

# Good Mental Health & Wellbeing for Children & Young People

Health and Wellbeing Board

17<sup>th</sup> February 2025



**Humber and North Yorkshire**  
Health and Care Partnership

# Mental Health is:

- How we think, feel, behave
- How we feel about ourselves and others
- How we relate to others
- How we cope in ups and downs
- How we cope with all of our emotions

***“child mental health is everyone's business”***

# A 'place based' approach to mental health

Local services work together to improve children's outcomes and reduce inequalities.

Working in conjunction with Social Care, Safeguarding & the Children in Care Team to support children's wellbeing



GP surgeries are often the first point of contact & can advise & support families in accessing local services.



Maternity services promote positive parent-infant interaction & infant mental health



Health Visiting provide universal and targeted support to meet individual need



Data is used to drive improvement, inform commissioning & reduce inequalities



Ensure early years settings staff are well trained & supported to identify emotional wellbeing need early & intervene accordingly



Support messaging of national campaigns such as '5 ways to wellbeing'

School staff are trained & well supported by mental health services to identify & support children's mental health



Family Hubs support parents & families who are best placed to promote positive mental wellbeing



Local services provide specialist & targeted support for all levels of need

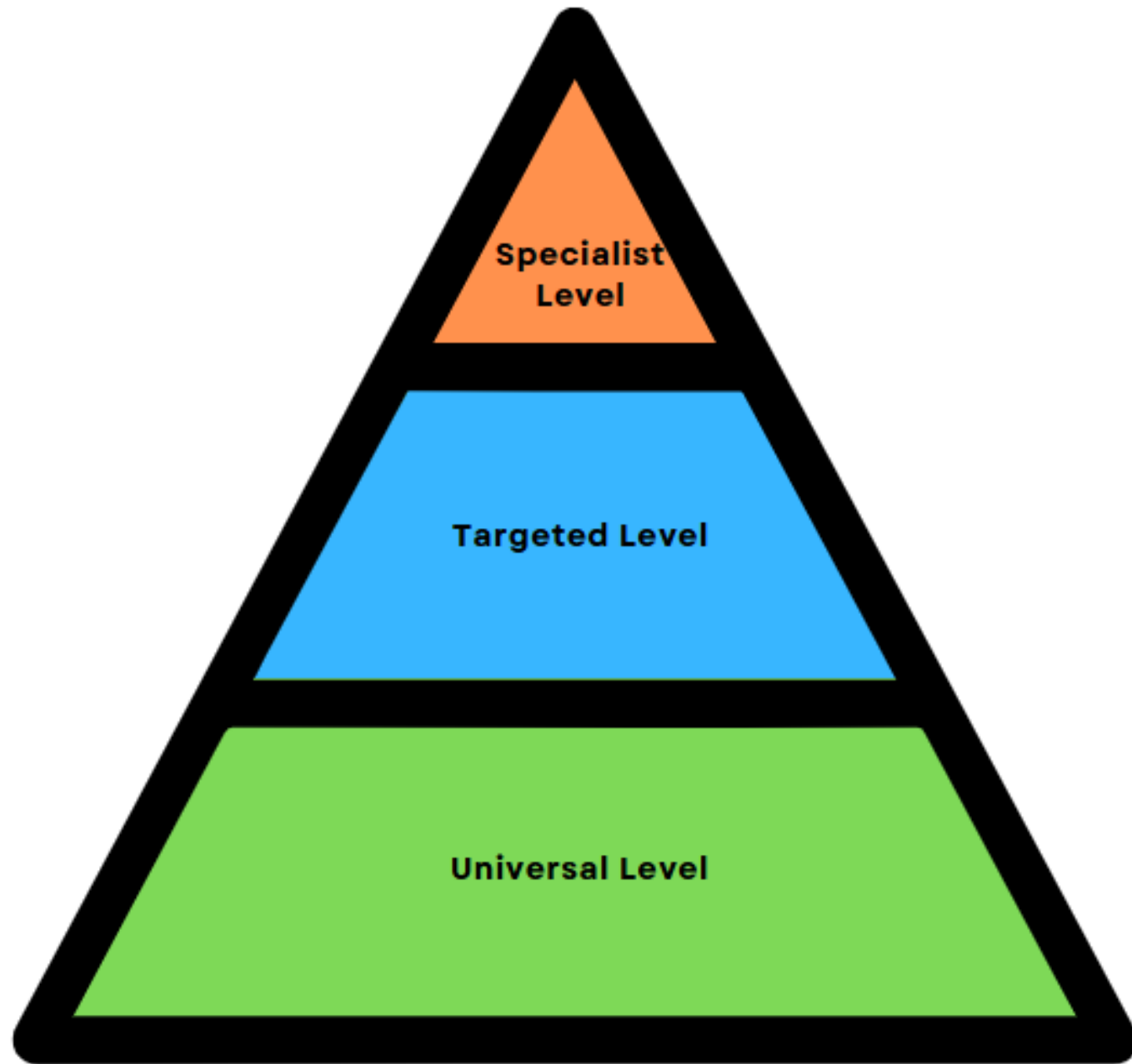


Families have a crucial role in promoting positive mental health



Digital services provide online support for young people

# Offer of Support



# Universal Offer

Universal offer is available to everyone and starts with the national programmes that build resilience, strengthen individuals and families, with the intentions of preventing and intervening early where there are emotional or mental health difficulties. Here are a few examples:

- **National Policy** – NHS 10 Year Plan, Transforming CYP Mental Health Provision: A Green Paper (2017), Improving The Mental Health of Babies, Children and Young People (2024)
- **National Campaigns** – World Mental Health Day, Children’s Mental Health Week
- **National Programmes** - Mental Health in Schools & Educational Settings including Early Years – Whole School Approach/Senior Mental Health Leads
- **Whole System Approach to Trauma** – a “Trauma Informed NEL”
- **Information, Advice and Guidance** - E.g. Healthier Together Website
- **Enablers including:** Compass GO assemblies/workshops, School Nurses, Family Hubs, GPs

# Case Study – Educational Settings – Whole School Approach

## Setting the Scene

- Compass GO delivered their Whole School Approach Audit with Healing Academy and jointly identified areas to work on moving forward
