

Children and Young Peoples Emotional Wellbeing and Mental Health Development Programme

47

January 2025

Lizzie Izzard – NHS Sussex

Jodie Olliver – Sussex Partnership NHS Foundation Trust

Improving Lives Together



Introduction

Strategy

The Sussex children and young people's mental health development programme outlined in this presentation is being delivered within the context of the 5-year [Sussex Integrated Care Strategy *Improving Lives Together*](#). Programme priorities for 2024/25 have been developed and agreed in response to the Shared Delivery Plan (SDP) and [Foundations for our Future Strategy](#), alongside the strategic objectives outlined in the NHS Long-Term Plan for Mental Health.

Governance

The children and young people's mental health transformation programme of work is overseen by the Sussex Mental Health, Learning Disability and Autism (MHLDA) Delivery Board, and also reports to the Sussex Children and Young People's Board. The Sussex Children and Young People's Mental Health Delivery Group has been established by the MHLDA to ensure the delivery of agreed programmes of work and achievement of required outcomes. The Sussex wide Delivery Group membership includes members of the Brighton and Hove Children and Young Peoples Emotional Wellbeing and Mental Health Partnership Group to ensure joined up working in terms of place based and Sussex delivery.

Improving Lives Together

Programme of Work

In July 2024 the multi-agency Children and Young People’s Mental Health Delivery Group identified four improvement priority areas for 24/25, focussing on the importance of a whole system pathway approach utilising the [Thrive Framework](#), with the overall aim of improving access to effective support for children, young people and families. These four priorities are outlined below: i) Getting Advice and Help; ii) Children and Young People’s (CYP) Mental Health Urgent and Emergency Care (UEC); iii) Specialist Child and Adolescent Mental Health Services (CAMHS) Service Development; and iv) Pathway Interface

Priority Area		
Getting Advice and Help	CYP Mental Health Urgent and Emergency Care (UEC)	Specialist CAMHS Service Development
Develop and improve: <ul style="list-style-type: none"> • Access • Communications • Core Offer 	<ul style="list-style-type: none"> • Review and build on Urgent and Emergency Care Improvement Plan • Develop new pathway including interface with new Hospital at Home service 	<ul style="list-style-type: none"> • Develop and deliver a new specialist CAMHS clinical model of care
Task and Finish Group membership includes: NHS Sussex (lead) , VCSE, SPFT, Public Health, Local Authority, Parent Carer, Expert By Experience	Task and Finish Group membership includes: NHS Sussex (lead) , Provider Collaborative, SPFT, Local Authority, VCSE, Parent Carer, Expert By Experience	Overseen through SPFT governance and Steering Group. Stakeholders to be engaged in development of the model
Pathway Interface	<ul style="list-style-type: none"> • Oversee interface between each element of the pathway to ensure pathway is connected and joined up support for CYP. 	Task and Finish Group membership to include nominated multi-agency members of the above priority area T&F Groups.

Programme principles and delivery

Multi-agency task and finish groups have established to collectively plan and lead implementation for each priority area. The work of the groups, and their delivery plans will:

- be developed using the Thrive Framework for system change taking a whole system approach.
- build on existing key strategies/plans, for example Foundations for our Future.
- be informed by existing needs analysis, insight and data (including equalities, health inequalities and quality insight) with a primary focus of improving access to support to meet need.
- consider the relationship and interdependencies with other workstreams / pathways:
 - **16-25 pathway and transition**
 - **Eating disorders**
 - **Children and young people with complex needs**
 - **Neurodevelopmental pathways**
 - **Inpatient Care/Tier 4**
 - **Suicide prevention**
 - **Emerging developments – Integrated Community Teams**
- make best use of existing resources

Getting Advice and Help



Getting Advice and Help

Summary

This priority area will focus on improving access to early intervention and support and includes the range of emotional wellbeing and mental health services to meet mild to moderate need (including MHSTs). This element of the pathway should provide timely needs-led support for children and young people as part of the wider emotional wellbeing and mental health pathway ensuring that their needs are met and reducing the likelihood of their needs escalating and requiring further support from specialist CAMHS services. A key deliverable will be the development of a consistent Sussex wide core offer.

g This priority area will be delivered through 3 Task and Finish Groups (TFGs):

1. The **Access** group will work on all aspects of Access (and entry points) to CYP mental health support, including CAMHS, early intervention offers.
2. The **Communications** group will work on all aspects of communications for CYP mental health and neurodevelopmental services.
3. The **Core Offer** group will work on determining the key, shared elements of a Sussex early intervention offer in CYP mental health.

