A large decorative graphic on the left side of the slide, composed of several thick, curved segments in blue, purple, and magenta, forming a partial circle and a shape resembling a speech bubble or a stylized 'C'.

Children and Young People's Mental Health and Wellbeing Local Transformation Plan

2021 refresh and overview of 2015 - 2021

30 September 2021



What is a Local Transformation Plan?

- In 2014, the Children and Young People's Taskforce looked at improvements to how services for Children and Young People's Mental Health was organised, commissioned and provided.
- Future in Mind (2015) was the report that detailed how to achieve the required improvements.
- To ensure that areas delivered the improvements as set out in the Future in Mind report, each area was required to develop a Local Transformation Plan.
- Cambridgeshire and Peterborough developed and published a Local Transformation Plan for each year from 2015/16. This document provides an overview of what has been achieved during the past five years, and what the next steps are to continue improving the Mental Health and Wellbeing of our Children and Young People.



Future in Mind 2015

This report had key themes that it focused on improving Children's and Young People's Mental Health through:

- Promoting resilience, prevention and early intervention
- Improving access to effective support - a system without tiers
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf



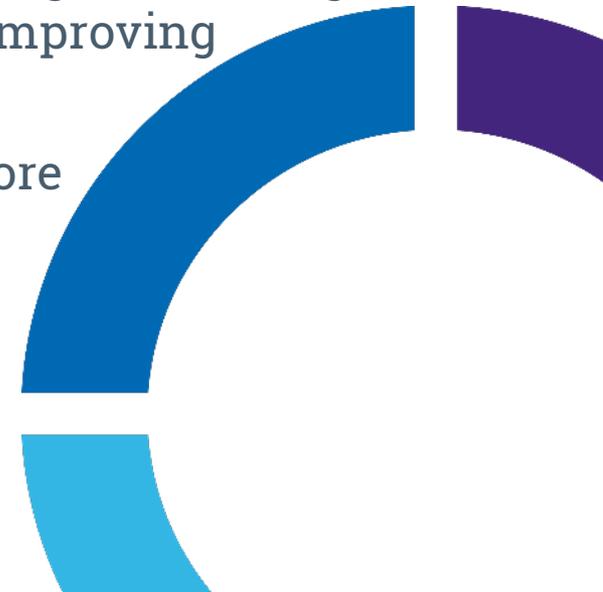
Five Year Forward View for Mental Health

What is the Five Year Forward View?

The Five Year Forward View is a strategy document for Children's Mental Health, which builds upon the foundations set out in Future in Mind report (2015).

- It focused on having an equal response to Mental and Physical Health.
- It detailed the investment required, key areas for service and system development and improvement, including the shifting of power to patients and communities, whilst improving their health and wellbeing.
- It set the target for 2020/21 of at least 70,000 more Children and Young People having access to high-quality mental health care when they need it.

<https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>





Five Year Forward View

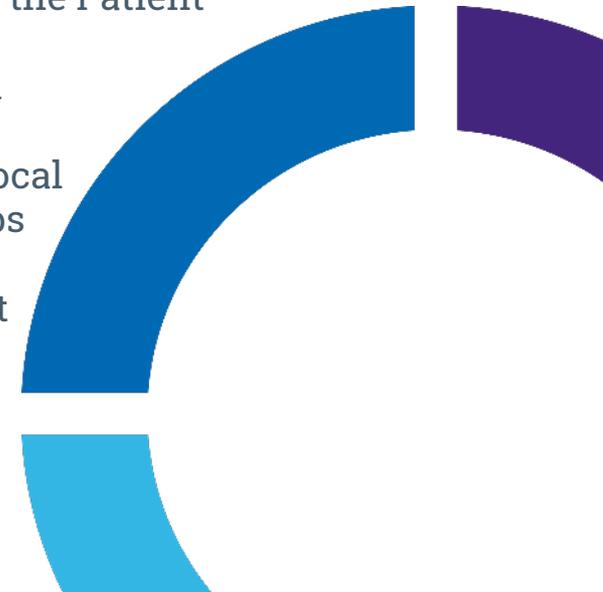


Cambridgeshire and
Peterborough
Clinical Commissioning Group

What did it want to achieve?

It details 58 recommendations across all ages and levels, to provide a truly comprehensive foundation of transformation for Mental Health services and support. These recommendations included a focus on a number of areas including;

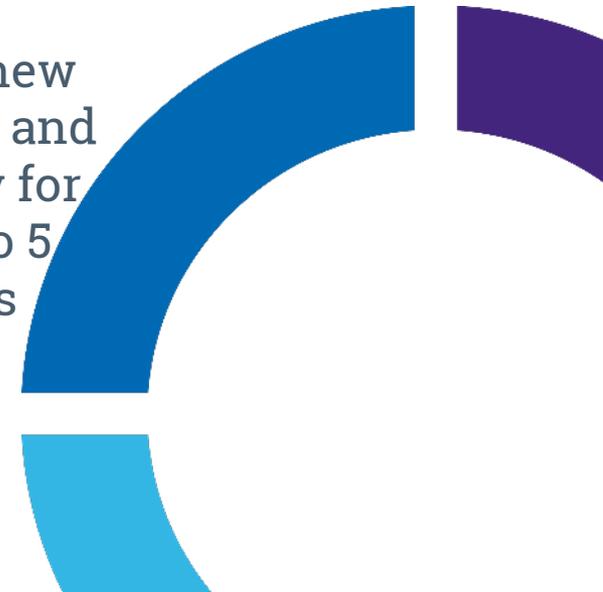
- Focus on prevention and Early Help; Evidence-based strategies, promoting Wellbeing and independence
- Empowering Patients
- Manage systems and networks of care
- Improving quality and experience of care for Patients
- Not a 'one size fits all approach' – Services integrated around the Patient
- Expand and strengthen out of hospital care
- Helping Patients to get the right care, at the right time, and in the right place.
- New partnerships and collaborations - Local Communities, Local Authorities and Voluntary Sector. Develop strong partnerships and reach underserved groups
- Joint commissioning of support - NHS and Local Government
- Modernise workforce - With the right skills, right numbers, values and behaviours to deliver care
- Exploit the information revolution – through improved data, use of digital innovations and support.