- Areas identified included:
  - Significant number of parent/carer referrals who reported they did not feel their child were receiving support
  - Providing support to parents/carers
  - Staff reporting lack of confidence around self-harm and low mood

## Actions: What did you do?

- Over the last 3 years the school and Compass parents' been working collaboratively to implement positive changes across the identified areas
- School implemented several parent events in response to the audit
- All staff attended a Compass GO workshop session to provide information and strategies on self-harm and low mood

## Successes

- Limited number of parent/carer referrals – needs being met earlier and within the educational setting
- School has fully embraced the graduated response
- Feedback from parents regarding the parents' events has been positive, parents appreciate being able to come and seek advise and identify their child for additional support
- School has used social media to promote the work and share self-help videos for parents/carers
- Session was well attended and received by staff and identified other areas of training required

There are a range of different offers which target specific cohorts of our population, or target a particular agenda or area of need, of which some of these include:

- **Educational Psychologists** - ELSA training
- **Voluntary Sector** – Positive social activities via the JEFF team to support young people with their mental health (e.g. boxing/football/crafts)

# Targeted Offer

- **Maternal Wellbeing** – supporting women with their wellbeing before, during and after pregnancy (e.g. low mood, anxiety, confidence building/self-esteem)
- **Integrated Care – JEFF**
- **NSPCC**– Together for Childhood
- **Compass GO...** - 1:1/Group Support & Silver Cloud
- **Kooth Online Counselling**
- **NHS Talking Therapies**
- **Health Visitors** - Additional contacts for targeted new parents
- **Early Help** – Parenting Support

# Case Study – JEFF Health & Justice Test & Learn Pilot

## Setting the Scene

- 17-year-old male referred into the service as interim support whilst they waited for trauma support being delivered by Young Minds Matter
- Concerns that the young person needed emotional wellbeing support following his arrest for assault in the family household
- Trauma related to domestic violence in the home

## Actions: What did you do?

- Support to manage his emotional wellbeing whilst on the waiting list
- Higher Revised 'Children's Anxiety and Depression Scale' scores in depression and anxiety
- Sessions tailored around his anger, anxiety and low mood – linked to trauma
- Discussions around fight versus flight response
- Explored worries and anxieties – reduced anxieties via use of statistics and acknowledges worries rather than dismissing them

