

A Letter to Our Young People:

The 2018/19 Local Transformation Plan Refresh

***From Cheshire West and Chester Council, Cheshire East Council
and the 4 Clinical Commissioning Groups***

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All information and data held herein have been provided by both Local Authorities and all The CCGs.

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1. A Letter to Our Young People

To all our young people living in Cheshire,

You are our future. Your mental health is essential, your emotional wellbeing vital.

We want you to be able to respond positively to the ups and downs that life throws at you and we want you to know that we are doing everything we can to tailor your mental health services to meet your needs.

We believe by investing in your future we can help improve the health of our nation, ensuring that the world you live in will be made more manageable by giving you the skills, resources and support you need to overcome any problems or difficulties that life puts in your way.

It is OUR responsibility to give you the right resources you need to grow and flourish to be the person that you want to be.

It is OUR ability to make sure that the help you need is available, and most importantly, it is OUR responsibility to provide you with the services that you want and need.

With our very best wishes,

The Cheshire East Council, Cheshire West and Chester Council, Eastern Cheshire, South Cheshire, Vale Royal and the West Cheshire Clinical Commissioning Groups

2. We Want You to THRIVE!

Since the 2017/18 Local Transformation Plan Refresh, all 4 [Clinical Commissioning Groups](#), Cheshire East and Cheshire West and Chester Councils have continued to drive forward our Local Transformation Plans using the [THRIVE approach](#)¹ in order to achieve our [Future in Mind](#)² ambitions of helping you learn how to safely manage the stressors of life, creating an emotional health and wellbeing service that you can use no matter what the problem and making sure you get help as early as possible..

We have continued to focus on improving access to mental health services by broadening our focus on achieving a wider Children and Young People's Mental Health Service that gives you access to more 'Getting Advice' and more 'Getting Help' services. We know there is nothing more frustrating, worrying and upsetting than feeling like there is nothing available to help you when you need it.

¹ Wolpert, M. et Al. (2015). THRIVE Elaborated, CAMHS PRESS.

² Future in Mind: Promoting, protecting and improving our children and young people's mental health and wellbeing (2012). Department of Health and NHS-England.

This year we have developed:

New ways to 'Get Advice, 'Get Help' and 'Get More Help'.

The start of an all age Neuro-developmental Disorders service.

New ways of collecting data on how you use your services.

The first step to preventing mental health problems is to **help Children and Young People learn how to manage stress safely.**

We believe we can help schools to:

Promote resilience building,

Help you understand how stress and worry affect us and

Help school staff support you with your emotional health and wellbeing.

This year NHS-England expect:

- 32% of the children and young people with a diagnosable mental illness will access our Specialist 'Getting More Help' Mental Health Service
- 95% of children and young people with an eating disorder will receive treatment within 4 weeks for routine cases and 1 week for urgent cases
- More community based treatments as an alternative to admission to hospital.

Across Cheshire, we have identified key areas of focus for your mental health services including (**Appendix 01**):

- Increasing your access to emotional health and wellbeing and mental health support, especially if you are in care or leaving care.
- Redesigning your Neurodevelopmental Disorder services so you get the right treatment at the right time
- Investing in your schools to provide earlier mental health and wellbeing support
- Ensuring that children and young people at risk of entering the Youth Justice Service have access to the same 'Health' offer across all of Cheshire.
- Training our workforce so your Children and Young People's Mental Health Services can provide the right support at the right time
- Developing robust data collection methods so we can tell how well we are doing

3. Helping You Manage at All Times

We recognise that talking about how you are doing and what might be upsetting you is sometimes difficult, especially as there are perceptions that having a problem is somehow unusual or abnormal. Challenging the stigma around 'talking about mental health' means making it the norm. We believe schools are key to promoting resilience, prevention and early intervention.

Over the last three years we have helped your schools understand mental health. Staff in Cheshire West schools have now received Mental Health First Aid training and 188 school staff in 136 schools have received Emotional Literacy Support Assistant training. Your schools are now aware of your basic mental health needs.

In 2016, our Education Psychology Service realised many children and young people struggled to attend school because of anxiety and strong negative emotions.

The Education Psychology Service delivered a Pilot programme called 'Emotionally Based School Non-Attendance' in 2017 and 2018 helping schools to support these children and young people. All schools who received the advice and guidance packs, said they helped and many schools noted that the children and young people struggling with emotional problems were attending school more often.

'Getting Help' services are part of the THRIVE Model we are using to transform your Mental Health Services.

We continue to provide Emotional Health and Wellbeing Support for all children and young people in Cheshire between the ages of 0 to 19 years old.

In Cheshire East, your schools have been involved in the Emotionally Healthy Schools programme which has become a foundation of our Emotional Health and Wellbeing strategy.

After a successful start, the Emotionally Healthy Schools project is now in phase 2, which includes three parts: Tools for Schools, The LINK and School Leadership. This programme will promote positive emotional health and wellbeing for you and will help us to work better together with all the agencies outside of school. We are aiming for all schools in Cheshire East to be working this way by March 2019.

We know sometimes hurting yourself feels like the only option when you're upset, so we have helped schools know how to help you.

This new pathway is now being successfully implemented across all Cheshire East Schools. We expect this will mean you don't have to go to the hospital for help but can talk to someone in school, college or in the community.

The Emotionally Healthy Schools Programme has received national praise and recognition at the Local Government Association awards and has appeared in several national government 'good practice' publications. Our work is even supported by the [Government](#) as the right way to help you in schools.³

The Local Government Association has even invited Cheshire East Council to help other Local Authorities who want to help children and young people's emotional health and wellbeing.

Did you know there are a lot of other places to get help other than the NHS? They are called Independent and Third Sector Mental Health Services and we are working together to develop a 'single point of access' so whatever service you have contact with will make sure you get seen in the Mental Health and Emotional Wellbeing service that is right for you at that time.

Emotional Health and Wellbeing Service

Did you know struggling with feelings and problems is a normal part of life, but sometimes problems can take over and we can feel trapped and helpless? The good news is that there is help available and we can support you to have positive emotional health and wellbeing.

To support you to have positive emotional health and wellbeing these are the services you can use before things get worse. We know you need more of these services and we are planning for more of them by 2020.

In Cheshire East there are four Children's and Families Early Help Emotional Health and Wellbeing services which give you a range of early help emotional health and wellbeing services if you are between 11 and 19 years old.

³ Government Response to the Consultation on Transforming Children and Young People's Mental Health Provision: A Green Paper and Next Steps (2018).

Good mental health starts with trusting relationships and an openness to talk.

We know how important this is for all children and young people and that trusted relationships can be found at school AND in the community.

We are working hard to make sure the right support is available where ever you are.

You can use an online web counselling and peer mentoring service, a face-to-face counselling service, and therapy and drop-in sessions. Visyon now have 'pop up' drop in sessions that you and your parents can use and they offer you help right there so you feel supported right away.

Parents have told us they like this new service, especially those with a child under the age of 11 years who has Special Education Needs or Disabilities.

Cheshire East Council strives to provide services of a high quality and standard and recognises there will always be room for improvement. In 2016/17, 1,954 children and young people used these services. Young people between 12 and 15 years old were the highest users of the face-to-face support.

In the same year, 953 young people used the online counselling and peer mentoring service. This year, we want these emotional health and wellbeing services to be part of the single point of access.

In Cheshire West we developed a new Emotional Health and Wellbeing Service to support children and young people who work with the Early Help and Prevention Service.

The 'Targeted Early Help and Prevention Service for Emotional Health and Wellbeing' is there for young people being supported by Early Help and Prevention services. These young people may need extra help but may not have a mental illness. The service also provides training to all the 0-19 years' workforce.

In the first six months of opening, we helped 74 children and young people, provided 165 direct 1:1 sessions to children and young people. When asked, 88% of the children and young people we worked with said they felt better in their emotional health and wellbeing, suggesting this service is making a difference and is valued.

0-19 Starting Well Services

Did you know Local Authorities are responsible for commissioning 0-19 Healthy Child Programmes? These programmes include:

- Health Visiting,
- Family Nurse Partnership,
- School Nursing,
- National Child Measurement Programme and
- Targeted Breastfeeding Support Service.

These 0-19 services are a universal service provision, which anyone can use. These services are also there to make sure children are healthy from birth and to help you at significant transitional points and key ages and stages of your life.

The 0-5 part of the 0-19 services are essential for Public Health and are led by Health Visiting services. The 5-19 part of the 0-19 Services are led by School Nursing or

We know preventing emotional health and wellbeing difficulties means getting the right support from pre-birth!

Our 0-19 Starting Well Services are there for this reason!

Across Cheshire, you and your family will get the same support and help from birth until you're 19 years old!

Public Nursing services. These professional teams provide most of the Healthy Child Programme services which are for everyone. These programmes provide support from the start of a child's life and help families who need additional support as well as children who are at risk of poor outcomes.

In January 2018, Cheshire West and Chester Council commissioned Cheshire and Wirral Partnership NHS Foundation Trust to deliver the 0-19 Starting Well Service. The 0-19 Starting Well Service Emotional Wellbeing offer includes the following:

- 28-week antenatal contact
- Newborn Behavioural Observation
- Universal mental health assessment for all new mothers
- School and Community Drop-ins
- CAMHS referrals
- The [My Wellbeing website](#)
- Partnership work with Brio (health and wellbeing services provider)
- Strengths and Difficulties Scores for Looked after Children
- Using Next Steps Cards

Did you know a new mother's mental health is important to their child's emotional health and resilience?

In the last three months of 2017 and the first three months of 2018, 750 new mothers received a mental health assessment at their 6-8 week contact leading to 27 new mothers being referred to the newly established Perinatal Mental Health Service.

New mothers may be prone to developing mental health difficulties and we want to provide the best support as soon as possible, because adjusting to having a new baby is hard.

Our Public Health Nurses offer drop-in sessions each week at Secondary Schools support children and young people not in educational settings through Children's Centres or home visits. Public Health nurses are able to help manage a variety of concerns you might have.

This 5-19 service provided 1,007 drop-in sessions in 2017/18 and in the first three months of 2018/19 has provided 195 drop-in sessions.

The things you have talked about in these sessions include:

- emotional health issues
- sexual health issues
- relationship problems
- and healthy eating

Of course, there are loads of other things you've talked about too. You can talk about anything you feel is important.

Your Mental Health Services are MORE than just 'CAMHS'.

We know that getting early help is essential.

We know that getting specialist help is essential.

We are working hard to **shape a Mental Health Service that provides you with all the right services you need at all times.**

Your Emotional Health and Wellbeing is supported by lots of services and we want you to know who they are!

Our Public Health Nurses are also learning how to use the 'Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)' so we can help you to track how well you are doing from start to finish. This tool is evidence-based and easy for you to use as there are only seven questions.

Do you know about the '[5 Ways to Wellbeing](#)'? We help you think about this with support from the [NHS choices website](#) and the [Starting Well website](#).

Using this scale we can help you have the life you want to live and if you need extra support, the Starting Well Nurse is there to help.

In Cheshire East, the 0-19 Healthy Child Programme is delivered by Wirral Community Trust. Services in Cheshire East are delivered directly in schools and early year settings. In addition, this service leads on a number of 'Parenting Journey' stops including:

- Antenatal health visit
- New baby review
- 6/8 week assessment
- 1 year review
- 2 to 2.5 year review

Cheshire East Council is currently reviewing how this works and we hope to develop a new way of working by October 2020. We are doing this by involving you and your families as well as the people who use and run the services.

Substance Misuse Service

Using drugs and alcohol is unfortunately a solution many young people and adults use to manage their problems. Cheshire East Council has created a new Substance Misuse Service across Cheshire East, which opens on the 1st Nov 2018.

This new service is an all-age drugs and alcohol service for Young People and Adults. As well as delivering early help interventions and targeted work in schools this new service treats and supports Young People with drug and/or alcohol problems.

The service will also support Young People whose parents are receiving drugs and/or alcohol treatment through a whole family approach. We want to improve the emotional health and wellbeing of Young People whose parents use drugs and alcohol to prevent them from using drugs and alcohol in the future.

Carers Hub – Young Carers

The Cheshire East Carers Hub was opened on the 1st April 2018 as an all age, single point of access for all Carers, including Young Carers, Parent Carers, Working Age Carers, and Older Carers, taking a whole family approach to delivering support. This service provides support and help to improve the emotional health and wellbeing of Young Carers.

Trusted Relationships Service

In Cheshire West and Chester, we realised some children and young people who struggle and may develop difficult behaviours or become involved with the police don't get help. We found a gap in our 'Getting Help' offer for children and young people between the ages of 10-15 years old who have multiple risk-factors, placing them in a vulnerable group.

As a result, we asked the Youth Federation to provide a 'Trusted Relationships' service for these children and young people. We want this service to give children and young people a chance to develop a trusted relationship with an adult so they can begin to believe it is okay to talk to someone about worries, concerns or frustrations.

We know life is hard for many children and young people and they may see and experience things that are harmful. We understand they may not trust others to hold them in mind or keep them safe and as a result they don't speak to anyone about their emotional health and wellbeing.

We hope this new service will make it easier to believe that talking about problems is healthy so that if mental health difficulties develop in the future, they will be able to access our 'Getting Help' and 'Getting More Help' services.

4. Getting the Help you Need When you Need it!

We are passionate about making help easy for you to get. In the past, because 'CAMHS' was the only service available, you cannot always get the help you need when you need it.

In order to get you the help you need, we are working to streamline our Specialist 'Getting More Help' Mental Health Service by making it clear who should use the service.

These services are there for you if you have struggled with your difficulties for a long time and still find it hard to cope. If you need more help or support than 'Getting Help' services can give, this 'Getting More Help' service is there for you.

[Visyon](#)

In Eastern Cheshire, Visyon provide additional mental health support which means you can access the right help. Because Visyon helps children and young people between 11 and 19 year old with a wide range of difficulties and risks, this is a 'Getting More Help' Service. Visyon works closely with Cheshire and Wirral Partnership NHS Foundation Trust Specialist Children and Young People's Mental Health Services, which means the right support will always be available if your risks or concerns increase.

Having only one service where children and young people can get help does not make sense.

We want you to have a range of services that will make up your Mental Health Service.

We are focusing on how we can **support schools to be a main part of your Mental Health Service.**

We know you spend most of your week days in school and **want you to know your schools are there to help you.**

Helping your Schools to be better able to support your Emotional Health and Wellbeing means We need to support your Schools!

Kooth

We know sometimes you won't want to talk to someone but you may still want help. In Cheshire East, Kooth provide you with online digital support for emotional health and wellbeing for a range of issues. Services include:

- Moderated discussions
- Online Counselling
- Online content, articles and blogs
- Use of Routine Outcome Measures to track progress and improvement in wellbeing

We are currently discussing how we can bring the same online digital offer to all our young people across Cheshire as you have said these differences are confusing and problematic.

Just Drop In

Just Drop In is a 'Getting Help' service provided in Eastern Cheshire for children and young people between 12 and 16 years old who may struggle with low self-esteem and confidence, unhappy relationships with friends and family or difficulties in school. This service is designed to support children and young people before they need specialist mental health support.

Mental Health Support in Schools

At the end of 2017, the Government said that mental health in schools was essential and asked local areas to develop plans to deliver extra help in schools. In Cheshire West, we developed a plan to achieve this and we asked NHS-England for funding. We said we wanted to develop:

- Designated Senior Mental Health Leads in schools
- [MyHappyMind](#) programmes in all primary schools
- Mental Health Support Teams in schools
- A 4 week waiting time for Specialist 'Getting More Help' services
- Specialist therapy help for vulnerable parents

We want to build on our existing school-based emotional health and wellbeing support in schools to develop a 'ground-up' emotional health and resilience-building programme within our schools.

Teaching you about emotional health and wellbeing and how to acquire happiness and manage stressors and anxieties as early as possible is the most important thing. We believe this will mean fewer children and young people need specialist 'Getting More Help' services in the future.

Emotionally Healthy Schools

In Section 3 we mentioned Emotionally Healthy Schools, which is a multi-agency Emotional Health and Wellbeing project that began in 2014. This programme promotes your positive emotional health and wellbeing and develops stronger working relationships between agencies outside of your school.

The Emotionally Health Schools programme is established in 73% of Cheshire East High Schools and 84% of Cheshire East Primary Schools. We aim to reach 100% of schools by the end of Phase 2 in March 2019.

It is important that all Cheshire-based organisations are aligned with the 2015-2018 joint commissioning strategies which prioritise emotional health and wellbeing. We have worked hard to bring all our Emotional and Mental Health and Wellbeing services across all sectors together to make sure children and young people in Cheshire receive the right support where ever they are.

[Crisis Care Out-of-Hours Telephone Service](#)

Moments of crisis are often sudden and unexpected and if you feel there is no one around to help it can feel very worrying. In Cheshire we have worked with NHS-England to develop an Out-of-Hours Telephone Crisis Service.

This new 'Getting Help' Crisis Care service provides advice, support and consultation for children, young people and their families outside of normal working hours, which is when many children and young people and their families struggle to manage risk.

Cheshire and Wirral Partnership NHS Foundation Trust provide this additional service and report they have received 79 calls across Cheshire from April 1st, 2018 when the service commenced to June the 30th, 2018. The things most people have called about are:

- Anxiety
- Self-harm
- Behavioural difficulties
- Depression
- Drug and alcohol use
- Neurodevelopment difficulties

(Appendix 02).

