



Doncaster Children and Young People's Mental Health and Wellbeing Strategy

2022-2025



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SIGNATORIES

 <p>Doncaster Council</p>		
		
		
		

FOREWORD

It is abundantly clear that we should all make positive mental health and wellbeing a priority, ensuring it is at the forefront of everybody's agenda. As Doncaster Young Advisors, we work to champion our goal of becoming the most Child Friendly Borough in the country by representing the voice of children and young people across Doncaster. We want to guarantee that the voices we have gathered are being listened to and that every young person knows where to find help, support and someone to talk to. We discovered that young people think mental health is about having a positive mind-set: being happy, able to deal with stress, feeling content and confident, having someone to talk to and feeling listened to. We understand that improving the mental health and wellbeing of children and young people is a momentous task. However, we believe that if we all work together, we can make sure every child and young person in Doncaster can grow, be happy and reach their full potential.

Doncaster Young Advisors

Never has it been more important to make sure that the support available to our young people is timely, appropriate and easy to access. The last few years have presented huge challenges to our children and young people as they have had to adapt to the changing demands of the pandemic, with its risks of uncertainty, social isolation and disruption to learning. We are immensely proud of how our young people have managed this. However, we know that the impacts of the pandemic will be long term and wide ranging and, as a borough, we want now to ensure that we provide a wrap-around approach for all. We want to make sure that the support and services available to young people are easily accessible and available to all, regardless of age or background. It is vital that we now develop a culture where effective support can be identified long before a child or young person gets to crisis point. With this in mind this strategy aims to set out the shared and immediate ambitions of our partnership, whilst laying the foundations for a future where all children and young people can be happy, healthy, confident; able to understand what good wellbeing means and where to reach out when needed. I am proud that our partnership is working hard to deliver this reality and that this strategy is rooted in the experiences and aspirations of our children and young people. I look forward to seeing the delivery of these priorities throughout 2022.

Jani-mae Ball

Portfolio Lead for Education, Skills & Young People

INTRODUCTION

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood. There is lots of excellent support already available across a range of services, as a direct result of the strategic intents set out in the previous Local Transformation Plan. This strategy builds upon that, harnessing the need to respond to what has happened over the past two years, keeping what works well and improving on priority areas. Due to the challenges faced by children, young people and their families over the past two years, and the impact on local services, it has been agreed that this strategy will be split into dealing with current priorities in the first year before addressing our longer-term ambitions in the second and third years that reflect the 9 ambitions agreed by children, young people and their families.

LOCAL DRIVERS FOR CHANGE

Team Doncaster's central mission 'Thriving People, Places & Planet' is the key driver for the actions of the partnership up to 2030 and is geared towards six wellbeing goals set out in the wellbeing wheel below. In order to achieve these goals, Team Doncaster has agreed the 'Great 8' Priorities. The children and young people's mental health and wellbeing strategy will have an impact upon the 'Healthy and Compassionate' and 'Safe and Resilient' wellbeing goals. The mental health and wellbeing of children and young people is also a key priority for the Doncaster Health and Wellbeing Board.



NATIONAL DRIVERS FOR CHANGE

From a national perspective, the ambitions set out in the NHS Five Year Forward View for Mental Health and NHS 'Future in Mind' strategy have been the key national drivers behind this strategy. These strategies encompass a wide range of aims and intentions which underpin our own aims here in Doncaster.

<ul style="list-style-type: none">○ 345,000 additional children and young people aged 0-25 will have access to support via NHS-funded mental health services and school- or college-based mental health Support Teams.	<ul style="list-style-type: none">○ There will be 24/7 mental health crisis provision that combines crisis assessment, brief response and intensive home treatment functions.
<ul style="list-style-type: none">○ Children and young people's mental health plans will align with those for children and young people with learning disabilities, autism, special educational needs and disabilities (SEND).	<ul style="list-style-type: none">○ There will be a comprehensive offer for 0-25 year olds that reaches across mental health services for children and young people and adults.