Cambridgeshire and Peterborough's Local Transformation Plan 2021

- This document is a summary of the annually refreshed Local Transformation Plan for Cambridgeshire and Peterborough
- It sets out the improvements, new services and support which have been developed since 2015 up to Summer 2021.
- Although it is acknowledged that over the past 5 years there has been service developments and investment, there is still progress to be made as the demand for Children and Young People's Mental Health continues to grow
- This documents provides the basis for which the new Mental Health and wellbeing strategy for Children and Young People will be built upon. The new strategy for 2022 Onwards will set out the plans or the next 3 to 5 years and detail how we will deliver local priorities and those set out in the NHS Long Term Plan.



Local need – Cambridgeshire and Peterborough

- **Population Growth** - Population of Cambridgeshire and Peterborough has grown from 840,000 in 2011, to 965,000 in 2018. Cambridgeshire and Peterborough has an estimated population of 262,000 Children and Young People aged 2-25 years. The population aged under 25 had a 7% increase over the next five years.
- **Challenging Geography** - Cambridgeshire and Peterborough covers a large geographical area with a mix of rural and urban and has a range of communities with varying health needs
- **Deprivation** - It is estimated that 71,000 people and 14,500 Children and Young People in are living in poverty within Cambridgeshire. Peterborough ranks as the most deprived authority across Cambridgeshire and Peterborough, followed by Fenland and then Cambridge City.
- **Mental Health Prevalence** – Approximately 34,000 Children and Young People aged 2-25 years live with a Mental Health disorder in Cambridgeshire and Peterborough. This is predicted to increase by 10% between 2019-2024 and a further 5% by 2029 (based on increased population forecasts) *pre-covid
- In comparison to England, Cambridgeshire and Peterborough have a statistically significant higher rate of self harm hospital admissions for Children and Young People aged 10-24. This was an increasing trend (777 hospital admissions for self harm in 2017/18).



Local need – Cambridgeshire and Peterborough

There are a number of risk factors associated with increased chance of mental health disorders. For Cambridgeshire and Peterborough we have a higher than England average in the following areas:

- **Poverty** – 18.4% of Children and Young People living in Fenland and 18.7% of Children and Young People living in Peterborough live in poverty (2015)
- **Family Homelessness** – 940 homeless families in Cambridgeshire and Peterborough (2017/18)
- **Not in Employment, Education or Training (NEET)** – 3.2% of 16-17 year old in Cambridgeshire and 7% of 16-17 year olds in Peterborough (2017)
- **Pupil absence** – 5.2% pupil absence in Fenland (2017/18)
- **Ethnic Minorities** – 48% of school pupils in Peterborough are from ethnic minorities and 900 pupils from traveller groups

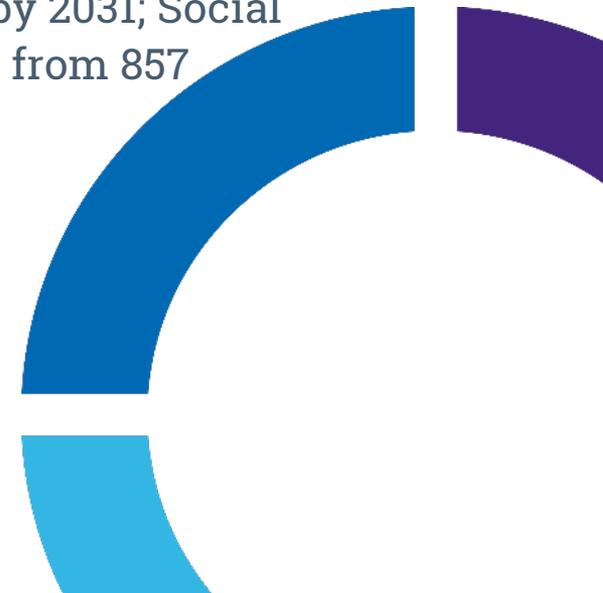




Local need – Cambridgeshire and Peterborough

In addition to this there are certain groups of children and young people who have an increased chance of experiencing mental health concerns, this includes:

- **Looked After Children** – looked after children in Cambridgeshire and Peterborough 2017/18 (Cambridgeshire and Peterborough Joint Strategic Needs Assessment 2019)
- **Children with Special Educational Needs and Disabilities (SEND)** – with Children with Autistic Spectrum Disorders are expected 47% increase in the number of Education and Health Care plans (EHCPs) by 2031; Social and Emotional Mental Health is expected to increase from 857 in Jan 2020 to 1458 by Jan 2031 (increase of 70%)
- **Young Carers** – There are 2,564 Young Carers in Cambridgeshire and 1,237 Young Carers in Peterborough (Centre 33, 2021)
- **LGBTQ+ young people** – more likely to experience poor mental health due to inequalities and discrimination.



Children and Young People's Mental Health service developments: 2015/16

Child and Adolescent Mental Health Services (CAMHS)

Provided Core CAMHS and Eating Disorders services, additional funding focused upon reducing waits.

Crisis Team

Was a funding priority, however challenged to make significant improvements due to limited resource.

Neurodevelopmental Service

Introduced Evidence based Parenting Programmes and Family Support Groups were developed to address long waits for the social and emotional pathway. These initiatives continue in 2021/22.

