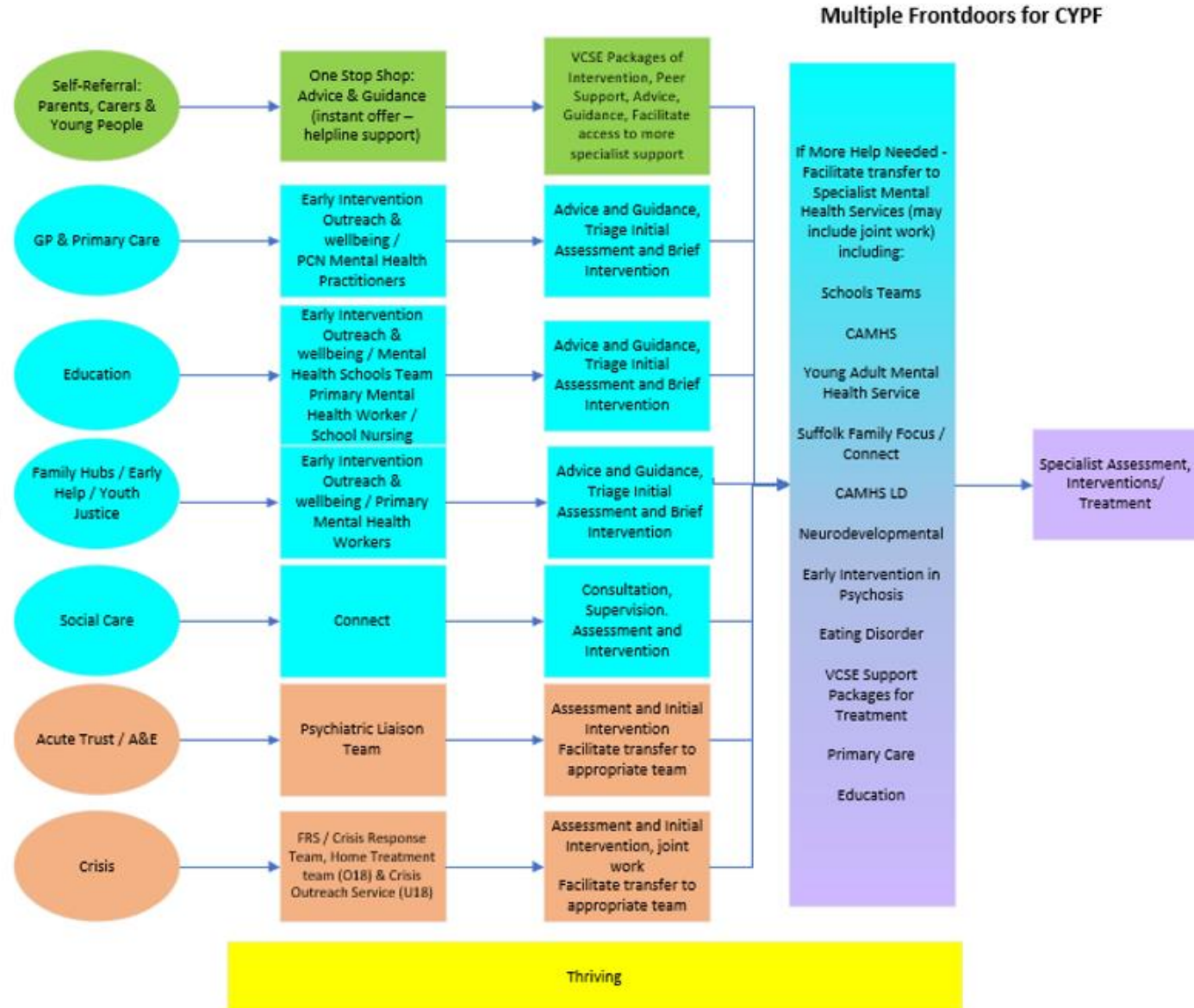


What needs to change for our CYP and families ?

What we aim to achieve.....

