



CHILDREN AND YOUNG PEOPLE NETWORK

20.05.15 at London Funders

Participants

Kerry	Luker	BBC Children in Need
Matt	Walsham	Children England
Carla	Garnelas	Children's Rights Alliance For England
Ciaran	Rafferty	City Bridge Trust (Chair)
Anne-Marie	Smith	City of Westminster
Daisy	Greenaway	Greater London Authority
Erik	Mesel	John Lyon's Charity
Barbara	Atkinson	London Borough of Enfield
Malcolm	John	London Borough of Harrow
Gareth	Price	London Youth
Dinah	McKenzie	New Philanthropy Capital
Sharon	Long	Partnership For Young London
Kate	Smith	Safer London Foundation
Andy	Moreman	Young Lambeth Coop
Barbara	Rayment	Youth Access (Presenter)

In attendance

Becky	Green	London Funders
David	Warner	London Funders

Ciaran welcomed everyone to the group, and noted the meeting notes from 5th February 2015.

Roundtable update

The group updated each other on activities and current challenges:

- Vision for young Londoners – the first event took place in January. The report is now being finalised and includes a set of principles, where champions will take forward different parts. It is not youth led, but youth informed. The launch event will take place on 15th July at London Eye and invitations will be sent out directly to those involved.
- David Warner, London Funders noted that IVAR will be doing some research around the London's Giving project, looking at foundations and place based funding. If there are any known examples of interesting intelligent funding in particular areas then do feed this in. David also outlined London Funders work on looking at the future of infrastructure in London. London Funders will be working closely with LVSC and GLV in discussions with generic infrastructure organisations and also specialist infrastructure.
- BBC Children in Need will be moving some of their team to Salford over coming months and therefore there is a lot of change in the organisation. Work to raise awareness of the 'fun and friendship' work will continue.
- London Borough of Enfield are currently re-commissioning some projects and are looking to work in partnership with health services in some areas.



- CRAE will be submitting a report to the UN. They have also included the direct testimony of children and young people who will be submitting their own report alongside. Over the upcoming months CRAE will be working on defending the Human Rights Act. In addition, CRAE are doing some work on criminal justice and the government's priorities in this area; children in care models, housing and homelessness; mental health detection.
- London Youth are half way through their 3 year inclusion strategy. May's inclusion event formed a part of this.
- City of Westminster are looking at children's involvement in care councils so that meetings are more young people led. They are also carrying out an evaluation of the Outcomes Star – if there are any other ideas or feedback please let them know. Finally, City of Westminster are currently re-evaluating the whole department in how to commission services – looking to work in partnership and be as innovative as possible.
- Young Lambeth Cooperative currently have 3000 members (also shareholders) who make the decisions. There are currently 40 'community commissioners' who meet funding applicants and evaluate the project. It is not only a model of commissioning local services, but also about putting the decisions into local people's hands.
- 2014-20 ESF programme (£129m coming into London) in theory will begin to deliver in September. Partnerships are driving the agenda
- Mayoral elections in 2016 are very much a focus for teams at GLA in looking at what the priorities will be
- London Borough of Harrow are restructuring and combining children's services with adults. They are also looking at how Harrow can apply for ESF money- they will need to work cross Borough which will be challenging
- Kate Smith at Safer London Foundation provided an update on their programmes and work. On 1st July there will be an event with Engage London on safeguarding practice for young people.
- Youth Access have a new report, '[Right 2b Safe](#)' – evaluating the project to look at older adolescents safeguarding needs. They also have a manifesto by young people - '[Make our rights reality](#)'. Youth Access are looking at improving access to counselling and will be producing reports on older adolescents / young adult needs.
- John Lyon's Charity have been looking at building young people's foundations in Brent, Harrow and Barnet. Looking for a model where organisations work together and with local authorities.
- Partnership for Young London's report '[Who stands for youth](#)', is a call for better collaboration to influence youth policy in London.
- PYL have received funding from CBT on helping small organisations measure their impact. The group discussed the need for using better technology for reporting and sharing data.
- There will be next steps following from the inclusion seminar (collaboration with City Bridge Trust, BBC Children in Need, John Lyon's Charity, London Youth). It is City Bridge Trust's 20th year as a grantmaker and they will be looking at more strategic work on bringing young disabled people into work.



Young People's Mental Health Services – an overview

Barbara Rayment, Youth Access

[The Youth Access presentation is available here](#)

Following on from the roundtable discussion, Barbara Rayment from Youth Access led the group in a discussion of young people's mental health services.

Youth Access is the national membership organisation for young people's information, advice, counselling and support services (YIACS) and have over 200 members. Youth Access works closely with members and also has a policy role, including getting involved in [Children and Young People's Mental Health Taskforce](#).