## Successes

- 3 sessions held with the young person prior to trauma support commenced with Young Minds Matters
- Within that time managed to cover multiple areas in depth and had positive discussions
- Learnt coping strategies to keep his emotional wellbeing as healthy as possible whilst accessing new support
- Successfully stepped up to CAMHs to access trauma support
- Prevented any escalation during that time

## Barriers & Lessons Learnt

- Continue to tailor support to the young persons learning style, such as using statistics to reduce worries and drawing so they did not have to maintain eye contact



# Specialist Offer

There are a range of different offers for specialist services, of which some of these include:

- **Growing Well Together**
- **Young Minds Matter (CAMHS)**
  - **Eating Disorder Pathway**
  - **Neurodevelopmental Pathway**
  - **Children Looked After Pathway/Care Leavers**
  - **Crisis and Intensive Home Treatment Team (e.g. self-harm/suicide)**
- **Early Intervention in Psychosis**
- **Tier 4 Inpatient Provision**

# Case Study – Growing Well Together

## Setting the Scene

- Referred into 'Children in care' team initially by specialist teenage pregnancy midwife.
- 13-year-old mum who is currently 32 weeks pregnant
- Became a child in care following allegations of sexual harm which resulted in her pregnancy and moved away from her local area
- Young person has experienced significant long standing sexual abuse, is experiencing lots of isolations from family due to ongoing legal proceedings and away from friendship network

## Actions: What did you do?

- Joint assessment completed by the 'Growing well together' team and the 'Children in care' team to offer the best package of care for the young person, unborn baby and foster carers
- Grobrain sessions are being completed and she is finding this really helpful. Ongoing support to be offered by the team following birth of infant.
- The mum was also invited to the NSPCC baby shower event (which Growing Well Together also attended as a service), and she was able to be supported to speak to the local services which will be involved throughout her child's life

## Successes

- Young person and foster carers engaged well with the assessment processes and was really wanting to learn more about her pregnancy and the development of her unborn child
- Able to shared donated items for the baby which were given to the service; this allowed her to start nesting and bonding with her child which was being impacted on by all the changes she had and was going to continue experiencing
- Children in care team continue to work alongside ourselves to support the mum's mental health and her foster carers



**Humber and North Yorkshire**  
Health and Care Partnership

# **Children and Young People's Mental Health and Emotional Wellbeing Offer**





# Thriving

1.

## **Whole School Approach**

Delivery of WSA principles within each of the educational settings across the borough to improve mental health and emotional wellbeing. Audits undertaken with areas of improvement identified in conjunction with the schools.

2.

## **Information, Advice & Guidance**

Providing IAG to ensure children and families know the local offer and where to seek help (e.g. What to Expect Videos).

3.

## **Designated Mental Health Leads**

DMHL identified within all educational settings and being supported via Compass GO... to implement positive changes to the school environment.

4.

## **Positive Social Media Messages**

Providers creating positive social media campaigns, to ensure young people are aware of the services available to access.

1.

### **Young Minds Matter Duty Line**

Duty line for professionals, parents and carers to ring for advice on any young person and their mental health/emotional wellbeing.

2.

### **Compass GO... Duty Line**

Duty line for professionals, parents and carers to ring for advice on any young person and their mental health/emotional wellbeing. Parents/young people can also self-refer to the service via this route.

3.

### **Compass GO... Assemblies**

Deliver assemblies to whole year groups to ensure mental health and emotional wellbeing messages are promoted to as many children as possible.

4.

### **Kooth**

Access to moderated peer support, articles and forums.

5.

### **Training Offer**

Range of training opportunities (e.g. Trauma Informed, Shame Training) to upskill professionals supporting children and young people

# Getting Advice



Humber and North Yorkshire  
Health and Care Partnership

# Getting Help

1.

## **Compass GO... 1:1 & Group Support**

Delivery of evidence-based interventions using CBT in individual sessions and/or group sessions.

2.

## **Compass GO... Silver Cloud**

Access to Computerised Cognitive Behavioural Therapy, packages include, anxiety, low mood and body image.

3.

## **NHS Talking Therapies**

Service to provide evidence-based treatments for common mental health issues (e.g. Anxiety, depression, PTSD, phobias) for people over the age of 16 years.

4.

## **Kooth Online Counselling**

Online counselling for young people between 11-25 years, for a range of issues, such as anxiety and low mood.

5.