We believe this useful resource will help support children, young people and their families to manage mental health concerns. In addition to the telephone service, this service offers weekend assessments if you attend the hospital. You will receive a swift and thorough face-to-face assessment so you can go back home as soon and as safely as possible.

When you are in Crisis and normal services are not available, **we want you to still be able to get help.**

We have a new Out-of-Hours Telephone Advice Line **you can use when you need someone to talk to after school.**

The Telephone Number is **01244 397 644.**

We are also developing a new service called the Crisis Café, which will provide you with the right support when you feel like the problems are too big to manage. We hope to be able to include you in this development over the next year so that the service meets your needs.

Transitions to Adult Services

We know that turning 18 years old means very little in terms of being a Young Person on one day and an Adult the next, but unfortunately the difference in legal terms is whether or not you are seen in a Children and Young Peoples' service or an Adult service.

This can be both frightening and worrying if you are making a transition to adult services from the service you are receiving, so CWP child and adolescent and adult services have been working harder to make sure you know what to expect and are prepared for the transition. We are now just beginning to collect the data on how this work is going and will be able to let you know more when we refresh the LTP again next year.

5. Making Sure Everyone Gets the Help They Need

Caring for the most vulnerable is naturally something we should be prioritising. Unfortunately, we know there are many children and young people who are not always able to access these services. This year we have prioritised our vulnerable groups so they are just as able to access mental health and wellbeing support as anyone else.

Family Nurse Partnership

Family Nurse Partnership is part of our 0-19 Starting Well Services and it provides intensive support for vulnerable first-time young mothers, including those from highly disadvantaged areas and backgrounds.

Young parents work with a specially-trained family nurse who visits them regularly from the early stages of pregnancy until their child is two. Family Nurse Partnership enables young parents to:

- Build positive relationships with their baby and understand their needs
- Make positive lifestyle choices to give their child the best possible start in life
- Build their self-efficacy
- Build positive relationships with others

As mentioned in section 3, this work supports the long term emotional health and wellbeing of the child and strengthens the family's emotional resilience.

New Ways of Working

Cheshire West and Chester Council is introducing a New Ways of Working Approach for working with children, young people and families from all walks of life. This is a

Health and Social Care Services are beginning to work more closely together.

We are using new ways of working with vulnerable children and young people so **that the health, wellbeing and safety of all children is thought about and supported in ALL our services.**

transformational approach that makes sure all services are working in the same way using the same guiding principles.

All our partners working with children and families in Social and Health Care and the Third Sector have signed up to this approach, which will be supported through the Children's Trust.

This system wide approach to practice is about:

- Strengthening early help and prevention
- Preventing children and young people becoming vulnerable
- Reducing demand across all services
- Improving resilience, emotional health and wellbeing
- Improving overall outcomes for children and families

Establishing the evidenced based approaches of motivational interviewing and trauma informed practice alongside multi-agency group supervision we want the whole children's workforce to have a shared language, shared skilled set and understanding of assessment, need and vulnerability.

Signs of Safety

In Cheshire East we have adopted [Signs of Safety](#) as our new way of working with families across our safeguarding partnership. We have adopted Signs of Safety so we can deliver the type of service that children, young people and parents and carers have told us they want; one that works *together with families*, is clear about what could happen and fully involves them at all stages.

Signs of Safety is internationally recognised as the leading approach to child protection casework. It is a solution-focused approach which helps families to recognise their strengths and build on these to create their own safety plans.

Signs of Safety supports families to create strong community networks of people who are invested in the child and the family in the long term. This approach supports families to be able to discuss their most difficult times with their children, lifting the stigma so often associated with talking about problems and allows families to heal and support each other together.

These new ways of working across the workforce will take place over a five year period and will empower children and families to take action and begin to find solutions to problems which can lead to more complex emotional health and wellbeing and mental health problems in the future.

We are deeply invested in improving the lives of those who are most at risk and believe everyone is capable of identifying and making the life changes that will help them to be as successful as they want to be.

Children and Young People who are most at risk of being involved in crime are often unable to access the right mental health support.

We are developing new services to make sure there is a single Health offer for these children and young people.

We know that Children and Young People who do not live with their birth family need to be able to talk about how this affects them. **We continue to offer this help.**

Youth Justice Service

Did you know that 66-70% of all children and young people in contact with Youth Justice Services have Neurodevelopmental Disorders, many of which are undiagnosed?

In 2018/19, the four Cheshire Clinical Commissioning Groups, Warrington Clinical Commissioning Group and Halton Clinical Commissioning Group developed a proposal to improve the existing 'health' offer within our local Youth Justice Service by ensuring that Speech and Language and Mental Health services were part of the Youth Justice Service.

NHS-England has funded this service for the next three years and we have now begun delivering on our intention to provide an equal Speech and Language Therapy offer to children and young people in Cheshire Youth Justice Service.

This means that many of the vulnerable young people who might not have received the right 'Health' service at the right time in the past, will get the right help to support their emotional health and wellbeing.

Children in Care in Cheshire West and Chester

Can you imagine what it would be like to have to live away from your birth family because you are at risk of harm? Without thinking about the reasons why this might happen, imagine how hard it must be to figure out the meaning of having to leave your parent.

We know that 498 children and young people in West Cheshire are Children in Care, Foster Care or Kinship Care and that the uncertainty that can come with being under the care of others can be deeply unsettling.

Core Assets provide our 'Caring to Care' service, which supports the emotional health and wellbeing of children and young people in care. From December 2017 to August 2018, the Caring to Care Service worked with 124 children and young people and they talked about the following:

- Relationship difficulties (20%),
- Risk-taking behaviours (20%),
- Self-esteem and confidence (16%),
- Anxiety (15%),
- Anger (11%),
- Aggressive behaviour (9%).

This vital 'Getting Help' service helps vulnerable children and young people receive the evidence-based interventions they need, ensuring that any additional mental health needs can be referred to our Specialist 'Getting More Help' service quickly.

Children in Care are a priority group for us in Cheshire.

We know that living away from birth families requires big adjustments to change and must be very hard.

We know more needs to be done to assess the mental health and emotional wellbeing of children in care.

We are working to get the right services and support them to help with these transitions.

We know how hard it is **to access the right neuro-developmental help.**

We are developing a new service **so getting the right support for ASD and ADHD and any Special Educational Needs and Disabilities is quick and easy.**

We are working across Cheshire to make sure **this is achieved as soon as possible.**

All Children in Care receive a Review Health Assessment with a Health Visitor, a Family Nurse and a Public Health Nurse or Starting Well Nurse. The review focuses on the child's physical and emotional wellbeing using tools such as Ages and Stages Questionnaire: Social and Emotional Five and Under and the Strengths and Difficulties Questionnaire to identify early signs of social and emotional distress.

Cheshire West and Chester Council have recently established a multi-agency working group including partners in Health, Social Care, Education, Youth Justice Services, and the Cheshire Police Constabulary, that focuses on 'Permanency Planning'.

The aim of this work is to ensure the emotional and mental health needs of children in care are attended to and supported at the right time by the right people.

We know that more needs to be done in this area, though, and we are working together to identify additional gaps that may leave children in care or those leaving care unsupported or struggling to manage the ups-and-downs that life stressors can create.

Children in Care in Cheshire East Council

When children and young people need to be cared for by others who are not their birth families, we know they may have experienced abuse, neglect and other traumatic experiences. Safeguarding children by providing them with an alternative and safe home either with foster carers, family members, residential settings or in adoption is not the end of their journey and is only temporary safety, without healing.

Cheshire East cares for 503 cared for children and approximately 200 children and young people who are leaving care. Our offer to these children and young people in supporting them with understanding their journeys and the trauma and abuse they have experienced is varied.

The Corporate Parenting Committee has the emotional wellbeing of this group of children and young people as one of its five priorities. It recognises the necessity to continue on a journey to ensuring that early identification, prevention and timely response is an offer that is available for any cared for child or care leaver.

All-Age Neurodevelopmental Service

Did you know 110 of the 7,300 babies born in Cheshire each year will have [Autism](#)?⁴ Almost ½ of parents of children and young people with autism report concerns about their child during the first year of their life. Most parents are aware of problems between the ages of 1 and 2 years old.

⁴ Cheshire East Council and Cheshire West and Chester (2017) Autism Joint Strategic Needs Assessment.

We know what we don't know and we have worked with your Specialist Mental Health Service Providers to make sure we can tell you how your service is performing.

By June 2019 we will be able to report how your emotional health and wellbeing are improving when you use your Mental Health Services.

In October 2017, West Cheshire and Vale Royal Clinical Commissioning Groups, alongside Health, Social Care and Education providers undertook a Review of the Autistic Spectrum Disorder Pathway.

We found the services do not currently meet the level of need, which we have found unsatisfactory. Across Cheshire we are now working to develop an All-age Neurodevelopmental Service to streamline access into and through the diagnostic process. West Cheshire hopes to deliver the new service by October 2019.

In early 2018 Ofsted and the Care Quality Commission conducted a joint inspection of Cheshire East to look at the effectiveness of the area in implementing the special educational needs and disability reforms as set out in the Children and Families Act 2014.

They highlighted a number of areas where we can improve, particularly around the lack of an effective Autism Spectrum Disorder (ASD) pathway and neonatal screening checks.

We know in Eastern Cheshire, the waiting time for the CWP Autism and Attention Deficit Hyperactive Disorder Team is currently 22-months and rising, which we recognise is unacceptable.

There are currently 421 children/young people on the waiting list for an Autistic Spectrum Disorder and/or Attention Deficit Hyperactive Disorder assessment which is against the National Institute of Clinical Excellence guidance of a 12-week wait.

We are continuing with a dual assessment service for both neurodevelopmental disorders and have planned to reduce this waiting list to zero by October 2019.

We will focus on the children and young people who have been waiting the longest first while looking at a combination of making the assessment process more efficient and increasing the number of assessments completed per year by increasing the capacity of our teams. This will increase the number of assessments completed per year from 504 to 768, an increase of 52%.

In response to the inspection, Eastern Cheshire, South Cheshire and Vale Royal Clinical Commissioning Groups and Cheshire East Council have established an Autistic Spectrum Disorder Assessment Working Group to focus initially on autism with a plan to develop an Attention Deficit Hyperactive Disorder pathway afterwards. The aim of the working group is to create a 0-4 offer for children and young people residing in the Eastern Cheshire CCG area and to streamline the pathways across the CCGs.

6. You Need to Know How We are Doing

Data Dashboard

Data may sound uninteresting but would you believe we need it to create an effective mental health service for you?

Cheshire and Wirral Partnership have been working closely with all four Cheshire Clinical Commissioning Groups, both Cheshire Local Authorities and Wirral Clinical Commissioning Group to produce a single data dashboard that will provide the same data for all commissioners.

We have worked well together and have produced clear time scales for delivery of data across four phases, ensuring that essential access and waiting time data is prioritised so we can begin understanding where development is needed.

Our most exciting phase is phase 4 where we will begin to see data on improved outcomes for the children and young people using the service. We expect this to be complete by June 2019.

We have also worked closely with our 3rd Sector services to ensure that they can send their usage data to the national dataset, which helps us keep track of how our services are doing compared to the rest of the nation. Sometimes this can be difficult, though, and we have worked with NHS England to find solutions that work so we can be sure we know whether our work is as effective as it needs to be.

We have also identified gaps in the data that flows from our Community Paediatrics services in respect to Autistic Spectrum Disorder assessments and A&E data for self-harm and self-poisoning. (**Appendix 03**) We are working towards standardising the data we collect with the data collected by our partners across Cheshire.

Our Specialist 'Getting More Help' CYPMHS

Access and Waiting Times

We know that the specialist mental health services that you use are in high demand and that this can sometimes mean long waits to receive mental health support. We need to be clear and transparent about how our services are used and what the actually waiting times are. We have developed some visual images to help you see how we are performing (**Appendix 04**).

Workforce

We have worked with Cheshire and Wirral Partnership NHS Foundation Trust to show you how many people are working in our teams.

There are understandable pressures on how our specialist services perform that can come from not having enough people in our workforce. There is a national shortage

We have some graphs, tables and charts to help you see information about:

Access and Waiting Times

Who is working in your Specialist Mental Health Service

How much money is being spent on your Mental Health Service

What information we currently collect

We know that to give you the best mental health service **we need to train our workforce properly.**

Some of the training on offer is educational.

Some of the training is in evidence-based approaches and interventions to make sure you receive help that is proven to work.

of Consultant Psychiatrists for Children and Young People's Specialist mental health services and in Cheshire we expect this will affect us in the next year or two.

Cheshire and Wirral Partnership Foundation Trust are addressing this workforce gap by training some of their staff in 'Non-Medical' Prescribing, which will mean our children and young people continue to have access to the medicines they need to help them manage their mental health better (**Appendix 05**).

Spend on Service

We want you to know that each year we continue to invest in our Children and Young People's Mental Health Services. To make this clear, we have included in this report some of the costs of the services that we provide across Cheshire (**Appendix 06**).

Data Collection

We know where our gaps are in collecting information about how our services are used, but we want to be clear about the information we do have, so you know how our services are doing. We have also included in this report information about referrals and waiting times for all of the services we have including Specialist Children and Young Peoples' Mental Health Services, our Eating Disorder Service and our Learning Disabilities Children and Young Peoples' Mental Health Service (**Appendix 07**).

7. Making Sure We Know How to Help You

We know our workforce must understand your needs before they can help. Across Cheshire, providers in all our sectors continue to contribute to training our workforce in Social Care, Education settings, on a range of subjects including:

- Parenting and attachment strategies
- Autism and communication
- Brief interventions for anxiety and depression
- Understanding psychosis
- Working with self-harm and
- Using evidence-based interventions (**Appendix 08 & 08a**).

Vale Royal and South Cheshire Clinical Commissioning Groups have supported Children and Young People's-Increasing Access to Psychological Therapies training for one trainee for each CCG in this financial year.

Cheshire West and Chester Council have implemented a Workforce Training strategy (**Appendix 09**) which uses [Mind-Ed](#) as the basis for all mental health training, much of which is provided by the providers of Emotional Health and Wellbeing services.

To make sure that we stay on track, we have a number of **groups that support our transformation.**

We believe your services should be shaped by you.

We are talking to Participation Groups with Children and Young People and Parents and Carers

In line with Cheshire West and Chester Council's New Ways of Working Approach, which focuses on using evidence-based approaches of trauma-informed practice and Motivational Interviewing throughout the workforce, our focus on developmental trauma helps the workforce to support children and young people who have experienced significant negative life events.

We value the Children and Young People's-Increasing Access to Psychological Therapies principles of collaboration and participation and want you to shape the service you get at the point of contact. We will listen to you and what is or is not working when you meet with your clinician and all of our EHWB services and specialist mental health services use paired outcome measures with you so your progress towards your goals is both recognised and achieved.

Cheshire East continues to support the development and training of the workforce in the Signs of Safety model, which is being implemented across all public sectors in the Local Authority. Across Cheshire, we are confident that the comprehensive workforce development strategies we are implementing will support the ongoing mental health service transformation.

8. Making Change Happen

We sometimes think about local areas and regions in our transformation work. **Did you know** Cheshire County sits in the wider Cheshire and Merseyside Health and Care Partnership, which is the second largest Health and Care Partnership (HCP) in England?

The purpose of the Partnership is to plan together how best to deliver health services now and in the future so they meet the needs of local people and are of a high quality and are affordable.

The Partnership agreed that 'Mental Health' should be a strategic priority in Cheshire and Merseyside and established the Mental Health Programme Board. The Board's membership includes Mental Health NHS trusts, Local Authorities, Third Sector, Clinical Commissioning Groups (CCGs) and the Police and Crime Commissioners Office. The Board's purpose is to accelerate the implementation of the Five Year Forward View (FYFV) for mental health and this is now happening 'at scale' across the region.

Bringing individual localities together to achieve change 'at scale' is a big undertaking, but with our commitment that our children and young people should receive similar services regardless of where they live. We are now working more closely together to ensure this is achieved.

Each Local Authority will have different ways to make sure we do what we say we will do. In Cheshire West and Chester Council the Health and Wellbeing Board has oversight over the Children's Trust, both of which are needed to deliver five Key priorities of which the Emotional Health and Wellbeing of our children is the first.

Even though we are working hard to transform your Mental Health Services, we know **there are risks to keeping these changes.**

We are working together to prevent this from happening.

Our Local Transformation Plan is steered by our Emotional Health and Wellbeing Partnership and focuses on delivering the change expected in the Future in Mind document (**Appendix 10**).

We want you to be able to help shape your mental health services in the future and we value your contribution to this process. We have heard from our Children and Young People's Participation groups that mental health is an area we should focus on in schools.

We have asked our children and young people in schools how they would best like to receive mental health support and what this would look like and we have used this feedback to shape the delivery of new services.

You have told us that being able to receive the same service regardless of where you live is important to you, and we could not agree more. We have taken big steps to make this happen in many areas of mental health support and we believe we are getting closer to providing the mental health services you are asking for.

9. Risks

As much as we hope our transformation plan will improve your mental health service, we recognise that there are very real risks that could make this difficult to achieve. Although the government give us funding to support our ongoing transformation, how much we are given varies across Cheshire and this means that some areas may have the funding to carry on our work while other areas may not.

To counteract this big problem, we intend to continue to work closely together and to learn from each other about what has worked best and what has not.