VISION AND AMBITIONS

Young people play a vital role in the provision of bespoke and accessible mental health services and therefore we have taken advantage of every opportunity to benefit from their input during the formulation of our co-constructed vision for mental health services in Doncaster. The Doncaster Young Advisors vision and ambition statement, formulated from extensive Young Advisor led survey exercises designed to highlight the experiences and perspectives of children and young people from across the borough, forms a fundamental part of our overarching strategy and underpins all of our priorities and actions. The key components of the Young Advisors vision and ambition statement are:

- To ensure that every child and young person in Doncaster is aware of, and has access to, local, immediate, and quality mental health and wellbeing support.
- To ensure that services and organisations are working more collaboratively and that information is easily accessible.
- We want to see more education for young people, parents, carers, and professionals linked to recognising and supporting the needs of a young person.
- We want to break the stigma around mental health, encouraging children and young people to talk more openly and not to feel ashamed of their mental health and wellbeing.

As professionals, we believe that not only do these statements provide us with a firm foundation from which to build our mental health strategy but also that they provide us with a clear accountability framework to assess the impact of our actions, designed by the individuals whose outcomes we are aiming to improve. Linked to their vision, the Doncaster Young Advisors also set out 9 key ambitions listed below. These act as the foundation for all of the priorities and actions set out within the strategy.

Wellbeing hub - Creating local hubs for young people giving them somewhere to go, something to do & someone to talk to.

Emotions - Young people are aware of their emotions and how to express them in a healthy way.

Learning - Educating young people, parents/carers, school staff & professionals around supporting young people with their wellbeing.

Listened to - Ensuring young people have a say in decisions that are made around their mental health & wellbeing.

Be kind to yourself - Promoting the importance of self-care in wellbeing.

Empower - Allow young people to have their voices heard and be involved in the strategic decision making.

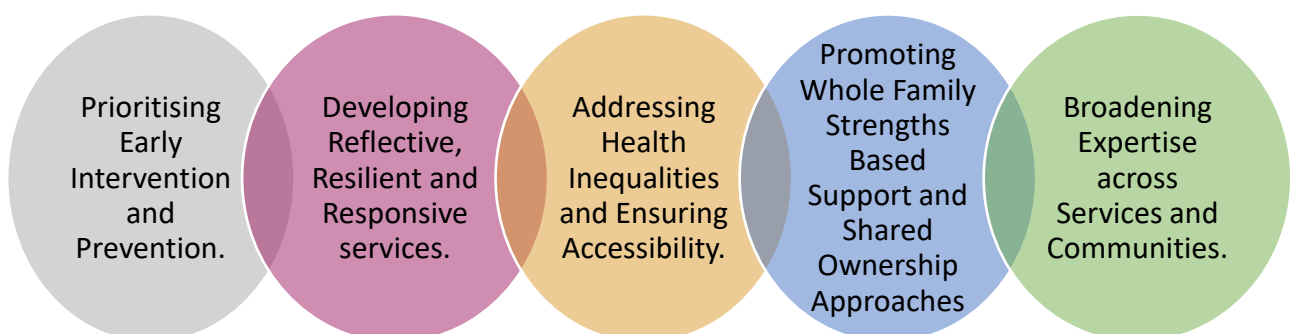
Information - Raising awareness of the services available and invest in a digital platform led by young people, for young people, where all information is connected.

Needs - Meeting the basic human needs of every child in Doncaster to ensure they feel happy, healthy, safe and supported.

Growth - To ensure all children and young people have the support they need to grow, and achieve their full potential

Logos for Doncaster Council and a local authority logo are present at the bottom right of the infographic.

DELIVERY PRINCIPLES



THE LOCAL CONTEXT

The data below shows the demand currently being placed on health, social care and education services in Doncaster. The data headlines have been compiled from a range of sources and services and therefore the figures provided may refer to cases across both the 0-18 and 0-25 age range.

- The monthly average for referrals into specialist CAMHS has increased from four in 2020 to 6 in 2021 for urgent referrals and from 19 in 2020 to 27 in 2021 for non-urgent referrals.
- There has been a significant rise in the requirement for Eating Disorder referrals, with the service reporting recent levels of demand reaching peaks last experienced in January 2022.
- The monthly average for the number of children waiting for an ADHD assessment has increased from 76 in 2020 to 116 in 2021.
- The percentage of Doncaster school pupils with SEMH needs has increased from 2.47% in 2020 to 2.61% in 2021.
- The number of children and young people requiring secondary care provision has increased significantly. This includes admissions for eating disorders, self-harm and overdose.
- The monthly average for the number of cases discussed by the SEMH proactive monitoring and support group has increased from 15 in 2020 to 19 in 2021.



