

The responses below are part of a co-ordinated programme of work across the Council, CCG and providers to transform mental health and emotional wellbeing services for children and young people, delivered in response to the joint Mental Health Strategy and CYP Mental Health and Wellbeing Transformation Plan.		
Action	Responsibility	Date
Recommendation 1: That the council and Tower Hamlets Clinical Commissioning Group (THCCG) work with the voluntary and community sector to support and strengthen early intervention services in the borough.		
The Council prioritised emotional health and wellbeing in the children and families strand of the Council’s Mainstream Grants Programme and a number of organisations, including Step Forward and Toyhouse Libraries provide services that support children, young people and families emotional health and wellbeing needs. We also commission Docklands Outreach who are a key partner in the Improving Access to Psychological Therapies (IAPT) programme have trained IAPT practitioners and deliver services on behalf of children’s social care. All services complement and prevent escalation to specialist CAMHS. We are also in the process of better coordinating our early help offer in children’s services which will include those delivered by our third sector partners and these will include emotional health and wellbeing services.	Nasima Patel/Karen Badgery (LBTH)	December 2016
LBTH Public Health is running 2 year pilot programme “Better Beginnings” through which 4 x VCS based locality Parent and Infant Wellbeing Coordinators recruit and supervise team of peer supporters/volunteers to provide support for local parents and carers during pregnancy and the first year of the baby’s life. Primary focus is promoting maternal mental health, supporting secure emotional attachment, parent/infant communication, sensitive attuned parenting and peer support. Organisations report quarterly on activity; multi-agency steering group meets to support work quarterly; evaluation April 2017	Simon Twite (LBTH)	Evaluation April 2017
TH CCG has commissioned a Young People’s Mental Health Service from Step Forward, a local charity working in partnership with Docklands Outreach on a three year contract, following a competitive procurement. From 1 January 2017, the service will provide: (a) additional mental wellbeing services working with local youth services, (b) evidence-based individual and group	Martin Bould (CCG)	Stepping Stones service commenc

<p>counselling, and (c) joint programmes with more specialist services. This is designed as an innovative, flexible, accessible and responsive service delivered on a partnership basis from a number of locations for young people aged 14 to 21, providing early intervention and a model which complements specialist CAMHS. The pilot phase of implementation will report in July 2017, showing the number of young people reached and the number of local partnerships established.</p>		<p>es January 2017, initial report July 2017</p>
<p>Recommendation 2: That the council, CCG, specialist CAMHS and local services raise awareness of mental health issues, before children and young people reach specialist services, by promoting patient stories and examples of what mental health issues can turn into, with particular focus on BME communities.</p>		
<p>LBTH Healthy Schools programme (delivered by LBTH Healthy Lives team) delivers work to support schools to support pupils’ emotional health & wellbeing, including giving pupils a voice, anti-bullying work, raising self-esteem and promoting a positive body image. Model informed by WHO Health Promoting Schools framework. 84% of primary school and 87% of secondary schools in TH have Healthy Schools London Status Bronze Accreditation (highest in London).</p>	<p>Kate Smith (LBTH)</p>	<p>Ongoing</p>
<p>LBTH Public Health-commissioned Mental Health First Aid (MHFA) training for voluntary sector, Local Authority and health organisations (increasing knowledge and skills to support early identification/intervention); patient stories are key part of teaching; in 2016/17 – additional funding obtained to deliver a Mental Health First Aid Instructors Programme - a train the trainer programme in order to sustain the learning and impact of the programme. The programme will train 12 healthcare professionals by March 2017.</p>	<p>Sukhjit Sanghera (LBTH)</p>	<p>MHFA – 12 trainers trained by March 2017</p>
<p>The CCG, through the jointly agreed Local Transformation Plan, has commissioned 8 local organisations and 5 national organisations to deliver a series of awareness activities as a local campaign from July to the end of 2016. The Mix on-line awareness and information pilot uses patient stories, and the HealthWatch video includes 4 mini-dramas created by young people. The programme includes outreach and dedicated sessions for Bangladeshi parents. Reports are due in November 2016 (The Mix pilot) and October 2016 (HealthWatch). The CCG has awarded an innovation bursary to the Somali Integration team (a project to place Somali volunteers in 10 GP practices to aid outreach & support better experiences of GP surgeries for Somali women) and will discuss with them mental health awareness as this was an issue raised</p>	<p>Martin Bould (CCG)</p>	<p>Transform ation reports on awareness November 2016 Somali Integratio n health</p>

