

Making progress, making a difference

Commissioning for children and young people's mental health
and emotional wellbeing in West Sussex

May 2017



Contents

Introduction	3
Delivering With, Delivering Well Specialist community mental health services	
Listening and involving	5
Therapeutic support for sexual abuse shaped by young people Young people have direct input to decision makers <i>Let's Talk About It</i> campaign to reduce stigma Young people help design LGBTU service Funding kick-starts ADHD parent support group	
Collaborating and integrating	7
YES offers emotional support to over 2,250 young people every year Commissioners join forces for eating disorder service Blended face-to-face and online counselling offer support when it's needed YMCA Dialogue counselling Kooth online support A&E liaison offers prompt support for young people in crisis Expanding the A&E liaison service Enhancing crisis care Neurodevelopmental pathway redesign and family support Advocacy Improving transition to adult services Heads up Crawley Town Innovative activity based therapies	
A focus on the most vulnerable	10
Increased mental health support for young asylum seekers Resilience and relationships for children whose parents misuse substances Innovative approaches to reach boys and young men Faster, better assessments for looked after and adopted children Recovering from domestic abuse Investment in health and justice pathway Bereavement counselling	
Developing the workforce	11
Targeted training for over 750 professionals Emotional wellbeing leads in schools Expanding support for schools Workforce analysis and strategic development	
Further information and resources	13
Resources available Useful websites Contact the commissioning team Receive regular updates	

Introduction

The Children and Young People's Mental Health and Emotional Wellbeing Commissioners work jointly across West Sussex County Council and three NHS clinical commissioning groups (CCGs) Coastal West Sussex, Crawley and Horsham and Mid Sussex.

We plan, agree and quality-assure mental health and emotional wellbeing services for local children and young people (CYP) up to the age of 18.

Specialist child and adolescent mental health services (CAMHS) is a central part of the work we commission, but we do much more than this. We also develop a wide range of other services and partnerships to support prevention and early identification, build resilience and enhance access to innovative therapies and specialist care when and where they are needed.

Our local transformation plan (LTP) sets our five-year plan for improving services and outcomes and builds on the foundations set out in the 2015 Future in Mind report and 2016 Five Year Forward View for Mental Health.

The West Sussex LTP was identified as one of the strongest in the country by an Education Policy Institute review of all 122 LTPs, based on a range of factors including transparency, involvement, ambition and links with schools and GPs.



Children from St Margaret's CoE Primary School in Crawley talk about emotional wellbeing with Crawley Town FC players and staff (see page 9)

Delivering With, Delivering Well

'Delivering With, Delivering Well' is the West Sussex CYP IAPT programme, an outcomes-focused, evidence-based approach to improving the quality of children and young people's mental health services. The approach underpins all the work that commissioners do.

We have recruited a project leader to champion Delivering With, Delivering Well across all of Sussex. We will be developing a strategic framework, training opportunities and promoting local action plans to support all CYP mental health services to embrace and embed the outcomes-based approach.

Our approach to commissioning is rooted in the principles of CYP IAPT (see Delivering With, Delivering Well above). We are making the mental health and emotional wellbeing of our young people everyone's business across West Sussex.

We seek to put the views of CYP and their families and carers at the heart of all we do. We also facilitate and encourage integration, collaboration and partnerships in order to offer more seamless and efficient services.

The services we commission are evidence-based and outcomes-focused and we have a particular focus on our most vulnerable children, knowing that they often have the greatest need but the least engagement with services.

Robust monitoring and evaluation and the use of pilots to trial new approaches helps to ensure that services are of the highest quality. We have developed a framework for use by all our providers so that outcomes can be continuously and consistently evaluated and benchmarked.

One of our priorities is to enhance the skills, knowledge and confidence of everyone who works with children and young people to identify problems early and know how best to address them.

This report illustrates how we work and highlights just some of the many valuable services provided by the organisations we commission. We are proud of the achievements made together with our partners, but there is still much more we plan to do to improve mental health and emotional wellbeing for children and young people in West Sussex.



