

## LONDON BOROUGH OF HAMMERSMITH & FULHAM

**Report to:** Children and Education Policy and Accountability Committee

**Date:** 27/03/2023

**Subject:** Co-production in Mental Health Provision for Young People

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### SUMMARY

As an integral part of the H&F Borough Based Partnership, the Local Authority works closely with Integrated Care Board (ICB) colleagues, and West London Trust (WLT) as our main provider of mental health services for children and young people including Child and Adolescent Mental Health Services.

Listening to and working with young people to develop and improve services is a key priority in our partnership approach. As such we have established a range of mechanisms for obtaining feedback and involving young people. This paper sets out the range of co-production activity undertaken in relation to developing emotional wellbeing and mental health provision for young people as well as how this feedback is reflected in the way these services are delivered.

### RECOMMENDATIONS

1. That the Committee note the ongoing work and achievements to date.
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**Wards Affected:** All

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<b>Our Values</b>	<b>Summary of how this report aligns to the H&amp;F Values</b>
Building shared prosperity	Working in partnership to strengthen services for better outcomes for our young people using them.
Creating a compassionate council	Ensuring that we are able to provide the right support at the right time to enable our families and communities to ensure all children are safe, healthy and thrive to achieve their best outcomes.
Doing things with local residents, not to them	Ensuring that the child's voice is the centre of the decision-making process and continue to use their feedback as a way of developing the service.
Being ruthlessly financially efficient	Ensuring support is provided at the earliest point possible to prevent escalation resulting in high-level, high-cost care placements.
Rising to the challenge of the climate and ecological emergency	Working to keep services and provision locally to avoid the need for travel.

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## Background Papers Used in Preparing This Report

None.

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### DETAILED ANALYSIS

1. The North West London Children and Young People's Mental Health and Wellbeing Local Transformation Plan Sets out plans to affect whole system change, and address gaps in provision that remain and any emerging areas of need. The plan is both designed to create equitable services across North West London and improve parity across the Integrated Care System (ICS) footprint, and also ensure that local provision is tailored to local needs and voices.
2. As well as remaining focused on Children and Young People and all-age crisis care, there is now an increased emphasis on developing local integrated community models of mental health care. We have high ambitions for better mental health and wellbeing for every Child and Young Person living in North-West London. This means developing inclusive, fair and equitable services that are reasonably adjusted to support more complex needs, including learning disabilities and autism.
3. Collaboration with commissioners, providers, clinicians, Local Authority, and wider system partners sits behind the development of this plan. In North West London, we are committed to developing our Children and Young People's mental health and wellbeing services in a way that addresses local inequalities and gets the best possible outcomes for our service users whilst achieving value for money for our system.
4. This transformation plan is a live document that reflects the views of our local stakeholders and system level priorities for delivery in North West London, in the context of the increased demand and acuity experienced during the COVID-19 period.
5. Hammersmith and Fulham are also one of the areas in which the Mental Health in Schools Teams (MHST) programme has been established and now embedded to expand early access to emotional wellbeing and mental health interventions for children and young people in schools and colleges across England.
6. Our established MHST teams are currently supporting young people in approximately 270 education settings across NW London, with 25 of these in Hammersmith & Fulham. Within these teams Education Mental Health Practitioners (EMHPs) and Child Wellbeing Practitioners (CWP) provide:
  - Evidence based interventions such as guided self-help and group interventions for the parents of primary school-aged children with anxiety or challenging behaviour and work directly with secondary-school aged children with low mood or anxiety.
  - Offer interventions such as Friends for Life for building resilience, or STEPS to help tackle exam stress.

- Work with schools to develop a ‘whole school approach’ to mental health and provide support to a designated Senior Lead for Mental Health and/or Link Worker in the school; and
  - Work with the borough’s school nursing teams to ensure a joined-up approach to early intervention in Mental Health.
7. As the reach of MHST’s is not in every school, the local ICB have funded Hammersmith & Fulham MIND to offer every state school in the borough access to ‘Be Kind to Your Mind’ and ‘Learnwell’ programmes which offer workshops for year groups, psychoeducation sessions for teachers and parent; and partnership work with Educational Psychology colleagues for the SEND Children and Young People cohort.
  8. We work in partnership with Young Minds and Rethink Mental Illness to ensure that the voices and perspectives of people who have used local services are embedded in our work, and we are expanding service user representation to ensure that delivery is guided by experts by experience.
  9. The Rethink project, ‘Coproducting Coproduction’, sets out to explore and define Children and Young People’s vision for emotional wellbeing and mental health coproduction over the next two years. The aim of the project is to create a strong youth voice presence within the ICB. More details can be found in appendix 2.
  10. The table in appendix 1 sets out the range of ongoing co-production activity.

