

Programme Charter: C&YP Mental Health Programme

Vision Statement Goals

Our vision:
Brighter futures for children and young people to thrive and achieve their potential.

Context:
 Mental health problems often develop early. According to the NHS Long Term Plan, between the ages of 5–15 one in every nine children has a mental disorder. Half of all mental health problems are established by the age of 14 and three quarters established by 24 years of age.

Bradford's district's population is a young one, with the fourth highest proportion of under 16 year olds in England, with a number of local risk factors that increase the likelihood of poor mental health. In addition, the overall child population is set to increase by a further 5.5% by 2025. The 10-14 age group, a key age group for the onset of mental health difficulties, is projected to grow by 10.2% in the next 10 years.

Problem statement:
 Children, young people and families in Bradford and Craven find it difficult to get help at an early stage if they are experiencing mental health issues. Accessing help when children and young people are experiencing mental distress is also reported to be difficult.

Children, young people, families and professionals have told us that there is insufficient early intervention and prevention approaches for children and young people locally, and a lack of consistent school based support, which often leads to our specialist services and crisis support being the default offer. Additionally, children and young people often face delays and long waiting times to access the support they need.

Overall aim: To work as a whole system to promote, protect and improve children and young people's mental wellbeing to enable them to thrive and lead full, happy and healthy lives.

- Promoting resilience, prevention and early intervention**
 We will work together with schools, communities and universal services to promote good mental wellbeing, building knowledge and skills around emotional resilience and self-care. We will take early action to prevent mental health problems from developing and support children and young people as soon as any problems arise.
- Improving access to effective support: a system without tiers**
 Children, young people, parents and carers will be able to access a range of mental health support via a new, easy to navigate, single multi-disciplinary pathway. We will ensure children and young people have access to the right support at the right time, and they have choice and control over how, where and when that support is provided.

 We will reduce waiting times for services and offer alternative provision for those who are waiting to prevent the escalation of needs wherever possible.

 We will have a robust, multi-disciplinary crisis response offer for those who need it and a coordinated care and support response for children, young people and families following a crisis.
- Care for children in vulnerable situations**
 There will be a clear joined up approach for those children, young people and families who need further support, may have a greater risk of developing mental health problems or may find it more difficult to access help. We will ensure services provided are evidence based and coordinated, so people do not fall between gaps in provision.
- Leadership, accountability and transparency in commissioning and delivery of services**
 We will establish governance and programme structures to facilitate a system wide coordinated approach to improving children and young people's mental health, a collaborative approach to commissioning, accountability and effective decision making supported by clear data, insight and outcome measures.

 The voice of children, young people and families will be heard throughout our governance and decision making structures, supporting effective solutions to the problems identified, led by the young apprentices.
- Developing the workforce**
 We will develop and maintain a skilled, confident, integrated workforce across our partnership that can provide a diverse range of high quality, evidence based services centred on the needs and aspirations of children and young people.

- In Scope**
- Early mental health intervention
 - Social care, education and health
 - Children in vulnerable situations
 - Specialist mental health
 - Crisis support including A&E/Hospital
 - Age 0-25
 - Perinatal Mental Health

- Out of Scope**
- Autism assessment
 - Tier 4 level CYPMH

Quality Impact Measurements

For CYP and families:

- Open access, flexible support without barriers
- Choice of approaches and promote control
- We are outcomes focussed based on CYP self-defined needs
- Our services and support provide hope, encouragement and good health

For staff

- We support our workforce to feel confident, skilled and empowered to deliver high quality evidence based care that is safe, flexible and responsive to needs.

Description of Measure	Baseline	Target by:
School readiness (attendance, attainment) Exclusions, detention/isolation/restriction/NEET/YOT/EHCPs School survey, resilience, physical activity Children living in poverty, care leavers, children in care, placement stability. BAME CAMHS referral, access and waiting Self-harm presentations and admissions , A&E conveyance Prescribing/SMI/ED, Hate crime index, domestic abuse Crisis services – safer spaces, First Response, s136 Community / parental engagement	System wide baseline measures to be established across CCG, LA, Social Care, Public Health, BDCFT	To be scoped and target date to be confirmed

Team

SRO: David Sims	Signed:	Clinical lead: Rachel Voller	Signed:	VCS lead: Helen Ioannou	Signed:	Care lead: Irfan Alam	Signed:
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