



Cumbria Children & Young People's Resilience, Emotional Wellbeing and Mental Health

NHS
Morecambe Bay
Clinical Commissioning Group₁

NHS
North Cumbria
Clinical Commissioning Group



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Introduction

What is a local transformation plan?

It's a plan saying how we are going to improve our emotional health and wellbeing services for children and young people in Cumbria.

We first wrote it in October 2015, we have updated it twice since then. This is the second update of the Cumbria transformation plan; Our goal is to improve the emotional wellbeing and mental health of children and young people in Cumbria and make it easier for them and their families to get help and support when they need it.

We have worked with many people and organisations to update this year's plan. We know that some things need to change for the better and we have listened to children, young people and their families as they have told us how it's sometimes hard to get help with mental health problems.



Our principles, these are the principles that guide us as we work on changes to make services better

We are working with Children and young people, Families and carers and other people to:

- Make it easier for everyone to get in touch with the services they need without having to wait too long and get the help and support that's right for them.
- To improve our services for children, young people and their Families
- To make sure that no matter where the child or young person lives, in Cumbria, the help and support they get is the same and is there for them when needed
- Look at better ways of doing things
- Listen to children, young people, families and carers



What have we achieved in year 1 and year 2

In year 1:

- We spoke to parents and carers in Barrow and Furness and asked what they think is missing
- We introduced a new mental health service called ' My Time' which is part of Barnardo's.
- The waiting times for specialist services were reduced
- We made a plan to introduce specialist services such as help for eating disorders
- Head Start Phase 2 helped us train up staff in schools and third sector organisations who have been helping children and young people to be more resilient
- Parenting groups were delivered in the West and North of Cumbria
- We held an event for Schools called Mental wellbeing in Schools which provided advice and support

In year 2:

- Cumbria was awarded a Young Minds amplified trailblazer project, which gives us a chance to get better at listening to what children and young people think
- We hosted lots of events around Learning difficulties and Autistic Spectrum Disorder
- We helped children and young people who had lost someone they were close to



- Continue to employ more staff and increase the range of services
- We launched 'Kooth' Our online talking therapy service for 11 – 18 year olds

Important steps for the future

We have 6 main areas we want to improve next in the next year:

Improve Access and services by:

- Helping children and young people and their families get help when they need it
- Introducing an eating disorder service for children and young people (up to 24 years old)
- Help women who are pregnant or have just given birth who require mental health support
- Making it better for young people who need to transfer from CAMHS to adult mental health services
- Reducing the waiting times for routine CAMHS (this is when a problem isn't urgent)
- We will improving the support that the 'My Time' teams provide
- Ensuring children and young people have appropriate access to Early Intervention in Psychosis (a very specialist service for people who are severely mentally ill)

Improving support for young people who are in Crisis:

- Improving how we do things for children and young people who are struggling with an emotional or mental health crisis (this is when the problem is urgent)
- Introducing a CAMHS crisis service which will be available every day and into weekday evenings.



- We will have established a short stay alternative for children and young people who are experiencing an emotional or mental health crisis and who may not be able to stay where they normally live.
- Training and support for families/ carers and residential care providers to help them when a child or young person is in crisis
- If a child or young person is admitted to hospital with mental health or emotional needs we will improve their experience of having to stay in hospital.

Care for the vulnerable

- We want to improve the emotional wellbeing and mental health of children who are looked after by carers, foster parents, social workers

Resilience (this is something we all have and can learn to help us when life gets difficult)

- Help early when a problem starts
- Make sure staff know how to access early support
- Make sure children and young people and their parents and carers know where to get help and who to get in touch with
- Create awareness for the ' Time to change ' Mental health campaign
- Provide suicide and self-harm awareness training for those who work with children and young people.



Supporting our Workforce

- Continue training and developing our staff so that all staff know how to help and when to ask for more help, but also to ensure that staff working in CAMHS teams have the skills they need to help children and young people with a wide range of issues.

Engaging with Children, Young people and families (How we make sure that children, young people, parents and carers get their say in how to improve services and can help with making decisions about what services look like)

- Continuing work needs to happen so we can understand children, young people and family's views. We will be working with as many people as possible over the coming year in lots of different ways.



How will we do this?

We will have a partnership board, a stakeholder reference group and a transformation plan delivery group.

The partnership board

- Will be in charge of the design, delivery and decides what should happen (like which service should be developed first)
- Will support the groups and how they work together
- Will make sure the money is spent in the priority areas highlighted
- Will make decisions on behalf of the organisations and give key groups / people the responsibility to make decisions

The stakeholder reference group

- Will provide a strong voice made up of professionals
- Will work with the partnership board
- Will put suggestions forward to the partnership board

The delivery team

- Will make sure the actions with a deadline are on track
- Will liaise with the people / organisations who have actions to do and provide support
- Will be in charge of the delivery of the plan and the future plan refresh



Contact information

Email: localtransformationplan@morecambebayccg.nhs.uk or
anne.sheppard@cumbria.gov.uk

Call: 01524 519324

Post: Childrens and Maternity team, Morecambe Bay Clinical
Commissioning Group, Moor Lane Mills, Moor Lane, Lancaster, LA1
1QD

