

Kirklees Keep in Mind

Proposal Summary: Entry Pathway

Context

A piece of work has taken place to evaluate the needs of children, young people, parents and schools in relation to mental health services to create an entry pathway to access support. The design of the entry pathway will build on findings from recent reviews and will help to address the following:

- Families and schools sometimes refer to multiple services at the same time. It is proposed that there should be one entry point for children and families, and for professionals to decide on the appropriate support and course of action.
- It is important to have the right people at the point of entry - multi-agency, multi-disciplinary, working in partnership. Co-location is needed to help improve communication and consistency of decision making, with effective sharing of information.
- Children, young people, and families should only have to tell their story once. One holistic assessment is proposed ensuring the information gathered is effectively transferred to other services, where consent is in place, to prevent reassessment.
- During a recent audit, there were a number of examples where young people had difficulties due to wider family issues which required family support rather than a particular mental health service. The use of holistic assessment means in future referrals may be directed to family support freeing up mental health clinical capacity.
- It is expected that the future model could help to reduce the number of referrals into the neurodevelopmental assessment service, by ensuring children and families access the support they need as soon as possible reducing the need/desire for an assessment/diagnosis.
- Only around one half of referrals require a response more than information and advice.

Current Offer

- The main entry point for mental health services is through Thriving Kirklees Single Point of Contact which is transferred to the Single Point of Access (SPA). The separate entry point for mental health can often mean that the presenting need of young people is assessed in isolation. Combining the entry point will facilitate a holistic approach to supporting children, young people and their family's needs.
- SPA is currently an entry point for some specialist mental health services (excluding Neuro Assessment and Intensive Support Team), as well as self-referrals for services such as Kirklees Keep in Mind (KKiM) / Mental Health Support Teams (MHST).
- There are multiple entry points for children and family services in Kirklees including SPA, KKiM/MHST (from schools), 0-19 and early support.
- Due to this it can be difficult for families and professionals to determine which service they need, and this sometimes results in referrals to multiple services at the same time and families being bounced around the system unnecessarily potentially with long waiting times.

Proposed offer

There will be one entry point for Kirklees Early Support and Kirklees Keep in Mind (KKiM) for children and families in Kirklees for young people, families, schools, partner services including third sector organisations and GPs. It will target children and young people aged 0-18 and their families living in Kirklees and / or with a Kirklees GP.

- The aim is to have a holistic approach, to ensure improved outcomes for children, young people and their families and to improve the timeliness of support, eliminating families being bounced around the system.
- It is recommended that information and advice should be included in the new pathway.
- Where an assessment is needed the proposal is that this is holistic taking into account the wider family and environmental factors, which may contribute to poor mental health and wellbeing, ensuring the correct services are involved at the earliest possible opportunity.
- The new delivery model seeks to eliminate duplication and optimise efficiency, ensuring families only need to tell their story once and that any transfers are done “internally”.
- It is important that teams are co-located to provide clinical oversight for mental health related concerns.
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- A clear enhanced risk response will be in place for any urgent or high-risk cases, building on existing pathways.

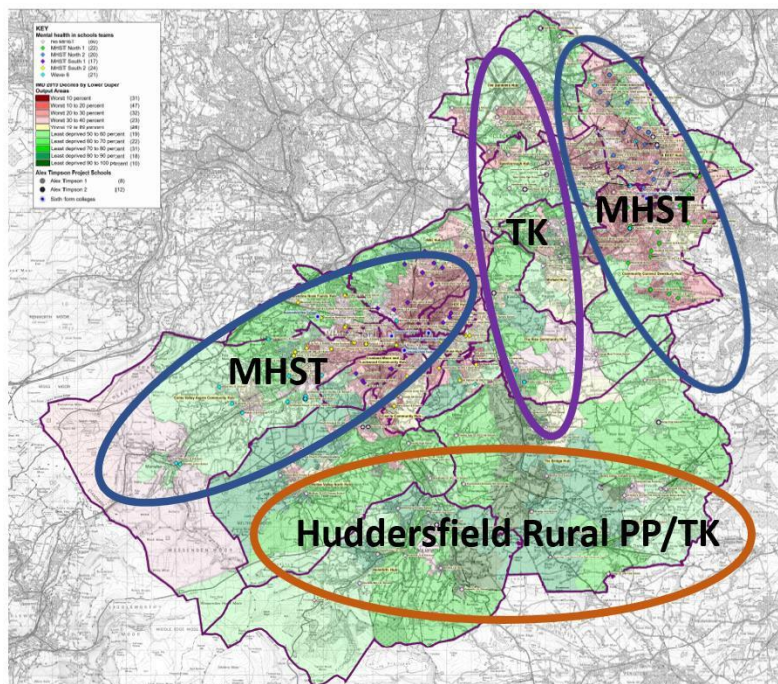
Kirklees Keep in Mind Proposal Summary: Schools Offer

Context

- Currently, there are different models provided to schools in different localities due to the funding that has been available: for example, from Thriving Kirklees, Mental Health Support Teams/Kirklees Keep in Mind, and the Huddersfield Rural Place Partnership.
- As a result of this, levels of knowledge, understanding and skill sets which serve to promote the implementation of a whole school approach across settings in Kirklees varies.