## **List of Appendices**

Appendix 1 – Health CYP Coproduction Work  
Appendix 2 – Rethink Project Outline

## Appendix 1 – Health CYP Co-production Work

Agency/Provider	What do they do	Next Steps
NWL ICB/Rethink	Rethink work with Young People to create a Youth Voice within the ICB, that will be taken to the ICS	Working with YP to map all co production to avoid duplication and work on identified gaps
NWL ICB /Young Minds for Mental Health	Young Minds currently recruiting young Champions to work with the Mental Health Trusts and the 8 borough MHST's to make sure the voice of YP is heard to develop and transform services.	Young Minds are linking with the local MHST borough Teams to increase take up of support to Young People in schools (mainly the 5 outer boroughs) to shape the participation and co -production opportunities for children and YP.
NWL ICB Key ASD Keyworker/People Participation	Working with Young people to co design and co-producing what LDA key-working should look like.	Young champions will carry out workshops with YP, families and wider network to capture the views and develop a charter for the LDA service.
PBSC/ NWL ICB	PBSC Keyworker Plus Working with YP and families to offer training on positive behavioural approaches, LDA keyworker programme lead engaging an expert by experience to be involved in the training sessions	LDA /PBS approaches training will be tailored to include examples of lived experiences and promote successful delivery
West London Trust CAMHS	CAMHS Parent-facilitators joining the Local Authority NVR team to co-deliver the NVR group to parents	Parents hear from other parents who have been through similar experiences. Parents feel involved in the development and running of the group and service and can use their personal experiences to support others.
West London Trust CAMHS	CAMHS Clinicians joining LGBTQ+ peer support & Service User Involvement group	Involving LGBTQ+ identifying young people in the active improvement of the service for the LGBTQ+ community – e.g., changing options and wording on the demographic registration forms; talking about how they would like clinicians to ask about pronouns/gender identity/sexual orientation; talking about how to improve the service that CAMHS provides for gender diverse YPs considering the changes at GIDS. Young people feel they are making a difference for both themselves

Agency/Provider	What do they do	Next Steps
		and other service users who identify similarly. This is also experience they can put on their CVs.
NWL Provider Collaborative	NWL CAMHS Provider Collaborative work with a service user/expert by experience who has interviewed applicants for positions within the PC, attended team meetings and West London NHS Trust board meetings, visited hospital sites with PC colleagues and advised on potential improvements to the service.	NWL Provider Collaborative meeting with Young People to further develop coproduction projects.
Imperial/CLCH /Child Development Service (Cheyne)	The resources hub brings together a wide collection of practical advice, guidance and toolkits on how to ensure effective participation with children, young people and their families.	Cheyne will continue to co-produce the majority of their resources with children and young people.
NWL ICB/ H&F Mental Health Support Team (MHST). H&F MIND	<p>Young people are working with H&amp;F MIND to test and evaluate Wysa a digital health mental health self-help app.</p> <p>3 Young Advisors have been selected to be trained to be on the interview panels. Training will be delivered by H&amp;F Youth Voice Lead.</p> <p>Young advisers met Circle Ambassadors, Commissioners and were involved in filming for the site and social media posts</p>	<p>To improve emotional and wellbeing support in schools</p> <p>Once trained the Young Advisors will have a say on who is recruited into the Youth Services</p>
Mencap /NWL ICB	Creating paid work experience opportunities for Young People with the support of other YP and their involvement in creating the role. Eg: reasonable adjustments they required in place, hours they felt they can cope with, role built in a way so they can	<p>Currently working on creating a social hub project with the young people we support.</p> <p>A lot of young people who are struggling with their mental health were unable to find work that could make the reasonable adjustments they required. The role</p>

Agency/Provider	What do they do	Next Steps
	<p>access work.</p> <p>Helping tuition company cater to the needs of the young person, by creating a support plan with the young person where they voiced how they would like their education to be delivered by the tuition company.</p>	<p>Mencap has created has helped YP build confidence.</p>
<p>NWL ICB / Mencap</p>	<p>H&amp;F Mencap's Parent /Carer Active – working with parents in focus groups holding sessions and informal coffee sessions.</p>	<p>Parents and carers co produce how this group serves them best to get the most out of focus groups. They share experience to have a voice to influence change where their experience was negative and learn from the positive experiences.</p>

## Appendix 2: Rethink Project Outline

### Co-producing Co-Production - This Project Sets Out to Explore and Define CYP's Vision for Emotional Wellbeing and Mental Health Co-Production for the Next 2 Years

#### Why?

- To create a Youth Voice within the ICB, that will be taken to the ICS
- To allow CYP to evaluate current co-production approaches; find strengths, gaps and make recommendations
- To allow CYP to develop their own strategy and framework for Co-production

#### How?

- Young Champions aged 14-25 with lived experience of low to moderate mental health will be recruited, trained and supported by Rethink Mental Illness
- A mapping process to be carried out to capture current co-production approaches and processes
- CYP will co-chair Advisory Group meetings to work collaboratively with the borough's co-production leads; LA, CAMHS, Youth Council
- CYP will create and chair a research steering group; teachers, social workers, health practitioners, voluntary workers etc.
- CYP will have the opportunity to co-chair the NHS CYP Emotional Wellbeing and Mental Health Partnership Group and create a feedback loop with ICS

#### Outcomes:

- Young Champions to have increased confidence in accessing Mental Health services, increased Mental Health literacy and awareness, as well as reduced stigma of Mental Illness (via pre and post measures)
- A co-produced report of recommendations for current Emotional Wellbeing and Mental Health CYP co-production approaches
- A co-produced framework and strategy for CYP Emotional Wellbeing and Mental Health co-production
- A co-produced and co-delivered Success and Learnings conference to share the project's success and CYP key learnings
- Co-produced and co-delivered Emotional Wellbeing and Mental Health workshop/s to consult wider young people
- A co-produced guidance document for the CYP vision for EWMH co-production