



**Integrated
Care System**
Nottingham & Nottinghamshire



NOTTINGHAM AND NOTTINGHAMSHIRE JOINT LOCAL TRANSFORMATION PLAN FOR CHILDREN AND YOUNG PEOPLE'S EMOTIONAL WELL-BEING AND MENTAL HEALTH 2016 -2023

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Chapter 1) Introduction

It is now seven years since local services developed the first annual Children and Young People's Local Transformation Plan (LTP) for Nottingham and Nottinghamshire. The aim of the Plan is to improve the emotional wellbeing and mental health of the local population of children and young people in Nottingham and Nottinghamshire through implementing the ambitions of the NHS Long Term Plan (2019) [NHS Long Term Plan » Children and young people's mental health](#), along with locally identified priorities, including COVID recovery plans. The plan has been reviewed and refreshed annually and this is the 2022 update.

Nottingham and Nottinghamshire are the area covered by this Plan and the Plan covers Nottingham City Council, Nottinghamshire County Council and services commissioned by [NHS Nottingham and Nottinghamshire Integrated Care Board](#) (ICB).

This Local Transformation Plan is the delivery plan for Nottingham and Nottinghamshire's ambitions, informed by the Long-Term Plan (2019). It is further strengthened by linking with other local work including:

- [The ICS All Ages Mental Health Strategy \(2019-2024\)](#)
- [Nottinghamshire SEND Strategic Action Plan \(2021-2023\)](#)
- [Nottingham City SEND Strategy \(2018 – 2023\)](#)
- [The ICB wide Suicide Prevention Strategy and Action Plan \(2019-2023\)](#)

The Plan will be monitored through the governance arrangements outlined in the Partnership section. In addition to monitoring the plan, the ICS has a performance monitoring framework to ensure national targets are achieved.

Context

The impact of the COVID pandemic continues to be felt and although children and young people's mental health services are seeing more people than ever before, demand continued to outstrip supply.

Nationally, analysis shows a steady flow of self-harm related accident and emergency attendance and an increase in crisis referrals in under 18s. During the pandemic, referrals to eating disorders services have doubled and this level of access sustained. The work outlined in this plan has been developed in response to these national challenges and the pace of transformation to mitigate risks has been increased in direct response (NHS England 2022).

What Will be Different as a Result of this Plan?

- There will be additional investment in children and young people's mental health services.
- More children and young people will be able to access mental health support via NHS funded mental health support services.
- There will be better services for 0–25-year-olds, including stronger transition arrangements between children's and adult services.
- The Eating Disorder referral to treatment time standards will be achieved and maintained.
- There will be 24/7 mental health crisis care provision for children and young people which combines crisis assessment, brief response, and intensive home treatment functions.
- There will be an increasing focus on prevention, self-care and the wider factors that affect people's health and wellbeing.
- There will be better links between physical and mental health services.
- All services working with children and young people will be mental health aware.

Overarching Aims

Our overarching aims are for:

- More young people to have good mental health, including those in vulnerable groups such as children looked after, children subject to child protection plans, children with disabilities and those within the youth justice service.
- More children and young people with mental health problems to recover.
- More children and young people to have a positive experience of care and support.
- Fewer children and young people to suffer avoidable harm.
- Fewer children and young people to experience stigma and discrimination.
- A system response to children and young people's mental health and wellbeing.

Finance

The NHS Long-Term Plan (2019) committed that mental health services will grow faster than the overall NHS budget with an additional commitment that funding for children and young people's mental health services will grow faster than both overall NHS funding and total mental health funding.

Nottingham and Nottinghamshire ICB remains committed to achieving this standard of expenditure and, over the course of the LTP, have growth that exceeds these ambitions.

Spend by the ICB is detailed in the table below (please note this combines the totals by the two organisations previously known as Nottingham & Nottinghamshire CCG and Bassetlaw CCG. This shows an approximate 43% increase in spend from 2018/19 to 2022/23.

Table 1: Nottingham and Nottinghamshire ICB spend

ICB	18/19	19/20	20/21	21/22	22/23 planned expenditure
Nottingham & Nottinghamshire ICB	£12,691,000	£13,253,000	£15,519,000	£15,802,000	£18,105,000

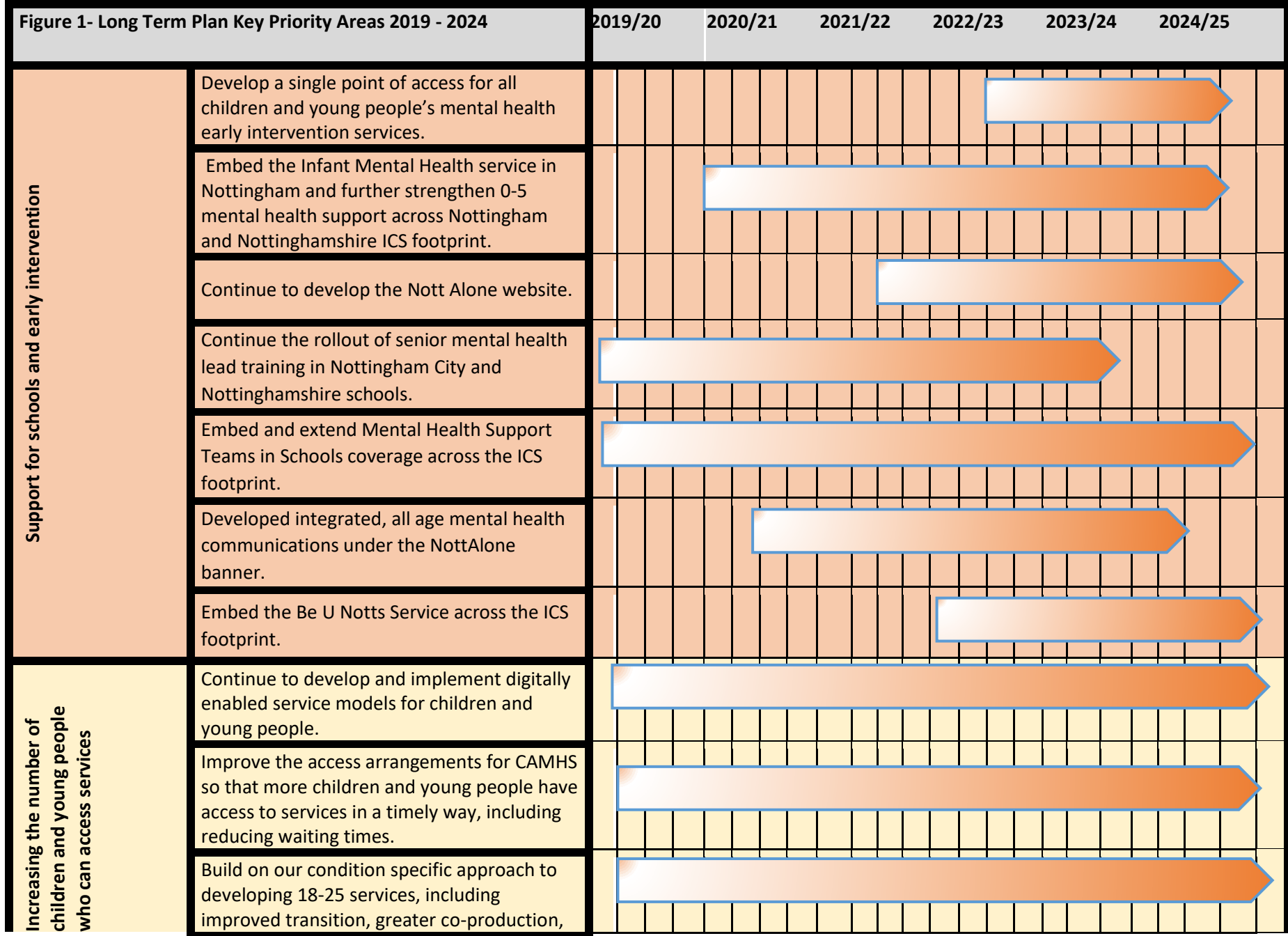
Chapter 2) Our Plan Priorities








Roadmap to 2024










The diagram below summarises the priority areas that the Partnership is working on over the life of the Future in Mind and now the Long-Term Plan (2019). The Children and Young People's Mental Health Executive oversees the implementation of this Plan and subgroups manage more detailed planning in specific areas for transformation relating to the NHS Long Term Plan ambitions. The Plan is live and will be developed in line with emerging needs. The information within the following section showcases progress against the road map and outlines our future ambitions.





This year, we will further transform our Community, Crisis, Eating Disorder, Young Adults and Health and Justice provision. We have also accelerated our rollout of Mental Health Support Teams in Schools (MHSTs) and our digital services in response to the pandemic.

We recognise that young people living in Nottingham and Nottinghamshire may have different needs and different ways of accessing services, depending on where they live. We will be working closely with our Place Based Partnerships, to ensure that our services are accessible to, and meet the needs of local communities.



and alignment with Autism and learning disability pathways.	
Deliver timelier and evidence-based support to young people experiencing first episode psychosis and develop the At-Risk Mental State pathway.	
Expand CAMHS Crisis and home treatment response to young people presenting in the emergency department and ensure a comprehensive, equitable all-age response is provided.	
Ensure 24/7 coverage of crisis home treatment.	
Develop and pilot assertive in reach offer within the crisis team to support discharge planning	
The Community Eating Disorder Service to ensure that the service can meet the recommendations within the access and waiting time standards.	
Develop Avoidant Restrictive Food Intake Disorder pathway, including training for the workforce.	
Deliver improvements to the pathway for children and young people with potential Autism or Attention Deficit Hyperactivity Disorder.	

	Increase service access rates for children and young people aged 0-18.	
	Increase service access rates for 18-25's.	
Tackling Health Inequalities	Review current emotional and mental health provision to looked after children and care leavers, with a particular focus on out of area placements.	
	Further implement the You Know Your Mind project across the ICS footprint	
	Develop robust and comprehensive data collection for protected characteristics.	
	Undertake an equity audit of services using the Advancing Mental Health Equality Framework.	
Accountability and transparency	Review and strengthen commissioning arrangements, including consideration of aligned or pooled budgets.	
	Fully implement performance framework for children's mental health and wellbeing, compliant with the Mental Health Services Minimum Dataset.	
	Develop and implement outcomes-based commissioning for children and young people's mental health services.	

	Ensure children and young people's plans align with those for SEND, transforming care and health and justice.	
Developing the workforce	Implement an ICS all age workforce plan, incorporating future capacity planning and engagement with children and young people -IAPT	
	Ensure that there is a sufficiently diverse workforce with the right skills to support those aged 0-25.	
	Increase multi-disciplinary capacity and specialist roles within the community to enable needs led support for children and young people.	

Chapter 3) Co-production and Engagement

All ICS partners remain committed to engagement, involvement, and participation to ensure the support delivered meets the needs of all children and young people, parents, families, carers and stakeholders. Our ambition is to ensure all future children and young people's mental health services will be co-produced with children, young people and families. One of our key partners delivering this work is youth group MH:2K.

MH:2K is a **pioneering youth-led model** for engaging young people in conversations about mental health in their local area.

MH:2K Nottingham and Nottinghamshire was established in 2018 with the goal to help decision-makers and researchers to **gain deeper understanding of mental health** issues in their area to gain new insights about effective solutions for prevention, support, and local services.

MH:2K is delivered by Leaders Unlocked; they enable young people and under presented groups to have a strong voice on the issues that affect their lives in **education, policing, criminal justice and health and wellbeing**. They are a not-for-profit social enterprise with a deep commitment to social impact. For more information, please see www.leaders-unlocked.org

What Have We Done in 21/22?

Child and Adolescent Mental Health Services (CAMHS)

Transitions work: CAMHS and MH:2K are working together for a year to understand the experience of young people leaving CAMHS and transitioning into adulthood. Recommendations are being produced to improve service user experience and to help define the role and profile of the transition.

CAMHS involvement: Nottinghamshire Healthcare NHS Foundation Trust's involvement, experience, and volunteering team and MH:2K are working together for a year to help us improve how we involve, listen, and communicate with young people. This will enable us to support young people to get involved in a way that works for them and support ongoing service improvements. It will enable us to get better at gathering feedback and communicate in a way that reaches young people and is relevant to them.

Involvement projects: The CAMHS Participation Group meets monthly and shares involvement opportunities and updates. Projects that are being progressed are the LINE Group (Lets include, never exclude) and the Waiting Room Project where we plan to take a co-ordinated approach with young people's involvement to improve the first impressions and experience of being in a CAMHS waiting area. The service regularly is involved in interviews across CAMHS, and a young person was part of an interview process for the new Chief Executive. Welcome packs and appointment letters have been co-produced and are now in use.

Wellbeing Empowerment Hub

The Wellbeing Empowerment Hub will be piloted as a collaborative offer from both City (Targeted CAMHS) and County CAMHS. The aim of the Hub is to offer support at the point of need, helping children and young people experience reduced wait times from referral to receiving intervention. More information about this service can be found in the [Access to Services](#) chapter.

Nottingham City and County Mental Health Support Teams

The ICS has commissioned a young people's research group (MH:2K) to engage with schools and find out their views of children and young people with regards to mental health support. The research group have presented their findings, and work is now taking place to co-produce an action plan to respond to some of the key themes that were extracted as part of the research.