Hospital Admissions as a result of self-harm for 10-24 year olds have been increasing.



38% of 11-year-olds are obese or overweight.



19% of residents use outdoor space for health or exercise purposes.



2.61% of Doncaster school pupils have identified SEMH needs.



22% of residents reported high levels of anxiety.



14% of residents reported low levels of happiness.



42% of Secondary pupils scored themselves as 'Medium to High Resilience'.



38% of respondents to the Pupil Lifestyle Survey reported feeling 'Very Happy'

FINANCE

Doncaster has and will continue to invest in children and young people’s mental health and wellbeing services. It is one of the key strengths of our partnership. In 2021-22 alone we have committed circa £5 million in order to support the mental health and wellbeing of children and young people. This figure goes above and beyond expectations and, as a result of strong financial management, we are in a position to maintain our commitment to positive levels of expenditure throughout the lifetime of this strategy’. The total budget for 2022 and onwards remains at circa £5million per annum and we are confident that this is sufficient to deliver this strategy.

2021/22 EXPENDITURE SUMMARY

Area	Expenditure
CAMHS Contract (CCG)	c£3.5 million
Mental Health Support Teams	c£848K
CAMHS Service (Doncaster Council	£530,433
Mental Health Trailblazers Pot	£142,300
Eating Disorders	£137k

YOUR VOICE

We asked 'What has been your experience of Doncaster's mental health services over the last 12 months?'

"Practitioners had little understanding of the impact of ASD on mental health"

"No support with the transition to adult mental health services"

"The school nurses were fantastic at signposting relevant services."

"It felt like services were so overwhelmed and impenetrable unless you were at crisis point"

"The constant changing of support workers is interfering with the trust and confidence built up between the patient and the worker"

We asked 'What do you think should be the priorities for services over the next 12 months?'

"Ensure that mental health needs don't get to crisis point before support is offered"

"Reduce waiting times"

"Raise awareness of the full range of available services"

"Help children not to feel pressured in school"

"Continue to look for ways to alleviate pressure"

"Help people to talk about mental health at a younger age and normalise discussions around wellbeing"

"Prioritise children's mental health and wellbeing in order to deal with the legacy of Covid-19 lockdowns and missed opportunities for social and emotional development"

OUR PRIORITIES

All of the priorities that form the basis of our efforts in year one of this strategy have a direct link to at least one, and indirect links to, all 9 ambitions identified by the Doncaster Young Advisors. We are aware that we are not able to directly address all 9 of the ambitions within a single year and these will be achieved over years two and three of the strategy.

Addressed in Year One:	To be Addressed in Years Two and Three:
<ul style="list-style-type: none"> ○ Empower: Allow young people to have their voices heard and to be involved in the strategic decision making process. ○ Information: Raise awareness of the services that are available and invest in a young person dedicated digital platform led by young people where all information is connected. ○ Needs: Meet the basic human needs of all children and young people in Doncaster to ensure that they feel happy, healthy, safe and supported. ○ Learning: Educating young people, parents and carers, school staff, and professionals around supporting young people with their wellbeing. ○ Growth: Ensure that all children and young people have the support they need to grow and achieve their full potential. 	<ul style="list-style-type: none"> ○ Emotions: Young people are aware of their emotions and how to express them in a healthy way. ○ Listened To: Ensuring that young people have a say in decisions that are made around their mental health and wellbeing. ○ Be Kind to Yourself: Promote the importance of self-care in wellbeing. ○ Wellbeing Hubs: Creating local hubs for young people, giving them somewhere to go, something to do and somebody to talk to.

