



City of Westminster



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Westminster Health & Wellbeing Board

RBKC Health & Wellbeing Board

Date:	16th December 2019
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Title:	Joint CCG and Bi-borough Children and Young People's Emotional Wellbeing and Mental Health Plan
Report of:	Sarah Newman – Acting Bi-Borough Executive Director of Children's Services – Bi-borough Neil Hales – Deputy Managing Director – NHS Central London Clinical Commissioning Group
Wards Involved:	All Wards
Financial Summary:	There are no financial implications
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1. Executive Summary

- 1.1 This report summarises the key elements of the Joint CCG and Bi-borough Children and Young People's Emotional Wellbeing and Mental Health Plan ('the Plan').

2. Key Matters for the Board

- 2.1 The Board are asked to approve the Plan and agree to its publication following this meeting. The Board members are also asked to support the delivery of the vision, objectives and Joint Strategic Priorities set out in the Plan by committing to continuing to prioritise improved children and young people's emotional wellbeing

and mental health, both within their own organisations, and as a wider Health and Wellbeing Partnership.

3. Background

- 3.1 The Royal Borough of Kensington and Chelsea, Westminster City Council, West London Clinical Commissioning Group and Central London Clinical Commissioning Group collectively share the ambition of all children and young people in our boroughs having good emotional wellbeing and mental health. We believe that being mentally healthy is a core foundational need for children and young people to thrive and live happy and fulfilling lives.
- 3.2 Our shared vision for the emotional wellbeing and mental health of children and young people aligns with the strategic priorities of our Health and Wellbeing Board in Westminster to 'improve mental health outcomes through prevention and self-management' and in Kensington and Chelsea to 'support good mental health for all'. Our vision is also reflected in our Local Area Children and Young People's Mental Health and Wellbeing Strategy and Transformation Plans.
- 3.3 Nationally we are seeing an increasing focus on this area of need, accompanied by ambitious central government aspirations. Most notably, the NHS Long Term Plan sets out the intention that meeting people's mental health needs will be treated as importantly as meeting their physical health needs (parity of esteem). This will be achieved through a range of measures including a ringfenced local investment fund worth £2.3bn a year by 2023/24, a comprehensive offer for children and young people which will reach across children and young people and adult services up to the age of 25 and aims to identify and treat mental ill health at the earliest possible point, and significantly more children and young people accessing timely and appropriate mental health care. Most ambitiously of all, the Long Term Plan commits to ensuring that 100 per cent of children and young people who need specialist care are able to access it in the coming decade.
- 3.4 This Plan is intended to be a practical document that sets out our shared ambition, current provision and key next steps to improve our offer over the next 18 months. It focuses on children and young person emotional wellbeing and mental health need in the 'coping' Thrive category and above.
- 3.5 Looking firstly at the prevalence of mental ill-health in children and young people, we know that nationally prevalence of diagnosable mental health conditions is high and continuing to rise. Overall 1 in 8 (12.8 per cent) of children and young people aged between five and 19 have a mental disorder. This equates to over 3 children

in every classroom of 30. In the cohort aged 17 to 19 the prevalence of poor mental health is as high as one in six. This shows us the scale of the challenge we are facing.

- 3.6 Looking next at when mental health issues emerge and when people get help, we know that half of all mental health issues emerge before the age of 14 and three quarters by age 25. We also know that 10 years is the average delay between a young person first showing symptoms of mental ill health and getting help. This shows us the importance of prevention and early intervention and of actively challenging the prevailing stigma currently attached to poor mental health.
- 3.7 The impact of poor mental health in children and young people manifests itself in various ways. These include one in five young women and one in 13 young men aged 16 to 24 self-harming and suicide being the most common cause of death for people aged five to 19. The financial cost of the total impact of all age mental ill health across England currently stands at £105 billion per year.
- 3.8 When we look at the local picture, we know that an estimated 2,137 children and young people from Kensington and Chelsea and 3,416 children and young people from Westminster will have a mental, emotional or behavioural disorder at any given time. It is important to note that these figures do not include all of the children and young people locally who are struggling with their mental health, but who are below the diagnosable mental health condition threshold. Locally we meet our NHS England access targets.
- 3.9 Locally, some of our strengths include our enhanced school and community based emotional wellbeing and mental health offer for children and young people impacted by the Grenfell Tragedy, as part of the ongoing recovery in the North Kensington community. Our prevention and early intervention offer in schools, childrens centres, early help hubs and GP practices continues to evolve and strengthen – including through us successfully bringing Trailblazer Mental Health Support Teams to the majority of the schools in the Bi-borough. Having heard from young people that they are keen to access support through various different mediums we have extended the availability of our online counselling and emotional wellbeing support service (Kooth) to young adults aged 25. Another local strength is emotional wellbeing and mental health support embedded in our wider partnership service offer – those services that are not exclusively focused on emotional wellbeing and mental health but provide support focused on this as part of their wider offer. Examples include the Systemic Practice approach being delivered in Family Services and the support available to children, young people and families in both Early Help Services.