Young people on the Free Your Mind group have a direct influence over policies and services (see page 5)

Specialist community mental health services

Specialist child and adolescent mental health services (CAMHS) are provided in West Sussex by Sussex Partnership NHS Foundation Trust (SPFT). SPFT receive on average around 360 Tier 3 referrals every month. Approximately 130 of these are referred to other services and SPFT assess and treat around 230 new CYP each month.

SPFT cares for our local CYP with the most complex needs and we work closely with them on the development of a range of specialist services and initiatives. Many of these are detailed over the following pages and include our family eating disorder service, A&E liaison service, and care for looked after and adopted children, unaccompanied asylum seekers, children with complex behaviours and CYP in crisis.

We are currently working with SPFT to develop enhanced pathways for children with neurodevelopmental disorders. SPFT also provide our community mental health liaison service, offering advice and training for professionals.

Listening and involving

We put the voice of CYP, families and carers at the heart of all we do. We believe that the input of young people and families is fundamental at every stage of the commissioning cycle, not just in designing services, but also in their procurement and evaluation, to ensure they meet the needs of those who rely on them.

Therapeutic support for sexual abuse shaped by young people

Young people who have been affected by sexual abuse or exploitation have helped to shape the countywide therapeutic support service. Over 50 children and young people contributed through questionnaires and consultation. They explained how difficult it can be to talk about their experiences and described how, where and when they would want to receive support.

"Why am I going to tell someone I've just met, the worst secret about me?"

"I want to talk about stuff that I am embarrassed to talk to other people about, play, draw and be friendly."

Consultation feedback

Provided by Lifecentre, the service offers pre-trial therapy, face-to-face counselling for CYP and their families and play therapy for younger children, supported by telephone and text helplines.

Since the service launched in July 2016 it has supported over 100 CYP ranging from two to 18 years old.

"I felt really supported and counselling helped me understand what I was feeling. I now know how to deal with memories of what happened and know it was not my fault."

Girl, 14, using Lifecentre

Young people have direct input to decision makers

Free Your Mind (FYM), a group of 11-18 year olds, started as an action group to reduce stigma around mental health. With county council support, it has developed into a vital forum for young people, enabling direct influence over policies and services in West Sussex.

The most recent FYM convention in 2016 was attended by over 50 young people and numerous commissioning and service leads, including the chief executive of SPFT and the county council cabinet member for children. As a result of the day, FYM members have joined SPFT's clinical academic advisory group to improve services for users.

They have also received training to enable them to play a formal role in procurement and have been involved in assessing bids for new training, counselling, advocacy and community mental health liaison service contracts.

FYM have been involved in the design of service leaflets and materials and helped design the new Horsham CAMHS waiting room. They meet regularly with commissioners to discuss commissioning intentions and on-going involvement in service developments.

"The work we have been doing in the group has really started to improve services. We feel listened to and that our opinions are always heard."

Lily, 17, Free Your Mind member

Let's Talk About It campaign to reduce stigma

The Free Your Mind group has produced a video to encourage young people across the county to talk about their problems to someone they can trust.

The video came about after the group won a national Positive for Youth Award. Commissioners provided campaign wristbands for every secondary school in the county to support the roll out of the video.



Watch the video at www.youtube.com/watch?v=4MR1AeWqrBs

Young people help design LGBTU service

A group of young people have been helping to develop a pilot to support young people who identify as lesbian, gay, bisexual, transgender or unsure (LGBTU). A review found that no specific services were available in West Sussex and many young people from the county were travelling to access neighbouring services.

During the needs analysis, commissioners found that a group of 16-18 year olds taking part in the National Citizenship Programme in Horsham were launching a social action project to raise awareness of the lack of support for LGBTU people. They were invited to a workshop with pizza one evening at the Horsham youth centre.