Cambridgeshire & Peterborough C&YP Mental Health

Keep Your Head

Keep your head was developed and designed by young people to provide a platform for information and advice for children, young people, professionals and families.



i-Thrive Framework use began.

Children and Young People's Mental Health service developments: 2016/17

The following services were identified as funding priorities and continue to receive CAMHS transformation funding

Eating Disorder Services

Neurodevelopmental Service

Crisis Team

The following services launched and are continuing to be provided in 2021/22:

First Response Service (FRS)

to deliver a single all age point of call for those in crisis.

CAMHS Transition Service

to deliver a dedicated team to support those going from children to adult Mental Health services.

Children's Wellbeing Practitioner Team

dedicated workforce to deliver guided self-help for those with mild to moderate needs.



KOOTH joined the Mental Health offer to Children and Young People, as an online and out of hours counselling support service (click icon to visit Kooth).

Children and Young People's Mental Health service developments: 2017/18

Emotional Health and Wellbeing Service

Introduced Emotional Health Wellbeing Practitioners to provide support to professionals with how to support children and navigate the system and continue to provide this function in 2021/22. (Click logo to visit website).



Here : Now a pilot to deliver drop in sessions provided: Advice, Support, Counselling, Mindfulness and Therapeutic Activities.

Delivered with Centre 33 and Cambridgeshire County Council. Funding continued in 2018/19.



CHUMS Provided a range of therapeutic Support and provided for the first time support for primary school age children. This service operated January 2018 to until June 2021.

Children and Young People's Mental Health service developments 2018/19



Fullscope

Changing systems,
improving young lives

Fullscope Consortium was established between: Arts and Minds, Blue Smile, Cambridge Curiosity and Imagination, Centre 33, CPSL Mind, The Kite Trust and YMCA Trinity.



Centre 33 Someone To Talk Too service expansion, which proactively engages Young People to access support.

 **Anna Freud**
National Centre for
Children and Families
annafreud.org

Schools Link Pilot Project, to bring together Mental Health services with education settings.

Children and Young People's Mental Health service developments 2019/20

Development of the first Mental Health Support Teams as part of the Emotional Wellbeing Service in Cambridgeshire Community Services



Mental Health Support Teams deliver:

1. Evidence based intervention for those with mild to moderate needs
2. Support Mental Health Leads in education settings
3. Provide support to deliver the whole school approach

The Mental Health Support Teams service continues to grow. As of September 2021, there are two fully qualified teams and two in training. A further two teams will be rolled out in each of the following years: 2022, 2023, 2024. By 2025 across Cambridgeshire and Peterborough, there will be 10 teams which will cover 50% of Educational Settings, exceeding the National goal of 24%.

Impact of COVID-19

- The Local Transformation plan was due for a refresh in October 2020, but this became delayed until September 2021 due to the challenges across the health, social care, voluntary, community and education sectors.
- The impact of the pandemic and lockdowns has had a huge impact on the demand and delivery of Mental Health and Wellbeing support across the spectrum of needs. This has resulted in high demand, delayed access to support, and increases in the how unwell some Children and Young People are who are now accessing support.
- It has also led to innovation and improved partnership working as the system has come together to support each other. COVID-19 has also enabled the system to embrace the use of technology to access support, which have enhanced services ability to work across our large geography in short space of time. These developments have led to greater choice of how and when to access support and ability to make improvements at pace.

Impact of Covid-19

on children and young people's mental health and wellbeing

- Many Children and Young People (CYP) have experienced turbulence in their Emotional and Mental Health due to a the response of a stressful or difficult situation i.e. COVID-19
- Younger children 4-10 years had greater changes in levels of behavioural, emotional and attentional difficulties throughout the pandemic (Co-Space Study Children's Mental Health, 2020/1)
- The impact of COVID-19 on Children's and Young People's Mental Health services will be felt long after the Physical Health crisis subsides, with certain demographics disproportionately affected:
 - March 2020-March 2021 there was an increase in CYP with **SEND** experiencing worsening mental health
 - Compared to pre-pandemic data, **females** (along with CYP with pre-existing Mental Health needs) experienced more negative impacts (Co-Space Study Children's Mental Health, 2020/1)

Impact of Covid-19

on children and young people's mental health and wellbeing

- Children in care and **financially disadvantaged** CYP during the pandemic reported poorer Mental Health and Wellbeing including anxiety and loneliness
- More LGBTQ+ CYP 11-18 years reported that their Mental Health had worsened since the start of the pandemic compared to non LGBTQ+ CYP.
(www.justlikeus.org Research Report)
- Increase in referral rates among statutory and voluntary Mental Health providers with Children and Young People presenting with more significant and complex needs and a higher proportion of patients accessing Mental Health services for the first time (insert CAMH referral fig) – NHS Digital 2020
- Children and Young People with diagnosable Mental Health disorder 1 in 6 (2021)

Response to Covid-19

using additional funding 2020/21



Cambridgeshire and
Peterborough
Clinical Commissioning Group

In response to Covid a number of initiatives were undertaken to provide additional capacity in the system. The below is in addition to the extremely hard work and dedication by all the services in the system who support Children and Young People with Mental Health concerns. [Please click on logo to access websites.](#)



Little Stars Bereavement Support: Additional funding to provide an additional 300 counselling sessions.



Young People's Counselling Service: Additional support for 43 Children and Young people which improved their mental health outcomes.



Embrace: Additional 15 face to face counselling for Child victims of crime.



Kooth licence extended to March 2022.

Education Settings

Over the past five years there have been a range of initiatives which have focused on working with education settings to provide support, training and networking opportunities. This is in recognition of the fundamental role education settings play in Children and Young People's (CYP) lives and the importance of supporting both Children and Staff whilst in education.