An example of these findings include; that many young people did not know who MHSTs were, or what they did. In response, from September, marketing materials, new posters with QR codes and information booklets have been sent to schools (both digitally and printed). Work is also taking place to relaunch the MHSTs via assembly in schools in September and October, to introduce the school practitioner and share the offer.

NottAlone

Young people, parents, carers, and school staff were involved in the design and development of the NottAlone website NottAlone.org.uk from the beginning. They formed a focus group which informed the steering group who worked with website developers designing the branding, logo, images, wording and resources on the site.

Key production partners were MH:2K (young people), Notts Parents Carers Forum and Nottingham City and Nottinghamshire school representatives. These partners continue to be members of the NottAlone Steering Group moving forward towards the ongoing development of the site.

This genuine co-production was a key element praised by the judges in NottAlone's recent Local Government Chronicle Technology Award 2022.

Be U Notts (ABL)

Be U Notts is a free, accessible and convenient mental health and emotional wellbeing support service for Children and Young People between 0-25 years of age and their parent/carers in Nottingham City and Nottinghamshire County (except Bassetlaw). The service includes Getting Advice, Getting Help: 1-1 counselling, Group sessions, Online counselling, Peer support groups for CYP and their parents/carers service planning. The service was recently opened, and they have been undertaking a number of engagement activities.

From Jan-March 2022 Be U Notts worked with a group of 12 students including Nottingham University Students to co-design the name of the service, to develop website content and to produce resources.

Between March-July 2022 Be U Notts produced a training needs analysis to understand previous training attended and areas of training need across Nottingham City and Nottinghamshire.

During February to April 2022 Be U Notts have met with service managers of Mental Health Support Teams, Targeted CAMHS, Nottingham City Council and Nottinghamshire Healthcare Trust to establish pathways (including step up/down pathways), joint working and shared promotion of their service offer.

Be U Notts is a contributor to the development of the NottAlone website. Be U Notts works with the YMCA to deliver engagement groups.

What Are We Going To Do In 2022/23?

MH:2K will be supporting us with work across children and young people's mental health services. The below provides an example of some specific work planned

- Crisis Pathway developments
- ICS Co-production work
- Eating Disorder Pathway
- Learning Disability and Autism programme
- Website for Neurodiversity
- Children and young people's Community Transformation

Further information on these developments can be reviewed within service specific chapter headings.

Chapter 4) Working Together

As outlined in the introduction, a wide range of partners work to support children and young people's mental health in Nottinghamshire, many of whom have contributed to this plan. Our key links are outlined below: -

Nottingham and Nottinghamshire Integrated Care System ([Home - NHS Nottingham and Nottinghamshire ICS - NHS Nottingham and Nottinghamshire ICS \(healthandcarenotts.co.uk\)](https://www.healthandcarenotts.co.uk))

Nottingham and Nottinghamshire Integrated Care System is a partnership of health, social care, the voluntary sector, and other partners who have come together to plan and deliver services to improve the health of people who live and work in this area. This includes children and young people's mental health.

Place Based Partnerships

Sitting beneath the Nottingham and Nottinghamshire wide ICS are Place Based Partnerships. There are four Place Based Partnerships in Nottingham and Nottinghamshire, they cover Nottinghamshire South, Nottingham City, Mid Nottinghamshire and Bassetlaw. Membership includes local authority representatives, district councils, community hospitals, GPs, social care, and other providers. These groups are relatively new, and all have identified children and young people's mental health as priority areas for work and will be contributing to helping us achieve the priorities outlined.

ICS Mental Health and Social Care Board

This Board has overseen the development and delivery of an All Age Integrated Mental health and Social Care strategy and has endorsed this Plan.

Suicide Prevention Strategy Group

Nottingham and Nottinghamshire have a Suicide Prevention Strategic Steering Group that is a partnership group responsible for the development and implementation of the local all-age suicide prevention strategy and plans. There is a reporting link between the Suicide Prevention Strategic Steering Group and the Children and Young People's Mental Health Executive for actions relating to children and young people.

A wider Suicide Prevention Stakeholder Network sits underneath the Suicide Prevention Strategic Steering Group. The Network helps to shape local suicide prevention work and is an opportunity to share good practice, link with other professionals and learn about what is available to help support others. Over 200 workers and organisations across Nottingham and Nottinghamshire are signed up to the Network.

Self-Harm Steering Group

A Nottingham and Nottinghamshire Self-Harm Steering Group was established in 2022. The Self-Harm Steering Group is responsible for working together to deliver on the recommendations from a review of self-harm support in the community.

Children and Young People's Mental Health Executive Group

The Executive includes representatives from the ICB, local authority children's services, education, Public Health, district councils, elected members, local NHS and non-NHS providers and NHS England to ensure a coordinated approach to improving children and young people's mental health.

They are responsible for:

- Reviewing and monitoring delivery of the Local Transformation Plan, including considering the impact on outcomes for children and young people.
- Monitoring any risks and issues and developing plans to address these.

- Ensuring that commissioning of children and young people’s mental health services is undertaken in a joined-up way and that commissioning and that commissioning processes are used to improve services for children and young people.
- Ensuring that our Local Transformation Plan links with other plans for children and young people.

The Group currently has several subgroups which report into it; areas include health inequalities, Mental Health Support Teams in Schools, co-production and communications. These sub-groups are focussed on making improvements within key areas of the local transformation plan and have their own project plans that are reviewed by the Executive on a quarterly basis.

The work of the Children and Young People’s Mental Health Executive is driven by the following commitment to children, young people, and families.

We know how important mental health support is for children and young people; our aim is to work together to ensure that all children and young people enjoy positive mental health and emotional wellbeing, including disabled young people and those that are most vulnerable in society. We want to reduce the stigma around accessing mental health services and ensure that children and young people have a good experience of the care and support we offer.

- We will value mental health equally with physical health (parity of esteem).
- We will support children and young people to be actively involved in the design, delivery and evaluation of services which support children and young people’s mental health.
- We will provide clear information about the range of services available, so that children, young people, and families know who does what and how to access help.
- We will commission and provide services in a joined-up way, so that money is spent well, on evidence-based interventions.
- We will monitor the effectiveness of services and provide challenge where necessary, so services continue to improve.
- We will support and encourage the education, training, and development of the local workforce around children and young people’s mental health.

Learning Disability and Autism Steering Group

The [NHS Long Term Plan](#) outlined that children and young people with suspected autism wait too long before being provided with an (diagnostic) assessment. The associated three-year road map facilitates the implementation and testing of effective ways to reduce waiting times for specialist services in line with best practice guidelines. It focuses on the diagnostic/assessment element of the concerning behaviours pathway with a focus on strengthening early support and diagnosis.

In order to oversee this roadmap, a Children and Young People’s Neurodisability Assessment Task and Finish Group was established, which reports to the Learning Disability and Autism Steering Group.

Nottingham City and Nottinghamshire County Youth Justice Boards

Both Nottingham City and County Council have Youth Justice Partnership Boards which work to ensure children and young people receive the most appropriate support, with an aim to of preventing offending and re-offending. Whilst children and young people are within the Youth Justice System, the ICS work to ensure children and young people's needs are met.

Chapter 5) Health Inequalities

Health inequalities are unjust differences in health experienced by different groups of people.

We know that the following groups of children and young people are at greater risk of developing mental health problems and that these have been exacerbated by the COVID -19 pandemic. The following groups may be at risk of poorer health outcomes.

- Children who are Looked After by their local authority
- Children on a child protection plan and Children in Need
- Adopted children
- Unaccompanied asylum-seeking children
- Children living with connected carers
- Care leavers
- Children with physical health problems
- Children and young people from a Black, Asian and Minority Ethnic Background (BAME)
- Children and young people with a disability, including those with a learning disability, autism or with an Educational Health and Care Plans
- Children and young people who identify as LGBTQ+
- Children and young people living in poverty.

Nottingham and Nottinghamshire have strong leadership and a clear direction in place to tackle health inequalities across the ICS.

An ICS wide [Health Inequalities Strategy](#) has been developed to drive forward actions during 2020-2024. The plan includes a framework for assessing the impact on health inequalities as a result of COVID-19 and includes key objectives around:

- Recognising the impact of COVID-19 for children and young people (school disruption and access to health & care services) and taking a partnership wide approach to recognising and prioritising return to school and increasing access to services.
- Validate plans to deliver the system's mental health transformation and expansion programme, with a particular attention to advancing equalities in access, experience and outcomes for groups facing inequalities across different mental health pathways.
- Improve the quality and flow of mental health data to allow more robust monitoring of children and young people's experience of accessing services and act where problems are identified.

There have been some recent national and local insights work that we have drawn on in developing and planning our services;

- The [Public Health England Mental Health and Well-Being surveillance report](#) has been used to inform our COVID response and to alert partners to the disproportionate impact of COVID -19 on those already facing multiple disadvantage.
- LGBTQ+ research project commissioned and reported in 2020.
- ICS 'Inequalities in COVID-19 restoration and recovery plan' .
- In autumn 2020, the ICS has undertaken a Nottingham and Nottinghamshire Mental Wellness COVID-19 Rapid Assessment: A Population Health Management and Inequalities approach to Mental Wellness COVID-19. [PowerPoint Presentation \(connectednottinghamshire.nhs.uk\)](#)
- We have developed action plans in response to the co-production work outlined in the co - production chapter, so we can ensure that our services are responsive to the children, young people, and family's needs. We will continue to use evidence from our local needs

assessments to inform the on-going programme of involvement which aims to understand potential reasons for and solutions to these inequalities in access, experience, and outcomes.

Our Next Steps

During 2022/23, we will embed tackling health inequalities throughout the planning and delivery of children and young people's mental health transformation through the following approach:

- Workforce plans will ensure the workforce is reflective of the local population.
- Embed continual monitoring of access, experience, and outcomes by key population characteristics in our service delivery and evaluation.
- Identify and address inequalities in access, experience, and outcomes from services where they exist, including undertaking a health equity audit.
- Support our most vulnerable young people to access our early intervention offer, whilst ensuring that services are targeted at those in the greatest need.

The Needs of Our Local Population

Local Context and Prevalence

Trends in a national MHCYP survey showed a gradual rise in mental disorders overall up to 2017, largely accounted for by a proportionally large increase in emotional disorders since 2004. Rates of probable mental disorders have increased more significantly since 2017; in 6- to 16-year-olds from one in nine (11.6%) to one in six (17.4%), and in 17- to 19-year-olds from one in ten (10.1%) to one in six (17.4%) in 2020, because of the COVID epidemic. Rates in both age groups remained similar between 2020 and 2021. Data broken down by diagnoses on a regional and national footprint can be found here [Mental Health of Children and Young People in England 2021 - wave 2 follow up to the 2017 survey - NHS Digital](#). A more detailed breakdown of the data can be found in the JSNA chapters outline below.

Notable trends reported by services and from local and national data within Nottingham and Nottinghamshire include:

- Referrals to Targeted CAMHS and Community CAMHS (including Specialist CAMHS services) are increasing.
- School nurses are seeing increasing number of children and young people who are experiencing emotional and mental health problems.
- Numbers of children being seen for self-harm by both the Nottinghamshire South and Nottinghamshire North self-harm services have increased considerably; the services have reported an increase in the numbers of both urgent and complex self-harm cases.
- Referrals in relation to behaviour and suspected Autism/ADHD are rising.
- 'Any mental health disorder' is considerably higher in the 18-25 female population, however this is not reflected in access data for local services.
- Prevalence of young people experiencing a depressive disorder double in the 18-25 population compared to 11-17-year-olds.
- Children in Care are more likely to have had experience of social and environmental risk factors and a number of adverse childhood events (ACEs) than other children. Nationally 45% of children in care were found to have a diagnosable mental health disorder, with mental health problems thought to be even more prevalent in this group (Meltzer et al, 2002; McAuley & Davis, 2009).

The emotional and mental health needs of our local population of children and young people are outlined in our joint strategic needs assessments. Findings and recommendations from the following JSNA's have informed our LTP:

Nottingham City

- Emotional and Mental Health Needs of Children and Young People aged 0-18 (2022)
- Children in Care (2017)
- Children and Young People Substance Misuse (2016)
- Children and Young People: Special Educational Need and Disability (2016)
- Safeguarding Children (2017)
- Students (2016)

Nottinghamshire County

- Emotional and Mental Health of Children and Young People (2021)
- Children and Young People (2013)
- Maternity and Early Years (2016)
- Substance Misuse: Young People and Adults (2018)
- Youth Offenders (2014)
- 1001 days From Conception to aged 2 (2019)
- Self-Harm (2019)
- Domestic Abuse (2019)
- Mental Health (Adults and Older People) (2017)
- Early Years and School Readiness (2019)

Health Equity Audit

A key recommendation in the JSNAs is to review access to services for children and young people using emotional and mental health services across the population and ensure systematic barriers are mitigated or removed using the framework outlined in the Advancing Mental Health Equality Framework and the PHE HEAT tool.

The overall aim of the work is to review the equity of access to, uptake of and outcomes for children and young people using emotional and mental health services across the population. The findings of the audit will then be used to inform actions to mitigate or remove systemic barriers.

The Nottingham City and Nottinghamshire recent Joint Strategic Needs Assessments (JSNAs) in respect of CYP emotional health and wellbeing identify the need for this activity.