This led to a partnership and the group formed a steering group, bringing in other young people from other parts of the county, to help scope and procure a pilot service. The group have been involved in recruitment and will continue to be involved as the pilot is implemented and evaluated.

"I know from my own experience how much people need these kinds of spaces locally. I wanted to get involved because I would like the future generation to have the support that they may need."

Robin, 18, transitioning male

Funding kick-starts ADHD parent support group

When work to improve neurodevelopmental pathways (see page 9) uncovered a lack of support for parents of children with attention deficit hyperactivity disorder (ADHD), commissioners helped existing informal parent and carer networks in Crawley and Worthing to establish a countywide parent forum. The aim is to share experiences and information and offer vital peer support for parents of children who have been diagnosed or are awaiting diagnosis.

Funding is enabling the group to establish itself as a community interest company, develop a brand and materials to raise awareness and promote themselves to other parent and carers in West Sussex, and set up training and awareness raising events in schools.

"Day-to-day it can be a battle and it is such a relief to be able to spend time with people who you know 'get it'."

"The group will enable us to bring the condition much more into the open and offer much needed support."

Jo Rowe and Sheena Smith, parents

Collaborating and integrating

Integration underpins our approach to early intervention services, such as advocacy, emotional support, counselling and activity-based therapies. We meet quarterly with our early intervention provider forum to join-up and improve services. We also work closely with commissioning colleagues in neighbouring areas and facilitate collaboration between local providers and agencies to mobilise more effective, efficient and seamless services for our children and young people.

YES offers emotional support to over 2,250 young people every year

The Youth Emotional Support (YES) service helps young people aged 11-18 with a wide range of emotional wellbeing issues, from low mood and anxiety to anger, confidence and relationship difficulties. It helps young people to make positive choices and build resilience.

Caseworkers and youth support workers offer intensive 1-2-1 support and help young people to access counselling and support from other agencies. They also offer group programmes, such as anxiety and anger management.

Close working and formal links with CAMHS, counselling and other services means that YES can provide tailored, seamless support for young people, often addressing issues such as education and employment alongside emotional wellbeing.

Operating from the eight FindItOut centres across the county, YES accepts self-referrals and referrals from GPs and public health nurses. It currently sees around 200 new young people every month,

providing a valuable, flexible service to manage wellbeing in the community. On average, less than 3% go on to require a referral to CAMHS.

"YES has changed the way I think and feel about things and helped me control my anxieties."

Male, 17

"Previously there was a gap in what GPs could offer young people who had difficulties around their emotional well-being if they were not of a level that needed CAMHS. YES has made a real difference, providing an accessible service to meet young people's needs and coordinate across other services and agencies."

Sue Torry, GP, Clinical Lead for Mental Health, Coastal West Sussex CCG

Commissioners join forces for eating disorder service

Ring-fenced health funding for eating disorders, coupled with specific national guidance and outcome measures, offered a good opportunity for commissioners across the CCGs in East and West Sussex and Brighton to work together to develop a single Sussex-wide service.

A key advantage has been that the provider, SPFT, has been able to recruit a larger pool of specialised staff and bring greater economies of scale to what is a relatively small and specialist service.

The Sussex-wide family eating disorder service (FEDS) launched in October 2016 and received over 150 referrals in its first six months, meeting the national four-week target for referrals, including a maximum of one week for urgent referrals.

To further enhance the service, a Sussex-wide support network for parents and carers of children with eating disorders is being commissioned from national charity Beat from summer 2017. It will provide a helpline, peer support, training, workshops and will facilitate parent ambassadors.

Blended face-to-face and online counselling offer support when it's needed

A joined-up CYP counselling service has been commissioned in West Sussex since 2015. It is provided through a partnership between YMCA Dialogue, which offers face-to-face counselling across the county, and Kooth, which offers rapid access to online support for CYP.

The two services facilitate and promote each other so that CYP can access online support as well as, or while they wait for, face-to-face support. They work closely with the YES service which can refer into both.