Barbara gave an overview of the current situation for young people and the current services. Mental health is the greatest issue for young people's health, and 75% of an adult's mental health issues start before an individual is 24 years old. Historically young people's mental health services generally and particular those in the VCS have faced a lack of recognition, with VCS models such as YIACS characterised by patchy provision across the country. Current policy is now throwing an unprecedented spotlight on provision. The group discussed the confusion over which children are being treated under CAMHS and which are in the VCS.

Overview

- Mental health: greatest health issue for YP
- Postcode lottery: inconsistent and patchy provision
- Cinderella services: vulnerable to cuts
- Poor and absent data: reliance on 2004 national data
- Poor translation of policy into local implementation
- Poor to low recognition of value of VCS
- Lack of appreciation of the potential for harm

Young people:

- Adolescence and early adulthood peak age of onset for mental ill-health
- 75% adult MH problems start before 24 years
- Some evidence of increased need
- Age profile of statutory CAMHS tails off post 15 years
- Many 16-25 year olds cannot access NHS help
- YPs want easy to access, non-stigmatizing help in YP-friendly settings

Current provision

- Mismatch funding to need: 0.7% of total NHS budget & c. 6.4% MH budget
- Cuts to CYP services: VCS and statutory CAMHS
- Long and growing waiting lists
- CAMHS raising entry criteria
- CAMHS, schools, GPs increasing referral to Youth information, advice and counselling services (YIACS)



- YIACS reporting increasing severity and complexity of need
- VCS open door policy compromised
- YIACS see 16-25 year olds: adult commissioners failing to respond to need

The group discussed the Children and Young People' Mental Health Taskforce ([reports here](#), including the recommendations report 'Future in Mind')

The key themes covered in the Future in Mind report are:

- Prevention from birth; building resilience to adulthood
- Easy access to the right support from the right service at the right time
- Dismantling barriers and reaching out to most vulnerable
- Improving standards of performance, outcomes and value for investment
- Excellence in workforce: best evidence and committed to partnership and integrated working
- By 2020: England a world leader in improving CYP MH outcomes

Some recommendations are currently being taken forward (e.g. 2015/16 Local Transformation Plans to deliver a "local offer" - this is an area where there is a lot of activity centrally) and there are also areas which could be taken forward with more investment.

To be taken forward now:

- Anti-stigma campaign building on Time to Change
- New whole school approaches and joint training programme to support lead contacts in MHS and schools
- Move away from "tiers" and harness vital contribution of VCS
- Implement best practice in transition and MH Crisis Care Concordat
- Develop bespoke care pathways and active follow up of DNAs
- Comprehensive assessment and referral for CSA and CSE
- Improve teachers, health and social care professionals training
- 2015/16 Local Transformation Plans to deliver a "local offer"
- National governance to oversee service transformation to 2020
- Accelerate service transformation via co-commissioning (pilots)
- Local lead commissioning arrangements: a single integrated plan
- DH to conduct prevalence survey of CYP MH and WB
- H and WB Boards to challenge/ confirm JSNA and HWB strategies

With more investment

- Enhance maternal, perinatal and early years' health services and parenting
- National portal for tools/ services; new self-care apps/ digital tools
- Building the network of YIACS
- Every area: names points of contact in MHS, schools and one stop shops
- Legislation to prevent under 18s detention in police cells as place of safety



- Pilot roll-out of CSA/ CDWE specialist teams, possibly on sub-regional basis
- Embed MH practitioners in services working with most excluded
- Comprehensive access and waiting times standards
- Repeating MH prevalence survey every 5 years
- National expansion of CYP IAPT transformation programme; extend principles and competencies to MH/ WB workforce and schools
- Comprehensive workforce strategy: audit skills, capabilities, age, gender and ethnic mix
- Improve evidence base via world class research programme

The immediate context in London shows a continuation of cuts and a varied capacity of commissioners. The VCS infrastructure is limited and the voice of both the VCS and young people in local planning and commissioning is varied. However, the numbers accessing YIACS are continuing to rise, and there is an improved recognition and valuing of youth counselling by NHS MHS and Health generally.

Resources which may be of interest:

- The online training resource on CYP mental health called MindEd <https://www.minded.org.uk/>
- A briefing on research Youth Access have undertaken with UCL that links young people's social welfare issues to mental health can be found [here](#).

Next steps

The group discussed how there may be a period of transition and funders should be discussing this area.

Ciaran thanked Barbara for her presentation and input. London Funders will help to organise another meeting to discuss this area which would include some of Youth Access' members, as well as other key stakeholders e.g. Public Health England.