We will take a closer look at our services and make sure that we are spending the funding we have in the right place and in the right way. Doing this will mean that further change to your mental health services might happen, because as the needs of our population are likely to change over time, it is right that our services do as well.

As always, your thoughts, ideas and opinions are essential when we think about the risks to maintaining our services and we will include you as we continue to move forward.

Appendices

Appendix 01

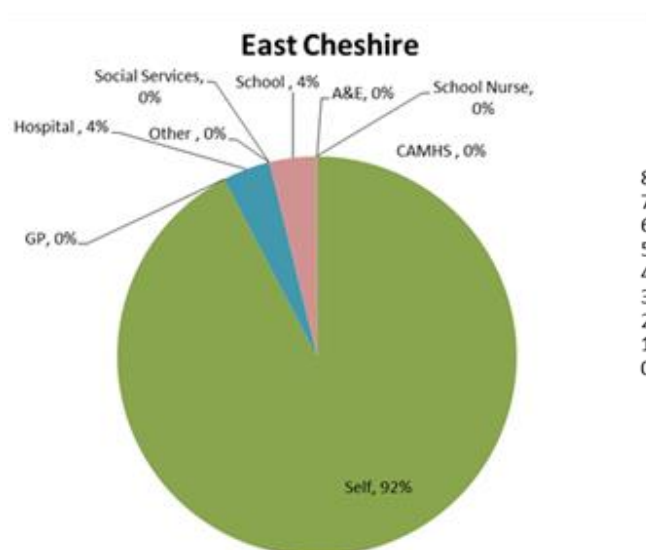
Pan Cheshire Local Transformation Plan Road Map

2018/19 Roadmap For our Local Transformation of Children and Young People's Mental Health Services	
Workforce	<ul style="list-style-type: none">• Development of specialist training (evidence-based)• Improving EHWP• CYP-IAPT Principles• Training needs analysis (health, social care, third sector)• Interoperability across all settings
Access	<ul style="list-style-type: none">• ASD/ADHD Pathways• Implementing THRIVE new models of care• T3 shared CAMHS Service specification• Joint Commissioning across THRIVE
Data	<ul style="list-style-type: none">• MHDS data flow• Joint data across shared contracts – contract monitoring as a system• Capturing outcomes from non-MHDS delivery• JSNA development
Vulnerable Groups	<ul style="list-style-type: none">• Youth Justice Bid• Conduct disorder• Looked After Children• SEND

Appendix 02-

Out-of-Hours Telephone Service Usage Data

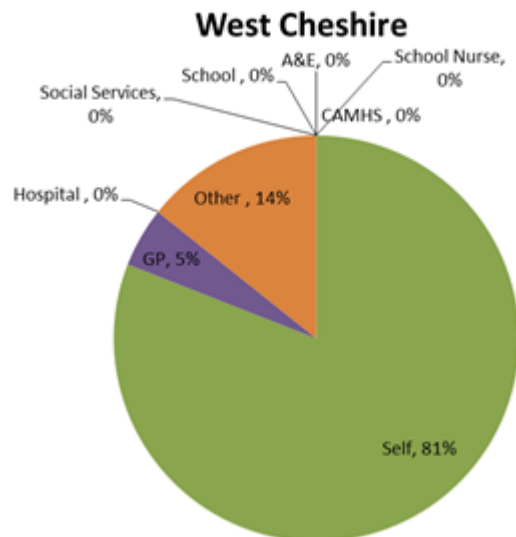
East Cheshire



Referrals



West Cheshire



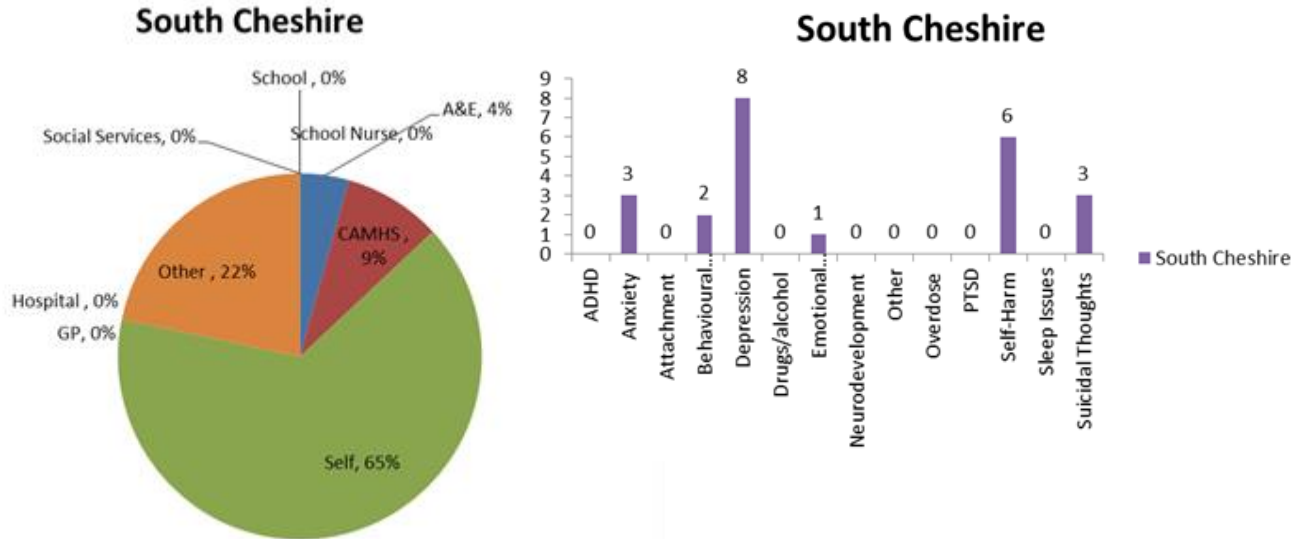
Referrals



Appendix 02-

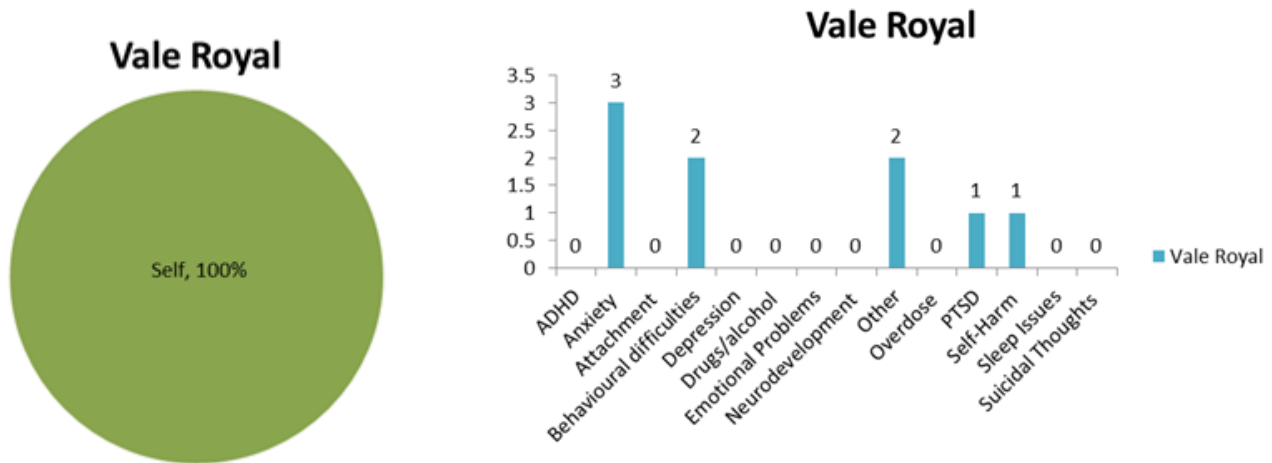
Out-of-Hours Telephone Service Usage Data

South Cheshire



Referrals

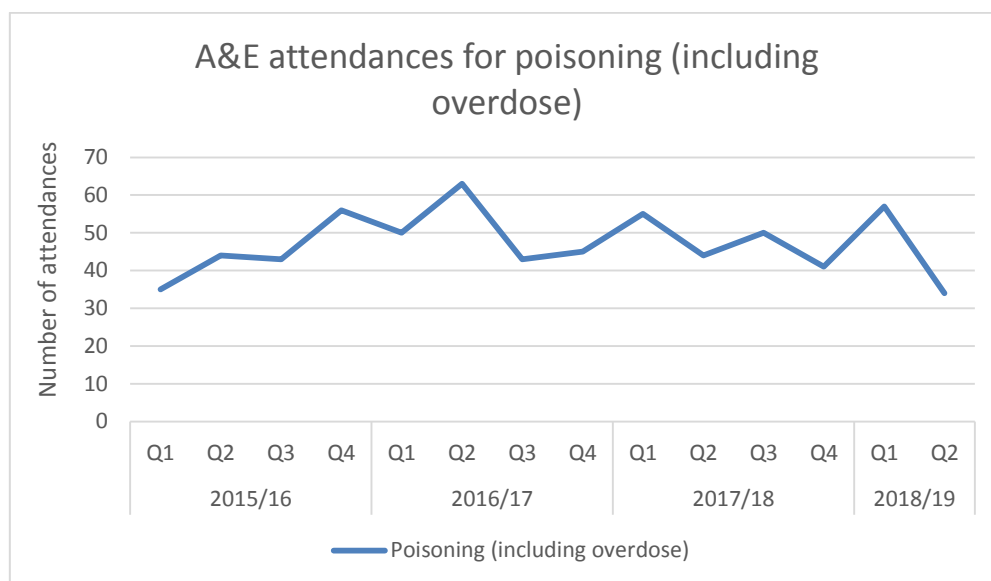
Vale Royal



Referrals

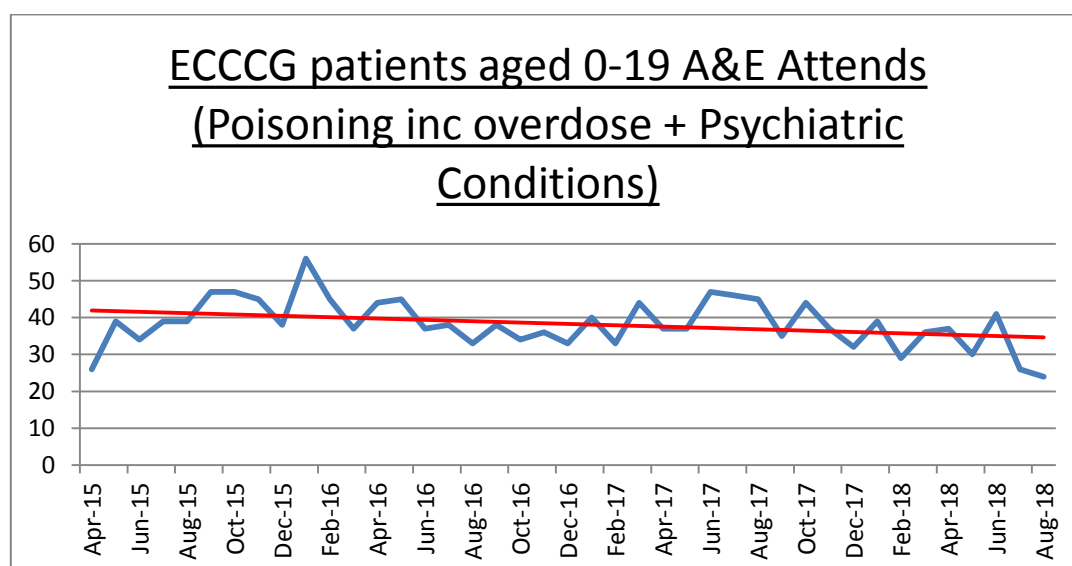
Appendix 03-

Self Harm and Self Poisoning West Cheshire



The data we currently collect in our Accident and Emergency service (Countess of Chester Hospital) is not collected according to a specific definition, e.g. lacerations can include accidental injury, self-poisoning can include alcohol consumption. Therefore it is difficult to identify the number of CYPs aged 5-19 who attend due to intentional self-injury.

Self-Harm and Self Poisoning Eastern Cheshire



Appendix 3

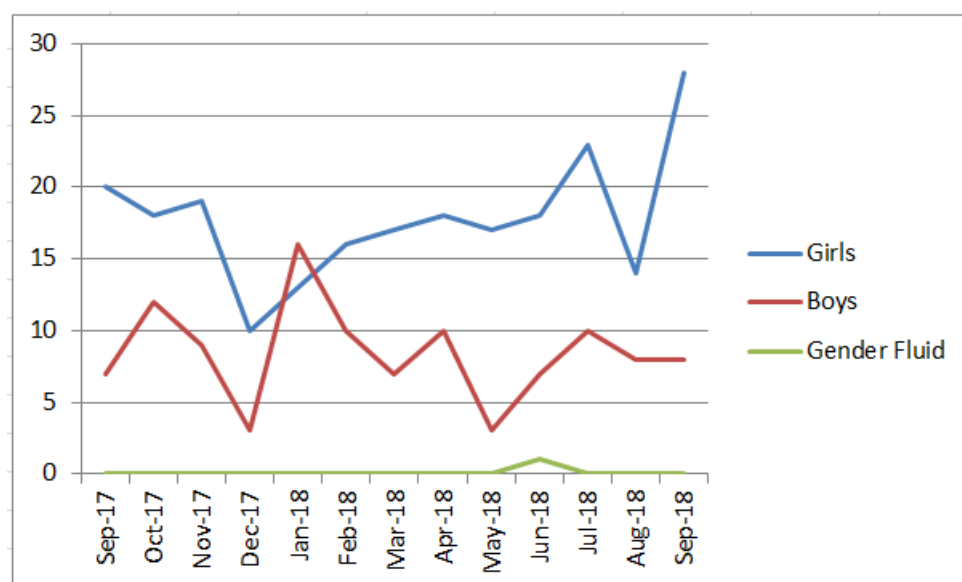
Self Harm Presentations NHS South Cheshire CCG & NHS Vale Royal CCG

The following summary incorporates numbers of CYP attendances as Mid Cheshire Hospital Foundation Trust, Accident and Emergency Department for self-harm in respect of CYP aged 0 – 18 years. The data covers the period September 2017 – September 2018.

Total number of presentations within that time period = 341

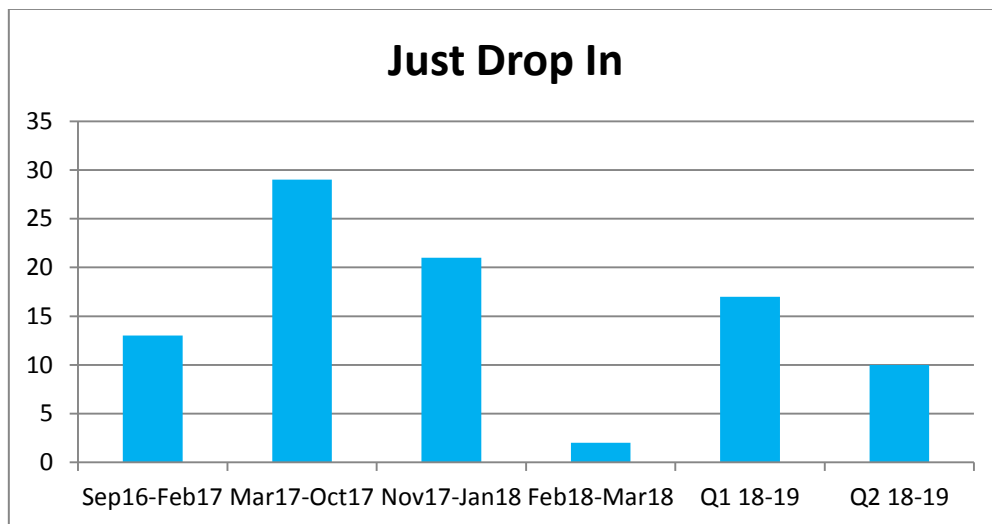
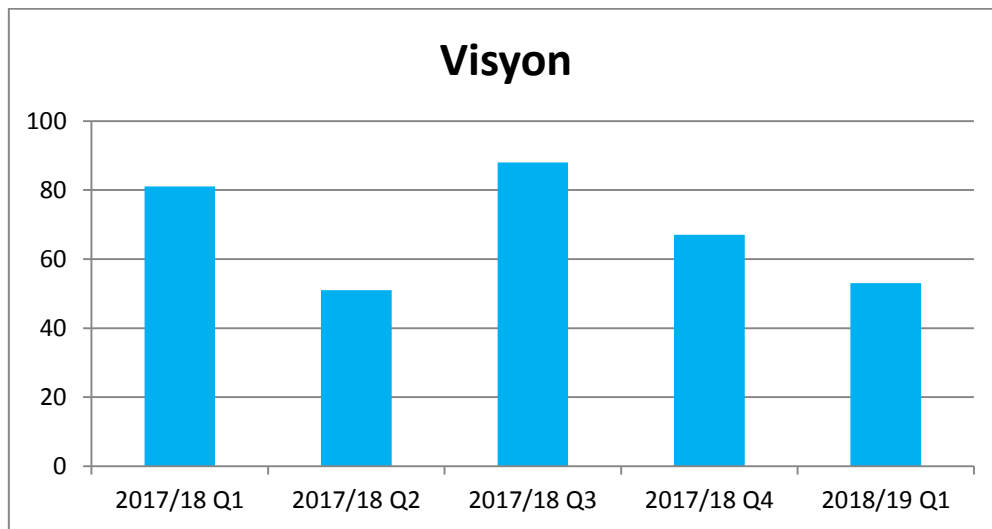
	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18	Sep-18	Total
Girls	20	18	19	10	13	16	17	18	17	18	23	14	28	231
Boys	7	12	9	3	16	10	7	10	3	7	10	8	8	110
Gender Fluid	0	0	0	0	0	0	0	0	0	1	0	0	0	1
Total	27	30	28	13	29	26	24	28	20	25	33	22	36	341

