



## Local Transformation Plan for Children and Young People's Mental Health and Wellbeing-REFRESH

### SUMMARY DOCUMENT

OCTOBER 2018

Berkshire West CCG area with Reading, West Berkshire and Wokingham Local Authorities

#### **In 2014 we asked you how we could improve emotional wellbeing and mental health services in Berkshire West**

- ✚ You told us that the services were not good enough.
- ✚ You had to wait too long for your next appointment.
- ✚ You did not always like the way you were treated by staff.
- ✚ It was hard to find out how to get help and your family or carer was not getting enough advice.

#### **We have listened to everything you told us.**

In 2015 the Government wrote a report, called Future in Mind, about why changes in mental health services for children and young people are needed. Using this and the things you told us in 2014 we came up with a plan for making mental health services for children and young people in Reading, Wokingham and West Berkshire much better.

**We want every child and young person to get the help they need, when and where they need it.**

We want to make sure that:

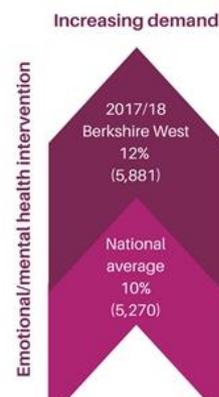
The emotional health and wellbeing services in your local area are working together so that you can get the best possible help at the best possible time. This will mean that

- ✚ It is easy for you to find out how to look after your own mental health.
- ✚ Teachers and people who work with children and young people are able to identify difficulties and help you.
- ✚ You can easily find the help you need and get appointments quickly.
- ✚ If you need help, you will be looked after really well in a place that you find comfortable and safe.
- ✚ You are looked after near your home and fewer children and young people have to stay in a hospital.
- ✚ The switch from child services to adult services is stress-free.
- ✚ We have applied to NHS England for more money so that we can put extra help into schools and reduce waiting times for CAMHs.

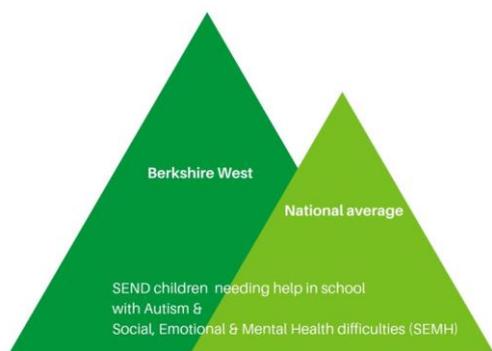
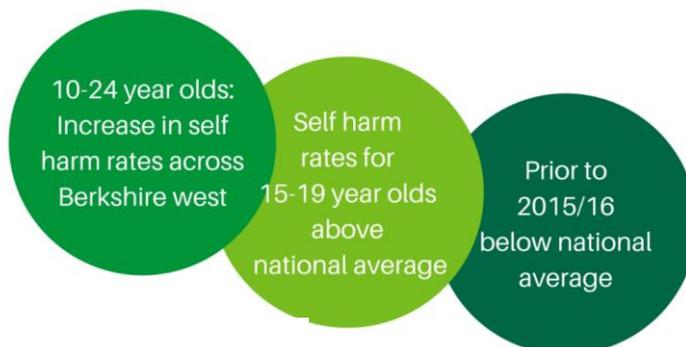
## How does the emotional health and wellbeing of children and young people in Reading, Wokingham and West Berkshire compare with the rest of the country?



### Emotional Health in Berkshire West



More children and young people are asking for help. This is also true nationally.



More pupils in this area have extra help at school due to autism or social, emotional and mental health difficulties than other parts of England.



### We have done a lot to make things better

What you told us was really important. By the year 2021, every child and the people who care for them will get help that is just right for them.

This might feel like a long time to wait, but we have already made a lot of improvements over the past 12 months.

Since last year we:

- ✚ Educated even more school staff, teachers, GPs, social workers and healthcare staff like school nurses so they know how to recognise if you're feeling emotionally vulnerable or mentally unwell and how to get help
- ✚ Trained even more mental health workers
- ✚ Taught parents how to get better at helping you cope with anxiety, ADHD, autism and other mental wellbeing problems. We also made more help available online.
- ✚ Put more help into schools
- ✚ Increased the amount of help for children and young people with anxiety and depression.
- ✚ Increased the amount of help available as problems are starting and before young people get very ill.