The Nottinghamshire JSNA identifies the following specific gaps:

- There is currently a gap in knowledge around access to services, particularly for the wide range of online support contact. We know that over half of those in the County who may have mental health support needs are not accessing CAMHS (Child and Adolescent Mental Health) services, but we do not know how many are accessing any services.
- The precise prevalence of mental health and wellbeing for children and young people in Nottinghamshire is still unknown. Data on the prevalence has been extrapolated based on NHS Digital estimates. Since April 2018 all NHS commissioned providers have been developing their systems to be able to provide service level data to the Mental Health Services Data Set (MHSDS). Therefore, we are now in a better position to understand local need and further develop services to meet this need. [Emotional and Mental Health of Children and Young People \(2021\) - Nottinghamshire Insight](#)
- Further work is also required to understand the impact of inequalities within Nottinghamshire.

The Nottingham City JSNA identifies that more action is needed in the following areas:

- To reduce inequalities in mental health and wellbeing particularly for children who are Looked After by the local authority, young carers, children with a special educational needs and disabilities and Lesbian Gay Bisexual Transgender, queer (or questioning) and others (LGBTQ+) young people.

Both the Nottingham City and the Nottinghamshire JSNAs contain a recommendation to review access to services by minority groups and ensure systemic barriers are mitigated or removed using the framework outlined in the Advancing Mental Health Equality Framework. The City recommendation includes a focus on inequalities in access to services, experience, and health outcomes of black, Asian and minority ethnic groups.

Both JSNAs identified that Health Equity Audit work should be conducted in order to:

- Ensure systemic barriers to access are mitigated or removed.
- Ensure that services routinely collect data around protected characteristics
- Ensure that the workforce have appropriate training and skills to be able to address issues of access and equity
- Inform the development of specific pathways for identified groups
- Dovetail with COVID impact work related to mental health of young people
- Provide information and analysis to inform Public Health and partners strategies, plans and commissioning.

Objectives

The objectives of the Health Equity Audit are to:

- Analyse equity of access to and uptake of children and young people's mental health services.
- Review equity of outcomes for service users.
- Seek to understand equity in relation to all scoped protected characteristics, and the other priority groups highlighted in the JSNAs, provided the data allows. Through surveys of providers, gain an insight into the adjustments and processes in place by commissioned providers to ensure equity of access and outcomes, and identify gaps or barriers in access and outcomes. Consider approachability, acceptability, availability, affordability and appropriateness as part of this element.
- Undertake a literature review to identify effective interventions that increase access to, uptake of, or outcomes of children and young people's mental health services, which can then be used to inform recommendations for action from the Health Equity Audit.
- Identify gaps, opportunities for improvement and local examples of good practice in the commissioning and delivery of services.
- Children and Young People's Mental Health and Emotional Health Executive is the owning group for the JSNA and the Health Equity Audit and will ensure that the recommendations are implemented and reflected in relevant plans.

Supporting The Most Vulnerable Children, Young People and Families

Early Support for families experiencing multiple disadvantages continues to be provided in Nottinghamshire by the Family Service and by the Targeted Family Support team in Nottingham City.

The Family Service is a consent-based service for families at level three of the Pathway to Provision where a child causing concern, or the majority of children are school age will be allocated an Early Help Case Manager within the Family Service who will undertake a whole family assessment and coordinate a multi-agency plan of support.

In Nottinghamshire, families can access the Graduated Family and Parenting Offer. Referrals can be made under one of the following main presenting needs:

- Improving Family Functioning
- Parenting of children and young people exhibiting risk taking behaviours
- Reducing violence and conflict within the home between child and parent
- Improving practical routines and boundaries
- Parenting a child/young person with autism and/or Attention Deficit Hyperactivity Disorder.

In Nottingham, Nottingham City Council employ Early Intervention Workers within their integrated CAMHS Single Point of Access. Family support worker posts have been re-modelled from a traditional family support role to allow support for families as quickly as possible from point of contact with SPA in the service. Early Intervention Workers contact young people and families quickly and directly, to complete assessments, clinical screening measures, deliver Single Session Therapy (SST) and offer evidenced based self-help materials to support them. Should further intervention or partnership work be required to meet children and young people's needs, the Early Intervention Workers have a vital role in scaffolding them whilst they are waiting to be seen for the most appropriate treatment or support. This again helps regulate waits, ensures CAMHS remains in contact with children, young people and families and monitors any change in presentation which may require a revised plan of care to be established as soon as possible.

Children In Care and Care Leavers

Children In Care and Care Leavers

As of March 2021, there were 80,850 Children in Care nationally. In Nottinghamshire (including Bassetlaw) this number was 790, a decrease of approximately 13% since 2020 when the number was 916. In Nottingham City the number was 685, representing a slight increase of approximately 5% since 2020 when the number was 656.

The NHS has a major role in ensuring the timely and effective delivery of health services to Children in Care (and, by extension, to care leavers) by ensuring effective services are in place, delivered through provider organisations, and through individual practitioners providing coordinated care for children child following national guidance and statutory responsibilities.

What Has Happened 2021/22?

- Within Nottingham and Nottinghamshire, we have two specialist Children in Care CAMHS teams, with support provided by mental health professionals and social workers. These teams assess mental health needs and deliver tailored support to meet the individual needs of the child or young person and the people supporting them.
- The Nottingham City Children in Care CAMHS Team is currently being reviewed to ensure that there is not only the right level of capacity within the team to meet the needs of the number of young people accessing the service but also to develop the support offer and make sure it is effective and easy to access.
- Children in Care within Nottinghamshire can access the You Know Your Mind Programme which allows children in care and care leavers to explore creative ways of supporting their own emotional wellbeing and mental health needs through a support plan which is funded through a personal budget. During 2021-2022, 419 children and young people had a personal budget in place and the programme continues to show excellent outcomes.
- Within Nottingham City mental health workers are being placed within the Nottingham City Leaving Care team to support care leavers with their emotional wellbeing and mental health needs and ensuring that they have positive experience of moving into adult services where required. These new roles have been funded and delivered by Barnardo's.

What Will Happen In 2022/23?

- The Nottingham City Children in Care CAMHS service review will be completed, and the new service offer will be in place. This will be communicated widely to children and young people, families, and professionals.
- The You Know Your Mind Programme will be rolled out within Nottingham City meaning that all children in care and care leavers across Nottingham and Nottinghamshire will have the opportunity to access a personal budget to support their emotional wellbeing and mental health.
- We will be working with the East and West Midlands Clinical Network to develop practice to support children in care who are living outside of their local area. This aims to ensure that all children in care, no matter where there are living, receive timely access to emotional wellbeing and mental health support.

LGBTQ+

Nottinghamshire Healthcare has been awarded a contract to provide support to health, education and social care professionals working with children and young people who need support around their gender identity. This includes a review and guidance service to GPs across the country who have already referred children and young people to be seen by the Gender Identity Development Service. Nottinghamshire Healthcare will also provide a service to support health and social care professionals across the East and West Midlands who are working with young people around their gender identity.

Nottinghamshire Healthcare Trust are also undertaking a significant piece of work using the collaborative partnership model to have an in-depth look at how people who identify as LGBTQ+ experience CAMHS. Young people and their carers are supporting this process and the work has involved sharing their experiences, gathering feedback from others, developing a plan as to next steps, joining us at a walk around, and supporting PRIDE. An action plan has been developed as a result and is being implemented by the organisation. Key actions include making waiting areas and facilities more welcoming, additional staff training and support for parents and carers.

There are a number of support groups for LGBTQ+ young people across the ICS. These are the LGBTQ+ young people's service which is based in Bassetlaw, but covers the whole of Nottinghamshire, Outburst in Nottingham City, and Genderphoria in Nottingham City. The first group offers support to LGB, and Trans young people aged 11-25 on a group and one to one basis and runs groups for parents. They also deliver training and are Stonewall accredited.

Special Educational Needs and Disabilities

This section will outline the local support in place for young people with a learning disability and/or autism.

The [NHS Long Term Plan](#) outlined that children and young people with suspected autism wait too long before being provided with an (diagnostic) assessment. The associated three-year road map facilitates the implementation and testing of effective ways to reduce waiting times for specialist services in line with best practice guidelines. It focuses on the diagnostic/assessment element of the concerning behaviours pathway with a focus on strengthening early support and diagnosis. Please note the majority of diagnostic assessments for children with suspected autism or learning disability is provided by community paediatricians (NUH for South County and Nottingham City, and SFH for Mid Notts).

In order to oversee this plan, a Children and Young People's Neurodisability Assessment Task and Finish Group was established, which reports to the Learning Disability and Autism Steering Group.

Through the provision of this multi-agency group, a number of areas of work were approved and funded, including:

Autism Diagnostic Observation Schedule (ADOS) training and kits. ADOS is a formal assessment tool for autism which is widely used across the ICS. The provision of this training and purchasing of the additional associated kits facilitates increased capacity, more effective joint working and better-quality assessments.

Autism Website. Feedback from parents and carers highlights that navigating early support and assessment services for autism can be challenging, especially when there are a number of routes of support available. Having accurate information provided early can help people to understand the support available and enable them to understand what will happen and when. The task and finish group approved the development of a website which will provide children and young people, parents, carers and professionals with an online resource which clearly outlines what to expect in terms of patient experience, as well as providing useful online self-help resources. The website is being coproduced with young people, and it is anticipated that it will go live in early 2023.

Clinical Psychology. It was identified that psychology input would help to strengthen the early stages of the pathway and the multidisciplinary team. This additional resource was approved by the task and finish group and will help to improve outcomes for children and young people. This will be achieved through an improvement in the quality of assessments undertaken, reduction in the likelihood of incomplete assessments, reduction in appointment time for completed assessments, provision feedback to parents, carers, and educators on how to manage the needs of the child/young person and inform pathway improvements. The psychology input will work with Community Paediatrics who lead the majority of autism and ADHD assessments.

Keyworker Role. In Nottingham and Nottinghamshire, we are developing and scoping how the Key Worker role will operate once it is mandated in 2022 as part of the NHS Long Term Plan. The Key Worker roles, once established, will provide children and young people with a learning disability, autism, or both with the most complex needs with a designated Key Worker. This support will initially be provided to children and young people who are inpatients or at risk of being admitted to hospital. This will then be extended to the most vulnerable children with a learning disability and/or autism, including Children in Care and adopted children and those in transition between services. Currently there are two funded posts dedicated to embedding the role in preparation for expansion. The Dynamic Support Register (DSR) as an instrument to help ensure these cases are reviewed regularly.

Care, Education and Treatment Reviews

Care, education, and treatment reviews (CETRs) are for children and young people with a learning disability, autism or both and their families. They happen when the child or young person has been admitted or maybe about to be admitted to a specialist mental health facility or learning disability hospital

[Care, Education and Treatment Review \(CETR\) - Learning Disability Matters Learning Disability Matters](#)

Since the onset of COVID 19, they have been held virtually. This has had a positive impact on attendance, which has enabled effective partnership working.

Work continues to ensure the Care, Education and Treatment Reviews process is embedded across health and social care to promote earlier identification and prevent escalation of need. Relationships have improved across agencies with case discussions taking place between health and social care, outside of the Care, Education and Treatment Reviews process. Nottinghamshire Healthcare Foundation Trust produce a weekly risk register which is sent to commissioners so we are aware of any young person accessing CAMHS who may require a Care, Education and Treatment Reviews and ensure a CETR is organised when requested.

Education Health and Care Plans (EHCPs)

In Nottinghamshire children and young people with SEND are able to access support in mainstream schools without the need for an EHCP. This includes access by the child's school to specialist advice and guidance, and where appropriate to additional SEND funding. This includes for children and young people whose primary area of SEND is described as Social, Emotional or Mental Health (SEMH).

2022 has seen an increase of 34% in the number of requests for EHC assessments when compared to the same period in 2021. This compares to a national annual increase of 23% in 2021 (19.8% in Nottinghamshire in 2021). These increases continue to place services and provision for children and young people under significant pressure in Nottinghamshire. These pressures are not unique to Nottinghamshire and have been exacerbated by the Covid-19 pandemic, as with other public services, including the NHS.

Symptomatic pressures, resulting from the increase, such as limited resources available within the Educational Psychologist (EP) services, who are required to provide advice regardless of whether there has been prior involvement from the service and the lack of appropriate specialist education provision available to meet the needs of this cohort of children and young people, illustrate the wider SEND system pressures arising.

Nottinghamshire local authority service providers are working collaboratively to mitigate potential risks and challenges by implementing a seven-point Recovery Plan: Moving from Crisis to Stability and have published the approved SEND Place Planning Strategy (2021-2026) Continued monitoring and progress updates will be reported into the SEND accountability boards. The anticipated 'white paper' recommendations, following the SEND Review 'Green Paper' consultation will also need to be considered by the local area SEND partnership should there be a more national standardised approach for SEND and alternative provision.

Physical Health

Funding has been secured by Sherwood Forest Hospitals to pilot a transition service for young adults which will include a Clinical Psychologist. The Clinical Psychologist will:

- Establish annual psychological reviews for each patient within children and young people.
- Attend all Childrens, Transition and Young Person Clinics.
- Work alongside with dedicated Designated Safeguarding Nurse to provide tailored support with those identified as either disengaged with the Specialist Team, a HIU or identified via the appropriate Primary Care Network.
- Work collaboratively with Primary Care and other external agencies to ensure seamless transfer of care within the mental health service.

