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
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!

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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

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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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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.

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Mental health problems in the perinatal period effect 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.
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.

It's 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
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/](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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Contact details

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