- **PSHE resources** - Available for schools through the Keep Your Head website (healthy relationships, anti-bullying and body image).
- **Emotional Health and Wellbeing Service** - Schools supported through Children's Wellbeing Practitioners and Emotional Health and Wellbeing Practitioners (professionals in school settings and CYP supported)
- **Mental Health Support Teams in Schools** - By 2025 across Cambridgeshire and Peterborough, there will be 10 teams which will cover 50% of Educational Settings, exceeding the National goal of 24%.
- **Schools Link Initiative** – led by Anna Freud Centre to bring closer working between clinical teams and education settings.
- **Fenland Opportunity Fund 2019** – primary schools in East Cambridgeshire and Fenland given dedicated support. 952 contacts between April-September 2019.
- **'Stress Less'** – in 2019, 25 schools in Cambridgeshire and Peterborough supported to implement 'Stress Less' to help CYP manage stress and mental health stigma.
- **Bullying in Schools** - 26 schools in Cambridgeshire and Peterborough in received peer mediation and conflict resolution courses in 2017/18 & 2018/19.

Continued on next page...

Education Settings

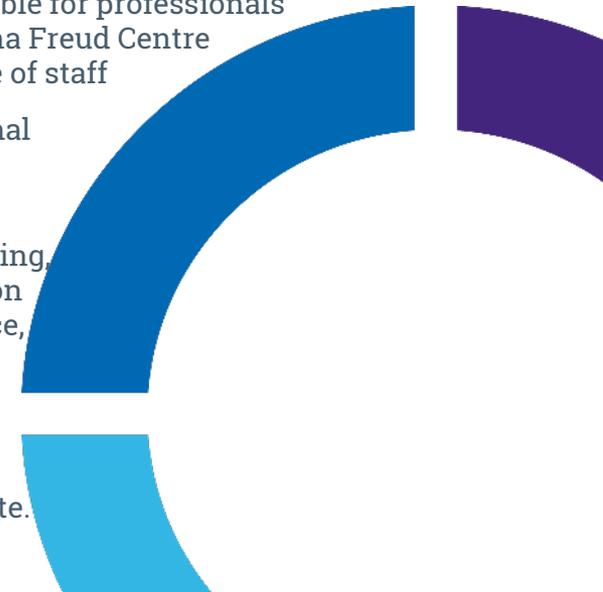
- **Health Schools Support Service May 2019** – to provide a dedicated point of resource for a range of health and wellbeing needs.
- **CAMH Learning and Development Team and Emotional Health and Wellbeing Service** – delivered training programme including suicide and self harm training, bereavement and loss and introduction to CBT.
- **Healthy Schools Support Service** (funded by Public Health) ‘Bounce Forward’ to deliver enhanced training programme to support 50 schools across Cambridgeshire and Peterborough to embed the Whole School Approach.
- **Pupil Voice Toolkit** on Keep Your Head website – to support schools and colleges to work with CYP to explore ways of promoting their Mental Health and Emotional Wellbeing.
- **School Nursing** – For CPFT the school nurses deliver services to all Children 5-19 years living in Peterborough and during April 2019 the service undertook 631 brief interventions with Young People, specially supporting Mental Health and Emotional Wellbeing.
- **Schools Forum** – Autumn 201 Anglian Gateway Conference – bringing schools together to consider how they could approach issue of Mental Health through the whole school approach.
- **General Adverse childhood experience awareness** including: STEPS approach in Schools (Cambridge SEND CYP) and Trauma Informed Training.



Training

A range of training has been delivered across the system, with the aim of upskilling the vast workforce that engage with Children and Young People (CYP) (attachment theory and emotional intelligence)

- **Parent/carer forums** – provided funding to enable them to support and deliver training to parents and carers on a range of issues
- **Crisis** – FRS team is staffed by people trained in CYP Mental Health (funded 2017/19)
- **Local CAMH** - provides in-house training programme for their staff to ensure provision of accurate information which aims to enhance development and optimise the functioning of care pathways
- **Emotional Health and Wellbeing Service** – Emotional Health and Wellbeing Practitioners delivering training to school staff around signposting to a range of Mental Health services
- **General ACES awareness** – Trauma informed training via Virtual School
- **Transforming Care and CYP with Learning Difficulties** – Training and support for local professionals to ensure that the principles of transforming care are embedded in local practice
- **Learning Culture and Training** – We mapped current CYP Mental Health training available for professionals and made information on training more accessible for professionals. Funding from Anna Freud Centre focussed on risk, safety planning and common Mental Health conditions and resilience of staff
- **Training Review** – Review of training available by a range of providers which educational establishments can access so that schools can review and identify training to meet their needs
- **Review of training opportunities available for wider workforce** - to increase understanding, knowledge and skills when supporting CYP with a Mental Health condition. Available on Keep your Head website so organisations can see what is available to them i.e. resilience, self harm and anxiety specific training)
- **CYP IAPT training** –evidence based training opportunities available across the system to help with sustainability of the workforce
- **I Thrive** – We were accepted as one of 10 sites nationally to be an I Thrive accelerator site. This provided support and frontline training to staff around the I Thrive framework.





Workforce

- To make many of the service improvements has required increase and development of the Mental Health workforce and year on year there has been growth in the workforce number. However, it continues to be a challenge to recruit the numbers and skilled workforce required to deliver the various initiatives.
- Many of the specialist CAMHS developments has focused on increasing the number of workforce to deliver support, which has been a challenge at time but the system is committed to continues to increase the workforce by using a range of approaches so we can meet the increasing demand for support.
- Over the past five years services have engaged in training delivered through Increasing Access to Psychological Therapies at Anna Freud centre, which has increased the scope of therapies people are trained in.
- Cambridgeshire and Peterborough have had a number of Children's Wellbeing Practitioner trainees both in statutory and voluntary sectors providers and this continue with 12 trainee roles for 2021/22.
- The expansion of the Mental Health Support Teams project has increased the workforce specifically supporting those with mild to moderate needs and this will continue as we expand from our current four teams to 10 teams by 2024.



