

**Children & Young People's Mental Health and Wellbeing Programme Board
Minutes from first meeting of Programme Board
August 2019**

**Children and Young People's Mental Health and Wellbeing Programme Board
Thursday 22 August 2019: 11.00-15.00
Victoria Quay, Edinburgh**

Attendees

Co-Chairs

Donna Bell, Director of Mental Health, Scottish Government (Chairing)
Jane O'Donnell, Interim Head of Policy, COSLA

Members

Joanna Murphy, Chair of National Parent Forum of Scotland
Kevin Kelman, Association of Directors of Education Scotland (ADES)
Morven Graham, Principal Psychologist, Stirling Council
Jackie Irvine, President Social Work Scotland
Val de Souza, IJB Chief Officers
Linda de Caestecker, Scottish Directors of Public Health Group
Tim Frew, Youthlink Scotland
Amanda Croft, NHS Board Chief Executives
Martin Crewe, Barnardo's
Sheila Downie, Royal College of Speech and Language Therapists
Graeme Henderson, SAMH
Rachel Cacket, Royal College of Nursing Scotland
Shelagh Young, Home-Start Scotland

Theme Leads

Jacqueline Campbell, Scottish Government
Stephen McLeod, Scottish Government
Phil Raines, Scottish Government
Judy Thompson, NHS Education for Scotland

Programme Office

Hugh McAloon, Scottish Government
Matt Deary, Scottish Government
Jacqueline Wray, Scottish Government

Observers

Laura Caven, COSLA
Lynne Jarvis, ISD Scotland
Neil Guy, Scottish Government
Hannah Broadley, Scottish Government
Bill Alexander, Scottish Government

Representation from the At Risk Workstream

Sally Ann Kelly, Chief Executive Aberlour
Martin Canavan, Policy and Participation Aberlour
Ruth Miller, Educational Psychologist, East Ayrshire

Apologies

Angela Leitch, Society of Local Authority Chief Executives app

Carey Lunan, Chair of Royal College of General Practitioners Scotland app

Jennifer Halliday, Royal College of Psychiatrists, National Clinical Advisor for CAMHS

Introductory Remarks

Donna Bell (Chair) welcomed all present to the first Children and Young People's Programme Board and introduced co-chair Jane O'Donnell. Donna explained that the partnership approach by Scottish Government and COSLA reflects a joint commitment to reforming children and young people's mental health.

Chairs acknowledged that many of the members of this new Programme Board were previously members of the Children and Young People's Mental Health (C&YPMH) Taskforce and would be familiar with the work achieved through the Taskforce. The Chair stressed the commitment now is to take this work forward in a positive way, where all can start seeing a difference in the approaches to services provided for children and young people.

Chairs thanked Dame Denice Coia for all the work achieved to date through the Taskforce. The work of the Taskforce has built a very strong base from which the Programme Board will work from. All agreed.

1. Welcome and Introductions

Members introduced themselves and the organisation they are representing.

Apologies were noted. There were no comments to read out from those who were unable to attend.

2. Purpose and Terms of Reference

Paper 1: Background to the Taskforce

Chair emphasised the shared commitment to the Programme Board and shared understanding of the background of the Taskforce and its recommendations.

Chair noted that there are a number of Youth Commission recommendations this group may want to reflect on as part of this work, and consideration by the group should be given as how to do this.

Action

1. Circulate Youth Commission report for background

Paper 2: Draft Terms of Reference

Membership - Board members were asked to consider if representatives from other groups were required to sit on the programme board.

Noted Universities Scotland (US) had written to the Chairs to suggest the Scottish Funding Council (SFA) is represented on this Board to ensure colleges and universities should be taken into account.

Hugh McAloon explained there is a working group called the Student Mental Health and Wellbeing (SMHW) Working Group chaired by Scottish Government and there is a strong link between this Programme Board and the SMHW Working Group.

Members agreed there is complex landscape between different boards and groups and awareness of these would be beneficial for alignment and synergies.

Membership of children and young people on the Programme Board was proposed. The Chair advised this would be picked up under item 4.

Clarity was asked for point 10 on the TOR. Scottish Government are in the process of recruiting an Engagement/Participation Officer to sit within the programme office. That person's role will be to facilitate and ensure that each element of work that this group does is genuinely engaging with children and young people at all stages, at a national and local level across the country. This important role within the team will include challenging the values of engagement to ensure it is not tokenistic.

Action

2. Consider representation from the Student Mental Health and Wellbeing Working Group on the Programme Board.
3. Carry out mapping exercise of groups related to Mental Health.
4. Add update from Engagement Officer to future Programme Board agendas.
5. Add regular reviews to the Board plans and add dates for updates to Ministerial Steering Group.
6. Re-drafted ToR will be sent to members for final approval.