## **Young Minds Matter**

Delivery of therapeutic support to children and young people for issues such as, anxiety or low-level depression.

6.

## **JEFF – Integrated Care**

Service to support children with mental health difficulties and are in the youth justice system/risk of entering, providing mental health support.

**1. Young Minds Matter Crisis Team**  
24/7 support for children and young people, providing assessment and treatment for children who are experiencing a crisis.

**2. Young Minds Matter Children Looked After Team**  
Dedicated team to support children who are looked after, offering advice and guidance, direct therapeutic work, consultations and visits to the children's home and emotional wellbeing drop ins for care leavers.

**3. Young Minds Matter Eating Disorder Team**  
Dedicated team to support children who present with an eating disorder, offering therapeutic support, physical health monitoring and support via mealtimes etc.

**4. Neurodevelopment Pathway**  
Assessment and diagnosis of children presenting with symptoms of ADHD and Autism. Medication prescribing and reviews provided by psychiatry if appropriate.

**5. Early Intervention in Psychosis**  
Community based service to support people who are experiencing their first episode of psychosis, aged 14 – 35 years.

# Getting More Help



# Getting Risk Support

1.

## **Young Minds Matter Crisis Team**

24/7 support for children and young people, providing assessment and treatment for children who are experiencing a crisis.

2.

## **Tier 4 Provision**

Commissioned by NHS England, inpatient services for young people with severe mental health conditions who cannot be kept safe in the community.

3.

## **Dynamic Support Register**

Register for individuals with learning disabilities or autism who require support and used to identify people who are at risk of being admitted to a mental health hospital.

4.

## **Care, Treatment and Education Reviews**

An MDT meeting to assess the care and treatment needs of a young person with a learning disability or autism, aiming to ensure they receive appropriate support in the community and avoid unnecessary hospital admissions.



# Children Looked After & Care Leavers Transformation

**Priority** - Children Looked After are a priority for the Health and Care Partnership which drives our transformation

**Additional Roles** – New roles commissioned in 2024. Clinical Psychologist & Specialist Practitioner. Focusing on increasing support into children's residential homes, training, consultation, earlier intervention, attachment informed approaches, foster carer support etc.

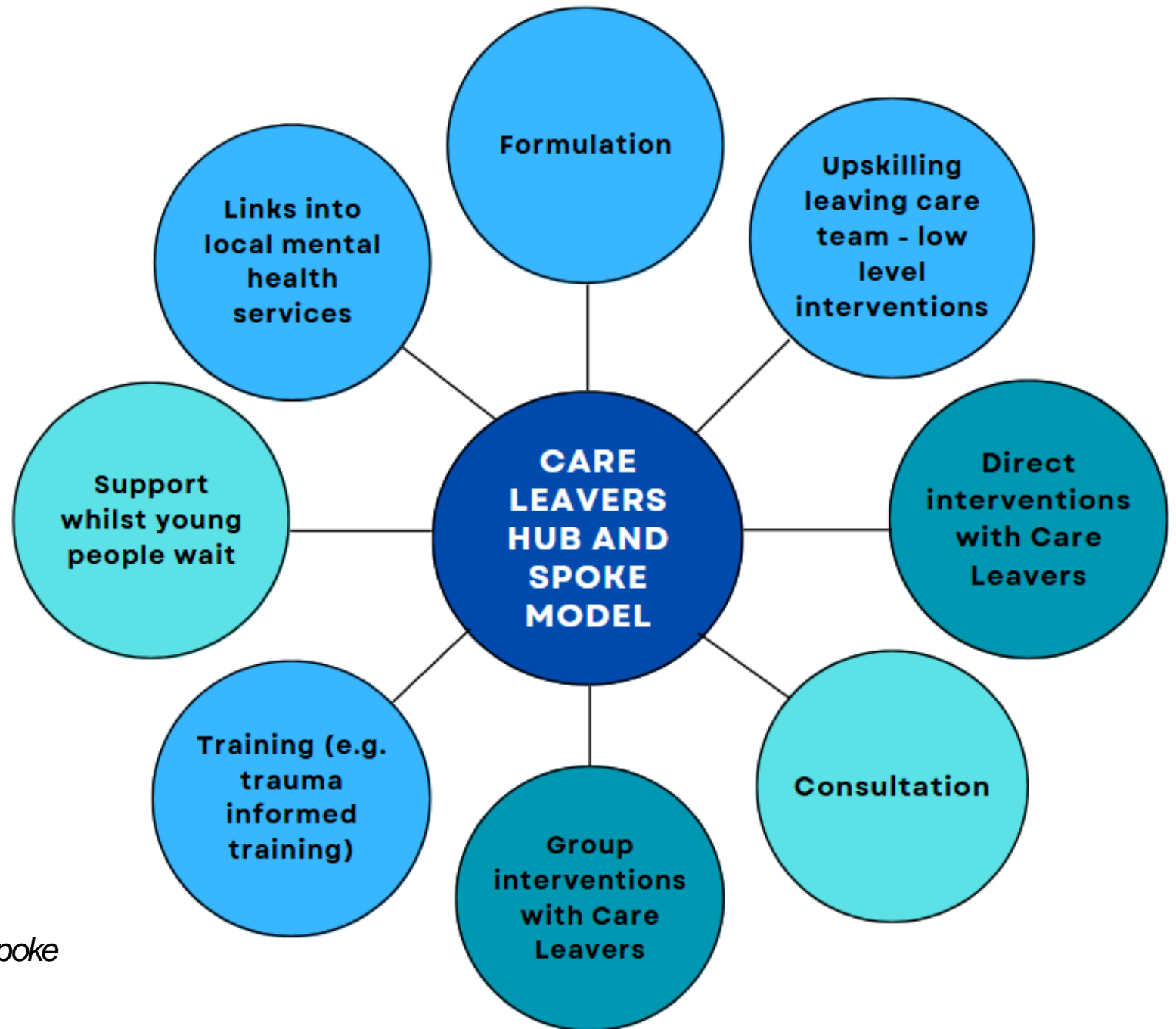
**Children's Residential Survey** – 50 responses received, and recommendations developed for the Navigo CLA Team to implement.