<p>at the Somali Health Day in 2015. The project will work in 10 GP practices will recruit 12 volunteers and aims to reach between 50 and 60 women by March 2017</p>		<p>volunteers outreachin g by March 2017</p>
<p>Recognising that some referrals to specialist CAMHS are inappropriately made – research suggests between 20-25% - a Triage team has been established to review all new referrals to the service. Young people not requiring a specialist provision are signposted to web based or third sector provision. In a few instances and where considered clinically appropriate, young people are offered 1-2 appointments to talk through their concerns. The Triage provision includes a Bi-Lingual Co-Worker who speaks Sylheti and Bengali improving engagement with the majority Bengali community in Tower Hamlets. This provision builds resilience and helps to raise awareness of mental health matters at an early stage. Service user participation groups support the wider dissemination of mental health knowledge and understanding.</p>	<p>Bill Williams (CAMHS)</p>	<p>Ongoing</p>
<p>Recommendation 3: That the council ensure all frontline professionals who come into contact with children regularly or/and in a professional capacity (not just mental health professionals) are able to identify children with mental health issues and know what to do once they have identified a vulnerable child.</p>		
<p>LBTH Public Health has funding from Health Education England (through TH CCG Community Education Provider Network) to develop and deliver multi-disciplinary parent and infant emotional health and wellbeing training programme in 2016/17. It will work with Public Health, LBTH Early Years/Children’s Centres, CAMHS, Primary Care, Tower Hamlets Community and Voluntary Sector, Bart Health Maternity Service, TH Health Visiting service and TH Family Nurse Partnership (FNP). Its aim is to build on the existing knowledge and capacity of local maternity and early years services to strengthen integrated working across services in order to provide appropriate, accessible and joined up support for parents and infants during pregnancy and the first year of life. A programme of workshops in localities will be complete by February 2017 and an evaluation report completed in April 2017. Between 108 and 148</p>	<p>Simon Twite (LBTH)</p>	<p>Training complete February 2017, evaluation April 2017</p>

<p>staff will receive training</p>		
<p>TH School Health Service attracted funding to run Young Minds Empowerment Programme (2014/15 – 15/16), an empowerment and training programme to upskill/support School Nursing teams to better identify and support young people with emotional and mental health concerns. Knowledge and skills to be built up across whole workforce, reporting on impact from 2016/17 academic year.</p>	<p>Simon Twite (LBTH)</p>	<p>Impacts reported from 2016/17 academic year</p>
<p>As a key preventive health service, Health Visitors undertake a holistic assessment of the family and parental capacity to meet their infant’s needs, enabling early identification of needs and risk. Preparing for adulthood and the early years are an important opportunity for prevention and early intervention. The service facilitates early identification of the potential risk for domestic violence and abuse, and through provision of early help can reduce the potential for these factors escalating into more serious concerns, including increased risk of longer term poor emotional and mental health outcomes. New contract with new provider from April 2016, service reviewing structures and caseloads in order to increase capacity; quarterly delivery reviews; under previous provider service carried out 977 new birth visits (98.2%) within Q4 2015/16.</p>	<p>Esther Trenchard-Mabere (LBTH)</p>	<p>Contract reports caseload quarterly</p>
<p>LBTH Public Health was funded 2015/16 from Health Education England (through TH CCG Community Education Provider Network) to develop and deliver multi-disciplinary Mental Health First Aid training for voluntary sector, LA and health organisations (increasing knowledge and skills to support early identification/intervention). Over 181 people took part, including social workers, housing providers, police, probation, employment services, sheltered homes, community workers and health trainers. As described in response to Recommendation 2 above, funding was obtained for 2016/17 to deliver a Mental Health First Aid Instructors Programme - a train the trainer programme in order to sustain the learning and impact of the programme.</p>	<p>Sukhjit Sanghera (LBTH)</p>	<p>See Recommendation 2 above</p>
<p>Recommendation 4: That the council reviews the data it holds on care leavers and pregnancy to investigate if there is a link between care leavers, teenage pregnancy and mental health issues.</p>		