Largest number of presentations relates to female attendances = 231 (67.74% of attendances recorded)

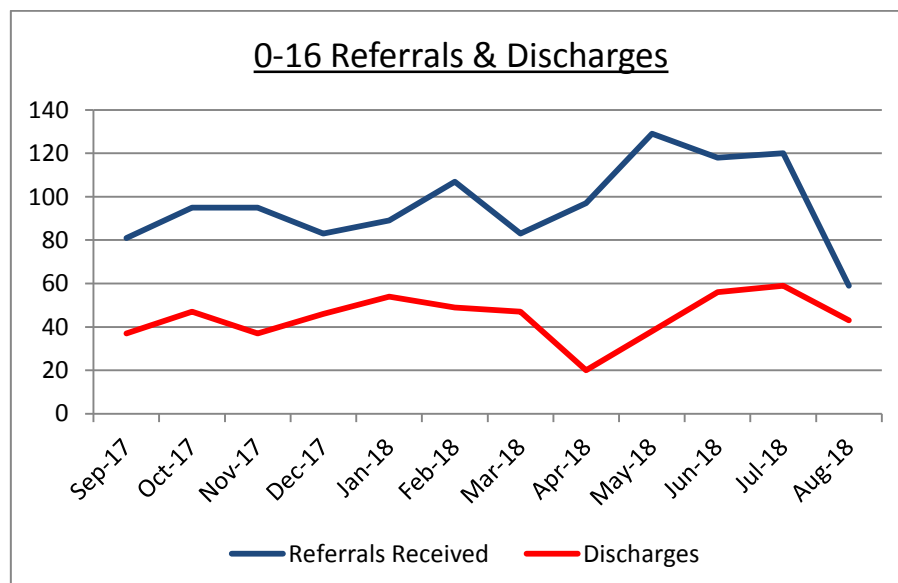


Appendix 04-
NHS Eastern Cheshire CCG Access and Waiting Times

3rd Sector Referrals

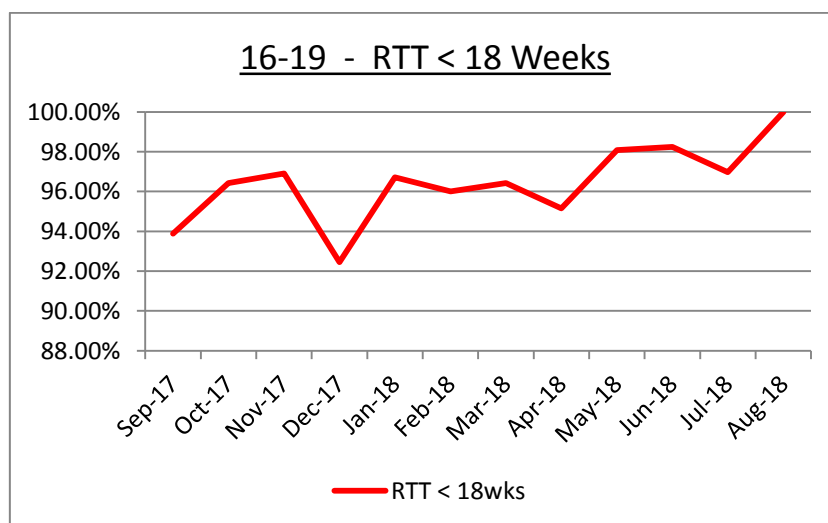
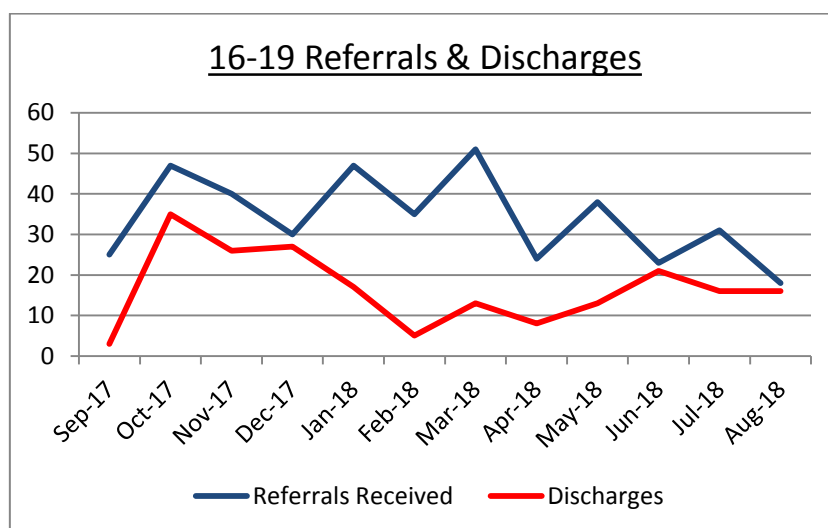
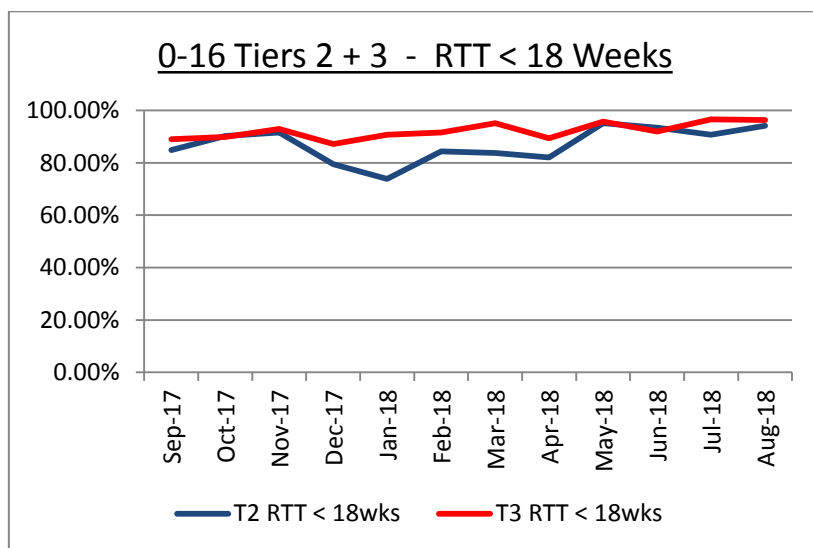


Specialist Child and Adolescent Mental Health Services



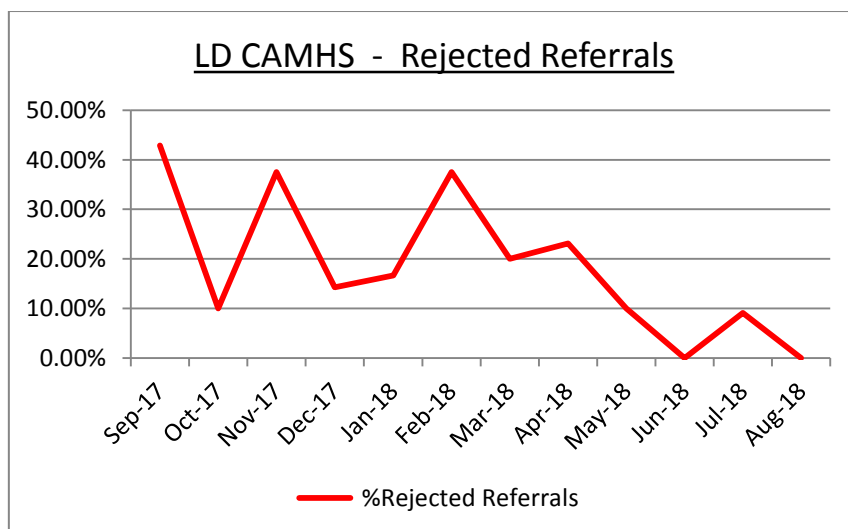
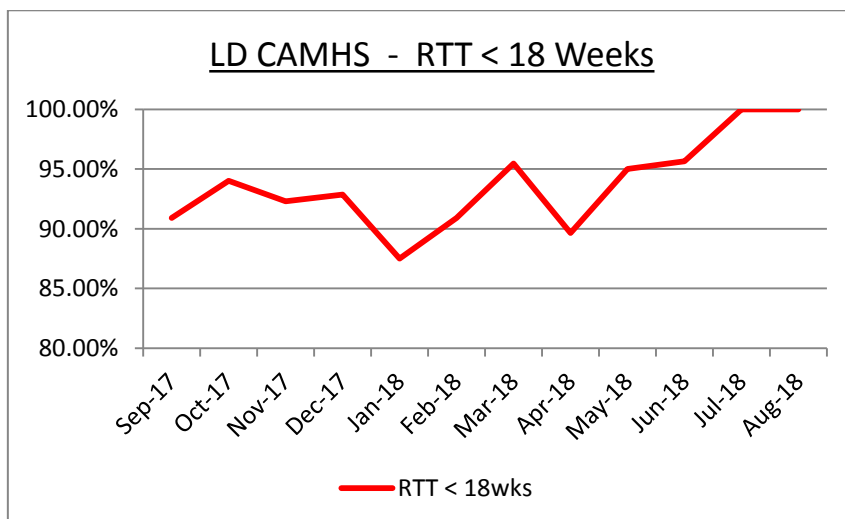
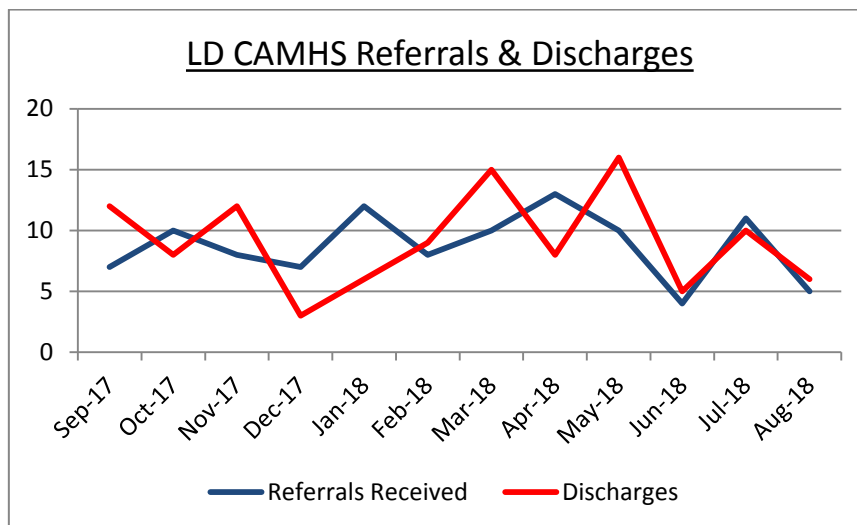
Appendix 04-
NHS Eastern Cheshire CCG Access and Waiting Times

Specialist Child and Adolescent Mental Health Services (cont.)



Appendix 04-
NHS Eastern Cheshire CCG Access and Waiting Times

LD CAMHS

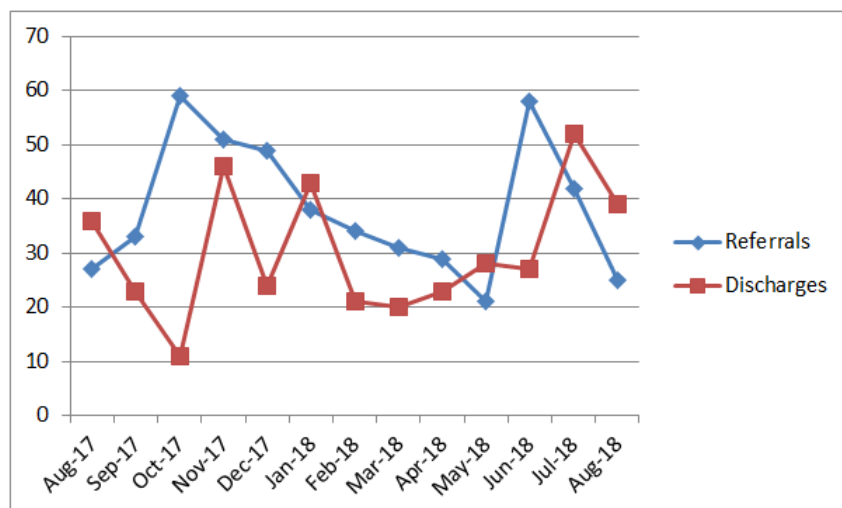


Appendix 04: **NHS Vale Royal CCG Access and Waiting Times**

0 – 16 referrals and discharges

Vale Royal Access and Waiting Times

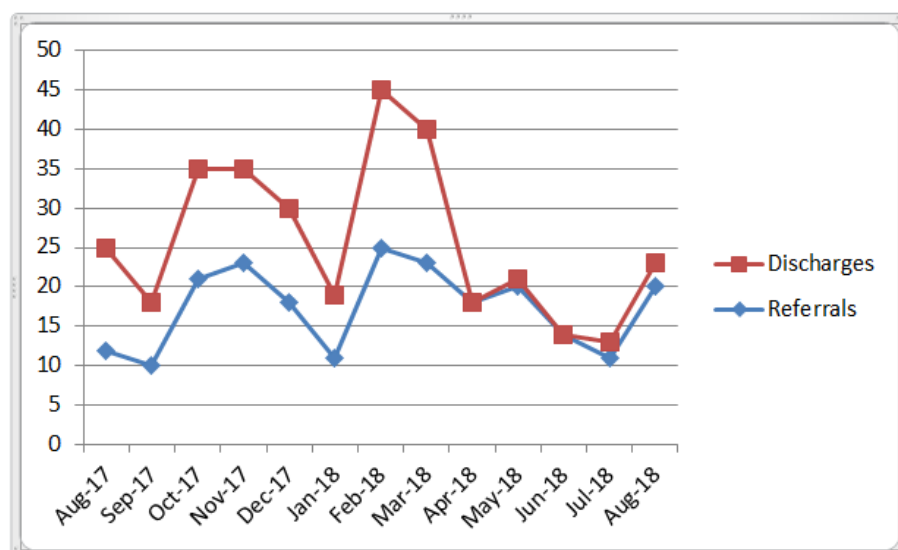
	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
Referrals	27	33	59	51	49	38	34	31	29	21	58	42	25
Discharges	36	23	11	46	24	43	21	20	23	28	27	52	39



16-19 referrals and discharges

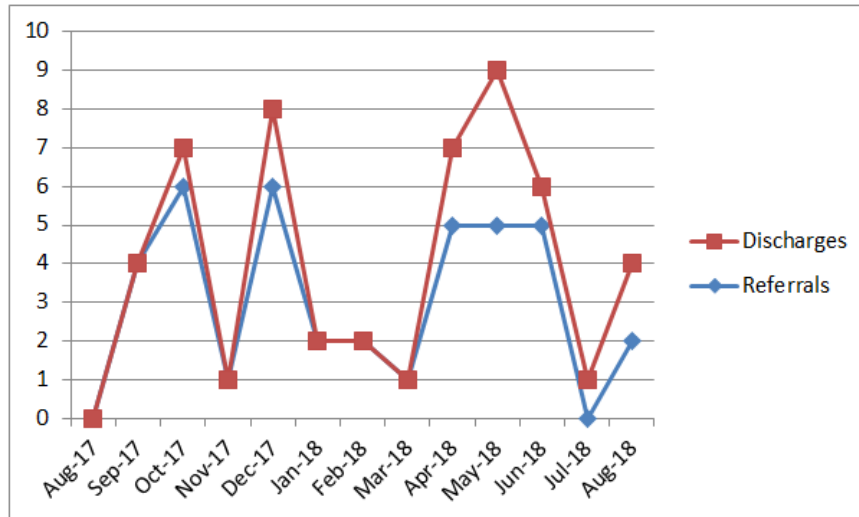
16 - 19 CAMHS

	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
Referrals	12	10	21	23	18	11	25	23	18	20	14	11	20
Discharges	13	8	14	12	12	8	20	17	0	1	0	2	3



LD CAMHS referrals and discharges

LD CAMHS													
	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
Referrals	0	4	6	1	6	2	2	1	5	5	5	0	2
Discharges	0	0	1	0	2	0	0	0	2	4	1	1	2