**Key Performance Indicators** – Developed with Navigo and reporting from Q3 to demonstrate impact.

**Care Leavers Drop in** – Bi-weekly drop-in sessions for care leavers – open access, offering support and therapeutic input.

**Care Leavers Booklet** – Developed to highlight the local offer ensuring young people are aware of what is available. Further development of pathways for care leavers under review.

# Care Leavers Hub & Spoke Model



*Additional funding from ICB to deliver Hub & Spoke Model*

# Navigo's Development Journey

## Year 1 2023/2024

### Provider Transfer

- Services transferred from LPFT to Navigo
- Governance arrangements e.g. CQC registration
- Co-production & engagement:
  - Listening events held
  - Comms plan developed with engagement from CYP & families regarding the transfer of provider

### Neurodevelopmental Service (NDS)

- Approval for a phased approach to enhance our neurodevelopmental services
- Transfer of service from Local Authority to Navigo (e.g. close down of Access Pathway)
- Consultation & engagement with NEL Parent Carer Forum to shape pathway/service
- Soft launch of NDS (Jan-24)

### Safeguarding

- Safeguarding needs analysis
- Identified lead for CYP Safeguarding

### Eating Disorders

- Needs analysis completed and business case developed
- Multi-agency working group set up

### Relationships & Culture

- Embed Navigo into children's and establish key relationships

## Year 2 2024/2025

### Children Looked After & Care Leavers

- Enhancement of Children in Care Team via transformation programme
- Recruitment of 2 additional roles to CiC CAMHS team
- Development of Care Leavers drop in session
- 2 slots per week available for foster care consultations
- Development of Health Offer booklet
- Surveys completed by Social Care to identify gaps in support

### Neurodevelopmental Service (NDS)

- Coproduced new referral form, resulting in a 79% increase in the acceptance rate
- Referral to clinical screening outcome achieved within 2 weeks, previously 52 weeks+
- Early years trial for autism assessments - Waiting times reduced from 100 weeks to 10 weeks for diagnostic outcome
- Over 5's ASD waiting list initiatives implemented - reduced wait by 20 weeks
- Parent Carer workshops/support whilst you wait introduced

### Eating Disorders

- Approval of business case to enhance service provision
- Implementation of EDITT (hub & spoke model across HNY ICB)

### Service Enhancement

- CAMHS Waiting list initiative CAMHS implemented through Barnardo's
- ARFID programme commissioned through BEAT
- Implementation of Growing Well Together parent infant relationships pilot project

