

Committee: Health and Wellbeing Board

Date: 24th November 2020

Agenda item:

Wards: All

Subject: Child and Adolescent Mental Health (CAMH) and Emotional Wellbeing Strategy for 2020-2023

Lead Member: CAMHS Partnership Board

Contact officer: Sarah Keen – Child & Adolescent Mental Health Services (CAMHS)

Senior Transformation Manager SWL CCG (Merton)

Recommendations:

A. To inform HWBB board members of the CAMHS strategy for 2020-2023

1 PURPOSE OF REPORT AND EXECUTIVE SUMMARY

In Merton, we want our **“Children and young people to enjoy good mental health and emotional wellbeing and be able to achieve their ambitions and goals through being resilient and confident”**

To enable us achieve this, the CAMHS Partnership board has completed the Child and Adolescent Mental Health (CAMH) and Emotional Wellbeing Strategy for 2020-2023 for Merton. Highlighting some key achievements over the last few years, the strategy focuses on our intentions for the years ahead with emphasis to ensure that children, young people and families in Merton can access the right intervention, in the right place, at the right time and with the right outcomes.

The CAMH and Emotional Wellbeing Strategy links closely to this Board’s Health and Wellbeing Strategy, including the key attribute for children, young people and adults to promote mental wellbeing which includes mental health services.

This Strategy also follows this Board’s guiding principles, including the focus on inequalities and very importantly the commitment to active engagement and co-production with children and young people and their families.

The CAMH and Emotional Wellbeing Strategy is particularly timely and important during the COVID-19 pandemic and the impact it is having on people’s mental health, including children and young people.

2 DETAILS

2.1. The plan to achieve the ambitions of the Strategy is within the framework of the national i-Thrive concept for CAMHS. The i-Thrive model places greater emphasis on helping young people and communities build on their own strengths, with professionals working holistically on the need of the child or

young person, rather than on their diagnosis through a shared decision making process.

- 2.2. The strategy which has been informed by the voice of children and young people and what they say needs to be done to support their wellbeing, has also focused on national guidance as well as our local Joint Strategic Needs Assessment/ Merton Story and the views of our service providers.
- 2.3. Employing a strength based approach to prevention, early interventions and treatment when required, it will be accompanied by an action plan with partners to review key activities and outcome milestone.
- 2.4. Achieving these ambitions will rely on partnership working through the CAMHS partnership board, and importantly, continuing to work in partnership with children, young people and families across all areas of life.
- 2.5. There is a recognition of challenges, including increased demand within a limited financial envelope, and therefore a particular emphasis on partnership working, including work with the voluntary sector, as well as development of digital support.

3 ALTERNATIVE OPTIONS

- 3.1. N/A

4 CONSULTATION UNDERTAKEN OR PROPOSED

- 4.1. The document has been informed and completed with engagement from our children and young people through schools, parents and carers through our parent representative/forum, CYP workforce and professionals in the borough, service providers and the voluntary sector within the CAMHS partnership. An easy read version developed by our young health inspector in the Local Authority has also been completed to accompany the strategy document.

5 TIMETABLE

The Strategy is for 2020 – 2023

6 FINANCIAL, RESOURCE AND PROPERTY IMPLICATIONS

- 6.1. N/A

7 LEGAL AND STATUTORY IMPLICATIONS

- 7.1. N/A

8 HUMAN RIGHTS, EQUALITIES AND COMMUNITY COHESION IMPLICATIONS

- 8.1. N/A

9 CRIME AND DISORDER IMPLICATIONS

- 9.1. N/A

10 RISK MANAGEMENT AND HEALTH AND SAFETY IMPLICATIONS

- 10.1. N/A

11 APPENDICES – THE FOLLOWING DOCUMENTS ARE TO BE PUBLISHED WITH THIS REPORT AND FORM PART OF THE REPORT.

APPENIDX 1 – CAMHS Strategy 2020 – 2023

APPENDIX 2 – CAMHS Easy Read Strategy

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