

MK Emotional Wellbeing

“Getting Help” Support

Information for
stakeholders

Sept 2024



What is “getting help support”?

- This refers to early intervention support for children and young people experiencing difficulties in relation to their emotional wellbeing and mental health
- It is largely based on a non-clinical model and aims to support children and young people with mild to moderate mental health and emotional wellbeing needs and help prevent escalation to CAMHS and specialist services
- MK is working to the principle the Thrive Framework (Wolpert et al 2019) in providing emotional wellbeing support. This focuses on and improving accessibility, and is needs led, with five needs-based groupings: Thriving, Getting Advice and Signposting, Getting Help, Getting More Help, and Risk Support.

What is getting help support?

The service we are looking to commission will largely provide to support to CYP in the “Getting Advice and Signposting” and “Getting Help” areas.



Need for emotional wellbeing support in MK

- It is estimated that one in five children aged 8 to 25 years in England have a probable mental health disorder (NHSE,2023) and half of those with lifetime mental illness will experience symptoms by the age of 14 (PHE,2016). It is therefore important to address the emotional wellbeing needs of children and young people (CYP) before they reach the point of needing clinical care.
- MK has a fast growing and relatively young and diverse population, 45% of children and young people aged 0-15 are from ethnic backgrounds other than white (JSNA, 2024)
- There are several wards in MK which are in the 10% most deprived in England (JSNA, 2024). People living in more deprived areas are likely to experience poorer health outcomes
- Historically there has been a limited “getting help” offer for children and young people in MK
- The mental health access target for CYP in Milton Keynes is currently 5368 , the proposed service will need to contribute to this target
- In March 2023 school-based surveys (Oxwell in mainstream and BeWell in special schools) included questions about emotional wellbeing. These identified the need to support young people experiencing depression and anxiety, addressing worries about going to school, family finance and climate change, and addressing feelings of loneliness and feeling left out.
- The BeWell survey identified the need to support young people with improved emotional regulation and wellbeing, feeling of self-worth, support for LGBTQ+ young people, and building friendships and relationships

Development of “Getting Help” Support in MK

- In 2023 mental health and emotional wellbeing become a priority for the MK System through the “MK Deal”
- In March 2024 we started to pilot of “Getting Help” support for CYP
- From June onwards we have evaluated this pilot and started to obtain feedback from key stakeholders
- In August we developed a draft specification for “Getting Help” Support
- In October we plan to start a procurement process for “Getting Help” Services
- We have also continued to expand the Mental Health Support Team offer in schools and are looking to develop a multi- agency single point of access for CYP across MK

The “Getting Help “Pilot

- This involved 2 VSCE providers and was commissioned to deliver support to 200 CYP
- The pilot set out to consider:
 - The kind of model needed to support children and young people with their mental health and emotional wellbeing needs in the future
 - The demand for an early intervention emotional wellbeing service in MK
 - The types of support young people find helpful in addressing their mental health and emotional wellbeing needs at an early stage
 - How we make the service accessible, particularly to disadvantaged and vulnerable groups e.g. those with SEND or neurodevelopmental conditions, care experience young people, young people from black and minority ethnic groups and those from low-income families
 - How will the service will compliment the School Mental Health Support Teams (MHSTS)

The “Getting Help “Pilot

- The pilot supported 239 CYP in the 4 month period March- end June, some CYP needed shorter interventions than initially anticipated, enabling more CYP to be seen
- There was need to commission a service for under 11s (initially out of scope), the service started to take referrals for 7–11-year-olds due to demand. Approx 8% of referrals have been for children under 11
- Talking therapies, confidence building activities, resilience building activities and building a toolkit to overcome presenting issues have been the most frequently used interventions. Some interventions have been delivered in groups
- The types of intervention offered were generally appropriate and well received by children and young people, Nearly 70% of individuals completing the “Core 10” outcome assessment saw a decrease in score over 6, which correlates with improved wellbeing.
- Approximately 22% of individuals accessing the service declared a neurodevelopmental condition or special education need. Professionals providing feedback stated that there had been a gap in service provision for those with neurodevelopmental conditions who may experience feelings of anxiety . Future services will need to make adjustments for this group.

