

# YOUR MIND YOUR SAY

Children and Young People's  
Mental Health

**BE  
HEARD**

- CYP Steering Group reports to MH Integrated Programme Board that has responsibility for the whole MH programme for Dorset ICS
- CYP Steering Group oversees the CYP MH programmes
- Steering group is multi-agency includes Local Authorities, Public Health Dorset, Dorset HealthCare and Dorset CCG
  - Partnerships are the underpinning principles of the CYP MH programme
- Steering group has parent carer, lived experience and schools' reps as members
- MH Support Teams in schools has a project group that reports to CYP Steering Group

- Increase NHS Funding for CYP MH over and above other MH programmes
- Increase access to MH services to 100% of CYP who have a MH condition
- Reduce waiting times for CYP in all services
- Improve Mental Health Crisis Care for CYP
- Invest in children's eating disorder services to ensure no one waits longer than a week for urgent care and no longer than four weeks for non urgent care
- Mental Health support in Schools start to focus on the type of MH concerns young people e.g. LGBT, being in care, or not in school
- 18-25s to be included in the CYP MH programme



# Current NHS CYPMH Services



## **Current Services providing business as usual**

- The Gateway in BCP
- Six Core CAMHS teams across the whole of Dorset
- Two ID CAMHS teams
- CYP Community Eating Disorders Services
- Early Intervention Service
- Perinatal MH Service
- Forensic CAMHS
- Pebble Lodge (NHSE Commissioned)
- Psychiatric Liaison in acute hospital settings

## **Being planned or early in development**

- CYP Psychiatric Intensive Care Unit
- Care closer to home – Crisis Home Treatment for CYP who have been identified as requiring an admission....CRHT is a genuine alternative to admission



# Current Challenges

- Waiting times in the BCP area for treatment such as Cognitive Behavioural Therapy
- Complexity of need in CYP which means they stay on caseload for longer
- Workforce challenges in terms of nurses and therapists who can deliver CBT and other therapies
- Eating disorders service referrals increasing and routine cases waiting times
- Children admitted who have autism or a Learning Disability
- Children and young people who deliberately self-harm
- Longer admission times at Pebble Lodge because young people wait for the right placements



# Developments



All of the following link to the NHS Long Term plan to increase access, crisis support and waiting times

## **NHS Funded and delivered services**

CAMHS Gateway  
Discovery Project  
MH Support Teams in schools  
Crisis Home Treatment – new care models (provider collaboratives)

## **Programmes NHS Funded – early help**

I can problem solve  
Sandwell audit  
Brave  
The big Umbrella  
Academic resilience programmes

## **Other innovations**

- Kooth
- Chat health
- Youth offending Service
- Looked after children
- Schools transition work due to Covid

## **Possibilities (linked to view seeking and needs analysis)**

- CYP Retreat
- ASC Pathway development
- Being part of keyworker pilot for CYP with LD



# Schools in BCP



Mental Health Support Teams in Schools in BCP	
Queens Park Academy	Tregonwell
Kings Park School	Nigel Bowes
Bayside Academy	BCP Virtual School
Kinson Academy	B&P College
Manorside Academy	Leaf Studio
Somerford Primary School	Poole High School
Kingsleigh Primary	Grange High School
Bourne Academy	Longspee
St Aldhelms	Oak Academy



# Views from Be Heard



- Carried out early 2020 and ended just before lockdown
- 36 different view seeking sessions with CYP and families/carers/staff and other partners including ID CAMHS and LA Teams
- Questionnaire developed by Bournemouth University for anyone 16+ who had a view about CYP mental health and wellbeing
- CYP under 16s - views gathered by CCG in schools and youth groups such as youth forum and SPACE and Chatterboxes
- HealthWatch sought the views of seldom heard CYP
- All views collated into a themed report
- Published on CCG website September 2020



# View Seeking Themes



WHAT'S  
GOOD?

COULD  
BE BETTER?

WHAT'S  
FOR  
IMPROVEMENT

## SCHOOL SUPPORT

## CAMHS

## SUPPORT FOR FAMILIES

## PERSONALISED APPROACH

## EARLY INTERVENTION

## SIGNPOST

Support is there should students need it.	Can be helpful if a trusting relationship is built and needs are met.	There are support groups out there that can be a lifeline for parents/children	Therapists listen to their patients and work with them to help.	Help is available – Connections, Kooth.	Support is there. Digital platform accessible and helpful.
More mental health support staff, consistency of training, knowing who to approach.	Waiting times too long. Lack of support for those with LD and young adults.	More mental health support for parents, more understanding of SENDs in schools.	No more 'one size fits all' approach. Listen to patient and adapt therapy to their needs.	Mental health support in primary schools. More support as early MH issues arise.	Better signposting from GP's/teachers. A follow up to the service was a right fit.
Training across the whole school to reduce stigma. A safe space to go to. Peer support.	More funding for staff and training, consistency of care and a personalised approach needed.	Workshops, support groups and training for all to improve mental health awareness.	Creative approaches to therapy – art, sports, music. A mixture of listening and practical help.	Mental health support in youth clubs. Drop-in centres where appointment not needed.	Advertise where to get help via Social Media. Training staff to recognise and address needs.



## Next Steps

- Need analysis being completed
- Bring together the View seeking and Needs analysis
- Use the NHS LTP, Needs analysis and View seeking as basis for the strategy
- Develop the CYP Mental Health Strategy by end October 2020
  - Tight timescales but the system is not starting from scratch it is already in progress
- Develop the underpinning implementation plan (including any NHSE requirements to be confirmed)
- Include timelines and investment required over the years of the strategy
- Present the strategy for approval at the various boards and committees
- Publish strategy and implementation plan fully January 2021



Thank you



**Any Questions?**

**YOUR MiND**  
**YOUR SAY**