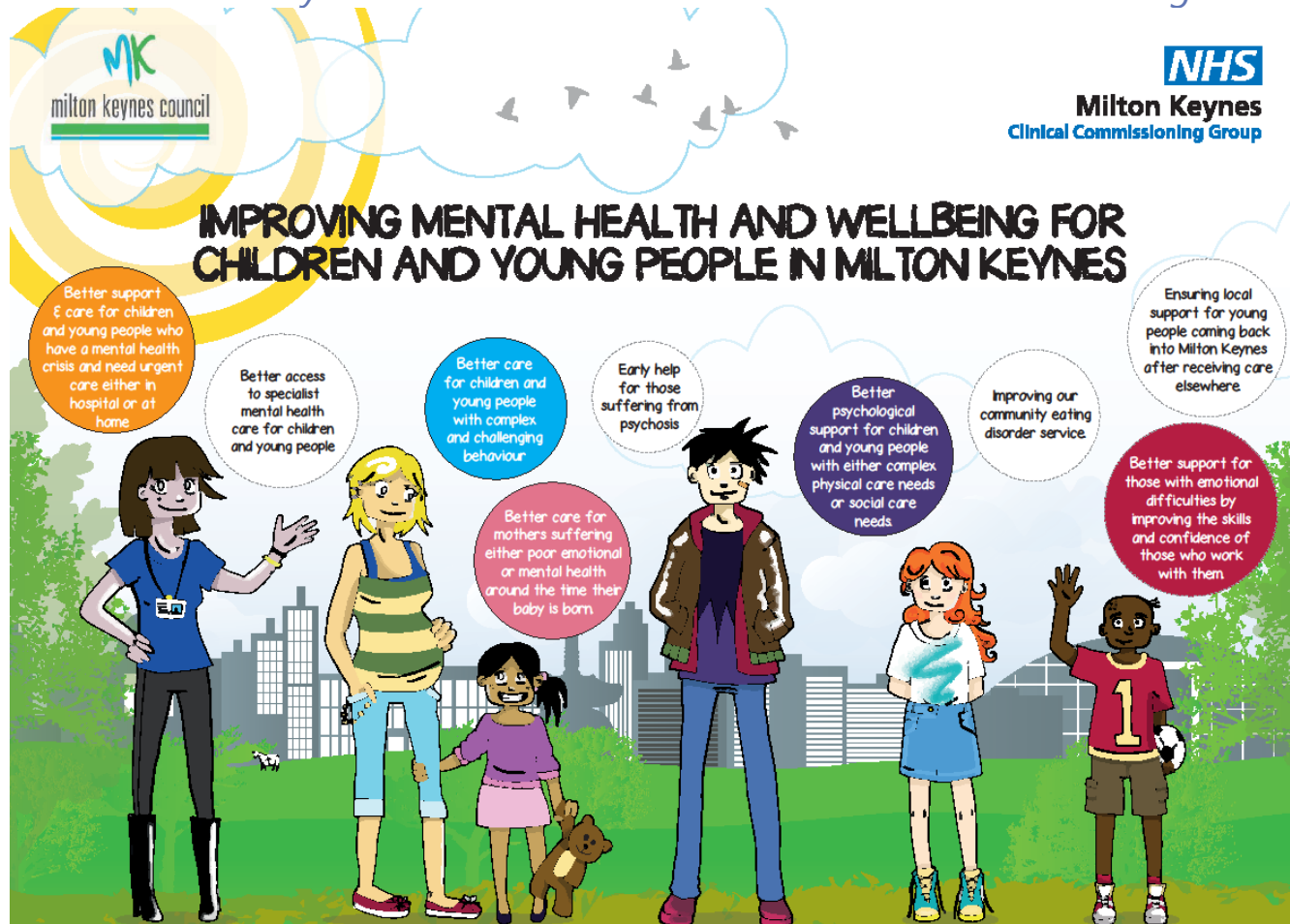


Milton Keynes CYP Mental Health and Emotional Wellbeing LTP



IMPROVING MENTAL HEALTH AND WELLBEING FOR CHILDREN AND YOUNG PEOPLE IN MILTON KEYNES



Milton Keynes Children & Young People's Mental Health & Wellbeing Local Transformation Plan (LTP) 2015-2020, Place Based Refresh Plan on Page October 2018

Vision

I experienced good support and care when I had a mental health crisis and needed urgent care. • I experienced good support from people involved in my care to help me achieve and meet my goals even though I have complex needs and can have challenging behaviour • I was able to access specialist care and support when I needed it • People around me had the skills and confidence to know how to help and support me • When I needed help with my eating disorder, I was able to access a service quickly that met my needs • The people who help me with my complex physical and social needs are able to support me to deal with my emotions, and keep me mentally well • When I became very ill with a psychosis, I was able to access a service quickly that met my needs • I experienced good support for my emotional and mental health during and after my pregnancy, which helped me to form a good bond with my baby • When I returned to Milton Keynes after I'd been in hospital, I experienced good care and support which enabled me to settle back into home and school.