OUR PRIORITIES ON A PAGE



Priority One
Improve Access to Doncaster Services

Priority Two
Address Systemic Inequalities



Priority Three
Raise Capacity and Capability within Mainstream Schools

Priority Four
Reduce Waiting Times for Neurological Pathways



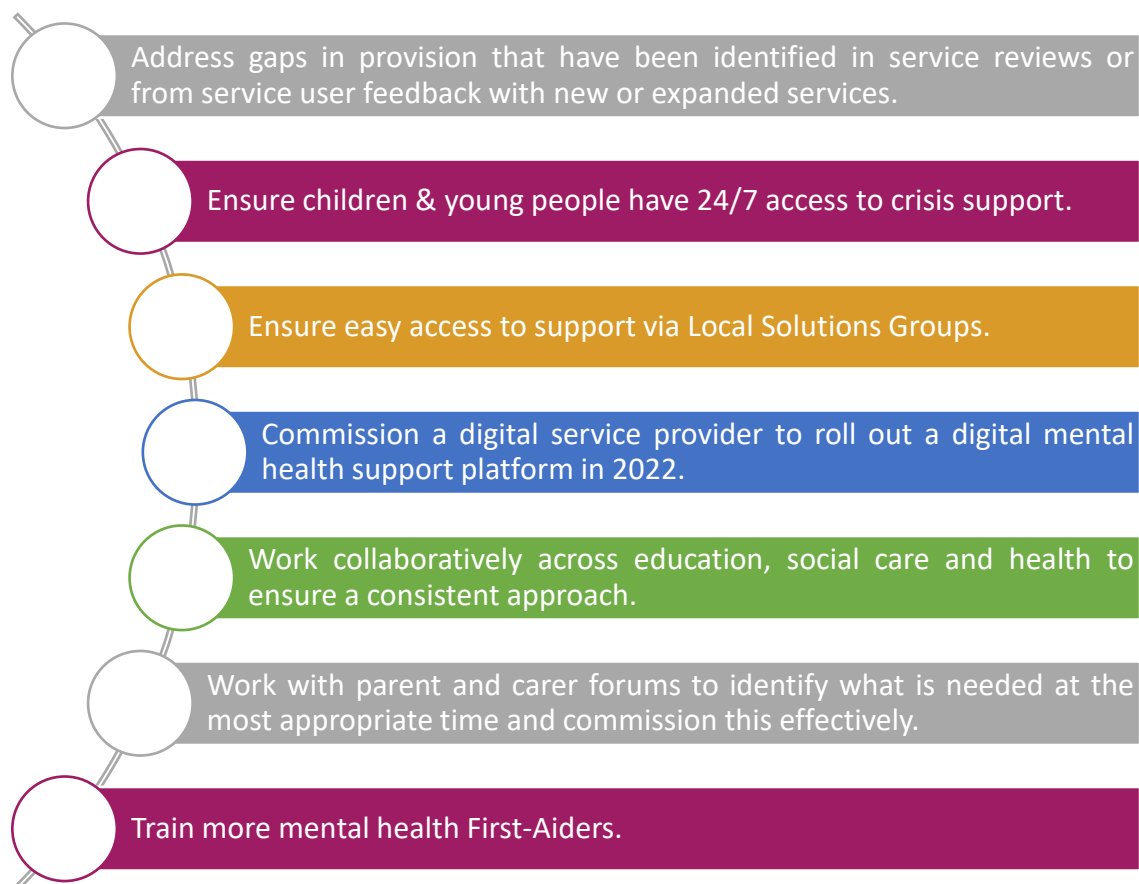
PRIORITY ONE: IMPROVE ACCESS TO DONCASTER SERVICES

Vision and Ambitions Link:

- **E**mpower: Allow young people to have their voices heard and to be involved in the strategic decision making process.
- **I**nformation: Raise awareness of the services that are available and invest in a young person dedicated digital platform led by young people where all information is connected.

Doncaster has always strived to be the most child friendly borough in the country. As part of the strategy, we wish to listen to the voices of our schools, our parents and most importantly our children to ensure that provision is appropriate, timely and jointly commissioned. The localities model 'Think Families - Local Solutions' is a key feature of the Doncaster borough strategy and facilitating a long-term shift towards this model from a mental health and wellbeing perspective is an important part of this strategy.