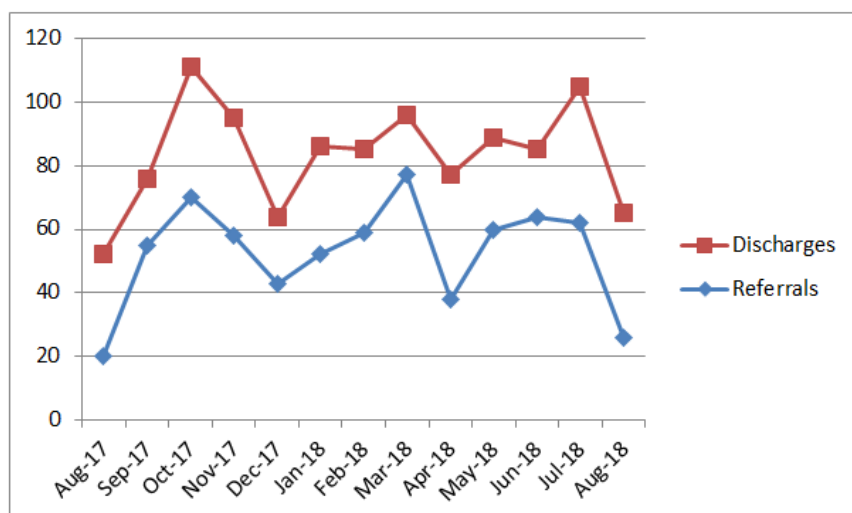


NHS South Cheshire Access and Waiting Times

0-16 referrals and discharges

0-16 referrals and discharges

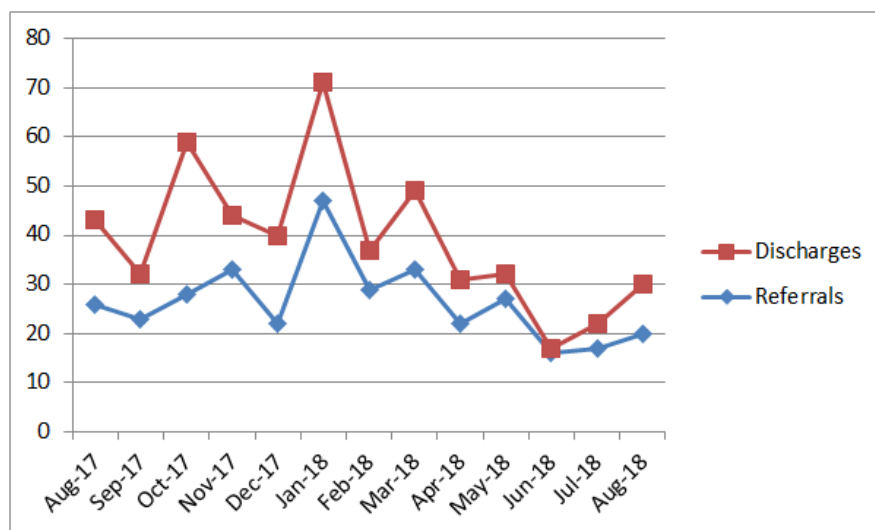
	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
Referrals	20	55	70	58	43	52	59	77	38	60	64	62	26
Discharges	32	21	41	37	21	34	26	19	39	29	21	43	39



16-19 referrals and discharges

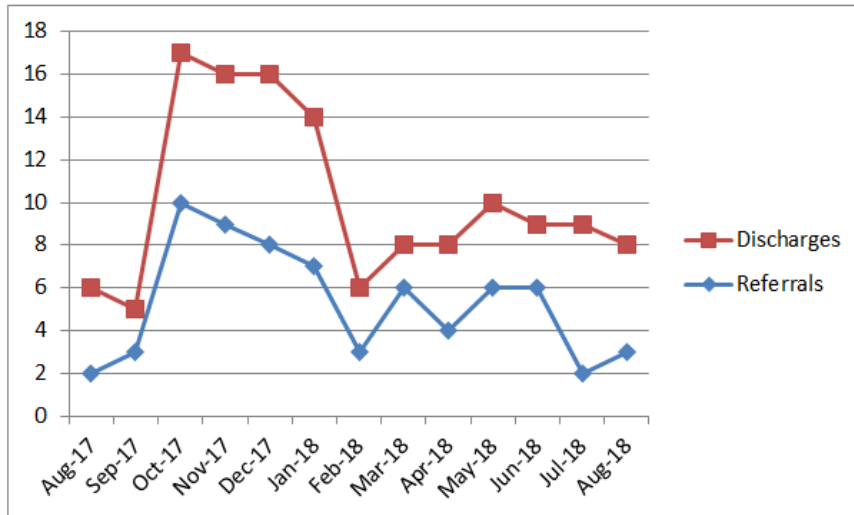
16-19 CAMHS referrals and discharges

	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
Referrals	26	23	28	33	22	47	29	33	22	27	16	17	20
Discharges	17	9	31	11	18	24	8	16	9	5	1	5	10



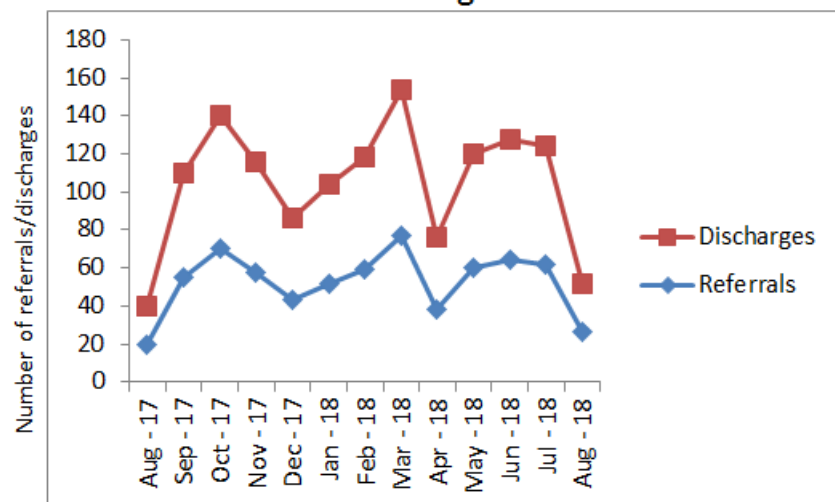
LD CAMHS referrals and discharges

LD CAMHS													
	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
Referrals	2	3	10	9	8	7	3	6	4	6	6	2	3
Discharges	4	2	7	7	8	7	3	2	4	4	3	7	5



NHS South Cheshire CCG Access and Waiting Times

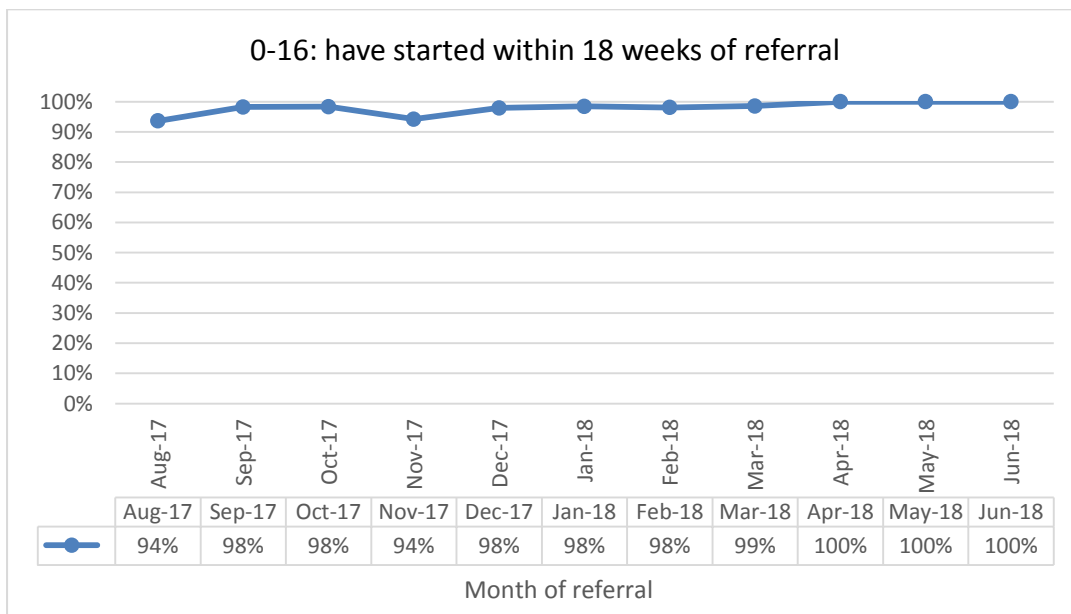
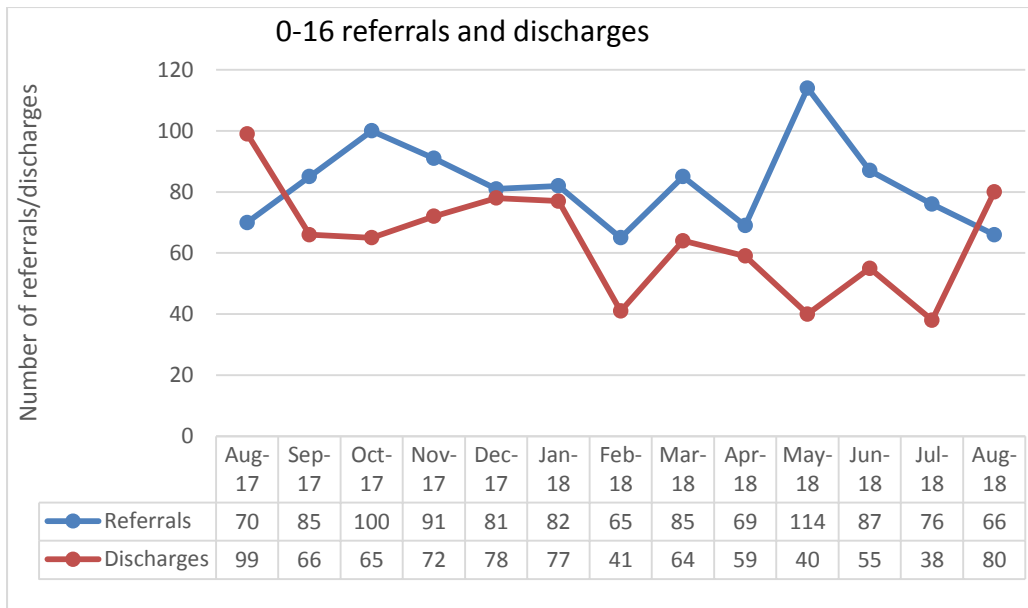
0-16 referrals and discharges



	Aug - 17	Sep - 17	Oct - 17	Nov - 17	Dec - 17	Jan - 18	Feb - 18	Mar - 18	Apr - 18	May - 18	Jun - 18	Jul - 18	Aug - 18
Referrals	20	55	70	58	43	52	59	77	38	60	64	62	26
Discharges	40	110	140	115	85	105	120	155	75	120	125	125	50

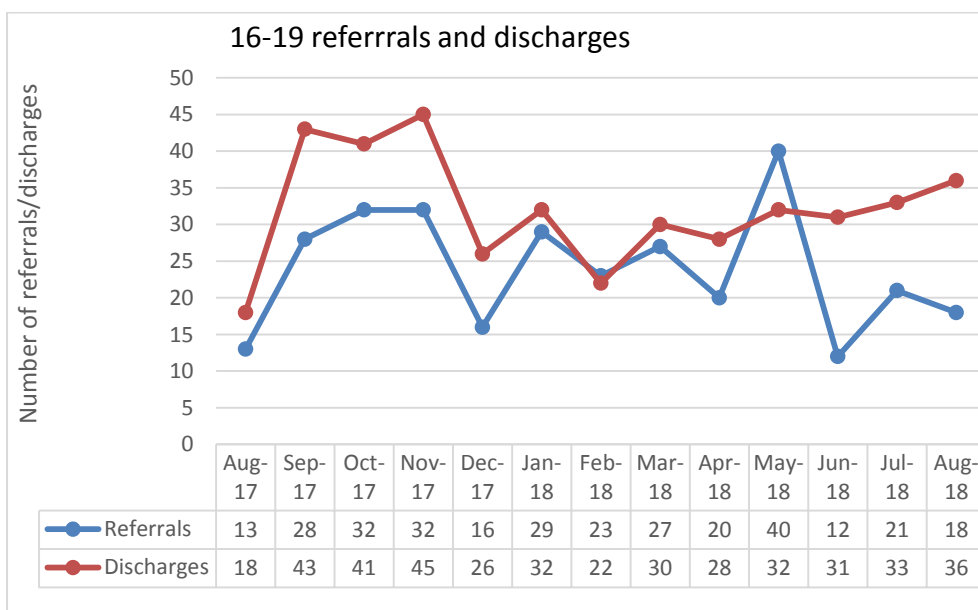
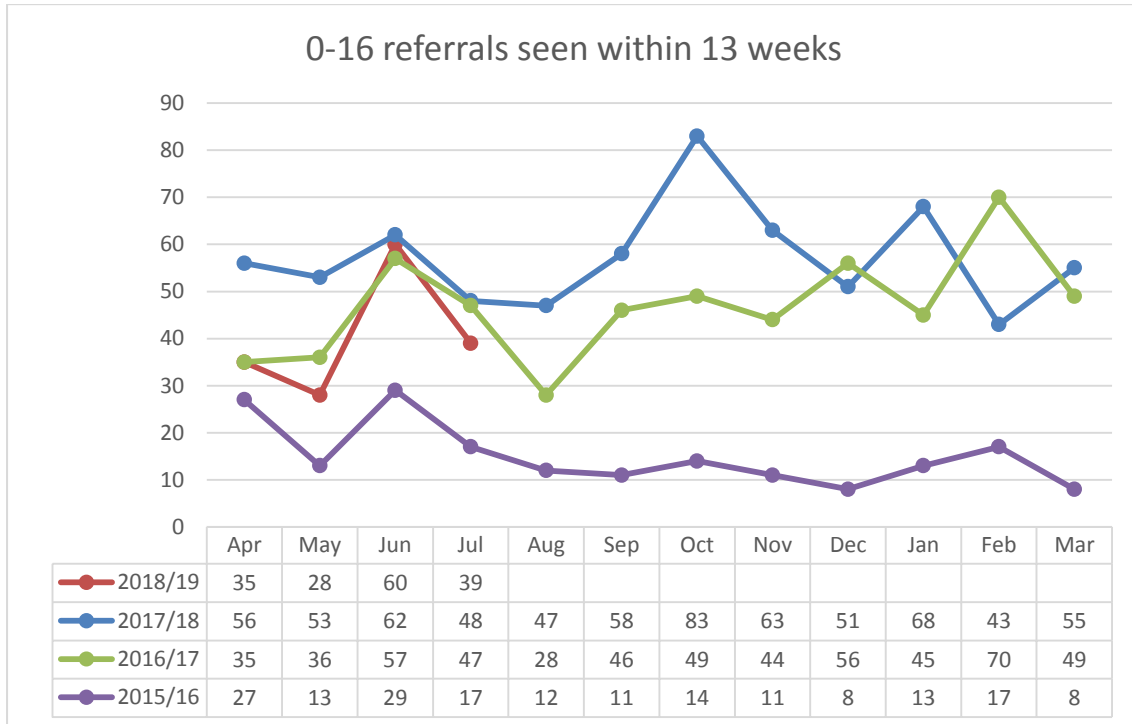
Appendix 04

West Cheshire Access and Waiting Times



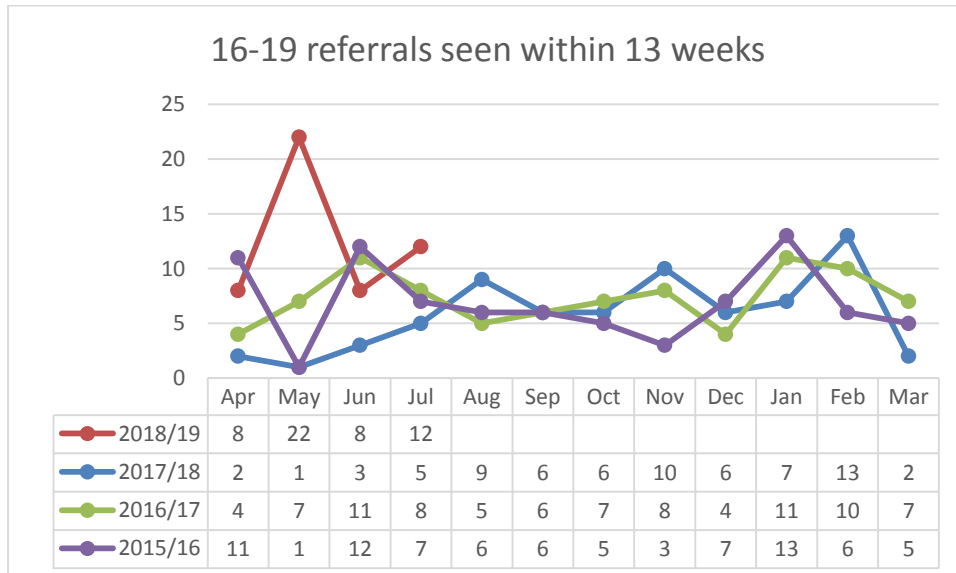
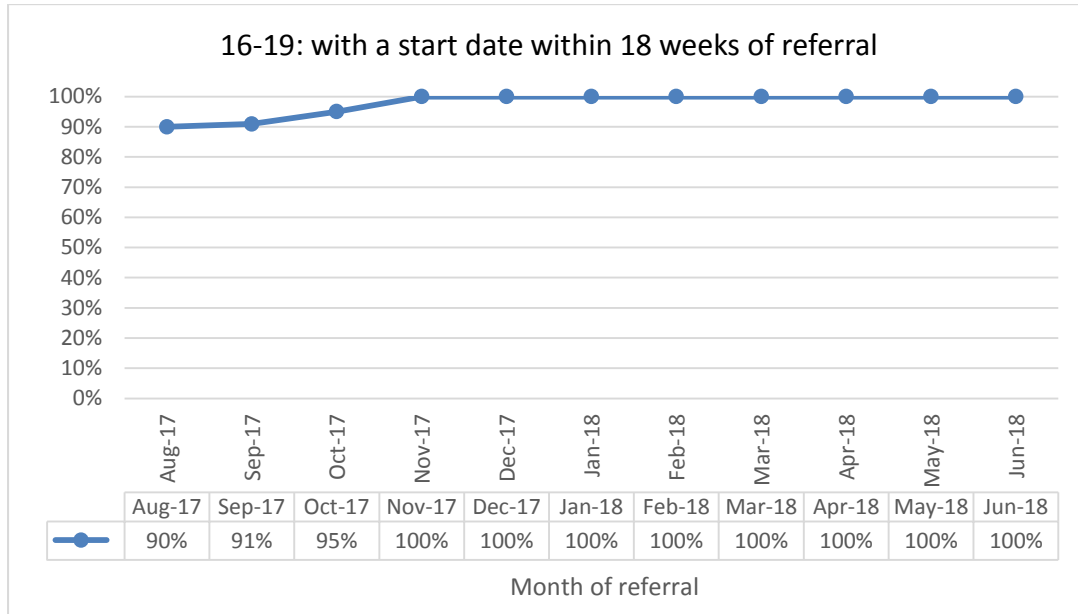
Appendix 04