2021/22 onwards

During 2021/22 we have continued to as a system ensure services are restored, whilst working in challenging times with increased demand, impact on workforce and build up of waits due to early pandemic circumstances. Service development and transformation has continued and for 2021/22 we have focused on the following initiatives:

- YOUNited – a new partnership approach to delivering Early Intervention support
- Crisis Service – developing a dedicated crisis service and home treatment team
- Eating Disorder service – development of core service, home treatment, a commissioned medical monitoring pathway and support to those with Avoidance restrictive food intake disorder
- Mental Health support teams - rolling out further Teams
- Mental Health Strategy – working as a system to develop our Mental Health strategy which will aim for launch April 2022.

2021/22 onwards

- Expanded Clinical Commissioning Groups' Children's and Young People's Mental Health ~ Commissioning Team from 0.6 to 2.6 whole time equivalent to ensure there is sufficient capacity to commission the required improvements.
- Children's Wellbeing Practitioners expansion – successful in gaining a further 12 trainee places across our system
- Neurodevelopmental pathway – looking at ensuring effective pathways are in place
- Inpatient provision – working with provider collaborative to ensure community developments compliment and align those for Tier 4 Inpatient initiatives and work with local system to ensure good pathways of transition into community.
- Link up with other workstreams i.e. Autism Strategy, Mental Health prevention work, Primary Care Network initiatives.



YOUnited launched on 1st July 2021. Professionals working with Children and Young People up to 25 years can refer them to the central YOUnited referral hub, who will triage the referral and ensure access to a range of advice, support.



Cambridgeshire and
Peterborough
NHS Foundation Trust



Cambridgeshire
Community Services
NHS Trust



Ormiston
Families
Brighter futures



Fullscope
Changing systems,
improving young lives



Cambridgeshire & Peterborough C&YP Mental Health

KeepYourHead

Mental Health Support Teams



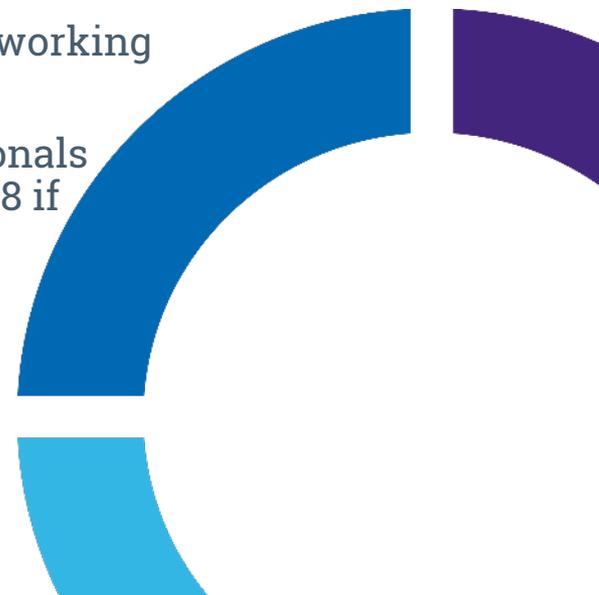
Child and Adolescent Mental Health Services (CAMHS)





Cambridgeshire and
Peterborough
Clinical Commissioning Group

- Newly commissioned service for Children and Young People's Emotional Wellbeing and Mental Health.
- Collaboration of providers and a system approach to commissioning with a lead provider and use of outcomes framework based specification.
- To address a number of system issues (long waits, difficult to navigate, expectations exceed deliverables, gaps in delivery).
- Launched 1 July 2021, YOUnited provides Emotional Wellbeing and Mental Health help for Children and Young People aged 0 to 25 registered with a GP in Cambridgeshire and Peterborough.
- Referrals can be made to YOUnited by a GP or any professional working with Children or Young People.
- Via an integrated hub which accepts referrals from all professionals working with Children and Young People up to the age of 17 or 18 if they have a suspected eating disorder or neurodevelopmental diagnosis.
- Young People aged 18 to 25 can self refer to Centre 33 or ask their GP to refer them to Cambridgeshire and Peterborough Foundation Trust's (CPFT) Primary Care Mental Health Service.

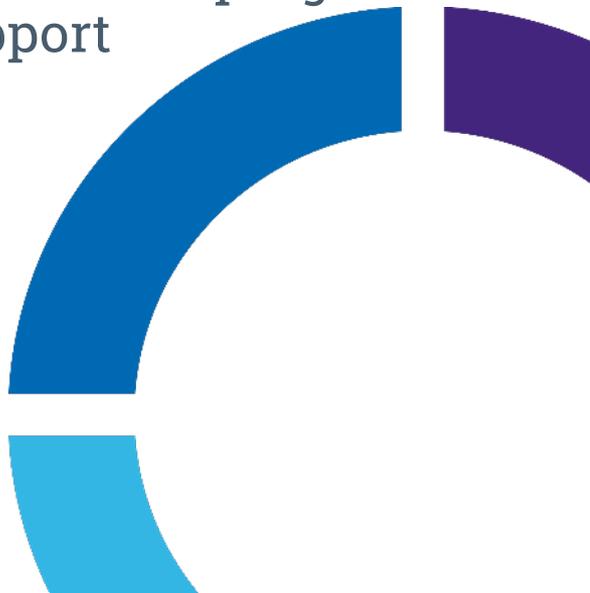


Eating Disorders

- The development of a specific Children and Young People's eating disorder service began in 2015/16 and has continued to receive additional support over the 5 years of the Local transformation plan.
- The priority being to reduce wait for support as early access to specialist support is a key driver for improving outcomes for Young People.
- The aim being to see all urgent cases in 1 week of referral and routine cases within 4 weeks.
- The service provided by Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) had made great improvements to achieving this measure. However, covid has increased the demand and acuity of Children and Young People presenting to the service which has made achieving this challenging.
- The service continues to adapt and change to meet the need and is undergoing transformation to ensure there is increased capacity in the core ED service, development of a home treatment offer, have a comprehensive medical monitoring pathway with a clear link between specialist services and primary care and starting to develop pathway with the wider system for those experiencing Avoidance Restrictive Food Intake Disorder (ARFID).