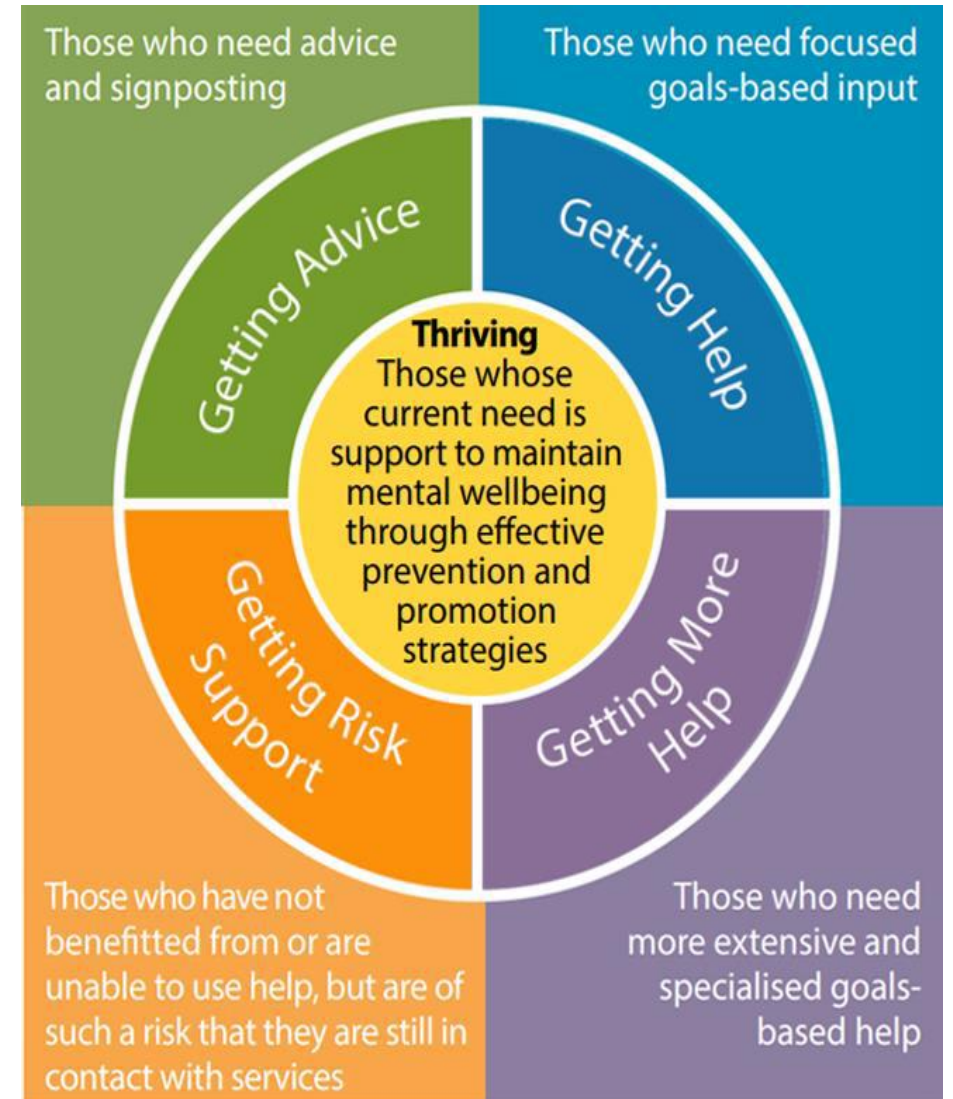
- Greater focus on **early intervention** and **prevention**
- Greater focus on **locality-based** provision.
- **Integrated** physical and mental health care.
- Not having one front door or doors to access support. **Needs led services**
- **Mental health and emotional wellbeing is everybody's business** – by increasing awareness and reduce stigma around mental health. Supporting the whole workforce with the right training, the knowledge, the skills and confidence to help themselves and support positive mental health and wellbeing.
- **System-wide responsibility to deliver and support resilient communities** actively supporting the needs of service users and the people who care for them, to build wellbeing and resilience across the whole networks of support.
- **People should be supported to care for themselves** - have a system that will support each person as an individual and the people that care for them to enable and empower people affected by mental health and emotional wellbeing to make choices, feel in control of their lives and live well.

How CYPF will access MH support in the new model?



