From: Carolyn Wales

Children, Young People, Families and Relationships Unit, Mental Health and Social Care Directorate

22 February 2021

Minister for Mental Health

**CHILDREN AND YOUNG PEOPLE’S MENTAL HEALTH AND WELLBEING JOINT DELIVERY BOARD**

**Purpose**

# To provide an update on the establishment of the Children and Young People’s Mental Health and Wellbeing Joint Delivery Board which will replace the Children and Young People’s Mental Health and Wellbeing Programme Board.

**Priority**

# **Urgent.** It would be helpful to have any comments prior to COSLA Leaders discussing the new Delivery Board at their meeting on Friday 26February 2021.

**Background**

1. The Scottish Government’s Mental Health Transition and Recovery Plan outlines the Scottish Government’s response to the mental health impacts of Covid-19. It addresses the challenges that the pandemic has had, and will continue to have, on the population’s mental health. The Plan included the commitment:

*In partnership with COSLA,* *review the deliverables, remit and membership of the Children and Young People’s Mental Health and Wellbeing Programme Board in light of Covid-19*

The original aims of the Children and Young People’s Mental Health and Wellbeing Programme Board have been reviewed and either achieved or - with approval of the board - have evolved into the refreshed deliverables. The Children and Young People’s Mental Health and Wellbeing Joint Delivery Board will be the next phase of this process.

1. The Programme Board was originally convened to oversee a set of reforms designed to ensure children, young people and their families receive the mental health and wellbeing support they need, when they need it, underpinned by the values, principles and components of Getting it right for every child. The Programme Board has progressed the [recommendations of the Children and Young People’s Mental Health Taskforce](https://www.gov.scot/publications/children-young-peoples-mental-health-task-force-recommendations/), with a focus on prevention and early support as well as promotion of good mental health. This included progressing the recommendations of the Youth Commission on Mental Health and the Audit of Rejected Referrals. Key to its approach has been the development of a coherent, whole system approach; and crucially that the voices and experiences of children, young people and their families remained central to decision making and service design. These reforms will remain a central focus of the Joint Delivery Board.
2. The final meeting of the Programme Board in December 2020 included an update on the progress of each of the actions which can be found at Annex A. Due to Covid-19 a number of actions were delayed and remain outstanding. Programme Board members recommended that outstanding deliverables should be taken forward under a more streamlined, action focused structure.

**Purpose**

1. The new Board will continue to ensure the development of a coherent, whole system approach with a focus on the pathways and journeys children, young people and their families may take. Officials and COSLA colleagues have reviewed the outstanding actions and next steps and revised the proposed deliverables which include:

* Enhancing existing community based supports and developing innovative new approaches for emotional/mental distress.
* Enhancing the crisis support available to children and young people.
* Supporting Mental Health pathways and services for vulnerable children and young people, aligned to the work of the Promise.
* Developing a support programme to enable the implementation of the CAMHS service specifications.
* Agreeing and supporting the implementation of a neurodevelopmental service specification/principles and standards of care.
* Developing a programme of education and training to increase the skills and knowledge required by all staff to support C&YP mental health.
* Working jointly with the Perinatal and Infant Mental Health Programme Board to consider what is currently available and what is required in the future to support the mental health and wellbeing of 3-5 year olds across Scotland, and produce recommendations for further action.
* Effective communication. Though a selection of appropriate media platforms we will ensure:
* Information on the work of the programme board reaches stakeholders, young people, parents and families;
* Information on the interconnecting work of other boards reaches relevant stakeholders; and
* Information on how to access mental health support is available to staff supporting CYP.

1. Further detail on each of the deliverables can be found at Annex B. As noted above, the deliverables will be discussed and agreed by COSLA Leaders at a meeting on 26 February 2021. Any amendments requested following this meeting will be discussed with senior SG officials and you will be updated immediately.

