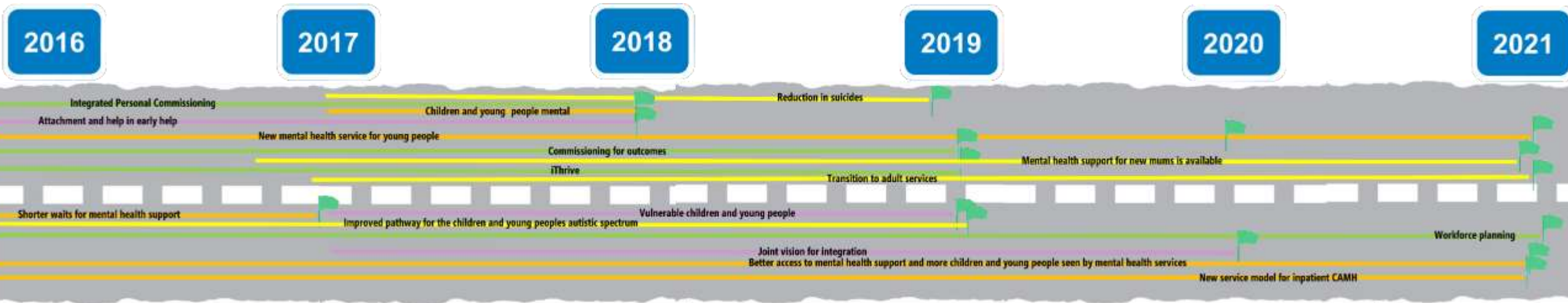




**NHS**  
*Tower Hamlets*  
*Clinical Commissioning Group*

# **Transformation Road Map for Children and Young People's Mental Health and Wellbeing**

# Tower Hamlets Transformation Road Map for Children and Young People's Mental Health and Wellbeing



We have started on a journey to transform our services by 2021

- Increase the proportion of children and young people seen by services to 35% of the population with a diagnosable mental condition
- Move towards more integrated services
- Focus on system improvements for specific groups
- Put in place enablers for the whole system

# **Increase to 35% of Diagnosable Population Seen by Services (1)**

**We aim to see 40% more children and young people by 2021 for evidence based treatments, compared to 2015 by :**

**More staff**

**Accredited training (CYP IAPT)**

**Better links with schools**

**New training for schools**

**A digital offer for mental health**

**Stronger engagement with young people**

**Reaching all Tower Hamlets' ethnic groups**

# **Increase to 35% of Diagnosable Population Seen by Services (2)**

## **Shorter waits**

We will continue to reduce waiting times for specialist mental health appointments

## **New young people's mental health service**

Step Forward will implement their innovative service for 14 to 21 year olds, provisionally called Stepping Stones

## **CYP mental health crisis response**

Plan and deliver a more joined up response to young people who experience a mental health crisis

## **New service model for inpatient CAMHS**

Commission a new service model in North East London for Tower Hamlets children who require acute treatment

# **Integrated Services**

## **Joint vision for integration**

All young people should access youth work, early help and mental wellbeing together as a matter of course, whilst those with specific needs receive joined up help

## **Vulnerable children and young people**

Improve services and outcomes for vulnerable children, including those who are Looked After and those in the criminal justice system

## **Attachment and help in early years**

Support parent child attachment by strengthening help in early years

# **Focus on System Improvements**

## **Mental health for new mothers**

Improve our offer for pregnant women and new mothers, and increase specialist support for those who need it

## **Transition to adult services**

Take further measurable steps to improve continuity and outcomes up to the age of 25

## **Improved pathway for those on the autistic spectrum**

Join up services for children and young people and their families, offering more support and shorter waits for mental health assessment

## **Reduction in suicide**

Our Tower Hamlets suicide prevention plan will include children and young people, contributing to a 10 per cent reduction for all ages by 2021

# **Whole System Enablers**

## **Commissioning for outcomes**

**We will work in partnership to show measurable improvement in mental health outcomes for both those who experience problems, and longer term prevention**

## **Workforce planning**

**We will publish plans to recruit, retain and train the staff we need over the next five years**

## **iThrive**

**Tower Hamlets CAMHS will pilot this new model based around shared decision-making and partnership with parents**

## **Integrated Personal Commissioning**

**As part of a national demonstrator project, we will pilot Integrated Personal Commissioning for children and young people with Education Health and Social Care Plans**