

2022/2023

Bedfordshire Luton and Milton Keynes (BLMK)

Children & Young Peoples

Mental Health Local Transformation Plan

Refresh

October 2022



Local transformation plans were first published in 2015 and cover the whole of England. They set out how local services will invest resources to improve children and young people's mental health across the "whole system". These plans are 'living documents' and local areas are asked to refresh, and republish them

The BLMK Transformation Journey

This presentation will consider the following areas:

1. Mental Health Local Transformation Plan 2021 / 2022
2. Mental Health Local Transformation Plan Refresh 2022 / 2023
3. Coproduction
 1. The Better Days Programme
 2. The BLMK 10 Year Mental Health and Wellbeing Plan
4. Local Transformation Plan priority headlines of what we have achieved during 2020/21 and focus for 2022/23
5. New areas of focus in Local Transformation Plan refresh for 2022/23



1. Mental Health Local Transformation Plan 2021 / 2022

Local Transformation Plan 2021 / 22

- **Children & young people have been involved in the transformation journey for Children & Young People Mental Health services for some time and we know are crucial in developing services across BLMK.**
- We engaged young people in the process to support their understanding of what we are trying to achieve in our Local Transformation Plan.
- During 2021 / 22 Children & Young People considered this and feedback their collective understanding of the Local Transformation Plan using the medium of art as you will see on the next slide, and we want to give thanks to Jay and the team of young people involved.
- **This presentation aims to show what we have achieved in 2021 / 22 and our plans for the refresh of our Local Transformation Plan for 2022/2023**

What is it?

GOV. INVEST MONEY INTO CHILDREN'S + YP MENTAL HEALTH



WORKING TOGETHER



HOPE TO BE DONE IN 2021/22



PODCASTS

How to Spread the word



NEWSLETTER



WEBSITE/ ONLINE



POSTERS



VIDEOS



DOCTORS WAITING ROOM SCREENS



TIKTOK



LONELY

SCARED OF UNKNOWN

THIS WAS GOOD
THIS WAS BAD

YOUNG PEOPLE + THEIR FAMILIES SHARED THEIR EXPERIENCES

SPOKE TO PROFESSIONALS



DOCTORS, TEACHERS, SOCIAL CARE, THERAPISTS

THERE ARE 4 MAIN Ambitions



INCREASING ACCESS TO MENTAL HEALTH SERVICES

INCREASED SUPPORT WITHIN SCHOOLS



EXPAND SUPPORT FOR EATING DISORDERS

DEVELOP THE CRISIS SERVICE, INPATIENT UNIT + HOME TREATMENT TEAMS



SOME STRUGGLE NOT SEEING FACES

COVID-19

HOW IT IMPACTED OUR MENTAL HEALTH



THERAPY DIFFICULT ONLINE - SOME PREFER IT



RISE IN EATING DISORDERS



WORRIED ABOUT THE VACCINE / NEEDLE PHOBIA



HEALTH ANXIETY

DIFFICULTY ACCESSING A+E



MISS FRIENDS/FAMILY



CHANGE OF ROUTINE

SUDDEN CHANGE IN LEVEL OF SUPPORT

Local Transformation Plan

- 2021/22 -

CONSTANT BATTLE FOR THE SUPPORT WE NEED



SOME GOOD SOME BAD

NOT DISCREET

CAN I HAVE A WORD?

Schools

- BLMK have 4 teams
- 7 to start in next 2yrs



TO MUCH FOCUS ON GRADES

CALL YOUR PARENTS + CARERS

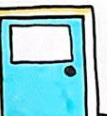
TEACHERS UNSURE HOW TO HELP



LACK OF CONFIDENTIALITY



LOSS OF TRUST



NOT ENGAGE IN OUR TREATMENT



ADHD DIDN'T PICK UP ON SYMPTOMS
MH AUTISM



MORE HELP + AWARENESS FOR LGBTQ+ YOUNG PEOPLE



MORE AWARENESS OF ALL EATING DISORDERS

Eating Disorders

- EXPAND TO REACH DEMAND
- DEVELOP DAY TREATMENT PROGRAM



HOME DAY TREATMENT PROVEN VERY EFFECTIVE



BETTER UNDERSTANDING OF MALE EATING DISORDERS



WE ALL RESPOND TO TREATMENT DIFFERENTLY



LONG JOURNEY TO HOSPITAL MADE VISITS DIFFICULT
FELT ISOLATED



CRISIS TEAM SHOULD BE 24/7

Crisis

- PROVIDE SUPPORT AT HOME
- REDUCE HOSPITAL ADMISSIONS
- CLOSE HOSPITAL PLACEMENTS
- IMPROVE 111, A+E AND CRISIS LINE
- SHORT TERM INTERVENTIONS