**Membership**

1. The Joint Delivery Board will be co-chaired between Donna Bell, Director of Mental Health, Scottish Government and COSLA. The Board will be made up of a number of key stakeholders from the previous Board and include representation from the following organisations:

* Association of Scottish Principal Educational Psychologists **(**ASPEP)
* Association of Directors of Education in Scotland (ADES)
* Social Work Scotland
* SOLACE
* Integration Joint Board (IJB) Network
* Scottish Council for Voluntary Organisations (SCVO)
* NHS Education for Scotland (NES)
* Young Person representation
* National Parent Forum of Scotland
* Perinatal and Infant Mental Health Programme Board
* NHS Chief Executive
* CAMHS Lead Clinician

**Joint Delivery Board Reporting and Structure**

1. The Joint Delivery Board will report on progress of the deliverables to Scottish Ministers, COSLA Leaders and the relevant COSLA Spokespeople on a regular basis (in line with Board meetings). In addition, where required, task and finish groups will be established by the Board to progress specific deliverables. Membership will be tailored to the specific deliverables but is likely to include representatives from the previous Programme Board and local government, bringing together those best able to implement the necessary actions. The Board may also nominate new organisations with expertise to join the task and finish groups. Each task and finish group will report on progress to the Joint Delivery Board on a regular basis; the frequency will be dependent upon the action to be taken forward. It is expected that the work of the Board will be completed by December 2022.
2. Subject to the agreement of Scottish Ministers and COSLA leaders to the new structure and deliverables, the first two Delivery Board meetings will take place 2 months apart, with the first meeting taking place on 24 March. Thereafter, meeting frequency will be informed by the wider context and the needs of the task and finish groups. The Terms of Reference will be updated and agreed by the Joint Delivery Board to reflect the work being taken forward. A meeting will be arranged with the Minister and a COSLA Leader to update on progress following the second Board meeting which will take place in May 2021.

**Children and Young People and Parental Participation**

1. As outlined above, a young person and a parent body representative will sit on the Joint Delivery Board. In addition, task and finish groups will be expected to engage with a wide range of children and young people and their families using existing and (if appropriate) new fora. The aim is to enable meaningful engagement, ensuring diverse and representative views are captured to inform decision making. This process will be assisted by the Board’s youth engagement officer. A set of principles for children and young people will be developed and these will be underpinned by Article 12 of the UNCRC to ensure every child has the right to be heard in matters affecting them and to participate in the life of their family, community and society.

**Recommendation**

1. You are invited to:

# note the information provided

# Approve the format of the Delivery Board described above at paras 9, 10 and 11

# Approve the proposed deliverables at Annex B

# Officials would be happy to meet with you virtually to discuss further.

Carolyn Wales

Children, Young People, Families and Relationships Unit

Mental Health and Social Care Directorate

**22 February 2021**

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| **Copy List:** | For Action | For Comments | For Information | | |
| Portfolio Interest | Constit Interest | General Awareness |
| First Minister  Deputy First Minister and Cabinet Secretary for Education and Skills  Cabinet Secretary for Health and Sport |  |  |  |  | x  x  x |

|  |  |
| --- | --- |
| DG Health and Social Care  DG Education, Communities and Justice  Donna Bell (Director, Mental Health)  Gail Gorman (Chief Exec, Education Scotland)  Michael Chalmers (Director, Children and Families)  Mairi Macpherson – DD Improving Health and Wellbeing  Iona Colvin, (Chief Social Work Adviser)  Graeme Logan (Director, Learning)  Sam Anson (Deputy Director, (Learning)  Hugh McAloon (Deputy Director, MHSC)  Angela Davidson (DD MHSC)  Stephen McLeod  Maggie Fallon  Ruth Christie  Neil Guy  Elaine Lockhart  Cathy Richards  Ally Winford  Della Robb  Harriet Waugh  Helen Crompton  Zahra Hedges  Sinead Power  Laura Meikle  Phil Alcock  Laura-Ann Currie  Lorna Aitken  Davie Hutchison, Special Adviser  Health Comms |  |