It is anticipated that this will result in a reduction in young people with diabetes emergency departments, young people with poorly controlled diabetes or in emotional crises due to their diabetes.

A clinical psychologist is being recruited to the team for children with complications related to excess weight.

Bereavement counselling is also available for children and young people who have lost a sibling due to a long-term condition.

Chapter 7) Now and Next Steps

Workforce

We know that delivery of our children and young people's mental health ambitions depends on workforce skills and capacity. We are making progress and are committed to the longer-term investment that this area requires.

Locally, the children and young people's mental health workforce has grown by 18%, but there are still a number of vacancies due to pressures within recruitment. We have worked creatively to fill those vacancies. For example, we have recruited Children's Well-Being Practitioner roles to fill Education Mental Health Practitioner roles in Mental Health Support Teams in Schools.

New roles and training offers are being created with Health Education England and include:

- Senior roles to retain and develop Educational Mental Health Practitioners (EMHP) and Children's Wellbeing Practitioner (CWP) workforce.
- Increase children and young people Social Prescribing Link Workers and Mental Health Practitioners within primary care settings.
- Wider system training on mental health for staff working in accident and emergency departments, acute and primary care settings.
- In addition to this, we are recruiting additional Cognitive Behaviour Therapists, Advanced Clinical Practitioners and Family Therapists.

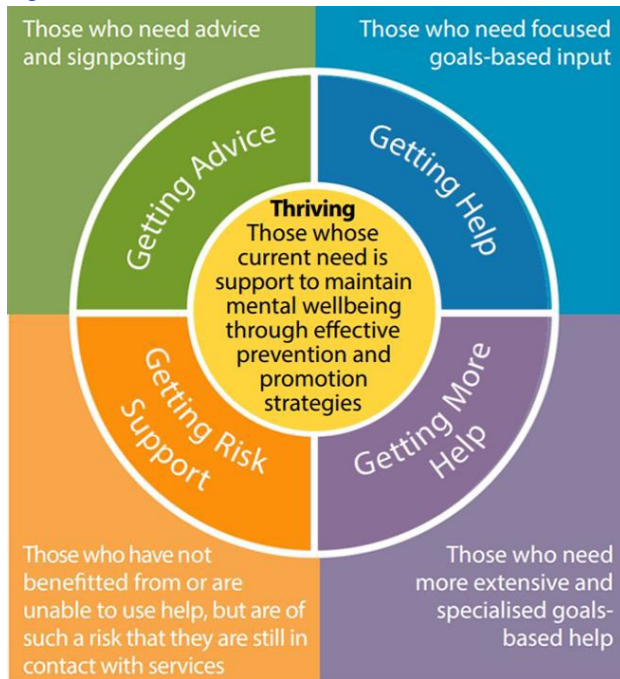
Local plans for the CAMHS workforce align to the clinical need and Long-Term Plan ambitions. Regular recruitment drives take place and staff retention plans are in place. Lots of the work undertaken within CAMHS is systemic with families. We are investing lots of time and resource into training staff in approaches such as Non-Violent Resistance, Systemic Family Practice, Family Therapy and are developing an induction programme including core CAMHS skills such as working with families.

Work is underway to roll out the new roles outlined above in our local children and young people's mental health workforce via our support for schools, our early intervention offers and our work around primary care integration, which is described in the access to services section.

Improving Access To Services

In Nottingham and Nottinghamshire, service planning has been aligned against the THRIVE model, to ensure that we develop evidence-based services that are based on children and young people's needs. A short film describing the model can be accessed here [THRIVE Framework for system change \(Wolpert et al., 2019\) Animation - YouTube](#)

Figure 2 Thrive model



Wolpert, M., Harris, R., Hodges, S., Fuggle, P., James, R., Wiener, A. Munk, S. (2019). *THRIVE Framework for system change*. London: CAMHS Press.

The THRIVE Framework provides a set of principles for creating coherent and resource-efficient communities of mental health and wellbeing support for children, young people, and their families. The [THRIVE Framework for system change \(Wolpert et al., 2019\)](#) is an integrated, person centred and needs led approach to delivering mental health services for children, young people and their families that was developed by a collaboration of authors from the Tavistock and Portman NHS Foundation

The THRIVE Framework thinks about the mental health and wellbeing needs of children, young people, and families through five different needs-based groupings: Getting Advice and Signposting, Getting Help, Getting More Help, and Getting Risk Support. Emphasis is placed on the prevention and promotion of mental health and wellbeing across the whole population. Children, young people, and their families are empowered through active involvement in decisions about their care, which is fundamental to the approach.

Figures 3 and 4 outline services available to support children and young people’s mental health across Nottingham and Nottinghamshire mapped against the THRIVE model

Figure 3 THRIVE model (Nottingham City)

- GPs
- NottAlone
(www.nottalone.org.uk)



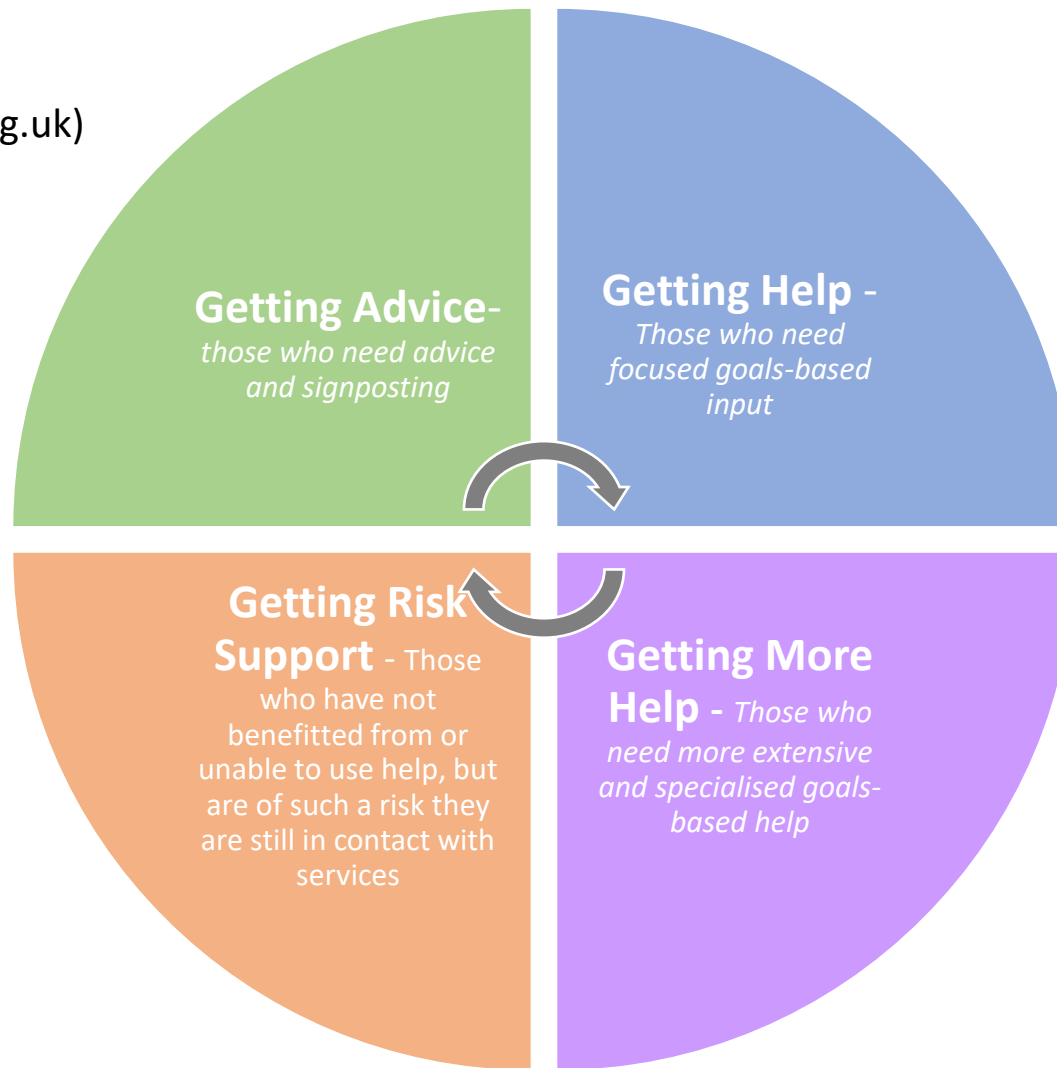
- Mental Health Support Teams in Schools
- Public Health Nursing (0-19 service)
- Be U Notts
- Behavioural and Emotional Mental Health Team
- Harmless
- Safe Time

- CAMHS Crisis Resolution, Home Treatment and Liaison

- Targeted CAMHS
- Head2Head
- CAMHS Intellectual Disability
- CAMHS Children In Care Team
- CAMHS Paediatric Neurology
- CAMHS Eating Disorder Service

Figure 4 THRIVE model (Nottinghamshire)

- GPs
- NottAlone
(www.nottalone.org.uk)



- Mental Health Support Teams in Schools
- Healthy Families Team (0-19 service)
- Be U Notts
- Developmental, Trauma and Attachment Team
- Family Service
- Harmless
- Safe Time

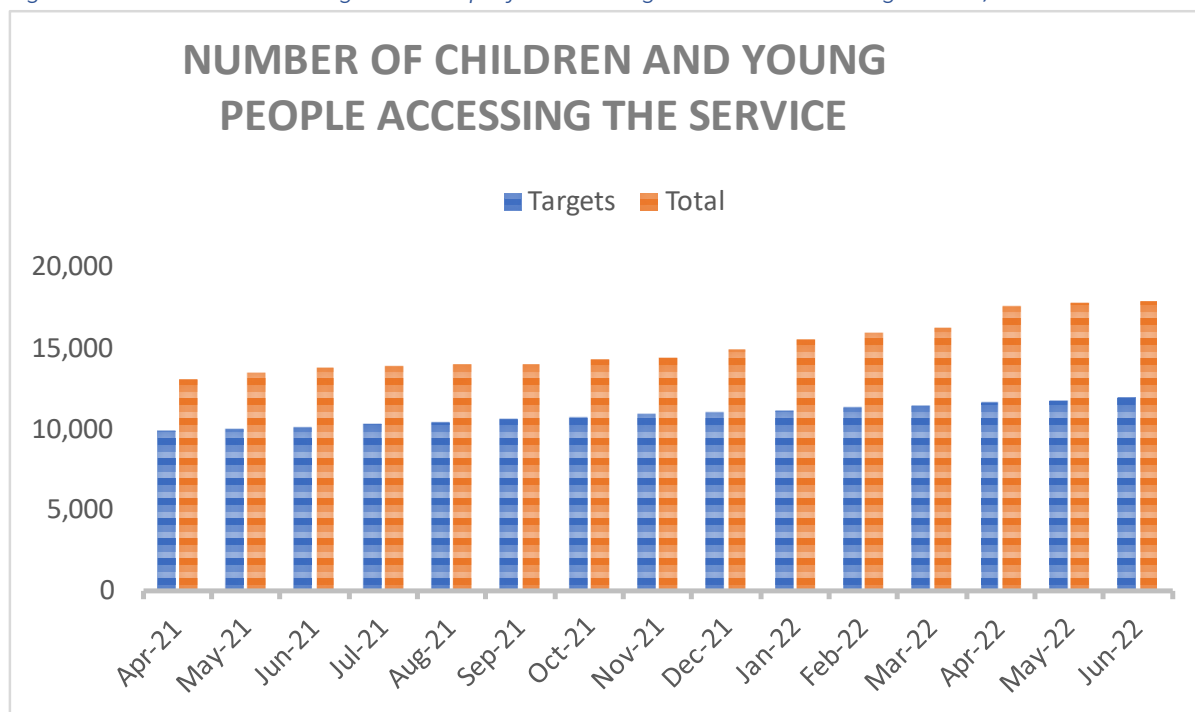
- CAMHS Crisis Resolution, Home Treatment and Liaison

- Community CAMHS
- Head2Head
- CAMHS Intellectual Disability
- CAMHS Children In Care Team
- CAMHS Paediatric Neurology
- CAMHS Eating Disorder Service

A more detailed description of the services can be found in [Appendix One](#)

In relation to increasing the number of young people accessing support, this is monitored through data flowing to the Mental Health Services Data Set (MHSDS).

Figure 5 below shows Nottinghamshire performance against the access target in 21/22



Mental Health Services in Nottinghamshire have been exceeding the target of 35% of children and young people with a diagnosable mental health condition receiving treatment since April 2021.

Improving Waiting Times

Nottingham City Targeted CAMHS and Nottinghamshire County Community CAMHS have been working together to develop new ideas to support children and young people accessing support more easily and quickly to ensure their emotional wellbeing and mental health needs are met at the earliest opportunity.

What Has Happened in 2021/22?