HOME TREATMENT PREFERRED OVERALL WHEN POSSIBLE



A+E NEED TRAINING: ALL STAFF



SPREAD AWARENESS OF CRISIS SERVICES



LOCAL UNIT TO PROVIDE CLOSE SUPPORT + SHORT TERM CARE



SUPPORT NEEDED FOR FAMILY

SUPPORT IF IN HOSPITAL

HOW TO HELP YOU



2. Local Transformation Plan Refresh 2022 / 2023

Local Transformation Plan Refresh 2022 / 23



Through our flagship **Better Days Programme** we will continue to listen to young peoples stories to support with changing culture, policies and service with Bedfordshire Luton and Milton Keynes



Please click on the photograph above to access the Better Days video

We will also **continue** to listen and learn from our young people through the variety of other co-production activities that take place across our Services.

We will look at the detail of the 2022 / 23 plan later in the presentation.



3. Coproduction – hearing from our Young People and Professionals

- Better Days (slides 9-11)
- BLMK 10 Year Mental Health and Wellbeing Plan (slide 10)

Coproduction - Better Days 2022 - 23

- We've learnt through listening to our young people that we still have a long way to go with breaking stigma, reaching hard to reach communities and supporting with access to services
- Young people have shared with us the importance of being listened to and heard in relation to their stories
- Over the course of the next year we'll be doing everything we can to hear the stories of young people and their families to truly understand how we can best serve our diverse communities
- We will listen to the young peoples stories and this will support with changing culture, policies and service with Bedfordshire, Luton and Milton Keynes
- We want to create **BETTER DAYS** for Children Young People and their families across BLMK

What young people have told us isn't working?

Knowing who to refer where / understanding local offers..../ pathways

Not all professionals understand CAMHS thresholds or know where to signpost

Language across the system – move away from medical model and focus on recover – TOO CLINICAL

CYP with NDD conditions / that come to service late and haven't had support to understand their conditions

Duplication across the system...how can we work smarter.

Misunderstanding of presentation/behaviours due to different cultural reasons and norms. i.e. he/she is not engaging.

"It feels like NHS mental health service staff are often trying to meet a quota and palm people off on to meds instead of actually trying to help."

The wider system is diagnosis/crisis led and too medical, not on a needs-led basis.



Themes

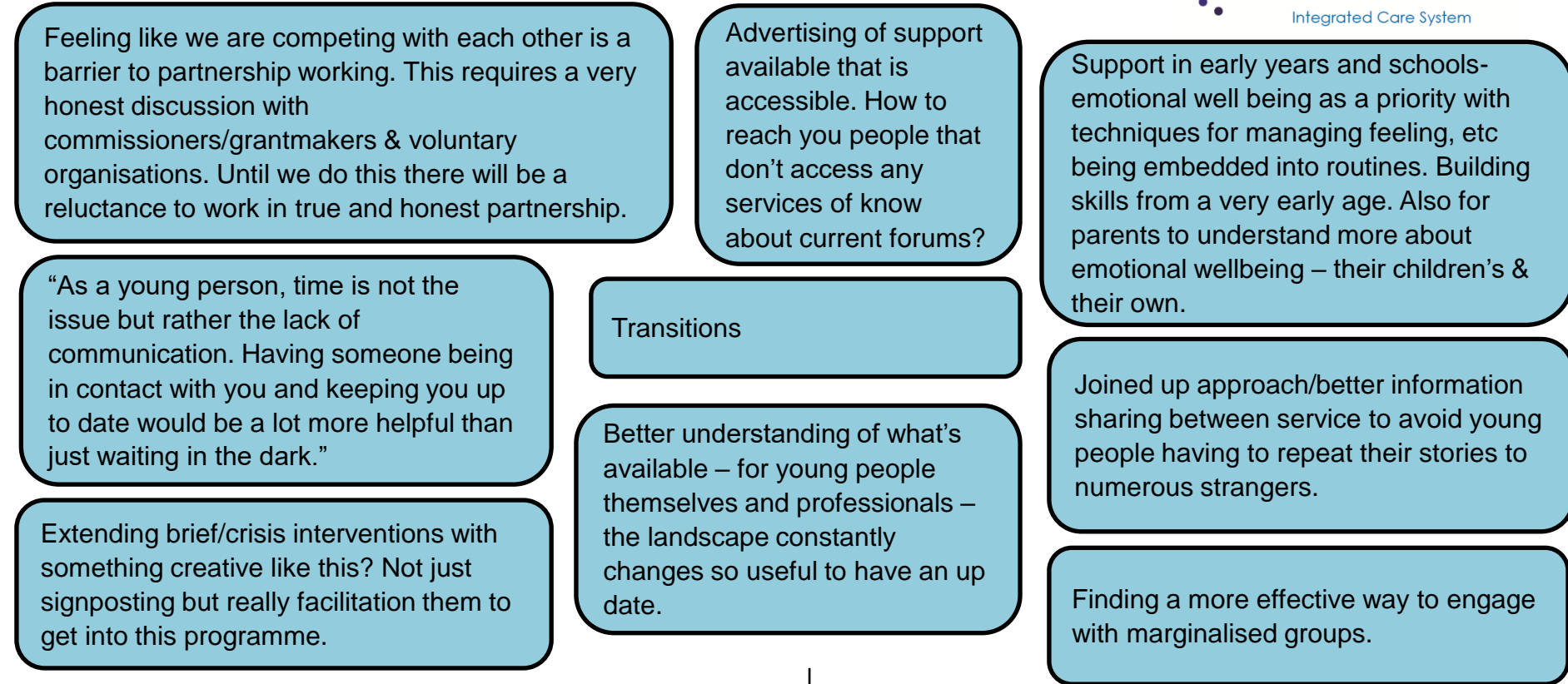
Improved understanding and communication between professionals.