Strategic Aims



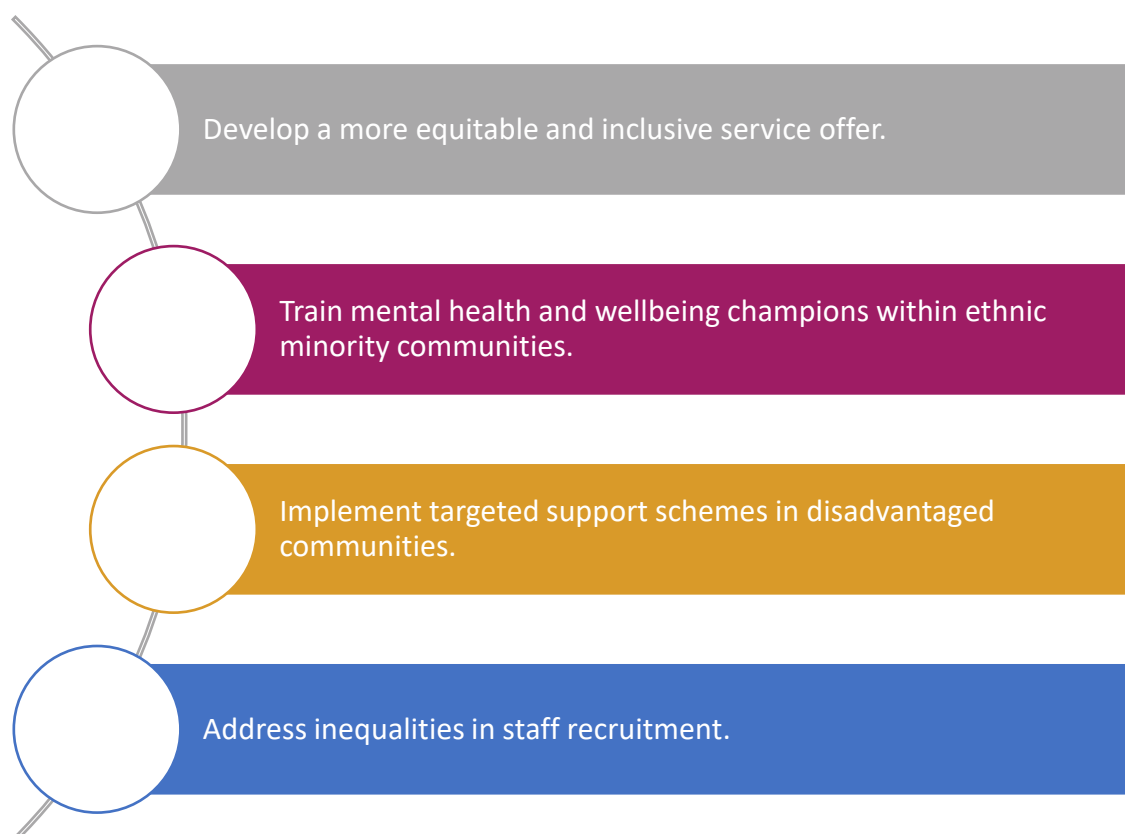
PRIORITY TWO: ADDRESS SYSTEMIC INEQUALITIES

Vision and Ambitions Link

- **G**rowth: Ensure that all children and young people have the support they need to grow and achieve their full potential.

Across Doncaster, individuals from minority communities or those that are deemed vulnerable are less likely to be aware of, or access, mental health and wellbeing services. For those individuals that do access services, due to the lower levels of recruitment of staff from these communities, they are far less likely to receive support from a professional with a shared ethnic background. The heightened barriers to accessing services for these groups make it clear that addressing health inequalities must be a priority.