Crisis

- In April 2021 a dedicated crisis service for Children and Young People was launched.
 - The service will provide assessment of those in crisis in hospital and in the community
 - The Crisis Team works with existing 24/7 crisis line support offered through First Response Service (NHS 111 option 2)
 - Over 2021/22 the team is building in capacity and developing a home treatment offer to deliver short term support
 - The team is a mix of professionals and support workers to ensure a comprehensive offer is available.
- 

Collaborations and Co-working with CYP

Co-production and consultation with Children, Young People and Families/Carers is an essential element to the local transformation plan and service developments in general. There have been a number of initiatives across the past 5 years which have ensured with keep the voice of the Child and Young Person central to what we do.

Mental Health Support Teams

Children and Young People participated in interviewing
Mental Health Support Team staff

During 2020 / 21 the CCG has worked with Peterborough citizens to understand the priorities for young people and work collaboratively on these priorities and make improvements to support available.



Peterborough 
citizens

Cambridgeshire & Peterborough C&YP Mental Health



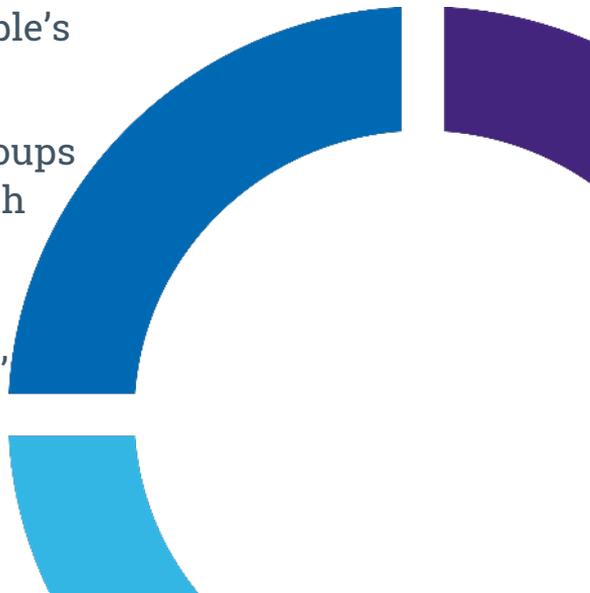
KeepYourHead

Children and Young People helped design the original website
and have in 2020/21 helped to develop ideas to 're-vamp' the
Keep Your Head website



Coproduction work through Healthwatch Cambridgeshire and Peterborough

Healthwatch supported the system to explore how Children and Young People feel about Mental Health. This helped inform Commissioners understanding and fed into Local transformation plans priorities.

- In 2017 Healthwatch spoke with 600+ Children and Young People, to help develop future Mental health services. The findings were published in their [Thriving report](#), and helped the Emotional Health and Wellbeing Board for Children and Young People redesign Mental Health services – [Healthwatch Annual report \(2017\)](#).
 - Issues raised about mental health included: language used, education about mental health, services; Lack of self referral route to services; benefits from Parents and Teachers holding a better understanding of Children and Young People's Mental Health - [Being Happy, Being Me](#) (Healthwatch, 2017).
 - Healthwatch completed their 'Minding Us' project. It worked with groups of Children and Young People who are at greater risk of Mental Health difficulties. Groups included: LGBT, Young Carers, Gypsies and Travellers, Looked after Children. For these Young People, the project explored opinions and experiences of Mental Health services, provided information on the services and resources available, and sought understanding of how Mental Health language is used – [Minding Us](#) (Healthwatch, 2017).
- 

Collaborations and Co-working with Children and young people



YOUnited:

- Consultation with over 100 Children and young people and families through a survey which helped develop the service specification and I-statements
- Young People working designed the YOUnited logo and devised the service name.
- Ongoing dedicated Co-Production to ensure it is embedded throughout service development

Survey findings

- 65% of Children and young people who had accessed Mental Health services felt the service not to be helpful to their needs.
- 25% of Children and young people said that accessing Mental Health services was easy.
- 88% of Children and young people said they had waited either weeks, months or longer to get the support they needed.
- 43% of Children and young people felt they needed more Mental Health support during COVID-19 restrictions.
- 56% of Children and young people said that COVID-19 had prevented them from accessing services which had impacted/compounded their Mental Health difficulties.

YOUnited Outcomes Framework / I-statements

The below are the outcomes which were initially developed for the YOUnited service. These I-statements are key metrics for the whole system and the aim is that these will be embedded across different services to demonstrate system change and be the key principles by which children and young people's mental health services should build upon.

I will know where to go to get help with my Mental Health

I will get help easily, simply and at the point I need it, which is convenient and local to me

I will only need to ask once for help, and I will then be offered the right kind of help for me.

I will get help in a place where I feel safe, from people who are; kind, who really listen, take me seriously, and do not judge me

I want services that work together so I can get the support I need.

I will get introduced to other services if I need them by the people who are helping me.

