



Health and Wellbeing Board
7 March 2019

A thriving community of children and young people in Surrey
A strategy for their emotional wellbeing and mental health

Purpose of the report: Policy Development and Review

To approve and endorse: A thriving community of children and young people in Surrey. A strategy for their emotional wellbeing and mental health 2019 – 2022

Introduction to strategy

1. This strategy seeks to shape an integrated offer of early help, early intervention and transformation, shaped by children, young people, their families and carers. We have built on the ambitions set out in the Government's green paper on children's mental health, joining up support between health and education, providing earlier support in or near schools and colleges and a greater focus on improving access to NHS services for those who need specialist support. This jointly developed Emotional Wellbeing and Mental Health Strategy will inform a redesign of the whole system, focussed on outcomes and the lived experience of children, young people and their families. This ambition is reflected in the Local Transformation Plan designed and delivered by our partners in the CCGs.
2. In early 2018, we heard and listened to feedback from children and young people, their families and carers, their friends and from professionals working alongside children and young people. It pointed to significant gaps in the support available and services provided for children and young people. Feedback highlighted long waits and delays, a lack of clarity of referral routes and pathways, a lack of appropriate support for those with complex and enduring needs, a perceived lack of listening and professional respect, inequality of access for those who are more vulnerable or from disadvantaged groups and poorly managed transition to adult services.
3. We also know that emotional wellbeing and mental health needs for children and young people are growing and it is an increasing priority for young people (see Annexe one). Through this strategy, the Council and CCGs collectively takes responsibility for these challenges, accepting the need for immediate and longer-

term action and commits to driving through positive transformation that is necessary to do better for children and young people in Surrey.

4. We engaged with children and young people, their families, teachers, GPs, social workers and other care professionals to hear about what was most important to them. This enables us to focus on five key principles that will help develop a new culture, and the design and delivery of support and services:
 - a. Early intervention and community support
 - b. Collaborative working
 - c. Creating a navigable system
 - d. Communication with children, young people and parents
 - e. Environmental design.

Expected Outcomes

5. Our ambitions are to:
 - a. Develop a new culture around children and young people's emotional wellbeing and mental health that promotes resilience, whilst ensuring access to specialist services when needed
 - b. Develop how we support children and young people with their emotional wellbeing and mental health
 - c. Develop appropriate emotional wellbeing and mental health services for children and young people

6. Our vision is to:
 - a. Develop a culture of emotional wellbeing and mental health support for children and families that is based on strengthening early intervention and prevention and building resilience. We will listen to and work in partnership with our community to give children and young people the best start in life.

7. The model we have chosen to drive our strategy forward is the THRIVE model. This model is being promoted by national organisations such as NHS Clinical Commissioners and implemented by some schools and Children's Centres in Surrey with success. (See Annexe one for model explanation). Our ambition is also to build a culture of emotional wellbeing through pre-natal care into young adulthood as well as supporting parents and carers.
 - a. The key features of the model are:
 - i. It outlines groups of children and young people and the sort of support they may need, drawing a clear distinction between support and treatment (services)
 - ii. It focuses on a wish to build on individual and community strengths wherever possible, and to ensure children and families are active decision makers in the process of choosing the right interventions
 - iii. It has been successfully used in other parts of England to shape a positive culture and support and services for children and young people's emotional wellbeing and mental health
 - iv. Its structure is closely aligned with what we are trying to achieve in Surrey.

8. A fundamental element of our re-design is to use our collective estate to ensure children and young people can easily access care, support and services when and where they need it, support services being provided in local settings that are familiar, support partnership working across different individuals, teams and organisations and to support the use of enabling technology.
9. We spoke to children and young people to enable us to set out our key priorities in a mental health charter and we have a series of iterative measures for tracking our success placed against these (see section 3.4 of the Strategy).

Anticipated Challenges

10. Managing the increased demand and more complex presentations to our CAMHs services presents growing challenges to our service providers. The transformation of the existing service model will seek to address these challenges by placing greater emphasis on earlier intervention, 'no wrong door' and a clearer pathway to support.
11. Surrey County Council is facing a forecasted reduction in funding this sets a challenging landscape ahead, however with the service re-design, we are laying the groundwork to address this challenge.
12. The proposed model sets out large scale transformation of multiple existing services and change on this scale is expected to be challenging. The Board is requested to enable and facilitate the systemic change that is required across the system to enable full scale transformation of our services.

Conclusions:

13. In summary the new strategy seeks to set a new direction of travel for Children and Young People's Emotional Wellbeing and Mental Health services. One that firmly places children and young people at the heart of service delivery. It seeks to identify the transformation that is required to bring the whole service model in to line with current national guidance and local identified need. It is ambitious in its objectives and requires the support and guidance from all internal and external partners to fulfil them.

Recommendations:

14. We are seeking endorsement and sign off for: A thriving community of children and young people in Surrey. A strategy for their emotional wellbeing and mental health. 2019 – 2022
15. We request the opportunity to present the new model for service delivery detailing the future vision for Children and Young Peoples Emotional Wellbeing and Mental Health Services at a future Health and Wellbeing Board meeting.
16. A request to the Board to take a role as systems leaders to ensure join up across the system and facilitate partnership working for all priority partners.

17. A request to the Board to take a prominent role in promoting the joint strategy and supporting partner agencies to do the same.

Next steps:

18. Continue to listen to and work with children, young people, their families and carers and partners to transform our emotional wellbeing and mental health system in Surrey.

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Sources/background papers: Final version of: A thriving community of children and young people in Surrey. A strategy for their emotional wellbeing and mental health. 2019 – 2022

Annexe one:

The THRIVE model