Strategic Aims



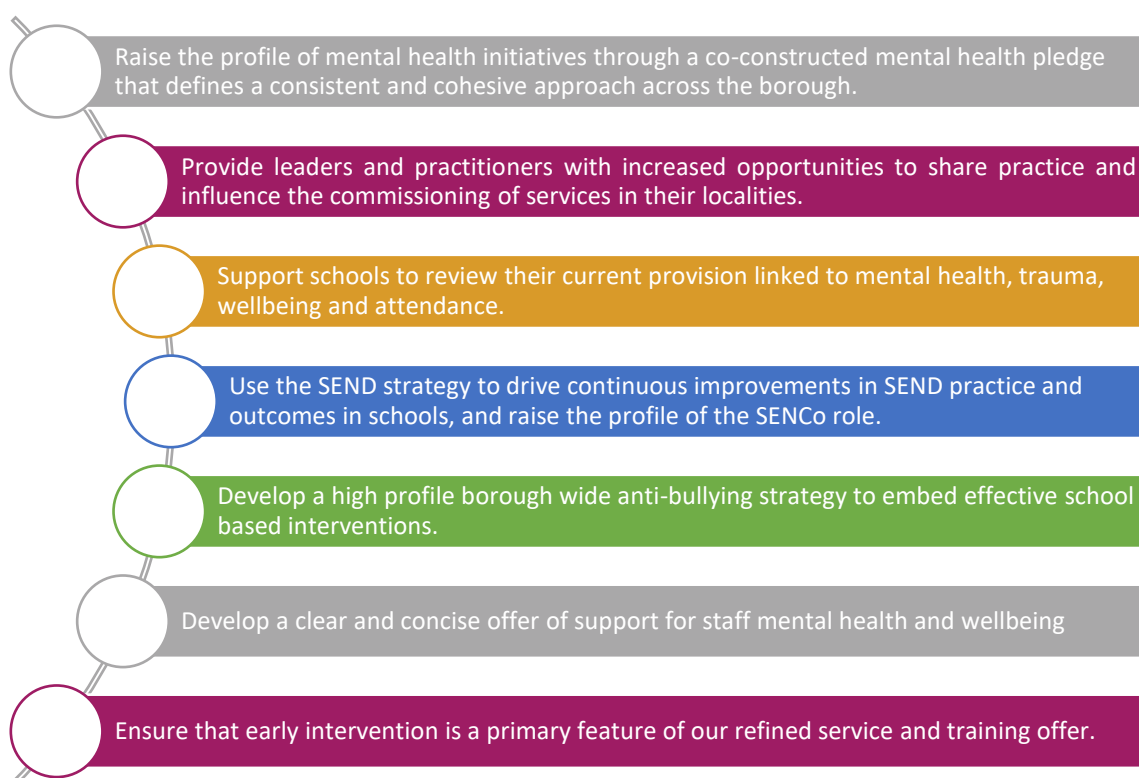
PRIORITY THREE: RAISE CAPACITY AND CAPABILITY WITHIN MAINSTREAM SCHOOLS

Vision and Ambitions Link:

- **L**earning: Educating young people, parents and carers, school staff, and professionals around supporting young people with their wellbeing.

Schools are dealing with increasingly complexity and volume of need. Our engagements have shown that there is, at times, inequality in approaches and outcomes between our schools. It is important therefore to understand the experiences in each school and understand the baselines so that we can support the development of increasingly inclusive cultures. Supporting the mental health and wellbeing of children and young people also has a direct link to ensuring the success of the Doncaster Education and Skills 2030 strategy and achieving the principles of 'Best Start', 'Accelerating Achievement' and delivering 'Equitable and Inclusive Learning'.

Strategic Aims



PRIORITY FOUR: REDUCE WAITING TIMES FOR NEUROLOGICAL PATHWAYS

Vision and Ambitions Link:

- **Needs:** Meet the basic human needs of all children and young people in Doncaster to ensure that they feel happy, healthy, safe and supported.

Since the start of the Pandemic in March 2020, the UK has seen an incredible rise in neurological referrals for children and young people. In Doncaster alone, we have seen a 300% increase in referrals to the GDA pathway on some months compared to previous years. This referral rate cannot continue and as a team we have looked collectively at the options available to us in Doncaster. This reflective process enabled us to identify the need for increased flexibility in the service offer and to improve the service experience for all service users.