- 3.10 Locally, some of our current areas for development and gaps in provision include our offer relating to children and young people from birth to age four and aged 18 to 25. In addition, we need to increase the productivity of the existing CAMHS workforce to support children and young people to get better access and more rapid treatment.
- 3.11 We recognise that how well we work as a partnership will have a significant bearing on how successfully we deliver against our vision, as stated in the Plan, that our children and young people have good mental health, are thriving and resilient, and when they need support, help and treatment they are able to easily access excellent services in the right place and at the right time. This is because children and young people's emotional wellbeing and mental health is influenced by so many factors and impacts in so many areas, it doesn't abide by or align with service or organisational boundaries.
- 3.12 We will continue to foster a shared sense of responsibility and work together towards shared outcomes in this crucial area, making the best possible use of the collective resources that we have. We ask that the Board assist us in this aim by playing a key role in continuing to drive this crucial agenda at a strategic partnership level.

4. Options / Considerations

- 4.1 The Health and Wellbeing Board is asked to consider and commit to supporting the delivery of the vision for children and young people's emotional wellbeing and mental health in the Bi-borough, as set out in the Plan:
- 4.2 Our vision is that our children and young people have good mental health, are thriving and resilient, and when they need support, help and treatment they are able to easily access excellent services in the right place and at the right time.
- 4.3 The Health and Wellbeing Board is asked to consider and commit to supporting the delivery of our objectives, as set out in the Plan:
- Putting the needs of children and young people at the heart of our commissioning and provision
 - Ensuring mental health and wellbeing is everyone's business through training, workforce development and by embedding mental health services across our local provision and in our communities
 - Reducing the stigma around mental health for children and young people
 - Moving mental health towards parity of esteem with physical health through increased investment in children and young person EWMH

- A clear focus on prevention and intervention at an early age and stage for children and young people and young adults from 0 to 25
- Creating an easily accessible and seamless system without tiers where children and young people can get the help they need quickly wherever they seek it
- Where children and young people are in crisis or have urgent mental health needs putting in place services which genuinely support them

4.4 The Health and Wellbeing Board is asked to consider and commit to supporting the delivery of our Joint Strategic Priorities, as set out in the Plan:

1. Our early intervention offer
2. Support focused specifically on the EWMH needs of those affected by the Grenfell Tragedy
3. Our 18-25 year old offer
4. Our more vulnerable groups offer
5. Increasing our productivity and reducing our waiting times in our existing CAMHS services
6. Our crisis support offer

4.5 The Health and Wellbeing Board is asked to approve the Plan and agree to its publication following this meeting.

5. Legal Implications

5.1 There are no legal implications.

6. Financial Implications

6.1 There are no financial implications.

If you have any queries about this Report or wish to inspect any of the Background Papers please contact:

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APPENDICES:

Joint CCG and Bi-borough Children and Young People's Emotional Wellbeing and Mental Health Plan

BACKGROUND PAPERS:

Health and Wellbeing Strategy for Westminster, 2017-2022:
<https://www.westminster.gov.uk/sites/www.westminster.gov.uk/files/uploads/joint-he.pdf>

Kensington and Chelsea Joint Health and Wellbeing Strategy 2016-2021:
https://www.rbkc.gov.uk/sites/default/files/atoms/files/Kensington%20and%20Chelsea%20Joint%20Health%20and%20Wellbeing%20Strategy%202016-21_.pdf