Year 1

Improved access and reduction of the waiting list for specialist services

Sustainable 24/7 services for children and young people (CYP) in crisis

Improved processes and multiagency working for CYP who have been in Tier 4 units and are being discharged back to local services

Improving and enhancing perinatal mental health services

Working with the community eating disorder service to move towards compliance with new national standards

Improvements to EIP

Year 2

Increased confidence and competence in the wider children's workforce to support children and young people with emotional and mental health problems

Improving multiagency support for CYP with complex need and/or complex and challenging behaviour

Improved liaison with non-mental health services to identify CYP early including (Corporate Parenting Services, Youth Offending Team (YOT)

Developing of a single point of access to specialist mental health services

Year 3

Keep children in the driving seat of change/ reduce stigma/ improve access to help

Improved integrated approach to CYP with complex behaviour and children in need

Increased confidence and capacity in the wider children and young people's workforce

Improve access to specialist care through through evidence based pathways

Evidence improvement outcomes through data and KPIs

Develop partnerships across BLMK

Year 4

Strengthen strategic ownership of the plan to improve outcomes for CYP and achieve sustainability beyond 2020/21

Realise opportunities to improve outcomes for CYP through integration at place and scale • CEDS • CYP with Complex Needs • our most vulnerable CYP • CYP with SEN and Disabilities

Foster strengths of community and voluntary sector

Improve data and coproduced measurement of success

Continue to improve access to specialist care

Strategic Oversight and Planning

Strengthen strategic ownership of the plan to improve outcomes for CYP and achieve sustainability beyond 2020/21

Strengthening the governance arrangements through the creation of a strategic systems meeting that will oversee delivery of priority areas that have not been addressed through existing LTP governance.

Prevention and Early Help

Complete mental health needs assessment focussed on early help and prevention for children and young people

Roll out a positive behavioural support approach across children's services and settings

Work with GPs and the GP Federation to develop a primary care tool which supports referral and signposting to care based on levels of need.

Care of the most Vulnerable Children and Young People

Realise opportunities to improve outcomes for CYP through integration at place and scale

- CEDS
- CYP with Complex Needs
- our most vulnerable CYP
- CYP with SEN and Disabilities

Access to Children and Young People's Mental Health Services

Undertake demand and capacity analysis

Reassess the skill mix to ensure that the recommended evidence based interventions are being developed

Strengthen Children, Young People and Family Coproduction in delivery of CYP MH services

Commission CEDs against recommended population numbers

- Progress roll out of You Me Together Project through train the trainer approach
- 100% schools to have an identified Mental Health Lead and Governor
- Explore training for non-mental health staff in through the CYPIAPT programme
- Complete and launch co-produced mental health resources website

- Consider recommendations from Community Action MK report, to prioritise worstreams and work in partnership with the community and voluntary
- Improve self-care and peer support both through the healthy young people's network and through developing the Community and Voluntary sector peer support initiatives.

- Evaluate YOT Pilot and look to sustain funding in partnership with NHSE

- Undertake gap analysis around forensic and court pathways and identify local/ regional solutions

- Establish more proactive care education and treatment reviews for CYP with learning disability and /or ASD
- Strengthen the transitions process
- Evaluate support and liaison pilots; identify how these have improved outcomes for some of the most vulnerable children and young people.

- Reassess the skill mix to ensure that the recommended evidence based interventions are being developed
- Introduce wellbeing practitioners into the work
- Develop closer links with the equivalent team for adults, the Mental Health Hospital Liaison Team
- Continue to develop referral and assessment pathway for young people with psychosis

- Understand why increased numbers of CYP with MH needs are in hospital, agree local plans to address identified issues
- Strengthen the mental health input to EHC plans
- Explore opportunities to be involved in relevant research for EIP

- Implement and flow data for patient reported outcome measures
- Implement plans to ensure that MHSDS data accurately demonstrates performance against key targets
- Plan for and deliver new national performance measures