

### Buckinghamshire Joint Health and Well-Being Board Strategy: Start Well/Mental Health Action Plan

<b>JH&amp;WBB Action 1: Increase access to mental health support for Children and Young People (CYP) in response to need (including early support to mitigate demand on specialist services).</b> <i>Rationale: National data show that not all children and young people are able to access mental health support when they need it. We want to make sure that more children and young people that need mental health support in Buckinghamshire can access it.</i> <b>Health and Wellbeing Board Performance Hub Metric: The number of children and young people (aged under 18) that have accessed support from NHS funded community services and school or college based Mental Health Support Teams in the last 12 months</b>					
Ref	Detailed Actions	Lead	Dates	Baseline	Progress data
Prevention and Promotion	Facilitate new project to extend parenting programmes in Opportunity Bucks wards for a range of ages.	BC Public Health / Family Support Service	2023-25	N/A	Increased access in the Opportunity Bucks wards. No of staff trained
	Delivery of Psychological Perspectives in Education & Primary Care (PPEPCare) training to schools and other professionals	OHFT (CAMHS)	2023-25	N/A	PPEPCare participation numbers and feedback
Right help, in the right place when they need it	Facilitate the roll out of further Mental Health Support Teams	OHFT (CAMHS) / BC (Integrated Commissioning) / Buckinghamshire Schools	2023-24	April 22 95 Schools covered.	Number of schools with MHST % Pupil population coverage
	Increase access to digital support	OHFT (CAMHS)	2023-25	KOOTH users 504 April 23 (rolling 12-month total)	Increased use in digital support from KOOTH  Setting up of SHaRON Neuro support platform

	Deliver a new Emotional Based School Avoidance (EBSA) project, embed the use of the ESBA toolkit across the relevant services, including CAMHS, and agree joint working practices.	BC (Education)	2023-25	N/A	Number of information sessions delivered Developed and implemented a EBSA counting mechanism
	CYP who are referred for urgent and routine eating disorder intervention starting treatment within national waiting time standards	OHFT (CAMHS)	2023-25	June 22 30 % routine 73% urgent	% Of routine and urgent referrals that meet waiting time standard (urgent – within 5 days/ routine within 20 days)
	Improving the intervention and provision for CYP with high needs and complexity.	OHFT (CAMHS)	2023-25	N/A	Number and range of staff working in this area Link programme evaluation results Number of inpatient admissions
Influence the development of the service through participation and feedback	Strengthen the voice and influence of CYP in current and future development of services	OHFT (CAMHS) / BC (Public Health / Integrated Commissioning)	2023-25	Baseline to be confirmed 07/23	Increase representation of group membership in active CAMHS participation group named Article 12, ensuring it reflects the school population demographic

**JH&WBB Action 2: Address inequalities in access to mental health support for Children and Young People in deprived areas and ethnic minority Children and Young People.**

*Rationale: Children in the poorest households in the UK were 4 times more likely to have serious mental health difficulties by the age of 11 than those in wealthiest. We want to make sure that children and young people living in more deprived areas are as able to access support as those living in the least deprived areas.*

**Health and Wellbeing Board Performance Hub Metric: The gap in the proportion of children and young people (aged under 18) that have accessed support from NHS funded community services or school/college based Mental Health Support Teams in the last 12 months, between the most and the least deprived fifths of the population**

Ref	Action	Lead	Dates	Baseline	Progress data
Prevention and Promotion	Deliver an ongoing communications programme that promotes positive mental health, addresses stigma and signposts to	BC (Public Health / Comms) / OHFT (CAMHS) /	2023-25	Baseline needs to be established	Online interactions and reach via social media

