



Rutland County Council

Catmose Oakham Rutland LE15 6HP.

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Minutes of the **MEETING of the RUTLAND HEALTH AND WELLBEING BOARD** held in the Council Chamber, Catmose, Oakham, Rutland, LE15 6HP on Tuesday, 5th March, 2019 at 2.00 pm

PRESENT:

Mr Alan Walters (Chair)	Portfolio Holder for Health and Social Care
Ms Dawn Richards	Spire Homes
Mr Mark Andrews	Strategic Director for People, Rutland County Council
Mr Mike Sandys	Director of Public Health, Rutland County Council
Mr Jamie Barrett	Head of Primary Care, East Leicestershire and Rutland CCG
Ms Kate Holt	CEO, Connected Together

OFFICERS PRESENT:

Ms Karen Kibblewhite	Head of Commissioning
Ms Joanna Morley	Governance Officer

IN ATTENDANCE:

Ms Gale Waller	Councillor, Rutland County Council
Ms Chris West	Director of Nursing and Quality, NHS Leicester City CCG
Ms Elaine Egan Morriss	CAMHS Commissioner and Future in Minds Transformation Lead
Mr Miles Williamson-Noble	Chairman, Rutland First. Resilient Rutland
Ms Morag Tyler	Project Manager, Resilient Rutland

654 APOLOGIES FOR ABSENCE

Apologies were received from Cllr Gary Conde, Dr Hilary Fox, Dr Janet Underwood, Ms Roz Lindridge, Mr Simon Mutsaars, Mr Carl Smith and Mr Tim Sacks. Kate Holt was in attendance for Dr Underwood and Jamie Barret was in attendance for Mr Sacks.

655 RECORD OF MEETING

The minutes of the meeting of the Rutland Health and Wellbeing Board held on 4 December 2018 were confirmed as a correct record and signed by the Chairman.

656 DECLARATIONS OF INTEREST

No declarations of interest were received.

657 PETITIONS, DEPUTATIONS AND QUESTIONS

No petitions, deputations or questions were received.

658 FUTURE IN MIND PROGRESS UPDATE

Elaine Egan-Morriss, CAMHS Commissioner and Future In Minds Transformation Lead and Chris West, Director of Nursing and Quality, NHS Leicester City CCG introduced the report, the purpose of which was to detail the progress of the Future In Mind Transformation Programme against the local transformation plan and achieving the vision of “improving access for children and young people (C&YP) to gain the right care to meet their needs”.

During discussion the following points were noted:

- A provider network had been put in place to encourage all services to work together to remove barriers so that children were able to access the right care.
- Across the Leicester, Leicestershire and Rutland (LLR) area, local events had been held in order to engage with residents.
- The Early Intervention Service was receiving almost double the number of referrals that it was originally commissioned to receive. GPs had been encouraged to refer directly into the service because children were getting stuck in the CAMHS system and this was reflected in the increase shown in October to December of table 2 of the report.
- The 10 year plan set out that services should be available from 0-25years in future.
- There were seasonal variations to the amount of registrations for the online counselling service. Exam season was probably the reason for the surge shown in Quarter 1 of table 3 of the report.
- The Resilience in Schools team would be encouraging more schools to sign up to the programme.
- Members queried whether schools from the Rutland Learning Alliance and Peterborough Diocese Education trusts had not signed up to Resilience in Schools because they had their own programmes in place.
- There was a shift in culture towards children’s emotional wellbeing which meant services that helped with emotional resilience were being more widely promoted. It was hoped that the new Triage and Navigation service, when operational, would refer to the most appropriate service and lessen referrals to CAMHS.
- Relate had been contracted to offer intervention and counselling services and sessions were being held in Rutland.
- Resilient Rutland services would be available to all children who attended a Rutland school regardless of where they lived whereas referrals to LLR C&YP services would only be for those children registered with a Rutland GP.
- There was an outcomes dashboard which showed that less children were attending A&E and referrals to CAMHS had been reduced by 30-50%.
- All of the services did routine outcome measures; children were asked a series of questions when they entered the service and again at the end of the treatment. These questionnaires were then compared and evaluated and data from these would be available by the end of March.
- Feedback from parents on the early intervention and crisis at home services had been very positive.