YMCA Dialogue counselling

Dialogue runs sessions at the eight FindItOut centres across the county with additional outreach clinics in leisure centres and libraries in some more rural locations.

Dialogue received over 750 referrals in the last year with bullying, conflict at home, self harm and suicidal thoughts among the most common issues dealt with. Three quarters of users gave it a rating of 8/10 or higher for helpfulness.

"I was able to speak about how I feel and solve some problems."

Young person using YMCA Dialogue

Kooth online support

Kooth offers drop-in 'chats' and booked sessions, with counsellors available until 10pm every day of the year. There are also live moderated forums, peer-to-peer support and self-help materials. Users remain anonymous and can log in through their mobile phone, tablet or computer.

In the last year, over 2,000 young people in West Sussex have registered to use Kooth. The service receives around 1,250 log-ins every month with around three quarters outside of office hours.

Anxiety, stress, relationships, self-worth and depression are the most frequent issues raised. 95% of users said they would recommend it to a friend and 93% expect to return soon.

"Kooth has really helped me, it's given me relief when I've had nobody else to turn to."

Young person using Kooth

A&E liaison offers prompt support for CYP in crisis

Specialist mental health practitioners based in Accident and Emergency departments in Chichester and Worthing gave immediate support to over 200 CYP in crisis over the last year.

CYP attending the emergency departments as the result of suicide attempts or self harm, or with other underlying mental health issues, receive prompt and appropriate support from the CAMHS liaison staff provided by SPFT. Many are also offered follow up appointments outside of hospital to decide the best course of action, often signposting or referring to services other than CAMHS. Evidence shows that those who attend a follow up are significantly less like to experience another subsequent crisis.

In addition to providing direct support to CYP, the liaison staff also provide training to the whole A&E team. Since the service began there has been improved understanding and collaboration between CAHMS and A&E staff with very positive feedback from both.

"Reduced workload. Better relationships between departments and CAMHS. Young people seen quicker and often not needing admission. Young people signposted quicker into appropriate services."

Feedback from A&E staff

We are also...

Expanding the A&E liaison service

Following a year-long pilot, the liaison service at the A&Es run by Western Sussex Hospitals NHS Foundation Trust is now a permanent week-day service. We are planning to introduce a weekend pilot over the coming year.

We are also working with commissioners and providers in East Surrey to ensure that the large number of West Sussex CPY admitted to East Surrey Hospital in Redhill in a crisis can receive the same levels of support.

Enhancing crisis care

We are working collaboratively with commissioners across Brighton and Hove and East Sussex, where we have a shared CAHMS provider, to improve Tier 3 crisis care and will be looking to learn from the experiences of Brighton and Hove who are redesigning their Tier 3 services.

Neurodevelopmental pathway redesign and family support

We are working with families, the council and providers of child development centres and neurodevelopmental services to redesign pathways for the diagnosis and management of ADHD and autism spectrum conditions. The aim is to ensure enhanced quality of care with a clear diagnostic pathway, a better experience for children, increased support for families and better coordinated transitions from child development centres to CAMHS. We have already started to clarify the problems of current ways of working and waiting times are already being reduced. An improved model is planned for implementation from April 2018.

Advocacy

An advocacy service for CYP across West Sussex has been commissioned from Mind in Brighton and Hove. Over the last year the advocates have helped around 130 young people experiencing issues that affect their emotional wellbeing to say what they want, secure their rights and obtain the services they need.

Improving transition to adult services

Working with adult mental health service commissioners and providers we are developing pathways for a more seamless transition for CYP who continue to require support as they move into adulthood. We are also testing innovative service models for young adults aged 16 and over, such as how to bring a range of services together in one location to offer a 'one stop shop'.

Heads up Crawley Town

In partnership with Crawley Town Football Club Community Foundation, we have launched a series of eight sessions in primary schools aligned with the PHSE (personal, social and health education) and sports curriculums. Physical activity is proven to help improve mental health and wellbeing. The Heads Up workshops cover emotional health and wellbeing, health and nutrition, and relationships.