I will be offered choice of how I will be supported and helped

I will know that my family have been supported to help me manage my wellbeing and Mental Health needs

Investment

Across Cambridgeshire and Peterborough there has been a challenge in regards to investment in Children's Mental Health. For a long time it did not receive the level of investment required. Over the time of the Five year forward view there has been investment in Childrens Mental Health Support as detailed below. However when we look at other areas we continue to receive less per head of population. The Clinical Commissioning Group and system are committed to re-dress this imbalance but it will take time to realise to level of investment required.

Year	CAMH Transformation Spend	CCG CAMHS spend in CPFT contract	Total
2015-16	450,000	6,604,889	7,054,889
2016-17	1,156,818	6,997,543	8,154,361
2017-18	1,047,951	7,496,518	8,544,469
2018-19	764,079	8,071,515	8,835,594
2019-2020	1,166,269	8,743,000	9,909,269
2020-2021	2,839,113	9,816,000	12,655,113

Access targets and Outcomes measures

- Access targets and Mental Health Services Data Set – One of the main drivers for the release of the NHS Transformation funds is the need to increase the number of Children and Young People who can access evidence-based interventions and increase this nationally by 70,000 Children and Young People by 2020/21. This required a move from the national benchmark of 25% of Children and Young People with a Mental Health condition accessing help to 35%. Regarding Children and Young People in Cambridgeshire and Peterborough this means that by 2020/21 services will see and treat 5,800 Children and Young People **For 2020/21 there was a challenge in the data as not all providers flowed data. However at end of March 2021 National figures showed Cambridgeshire and Peterborough at 36.9% access target as a rolling 12 month average.
- Outcome measures- For 2021 onwards there is a change in how the figures are measured in an acknowledgment of the roll of one off interaction have in a Young Person's Mental Health journey. In addition to this there is a focus on the use and demonstration of outcome measures to show how services are making improvements in a Child/Young Person's Mental Wellbeing.

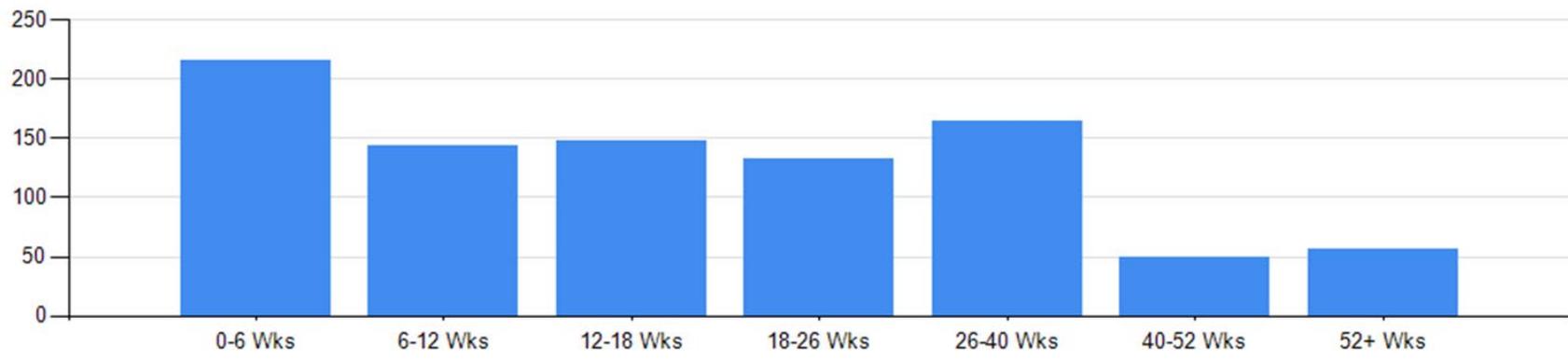
Provider	16/17	17/18	18/19 Actual from SDCS	19/20	20/21**
CPFT	1,919	2,655	2,562	2,850	2350
CHUMS	480 (counselling contract)	847 (counselling contracts)	806	1,260	765
Kooth	n/a	181 (SDC)	279	400	480
Parenting	195	1018	1121	1,000	570
CWP/ CCS	NA	NA	283	250	440
C33	NA	NA	NA	approx. 80 (from October only)	95
Other			244	unknown	
Total	2,594	4,701	5,295	5,840	4,700
Target and %		4,975 30%	5,307 32%	5,804 35%	