Additional funding has been made available to trial a number of new initiatives:

- Emotional Wellbeing Empowerment Hubs are being developed which will offer a series of workshops for children and young people with the support of the Nottingham Recovery College. These workshops will be for children and young people who are either waiting to access CAMHS, to ensure they receive a level of support during the waiting period or for those children and young people who are ready to be discharged from service but may require some additional lower-level support to enhance their discharge.
- Offering Single Session Therapy to children and young people accessing Nottinghamshire Community CAMHS. This option offers children and young people requiring lower-level support to access a one-off therapy session arranged at point of contact with the service. There is then a follow up call made by a clinician to see if the single session therapy has provided enough support or whether further support is required. This offer is already available within Nottingham City Targeted CAMHS and has had very positive outcomes and enabled children and young people to access therapeutic support quickly.
- Increased investment into Community and Targeted CAMHS has been approved.

What Will Happen During 2022/23?

- The new service offers will be developed and rolled out to children and young people across Nottingham and Nottinghamshire. These new options will be communicated clearly through the NottAlone website.
- The new support will be evaluated to ensure that they are having positive impacts on children and young people and achieving their core aims which is to improve access and reduce waiting times within services. The evaluations will support continuation of services that prove effective in the future.
- We will re-shape our Community and Targeted CAMHS services in 22/23, to ensure that families can get help sooner via a multidisciplinary team workforce.

Early Intervention Support

In the past there has been a number of different services commissioned providing different levels of emotional wellbeing and mental health early support to children and young people, as well as training and consultation for professionals. It was recognised that this made it challenging for children and young people and their parents and carers to access appropriate support, with some areas within Nottingham and Nottinghamshire having very limited support available. Our Thrive model mapping exercise also highlighted the need to strengthen the getting advice, support and signposting offer of our services.

What Has Happened In 2021/22?

- A review of all the early support services was undertaken in Nottingham and Nottinghamshire (excluding Bassetlaw), with extensive service user and professional engagement and it was decided by commissioners, that one new service should be in place to offer equity of outcomes for children and young people's emotional wellbeing including training and consultation for professionals.
- Organisations were asked to put in bids outlining how they would deliver the new service.
- On 1st April 2022 the new service, Be U Notts, was officially launched. This service offers a range of support, including face to face, group, online support, gaming, and Breath Cafes, to children and young people and their parents and carers aged 0-25. This can be accessed directly by children and young people and their parents/carers or through a referral from a professional, for example a GP. To see what is available please visit: [Be U Support | Free Mental Health Service for Children and Young People](#)
- Alongside the support for children and young people, Be U Notts offer emotional wellbeing and mental health training to a range of professionals including GPs, schools, colleges and universities and professionals within the Healthy Family Teams. This will ensure that professionals will feel skilled to support children and young people wherever they present and help support them into appropriate services where required. Training covers a range of topics including anxiety, depression, low mood, self-harm and many more. Training will initially be delivered through 'bitesize' online videos with more formal training offered where requested.

What Will Happen During 2022/23?

- We will continue to work with Be U Notts to develop the service offer and ensure it is reaching into all communities so that children and young people can access support close to home.
- The training offer will be expanded covering more topics and ensuring the wider workforce are skilled in supporting many different emotional wellbeing and mental health needs.
- We will be working with children and young people to see if they would like to be involved in delivering some of the training with Be U Notts.

- Be U Notts will be developing Peer Support Networks. This will provide an opportunity for children and young people to speak to others who may be feeling the same way and support each other. There will also be parent and carer Peer Support Networks to allow parents and carers the chance to meet with others who are going through similar journeys and share their experience.
- We will continue to engage with children and young people and parents and carers to ensure the service is still fit for purpose and meeting their needs; the voice of children and young people is extremely important to us when developing services.
- Since the onset of COVID-19, there has been a significant increase in request for EHC assessments in the first term of school; the rationale behind this is being investigated. Contributing factors are thought to be concerns from parent/carers and SENCO's who feel that the needs of this cohort cannot be met in this current climate. In Nottinghamshire a programme of work will be undertaken to further develop the capacity and confidence of schools in making provision for pupils with social, emotional and mental health needs.

Working With Primary Care

We know that GPs and mental health clinicians are reporting an increase in children and young people requiring support for their mental health needs. GPs have described the challenges they face in accessing support and advice from mental health services whilst children and young people are waiting to access support, and equally mental health services are often struggling to meet the demand.

What Has Happened In 2021/22?

- Funding has been made available from NHS England to develop ideas on how Primary Care (GPs) and mental health services can come together to deliver support to children and young people within primary care settings, for example within GP practices.
- Within Nottinghamshire we are developing a small, focussed piece of work to trial how mental health support/advice can be provided through primary care. This might include having mental health practitioners working alongside GPs to deliver therapeutic support or having social prescribers supporting children and young people to access not only therapeutic support but also to access wider activities within the community.

What Will Happen In 2022/23?

- Further work will be undertaken with GPs, mental health professionals, children and young people and parents and carers to understand what sort of support they would like to access within primary care.
- The service offer will be developed and initially delivered in one area of Nottinghamshire to see if the support is successful.
- Evaluation will be undertaken and learning from this will be shared with GPs across Nottingham and Nottinghamshire. This will help us to identify how this is extended widely across primary care settings.

0-5 Provision

Nottinghamshire County

Health visitors in the Nottinghamshire Healthy Families Programme now deliver Brazelton's new-born observation to all new parents in the early days and weeks after birth. This relationship-building tool equips parents with the knowledge and skills to read, recognise and respond to baby's signs and signals, strengthening the early parent-infant relationship.

To complement this a targeted parent-infant relationship intervention has been commissioned by public health and is delivered by two specialist practitioners based in the Healthy Families Programme. These practitioners support parents with identified needs to strengthen their relationship with their baby. Following a holistic assessment, a plan of care is developed with the parent/carer for a bespoke 6-session package of support. This includes support in relation to infant development, emotional health, and wellbeing and emotional availability.

Funding has been secured for training in infant mental health aimed at the early years workforce. The training will be workshop-style delivered across three years aiming to improve infant mental health by equipping the workforce with relevant and knowledge and skills relating to early relationships and interaction, social and emotional development, self-regulation, and the impact of parental mental health.

Nottingham City Healthy Little Minds

September 2022 saw the launch of a new Parent Infant Relationship (PIR) service funded by Small Steps Big Changes (SSBC), in partnership with Nottingham City Council (Early Help and CAMHS). After consultation with parents this new service has been named Healthy Little Minds.

The first 1001 days in a baby’s life are critical; their brain grows and develops at an astonishing rate during this time. A baby’s brain is more open to, and dependent on, outside influence than it ever will be again, highlighting the importance of the parent infant relationship. Too many new babies experience complex relationship difficulties with their primary carers and without specialised support these unresolved problems can affect future outcomes. It is estimated that at least 1 in 3 of children in Nottingham City will experience attachment difficulties with their parent or caregiver; highlighting the need for a service locally to provide support for these families.

Support for infant mental health and the parent/infant relationship has not been widely available for families, with approximately 42% of CAMHS unable to offer specific interventions for children under the age of 2. The Healthy Little Minds team will work working closely with our existing Targeted CAMHS service to bridge the gap in support for this age group.

The team deliver specialist evidence-based services including therapeutic activities in group or one to one sessions to families from 28 weeks of pregnancy up to 2 years. Families are empowered through their involvement in different levels of support, online, home visits and attending groups. Support will vary from signposting, getting help, getting more intensive support and guided referrals into other services. The team will also offer professional consultation and training.

In Nottingham City Healthy Little Minds- is funded in partnership with Small Steps Big Changes (SSBC) and City CAMHS/Early Help. The team offer evidence-based interventions antenatally from 28 weeks, up to 2 years in the following areas:

Getting Advice	Getting Help	Getting More Help	Risk Support	Maintaining Progress
Signposting, self-help and one-off contact	Goals focused, evidence informed intervention	Extensive treatment and specialised help	Risk management and crisis response	Encouraging sustained progress

Provider Collaborative

Building on the success of New Care Models for tertiary mental health services, NHS-Led Provider Collaboratives are demonstrating the benefits of local collaborative working to drive improvements in patient outcomes and experience. Provider Collaboratives are partnerships that bring together two or more NHS trusts (public providers of NHS services including hospitals and mental health services).

The East Midlands CAMHS provider Collaborative is led by Northamptonshire NHS Foundation Trust in partnership with Derbyshire Healthcare NHS Foundation Trust, Leicestershire Partnership NHS Trust, Lincolnshire Partnership NHS Foundation Trust, Nottinghamshire NHS Foundation Trust, St Andrews Healthcare, Chesterfield Royal Hospital NHS Foundation Trust and SCHOEN Clinic Newbridge.

The East Midlands Provider Collaborative have three functions: commissioning, enacting the lead provider model and leading the Collaborative for children and young people's mental health tier 4 inpatient stays. As Provider Collaboratives are developed Nottingham and Nottinghamshire system partners will ensure they engage closely with them to ensure they are aligned with the local system. The Provider Collaborative has invested in the [CAMHS Crisis and liaison team](#) to provide a tier 3.5 model to test out intensive support. [NHS England » NHS-Led Provider Collaboratives: specialised mental health, learning disability and autism services](#)

Digital Provision

Digital services have been integral to delivery of services in since 2020. Digital consultations were mobilised quickly in April 2020 and continue to be used with children, young people and families. These changes are being sustained as the pandemic ends and will be offered to young people as an alternative to face to face appointments. Digital transformation is a key priority across Nottinghamshire, and we are on track to deliver on 100% of mental health providers to meet required levels of digitalisation by 2023/24, with an action plan in place.

Nottinghamshire Healthcare Foundation NHS Trust have a number of digital tools already available such as:

- The ChatHealth text service, which is available to all young people aged 11-19 across Nottinghamshire, aims to offer a simple, flexible way to get confidential support.
- Guided self-help or Silvercloud, our computerised cognitive behavioural therapy (CBT) programme, to manage low mood and / or worry.
- Healios a safe and inclusive space where children and young people can gain a better understanding of their mental health needs. It offers a digital services pathway which can offer online support to children, young people and their families for a number of mental health and neurodevelopmental conditions through assessment, CBT and goals-based interventions.
- Recap is a digital platform which enables health and social care workers working within the Trust to send digital information for health, wellbeing and recovery.
- Flo Telehealth a text-based self-care support tool.
- Isla care which offers Community Teams a visual record to allow patients, families, clinicians and care teams, to securely contribute to and monitor a record of how conditions are changing over time.

Video consultations remain an offer for the majority of services where appropriate and clinically safe. An audit of continued use and offer post pandemic as we now recover services is currently underway to evaluate usage.

The Trust's new Digital Strategy was approved in June 2022 and delivery plans are being developed. Collaboration across the ICS is governed through a Digital Collaborative and Data, Analytics, Information and Technology (DAIT) Board and Strategy.

More information about local digital services available can be found in the service directory in Appendix One.

Health and Justice

The mental health and wellbeing need of children and young people within the Youth Justice System are often not like those of many other children and young people. For example, they may:

- Have a higher likelihood of having been subjected to trauma or severe neglect
- Have experienced high levels of social disadvantage
- Have multi-layered, unmet, and complex needs
- Not be accessing services in a timely manner in the first place, despite high levels of need.

Research undertaken by the national Youth Justice Board in 2019/20 indicates that around 72% of this group of young people have some mental health need. Across Nottingham and Nottinghamshire there are a range of services to support children and young people within the health and justice system.

Within Nottingham City Council and Nottinghamshire County Council there are Youth Justice Services. The statutory aim of the youth justice system is to prevent children from offending (section 37 of the Crime and Disorder Act 1998).

Both Nottingham City and County Council have Youth Justice Partnership Management Boards which work to undertake a number of [functions](#). From a health perspective, members of the Board work to ensure a preventative approach is championed and that the health needs of children and young people are understood and addressed by system partners, with an aim of agreeing interventions and strategies which have a role in preventing offending and re-offending. Whilst children and young people are within the youth justice system, commissioners and health providers work to ensure children and young people's needs are met.

Nottingham and Nottinghamshire also have a **Violence Reduction Unit** (VRU). The aim of the Unit is to bring together specialists from health, police, local government, probation, and community organisations to tackle violent crime and the underlying causes of violent crime. Intervening early helps to prevent issues emerging and is the best way to ensure children, young people, families and communities in Nottingham City and Nottinghamshire County thrive.

The VRU takes a public health approach to reducing violent crime, focusing on what will make a difference to whole populations, communities and groups. This means looking beyond the statistics about incidents of crime and its causes, to research and evidence that explains why people behave in certain ways and what contributes to this behaviour.

Mental Health Provision

Youth Justice Service

Within Nottingham and Nottinghamshire there is bespoke commissioned provision for children and young people with complex needs. The Head2Head team is a specialist team which forms part of the Nottinghamshire Child and Adolescent Mental Health Services (CAMHS) (provided by Nottinghamshire Healthcare Trust) and works to:

- Provide mental health assessment and intervention for young people who are involved in the Youth Justice System
- Provide a mental health assessment and intervention for young people who experience mental health difficulties and have substance use needs (Dual Diagnosis).
- Provide assessment and treatment for young people presenting with First Episode Psychosis and 'at risk' mental state.

- Provide mental health assessment and intervention for young people who display Harmful Sexual Behaviour, who present with mental health difficulties or high/complex risk (this element is commissioned by Nottinghamshire County Council Children's Services).

