

Children & Young People

The health and well-being of children and young people has been a particular focus for Enable East over the last five years, led by Associate Director Roz Rospopa.

Healthy Child Programme

Enable East helped to improve health services for young people in the East of England through the Healthy Child Programme, an initiative which aimed to produce a framework of universal and progressive services which promoted the optimal health and well-being of 5 to 19-year-olds.

Overseeing implementation was NHS East of England's Children and Young People Clinical Programme Board with support from Enable East. Through working closely with practitioners, we developed and shared the demonstration of best practice through a Healthy Child Workforce Collaborative. This resulted in the following deliverables:

- A comprehensive baseline study on the current status of implementation of the Healthy Child programme across the region
- A detailed comprehensive report with actionable recommendations for the co-ordination and delivery of the Healthy Child programme across the region
- Thirteen health and social care teams from across the region participated in the Healthy Child Workforce Collaborative. This resulted in the delivery of new and improved services for children
- Three well attended learning events were held, bringing practitioners from across the region together
- A detailed report was produced to share the learning of NHS Trusts and partners involved in the programme and the success that they achieved

Looked After Children

Looked after children in the East of England had the chance to share their views about the care they have received, in a project which aimed to improve services in the future.

At an event organised by Enable East, the 25 young people discussed the positive and negative experiences they have had in the care system, as well as offering solutions to issues they have faced. Supported on the day by participation workers, the 12 to 18-year-olds explained that they wanted the chance to make informed choices about their own health assessments.

They said experiences had been made positive or negative by the amount of information they had received and the personal skills of the professional assigned to their case.

Group members also identified the importance of consistency, choice and having their opinions valued, while many said their emotional needs were the most difficult to meet effectively. Amongst other suggestions, they said that professionals should be given training by the young people themselves and that those who are being looked after should not have to wait for counselling.

Recommendations from the event were passed on to the regional Children's Commissioning Champions to be considered for future changes to the service.

CAMHS Service Review

Enable East was commissioned by an NHS Foundation Trust to review its Child and Adolescent Mental Health Services (CAMHS). The project evaluated the services current arrangements to ensure that safe, effective and high quality clinical services were being delivered. It was important to ensure that these were well integrated with partner organisations and delivered in line with Trust policies and commissioner intentions.



The review considered governance issues and the robustness of safeguarding arrangements within the service and contributions and feedback from key stakeholders were sought, with subsequent recommendations made about improving service delivery and effectiveness.

The project delivered a transformational development plan for the Trust which was based on specific organisational evidence, current practice and policy.

In a further project, the CAMHS of another NHS Trust were reviewed by Enable East following an operational restructure which highlighted gaps in provision.

Three separate areas of CAMHS were examined - early intervention, learning disabilities and looked after children. In turn, each of these was reviewed under four sections – current provision, issues, proposed developments and how these could be achieved. Several recommendations were made as a result of the work carried out by Enable East. These included the development of clearly defined pathways and information across all levels of CAMHS provision. It was also recommended that a portfolio of roles and services should be developed and made available to the whole of the children's workforce.

Changing the Outlook

As part of our Well-being in the East portfolio, we ran the Changing the Outlook programme, aimed to deliver skills development opportunities to young people, carers and residential workers in healthy eating, exercise and mental well-being. By enabling a more proactive approach in looking after their own health, we hoped to empower young people to better care for themselves in the future and for their families and carers to have the confidence to continue the new skills and resources they had learnt.

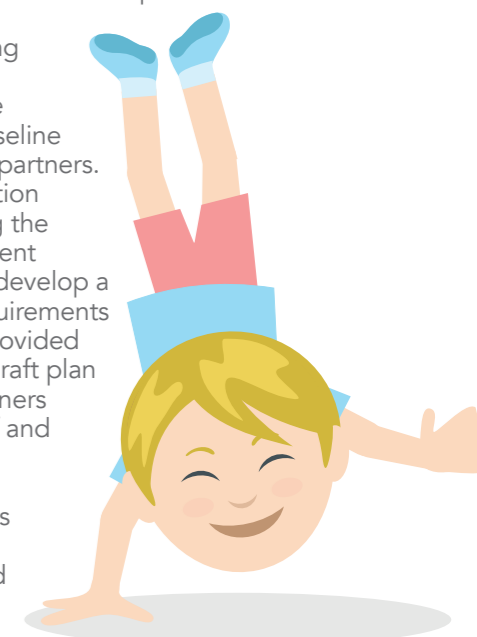
The programme consisted of a range of projects, from an allotment project promoting the growing and cooking of healthy foods, to a residential stay at an outward bound centre to encourage working together to improve relationships and communication.

Developing the CAMHS Strategy for a London CCG

The NHS England 'Future in Mind' (2015) report detailed how to improve how children's mental well-being can be supported and, when in distress and ill, receive good, timely care. Following the publication of this report, NHS England required all Clinical Commissioning Groups (CCGs) working with local Health and Well-being Boards and partners to develop a local transformation plan to support improvements in children and young people's mental health and well-being in line with the findings of Future in Mind in order to access their financial allocation.

We worked with a CCG to develop their plan, supporting the collation of existing information and data to inform the baseline and collecting the baseline information from key partners. We used this information and an understanding the challenges of the current CAMHS provision to develop a plan that met the requirements for submission and provided the customer with a draft plan to share with key partners ahead of final sign off and submission.

This piece of work was completed to a tight deadline and required a great deal of collaborative working between Enable East colleagues and those working within the CCG.



New Beginnings

Our New Beginnings training programme was designed to provide a practical introduction to emotional well-being and mental health specifically for anyone working with early years, primary school or secondary school aged children.

The National CAMHS Review (2008) recommended that the whole of the children's workforce should be appropriately trained to better understand child development, the causes of mental health problems, how to help build children's resilience and to intervene earlier. New Beginnings objectives were:

- To help bring about a reduction in the inequalities in the level and type of support offered to children and young people with similar needs due to variations in service provision
- To develop the confidence and skills of universal staff so that they provide knowledgeable interventions that are both positive and swift
- To ensure all staff have a sound knowledge of child development
- To ensure all staff have a sound knowledge of how to manage children with emotional well-being and mental health problems locally and when and to whom to refer

Feedback received from our New Beginnings training was overwhelmingly positive, with a large majority of participants saying that the training refreshed their existing knowledge and enhanced their individual practice in terms of listening more to children and sharing concerns with a colleague sooner and with more confidence

Palliative Care Service Directory

Enable East was asked to develop a directory containing the details of services provided by organisations in the Eastern Region for children who have been diagnosed with a life limiting or life threatening condition so families and carers were aware of what support and advice they could access.



The directory featured the names, addresses and contact details of organisations in the Eastern Region, including who could refer a child to the service. The directory was disseminated in various ways, including through the East Anglia's Children's Hospices (EACH) website.

Children's Palliative Care Data Pilot

Enable East was chosen to manage a project of data collection which would help shape children's palliative care funding in the future. Commissioned by the Department of Health, four children's pilot sites were chosen across the country to provide comprehensive and detailed information on 500 'spells of care' including the nature, type, intensity and cost of the care provided to children and young people with palliative care needs, to inform the establishment of a national palliative care tariff.

Enable East worked in collaboration with ECRIC (Eastern Cancer Registry & Information Centre) to devise a tailored data collection system and provide the Department of Health with an anonymised monthly dataset on 500 spells of care over the course of the project.