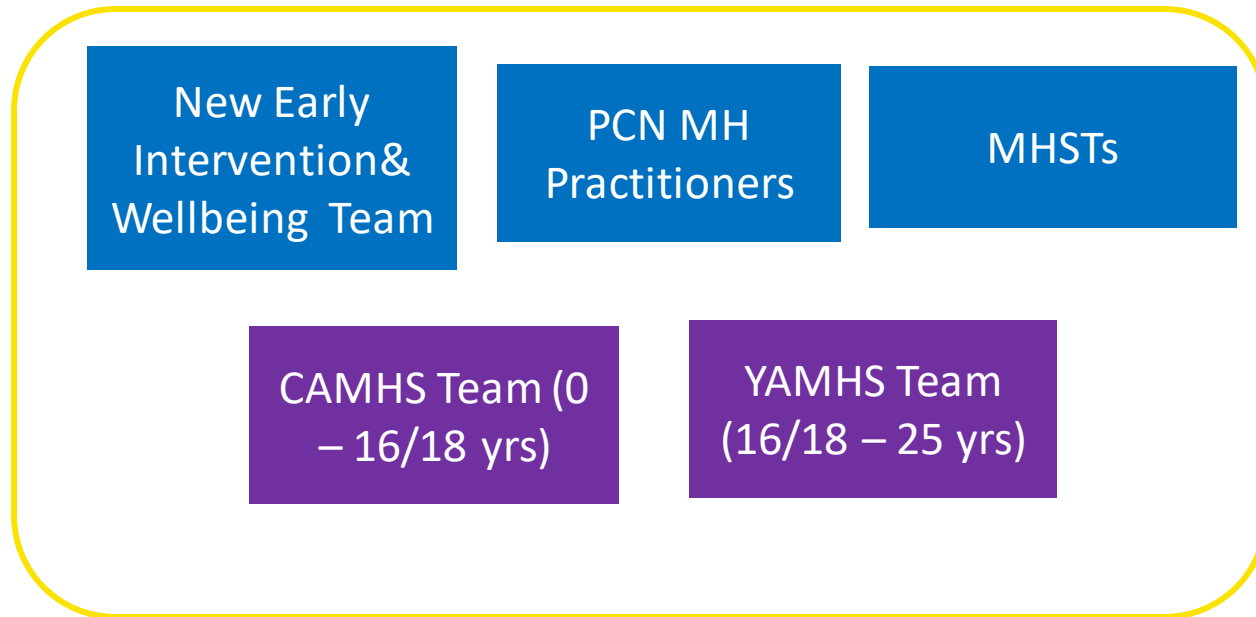
CAMHS New service model: The Four New Service Areas

- Advice and Guidance Helpline for Parents/Carers and Young People (Getting Advice)
- Early Intervention and Wellbeing Service including (Getting Help)
 - Mental Health Support Teams in Schools
 - Early Intervention and Wellbeing Team including PCN MH Practitioners
 - Suffolk Family Focus
 - **Psychiatric Liaison / Specialist MH clinicians embedded in Crisis Help Risk Intervention Service (CHRIS) (Getting Risk Support)**
- Child and Adolescent Mental Health Service (CAMHS) 0-16/18 yrs (needs based) including targeted pathway teams (Getting More Help)
 - Connect, Clinicians in Youth Justice Teams
 - CAMHS LD
 - ADHD part of Neuropathway
- Young Adult Mental Health Service (YAMHS) 16/18 – 25 years (needs based)
- Specialist Pathway Teams
 - Eating Disorders



What locality MH teams will include...

Each locality which will be aligned to work with CYP professionals, mapping across current boundaries and will include:



Staff working in locality teams will be aligned to system professionals across each areas to ensure joint working and delivery of support to CYPF.

Countywide offer

Parent/Carer, CYP Helpline

Eating Disorders

ADHD, CAMHS LD, Connect

Crisis: Psych Liaison / Crisis Outreach

Transformation of Mental Health and Emotional Wellbeing Services for CYP – what has been done.

Psychology support embedded in CAMHS and working closely with LA psychology team to develop service offer.



Schools MH – long term plan agreed to provide Whole School Approach and support across all schools in Suffolk

IN PROGRESS

THRIVE model embedded in the development of pathways across the system (CAMHS, Social Care and SEND) – Training and Communication

IN PROGRESS

New pathways and service specifications for CYP MH & EW developed– these will support a market engagement process for a new framework of commissioning and delivery.