Strategic Aims



SUCCESS CRITERIA

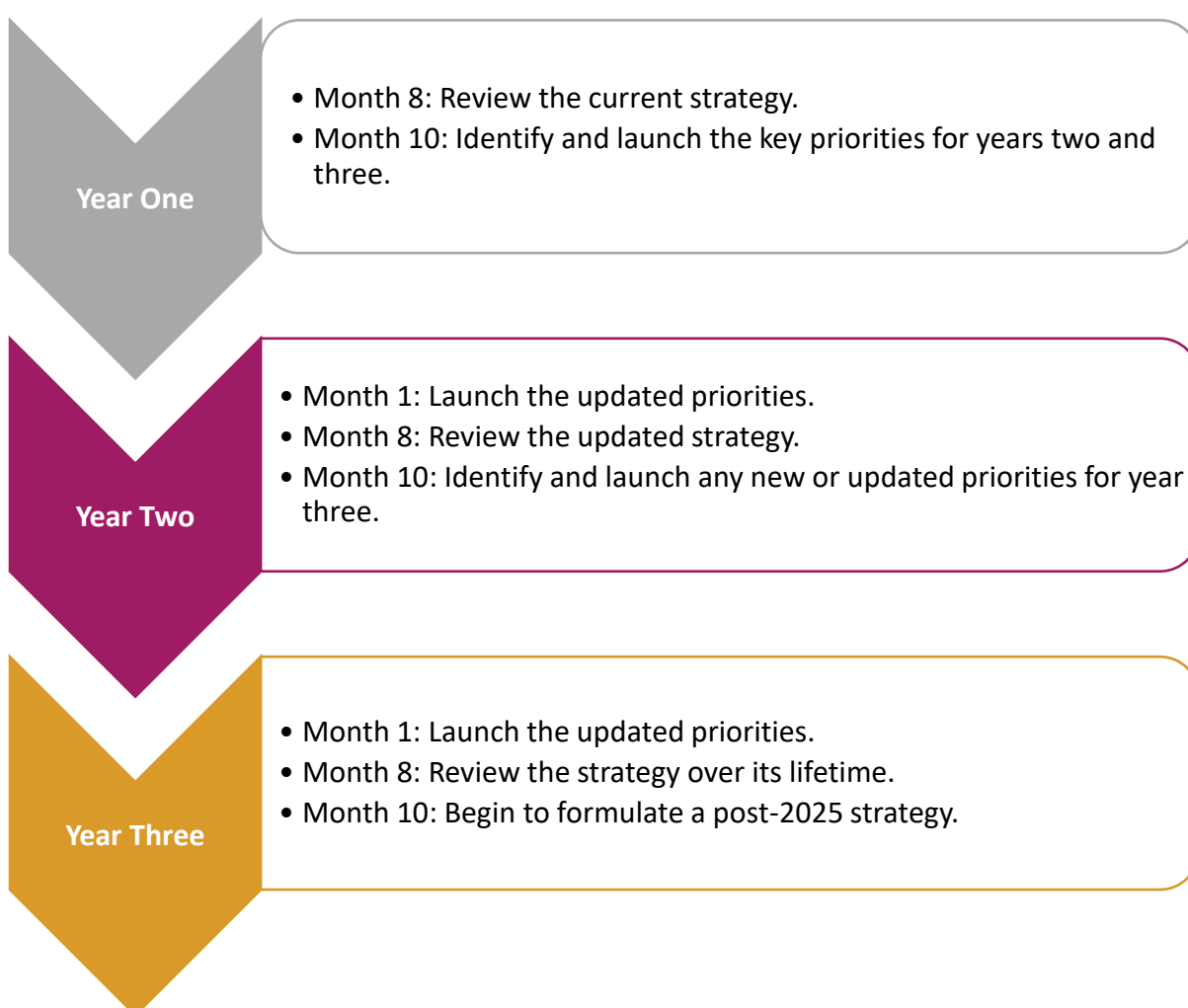
	Our actions will have been successful if by the end of 2022...
Priority One Improve Access to Doncaster Services	<ul style="list-style-type: none"> ○ We have implemented a functioning and demonstrably effective app-based solution that facilitates the provision of 24/7 support. We will see a gradual increase of users onto the platform and gain real time feedback of the service. ○ We have adapted our on call services within mental health provision to a deliver a fully functioning 24/7 team and as a result children and young people can access crisis provision on a 24/7 basis. ○ Feedback from children, young people and families shows that they know where to get support and are comfortable accessing it.
Priority Two Address Systemic Inequalities	<ul style="list-style-type: none"> ○ We have successfully trained wellbeing champions within ethnic minority communities and publicised the availability of their support. ○ There has been a sustained increase in the number of children and young people from minority groups accessing mental health support ○ We have Increased the number of VCF organisations that are trained to deliver mental health support
Priority Three Raise Capacity and Capability within Mainstream Schools	<ul style="list-style-type: none"> ○ All of our schools have signed up to support the Doncaster mental health in schools pledge. ○ All of our schools have adopted trauma informed approaches and anti-bullying strategies. ○ All of our schools have received full staff training in whole school approaches to mental health. ○ Locality devolved funding is being accessed by schools to support early intervention for young people. ○ We have seen a significant reduction in the number of school age young people presenting at A&E with suicidal ideation.
Priority Four Reduce Waiting Times for Neurological Pathways	<ul style="list-style-type: none"> ○ We have implemented a functioning and demonstrably effective digital assessment provision in Doncaster. ○ Our monitoring shows a sustained reduction in the waiting list for assessments and a reduction in the timeframe between referral and assessment for children and young people. ○ There has been a reduction in the number of returned GDA referrals as children and young people are being appropriately triaged onto the GDA list. ○ Improved and maintained the quality of inclusive practice for Early Years children with additional needs with an aim of at least 90% of Early Years providers being judged by Ofsted as 'good'.