From a Youth Justice perspective, the service provides mental health assessment and intervention to young people up to the age of 18 who are open to the Nottingham City and Nottinghamshire County Youth Justice Service and who are on an Order (including conditional caution) and experiencing a mental/emotional health difficulty. The service offers outreach, with the young person being given choice of venue (risk permitting), to encourage engagement. The service also undertakes pre-sentence reports to inform sentence planning and Court reports, along with advice and information to custodial health care settings, where young people have received a custodial sentence.

Services For Children and Young People Who Have Experienced Sexual Assault

NHS England and the Police and Crime Commissioner (PCC), commission the [East Midlands Children and Young People Sexual Assault Service](#) (EMCYPSAS) and collectively they respond to sexual abuse and exploitation and how we best meet the needs of this vulnerable group. A number of delivery partners help provide this pathway. The PCC also commissions the children's ISVA (Independent Sexual Violence Adviser) service. It is delivered by Imara and provides information, practical and emotional support and advocacy, including through the criminal justice system.

Nottingham and Nottinghamshire Integrated Care Board along with Nottinghamshire County Council commission a therapeutic recovery service for children who have been sexually abused or exploited. This service is provided by The Children's Society and aims to provide therapeutic services to children and young people, aged 17 and under, who are the victims/survivors of sexual exploitation or abuse and to their parent/s or carer/s in order to minimise the impact of the abuse on their mental health and emotional wellbeing.

During 2021, partners continued to develop the Sexual Violence Pathway in line with the recommendations highlighted in the [Sexual Violence Needs Assessment](#) undertaken by Lime Culture in 2019. This included an emphasis on the importance of partners working together to support children, young people, and adults.

Work completed so far has highlighted the need for a system mapping exercise to take place with partners to ensure appropriate and joined up planning and governance at a system level to meet the needs of our population. This piece of work is already underway and will enable the agreement of pathway changes which will better align services, avoid duplication, and provide a pathway of support which offers the best therapeutic outcome for the child/young person and their family.

Working Together

In 2022/23, partners are undertaking system mapping across Nottingham and Nottinghamshire to ensure a comprehensive overview of the emotional health and wellbeing needs of children and young people within each Youth Justice Service, using the I -Thrive pathway mapping model. The outcomes of the pathway mapping will be used to develop a shared commissioned pathway model to meet the needs of this group of young people.

Young Adults - Developing an Offer For Young People Aged 18-25

Nottingham and Nottinghamshire ICS partners have been working together to implement changes to improve the experience young adults have when accessing emotional health and wellbeing support.

Previously services have been commissioned and then provided for specific age groups, these tend to be based on the following age ranges, children and young people aged up to age 17 and then young people aged 18 and above.



The ICS has used national learning and local best practice to make changes within services. The presentation-specific model enables a phased, and test and learn approach to our development of young adult services. This national learning has been further strengthened by our Joint Strategic Needs Assessments which demonstrate the need for improvements in specific areas.

Successes Achieved To Date

- NottAlone Website - detailing the provision available within the local area.
- Specialist Eating Disorder Teams - The Specialist Eating Disorder Teams, employ transition workers to ensure a tailored offer of support and treatment is available for young adults, which ensures a seamless experience of support with continuity of treatment from the service.
- Strengthening the Early Intervention to support young adults - The newly commissioned service Be U Notts service <https://www.beusupport.co.uk/>, ensures young adults have timely access to early support via face to face, online or groups. This newly commissioned offer was co-designed with young people and provides early advice and support to children and young people aged 25 and below.
- Transition workers in the Community Mental Health Model - A number of these roles are now in place and have been mapping existing processes around transitions from young people’s services to adult services, developing a coproduction approach with MH:2K and working with young people and families to improve their experiences.

Joint Strategic Needs Assessments- Our local Joint Strategic Needs Assessments found that those who identify as female aged 17 to 19 years were more than twice as likely as those who identify as male to have a mental health disorder with nearly one in four females (23.9%) having a disorder compared to one in ten males (10.3%). Emotional disorders were the most common type in this age group, with 22.4% of girls having one compared to 7.9% of males. In addition to this, half (52.7%) of females with a disorder reported having self-harmed or made a suicide attempt.

Figure 5 Mental Health Prevalence Children and Young People

	Prevalence	Age	Prevalence	
	6.8%	2 – 4	4.2%	
	12.2%	5 – 10	6.6%	
	14.3%	11 – 16	14.4%	
	10.3%	17 - 19	23.9%	
	10%	16 – 24**	25%	

Source: NHS digital (MHCYP survey, 2017), **NHS digital (MHSDS activity data, 2018)

Recent research focuses on the concept that adolescence for most young people extends well into their twenties, suggesting that emotional needs for females under 25 may be a high priority.

Future Developments

- MH:2K - are working with Nottinghamshire Health Care Trust to identify areas of focus to improve the service experience for under 25s.
- Pathway development between early support and IAPT.
- Adult Community Transformation - Further expansion of roles to strengthen transition to primary and secondary mental health services, ensuring those most vulnerable children and young people are transitioned with expertise and adjustments. Neurodevelopmental Specialist Service
- Development of an At-Risk Mental State Pathway as part of the Early Intervention in Psychosis Model – This new offer will be available for young adults and will provide timely assessment and treatment to those considered as at-risk mental state (ARMS). The aim of an ARMS service is to reduce the transition rate to a first episode of psychosis (FEP) and the duration of untreated psychosis (DUP), both of which relate directly to improved recovery outcomes for the individual as early detection and intervention is key.
- Self-Harm Pathway Mapping - Our local work on self-harm ensures our local approach is consistent; our current self-harm pathway is mapped against best practice, and this will inform future pathway developments as we deliver on the recommendations from the work, taking where possible an all-age approach.
- Nottingham City Looked After and Care Leavers Project - In Nottingham City a project is taking place to develop additional protected support for children and young people leaving care, to ensure they have access to wrap around support to meet their needs.

Nottingham and Nottinghamshire Crisis, Home Treatment and Liaison Provision

Service Overview

The Long-Term Plan (2019) requires Integrated Care Systems to commission and organise service provision which fulfils the following requirements;

- Provide a 24/7 phonenumber for support for children and young people, families and health and care professionals 7 days a week
- Provide an urgent response for a young person experiencing a crisis (within 4 hours where required)
- Provide treatment to children and young people to support their health needs when they are within a hospital setting
- Provide intensive home treatment and support within the community, this support can be up to three times a day
- Provide training and consultation for health and care professionals.

Nottinghamshire Healthcare Trust are Nottingham and Nottinghamshire's primary provider of the crisis and liaison health and care support. However, to deliver excellent support for children and young people' the provider works closely with the three local acute hospitals, local and regional mental health inpatient units, residential homes, social care, education settings, the voluntary sector, NHS England and the police.

This year Nottingham and Nottinghamshire Integrated Care Board and The East Midlands Provider Collaborative have invested in the local CAMHS crisis, home treatment and liaison team in order to enhance the provision which can be made available to children and young people. This has enabled the provider to recruit additional team members which means an enhanced offer is available locally within Nottingham and Nottinghamshire.

Workforce

The team has 40 team members working within it and these roles include but are not limited to Consultant time, Mental Health Practitioners, Clinical and Operational Leads, Administrative Staff and Clinical Nurse Specialists.

The staffing model includes autism specialists and access to Positive Behaviour Support Staff Trainers who further enhance the skills within the team.

The team work closely with other services such as the Eating Disorder and Looked After Teams, ensuring resilience and out of hours elements of care is provided where required.

What Has Happened In 2021/22?

This year extensive work has been undertaken with system partners to ensure engagement and co-design in the service model; a series of workshops took place where partners from social care and the acute hospitals were present. They fed back the following key points.

- Presence and space in the Emergency department is needed.
- Clear access points needed.
- Escalation and discharge pathways require multiagency working and a clear process.
- Training needs will be analysed and collected from partners to inform the team's training plan.
- The needs of vulnerable cohorts and presentations need to be considered- learning disability, autism, eating disorders.
- Partners have examples of case studies where care could have been co-ordinated collectively better to meet the needs of a young person- learning from these can help confirm roles and responsibilities.

This feedback has been used to develop the team in partnership with the Provider Collaborative. This multiagency engagement has ensured children and young people are supported well throughout the pathway.

Reasonable adjustments (including staff training) have been made to ensure the team are able to respond to children and young people from a diversity of ages, gender identities, sexual orientations, races and cultures, and those with co-existing needs or conditions, regardless of the model of services. There is some non-binary training looking at appropriate language and ensuring that non-binary young people feel included in services that staff are attending. Reflective spaces are planned to explore health inequalities and responding to diversity. The team has monthly meetings to look at team culture on a regular basis. This includes an agenda item about how we respond to the needs of the diverse population we see.

This year the local system has piloted a multiagency system call response. The purpose of this group is to provide oversight and a point of escalation for children and young people who are placed in inappropriate settings or are at risk of a crisis. System partners work in collaboration to put in place the best response and package of care for a young person. This system is being evaluated in consultation with system partners to identify how it can further improve.

To complement this further, system partners are working together with social care to undertake some system improvement work by reviewing each organisation's response to escalation and discharge for children and young people experiencing a crisis, to ensure there is a collective and joint response from agencies, and to identify any opportunities for improvement and transformation.

What Are We Going To Do In 2022/23?

- The next and most important steps in co-production will be to consult and co-design improvements with children and young people. Nottingham and Nottinghamshire Integrated

Care Board have commissioned youth group MH:2K to work with the local system to inform pathway improvements.

- MH:2K will recruit citizens researchers who can then support with co-production via focus groups. They ensure a diverse range of children and young people are recruited and engaged with the projects and will be vital in ensuring and that changes in the pathway are informed by service users.
- We will implement a new system which enables direct transfer from 111 to CYP Crisis.

Children and Young People Eating Disorders

Nottingham City and Nottinghamshire County, including Bassetlaw, have a dedicated CAMHS specialist eating disorder service provided by Nottinghamshire Healthcare NHS Foundation Trust, who are part of the Quality Network Community CAMHS – Eating Disorder (QNCC-ED). The service is currently supporting children and young people with anorexia nervosa and bulimia and offers a range of therapeutic support. The service works closely with Paediatricians in Nottingham and Nottinghamshire when young people require hospital admission to support their physical needs. This improves not only the care and support for the young person but empowers and upskills staff delivering care in the hospitals.

Access and Waiting Time Standard

In April 2016 waiting time standards were set for children and young people's community eating disorder services. This means that 95% of young people with an eating disorder should start treatment within 1 week of referral for urgent care and treatment, and within 4 weeks for routine care.

As of June 2022 71.09%, of children and young people referred for routine care started treatment within 4 weeks and 91.3% referred for urgent care started in treatment within 1 week. Plans are in place to improve this so that by December 2022 95% of children and young people requiring both routine and urgent care will start treatment within the recommended timeframes.

What Has Happened In 2021/22?

- A review of referrals and workforce capacity within CAMHS Eating Disorder Service has been undertaken which resulted in increased funding during 2021/22 and 2022/23. This investment creates the longer-term capacity to meet the increase in referrals, to respond within the waiting time required and enable the service to offer increase support to children and young people and parents and carers.
- Work has started to develop the support offer for children and young people with Avoidant Restrictive Food Intake Disorder (ARFID).
- Professionals from Primary Care (GPs), CAMHS Eating Disorder Service and hospital settings have come together to develop the support offer for children and young people who require ongoing medical monitoring, for example the taking and monitoring of bloods to support care. This will ensure that children and young people can access medical monitoring close to home at their local GP practice.
- A range of Eating Disorder training has been developed to ensure that the wider workforce, including schools and GPs, have the skills to support children and young people with eating disorders and make sure they are engaging with appropriate support.

What Are We Going To Do In 2022/23?

- The Avoidant Restrictive Food Intake Disorder (ARFID) support offer will be finalised, and communication will be provided through the NottAlone website as to how children and young people can access that support.

- The medical monitoring pathway will be finalised so that children and young people can have their medical monitoring completed close to home within their local GP practice.
- CAMHS Eating Disorder Service will be reviewing their transition pathway to Adult Eating Disorder Services to ensure this is as easy as possible so that care is not disrupted when young people reach 18.
- CAMHS Eating Disorder Service will be working with MH:2K Citizen Researchers to review how care is currently delivered and see whether any improvements can be made to not only improve care and outcomes, but also improve experience.
- Nottingham and Nottinghamshire ICB will be reviewing what eating disorder early intervention support is available for children and young people. This will look at options for informal and accessible routes for children and young people to seek advice and information about eating disorders, or concerns about their relationship with food. This early support will help to prevent escalation of an eating disorder and provide lower-level therapeutic support.

Working With Schools and Education

Since 2017, the Nottingham and Nottinghamshire have worked to deliver the ambitions outlined in the Transforming Children and Young People’s Mental Health Green Paper (2017) and the NHS Long Term Plan (2019), which put schools at the heart of delivery of early intervention for children and young people’s mental health and include a commitment to extra resources to achieve this.

The local success in achieving these ambitions has been supported by the development of strong partnership working arrangements between schools, local authorities, ICBs and voluntary sector colleagues. The continued engagement with schools and wider education colleagues continue to drive this work forward.