Use of language to destigmatise conversations around mental health.

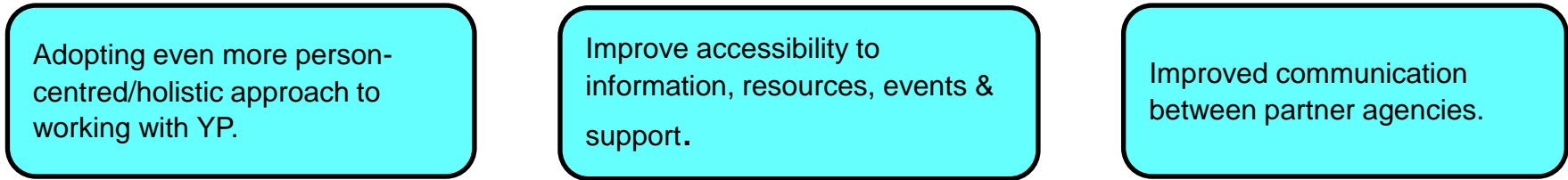
BLMK Better Days Workshop July 2022



What can we improve?



Themes



Coproduction - The BLMK 10 Year Mental Health and Wellbeing Plan - June 2022



We held a 'Discussing the future of mental health and well-being support across Bedfordshire, Luton and Milton Keynes' Event to feed into the Department of Health and Social Care's consultation on a 10 year mental health and well-being plan.

Input from over 300 people enabled us to also develop our local vision centred around preventing our residents from becoming unwell, promoting good mental health and supporting people living with mental illness to recover and live well. We commit to doing this by:

- Supporting the general population to take action and look after their mental wellbeing.
- Preventing the onset of mental health difficulties, by taking action to address the factors which play a crucial role in shaping mental health and wellbeing outcomes for adults and children.
- Supporting services to continue to expand and transform to meet the needs of people who require specialist support.



4. Local Transformation Plan priority headlines of what we have achieved during 2020/21 and focus for 2022/23

The following slides follow the 9 key lines of enquires set out in the Local Transformation Plan (slides 15-23)



Understanding needs and inequalities

During 2021 / 2022 we have...

- BLMK inequalities group in place
- Launched the Better Days Programme
- Launched the Discovery College
- Worked with our Parent Carer forums by holding Special Educational Needs & Disabilities (SEND) focus groups & received SEND surveys
- Understood the impact of the COVID19 pandemic on Children and young peoples Mental Wellbeing
- Developed a Social Prescribing pilot

During 2022/2023 we will...

- Engage system partners with the Mental Health Insights Data Pack (0-25 years)
- Progress actions from Children and Young People Deep Dive
- Align work to Core 25 plus5 & Population Health workstreams
- Increase the Social Prescribing offer for Children and Young People and evaluate the impact

Workforce

During 2021 / 2022 we have...

- Undertaken BLMK Mental Health workforce events
- Put recruitment strategies for our mental health providers in place
- Understood our workforce challenges by completing a workforce submission to the NHS
- Undertook a deep dive into our specialist mental health providers

During 2022/2023 we will...

- Drive forward the delivery of our mental health workforce ambitions using our BLMK Mental Health workforce strategy and action plan
- Work with national bodies to access workforce development training opportunities
- Mobilise Service Development Fund programmes together with our voluntary sector partners and evaluate the impact
- Progress actions from Children & Young People Deep Dive to develop new workforce / new skills

Health & Justice

During 2021 / 2022 we have...