West Cheshire Access and Waiting Times



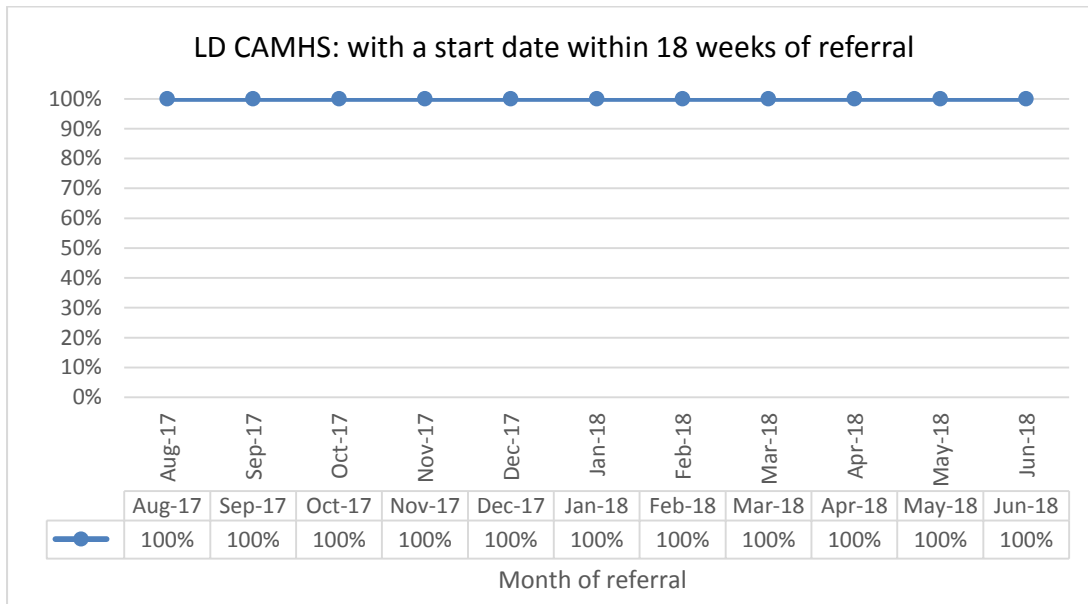
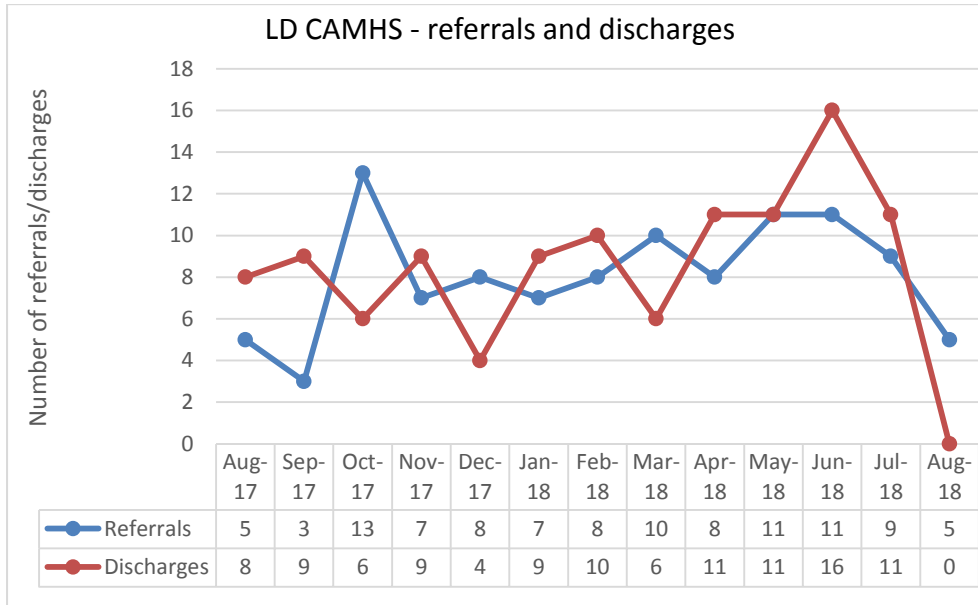
Appendix 04

West Cheshire Access and Waiting Times



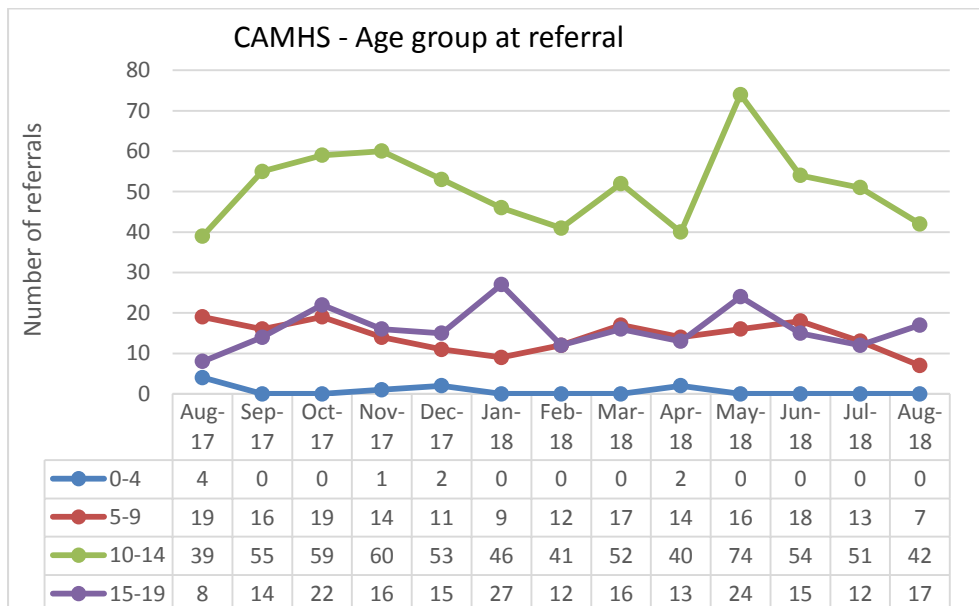
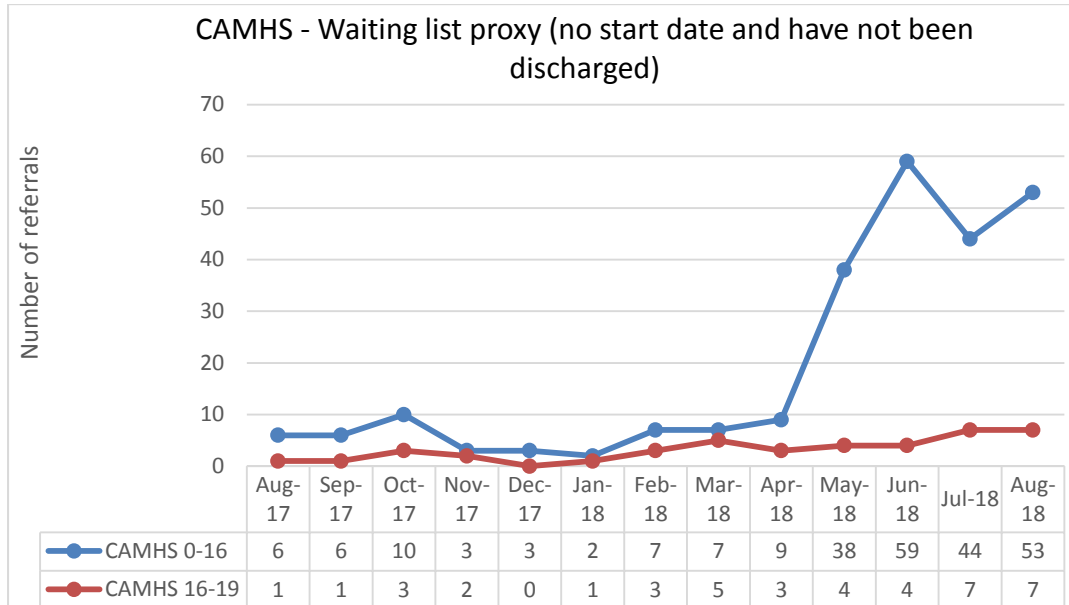
Appendix 04

West Cheshire Access and Waiting Times



Appendix 04

West Cheshire Access and Waiting Times



Appendix 05

**2018/19 All Whole Time Equivalent
CYPMHS Workforce Cheshire**

Team	Assistant Psychologist	Consultant	Nurse/Therapist	Psychologist	Unqualified Nurse	Grand Total
CAMHS Crewe	0	1	6.08	0.7	0	7.78
CAMHS Crewe 0-16 T2	0	0	1	0	0	1
CAMHS East 16-19	0.8	1	8.8	0	0	10.6
CAMHS Macclesfield	0	1.45	13.89	0.6	0	15.94
CAMHS Winsford 0-16 T2	0	0	0.6	0	0	0.6
CAMHS Winsford 0-16 T3	0	1	6.8	0.8	0	8.6
LD CAMHS Central	0	0.1	3.8		0.6	4.5
LD CAMHS East	0	0.1	3	0.8	0.8	4.7
West Cheshire 0-16 T2	0	0	4.16	0	0	4.16
West Cheshire 0-16 T3	1	2.75	12.11	1	0	16.86
West Cheshire CAMHS 16-19	0.72	1	4.86	1	0	7.58
West Cheshire LD CAMHS	0.3	0.2	3	0	2.09	5.59
Grand Total	2.82	8.6	68.1	4.9	3.49	87.91

Appendix 05

West Cheshire 2017/18

Team	Medics	Qualified Nurses	Unqualified Nurses	Therapists	Admin Staff	Total
CAMHS	3.75	12.12	0	5.5	5.17	26.54
LD CAMHS	0.2	3	2.1	0.3	1.35	6.95
16-19 Team	1	4.73	0	3.3	2.18	11.21
Total	4.95	19.85	2.1	9.1	8.7	44.7

Vale Royal 2017/18

Team	Medics	Qualified Nurses	Unqualified Nurses	Therapists	Admin Staff	Total
CAMHS	1.0	8.77	0	0	1.75	11.52
LD CAMHS	0.0	1.36	0.47	0	0.55	2.38
16-19 Team	0.33	0.16	0	1.26	0.5	2.25
Total	1.33	10.29	0.47	1.26	2.8	16.15

East Cheshire 2017/18

Team	Primary Mental					Total
	Medics	Qualified Nurses	Health/Unqualified Nurses	Therapist	Admin Staff	
0-16 Tier 3	1.6	4.6	1.8	1.4	3	12.4
16-19 Macclesfield	0.5	4	0.3	0	1	5.8
LD CAMHS	2	1	1.4	0	1	5.4
Total	4.1	9.6	3.5	1.4	5	23.6

South Cheshire 2017/18

Team	Primary Mental					Total
	Medics	Qualified Nurses	Health/Unqualified Nurses	Therapist	Admin Staff	
0-16 Tier 3	1	1	1	4.7	2.2	9.9
16-19 Crewe	0.5	2.8	0.3	0	0.6	4.2
LD CAMHS	0	2	1.75	0	1	14.1
Total	1.5	5.8	3.05	4.7	3.8	18.85

Appendix 06

Commissioning Body	Year	Child and Adolescent Mental Health Spend	
East Cheshire Clinical Commissioning Group	2015/16	£	1,711,000.00
South Cheshire Clinical Commissioning Group	2015/16	£	1,096,653.00
Vale Royal Clinical Commissioning Group	2015/16	£	1,101,551.00
West Cheshire Clinical Commissioning Group	2015/16	£	1,900,000.00
Annual Total		£	5,809,204.00

East Cheshire Clinical Commissioning Group	2016/17	£	1,938,000.00
South Cheshire Clinical Commissioning Group	2016/17	£	1,381,000.00
Vale Royal Clinical Commissioning Group	2016/17	£	1,182,000.00
West Cheshire Clinical Commissioning Group	2016/17	£	2,160,000.00
Annual Total		£	6,661,000.00

East Cheshire Clinical Commissioning Group	2017/18	£	2,606,000.00
South Cheshire Clinical Commissioning Group	2017/18	£	1,503,000.00
Vale Royal Clinical Commissioning Group	2017/18	£	1,239,000.00
West Cheshire Clinical Commissioning Group	2017/18	£	2,277,000.00
Annual Total		£	7,625,000.00

East Cheshire Clinical Commissioning Group	2018/19	£	2,945,000.00
South Cheshire Clinical Commissioning Group	2018/19	£	1,848,000.00
Vale Royal Clinical Commissioning Group	2018/19	£	1,505,000.00
West Cheshire Clinical Commissioning Group	2018/19	£	2,313,000.00
Annual Total		£	8,611,000.00

Appendix 06

Service	Provided By	Commissioned By	Cost	Population of Children and Young People	Cost Per Head
Getting Help and Getting More Help Mental Health Services including Eating Disorders	CWP and VCS Providers	East Cheshire CCG	£ 2,447,000.00	42627	£57.40
Getting Help and Getting More Help Mental Health Services including Eating Disorders	CWP and VCS Providers	South Cheshire CCG	£ 1,839,000.00	39050	£35.06
Getting Help and Getting More Help Mental Health Services including Eating Disorders	CWP and VCS Providers	Vale Royal CCG	£ 1,500,000.00	23401	£50.13
Getting Help and Getting More Help Mental Health Services including Eating Disorders	Cheshire & Wirral Partnership NHS	West Cheshire CCG	£ 2,313,000.00	53373	£43.34
TOTAL			£ 8,099,000.00		

Collaboratively Commissioned Services	Provided By	Commissioned By	Cost
Out-of-Hours Telephone Crisis Line	Cheshire & Wirral Partnership NHS	E, S, W and VR CCGs	£ 306,785.00
Youth Justice Service Speech and Language Therapy Service	Cheshire & Wirral Partnership NHS	NHS-England	£ 84,729.82
TOTAL			£ 391,514.82

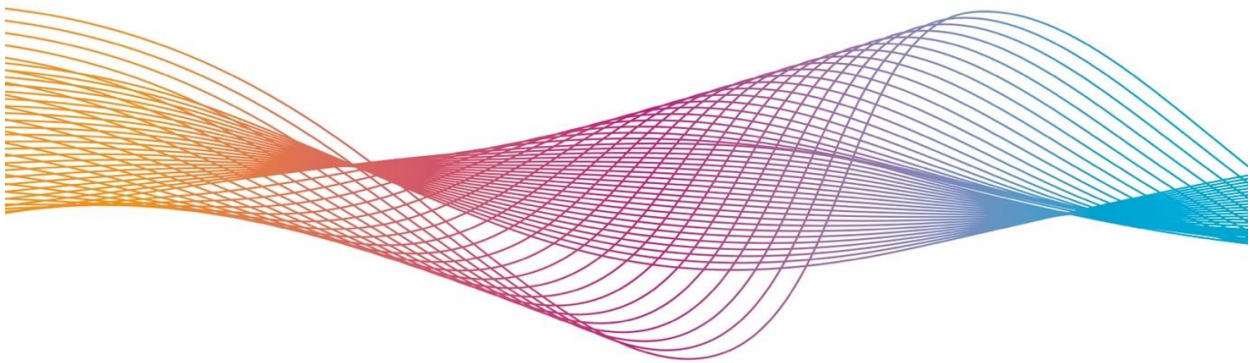
Emotional Health and Wellbeing Services	Provided By	Commissioned By	Cost
Mental Health First Aid Youth Training in Schools	CWaC Educational Psychology Service	Cheshire West and Chester Education	£ 26,836.75
Emotional Literacy Support Assistant Training in Schools	CWaC Educational Psychology Service	Cheshire West and Chester Education	£ 41,460.00
0-19 Starting Well Service	Cheshire & Wirral Partnership NHS	Cheshire West and Chester	£ 146,000.00
Caring to Care Service	Core Assets	Cheshire West and Chester	£ 302,526.00
Emotional Health and Wellbeing Service	Core Assets	Cheshire West and Chester	£ 146,000.00
Trusted Relationships Service	Youth Federation	West Cheshire CCG	£ 20,000.00
Emotionally Healthy Schools:	Visyon & Cheshire & Wirral Partnership	Cheshire East Council	£ 550,000.00
Emotionally Healthy Schools: EHWSB Services	Just Drop In, South Cheshire CLASP, Visyon, KOOTH	Cheshire East Council	£ 248,500.00
Sexual Health Services	Sub-Contracted Body Positive	Cheshire West and Chester	£ 2,680,000.00
Sexual Health Services		Cheshire East Council	£ 1,998,878.00
TOTAL			£ 6,160,200.75

