



2024/2025 Bedfordshire Luton and Milton Keynes Children & Young People’s Local Transformation Plan

Bedfordshire, Luton and Milton Keynes (BLMK) Integrated Care System (ICS) are pleased to publish and share the refreshed BLMK Local Transformation Plan 2024/2025. This plan outlines what the ICS will be doing in the next year to improve outcomes for children’s mental health.

Key deliverables from the NHS Long Term Plan that we continue to work on:

- 1.Improving access
- 2.Ensuring comprehensive 0-25 offer
- 3.Service Specific: Crisis; Eating Disorders, Early Intervention in Psychosis
- 4.Key related service areas for consideration: Specialist Commissioning, including Health & Justice; Learning Disability & Autism

From April 2024 the Mental Health, Learning Disability and Autism Collaborative will come into being and will be the main vehicle for planning and delivering services and driving improved outcomes. The collaborative will take this plan forward.

The system continues to embed the [principles of I-Thrive](#), and each area publishes information about what mental health and emotional wellbeing services are available locally: [BLMK where to get help](#)



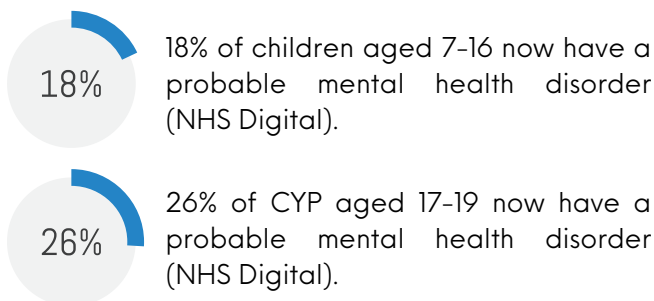
Context

This transformation plan intends to drive a reduction in variation in targeted areas, so that wherever you live you have access to similar support. Alongside, there are 4 dedicated Local Authority place-based emotional and wellbeing programmes, also delivering to transform and improve the experience and outcomes for children and young people (CYP). We will ensure that these join up.



BLMK has a growing population and compared to the national average our area has more young people aged 0-14 years of age. There are currently around 200,524 young people in this age group in BLMK, this will increase to around 205,565 by 2030 (BLMK ICS Population Health Intelligence).

NHS estimates indicate that:



This equates to around 34,237 young people in BLMK (BLMK ICS Population Health Intelligence).

This plan and our level of ambition over the next year will need to take into account the current financial challenges we face. Despite this, we remain committed to improving access to services, reduce waiting times and will ensure that there is an equitable offer of support across BLMK, so that young people are able to access the right support at the right time wherever they live.

This plan has listened to the voice of children and young people and their families to understand and drive transformation to meet their needs. One young person summarised that the ideal would be “one effective service that leaves no one behind”.

Our new mental health, learning disability and autism provider collaborative will enable stronger partnership working between health, local authority and voluntary sector services, drive innovation and build resilience in our children and young people mental health system.



Key Principles

The system has signed up to working to the following principles to support improved mental health and emotional wellbeing for children and young people across BLMK. These will underpin all our work:



Coproduction

We will work in partnership with CYP, their families and communities to make important decisions and design, develop and review services.



Promoting Equality

We will ensure that all CYP across BLMK can access appropriate mental health and emotional well-being support and will proactively work towards closing the equalities gap.



Integration

We will work together through the Mental Health, Learning Disability and Autism Collaborative, and collaborate with primary, community and acute mental health services, local authorities, and the voluntary and community sector, to provide seamless and joined up person centred care.

In the past year we have:

- Opened the 8-bedded Evergreen Mental Health Inpatient Unit in Luton, which can be accessed by CYP across BLMK.
- Now have NHS 111 across the whole of BLMK, which can be accessed 24/7 by those in crisis
- Piloted BLMK Mind Young People's Sanctuaries across BLMK to provide crisis support and safe spaces for CYP aged 14+.
- Improved pathways for eating disorders for CYP with eating disorders.
- Continued to expand home treatment offers across BLMK to support CYP at home in crisis.
- Mobilised a further two new mental health support teams in schools.
- Launched digital support from REFLECT which can be accessed by all CYP across BLMK 24/7: [Give us a Shout](#)

What have CYP & their families told us?