Implement 3 new MHST's over the next 3 months

IN PROGRESS

New Parent/Carer helpline launched .



Designed and Implemented a new all age Eating Disorder pathway



Implement a new early intervention Locality based model for CYP inc PCN workers in primary care

IN PROGRESS

Carried out full Demand & Capacity review for CAMHS.



Recurrent Investment into VCSE to support CYP



Implemented new crisis peripatetic offer supporting acute hospitals



MHFA training and suicide prevention rolled out to over 1200 students in phase 1



Implemented new crisis peripatetic offer supporting acute hospitals



Investment into CAMHS services to improve access and waiting times for CYP



Implemented a new Crisis Outreach service.



Implement recovery and improvement in the Emotional Wellbeing Hub



Refresh of all resources (inc websites and online) for MH support



Implemented MH Nurse roles into Acute Hospitals



So what....outcomes so far....

New Pathways and Service Specifications co-produced for CYP MH provision 0-25 across CAMHS, YAMHS, Early Intervention and Wellbeing, specialist teams (ED, LD&A) providing clarity and embedding thrive principles in all areas of work.

New Crisis Outreach service developed and implemented in Feb 22 for CYP. Move of all age crisis line to 111 option 2. This has strengthened the crisis offer for CYP, creating better join up across service areas. New peripatetic support offer is also demonstrating system working and wrapping support around CYP.

Improving digital resource for CYP and families and promoted digital support for 11-25 years olds. Re commissioned online counselling service due to strong outcomes being achieved for our YP – **100% of CYP would recommend this to a friend.**

Extensive business case agreed for an all age eating disorder pathway across Suffolk. With additional investment allocated to the VCSE to work in partnership with specialist teams to provide support and signposting. Investment also provided for Intensive Home Support. Access and waiting times for urgent referrals have met 100% routine wait times are still below national standards but see's improvement. **Increased support for families commissioned through BEAT, feedback from families is good.**

Mental Health Support Teams – delivery of **35% coverage** of support in Suffolk (in line with national targets) Targeting areas of identified need in Suffolk. Ensuring PMHWS and school nursing are aligned with new teams and providing support in areas with no MHST in place. **50% of coverage of MHSTs** will be achieved by April 2023. Positive feedback being received from schools and students.

Outcomes continued.....

Apprentice post created to support schools – Young persons engagement worker employed to support our YPs voice and to support co-production of services in health. Already working closely with schools and YP network to provide feedback and support change.

Community support initiatives – working with outreach youth to support LGBTQ+ scheme in schools and communities, ITFC community MH programme, Volunteering Matters supporting how we engage with communities. Working with public health on community wellbeing projects -£300k awarded as part of COMF fund.

VCSE funding – recurrent investment of £600k into GLT, Barnardo's and Kooth. This will improve the alternative offers available for CYP and already the impact of support to CYP is very positive. Further £200k investment into VCSE to support waiting lists in CAMHS .

MHOF surveys – results have led to investment into LGBTQ+ charity to work with schools and system to increase support and access to providers, suicide prevention training and new bullying campaign being developed for 2023.

In past 8 months over 1200 young people trained in mental health first aid in schools with additional training for teaching staff now being rolled out. Full suicide prevention action plan agreed to support CYP. Further funding now being agreed for further training and support for CYP. CYP reporting positively about being able to support each other and themselves better. Next phase now underway

Full and detailed demand and capacity review of core MH service provision in Suffolk to ensure funding can support the right staff, providing the right support, in the right place. Leading to additional investment of £2m into core teams – this will improve access and wait times for assessment and treatment, standards by end of 2023.

What next....

Further investment into CAMHS and VCSE to reduce waiting times for assessment and treatment (go live April – June 23)

New Qwell online counselling and support for parent/carers goes live in June 23.

Further development of targeted community based VCSE support for CYP and families via the integrated neighbourhood teams

Emotional Wellbeing Festival for schools (May 23)

New risk management training (STORM) to be rolled out to schools, social care and wider system to support those in crisis.

Increased support for Crisis teams with more VCSE alternative support available.

Continued roll out of MHFA training in schools, targeting high risk areas

New Mental Health Support Teams going live in Ipswich and Babergh areas of Suffolk 23/24