Total Spend: £ 14,650,715.57

Business Intelligence
Embedded Nantwich Team

Pan Cheshire Mental Health f

Quarter 1 2018/19





Midlands and Lancashire
Commissioning Support Unit

Report



Pan Cheshire Mental Health Performance - August 2018 (Q1 2018/19 Data)

Measure	Performance	Current Mth/Qtr Perf	2018/19 Year to Date Perf	
CYP Eating Disorder Service - Routine referrals seen within 4 weeks	Failed 100% target for Pan Cheshire full year 2017/18	97.0%	93.8%	17/18 only
CYP Eating Disorder Service - Urgent referrals seen within 1 week	Achieving 100% target Pan Cheshire for the full year 2017/18	100.0%	100.0%	17/18 only
Early Intervention Psychosis - Referrals seen within 2 weeks	Achieving 50% target Pan Cheshire year to date 2018/19	80.0%	79.4%	
CAMHS - Under 19 admission rates (due to MH conditions/concerns)	Performance fluctuates between March and June 2018. Although in June 2018 we see the lowest admission rate since the start of 2017 financial year			
CAMHS - Tier 2 Waiting Times	Overall decrease in activity during May and a slight increase in June 2018			
CAMHS - Tier 3 Waiting Times	Overall decrease in activity during May and a slight increase in June 2018			
CAMHS - 16-19 Waiting Times	Overall decrease in activity during May and a slight increase in June 2018			
CAMHS - LD Waiting Times	Activity levels remain unremarkable			
CAMHS - % Referrals accepted	During the month of June 2018 the chart demonstrates a significant increase in the number of accepted 0-16 CAMHS referrals			

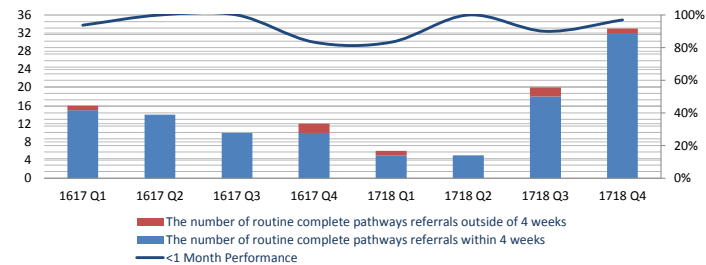
Useful Resources

Public Health England FingerTips Tool <http://fingertips.phe.org.uk/profile-group/mental-health/profile/cypmh/data#page/0>
 NHSE CAMHS <https://www.england.nhs.uk/mental-health/resources/camhs/>
 NHS Digital - MHSDS details <http://content.digital.nhs.uk/CAMHS>

Produced by **MLCSU Business Intelligence Team**
 Contact Details: **MLCSU.BIRequests@nhs.net**

CYP Eating Disorder Waiting Times

South Cheshire, Vale Royal, Eastern Cheshire and West Cheshire CCGs

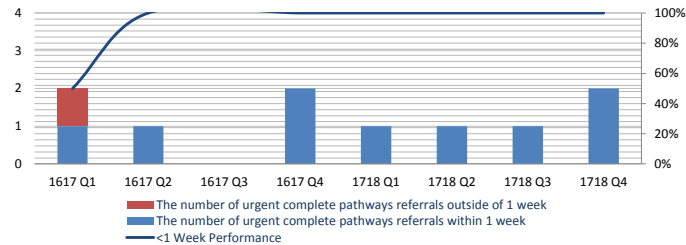


<1 Month Performance	2016/17				2017/18				2018/19			
	1617 Q1	1617 Q2	1617 Q3	1617 Q4	1718 Q1	1718 Q2	1718 Q3	1718 Q4	1718 Q1	1718 Q2	1718 Q3	1718 Q4
South Cheshire CCG	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	-	-	-	-
Vale Royal CCG	100.0%	100.0%	100.0%	100.0%	-	100.0%	100.0%	100.0%	-	-	-	-
West Cheshire CCG	100.0%	100.0%	100.0%	50.0%	100.0%	100.0%	100.0%	100.0%	-	-	-	-
Eastern Cheshire CCG	85.7%	100.0%	100.0%	75.0%	50.0%	100.0%	66.7%	75.0%	-	-	-	-

Routine refs seen within 4 wks: Performance Commentary

- Wirral CCG data is suppressed due to small numbers and therefore excluded from the analysis
- Eastern Cheshire was the main contributor to the under performance in Q4 2017/18
- Numbers involved tend to be very small, so performance fluctuates – a quarter with a very small increase in breaches tends to push performance below target
- There has been a significant increase in the total number of completed pathways in quarter 4 2017/18

South Cheshire, Vale Royal, Eastern Cheshire and West Cheshire CCGs



<1 Week Performance	2016/17				2017/18				2018/19			
	1617 Q1	1617 Q2	1617 Q3	1617 Q4	1718 Q1	1718 Q2	1718 Q3	1718 Q4	1718 Q1	1718 Q2	1718 Q3	1718 Q4
South Cheshire CCG	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	-	-	-	-
Vale Royal CCG	50.0%	#N/A	#N/A	100.0%	100.0%	#N/A	#N/A	100.0%	-	-	-	-
West Cheshire CCG	#N/A	100.0%	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	-	-	-	-
Eastern Cheshire CCG	#N/A	#N/A	#N/A	100.0%	#N/A	100.0%	100.0%	100.0%	-	-	-	-

Urgent refs seen within 1 wk: Performance Commentary

- Wirral CCG data is suppressed due to small numbers and therefore excluded from the analysis
- All 4 Cheshire CCGs met the 1 week target from Q1 2015/17 to Q4 2017/18
- Numbers involved tend to be very small, so performance fluctuates – a quarter with a very small increase in breaches tends to push performance below target

EDS Data Availability

- * MLCSU Aristotle Tool
- * Public Domain via NHSE
- * Local CCG Mental Health Dashboard
- * Local CWP Contract Report
- * Available quarterly

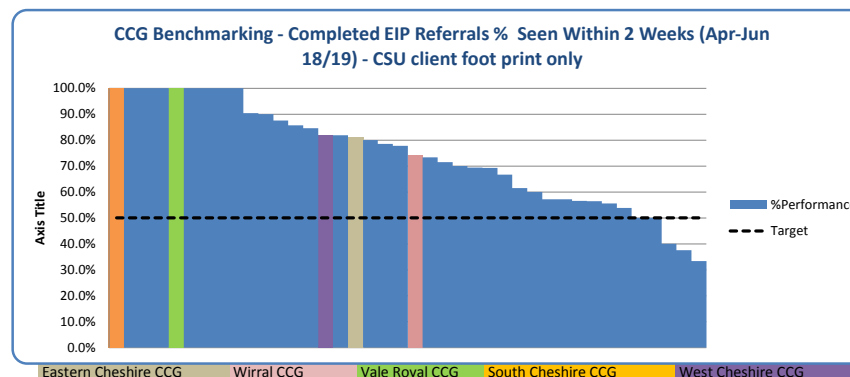
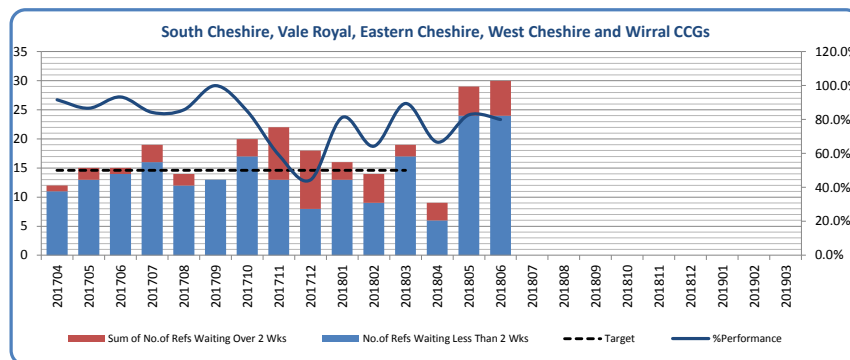
Additional EDS Data Available

- * 7 day FU EDS split OPMH and AMH (via CWP Contract Report)
- * The number of incomplete pathways (routine and urgent) for CYP ED

Indicator Information

These metrics track those referrals to the Eating Disorder service at CWP that are seen within 1 week for urgent referrals and 1 month for routine referrals (complete referrals)

Early Intervention Psychosis



EIP Completed % Seen Within 2 wks	2017/18												2018/19											
Target 50%	Apr-17	May-17	Jun-17	Jul-17	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18	Sep-18	Oct-18	Nov-18	Dec-18	Jan-19	Feb-19	Mar-19
South Cheshire CCG	-	100.0%	100.0%	0.0%	100.0%	100.0%	100.0%	75.0%	-	100.0%	100.0%	100.0%	-	100.0%	-	-	-	-	-	-	-	-	-	-
Vale Royal CCG	100.0%	100.0%	-	-	100.0%	-	-	0.0%	0.0%	100.0%	100.0%	100.0%	-	100.0%	-	-	-	-	-	-	-	-	-	-
West Cheshire CCG	100.0%	50.0%	100.0%	33.3%	75.0%	100.0%	66.7%	60.0%	44.4%	100.0%	33.3%	77.8%	50.0%	90.9%	85.7%	-	-	-	-	-	-	-	-	-
Eastern Cheshire CCG	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	50.0%	-	100.0%	-	100.0%	-	80.0%	81.8%	-	-	-	-	-	-	-	-	-
Wirral CCG	75.0%	85.7%	80.0%	100.0%	66.7%	100.0%	80.0%	66.7%	57.1%	71.4%	57.1%	-	80.0%	70.0%	75.0%	-	-	-	-	-	-	-	-	-

EIP Completed Referrals Seen Within 2 Weeks: Performance Commentary

- Collaboratively across the 5 CCGs the 2 week target was achieved from April 2018 through to June 2018
- Where the performance states 0% for South Cheshire and Vale Royal CCGs this relates to 1 patient (for each CCG)
- Numbers involved tend to be very small, so performance fluctuates – a quarter with a very small increase in breaches tends to push performance below target

Additional EIP Data Available

- * The number of incomplete pathways at reporting month end
- * Data at provider level

Indicator Information

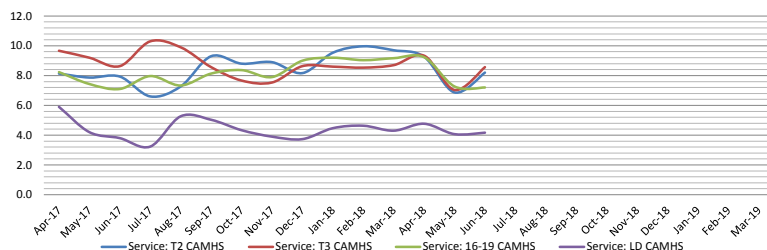
The metric measures the number and percentage of patients who have a completed EIP pathway at the end of the reporting month.

EIP Data Availability

- * MLCSU Aristotle Tool
- * Public Domain via NHSE
- * Local CCG Mental Health Dashboard
- * Local CWP Contract Report
- * Available monthly

Child and Adolescent Mental Health Services

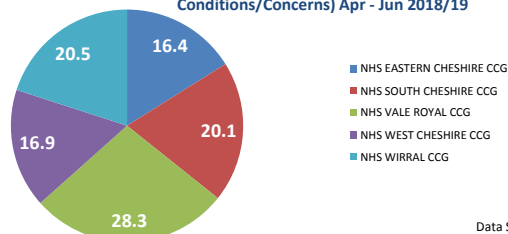
South Cheshire, Vale Royal and Eastern Cheshire CCGs - Average Waiting Times (in wks)



CAHMS Average Waiting Times: Performance Commentary

- Collaboratively across the 3 CCGs the average waiting time for Tier 2 CAHMS has decreased in the month of May but increased again in June 2018. February 2018 sees the longest average waiting time this financial year.
- Collaboratively across the 3 CCGs the average waiting time for Tier 3 CAHMS has decreased in the month of May but increased again in June 2018.
- Collaboratively across the 3 CCGs the average waiting time for 16-19 CAHMS has decreased in May and June 2018.
- Collaboratively across the 3 CCGs the average waiting time for LD CAHMS has decreased in May and June 2018.

Under 19's - Non Elective Admission Rate per 10k Population (for MH Conditions/Concerns) Apr - Jun 2018/19



Data Source: SUS

CAHMS Under 19 NEL Admission rate (due to MH Condition/Concern): Performance Commentary

- 2018/19 year to date Vale Royal CCG has the highest rate of admissions due to MH condition/concern
- Collaboratively across the 5 CCGs the overall rate of admissions has decreased in June 2018, however West Cheshire CCG has an increased rate from April 2018 onwards

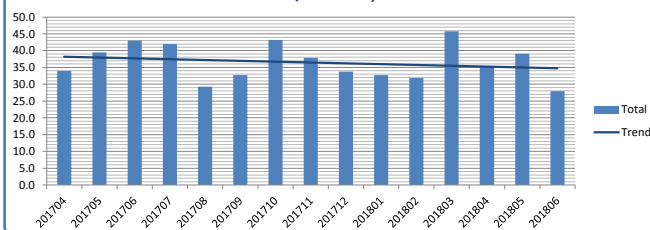
CAHMS Data Availability

- * Local CCG Mental Health Dashboard
- * Local CWP Contract Report
- * SUS Data
- * Available monthly
- * CWP Community Episodes dataset

Additional CAHMS Data Available

- * The number of incomplete pathways at reporting month end

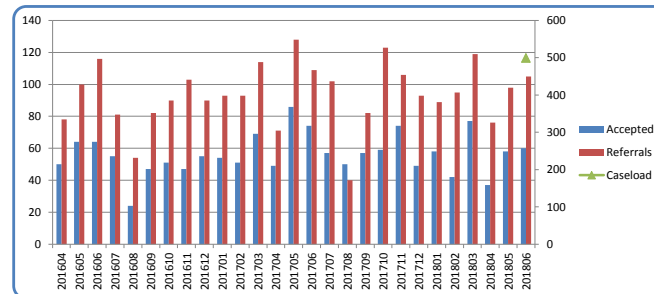
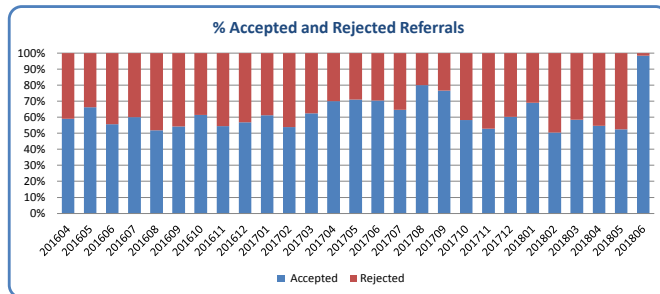
Under 19's - Non Elective Admission Rate per 10k Population (for MH Conditions/Concerns) All CCGs



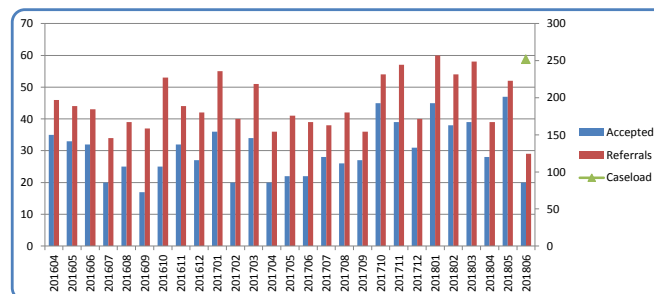
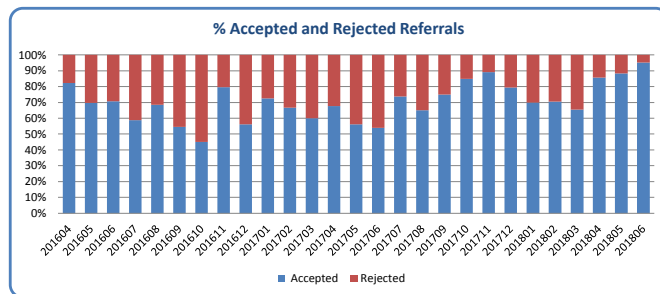
Information

- * The CAHMS average waiting data is sourced from the CWP monthly Contract Report
- * The non elective admission rate for MH condition/concern contains activity for all secondary care providers and all routes to admission i.e. A&E, GP, Transfers
- * CYP referrals, accepted and rejected data contains IAPT

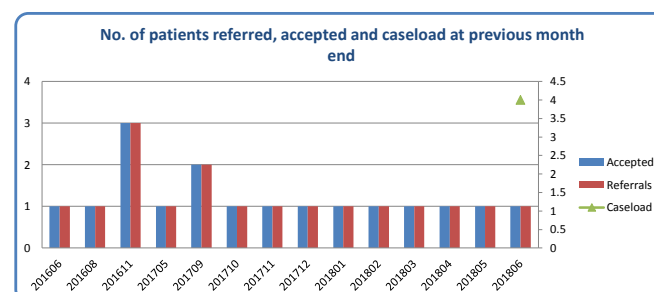
CYP 0-16 (South Cheshire and Vale Royal CCGs)



