

# Yorkshire and Humber Children and Young Peoples Community of Improvement

**SECTOR LED IMPROVEMENT CONFERENCE FEBRUARY 2018**

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Lonsdale (NYCC)

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# Aim and outline of session

By the end of the session, delegates will:

**Understand what the Yorkshire and Humber Children and Young Peoples Community of Improvement is and how we work to deliver Sector Led Improvement**

- ▶ The Approach: How do we run it?
- ▶ Case Study: Perinatal Mental Health
- ▶ Next steps: Helping us to help you

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# The Vision

To improve the health and wellbeing of children and young people in Yorkshire and the Humber

- ▶ Sector led improvement approach



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# Thinking together....

- ▶ Think about where you work
- ▶ Tell us something about CYP in your area...
  - Something to share
  - Risks and issues
  - Need some support
  - Top actions to do next
- ▶ We'll come back to it at the end...will use to guide our work...

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# Flash card – off you go!

**Something to share**

**Need some support**

**Risks & Issues**

**Top actions to do next**

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# Underpinning Sector Led Improvement: Methods

- ▶ **Challenge:** including; peer challenge, self assessment, evaluation approaches
- ▶ **Problem solving:** including; collaborative workshops to tackle wicked issues, themed sessions and, using flash cards, raise issues
- ▶ **Sharing:** including; best practice workshops, sharing innovation, learning together

# The CYP COI

- ▶ Chair: Ben Leaman, Calderdale MBC
- ▶ Deputy Chair: Emma Lonsdale NYCC
- ▶ DPH sponsor: Paul Butcher
- ▶ PHE Health and Wellbeing team lead: Gemma Mann
- ▶ Membership: children and young people's leads in all LAs
- ▶ Quarterly meetings
- ▶ 'Business' meeting followed by two-hour themed session focusing on COI priorities
- ▶ Task and finish subgroups: Teenage Pregnancy, Perinatal Mental Health, Adverse Childhood Experiences, Early Years Physical Activity, PSHE

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# Key relationships

- ▶ Y&H ADPH network
- ▶ Other COIs, primarily; healthy weight/physical activity, mental health and sexual health.
- ▶ Local Knowledge and Information Service
- ▶ NHS England Clinical networks (maternity and children's mental health)
  - Ensures integration with CCG, STP and NHS agendas
  - Invited to COI meetings, PHE attends and feeds back on clinical network meetings
- ▶ Relevant Professional organisations / groups **#YHSLI2018**



# Practical example: Perinatal Mental Health (PMH)

To improve the health and wellbeing of children and young people in Yorkshire and the Humber.....

***There is no health without mental health***

Every baby, every child; healthy, happy, safe and valued.  
Every parent supported to achieve this

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# PMH: Clarification of the Terminology

- ▶ The definition of the “perinatal” period is defined in diverse ways
- ▶ As more evidence emerges about the effects of PMI on the both the mother, father/partner and developing foetus/infant the term perinatal mental health is now commonly used to describe the period from conception to 1 year following the birth of the child

# The Importance of PMH: Prevalence and Impact

**Mental health problems in the perinatal period affect 1 in 5 women.** NICE CG192 2014 reports:

- Depression **and** anxiety are the most common PMI (12% Depression, 13% Anxiety)
- Many women experience both – 15-20%
- Between 1 & 2 in 1000 women will experience postpartum psychosis.
- ▶ New fathers' depression rates are double the national average for men in the same age group
- ▶ 122,000 babies under one are living with a parent who has a mental illness. The mental health of parents in the perinatal period can have long-term effects on the infant, especially in relation to their later emotional and behavioural development.

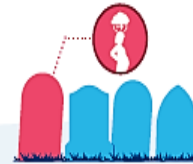
## Putting into context

It's been estimated that maternal mental health problems cost the UK

**£8.1bn\***  
each year



Up to **1 in 5** women develop mental health problems during pregnancy or in the first year after childbirth



Around **one quarter**<sup>†</sup> of all maternal deaths between six weeks and a year after childbirth are related to mental health problems



**Nine out of ten** people with mental health problems experience stigma

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# What is the PMH Call to Action?

- ▶ Collaboration between 2 COIs and other system partners to ensure that families get the support they need, as well as creating an environment that fosters positive mental health and wellbeing, with a clear focus on prevention and population public mental health
- ▶ Sets out LA role in delivering improvement in the system. Provides a clear focus by identifying shared commitments and tangible actions across each local authority in Yorkshire and Humber.
- ▶ Underpinned and aligned with key drivers, for example:
  - The Prevention Concordat for Better Mental Health
  - Maternal Mental Health- Women's Voices
  - Five Year forward View for mental Health: One Year On
  - National Maternity Review
  - NICE QS 115
  - NICE CG 192

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# What's in it?

Actions aligned with Prevention Concordat

- ▶ **Needs and asset assessment - effective use of data:**

MABIM Mapping Tool

- ▶ **Partnership and alignment:**

Co-creation with citizens with lived experience

- ▶ **Translating need into deliverable commitments:**

Workforce, capacity, competence and confidence

- ▶ **Defining success outcomes:**

PMH data catalogue

- ▶ **Leadership and accountability:**

Place based leadership - when practitioners with a common passion, come together at a local level - great things can happen!

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# Still Face Experiment



<http://bit.ly/1mEZ3Y8>

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**Every baby healthy, happy, safe and valued.  
Every parent supported to achieve this.**



**Its only impossible until it is done!**

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# Aligning the PMH Call to Action with Sector Led Improvement

## ▶ Challenge

- Challenging what we're doing in public health, how we're doing it and whether we are outcomes focussed

## ▶ Problem solving

- Developing a shared vision of how we can improve outcomes across the public health system - one that aligns with the broader health and care system

## ▶ Sharing

- Call to Action circulated widely with support from DsPH, engage locally and share locally -> nationally

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# What next?

- ▶ Signed off at DsPH Jan 18
- ▶ To clinical network Q4 17/18
- ▶ Out to LA teams for action Jan 18
- ▶ Ongoing monitoring of Y&H data Quarterly
- ▶ Share with national PHE Q4 17/18
- ▶ Promote nationally 2018
- ▶ Review of progress by both COIs Q3 18/19

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# Action Pledges – what will YOU do?

## Personalising Your PMH Pledge

I pledge to undertake the following action in order to improve the lives of children, families and communities I work with:

.....

Date to achieve by: .....

Name: .....Organisation: .....

Email Address: .....

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# Upcoming focus areas for 2018/19

- ▶ Transforming Children and Young People's Mental Health Provision. This green paper is out for consultation and needs a very powerful response as it doesn't cover infant mental health! The Consultation on the paper closes on 2nd March at noon. <https://engage.dh.gov.uk/youngmentalhealth/>
- ▶ Adversity and vulnerability, including safeguarding
- ▶ Alternatives to FNP - reviewing enhanced support to teen parents
- ▶ Children and young people surveys in (primarily) schools settings

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# What have you told us?

**Something to share**

**Need some support**

**Risks & Issues**

**Top actions to do next**

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# Contact details

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