Innovative activity based therapies

A canine-assisted counselling service for CYP experiencing anxiety and distress has been extended following a successful pilot. It is provided by YMCA Downslink at Worthing and Crawley FindItOut Centres and is integrated within the blended counselling service. We have also commissioned a Making Theatre Gains event to explore using theatre as a way of engaging CYP who are struggling with their emotional wellbeing.



Using theatre as a way of engaging with CYP

A focus on the most vulnerable

Children can be considered vulnerable for a wide range of reasons. They may live in poverty or be disadvantaged or marginalised from society in some way. They may be disengaged and hard to reach.

Evidence shows these young people are much more likely to experience poor mental health now and in the future. While they are relatively small in number, their needs are often complex. Services targeted at vulnerable children are a priority in West Sussex and we aim to offer timely early intervention to build resilience and prevent the need for further interventions later in life.

Increased mental health support for young asylum seekers

Over 40 highly vulnerable young people have been helped in the last year through a pilot to provide mental health assessment and treatment for unaccompanied asylum seeking children.

The service is provided by a practitioner from SPFT for children who are looked after by the council. Originally a part-time service delivered in one part of the county, it has expanded and commissioners have now funded the full-time practitioner to offer the service across the whole county as a pilot that is being formally evaluated.

The practitioner sees children with various trauma related and behavioural issues including anxiety, distress, self harm, low mood, and difficulties with sleeping and eating, often working with a bank of interpreters and liaising with other services. The aim is to offer therapy as far as possible and on-going support to prevent further mental health problems from developing.

"Many of these young people have witnessed and experienced unimaginable distress. While all their needs are very different, they benefit from a distinct service because of the complexities of their needs and common barriers around language and culture. Being able to offer a full time, dedicated service is making a real difference for them."

Service practitioner Jo Squire

Resilience and relationships for children whose parents misuse substances

West Sussex charity Change Grow Live is leading a year-long project to explore the benefits of targeted support for children whose parents misuse substances. These young people often experience negative feelings and anxiety and are often disengaged from education because of caring responsibilities.

The project expects to work with around 65 children to raise resilience and equip them to build healthy, sustainable interactions and relationships with family members, teachers and communities.

Innovative approaches to reach boys and young men

Evidence shows that boys are far less likely than girls to seek emotional wellbeing support when they need it. A two-year pilot has been launched with YMCA to look at how help-seeking behaviours can be encouraged, building on their successful Boys and Young Men Champions group in Brighton.

The pilot will be led by two youth workers based in a secondary school and a partner primary school. Key to the approach will be challenging assumptions that it is not masculine to ask for help, through fun assemblies, workshops and targeted interventions.

Faster, better assessments for looked after and adopted children

Children in the care of the county council often require therapy for issues related to attachment or trauma. Changes to the way these assessments are made mean that there is virtually no waiting time for these assessments (until recently they could have waited several months). Assessments are now available for a wider range of children and are carried out by a multidisciplinary panel that is better able to recommend the correct course of action from the outset.

Recovering from domestic abuse

My Sisters' House women's centre will be delivering the NSPCC recovery programme for children aged 7-12 who have been affected by domestic abuse.

Investment in health and justice pathway

We have funded a psychiatrist and mental health practitioners to join the council's youth offending team to enhance mental wellbeing for the CYP they work with. Commissioners also successfully attracted additional funding from NHS England to further enhance the health and justice pathway by developing enhanced YES workers to support CYP who have been discharged from secure units or inpatient mental health.

Bereavement counselling

Winston's Wish, the charity for bereaved children and their families, has been commissioned to deliver whole-family support for CYP who have lost a loved one, providing counselling not only for the child, but also building resilience throughout the family.