3. Continuation from the Taskforce

Paper 3: Conclusions from the At Risk workstream

Programme Board welcomed Sally Anne Kelly, Martin Cavan from Aberlour and Ruth Millar East Ayrshire Council to present their paper on Conclusions from the At Risk workstream of the Taskforce (Paper 3). The paper is a collective view from all those involved in the At Risk

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workstream and summarised inputs, views and experiences with a focus around barriers to accessing support and what good practice might look like.

Paper 5: Letter from Generic and At Risk Workstreams

Chairs thanked authors of the paper and the letter and will consider how the programme plan will take account of the conclusions and findings from the At Risk and Generic workstreams of the Taskforce.

At this point the Board also identified a range of key interdependencies

Action

7. Consider additional links with work on
 - Perinatal and infant mental health
 - 16-25 age group
 - Anti-stigma
 - Justice, particularly with a focus on women.

Paper 4: Conclusions from the Knowledge and Information workstream

Lynne Jarvis, Information Analyst from NHS ISD, introduced the conclusions from the Knowledge and Information workstream. Work from this workstream has continued outwith the Taskforce to look at the recommendation for the requirements of an enhanced digital service. A brief discussion took place regarding datasets available across relevant services and how it would be helpful if these were shared for information. An example highlighted was the child protection minimum dataset.

There will be ongoing analytical support and data provided to the Programme Board.

Action

8. Share relevant datasets with the Programme Board for information.

4. Engagement

Paper 6: Advisory Group

An Advisory Group to the Programme Board was proposed as a way to ensure expertise and advice informs the work of the Programme Board and constructively challenges the Programme Board. There was discussion from the Board members regarding different models of an Advisory Group. Agreement was reached that a lived experience forum of children young people and families would be established. Agreement was also reached on the establishment of an Advisory Group with independent Chair which theme leads could engage with. Both groups will be run by the Programme Office which will facilitate twice a year engagement

events for the Advisory Group and meetings of the lived experience forum in response to requests from the board.

Action

9. Redraft Terms of Reference to reflect discussions on the Advisory forum and circulate.

5. Priorities for the Programme Board

Paper 7: Programme Brief

Hugh McAloon Programme Board Director introduced the Programme Brief.

Section 6 in programme brief – Deliverables, have been taken from the recommendations and have been agreed by Ministers and COSLA.

It was noted that equalities will be embedded throughout the programme of work using EQIA and other regulatory processes.

First point of access agreed as a more accurate term to use than single point of contact.

Brief update from Leads

Stephen McLeod lead for CAMHS and Neurodevelopmental (ND) theme gave an overview of the proposed work programme for the theme. This includes:

- Draft value statement – whole system values i.e. the experience of service and the experience of asking for help as a child, young person and family which goes beyond CAMHS and can be used as measurement of improvement.
- Referral/expectance criteria – being drafted and will be discussed at the next programme board.
- Estimated current profile and level of need and comparing performance data on current CAMHS status across Scotland and noted inconsistencies across CAMHS and ND services in Scotland.
- Process by which there is engagement with families and young people.

Phil Raines leading the Universal theme described how much the taskforce recommendations were about system change and how local partnerships should come together. This should be achieved by strengthening processes which are already in place. Work will include a focus on:

- Children Service Planning, currently going through a review cycle.
- Primary care improvement plans.
- Setting national expectations raises question of how these will be reported. This links with inspections which are currently active, to help drive improvement.
- Ensuring services are working together and covering the at risk population.
- Linking with the work of the perinatal mental health programme board.

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Jacqueline Campbell lead for the Intermediate theme emphasised the messages from the taskforce about addressing needs not currently being met within the existing system. Work will include:

- Carry out research with the aim to come back with a summary paper of current position of existing service in the community.
- Aim to produce a framework setting out broad parameters for a community service to go to programme board
- Produce advice on how to secure the provision of services locally and allocate funding in alignment with local delivery
- Crisis support available anytime
- Look at data from NHS24 pilots and options for delivering in remote areas i.e. attend anywhere.

Judy Thompson lead for the Workforce theme. Activity will include:

- Work across the system including third sector, local authority
- Working with recommendation 12 and 13 from C&YPMH Taskforce recommendations
- GIRFRC National Practice Model starting point for any work
- Collaboration across all sectors, i.e schools, primary care, community, higher and further education.
- 4 level framework
- Considering workforce supply line and existing workforce and pressure on the workforce
- Link back to Government and COSLA services

Action

10. Board was asked to consider how measuring success could be achieved
11. Consider feedback from COSLA C&YP board regarding enhanced promotion of good mental health and wellbeing and an increased focus on families and family support into the deliverables.
12. Donna will provide update to Programme Board on the development of the programme for government.
13. Presentations to be circulated in advance of future meetings.
14. PIDs to be completed by Leads which will set out what will be covered in the themes, PIDs will be circulated for comment and discussion at the next Programme Board meeting.
15. Agreed that COSLA Health & Social Care Board would consider the PIDs and provide comments before they are finalised.