- Linked specialist mental health providers, speech and language therapy and school nurses with our Youth Offending Teams (YOT) to ensure there is quick and early access to care
- Accessed specialist forensic mental health service to support the care pathway for young people
- Continued the work of the Behavioural Improvement Team providing support to our Pupil Referral Units.

During 2022 / 2023 we will...

- Continue to partner with our 3 youth offending boards and develop the national reporting requirements for Mental Health in 2023
- Work with partners to ensure our services are meeting the needs of these children and young people.
- Further understand the role and impact of our street triage service who support our young adults.

Eating Disorders

During 2021 / 2022 we have...

- Expanded eating disorder services generally plus provided intense home treatment services across BLMK
- Continued to provide a Bedford & Luton Avoidant Restrictive Food Intake Disorder service (ARFID)
- Established a children and young peoples Eating Disorders Clinical Reference Group (CRG)
- Developed an integrated clinical protocol for Children with Eating Disorders
- Provided a BLMK position statement for medical monitoring

During 2022/2023 we will...

- Continue progress the Eating Disorders CRG Action Plan - maintaining the focus on medical monitoring
- Continue to monitor the performance of services in relation to the national Eating Disorder access targets
- Develop ARFID pathways across BLMK
- Work with our third sector Eating Disorder Specialist Provider to develop and deliver Body Project groups locally
- Undertake a review of local Transitions Standards

Data, Access & Outcomes

During 2021 / 22 we have...

- Adapted to the access target change
- Worked with our voluntary sector partners to ensure we build a robust system for data collection
- Provide regular reports of patient satisfaction rates

During 22/23 we will...

- Move all reporting to a central data collection system
- Work towards the new national draft waiting time standards
- Monitor performance to achieve service improvements
- Progress actions from Children & Young People mental health offer Deep Dive, with a special focus around waiting times

Urgent & Emergency (Crisis) Mental Health Care for Children

During 2021 we have...

- Developed 111*2 & 24 hour telephone crisis support
- Provided 7 day working arrangements for people in crisis
- Mobilised Learning Disability & Autism and Community Eating Disorders Intensive Support Teams
- Developed crisis cafes for Children and Young People with MIND BLMK

During 22/23 we will...

- Ensure our Extended Home Treatment Team proactively works with our community services and acute hospitals to avoid admission and to facilitate early discharge
- Launch the Evergreen in patient service for BLMK
- Further develop system working to support Children & Young People / Families with complex needs / Learning Disabilities & Autism
- Complete a suicide and self harm audit

Early Intervention in Psychosis

During 2021 we have...

- Completed the national clinical audit of psychosis.
- Early Intervention in Psychosis Services for BLMK has met the access standard of a maximum wait of two weeks from referral to start of treatment.

During 22/23 we will...

- The Early Intervention in Psychosis Services for BLMK will continue to meet the access standard of a maximum wait of two weeks from referral to start of treatment, and provide a service for young people from age 14.
- Work towards developing the ARMS (At Risk of Mental State) offer for all our children to help prevent or delay the development of a first episode of psychosis

Mental Health Services working with education settings

During 2021 we have...

- Been awarded a multiyear bid for Mental Health School Teams - working with Local Authorities to support the application process and understanding of schools in highest areas of deprivation
- Developed a BLMK Mental Health and Education Meeting in place

During 22/23 we will...

- Roll out the final waves of Mental Health School Teams
- Ensure mental health school teams report the number of services they provide including Whole School Approach & 1:1 support
- Understand the support in place for schools that don't have access to a mental health schools teams

Digitally Enabled Care Pathways

During 2021 we have...

- Completed an evaluation of our online digital offer for children and young people to access help.
- Developed the online self help offer on the Local Offer Websites
- Developed guided self help for Mental Health School Teams
- Launched the Discovery College

During 22/23 we will...

- Scope new ways of providing services for our children, developing our digital care pathway
- Commission digital support for all children and young people across BLMK



5. New areas of focus in Local Transformation Plan refresh for 2022/23

The following slide show the 3 new key lines of enquires set out in the Local Transformation Plan

New areas of focus and priorities for systems in 2022/23

- **Whole System working**
 - We will focus on building sustainable children's mental health system services, and progressing the work of the CAMHS Deep Dive
 - We will focus on understanding how best to move the system towards I Thrive thinking and agreeing local next steps
- **Wider Transformation**
 - We will focus on prevention and early intervention drawing upon the work of the BLMK 10 year plan
 - Through Better Days we will *start to do things differently*
 - We will continue to focus on Health Inequalities
- **Young Adults**
 - We will focus on 16-25 funding and the action plans that are being developed