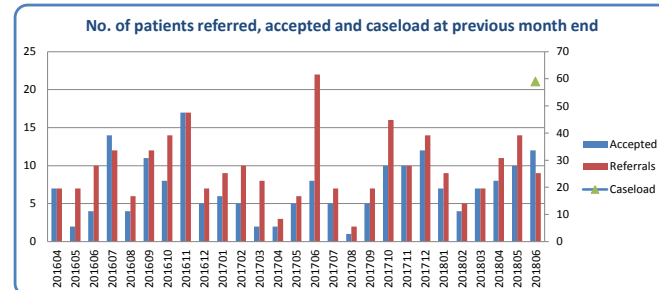
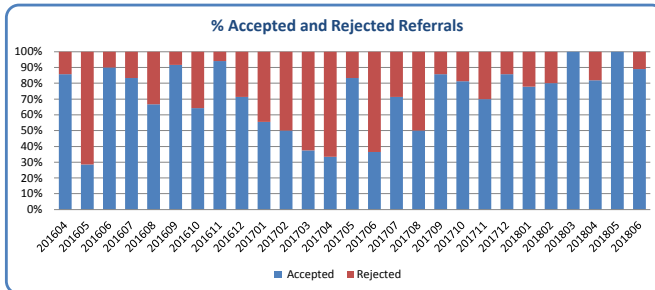
CYP 16-19 (South Cheshire and Vale Royal CCGs)



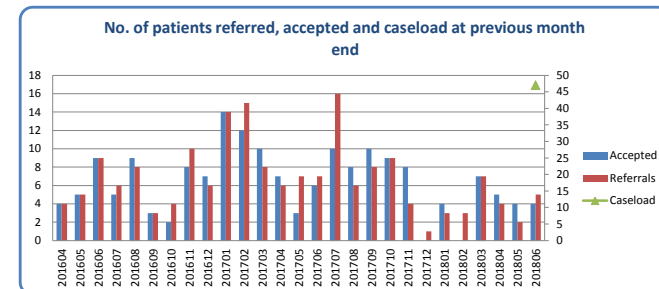
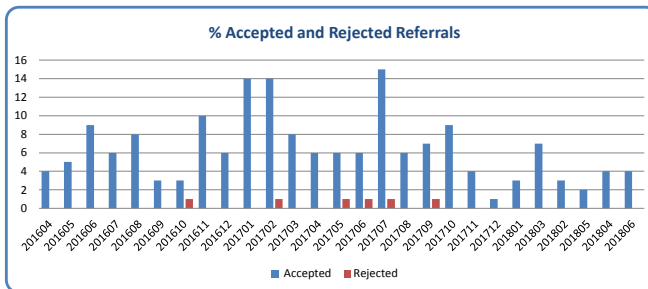
CYP CHEDs (South Cheshire and Vale Royal CCGs)



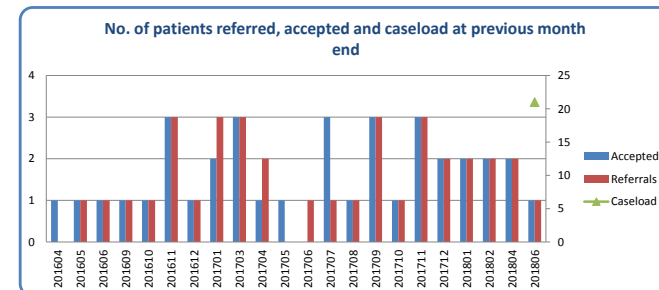
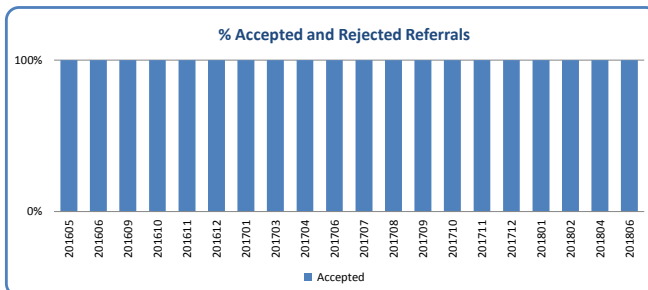
CYP LD CAMHS (South Cheshire and Vale Royal CCGs)



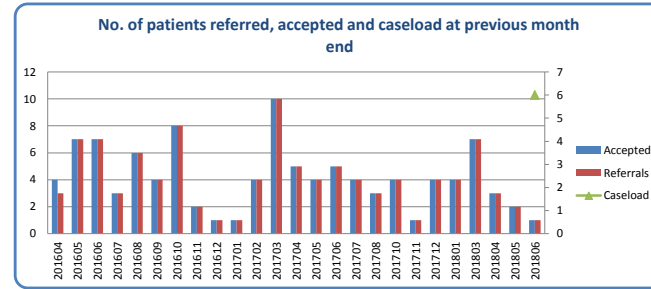
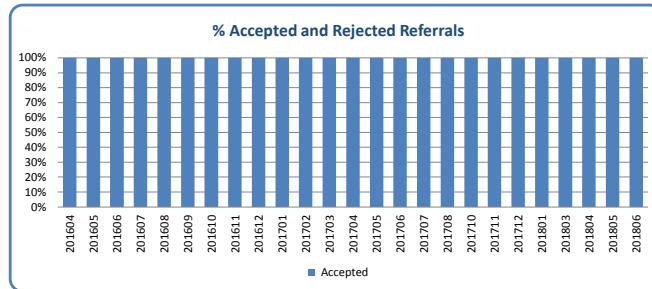
CYP Tier 2 (South Cheshire and Vale Royal CCGs)



CYP Tier 3 (South Cheshire and Vale Royal CCGs)



CYP Tier 4 (South Cheshire and Vale Royal CCGs)



Appendix 08-
Cheshire West and Chester Workforce Development

Courses	Providers
1-2-3 Magic Certified Practitioner training	ADDISS
ASSIT Training	Papyrus
Attachment 0-7 Years	CWaC - Child Educational Psychology Team
Attachment 8-18 Years	CWaC - Child Educational Psychology Team
Autism and Communication	Rosebank School
Autism and Sensory Overload	Rosebank School
Autism Awareness	Rosebank School
Autistic Spectrum Disorder/Asperger's Syndrome	Claire Grace-Williams
Brief Intervention Training for Anxiety and Depression	CWP - CAMHS
Children's Development: Impact of Trauma and Adversity from Theory to Practice	Safebase
Choose Well Workshop	CWP
Key Working and Person Centred Planning	Helen Sanderson Associates
Loss: Not Too Young to Grieve	CWaC - Child Educational Psychology Team
Mental Health First Aid - Instuctor Training	Mental Health First Aid England
Mental Health First Aid - Youth	CWaC - Child Educational Psychology Team
Mental Health issues and their impact on families	Interface
Mindfulness Foundation	
Motivational Interviewing	etal Training, Jan Procter King
Next Step Cards	Nevexia
NSSI - Non-Suicidal Self Injury	NJP Consultancy
Solution Focused Focused Training	Eileen Murphy Consultants & Associates
Strengths and Difficulties Questionnaire Training (SDQ)	SPL's

Appendix 08-
Cheshire West and Chester Workforce Development

SuicideTALK/Awareness Workshop	Papyrus
Understanding Autism & ADHD	CWP-CAMHS
Understanding Psychosis in Young People	CWP - CAMHS
Working with young people who Self Harm	CWP - CAMHS
Youth Connect 5 – train the trainer	MYA (CHAMPS)



Core Assets Emotional Health and Wellbeing Service (EHWB)

Who is it for: Children and young people aged 0-19 years (and up to 25 years with additional needs) who are open to the Early Help and Prevention Service at the partnership plus level on the continuum of need.

The service provided: Targeted interventions providing lower level emotional health and wellbeing support for those young people who do not meet the CAMHS (Child and Adolescent Mental Health Service) threshold. The aim is for this early intervention to significantly ease the pressures on specialist CAMHS by reducing the number of referrals they receive, and ensuring cases referred to them are appropriate.

The service delivers 6-12 week interventions that will be child and young person/needs led, covering topics such as mental health awareness, promotion of emotional health and wellbeing and resilience and utilisation of the [MindED](#) resources.

The service also provides emotional health and wellbeing advice and support for parents/carers and professionals through professional consultation and through an extensive workshop programme, unpinned by the [MindED](#) resources and eLearning

For each of the following brief learning workshops, participants will complete pre-learning through [MindED](#). This will enable the workshops to focus on embedding best practice and support confidence in responding to the emotional health and wellbeing needs of children and young people.

For more information on the service, its direct work with children, young people and their families including how to refer or access support please contact cwac.ies@coreassets.com





Workshop: Emotional Health and Wellbeing - practical workshop on how to support young people

Description: The aim of this workshop delivered by the Core Assets Emotional Health and Wellbeing Practitioners is to increase awareness and understanding of mental health routes and the support available locally, regionally and nationally. This will enable frontline staff to refer appropriately and when needed. Through case study activities, participants will be able to develop their confidence and knowledge on how to respond to young people effectively and be able to reflect on own cases.

Outcomes:

- Developed confidence in supporting young people with their EHWP
- Knowledge of resource and tools that can be used to support this work
- Increased confidence and knowledge of the local referral pathways (signposting)
- Increased awareness of emerging trends
- Embed use of MindED Learning resource

Pre-requisites: Prior to attending this course, learners should complete the MindED module <https://www.minded.org.uk/LearningContent/LaunchForGuestAccess/449334> And complete the evaluation survey using the following link, <https://coreassets.typeform.com/to/x669DT>

Date	Time	Venue
7 th June 2018	4.30pm - 7pm	Upton by Chester High School
4 th July 2018	4.30pm - 7pm	St Nicholas High School
12 th December 2018	4.30pm - 7pm	West Cheshire College – Ellesmere Port

How to book: Please complete the online booking form [online booking form](#)

You will need to state the course; date and time of course you wish to attend. If you are unable to use the booking form please email: Trainingbookings@qwestservices.co.uk





Workshop: Effective Communication with children and young people

Description: The aim of this workshop delivered by the Core Assets Mental Health and Wellbeing Practitioners is to increase awareness and understanding of effective communication strategies when working with children and young people, with particular focus on responding to difficult and challenging behaviour. Through case study activities participants will be able to develop their confidence and knowledge on how to respond to children and young people effectively and know where to access relevant resources and support.

- Outcomes:**
- Recognise how to communicate effectively with children and young people and embed best practice
 - Knowledge of resource and tools that can be used to support this work
 - Increased awareness and confidence in use of different communication strategies
 - Embed use of MindED Learning resource

Pre-requisites: Prior to attending this course, learners should complete the MindED module <https://www.minded.org.uk/LearningContent/LaunchForGuestAccess/445679> And complete the evaluation survey using the following link, <https://coreassets.typeform.com/to/x669DT>

Date	Time	Venue
TBC	4.30pm - 7pm	St Nicholas High School
14 th November 2018	4.30pm - 7pm	West Cheshire College – Ellesmere Port
7 th March 2019	4.30pm - 7pm	Upton by Chester High School

How to book: Please complete the online booking form [online booking form](#)

You will need to state the course; date and time of course you wish to attend. If you are unable to use the booking form please email:
Trainingbookings@qwestservices.co.uk





- Workshop: **Understanding the impact of attachment on emotional health and wellbeing**
- Description: The aim of this workshop is to provide an overview of attachment theory to inform and improve practice across all settings. To increase awareness of the importance of positive attachments on long term emotional health wellbeing.
- Outcomes:
- See attachment as a lifelong process.
 - Identify factors that affect attachment.
 - Understand the correlation between attachment and a healthy development.
 - Understand various ways that neglect and maltreatment influence attachment.
 - Discuss your role in helping children with attachment issues
 - Embed use of MindED Learning resource
- Pre-requisites: Prior to attending this course, learners should complete the MindED module <https://www.minded.org.uk/LearningContent/LaunchForGuestAccess/447070> And complete the evaluation survey using the following link, <https://coreassets.typeform.com/to/x669DT>

Date	Time	Venue
13 th June 2018	4.30pm - 7pm	West Cheshire College – Ellesmere Port
8 th November 2018	4.30pm - 7pm	Upton by Chester High School
TBC	4.30pm - 7pm	St Nicholas High School

How to book: Please complete the online booking form [online booking form](#)

You will need to state the course; date and time of course you wish to attend. If you are unable to use the booking form please email: Trainingbookings@qwestservices.co.uk



Workshop: Early detection of Developmental delay

Description: The aim of this workshop is to provide an overview, increase awareness and ensure all practitioners and those supporting children and young people are able to signpost to relevant services and support locally. This is aimed at all those working with children and young people

- Outcomes:**
- Describe barriers to early identification
 - Describe the importance of early identification and early intervention
 - Recognise the signs and symptoms associated with Autism, Asperger's and related problems.
 - Signpost to appropriate organisations or agencies that have resources to support early identification of development delay
 - Embed use of MindED Learning resource

Pre-requisites: Prior to attending this course, learners should complete the MindED module; <https://www.minded.org.uk/LearningContent/LaunchForGuestAccess/445688> And complete the evaluation survey using the following link, <https://coreassets.typeform.com/to/x669DT>

Date	Time	Venue
4 th October 2018	4.30pm - 7pm	Upton by Chester High School
tbc	4.30pm - 7pm	St Nicholas High School
13 th March 2019	4.30pm - 7pm	West Cheshire College – Ellesmere Port

How to book: Please complete the online booking form [online booking form](#)

You will need to state the course; date and time of course you wish to attend. If you are unable to use the booking form please email: Trainingbookings@qwestservices.co.uk

Appendix 09

Cheshire West and Chester Workforce Development Model

**One-off Educational
Training**

Training for our workforce that is focused on developing understanding, underpinning knowledge and learning about mental health concerns and gaining a basic grasp of mental health issues and low-level interventions, e.g. Next Step Cards

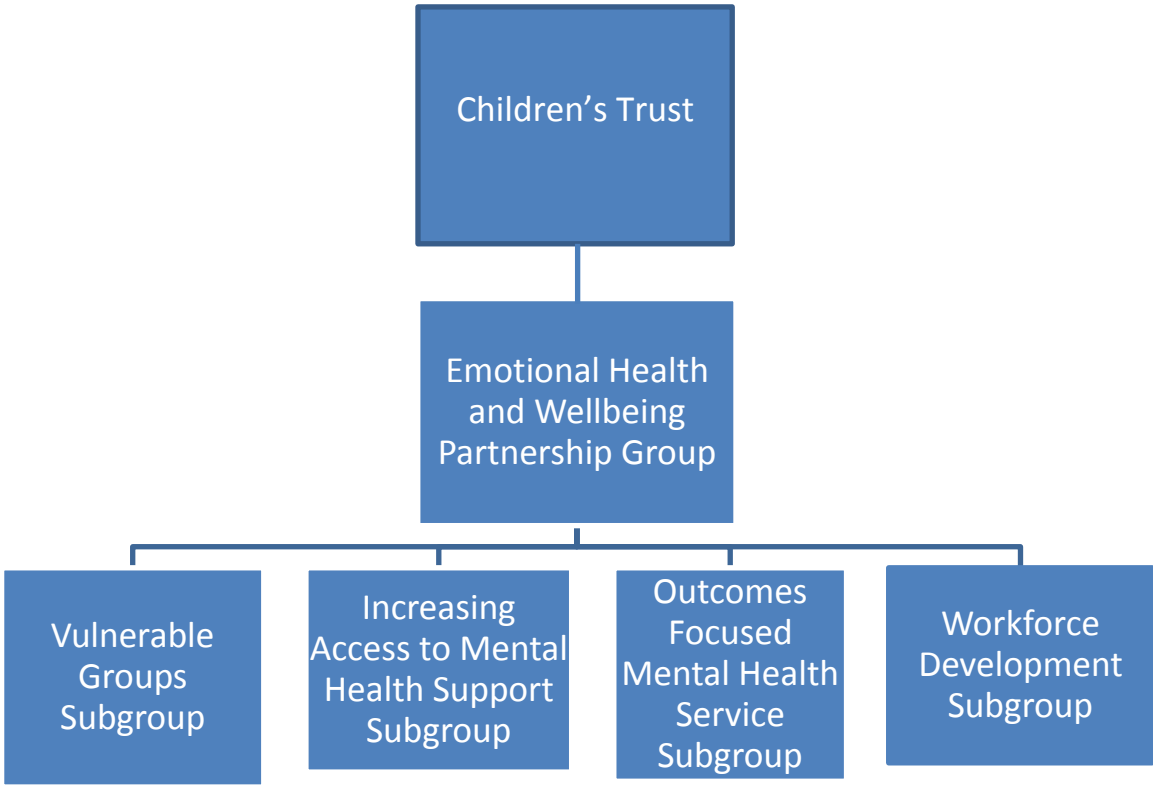
**Ongoing Evidence-Based
Interventions Training**

Training our workforce to be able to provide direct face-to-face evidence-based interventions, e.g. motivational interviewing, Trauma informed practice, Emotionally Literate Support Assistant, Mental Health First Aid training or training to deliver evidenced based interventions as part of service plans; Triple P

Supervision

Group Supervision
 Multi-Agency Supervision
 1:1 Supervision
 Retrospective Supervision
 Agency Based Supervision

Appendix 10-
Making it Happen: Governance Structures



CWac & WCCCG

Mental Health Programme Board (Cheshire and Merseyside STP)