<p>We know there are currently 25 care leavers who are either pregnant or who are mothers. They are referred to Step Forward for advice, information and support. In addition, young mothers also receive support from the borough’s midwifery service and if they have significant needs through the Family Nurse Partnership. We will explore whether there are any links between teenage pregnancy for this cohort and mental health issue.</p>	<p>Nasima Patel/Khalida Khan/Public Health (LBTH)</p>	<p>March 2017</p>
<p>Recommendation 5: That the council undertakes further work with young care leavers to educate them on sexual health</p>		
<p>LBTH Public Health to explore options for working with care leavers with commissioned VCS sexual health services (Step Forward).</p>	<p>Chris Lovitt (LBTH)</p>	
<p>Recommendation 6: As part of any future re-refresh of the Local Transformation Plan, the council, CCG and partner agencies should consider how services can be improved for children and young people who are in contact with criminal justice services, and who have a higher vulnerability to mental health problems.</p>		
<p>The Council’s Youth Offending Service has a specialist CAMHS practitioner embedded within the service to identify and support young people with emerging mental health issues and refer to specialist services those with an identified need.</p>	<p>Nasima Patel (LBTH)</p>	<p>On going</p>
<p>Working in partnership with Children’s Social Care and other local agencies, including ELFT, the police, RLH and the voluntary sector, the CCG is developing a co-commissioning project to strengthen mental health pathways for young people in contact with the criminal justice system. A Memorandum of Agreement with NHS England regarding funding for this project is due to be drawn up in September 2016.</p>	<p>Martin Bould (CCG)</p>	<p>Agreement for local project by September 2016</p>
<p>Recommendation 7: That the council and THCCG strengthen engagement and training for CAMHS service users to empower them with the skills and knowledge to effectively contribute to service development.</p>		

<p>The local Children and Young People’s IAPT programme has an engagement strand which is led by a parent. The aim of the work stream is to engage and empower service users to contribute to service developments. IAPT itself also puts the service user at the centre of the service and empowers them to actively engage and make decisions about their care at an individual level.</p>	<p>Nasima Patel (LBTH)/Bill Williams (ELFT)</p>	<p>On going</p>
<p>The Council’s Parent and Family Support Service has developed an engagement programme with the Youth Council and All Ability forum to train parents and young people in mental health awareness. A programme of activities to March 2017 will be developed. Resources came from jointly agreed NHS England Transformation money and CAMHS and Schools Link training pilot funds, routed through the CCG. This work will contribute to the awareness campaign projects, and contribute to mental health procurement. The Mix’s digital campaign includes training for young editors and co-commissioning workshops: an evaluation workshop with young people will be held in September 2016.</p>	<p>Terry Parkin (LBTH)/Martin Bould (CCG)</p>	<p>Co-commissioning workshop Sept 2016 PSS report March 2017</p>
<p>Recommendation 8: That the THCCG work with CAMHS to review GP training in children and young people’s mental health, including raising awareness of referral pathways for service users.</p>		
<p>The CCG in partnership with the ELFT CAMHS has promoted training for GPs through protected learning time and has also promoted GP training through the national charity B-EAT. As part of the jointly agreed transformation plan, the CCG agreed a programme with CAMHS to develop GP awareness (described below). This will be reported in November 2016.</p>	<p>Martin Bould (CCG)</p>	<p>Report on GP training November 2016</p>
<p>Specialist CAMHS also contribute information on service developments to the Tower Hamlets GP Bulletin.</p>	<p>Bill Williams (CAMHS)</p>	<p>Ongoing</p>
<p>Recommendation 9: That the council, THCCG, and Tower Hamlets CAMHS work with community leaders to improve cultural understanding of mental health and raise awareness of the services in place to support residents with a mental health need.</p>		
<p>LBTH Public Health commission Flourishing Minds programme; 3 aims – promoting awareness of mental well-being, improving mental health literacy and reducing stigma. One of 3 aspects is working with Somali women (provider is the Somali Integration Team). A series of workshops</p>	<p>Sukhjit Sanghera (LBTH)</p>	<p>Complete</p>