Children, young people and their families have been involved in the transformation journey for mental health services for some time. We continue to work with CYP and their families to find out what they need, hear their views and work in partnership. These are some of the key messages we have heard in the last year:

- That it is important to really listen to CYP and their families.
- That they want to see a seamless, equitable offer across BLMK, which is sensitive to individual needs.
- Care should be taken to engage with and address the specific needs of young men and boys, those from ethnic minority groups, those from a deprived background, young people who have SEND, and those who are LGBTQ+, trans or gender diverse.
- That CYP, families and professionals can be confused about what support is available and where to go to for support.
- Young people would like creative wellbeing options that provide a personalised and varied offer.
- That they would like support to be available around the clock and a mix of online and in person support.
- That autistic young people and those with other neurodevelopmental conditions (and their families) would like to receive appropriate support in order to better understand their needs and to promote and improve their mental health and emotional well-being.

Key Areas for Action

In addition to "business as usual" activities the following key action areas have been identified for the next year. As a collaborative we will build on existing work and continue to:

- 1 Drive transformation as the system comes together in the Mental Health, Learning Disability and Autism Collaborative.
- 2 Optimise the use of resources across the system.
- 3 Develop the CAMHS alternative to admission offer across BLMK as key part of "getting more help" and "risk support" offer.
- 4 Ensure that there is robust and integrated early intervention support offer across BLMK.
- 5 Build our eating disorder offer for those with conditions such as Avoidant Restrictive Food Intake Disorder.
- 6 Develop the workforce in relation to children's mental health and emotional wellbeing.

How will we achieve this?

Transformation	Resources
<ul style="list-style-type: none"> Establish a clinician led partnership network with children, young people and their families. Agree and implement a set of local outcomes measures in relation to quality, safety, waiting times, patient experience and access. Develop a communication plan to publicise and share information about services. 	<ul style="list-style-type: none"> Identify areas where collaborative working can add value and improve access and outcomes for children and young people. Undertake a "deep dive" exercise to identify gaps, needs and themes in relation to mental health and emotional wellbeing support and use this to inform our strategy around the use of resources and access to services.
Alternatives to admission	Early Intervention
<ul style="list-style-type: none"> Complete an audit and scoping exercise linked to the framework for mental health inpatient services and use this to develop strategy about how we transform and improve services for those in crisis. Work as a system to support young people in hospital experiencing a delayed transfer of care to return safely back to the community with appropriate care and support. 	<ul style="list-style-type: none"> Mobilise 3 new Mental Health Support Teams in schools across BLMK. Commission and mobilise "getting help" services across BLMK. Review our digital support offer for those waiting for services. Continue to develop the whole school approach to promoting good mental health and emotional wellbeing.

How will we achieve this?

Eating Disorders	Workforce
<ul style="list-style-type: none"> • Work across the collaborative with the acute trusts to evaluate how we can improve skill levels and mix, consistency of care and medical monitoring for children and young people with an eating disorder. • Assess levels of need and pathways of care in relation to disordered eating and Avoidant and Restricted Food Disorder. • Implement the new national eating disorder guidance for children and young people. 	<ul style="list-style-type: none"> • Develop a CAMHS workforce development and training plan which considers specialist skills, cultural competency, bids and training and establishes evidence-based pathways. • Share learning, including learning from serious incidents, complex case reviews and current and emerging themes, linking with Local Authorities and safeguarding services as required.

Next Steps



Next steps for the BLMK ICS and our CYP Transformation Plan:

- Produce a detailed delivery action plan
- Progress will be monitored and reviewed by children and young people mental health steering group

