practitioners, Admin, Supervisor, Higher Level Therapist and a Service Manager.</p> <p>The purpose of the team is:</p> <ul style="list-style-type: none"> • Provide evidence based interventions for mild to moderate low mood and anxiety • Work with the school mental health support lead in developing whole school approaches for emotional and mental well being • Consultations with school around individual children and young people and liaison with other services including specialist CAMHS • The service is commissioned until the 31st March 2021. An evaluation will be undertaken to consider and confirm future commissioning arrangements intentions for 2021/22 onwards.
Engagement with children and young people to move to develop principle of co-production in services and delivery	Engagement Plan for children and young people within framework of co-production	<p>Priority 18/19</p> <p>✓ Continue to establish communication and engagement routes with Children, young people, families and the 3rd sector including the involvement of experts by experience in key strategy groups (SEMH, Health SEND Network, All age Autism strategy groups).</p> <p>Ongoing engagement work has been undertaken by Compass BUZZ, North Yorkshire Youth Executive and the Police and Crime Commissioner Youth Executive. See the main narrative report for more details on the engagement work undertaken.</p>
Strong performance framework across organisations	Quality and performance monitoring of providers through existing health and local authority scrutiny structures	<ul style="list-style-type: none"> ✓ The CAMHS contract continues to be monitored by commissioners and any quality issues are raised at TEWV Quality meetings. ✓ The Compass BUZZ contract is monitored through quarterly Contract Management Meetings. ✓ Streams of work undertaken by the jointly led SEMH Steering Group (including Future in Mind) are fed up into the Children's Trust Board <p>Priority October 2018/19</p>

		<p>✓ Commissioners will continue to work with the Yorkshire and Humber Clinical Network to establish a regional dashboard</p> <p>No update.</p>
Develop multi-agency information sharing arrangements across YOT, Children's Services and CAMH	Children and young people in difficulty are readily identified, and can be offered appropriate support quickly	<p>Information Sharing</p> <p>NYCC have a Multi-Agency Screening Team which has a common referral across the Healthy Child Programme, Prevention services and Children's services. The NY TEWV CAMHS team has a regular dial in session to the team to support multi-agency decision making in relation to appropriate service support to families</p> <p>The Emotional Health and Wellbeing delivery group provides an opportunity for providers to share information and discuss delivery.</p>
Develop a clear baseline and dataset for performance measurement	Clear evidence base for transformation	See Section 9: Impacts and Outcomes of main LTP report.
Effective transition arrangements in line with NICE, Transforming Care guidance and other	Children and young people will have consistent and supportive care in transitions between services: this includes transitions to adult services, work with young people with LD, autism or challenging	<p>Transitions</p> <p>Improving the experience and outcomes for young people as they transition out of Children and Young People's Mental Health Services was a priority for 17/18 and 18/19 as outlined in the Commissioning for Quality and Innovation (CQUIN). Transition forums are in place and CAMHS staff attend these. There is also a regular meeting with CAMHS and AMHS to look at good practice and any local issues. PIPA workers support children across the transitions and care leavers up to 25. Transition Plans are developed with YP and parents and Multi agency where possible.</p>

relevant professional standards	behaviours.	<p>Oct 19 Update</p> <p>Latest performance data from TEWV (Aug 2019) shows the percentage of CAMHS patients aged 17.5 with a transition plan (snapshot) is as below:</p> <ul style="list-style-type: none"> • HRWCCG - 80% • HaRD CCG - 100% • SRCCG - 76%
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Priority 5: Developing the Workforce

What we want to achieve	Outcomes	October 2019 Update
<p>Publish a joint workforce plan detailing how we will build capacity and capability.</p> <p><i>Priority added Oct 2017</i></p>	<p>Publish a joint workforce plan which includes a detailed action plan to build capacity and capability.</p>	<p>Priority for 18/19</p> <p>✓ Continue to implement the Children and Young People SEMH Workforce Development Plan</p> <ul style="list-style-type: none"> - A NY Workforce Development sub group was established as part of the Social and Emotional Mental Health (SEMH). - The Workforce Development plan was been developed and approved by the SEMH steering group. - The key priorities of this plan are: <ol style="list-style-type: none"> 1. Map the current offer of local SEMH workforce training activities designed to support children and young people's social and emotional mental health 2. Identify any local SEMH workforce training needs and strengths and propose a number of solutions to meet local needs 3. Increase cross service and inter-agency training 4. Review local SEMH workforce recruitment and retention – identify achievements, challenges and risks 5. Scope the implementation of a competency framework across NY to cover all those working with children and young people in mental health <p>The group have completed the mapping exercise (priority 1) and have identified a number of strengths and areas for development (priority 2).</p>

		<p>In October 2018 it was agreed that a North Yorkshire and York Children's and Young People Emotional Mental Health (NYY CYP EMH) Workforce Development Group would be established and would supersede the NY workforce group.</p> <p><u>Those services/agencies who would be invited include:</u></p> <ul style="list-style-type: none"> • CCG commissioners • NYCC, YCC, ERY • Compass • School Well Being Service • Mind • TEWV • Primary Care • Education • Healthy Child Programme • HEE Workforce Planner • Workforce planners across all organisations • CYP/family/carer voice <p><u>Within this meeting the key aims/functions of the group would be:</u></p> <ul style="list-style-type: none"> • Implement 5 key principles (participation, accountability, accessibility, evidence based practice and awareness) • Ensure competent children's workforce across the system • Collaborative learning • Consistency and Equity • 'Effective Safe Compassionate and Sustainable Staffing' (ESCASS) guidance embedded • Planning for future development opportunities <p><u>The areas that would need to be discussed at the first meeting would include</u></p> <ul style="list-style-type: none"> • A communications strategy • How to work with the York and Humber Clinical Network • To confirm who will chair/vice chair the meetings <p>Recent meetings have been cancelled, and we are working with partners TEWV to move this work forward.</p>
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		<p>Priority for 18/19</p> <p>✓ Continue to implement the Children and Young People SEMH Workforce Development Plan</p> <p>Oct 19 Update</p> <p>North Yorkshire Community Learning Website</p> <p>An all ages mental health training hub has been developed by Public Health in NYCC. The North Yorkshire Community Learning Website brings together mental health training available across the county.</p> <p>https://www.nyclp.org/mental-health-training/</p>
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