THREE YEAR IMPLEMENTATION PLAN

It is our intention alongside this document to develop an implementation plan that sets out our intended actions over the three years of the strategy. The plan will be designed to identify key actions, provide clear timelines alongside measurable success criteria in order to ensure that we, as a partnership, work in a way that is SMART, ensuring that our goals are Specific, Measurable, Achievable, Relevant and Time-Bound. This will be supported by a quality and performance dashboard that is currently in the early stages of development. Both of these documents will allow us to provide regular updates into the local Health and Wellbeing Board.

What	How	When	Outcomes	Measures

TIMELINE FOR ACTIONS



SUMMARY

The development of this strategy has identified a clear set of intentions that will enable us to meet the immediate needs of local children and young people. Our commitment is to utilise technology to improve access to services and reduce waiting times, improve the capability of the education system to support children and young people and to enhance co-operation across the partnership in order to address systemic inequalities. Success in these aims will ultimately ensure that local children and young people know what is available, know how to access it and know that the services they access will be tailored to meet their needs.

The past 12 months have seen unprecedented levels of demand placed on frontline services through increasing caseloads and acuity and, therefore, it is vital that the first year of this strategy is slightly more pragmatic in nature. However, we are absolutely committed to ensuring that early intervention and community based approaches underpin all of our endeavours and, by adopting the principles of 'Reflective, Resilient, Responsive', we are embedding foundations to build a strong shared culture throughout the partnership and all of our services that will ultimately bring long-term benefits.

We firmly believe that by achieving all of the key priorities set out in this strategy that Doncaster partnership services will be able to build upon the successes enjoyed since the start of the Covid-19 pandemic and, in doing so, improve the lives of countless children and young people across the borough. By building a clear partnership with the Young Advisors and Young Commissioners, we are empowering the young people of Doncaster to play an integral role in our communities whilst simultaneously ensuring that the services available across Doncaster are relevant to our young people. However, these goals cannot be achieved in isolation and our partnership planning for SEN services is vital, with this in mind, our aims moving forwards also include a desire to improve the reach and impact of speech and language services and develop an improved specialist educational provision across the borough.

We are proud to deliver this strategy for the children and young people of Doncaster.

Team Doncaster

GLOSSARY

A&E	Accident and Emergency
ADHD	Attention Deficit Hyperactivity Disorder
ASD	Autism Spectrum Disorder
CAMHS	Child and Adolescent Mental Health Services
CCG	Clinical Commissioning Group
DBTH	Doncaster and Bassetlaw Teaching Hospitals
DCST	Doncaster Children's Services Trust
GDA	General Developmental Assessment
RDaSH	Rotherham, Doncaster and South Humber
SEMH	Social, Emotional and Mental Health
SENCo	Special Educational Needs Co-ordinator
SEND	Special Educational Needs and Disabilities
VCF	Voluntary, Community and Faith