**Annex A**

**Children and Young People’s Mental Health and Wellbeing Programme Board – December 2020 Update on deliverables**

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| **Stream** | **Deliverable** | **Update (please include context and any other relevant information as the Board may not refer back to previous paper)** |
| **Intermediate** | 1. Enhancing existing community based supports and developing innovative new approaches for emotional/mental distress | * Pro rata share of £15million has been awarded to all Local Authorities (£3.75m Jan-Mar 2021) to develop services in line with the Framework.  Scottish Government and COSLA agreed to the sharing of high level local plans covering how needs will be met. The majority of these plans have now been received. * Plan sharing has supported a better understanding of local priorities, timelines, challenges and what local provision might look like. It is likely that the majority of local authorities will not have allservices in place from January as intended, with delays related to capacity and the pandemic response. However, significant progress is anticipated  between January and March, with a full suite available from April 2021. * Support  for local authority leads continues to be delivered including themed online information and networking events and one to one meetings. * An additional £11.25 million has been released to local authorities to enable them to strengthen their support to CYP facing challenges because of the pandemic. Indications of how this funding will be utilised are currently being awaited. |
| 1. Enhancing the crisis support available to children and young people. | This deliverable was paused due to COVID-19. It is now part of the Transition and Recovery Plan and is being further scoped by the Children, Young People, Families and Relationships Team within the MHSC Directorate. |
| **Universal** | 1. Strengthening local partnership planning for improved mental health and wellbeing outcomes | * A number of members from the CPP mental health leads group have been engaged with workstream 1- developing the community based supports for children and young people. In order to avoid duplication we propose that these deliverables are merged. There are regular engagement opportunities to exchange information and share learning. |
| 1. Exploring opportunities to enhance the inspection focus on mental health and wellbeing outcomes | This deliverable has been paused due to COVID-19. It is proposed to continue to pause on any further development of this deliverable. |
| 1. Considering specific pathways for groups of children and young people who may be at increased risk of experiencing mental ill health, in line with GIRFEC | This deliverable has been paused due to COVID-19. We will have further discussion and consider a refocus of this deliverable in line with the PROMISE recommendations. |
| **Specialist** | 1. Developing a CAMHS Service Specification for use across services in Scotland | This deliverable is now complete. Review date to be reassessed given Covid-19 pandemic. |
| 1. Developing a Neurodevelopmental Service Specification for use across services in Scotland | * A number of engagement activities have taken place since the previous CYPMHW Programme Board meeting with a wide range of stakeholders to discuss the ND paper. * Written feedback and contributions received from networks across children and young people’s services. * Task and Finish group met to discuss feedback and develop paper further. * Summary of recommendations to be presented at the next CYPMHW Programme board. * Updated ND paper to be circulated to the CYPMHW Programme board |
| 1. Developing a support and improvement programme for CAMHS and Neurodevelopmental Services across Scotland | * Re-planning required in context of Covid-19 and remobilisation process. The Mental Health Directorate are reviewing its priorities and objectives in light of the impact of the Covid-19 Pandemic, including an enhanced Performance and Improvement Programme for all mental health care groups, including CAMHS and Neurodevelopmental services for Children and Young People. This will be discussed further. * Build on the learning over this period and how recent developments – for example, the move to use technology – may help Boards address long-standing issues around access – and crucially quality – of services |
| **Workforce:** | 1. Developing a programme of education and training to increase the skills and knowledge required by all staff to support C&YP mental health | * Adapted education and training (including coaching and supervision) for remote delivery (both virtual and online) * (e.g., Trauma, parenting, anxiety, low mood, infant & perinatal mental health, suicide prevention, therapies, CAMHS one-year development plan) * Work with schools continues as a high priority, e.g.,158 School Nurses trained in LIAM since March 2020 and 20 Brief BA trainers ready to implement a school-based intervention for low mood * Produced Specific resources in response to pandemic (e.g., resource packs for schools and families about coping during lockdown and on the transition back to school, support for staff wellbeing, how to engage and work with CYP and families remotely) * Over 7,790 participants have registered to use the Solihull Approach Online resources, which includes a new resource for teenagers * Delivery of training and coaching has continued, where possible, throughout this year * Early Intervention Framework on track for publication March 2021 * Knowledge and Skills Framework – full draft was disseminated to reference group 10th November, publish early 2021 * Activities paused – local training needs analysis, local workforce development plans, developing broader national workforce intelligence, work with HEIs and FE * Some impact on consultation processes |

