

## **SEMINAR TITLE: THE EMOTIONAL HEALTH AND MENTAL WELLBEING OF CHILDREN AND YOUNG PEOPLE**

### **OBJECTIVE:**

To consider the whole system approach to the emotional health and mental wellbeing of children and young people (CYP) particularly in response to the recent covid-19 pandemic.

### **BACKGROUND**

When the Child and Adolescent Mental Health Services (CAMHS) scrutiny Topic Group took place on 12 January 2018 a Government green paper entitled “Transforming children and young people’s mental health provision: a green paper” was out for consultation. The Hertfordshire CAMHS Transformation Strategy refresh for 2017 had been published at the end of October 2017. The Topic Group recognised several positive examples of local organisations and services working together to improve the emotional health and mental wellbeing of children and young people but recognised that there was a good deal of further work to be done. Since then further reports have been discussed in a number of settings including the Children, Young Peoples and Families Cabinet Panel on 12 November 2019.

The whole system approach to the emotional health and mental wellbeing of children and young people is led by the CYP Emotional Health and Mental Wellbeing Board. This is currently chaired by David Evans, Managing Director, Herts Valleys CCG. The Board also includes Jenny Coles as Director of Children’s Services and other senior representatives from HCC and partners. The Board also links in to the Integrated Care System (formerly STP) Womens and Childrens workstream.

The CAMHS Transformation Plan is refreshed annually with the most recent update completed in December 2019.

It is recognised that the current CAMHS system offers a range of support for CYP and their families across the continuum of need, but this isn’t always well co-ordinated and is often focused at the higher end of the continuum of need.

In response to this, service leads from Hertfordshire County Council’s (HCC) Children’s Services, Hertfordshire Community NHS Trust (HCT) and Hertfordshire Partnership NHS Foundation Trust (HPFT), with support from Integrated Health and Care Commissioning Team (IHCCT), have been working together to explore how we can work collaboratively as a system to strengthen the Early Help offer for children, young people, their families and the professionals that support them and develop an improved offer of support across the whole CAMHS system.

There is concern about the impact of the covid-19 pandemic on the emotional wellbeing and mental health of children and young people.

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**QUESTIONS TO BE ADDRESSED:**

1. What are the emotional health and mental wellbeing needs of children and young people in Hertfordshire?
  - a. What are the prevalence rates of different conditions?
2. What services currently exist to support children and young people with their mental health? (From preventative and early intervention services to specialist services).
  - a. Who provides these services and who funds them?
  - b. How are current services performing – waiting times, numbers of children and young people seen, outcomes
  - c. What gaps exist in the system?
  - d. How well do services work together?
  - e. What impact has Covid had on these services?
3. What has changed since the national NHS CAMHS Transformation programme was launched in 2015?
  - a. What new services and service improvements are now in place?
  - b. What still needs to improve?
4. What are the plans to improve the emotional health and mental wellbeing system over the next few years?
  - a. What can we learn from successful approaches elsewhere?

**OUTCOME:**

1. Members have a better understanding of the whole system for emotional health and mental wellbeing for children and young people in Hertfordshire
2. How the impact of covid-19 has been addressed by agencies

**CONSTRAINTS:**

**LEAD OFFICERS**

Marion Ingram, Operations Director, Specialist Services, Children's Services  
Simon Pattison, Head of Integrated Health and Care Commissioning

**DATE: 17 August 10am, (via Teams)**