The “Getting Help” Pilot

- There were no referrals for CYP aged 19+ and an underrepresentation of referrals from CYP from BAME communities
- There was a mix in the mode of delivery that people prefer- some preferring face to face and others online support and counselling.
- The most common presentation has been anxiety accounting for 36% of referrals
- Easy and timely access to services which meet individual need at an early stage ,also free at the point of delivery , were recurrent themes in the feedback from both young people and professionals
- Those referred for talking therapies usually needed more intensive support
- The majority of referrals came from the CAMHS SPA ,Parents and Schools
- It was important that the two organisations worked closely together to ensure that the CYP referred received appropriate support and that referrals flowed in a timely way
- Important to avoid duplication with MHST's and that we make good use of resources

The Service Proposal

- Milton Keynes City Council and local health partners are looking to commission a community based 'Getting Help' service to support children and young people with good emotional and mental wellbeing.
- The service will be for young people aged 7-18, or up to the age of 25 for those who have special education needs and/ or young people who are care experienced. We anticipate that it will consist of two elements:
 - 1) a community-based emotional wellbeing service and
 - 2) talking therapies support. The service will need to offer face-to-face elements, so will need to be delivered in local venues in Milton Keynes. It will also need a digital / on-line offer.
- It is planned that the contract period will be three years, from April 2025 to March 2028. The annual contract value of £150,000 per year. The total contract value is £450,000.

Aims of the Service

- The Service will provide high quality, goal-based mental health and emotional wellbeing interventions and support to children young people to address their mental health and wellbeing needs at an early stage and prevent escalation to core child and adolescent mental health services (CAMHS).
- The purpose of the service is to increase the number of CYP who receive timely and effective advice and support in relation to their mental health and emotional wellbeing needs.
- The service will offer young people choice in relation to how, where and when they receive support.

Key Components of the Proposed Model

1. Community based mental health and emotional wellbeing advice and support

- This service will offer a range of evidence-based interventions, for example one to one consultations, workshops, drop- ins and group work interventions delivered as appropriate to address an individual's mental health and emotional wellbeing needs.
- We anticipate the provider will support approximately 600 young people, or more if offering group support, through this element of the service.
- Support will be time limited and usually offered for up to 6 consultations. There will be scope to increase sessions where it is identified this would be beneficial for an individual and help prevent escalation to core/ specialist CAMHS. Some individuals may only need a single session, the number of sessions should be determined by need.
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Key Components of the Proposed Model

- **1. Community based mental health and emotional wellbeing advice and support**
- As a guide the service might consider offering and building on the following types of interventions on a flexible basis, depending on the need of individuals:
 - Support to access to evidence- based health literacy information and resources about emotional wellbeing, mental health, and specific conditions, including digital support.
 - Support with stress management.
 - Support to develop and implement practical strategies to manage overcome the issues affecting the child or young person.
 - Resilience building activities.
 - Confidence building activities.
 - Mindfulness activities
 - Support to access activities and facilities in the community.
 - General wellbeing support including support provided through groups and drop-ins that promote mental health knowledge and awareness, self-efficacy, self-management, and recovery.
 - Support groups and drop ins with speakers/ those with lived experience, in some cases these might be related to a specific need. Eg Special Education Needs, care experienced young people, Neurodevelopmental conditions, black and minority young people and young people from LGBTQ+ and trans and gender diverse communities.
 - Onward signposting to appropriate services as required.

Key Components of the Proposed Model

2. Support based on Talking Therapy Approaches

- Provision of talking therapies, eg Cognitive Behavioural Therapy, Counselling or Family Therapy for CYP who would benefit from this type of intervention delivered by qualified practitioners.
- It will usually be provided to children and young people aged 11 and above, however there may be occasions when younger children are supported when this is the most appropriate intervention for the individual.
- We anticipate the provider will support approximately 150 young people through this element of the service.
- Support will be time limited and usually offered for four to six sessions, this may be extended when considered it would be beneficial for the individual and will help prevent escalation to Core/ Specialist CAMHS.
- Sessions will usually be on a one- to -one basis, with the exception of family therapy in which all relevant family members will be included. The service will offer solution focused and person- centred interventions that empowers young people (and their families) to understand their feelings and emotions, respond to difficulties and to explore ways to jointly develop agreed coping strategies.
- Staff delivering this component of the service will need to suitably qualified in young people's therapies and should professionally regulated and work within a recognised ethical framework such as the British Association for Counselling and Psychotherapy (BCAP) or equivalent.

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Next steps

- We are inviting feedback on the proposal from all stakeholders until the end of September
- We are keen that VCSEs organisations are enabled to submit bids, either as a single organisation or through a partnership arrangement
- We welcome any comments you have in relation to the proposal, these can be made via email?

Procurement Timelines

- In September we will engage with stakeholders about the proposed plans
- In early October we will finalise the specification for the service
- In mid October will invite organisations to submit their bids as part of a tender process
- By early December we will shortlist the organisations who submitted the best bids and meet with them to find out more about what they are proposing to offer
- By mid January we hope to have selected the providers(s) who will provide the service
- We are aiming to start in early April 2025

- Any Questions?