**Annex B**

**Draft Deliverables**

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| **Stream** | **Deliverable** | **Revision and Reasoning** | **Further details** |
| **Intermediate**  **Specialist** | 1. Continue to enhance community- based support for emotional wellbeing/mental distress through ongoing investment and support for local partnerships. | Revised to reflect that this work is underway and to incorporate a previously separate deliverable on supporting local partnership working.  Task and Finish group will focus on:   * Promotion of best practice * Implementation of framework * Support evaluation design     New and enhanced community services are initially set to be funded until March 2022. | Ongoing  6 monthly reporting on the framework  beginning June 2021  Reporting to COSLA Leaders/ SG  Independent evaluation 2021/22 |
| 1. Ensure crisis support is available 24/7 to children and young people. | Revised from ‘enhancing the crisis support available to children and young people’ to give a specific action based on board feedback.  Updated Options appraisal will be presented at the first board meeting reflecting the change in both need and services over the past year. In particular the Mental Health Hub has moved to 24/7. | Timescale – TBC  Task and finish group to be formed subject to discussion of options and associated decisions by the Joint Delivery Board. |
| 1. Support Mental Health pathways and services for vulnerable children and young people, aligned to the work of the Promise. | Revised from ‘consider pathways for more at risk young people’ within the current plan. | Align with the Promise timelines |
| 1. Develop a support programme to enable the implementation of the CAMHS service specifications. 2. Agree and support the implementation of a neurodevelopmental service specification/principles and standards of care. | Revised to reflect progress in across this work and agreements by the previous boards.  Deliverable 4 will primarily look at what is needed to supporting the CAMHS service specifications. It will also build on the learning and how recent developments such as the move to use technology may help Boards address long-standing issues around access and quality of services.  Task and Finish group will focus on:   * Support for implementation * Gap analysis on resources and capacity to support implementation * Reporting on experience of those supported | Timescale TBC  A decision on the formation or otherwise of any task and finish groups will be taken by the Joint Delivery Board.  Timescale TBC |
| **Workforce:** | 1. Developing a programme of education and training to increase the skills and knowledge required by all staff to support C&YP mental health. | No revision to the deliverable | Autumn 2021  A decision on the formation or otherwise of any task and finish groups.  Upskilling the workforce to support children and young people is being progressed across the services and the relevant governance landscape. Focus will be placed on ensuring the offer is joined up, comprehensive, accessible and visible. |
| **Research** | 1. Work jointly with the Perinatal and Infant Mental Health Programme Board to consider what is currently available and what is required in the future to support the mental health and wellbeing of 3-5 year olds across Scotland, and produce recommendations for further action. | New deliverable added to address a gap in strategic oversight for mental health for 3-5 year olds. | Task and finish group to be set up.  Recommendations made to the oversight group for consideration in Autumn 2021. |
| **Communications** | 1. Though a selection of appropriate media platforms we will ensure:   Information on the work of the programme board reaches stakeholders, young people, parents and families.  Information on the interconnecting work of other boards reaches relevant stakeholders.  Information on how to access mental health support is available to staff supporting CYP. | New deliverable following feedback from the programme board on the need for improved communications. | Media channel set up: March 2021  Monthly updates are provided |