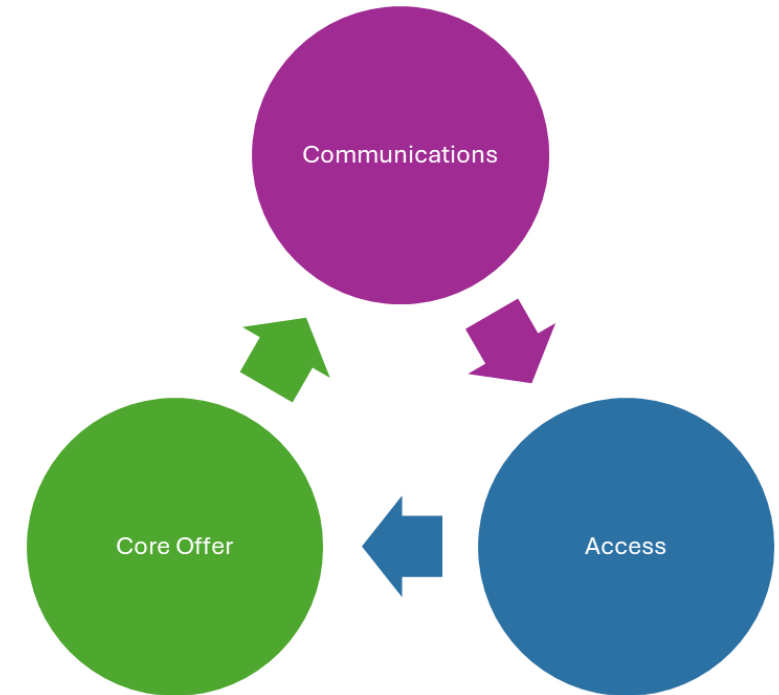
Getting Advice and Help

Progress

- The 3 TFGs have been established and have commenced the initial working phase – January – April 2025.
- The TFGs are working co-productively on different aspects of the Getting Advice and Help offer, using the agreed TFG principles. The three groups have areas of mutuality and will be delivered in partnership. The groups acknowledge multiple other strands of strategic activity they are working in and around both at place and Sussex wide (e.g. JSNA etc).

Next Steps

- Findings and options appraisal outlining potential solutions and recommendations will be completed the initial working phase (January to April 2025). This will inform the TFGs delivery plans and key milestones in 25/26 and 26/27.
- Where identified implement immediate changes to ways of working, where there is no cost implication or transfer of responsibility.



Improving Lives Together



**Specialist Child and
Adolescent Mental
Health Services
(CAMHS)**

Specialist CAMHS

Summary

Focus on improving access to evidence based support for children and young people with complex mental health needs. Working with partners and stakeholders, Sussex Partnership Foundation Trust (SPFT) are leading an internal service development programme to deliver a new model of care that improves outcomes, efficiency and effectiveness.

Progress

- Case for change developed by SPFT
- Interim SPFT programme lead / or Director of Transformation in post to develop and mobilise programme arrangements. Immediate focus on governance, priorities and allocation of tasks & responsibilities

Service improvements / delivery:

- Pathway Lead for Suicide prevention, postvention and strategic partnerships in post
- Targeted work to reduce the numbers of CYP who are waiting more than 52 weeks
- Development of intervention for obsessive-compulsive disorder (OCD) further to successful pilot
- Delivered a school professionals conference – October 2024

Specialist CAMHS

Next Steps

- Present case for change and engage with system partners
- Mobilise change programme to be implemented by April 2026. This programme will involve:
 - Development of a new Sussex wide specialist CAMHS clinical model
 - Engagement with young people and families, and key partner agencies
 - Workforce review and restructure
 - Development of parent/carer and expert by experience roles
 - Co-production of resources for the new evidence based clinical pathways

Children and Young People's Mental Health Urgent and Emergency Care (UEC)

Children and Young People's Mental Health Urgent and Emergency Care (UEC)

Summary

This priority area will focus on improving support for children and young people in mental health crisis. Urgent and emergency mental health care for children and young people ranges from liaison within acute hospitals to intensive home support and inpatient services. Key deliverables include building upon the Urgent and Emergency Care Improvement Plan and developing a new pathway which will include a new Hospital at Home service.

Progress

- The Task and Finish Group was established in November 2024.
- A map of the current UEC pathway has been completed and scoping of the current UEC gaps is underway, with a focus on 24hr provision for assessment, brief intervention and treatment (NHSE Long Term Plan objective).
- New Hospital at Home service in development (SPFT) – soft launch in February 2025 / full launch in May 2025 – the service will be key element of the UEC pathway as part of the wider pathway
- Multi-agency workshop held 14/01/25 to develop solutions and an options appraisal to address CYP MH access gaps for the UEC pathway across Sussex, focus on three areas: i) Rapid Response when a young person goes into crisis; ii) Pathway for young people for MH and Neurodevelopmental pathway support; iii) Support for parents and carers
- Horizon scanning / literature review undertaken by Health Innovation Kent Surrey and Sussex

Next Steps

- Findings and options appraisal outlining potential solutions and recommendations will be completed during Q4 24/25. This will inform the Task and Finish Group delivery plan and key milestones for 25/26 and 26/27.
- Where identified implement immediate changes to pathway to improve ways of working and support for CYP, where there is no cost implication or transfer of responsibility.

**Lizzie Izzard – Head of Children and Young Peoples Commissioning, NHS
Sussex – lizzie.izzard@nhs.net**

**Jodie Olliver – Head of Service, Sussex Community CAMHS, Sussex Partnership
Foundation Trust – Jodie.olliver1@nhs.net**