The onset of the COVID-19 pandemic has accelerated this development, recognising the key role that schools and education play as part of our response to COVID and its impact on children and young people’s mental health.

Priority Areas Of Work

NottAlone

What Have We Done In 2021/22?

Following funding from the Department of Education in November 2020, Nottinghamshire has developed the NottAlone.org.uk website which has local mental health advice & help for young people in Nottingham and Nottinghamshire, all in one place. If you are aged under 25, are a parent or carer, or a professional that supports young people, you can find information, advice and where to go to get help locally. The website won the Technology category in the 2022 National Local Government Awards. Alongside this work, the NottAlone Project team has developed and delivered Department for Education (DfE) approved Senior Mental Health Lead training to 122 City and County schools. [Senior Mental Health Lead Training for Schools and Colleges | NottAlone](#)

What Are We Going To Do In 2022/23?

We have secured funding for two Whole School Approach strategic leads, who will join the NottAlone project team supporting with the further rollout of the DfE Senior Mental Health Lead training. The NottAlone project team will include;

- Project Leads – Senior Educational Psychologist (County) and Mental Health Support Team Service Lead (City)
- Assistant Educational Psychologist – (County, Educational Psychology Service, EPS, 0.5)
- Whole School Approach to Mental Health Leads (leading NottAlone Senior Mental Health Lead training) – (City, Mental Health Support Team, MHST), (County, Tackling Emerging Threats to Children, TETC)
- Digital Development Officer ad hoc – (County, Communications and Marketing)
- Communications and Marketing Officer (0.6 + 10k annual marketing budget) (County, Communications and Marketing)
- On-going development of the NottAlone website with a focus on youth engagement and content creation.
- Hold the NottAlone LIVE event in February 2023, which will provide families with a wide range of information, advice and support from across Nottinghamshire. [Nottalone live | NottAlone](#)
- Delivery of Cohort 3 of the DfE Senior Mental Health Lead training.

Tackling Emerging Threats to Children Team

The Tackling Emerging Threats to Children Team (TETC) operates within Nottinghamshire County. The team consists of four School Health Hub Co-ordinators, an Anti-Bullying and Online Safety Coordinator, a CSE coordinator, the Safeguarding Children in Education Officer and the TETC Team Manager. The team works across Nottinghamshire on a locality basis and have connectivity with a range of partners including, school nursing, mental health support teams, the Early Help Unit, Multi-Agency Safeguarding Hub Community Safety, Police, Nottinghamshire Safeguarding Children Partnership and District Councils, and of course, schools and other education settings. The team's remit includes a wide range of sensitive issues including emotional health and wellbeing, radicalisation and extremism; child sexual exploitation; female genital mutilation; forced marriage and honour-based abuse; online safety; bullying in all its forms including prejudice-based incidents and hate crime; sexual health and healthy relationships; healthy weight and nutrition; alcohol and substance misuse; smoking cessation; resilience. The team also continue to keep an eye out for emerging risks and concerns.

The TETC team act as a single point of contact for universal services and focuses on preventative, whole school approaches to all topics within their remit.

The team continue to offer:

- Advice, training, and consultancy, including signposting to other tried and tested providers
- Quality assurance of curriculum resources, external training providers and intervention packages
- Policy templates, lesson plans and audit tools to support with all aspects of delivery in relation to the TETC/Health agendas.
- Co-production with young people and parents and other professionals
- Monthly newsletter providing up to date information, resources and training opportunities

The TETC team always strive to work collaboratively and have been involved in numerous projects including NottAlone, DfE Senior Mental Health Lead training, RSHE networks, the Anti-Racism Toolkit, Intent Programme and the Identity toolkit for education settings. The TETC team continue to be available to all schools via email and telephone to offer guidance, advice, and support.

Mental Health Support Teams (MHST) In Schools



The Nottingham and Nottinghamshire Integrated Care System has been successful in securing funding for the rollout of 13 Mental Health Support Teams across the Nottinghamshire ICB footprint. In Nottinghamshire.

Rushcliffe and Gedling were selected by NHS England as pilot sites in 2018, but since then, local areas have been able to focus the teams in areas with the highest deprivation. In Bassetlaw, the focus of the teams has been on secondary schools, as primary schools are already being supported by the 'Take 5 resilience programme'.

Table 2 MHST roll out Plan

Wave	Coverage	Training and mobilisation period	Fully Operational
Wave One	Nottingham North and East (One MHST) Rushcliffe (One MHST)	January 2019- December 2019	December 2019
Wave Two	Nottingham City (Two MHSTs) Mansfield and Ashfield (One MHST)	September 2019- August 2020	November 2020
Wave Four	Newark and Sherwood (One MHST) Nottingham West (One MHST) Bassetlaw (One MHST)	January 2021- December 2021	January 2022
Wave 6	Nottingham City (One MHST)	January 2022	January 2023
Wave 7	Nottingham City (One MHST)	September 2022	September 2023
Wave 8	Nottingham City (One MHST)	January 2023	January 2024
Wave 9	Mansfield and Ashfield	September 2023	September 2024
Wave 10	Locality to be confirmed	January 2024	January 2025

From January 2021, there have been 8 fully operational MHSTs in localities across Nottingham City and Nottinghamshire. This equates to approximately 150 schools and 64,000 pupils having access to an MHST. The partnership has also received approval to mobilise an additional five MHSTs between January 2022 to January 2024, which will result in approximately 96,000 pupils and 240 schools across Nottingham and Nottinghamshire, having access to dedicated MHST support. As the teams develop, the focus will continue to be on areas which have higher levels of need.

In total, the rollout of MHSTs represents significant additional investment in children and young people's mental health services. Information about which schools are covered by MHSTs can be found here:

- Nottinghamshire County Teams - [CAMHS - Mental Health Support Teams \(nottinghamshirehealthcare.nhs.uk\)](https://www.nottinghamshirehealthcare.nhs.uk)
- Nottingham City Teams- [Mental Health Support Teams \(MHSTs\) | Ask Lion - Nottingham City Directory](#)

What Is An MHST?

Mental Health Support Teams in Schools are staffed by fully trained NHS professionals who are linked to individual schools or groups of schools.

The MHST in Nottingham and Nottinghamshire have three core functions.

1. Delivering evidence-based interventions for children and young people with mild to moderate mental health problems
2. Supporting the senior mental health lead role in each education setting to introduce their whole school/college approach to children and young people's mental health
3. Giving timely advice to school and college staff and liaising with external specialist services to help children and young people to get the right support to stay in education.

On 10th February 2023 (Children's Mental Health week), MHST are organising a mental health event, which will be the biggest forum Nottinghamshire has ever had to come together to learn and share ideas and practice to support children's mental health. It will be attended by school mental health leads and mental health student ambassadors. This will cover the whole of Nottingham City and County it is expected over 1000 young people will attend throughout the day, taking part in workshops, performances and showcasing galleries. The focus of the event is connecting young people with community providers who support positive mental health.

What Is The Whole School Approach To Mental Health?

A whole school or college approach means creating a school and college culture and environment where mental health and wellbeing is both promoted and protected, and this applies to all pupils and students, teachers and staff members. There are 8 key principles that make up such an approach, which can be found here [Emotional Wellbeing & Principles \(nottalone.org.uk\)](https://www.nottalone.org.uk)

What Have We Achieved 2021/22?

- Mobilised two additional teams in Nottingham City.
- Increased referrals and worked with more schools to roll out whole school approaches.
- Supported the rollout of Senior Mental Health Lead training across all Nottinghamshire schools.
- Piloted peer mentoring schemes so young people in schools can support other young people with their mental health and well-being.
- Created a blended delivery model of face to face and on-line delivery.
- We attend parents evenings and assemblies so more families can learn about us and our service.
- Improved referral and screening process so that referrals are processed more quickly.
- Staff have received additional training around SEND, trauma informed approaches, creative outdoor therapies and Incredible Years, to ensure that they can meet the needs of a wide range of children, young people, and parents and carers.
- Created additional job roles within MHSTs, so we can retain our staff and provide a better service.

What Are we Going To Do In 2022/23?

- Mobilise a further team in Nottingham City.
- Roll out our peer mentoring scheme across all MHSTs.
- Recruit to new roles within the MHST, including Senior Education Mental Health practitioner.
- Roll out a termly offer of groups and workshops in schools as part of Whole School Approaches to developing mental health.

Designing Services Together

The recommendations of the 2020 MH:2K report have been used to shape the development of the Mental Health Support Teams. In addition to this, MHSTs worked with MH:2K young people's group to gather feedback from pupils from MHST schools about their experience of the teams, what they wanted to see in future and what a mentally healthy school looks like. Their recommendations will be used to inform an action plan for 2022/23.

County MHSTs have developed a young person's champion role in the teams to ensure that services are developed from a young person perspective.

The NottAlone website was also co-designed with children, young people, parents and carers and has been displayed in a way that promotes easy access.

Early Intervention In Psychosis

What Have We Achieved In 2020/21?

The period of 20/21 brought the inevitable challenges of COVID-19. In delivering assessment and treatment to young people and families across Nottingham and Nottinghamshire, the service continued to provide a face-to-face service to all young people. This cohort of young people were prioritised and although there were challenges, we continued to see all young people in both their homes and within clinic. The service did not assess offering virtual intervention to this group would

allow opportunity to develop and build relationships, make good assessment, or monitor risk. As a result of the pandemic. The service noted a rise in referrals in young people who were experiencing crisis presentations and transient psychotic presentations.

This period also saw the team being able to start delivering Behaviour Family Therapy to all families who wanted it. The team were all fully trained in this National Institute for Health and Care Excellence's (NICE) recommended approach in 2021 and have been able to offer it in a timely, consistent way.

The Head2Head team have a CBTp (Cognitive Behaviour Therapy for Psychosis) Therapist who completed the CBTp course in 2021. All young people who come to us on the First Episode Psychosis (FEP) pathway are now offered CBTp as a matter of course.

The Head2Head team, with the addition of three Specialist Practitioner roles, have been able to provide a team around a child. For example, a young person referred on the First Episode Psychosis pathway will have a Care Co-ordinator, CBTp therapist, one or two clinicians delivering BFT and input from Consultant Child Psychiatrist. This Multidisciplinary approach lends itself well to managing crises, covering staff sickness and absence, assessing risk and delivering good and regular care.

The service will present at the NHSE Early Intervention in Psychosis - Improving The Experience and Care for Children and Young People and share learning with other teams delivering EIP provision to young people.

What Are We Going To Do In 2022/23?

A priority is continuing to meet the physical health need requirements of our young people, ensuring they have physical health checks and appropriate interventions. We have recently had a seconded nurse for a period of nine months to support Physical Health checks. During this time, the service was able to provide a responsive, young person led service where all of our service users were seen and assessed rapidly, being able to meet the NICE concordant guidelines and provide regular follow up. We were delighted to be able to provide these appointments often within their home environment, tackling health inequalities where families were unable to access clinic either due to geographical location, poor health or financial reasons.

The year ahead sees us in the position where there will be additional training including ongoing BFT training, a further CBTp training post and Comprehensive Assessment of At Risk Mental States (CAARMS) training which will put the service in excellent stead to offer 'At Risk Mental State' (ARMS) assessment and intervention when this is rolled out within CAMHS. This forms part of our wider development to deliver an ARMS pathway in line with national guidance, which we are piloting this year. The Team is also enabling a clinician to complete EMDR (Eye Movement, desensitization and reprocessing) training which will allow further access to trauma therapy to our young people.