- ✚ Spent more money on emotional health and wellbeing support such as youth counselling and CAMHs and got better working as a team of services so support is in place when you need it
- ✚ Introduced emotional health triage where the right type of help is identified more quickly
- ✚ Got better at listening to young people and checking that the help they are getting is making a difference. Most young people told us that their mental health improved and that they felt listened to.
- ✚ Increased the amount of support that is available when young people need urgent help or are nearing crisis. Fewer young people were admitted to hospital with serious mental illness.
- ✚ Increased the amount of help for Young Offenders and young people who are in contact with the police
- ✚ Looked at ways to improve how children excluded from school and in care are supported
- ✚ Organised more joined up services for when you leave in-patient care
- ✚ Worked more with the University of Reading to develop better treatments
- ✚ Moved the Reading CAMHs clinic to a new building at the University of Reading Whiteknights Campus. Young People helped to design the new clinics.
- ✚ Raised public and professionals awareness of mental health and did a lot to reduce the stigma. The #littlebluebookofsunshine is still available.



### **But we still have work to do**

We have made lots of changes which inspectors and the Children’s Commissioner for England say are working well, but there is still more we want to do to make your mental health services the best they can be.

We want to:

- ✚ Make it easier for you and your parents to get information about emotional and mental health online, in schools and other places
- ✚ Offer even more training and support for adults who work with you
- ✚ Ensure that if you are in care, been abused or are in a difficult family situation that you can get help more easily
- ✚ Reduce waiting times – they had got shorter but as more people ask for help, the waiting times are getting longer.
- ✚ See if there is more we can do to improve services for children and young people with autism and ADHD. We want to understand why more people have autism in Berkshire than many other parts of the country.

- ✚ Expand the specialised support that is available if you're in severe emotional distress to help you cope better
- ✚ Make sure that we have enough help available in Berkshire for young people with Eating Disorders so that we can help you quickly and avoid you having to go into hospital.
- ✚ Work with other CAMHS services in the Thames Valley so that if you have to go into hospital this is as close to home as possible

### **More information**

This is a summary of the main report. The full report is available here

<https://www.berkshirewestccg.nhs.uk/media/2516/berkshire-west-future-in-mind-ltp-refresh-oct2018.pdf>

### **Next steps**

We will continue to work on our plans over the next 12 months in conjunction with children, young people, parents and carers. We will review and refresh our plans in autumn 2019.

If you are a young person or parent/carer and would like to share your views on how you feel emotional health support could be provided please contact [bwccg.enquiries@nhs.net](mailto:bwccg.enquiries@nhs.net).

*If you want to speak to someone urgently about a mental health concern, CAMHS and other healthcare professionals are available between the hours of 8am-8pm Monday-Friday for telephone discussion 0300 365 1234.*

*Information about the CAMHS service, other BHFT children's services and the on-line referral form can all be found on the BHFT website: <https://cypf.berkshirehealthcare.nhs.uk>. However call 999 if you are worried about your immediate safety, or go straight to the nearest A&E department*

## Frequently Asked Questions FAQs

### 1. What services are available for young people?

Here is a selection of local sources of support. You will be able to find more using this link:

<https://cypf.berkshirehealthcare.nhs.uk/our-services/mental-health-services-camhs/other-support-in-your-area/>

**Youth counselling** is available in every area. You might be able to access it at school too.

Reading area- No5 Young People [www.no5.org.uk](http://www.no5.org.uk) 0118 901 5668

Wokingham area- ARC Youth Counselling [www.arcweb.org.uk](http://www.arcweb.org.uk) 0118 977 6710

West Berkshire- Time To Talk [www.t2twb.org](http://www.t2twb.org) 01635 760331

**West Berkshire Emotional Health Academy**- If you're aged between 11 and 19, live in West Berkshire and you're feeling down, worried, confused, or you're having trouble with friendships or at home, then the Emotional Health Academy can help.

<http://community.westberks.gov.uk/ehahelp>

### **Berkshire-wide Child and Adolescent Mental Health Service (CAMHS)**

CAMHS works with young people to provide support, advice, guidance and treatment for children and young people with severe or moderate mental health difficulties whose symptoms are having a significant impact in their day to day lives.

These difficulties range from feeling low a lot of the time and worrying about lots of things to finding and fitting in with friends, hearing voices, having significant difficulties around eating, self-harming and even considering killing themselves.

CAMHS and other healthcare professionals are available on the telephone between the hours of 8am-8pm Monday-Friday for discussion, the number to call is 0300 365 1234.

Information about the CAMHS service, other BHFT children's services and the on-line referral form can all be found on the BHFT website here:

<https://cypf.berkshirehealthcare.nhs.uk>

However call 999 if you are worried about your immediate safety, or go straight to the nearest A&E department



**You can also find help in The Little Blue Book of Sunshine at any time**

[www.berkshirewestccg.nhs.uk/little-blue-book](http://www.berkshirewestccg.nhs.uk/little-blue-book)

**Free educational resources** on children and young people's mental health for parents, carers and professionals is available at MindEd. [www.minded.org.uk](http://www.minded.org.uk)



Or at Young Minds <https://youngminds.org.uk/>



## **2. How do I access these services?**

Contact the services using the links above

## **3. Will I need to pay to access the services?**

None of the services listed in this document will charge you.