### Relationships & Culture

- Joint working procedures with Compass Go e.g. Weekly joint intake meeting, improving pathways & relationships

## Year 3 2025/2026

### Children Looked After & Care Leavers

- Development of key priorities in conjunction with Children's Social Care to finalise and agree areas of focus, e.g. flag for Care Leavers to enable prioritisation for services, further developments
- Coproduction with Children in Care and Care Leavers to ensure voice of child is central to service transformation

### Neurodevelopmental Service (NDS)

- Mental Health, Learning Disabilities & Autism Programme proposal endorsed by HNY ICB
- Connected HNY pilot project - Electronic Developmental Support Tool (EST) explore feasibility
- Piloting needs led approach in adult services as part of all-age neurodevelopmental service
- Development of offer for children and young people with potential FASD and/or ID

### Eating Disorders

- Dedicated Eating Disorders team to be implemented
- Monitor impact and KPIs

### Service Enhancement

- Evaluation of CAMHS Waiting list initiative and Growing Well Together parent infant relationships pilot project

# 24/25 Key Successes - Snapshot

Key Successes	Brief Overview	Impact
Children Looked After Team Transformation & Care Leavers	<ul style="list-style-type: none"> <li>Additional 2 WTE staff recruited to the CAMHS Children Looked After Team</li> <li>Survey to children's residential homes staff to ensure the offer is jointly developed</li> <li>Care Leaver drop in established bi-weekly</li> <li>Health offer booklet developed</li> </ul>	<ul style="list-style-type: none"> <li>Expansion of the team to support more children and offering work to parents of children in residential settings</li> <li>Outreach to Molson – 3 hours per fortnight (previously not part of the offer) - Positive feedback from Care Leavers attending drop-in sessions</li> <li>Increased residential children's homes support from 1.5 – 3 hours per month to 4 hours every fortnight</li> <li>Increased offer to residential children's homes by 24% from Q2 to Q3 (112 visits Q1-Q3)</li> <li>Continue to maintain 4.5 week waiting time for CLA</li> <li>2 slots per week available for foster care consultations (previously not part of the offer)</li> </ul>
Co-production and Engagement	<ul style="list-style-type: none"> <li>Engagement with young people on the Nothing About Us Without Us and their development of 50 recommendations to improve mental health services</li> </ul>	<ul style="list-style-type: none"> <li>Practice model recognised as best practice by young people</li> <li>Quotes from young people sharing how this approach has impacted them</li> <li>Continue to gather impact as we work through the actions and implement recommendations – via young people, families and professional feedback</li> </ul>
Eating Disorder Service	<ul style="list-style-type: none"> <li>Development of a dedicated eating disorder team to align with the core offer across the ICB</li> <li>Successful in gaining recurrent funding via Service Development Funding</li> </ul>	<ul style="list-style-type: none"> <li>Improved experience for children and families presenting with an eating disorder (recruitment underway)</li> <li>Positive impact on CORE team due to staff not being required to support with eating disorder presentations</li> <li>To be able to provide training to universal and targeted services as part of the development</li> </ul>
Training Offer	<ul style="list-style-type: none"> <li>Development/commissioned a series of training session (e.g. Bereavement Training, Lunch and Learn, Shame Training, PACE Training (<i>starting March</i>))</li> </ul>	<ul style="list-style-type: none"> <li>Training sessions well received and lots of professionals booking onto them</li> <li>Feedback and pre/post scores recorded after each session</li> <li>23 attendees currently (1 session) 100% reported an increase in confidence from the training</li> </ul>