Appendix 1- List Of Services

Nottingham and Nottinghamshire ICS CYP Emotional Wellbeing and Mental Health Services

Below is a list of all services available to children and young people and how to contact them. This information can also be found on the NottAlone website [Local mental health advice and help for young people in Nottingham and Nottinghamshire. | NottAlone](#)

Service	Description	Age range	Access details	Coverage	Contact details
Getting Advice					
NottAlone	A website with local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place. If you are aged under 25, are a parent or carer, or a professional that supports young people, you can find information, advice and where to go to get help.	0-25	Via website	Nottingham and Nottinghamshire inc. Bassetlaw	www.nottalone.org.uk
APTCCO	Support young people and families pre and post diagnosis of Autism, ADHD and SEND	0-25	Self referral and referral through professional	Bassetlaw and Mansfield	07395 013 295 (Bassetlaw Support Line) https://www.aptcoo.co.uk . Families are able to self-referral via telephone, email or social media; GPs; paediatric

Service	Description	Age range	Access details	Coverage	Contact details
					consultants; school nurse, SENCO or any other family support services. For more information 'phone 01623 629 902 (head office)
KOOTH	Online Mental Health wellbeing community support platform available to all CYP in Bassetlaw.	Under 18	Self-referral	Bassetlaw	Home - Kooth
The Sleep Charity	One to one support and training on sleep issues	0-18		Bassetlaw	National Sleep Helpline: 03303 530 541 Mobile: 07912 667676 Mail: office@thechildrenssleepcharity.org.uk Website: https://thesleepcharity.org.uk/information-support/advice-sheets/ In person, telephone and online.
Getting Help					
0-19 Healthy Family Team – Nottinghamshire County (Nottinghamshire Healthcare NHS Foundation Trust)	Core service: Healthy Family Teams are part of the Healthy Families Programme, an integrated service for	0-19 years	Self-referral or through healthcare professional	Nottinghamshire County inc. Bassetlaw	0300 123 5436

Service	Description	Age range	Access details	Coverage	Contact details
	<p>children, young people and families which brings together care provided by health visitors, school nurses, the Family Nurse Partnership Programme (for first time teenage mums) and the National Childhood Measurement Programme.</p> <p>Children, young people and families will receive care from this service from before birth to their late teens when they need it.</p>				
	<p>ChatHealth: Text service which aims to offer a simple, flexible way to get confidential support. It offers confidential advice on a wide range of issues such as bullying, emotional health and wellbeing, and sexual health as well as illnesses.</p>	11-19 years	Direct through text number	Nottinghamshire inc. Bassetlaw	07507 329952

Service	Description	Age range	Access details	Coverage	Contact details
	<p>Parentline: Confidential text messaging service delivered by the Healthy Family Team for parents and carers. It offers an easy way to confidentially ask about a range of issues such as:</p> <ul style="list-style-type: none"> • Feeding and nutrition • Child development • Parenting advice and support • Emotional health and wellbeing • Behaviour difficulties • Family health 	Parents/ Carers of 0–19-year-olds	Direct through text number	Nottinghamshire inc. Bassetlaw	07520 619919
0-19 Healthy Family Team – Nottingham City (CityCare)	Offering parenting support including advice on healthier lifestyles; food and diet, sleep and smoking. In addition, every child is assessed at key stages as per the Healthy Child Programme for healthy	0-19 years	Self-referral or referral from a healthcare professional.	Nottingham City	0300 131 0300

Service	Description	Age range	Access details	Coverage	Contact details
	<p>growth and development and signposted to additional support if required.</p> <p>Nutrition Support Workers are also available to offer support with breastfeeding and healthy lifestyle choices.</p> <p>The service also offers secondary school drop ins, health promotion advice in city schools and offers 1-1 support to children with a health need.</p>				
Text Health – young people	<p>Confidential text service for 11-19 year olds where you can discuss a range of concerns including:</p> <ul style="list-style-type: none"> • Relationships • Emotional health • Sexual health • Bullying • Healthy eating 	11-19 years	Direct via text	Nottingham City	074480 635024

Service	Description	Age range	Access details	Coverage	Contact details
Text Health – Parents/carers	Confidential text service for parents and caregivers where you can discuss: <ul style="list-style-type: none"> • Feeding and nutrition • Sleep • Toilet training • Parenting advice and support • Child development • Family health 	Parents/carers of 0-19 year olds	Direct via text message	Nottingham City	07480 635002
Health for Under 5s website	Website for healthy happy early years with support from trusted NHS professionals. It covers topics from pregnancy right through to pre-school. It offers support, advice, and information on events and services in Nottinghamshire.	0-5 years	Direct through website	Nottinghamshire	www.healthforunder5s.co.uk
Health for Kids website	This is a health promotion website offering information in a fun and interactive way for primary school children, parents/carers and teachers. It offers	6-11	Direct through website	Nottinghamshire	www.healthforkids.co.uk

Service	Description	Age range	Access details	Coverage	Contact details
	local news on upcoming events, campaigns, blogs, articles and useful information about services available to children within Nottinghamshire.				
Health for Teens website	This website offers health and wellbeing advice and information to young people aged 11-19, promoting a healthy body and mind. It offers a new and different way for young people to learn about their health.	11-19	Direct through website	Nottinghamshire	www.healthforteens.co.uk
Mental Health Support Teams in Schools* (Nottinghamshire Healthcare NHS Foundation Trust - County) (Nottingham City Council – City)	An early intervention mental health and wellbeing service in schools aimed at providing support for children, young people and families around low-level emotional wellbeing needs, such as anxiety, low mood, managing emotions and sleep. Support is delivered through 1-1	0-18	Self-referral or via school	Nottingham City and Nottinghamshire County inc. Bassetlaw (see list below for selected schools)	County: 0115 854 2299 SPAReferrals@nottshc.nhs.uk City: Call: 0115 876 4899 Text: 07874 633 715 Online: Mental Health - Referral Form - Nottingham City Council

Service	Description	Age range	Access details	Coverage	Contact details
	and group work, both face to face and on -line. Nottingham City MHSTs offer on-line CBT therapy. Nottinghamshire County MHST offer on-line therapy via Silvercloud				
Be U Notts (ABL Health Ltd)	Be U Notts is a free, accessible and convenient mental health and emotional wellbeing support service for Children and Young People between 0-25 years of age and their parent/carers in Nottingham City and Nottinghamshire County (except Bassetlaw).	0-25 years	Self-referral , parent carer and professional referral	Nottingham City and Nottinghamshire County excl. Bassetlaw	Be U Support Free Mental Health Service for Children and Young People 0115 708 008
All Age Self Harm Service (Harmless)	If you are experiencing a suicide crisis, our team at The Tomorrow Project aims to respond to your needs sensitively and empathically. We will listen, and we will try to understand what you are going through	All Age	Call 01158800282 Opening hours are generally 9am-5pm,Monday–Friday and we Do not currently have a 24 hour crisis line.	Nottingham City and Nottinghamshire County	0115 934 8445 E-mail info@harmless.org.uk Website harmless-self harm

Service	Description	Age range	Access details	Coverage	Contact details
Safe Time (The Children's Society)	Safe Time Nottinghamshire provides therapeutic support to children and young people aged 17 and under who have experienced sexual exploitation or abuse	17 and under	The service accepts self-referrals from CYP and parents/carers and also professionals.	Nottingham City and Nottinghamshire County inc. Bassetlaw	01159606975 E-mail SafeTimeadmin@childrenssociety.org.uk
Talkzone	Mental Health Support and Counselling	Ages 11-25	Self-referral or through a professional	Website www.talkzone.org.uk Referrals telephone, 01909 530943, text 07368 323945 or e form on website. Email: info@talkzone.org.uk	Bassetlaw
Children's Bereavement Service	Specialist support for children, young people (3-18 yrs) and their families who have been affected or are unable to cope with the grieving process brought on by the death or terminal-illness of someone important to them.	3-18 and their families	Self-referral or through a professional	Telephone: 01636 551739 email: info@childrensbereavementcentre.co.uk. Website: https://www.childrensbereavementcentre.co.uk/ https://www.childrensbereavementcentre.co.uk/make-a-referral	Newark & Sherwood, Mansfield & Ashfield and Bassetlaw.

Service	Description	Age range	Access details	Coverage	Contact details
LGBT+ Service	Specialist group and one-one services for children and young people aged 11-25 who identify as LGBT+ (lesbian, gay, bisexual, trans and any other sexual orientation or gender identity), or may be questioning this and their families	11-25	Self-referral	Nottinghamshire	Web: www.lgbtplusnotts.org.uk Mail: info@lgbtplusnotts.org.uk Referral by telephone 01909 479191, text 07761 500169 or eform on website. info@lgbtplusnotts.org.uk
Getting More Help					
Community CAMHS (Nottinghamshire Healthcare NHS Foundation Trust)	We provide support for children and young people aged 0-18, their families and carers across Nottingham City and Nottinghamshire. The children and young people we work with may be experiencing severe or complex mental health problems and neuro-developmental disorders. These have a significant impact on the child's development and	0-18	Community CAMHS Has bases at Pebble Bridge in Nottingham, Lindsay Close in Mansfield, 65 Northgate in Newark-on-Trent and the Langold Clinic in Worksop. However, most of our work takes place in the community.	Nottinghamshire County inc. Bassetlaw	0115 969 1300

Service	Description	Age range	Access details	Coverage	Contact details
	can cause distress to them and their carers.				
Targeted CAMHS (Nottingham City Council)		0-18		Nottingham City	01158764000
Specialist CAMHS (Nottinghamshire Healthcare NHS Foundation Trust)		0-18		Nottingham City	
CAMHS Eating Disorder Service (Nottinghamshire Healthcare NHS Foundation Trust)	<p>We assess and provide treatment for children and young people aged up to 18 years with a significant eating disorder.</p> <p>We help them to achieve a full recovery from their eating disorder. This includes its effect on their lives and on their families and carers.</p>	0-18	You can be referred to this service by a healthcare or educational professional. Parents/carers and young people can also self-refer for CAMHS support using our online form or by calling 0115 854 2299.	Nottingham City and Nottinghamshire County inc. Bassetlaw	0115 854 2299
Freed Beeches	Eating Disorders service for adults and adolescents aged 14+ who are suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and OSFED.	14+	Self referral can be done via telephone, letter or completing the self referral form. GP Referral can be done via telephone, letter or fax. Other health	Bassetlaw	Contact Tel: 01909 479 922 Mail: info@freedbeeches.org.uk Web: https://www.freedbeeches.org.uk/ https://www.freedbeeches.org.uk/service-access/

Service	Description	Age range	Access details	Coverage	Contact details
			professionals can be done via telephone, letter or fax		
CAMHS Intellectual Disability Service (Nottinghamshire Healthcare NHS Foundation Trust)	<p>We support children and young people aged up to 18 who have an intellectual disability and suffer emotional distress.</p> <p>We work with their parents and carers, schools, health professionals, social care and short break providers, and offer tailored advice and strategies for each young person.</p>	0-18	<p>Healthcare or educational professionals can make referrals to this service. For more information please call 0115 8440 520.</p> <p>Parents/carers and young people can also self-refer for CAMHS support using our online form or by calling 0115 854 2299.</p>	Nottingham City and Nottinghamshire County inc. Bassetlaw	0115 8440 520
CAMHS Looked After and Adoption Service (Nottinghamshire Healthcare NHS Foundation Trust)	<p>We work with children and young people up to 18 years old who are looked after and living away from their birth parents, in the care of Nottinghamshire Children's Services. They may be living with foster carers or in residential care.</p>	0-18	<p>Adoptive families and young people can also self-refer for CAMHS support using our online form or by calling 0115 854 2299.</p>	Nottinghamshire County inc. Bassetlaw	0115 854 2299

Service	Description	Age range	Access details	Coverage	Contact details
	<p>We will also offer specialist consultation and support to children and young people who have been adopted and their families.</p>				
<p>CAMHS Head2Head (Nottinghamshire Healthcare NHS Foundation Trust)</p>	<p>We are an assertive outreach team. We work with young people up to the age of 18 who:</p> <p>present symptoms that could indicate early onset psychosis are on an order within the criminal justice system and have co-morbid mental health or learning difficulties are experiencing mental health difficulties and have co-morbid substance use needs (dual diagnosis) have harmful sexual behaviour as well as mental health difficulties and/or a learning disability</p>	<p>0-18</p>	<p>We accept self-referrals. Please call 0115 956 0842 or email H2H@nottshc.nhs.uk.</p>	<p>Nottingham City and Nottinghamshire County inc. Bassetlaw</p>	<p>Please call 0115 956 0842 or email H2H@nottshc.nhs.uk.</p>

Service	Description	Age range	Access details	Coverage	Contact details
	We can accept referrals from professionals or families and young people themselves. We usually see young people wherever they prefer, including at home or in the community.				
Child and Adolescent Mental Health Services Developmental Neuropsychiatry and Tourette's Clinic (nottinghamshirehealthcare.nhs.uk)	We help children and young people aged 0-18 with ways to manage conditions such as Tourette's Syndrome, ADHD (attention deficit hyperactivity disorder) and autistic spectrum disorders.	0-18	Patients can be referred to us by community paediatricians or other Child and Adolescent Mental Health Services.	Nottingham City and Nottinghamshire County inc. Bassetlaw	South Block E Floor Queen's Medical Centre Nottingham Nottinghamshire NG7 2UH 0115 823 0269
Community Paediatrics in Nottingham (NUH)	This service is provided by the Children's & Adolescent Services department run by the Nottingham University Hospitals NHS Trust.	0-17	Via GP	Nottingham and Nottinghamshire	Nottingham University Hospitals NHS Trust - Queen's Medical Centre Campus 0115 924 9924 Address: Derby Road, Nottingham, Nottinghamshire, NG7 2UH Website: http://www.nuh.nhs.uk
Community Paediatrics in Mid Notts (SFH)	This service is provided by the Children's &	0-17	Via GP	Nottingham and Nottinghamshire	01623 622515

Service	Description	Age range	Access details	Coverage	Contact details
	Adolescent Services department run by the Sherwood Forest Hospitals NHS Foundation Trust.				Stockwell Gate, Mansfield, Nottinghamshire, NG18 5QJ http://www.sfh-tr.nhs.uk
Getting Risk Support					
CAMHS Crisis Resolution, Home Treatment and Liaison (Nottinghamshire Healthcare NHS Foundation Trust)	This service is for young people who are experiencing a mental health crisis.	0-18		Nottingham City and Nottinghamshire County inc. Bassetlaw	CAMHS Single Point of Access for Self-Referral which is responded to within 72 hours: 0115 854 2299 CAMHS Crisis Team for urgent assistance: 0115 844 0560

*please note Mental Health Support Teams are currently only available in selected schools across Nottinghamshire – to find out if your school is covered, please visit [CAMHS - Mental Health Support Teams \(nottinghamshirehealthcare.nhs.uk\)](http://nottinghamshirehealthcare.nhs.uk) (Nottinghamshire County)
Nottingham City [Mental Health Support Teams \(MHSTs\) | Ask Lion - Nottingham City Directory](#)