- Healthwatch Rutland would be setting up Young Healthwatch which would enable them to do some evaluation of the services offered to children and young people.
- Board members felt that, as a parent, it was confusing to know where the first port of call should be if you had mental health concerns for your child and whether this should be the school, the GP or directly to one of the services discussed.
- The forthcoming triage and navigation service would address this issue but in the meanwhile any parent who had urgent concerns and needed direction should call the 111 service.
- Online services were closely monitored so that children asking worrying questions could be contacted.
- Spire Homes would welcome a directory of services that could be distributed to their housing officers so that they knew where to direct tenants to.
- The directory was being developed to include more information on the care that was available and the pathways to access care.
- Early Help was available to families in Rutland to support children and young people.

AGREED:

The Board **NOTED:**

1. the progress of the Future In Mind (FIM) and Children and Young People (C&YP) Transformation Programme in promoting and improving our children and young people's mental health and wellbeing
2. the new and enhanced services that have been developed through the FIM funding
3. the partnership working across health, social care and voluntary sector organisations to deliver a system wide pathway of services
4. the increase in C&YP who are able to access services within 2-4 weeks of referral into Early Intervention
5. the number of C&YP having immediate access to on-line counselling and support
6. the work of commissioners to ensure that the FIM programme is aligned to the 10 year plan

659 RESILIENT RUTLAND

A presentation on the Resilient Rutland project (appended to the minutes) was received from Miles Williamson-Noble, Chairman of Rutland First, the Community Interest Company leading the project.

During discussion the following points were made:

- The Resilient Rutland work would lie somewhere between that of the pastoral care team and that of the professional services.
- The Resilient Rutland project officially started on 29 January 2019 and would finish after three years.
- It was important that young people drove the project and each of the secondary schools in Rutland had been asked to nominate a representative for the youth

forum that had been set up. This forum would try and link in with the work of Young Healthwatch.

- The Anna Freud charity had been contracted by Resilient Rutland to evaluate the prevalence of mental health issues in Rutland Schools. This baseline would then enable Resilient Rutland to show the achievements and improvements achieved over the three year time period.
- The Academic Resilience Approach would involve creating an individual plan for each of the Rutland secondary schools. This approach would be similar to the Route to Resilience programme run by Future in Minds for primary schools.
- The wellbeing practitioners, which would take up about a third of the funding, would provide direct in-school support and would support and boost the work of existing pastoral care teams.
- The Resilient Rutland team did not have the right experience to supervise the wellbeing practitioners and so were in talks with CAMHS and Relate about providing them with professional supervision.
- Resilient Rutland were hoping that by showing that early intervention produced savings, future funding would be available once the project had finished.
- Although the team was aware of the beneficial links between physical and mental health and other activities such as art and drama, there was no specific funding in the programme for this. Practitioners would be able to flag up what was already available and direct young people to those activities rather than providing anything new.
- There was money in the Better Care Fund to take the Rutland Information Service (RIS) to a higher, improved level. The Strategic Director for People wanted to find a way of agreeing this as the one central place that directed residents to services, both children's and adult's, in order to avoid adding any more complication or confusion to the process. Mr Williamson-Noble agreed to liaise with Sandra Taylor, the Health and Social Care Integration Manager responsible for RIS on this issue.
- The Leicestershire Partnership Trust (LPT) had a comprehensive directory of available services but it was aimed more at professionals rather than the average person on the street. LPT were looking to develop a more accessible directory for all the services available across the geographical area that they served.
- The Strategic Director for People welcomed projects that built capacity into the system but was wary of how it would be managed as a partnership in light of future funding predictions. The exit strategy needed to be carefully considered so that there was not a reliance on something that would then be taken away. The Resilient Rutland team would need to be open and honest about the fact that the project was for three years and that funding was not guaranteed going forward.
- Resilient Rutland recognised that sustainability was key. The whole school approach that they would be taking would enable schools to carry on with their individual projects after initial support from the team and would hopefully become self-fulfilling.
- Preventative schemes needed continuous re-iteration to embed them and therefore turnover of newly upskilled staff may impact on this.
- OFSTED criteria for ratings may in future require schools to have a certain level of mental health support.
- A note of caution was sounded by the Director of Nursing who stressed that triage within schools could not refer directly to CAMHS and that this had to be done via a GP. There was a helpline that practitioners in school could call to understand which service would be best to refer to.