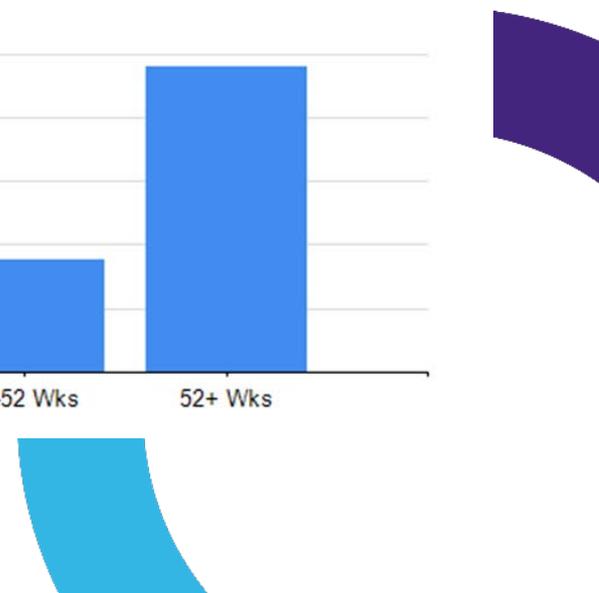
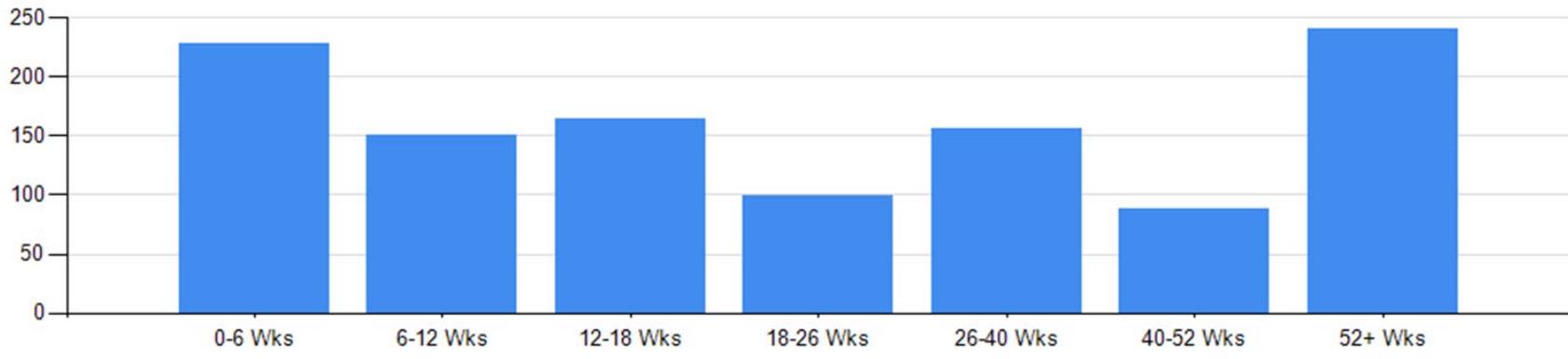
CPFT CAMHS data

as of June 2021

Patients on Assessment Waiting List



Patients on Treatment Waiting List





CHUMS data for year 2020/21



Cambridgeshire and
Peterborough
Clinical Commissioning Group

Activity	Numbers
Referrals received	2,321
Referrals accepted	1,206
Numbers signposted to another service	769
Getting help assessments undertaken	907
Numbers completed a 1 to 1 or group getting help programme	668
Number completed a getting more help (6+ sessions) programme	610
Number of groups held	82



Kooth data 2020/21

Activity	Numbers
New registrants	2325
New logins	22597
Unique young people	3183
% of people returning	77%
% of logins out of office hours	68%
% of young people who would recommend Kooth to a friend	94%
Worker hours used	3701



Risks, issues

There have been a number of risk and issues across the system which has or could impact on the deliver of the initiatives and transformations. The local Children and Young People Mental Health Board is the governance to monitor these risk and issues. The main ones that persist at present are:

- Increase in demand and acuity of need across all areas of need
 - Increased waiting times for support due to increase demand
 - Challenges of sufficient skilled workforce
 - Uncertainty of future demand and long term impact of Covid on Mental Health
 - Changing Health and Social Care landscape
 - How to ensure sufficient funding is available to address current demand and historical funding shortfalls.
- 

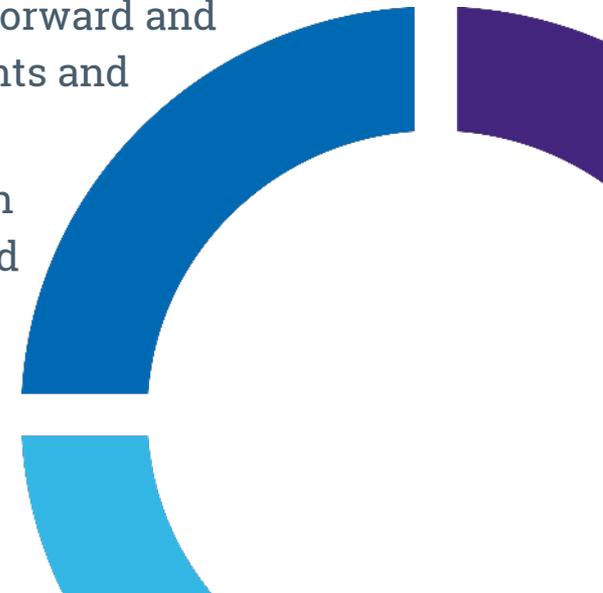


Next steps



Cambridgeshire and
Peterborough
Clinical Commissioning Group

- There is a real desire and focus across Cambridgeshire and Peterborough to improve the system for Mental Health and Wellbeing for our Children and Young People. This has started with the development of YOUNited as a collaborative partnership and will be a central theme to our Mental Health strategy going forward.
- From April 2022 the Health and Care system is changing with Clinical Commissioning Groups moving to become an Integrated Care System
- To provide governance and leadership going forward there are plans to have a Children, Young People and Maternity collaborative
- We will be developing our future Mental Health strategy and aim for completion April 2022
- The Mental Health strategy will set the vision and focus going forward and as part of that the aim is to have a focus on system improvements and partnership working.
- There are a number of other strategies which will interface with work relating to Children's and Young People Mental Health and Wellbeing including; Autism, Public Health Mental Health prevention, Stronger Families, Stronger Communities, Special Education Needs and Disabilities (SEND), Best start in life (pre birth to 5 years).





Next steps



- Going forward it is essential we try and address and rebalance the inequalities that certain communities face when addressing their Mental Health and Wellbeing needs. Therefore there will be a focus on Health inequalities and how we address
- Provider collaborative – The way in which inpatient beds for those who need a Mental Health specialist bed changed from July 2021. Over the next few years the Cambridgeshire and Peterborough system will work with the provider collaborative to improve pathways for preventing admission and supporting Young People following any admission in the community.
- Ensure we deliver against the Children and Young People Mental Health strategies as outlined in the NHS Long Term Plan.