# 24/25 Key Successes - Snapshot

Key Successes	Brief Overview	Impact
JEFF – Integrated Care	<ul style="list-style-type: none"> <li>Further development of the integrated care model and supporting young people in a flexible and adaptative manner</li> </ul>	<ul style="list-style-type: none"> <li>Nominated for a Children's Now Award</li> <li>Case studies collated every month demonstrating impact on young people's lives</li> <li>Flexible and adaptative service to meet the needs of young people – supported 91 young people (Q1-Q3)</li> </ul>
NHS Access Standard Target	<ul style="list-style-type: none"> <li>NEL achieved the access standard target</li> <li>Only 1 of 2 areas across the ICB who have achieved the target of children accessing NHS funded services for mental health</li> </ul>	<ul style="list-style-type: none"> <li>Improvement on number of children and young people accessing mental health support from previous financial year</li> <li>Met target set by NHS England of 3,180 children and young people</li> </ul>
Growing Well Together	<ul style="list-style-type: none"> <li>Implementation of the service, supporting several families</li> </ul>	<ul style="list-style-type: none"> <li>Case studies collated regularly to demonstrate the impact on families lives</li> <li>113 referrals into the service and 44 multi-agency referrals to Thinking About The Baby (Q1-Q3 24/25)</li> <li>Increase in knowledge pre/post training - 82.65%</li> </ul>
Neurodevelopment - Under 5's Pathway	<ul style="list-style-type: none"> <li>Transformation of the under 5's neurodevelopmental pathway</li> </ul>	<ul style="list-style-type: none"> <li>Referral to treatment for under 5's for autism assessment – waiting time at 14 weeks currently which is significant improvement from previous waiting times – Reduction in wait by 20 weeks</li> </ul>

# Developing our Priority Areas for 25/26

Area	What Have We Done?	What is Still to be Done?
The needs of Children Looked After and Care Leavers	<ul style="list-style-type: none"> <li>Transformation programme for the CiC team</li> <li>Implementation of Care Leavers drop-in</li> <li>Development of the Health Offer Booklet</li> <li>Development of KPIs with Navigo to demonstrate impact</li> <li>Undertook children's residential survey</li> </ul>	<ul style="list-style-type: none"> <li>Coproduction and development with Children's Social Care to finalise and agree priorities</li> <li>Coproduction with Children in Care and Care Leavers</li> </ul>
Mental Health and Emotional Wellbeing Strategy Refresh (ICB & Place)	<ul style="list-style-type: none"> <li>Working with ICB colleagues to map out the strategy</li> <li>Influence local priorities into the wider ICB CYP Mental Health Plan</li> </ul>	<ul style="list-style-type: none"> <li>Development of local Place based strategy</li> <li>Coproduction with key partners at Place</li> <li>Coproduction with children and young people, aligning strategy to the 50 recommendations</li> </ul>
25/26 Planning Guidance	<ul style="list-style-type: none"> <li>Recently published NHS Planning Guidance 25/26</li> </ul>	<ul style="list-style-type: none"> <li>Working to implement recommendations and direction of travel</li> </ul>
Nothing About Us Without Us	<ul style="list-style-type: none"> <li>RAG rated the 50 recommendations and documented our progress with key partners</li> </ul>	<ul style="list-style-type: none"> <li>Coproduce with young people the priorities for 25/26 of the 50 recommendations</li> <li>Development of an action plan to implement priority recommendations</li> </ul>
Deep dive into self-harm and attempted suicide	<ul style="list-style-type: none"> <li>Working group met to discuss a sample of young people presenting to A&amp;E to ensure joined up working and any themes are identified</li> </ul>	<ul style="list-style-type: none"> <li>Improvement plan to be developed in conjunction with all key partners</li> </ul>
Review of appointments not attended/was not brought	<ul style="list-style-type: none"> <li>Data analysis being undertaken to review rates of appointments not attended</li> </ul>	<ul style="list-style-type: none"> <li>Action plan to be developed to implement strategies to reduce number of appointments not attended</li> <li>Work closely with families to understand the reasoning behind non-attendance</li> </ul>

# Why a new approach is needed in 25/26...

- Neighbourhood health reinforces a new way of working for the NHS, local government, social care and their partners, where integrated working is the norm and not the exception.
- Neighbourhood health aims to create healthier communities, helping people of all ages live healthy, active and independent lives for as long as possible while improving their experience of health and social care, and increasing their agency in managing their own care. This will be achieved by better connecting and optimising health and care resource through 3 key shifts at the core of the government's health mission:
  - **from treatment to prevention** – promoting health literacy, supporting early intervention and reducing health deterioration or avoidable exacerbations of ill health
  - **from analogue to digital** – greater use of digital infrastructure and solutions to improve care
  - **from hospital to community** – providing better care close to or in people's own homes, helping them to maintain their independence for as long as possible, only using hospitals when it is clinically necessary for their care
- There is an urgent need to transform the health and care system. We need to move to a neighbourhood health service that will deliver more care at home or closer to home, improve people's access, experience and outcomes, and ensure the sustainability of health and social care delivery.