<p>were planned for summer 2016.</p>		
<p>The CCG has developed a community commissioning panel which will advise on local engagement, and for three years has funded patient leader programmes, which involve local community members in health improvement projects. The Mark Your Mind awareness campaign described above also engages community leaders explicitly in mental health awareness. As part of the jointly agreed transformation plan, the CCG funded 5 training events for school governors. Final reports will be available in January 2017.</p>	<p>Martin Bould (CCG)</p>	<p>Awareness campaign final reports January 2017</p>
<p>-Specialist CAMHS staff attend Working with Muslim Families Seminars. -Specialist CAMHS has been expanding its pool of Bilingual Support Workers speaking the variety of local languages.</p>	<p>Bill Williams (CAMHS)</p>	<p>Ongoing</p>
<p>Recommendation 10: That the council, THCCG and CAMHS undertake work to reduce the stigma of mental health including rebranding and renaming services.</p>		
<p>LBTH Public Health commission Flourishing Minds programme; 3 aims – promoting awareness of mental well-being, improving mental health literacy and reducing stigma.</p> <p>3 components: 1) young people with a focus on NEETS and young people in supported accommodation (provider is Look Ahead) 2) Somali women (provider is the Somali Integration Team - see Recommendation 9 above) 2) Male offenders (provider is Providence Row).</p>	<p>Sukhjit Sanghera (LBTH)</p>	
<p>The programme of work described above addresses stigma – for example, the awareness campaign (Mark Your Mind – as in response to Recommendation 2 above), and the new young people’s mental health service (Recommendation 1). Step Forward are developing a new brand identity for the latter service, provisionally using the name Stepping Stones (as described in response to recommendation 1 above)</p>	<p>Martin Bould (CCG)</p>	<p>As in response to recommendation 2 above</p>
<p>-Specialist CAMHS have appointed two participation workers who work directly with young people and parents to improve feedback loops</p>	<p>Percy Aggett (CAMHS)</p>	<p>Ongoing</p>

<ul style="list-style-type: none"> -We are developing our links with the PACSEN group to provide input in terms of advocacy and representing parents in our management team -We have a group looking at improving our leaflets and web design -Our conduct disorder team is creating innovative non-stigmatising therapy groups 		
<p>Recommendation 11: That CAMHS consider ways to make the service more accessible through reviewing their workforce to ensure it is reflective of the community.</p>		
<ul style="list-style-type: none"> -Specialist CAMHS is improving its Bilingual Co-Working Service by rebranding these workers as Cultural Consultants -Currently 20% of the workforce is Bangladeshi and we are seeking ways to improve this via our Equalities group -An Equalities group has been formed, meeting on 23/9 to scope the workforce composition in the context of a major research paper from NHS England. 	<p>Percy Aggett (CAMHS)</p>	<p>Ongoing</p>
<p>Recommendation 12: That the council, THCCG and CAMHS improve engagement with children and families in order to increase awareness of mental health in all communities in the borough.</p>		
<p>The partnership with Parent and Family support service described in response to recommendation 7 describes the CCG’s joint work with the Council. A group of Mark your Mind champions will be established with activities in September and October designed to get young people’s views.</p>	<p>Martin Bould/Jill McGinley (CCG)</p>	
<ul style="list-style-type: none"> -Specialist CAMHS provide a welcome call to all new service users of the service -Specialist CAMHS runs over 12 well attended groups for different sorts of wellbeing problems -We are in the process of setting up drop-in locations -Each school in TH has a named person at specialist CAMHS -As a member of CYPIAPT, goal based outcomes are used routinely, which research shows increases engagement 	<p>Percy Aggett(CAMHS)</p>	<p>Ongoing</p>
<p>Recommendation 13: That the council undertakes an audit to check the usage and success of the CAF system in Children Centres and other universal services.</p>		

<p>There are regular reviews of the CAF system and the next review will consider usage in children’s centres and other services.</p>	<p>Terry Parkin (LBTH)</p>	
<p>Recommendation 14: That the council and THCCG raise awareness about mental health and support services amongst non-MH staff working with young people to improve accessibility to appropriate support.</p>		
<p>Children’s social care has embedded CAMHS practitioners in social work teams in order to develop the capacity of social work staff to better identify and respond to the emotional health and wellbeing needs of children and young people known to social care. The programmes above also provide information on where this work is happening across universal services.</p>	<p>Nasima Patel (LBTH)</p>	<p>Ongoing</p>
<p>The CCG, CAMHS and Education Psychology, have cooperated to deliver a national pilot training programme for 24 schools (attended by two staff members from each school for two separate days). A follow up event in Tower Hamlets has been scheduled for 18 October 2016 and a national evaluation report is also due at the end of 2016 (date to be confirmed). The CCG has also funded (again through jointly agreed transformation monies) training for GPs in eating disorder awareness (8 and 28 September 2016), and has supported CAMHS to develop a programme of GP awareness training and briefing to GP networks about services and referrals, as described in response to Recommendation 2 above.</p>	<p>Martin Bould (CCG)</p>	<p>Schools network event in October 2016 – others as in Recs. above.</p>