

Future in Mind Portsmouth

Promoting, protecting and improving our children and young people's mental health and wellbeing

Introduction

A National Children and Young People's Mental Health Taskforce was established in September 2014 to consider ways to make it easier for children, young people, parents and carers to access help and support when needed and to improve how children and young people's mental health services are organised, commissioned and provided.

The final report Future in Mind – Promoting, protecting and improving our children and young people's mental health and wellbeing was published by the government in March 2015.

The report sets out the challenges and a clear national ambition to transform the design and delivery of services for children and young people. These proposals include promoting resilience, prevention and early intervention;

improving access to effective support; care for the most vulnerable and developing the Children and Young Persons workforce.

A review is underway in Portsmouth focusing on how services are provided to children, young people and their families across the city and we have been successful in securing £2m worth of funding over the next 5 years which will be used to transform service provision.



Image with thanks to Leanne Walker,
GIFT Young Sessional Worker

Impact of Mental Health on Children and Young People

The mental health and emotional wellbeing of children and young people are of crucial importance and as such have a major impact on life outcomes.

- Research indicates that half of lifetime mental health problems start by the age of 14
- Between 25–50% of adult mental illness may be preventable with appropriate interventions in childhood.
- One in 5 young women aged 16–24, has some form of eating disorder and those with most disadvantaged backgrounds are the most at risk
- Young adult offenders are three times more likely to have a mental health problem
- Suicide is the second largest cause of death after road traffic accidents for young people aged 15–24
- Young adults in custody are 8–10 times more likely to commit suicide
- Self-harm is most common in young women – it is estimated that over one third of girls will self-harm at some point in their lives

PORTSMOUTH

Population
205,000

24%
of children in the
city live in poverty
compared to 20% in England

Total number of children
and young people
0–19 in 2014 was
50,255
the estimated number
with a mental health
need was
8,940

Children and young people's mental health in Portsmouth

NHS Portsmouth Clinical Commissioning Group and the Local Authority commission Solent NHS Trust to deliver Children and Adolescent Mental Health Specialist services in Portsmouth.

Investment in children and young people's specialist mental health services for 2015–16 for Portsmouth is £2.9m.

The expected waiting times for Children and Adolescent Mental Health Service (CAMHS) services are as follows:

- Urgent – 24 hours
- Priority – 72 hours
- Routine – 3–4 weeks
- Telephone contact is attempted with all referrals within 2 working days

In 2014/15 CAMHS services received 2,346 referrals, of these approximately 2,146 were accepted with the remaining 200 referrals being signposted to more appropriate support.

A full description of the services on offer can be found by visiting www.solentcamhs.nhs.uk and clicking **I live in Portsmouth**.

Transformation Plans

Portsmouth's draft transformation plans have been developed following completion of a self-assessment, analysis of what we currently know and consultation and engagement with a range of stakeholders. These plans will be further developed in future as we progress with ongoing consultation and more detailed analysis of the services we offer.

Some of the key points from our draft transformation plan include:

What we will do	What will change
Create a self-harm awareness campaign and continue to develop the self-harm pathway for the city	Greater awareness from children, young people and parents about self-harm, promotion of positive coping strategies and the support available for those affected.
Commission a lower threshold open access counselling service that supports children, young people and families	More support is available earlier on for children, young people and families where problems arise that prevent more serious problems developing.
Develop opportunities for children and young persons' peer support	More opportunities for children and young people to support one another with their mental health and develop positive coping strategies.
Enhance the existing infant mental health service	More support for parents and children that strengthen the attachment between parent and child therefore avoiding early trauma and building resilience.
Develop support for women during and after pregnancy	More support for families to enable early intervention, develop coping strategies and maintain good mental health.
Enhance the existing eating disorder offer for young people	School based staff will be better equipped to identify and support young people with eating disorders and there will be more home treatment support to young people and families.
Enhance the support for children, young people to manage and prevent mental health crisis	More young people will be supported when in a crisis at home therefore avoiding potential admission to hospital.
Build the skills of staff who work with children and families that include schools across the city.	A workforce across young people's services and schools that is equipped with the skills, training and experience to best support children and young people's emotional and mental wellbeing.

Next steps and how to get involved

We will be working on our plans over the next 6 months and they will be developed by Summer 2016 in consultation with children, young people, parents and carers.

We welcome your views on how you feel support could be provided and how you would like to access it, by completing one of the following short surveys, if you are a young person (0–19 years old) www.surveymonkey.co.uk/r/futureinmindCYP, if you are a parent/carer www.surveymonkey.co.uk/r/futureinmindPC or by emailing feedback and ideas to: futureinmind@portsmouthcc.gov.uk