Current picture of Kirklees services for mild to moderate mental health issues

- Fragmented
- Not equitable
- Not clear
- Funded differently.



Current Offer

- **Centralised training offer** – developed based on needs identified in School Development Plans, KKiM/MHST data, school engagement events and other engagement activities. Training is delivered in central venues across Kirklees by educational psychologists.
- **Whole school training support** - a set amount of dedicated time for whole school training support. Schools are encouraged to use this time for training, implementation and embedding a key area of priority within school with support from the schools' contact educational psychologists.
- The offer has been adapted in response to learnings throughout the KKiM/MHST programme and we have been able to significantly enhance the impact of the offer through schemes funded by underspends such as ELSA and bespoke support.
- Aligned to a range of the 8 key principles of promoting a whole school or college approach to mental health and wellbeing - Promoting children and young people's mental health and wellbeing: A whole school or college approach (Public Health England, 2021)
- Develop, deliver and support the embedding and implementation of a training programme for teachers and other school staff. The aim is to equip them with the skills and confidence to spot common signs and triggers of poor mental health; to build knowledge and confidence to support; and develop a staff cohort who understand the stigma around poor well-being and mental illness.

Proposed offer

- To roll out an equitable offer across all Kirklees schools - extending coverage to 100%.
- It is the intention to include some activities that were funded by underspend in core services.

Kirklees Keep in Mind Proposal Summary: Parenting Pathway

Context

- Parental mental health and wider contextual factors such as poverty and challenges at school can have significant impact on the emotional wellbeing of children and young people.
- Supporting these factors and the needs of the whole family, rather than looking at situations in isolation, better supports outcomes for families.
- Research shows the mental health needs of children and young people also have a significant impact on parents and carers.
- The sooner families have access to services, the less support they may need.
- To build resilience in families, a parenting offer is needed to support them around family dynamics, relationship building and managing behaviours that are used by children to communicate their emotions.

Current Parenting Offer

- Parenting support and interventions are available via a number of services across Kirklees meaning it can be difficult to understand where to refer and who may be best placed to support.
- A range of support to parents is available from the Early Support Parenting Support Team, ChEWS and MHST/KKIM covering preventative, early intervention and targeted interventions.
- There are a number of areas of duplication that have been identified across the service offers.

Proposed offer

- The new parents offer will be needs led and evidence based.
- Elements of the current KKiM/MHST and ChEWS Offer are being evaluated and reviewed.
- The current Parenting Support Team Offer will continue from April 2024.
- The programme will evolve over time and may include parent drop-ins and information sessions/workshops (one off events / themed workshops) as part of Families Together events on a locality level, offering a tailored approach to local communities depending on their needs.

Kirklees Keep in Mind Proposal Summary: Therapeutic Offer

Context

- Currently there are different offers provided for children and young people with mild to moderate mental health concerns across Kirklees. These are delivered by Kirklees KKiM / MHSTs with South West Yorkshire Foundation Trust (SWYFT) as lead provider; and Children's Emotional Wellbeing Service (ChEWS) by Northorpe Hall Child and Family Trust.
- From April 2024, there will be one offer that will be delivered through Kirklees Keep in Mind for children and young people in Kirklees for mild to moderate mental health concerns to ensure a consistent and equitable offer across Kirklees. Children and young people with a higher level of mental health need will continue to have their needs met by specialist services.

Current Offer

- The current offer is aligned to the Getting Advice and Getting Help quadrants of the Thrive model.
- Offers to MHST and Non MHST schools differ due to funding available.

Getting Advice

- Psychoeducation and awareness work as part of a whole school approach and community offer. Designed to equip children and young people with strategies and tools to manage worries and build resilience to support positive mental health and emotional wellbeing.

Getting Help

- Short term emotional wellbeing and mental health interventions for children and young people aged 5-18 years in Kirklees where emotions are impacting on daily functioning, where these concerns have been present for a number of weeks.
- Children, young people and families need to be ready and willing to engage in support.

Proposed offer

- To provide one service offer called Kirklees Keep in Mind from April 2024 that is needs led and evidence based.
- To roll out a therapeutic offer, informed by the current KKiM/MHST and Children's Emotional Wellbeing Service (ChEWS) programmes, which can be accessed by all children and young people registered with a Kirklees GP.