- Resilient Rutland would like to include in their project, children who were home schooled and those excluded from schools, possibly because of an underlying mental health issue, but this would not be done in the first phase.
- From a safeguarding perspective rather than an educational one, Council guidance on regulating children educated at home needed to be updated.

AGREED:

The Board **NOTED** the aims of the Resilient Rutland Project and the measures being put in place to achieve them.

660 MENTAL HEALTH TASK AND FINISH GROUP REPORT

Report No.42/2019 which presented the findings of the RCC Scrutiny Panels' Mental Health Task and Finish Group, was presented to the Board by Councillor Gale Waller.

During discussion the following points were noted:

- A number of concerns were identified by the Group which all could be summarised as 'resource'; this affected the school nursing service, CAMHS service and school funding.
- The following additional recommendations arose from discussion at the Adults and Health Scrutiny Panel meeting on 7 February and would be included in the report when it was sent to Cabinet in April. These were:
 - Recommendation 9
That the Panel request that the Portfolio Holder for Health and officers of RCC do all in their power to encourage the CCGs to fund CAMHS to a level which would enable CAMHS to meet unmet need and to report back to the Adults and Health Scrutiny panel in the autumn of 2019 on the actions they have taken.
 - Recommendation 10
That the Adults and Health Scrutiny Panel writes to the CCG requesting that they report back to the Committee with their justification for the existing level of funding for CAMHS and their future funding intentions.
- Chris West, Director of Nursing and Quality, confirmed that she had received the letter from the Panel and would be attending the next Adults and Health Scrutiny Panel meeting on 21 March to present a report on CAMHS funding.
- The Health and Wellbeing Board could assist RCC officers in the co-ordination of a Rutland response to the recommendations which would be fed back through the Adults and Health Scrutiny Panel.
- Previously there had not been much interest in the Train the Trainer scheme for mental health first aiders but this may have now changed. Schools would be invited to bid in to the Healthy Grants Scheme for a pot of monies to support this. The Community Wellbeing Service would be able to provide the details of this grant.

AGREED:

1. The Board **NOTED** the work of the Mental Health Task and Finish Group and their recommendations as outlined in the report.

661 ANY URGENT BUSINESS

No urgent business had been received.

662 DATE OF NEXT MEETING

To be confirmed.

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The Chairman declared the meeting closed at 3.50pm

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RESILIENT RUTLAND

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Supporting young people's mental health in
Rutland

The Bid - basics

- ▶ Address the well-being of young people by building resilience through early intervention
- ▶ Funding is £484,700 over three years
- ▶ Project officially started January 2019
- ▶ Children at school in Rutland will receive support: 6 secondaries and 18 primaries

The Bid - What Resilient Rutland must do

- ▶ Young people must drive this project
- ▶ Ensure project complements and does not duplicate other initiatives
- ▶ Reach parents and the wider community
- ▶ Work over £10k goes out to tender
- ▶ Regularly report on our findings
- ▶ Guarantee confidentiality

The young people's recommendations

- ▶ Create a culture where mental health is not taboo.
- ▶ End the stigma.
- ▶ Focus on early intervention, prevention and coping strategies.
- ▶ Include mental health on the educational curriculum.
- ▶ Increase the number of counsellors in school or someone to talk to when needed.
- ▶ Make sure support is properly funded and provided.

Project Services

- ▶ Evaluation
- ▶ Academic Resilience Approach
- ▶ Wellbeing Practitioners
- ▶ Mindfulness
- ▶ Working with Parents
- ▶ Young People's Peer Support
- ▶ Military Families
- ▶ Online Information Hub
- ▶ Promotion
- ▶ Project Management

SUSTAINABILITY

- ▶ Lottery Funding ceases in January 2022, but the need goes on
- ▶ Some elements will continue on their own having raised awareness and having trained the trainers
- ▶ Some elements, such as signposting, can continue with minimal funding
- ▶ Continuation of the wellbeing practitioners is highly desirable, and will need considerable funding
 - ▶ Government initiatives to put mental health leads into all schools
 - ▶ CCG funding if data shows early intervention cost effective
 - ▶ Charitable donations
 - ▶ School self funding

Management: the Team

Financial/administration management

- ▶ The Board of Rutland First CIC

Decision making and planning

- ▶ Individual schools
- ▶ The Steering Group
- ▶ Young people
- ▶ The Programme Management Board

Day to day activities

- ▶ Project Manager: Morag Tyler
- ▶ + Schools Liaison Officer

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