Developing the workforce

Making significant and lasting improvements in mental health and emotional wellbeing for CYP will not be achieved through directly commissioned services alone. Building skills, knowledge and confidence across the whole workforce, from primary care to schools and the police, will enable earlier identification of issues with prompt and appropriate support.

Targeted training for over 750 professionals working with CYP

Since May 2016, over 750 professionals working with CYP, including GPs, social workers, teachers and police officers, have received training to increase their skills and confidence to identify and support CYP experiencing mental health and emotional wellbeing issues.

The training is funded by commissioners and led by Coastal West Sussex Mind, in partnership with Grassroots Suicide Prevention, YMCA Downlink Group and other subject experts. Over 75 open and in-house courses have already been offered, covering over 20 different topics including developing resilience; suicide intervention; bereavement and loss; and self-harm.

What have attendees found useful?

"Spotting signs, and how to be mindful of the children's needs not my own."

"Strategies on how to talk to students, who might be suicidal/self harming."

Expanded training

The training programme is funded until May 2018 with new courses continually added in response to the needs and interests of training participants.

Emotional wellbeing leads in schools

We have successfully established a network of named emotional wellbeing leads in every secondary school in the county, a recommendation from the CYP Mental Health Taskforce's 2015 *Future in Mind* report.

For schools, it means that there is a single point of expertise with knowledge and resources to help inform the curriculum and support colleagues to identify issues and access other services as appropriate. It is also enabling commissioners to have a clearer picture of local issues and needs across the county and to develop services accordingly.

The network meets every half term and has already received presentations from CAMHS specialists and GPs to build relationships and enhance understanding. A project with GPs to explore how schools and primary care can work together better has resulted in pilots to develop practical models for joint working. The network is also planning a conference for all schools to share good practice in developing resilience and emotional wellbeing.

Expanding support for schools

We are consulting with primary schools on developing a network of named emotional wellbeing leads and what they would want to gain from the network.

We have also offered training and support for the Academic Resilience Approach, a programme developed in collaboration with Young Minds, which supports schools and colleges to develop a whole-school approach to emotional resilience. So far 26 secondary schools have signed up for workshops, coaching and communities of practice to share learning and experiences.

A number of innovative projects are underway in selected secondary schools to test what makes an impact on emotional wellbeing. These include a forest project, lego therapy, emotional first aid and mindfulness. In September, commissioners and schools will evaluate the projects and agree whether any should be made available for other schools across West Sussex.

Workforce analysis and strategic development

We will be undertaking an analysis of the CYP workforce in West Sussex to inform further training development, identify gaps in recruitment and retention and explore ways to link in better with the adult workforce.



Pablo the dog helps children experiencing anxiety and distress as part of our innovative canine-assisted counselling pilot (see page 9)

Further information and resources

Resources available

Leaflets for parents and young people on self-harm and emotional wellbeing, containing useful tips and links to national and local services, have been developed in collaboration with young people.

Copies are available from:
publications@westsussex.gov.uk

Useful websites

Local transformation plan

Download the latest version of the LTP
www.bit.ly/wsxltp

Youth Emotional Support (YES)

Find out more about the YES service and how to access it
www.bit.ly/wsxyes

Your space

West Sussex site offering information, resources and access to services for young people
<https://www.westsussex.gov.uk/education-children-and-families/your-space/>

West Sussex Local Offer Directory

The West Sussex Local Offer provides information about local services, support and events for children and young people aged 0 – 25
<https://westsussex.local-offer.org>

Training for professionals

Find out more about the training for professionals funded by commissioners and led by Coastal West Sussex Mind
www.eventbrite.co.uk/o/coastal-west-sussex-mind-8288439768

Contact the commissioning team

To get in touch with the team, please contact Helen Toone who will be able to put you in touch with the right person: 03302 227 049,
helen.toone@westsussex.gov.uk.

Receive regular updates

If you would like to receive our quarterly bulletin to keep partners and stakeholders updated on the latest developments, please e-mail
helen.toone@westsussex.gov.uk