	services (prevention and treatment) linked to annual mental health campaigns (e.g., Children's Mental Health Week).				
	Deliver a peer support in schools programme, targeting schools in the Opportunity Bucks Wards, to raise awareness of mental health, equipping children and young people with skills to be able to manage their own mental health and support others.	BC (Public Health / Bucks Mind)	2023-25	25 schools at year end 2023	No. schools signed up % Schools signed up in Opportunity Bucks Wards No. of student mentors trained No. of staff coordinators trained
	Programme of funding to deliver voluntary, community and social enterprise (VCSE) sector projects that promote positive emotional mental wellbeing	Heart of Bucks / BC (Public Health) and Buckinghamshire VSCE sector	2023-25	N/A	No of VSCE CYP MH projects funded % VSCE sector organisations awarded funds that met outcomes and were sustained beyond the initial funding % VSCE CYP MH projects funded that were based in Opportunity Bucks wards
	Establish the current baseline then improve the access and use of the Mental Health Support Teams (MHST) for both CYP from an ethnic minority and those living in a deprived area.	OHFT (CAMHS)	2023-25	Baseline to be established	% Increase (and number) of CYP from an ethnic minority using MHST support % Increase (and number) of CYP living in a deprived community using MHST support
Know where to find help and advice that they can Trust	Complete a Gap Analysis of access and outcomes, including by ethnic minority groups. Engage communities with higher levels of deprivation, highest need and poorest access, working with them to understand the barriers to access and their experience. Based on these findings, develop/deliver projects/pathways to improve engagement and access.	OHFT (CAMHS) / BC (Public Health / Integrated Commissioning)	2023-24	N/A	Completed Gap Analysis, with the groups identified Increased access in the groups identified Implementation of a Cultural Competency checklist to define good practice

Right help, in the right place when they need it	Establish the current baseline then improve the access and use of any part of the CAMHS offer for both CYP from an ethnic minority and those living in a deprived area.	OHFT (CAMHS)	2023-25	Baseline to be established	% Increase (and number) of CYP from an ethnic minority using any CAMHS support % Increase (and number) of CYP living in a deprived community using any CAMHS support
	Establish the baseline and demonstrate similar outcomes (using Routine Outcome Measures) of CYP from an ethnic minority and those living in a deprived areas as compared to other users	OHFT (CAMHS)	2023-25	Baseline to be established	Routine Outcome Measures of CYP from an ethnic minority and those living in a deprived area

**JH&WBB Action 3: Improve access to perinatal mental health services for women from ethnic minority background, for young mothers (age 16-25) and for women living in deprived areas.**

*Rationale: Historically, not all women in England that need mental health support in pregnancy and the first year after birth have had good access to support. We want to make sure that women that need support for their mental health at this time can access it.*

**Health and Wellbeing Board Performance Hub Metric: The number of women that are pregnant, or recently had a baby, that have accessed support from a specialist community mental health service (face to face or video) in the last 12 months**

Ref	Action	Lead	Dates	Baseline	Progress data
Improve access to perinatal mental health services	<b>Women from ethnic minority backgrounds:</b> <ul style="list-style-type: none"> <li>Complete audit of women accessing support within Perinatal Mental Health from an ethnic minority</li> <li>Identify gaps in access and service provision.</li> <li>Co-produce new information for women from an ethnic minority.</li> <li>Targeted engagement with ethnic minority groups</li> </ul>	OHFT (Buckinghamshire Specialist Perinatal Team)	2023-25	N/A	Audit completed Gaps identified Co-production planned and complete. Information materials co-produced Information materials distributed

	<p><b>Young mothers (age 16-25):</b></p> <ul style="list-style-type: none"> <li>• <b>16-18</b> – Supported by CAMHS with access to specialist advice and consultation with Perinatal Mental Health Team (PHMT) on request</li> <li>• <b>18-25</b> – Deliver access to specialist assessment and intervention working across perinatal pathway with maternity, Family Nurse Partnership (or equivalent) and Health Visiting to ensure unified approach</li> </ul>	OHFT (Buckinghamshire Specialist Perinatal Team)/BHT	2023-25	N/A	<p>16-18 year age range Number of consultations delivered.</p> <p>18-25-year age range Number of Assessments and contacts undertaken</p>
	<p><b>Women living in deprived areas:</b></p> <ul style="list-style-type: none"> <li>• Complete audit of women accessing support within PMHT from deprived areas</li> <li>• Identify gaps in access and service provision</li> <li>• Co-produce information for women from deprived backgrounds</li> <li>• Targeted engagement with deprived areas</li> </ul>	OHFT (Buckinghamshire Specialist Perinatal Team)	2023-25	N/A	<p>Audit completed Gaps identified Co-production planned and complete Information materials co-produced Information materials distributed</p>