

Children and Family Health
Devon

Pathways of care launch

December 2024



Children & Family Health Devon

Our Vision



At Children and Family Health Devon (CFHD), we are dedicated to improving the health and well-being of children and young people across Devon and Torbay. Our vision is to be a successful, vibrant, partnership that benefits the communities we serve and we are working together to improve outcomes for children and young people and their families.

At CFHD, we believe in supporting not just physical health but emotional and mental health and development too.

Through our approach, we aim to create a nurturing environment where children and young people can thrive. Our multidisciplinary team of healthcare professionals work together to ensure that those using our services receive the best possible care, with a focus on prevention, early intervention, and long-term wellness.

We are committed to reducing health inequalities, providing specialised support, and empowering young people to lead healthy, fulfilling lives.

Who we are

We are an alliance of local NHS organisations led by Torbay and South Devon NHS Foundation Trust in partnership with Devon Partnership Trust.

We are a multidisciplinary group of professionals such as psychologists, psychiatrists, occupational therapists, speech and language therapists, physiotherapists, nurses, administrative support and many other professions.

Principles



Taking account of the above, the following set of design principles have shaped the new service model;

- Deliver high quality, outcomes informed, compassionate care – working in partnership with our children and young people to achieve great clinical outcomes which improve their quality of life and their life chances
- Accessible to all who need it across all of our communities
- 11 needs-based pathways provided in 3 localities, 1) North Devon, 2) Torbay, South and West Devon and 3) Exeter and East Devon
- Provide evidence-based care and treatment and make use of routine outcome measures
- Children are able to access the same range of services and quality of care and access wherever they live - a service offer which has integrity across Devon
- Children and young people with multiple or complex needs receive care which is integrated and co-ordinated across specialties and agencies. This means integrating physical and mental healthcare and community and acute care pathways, for those who need multiple interventions simultaneously or sequentially
- Children and young people are protected from harm – staff are skilled, knowledgeable and effective in safeguarding practice

Principles



- Children and young people and their families, are treated with compassion, understanding, respect and dignity and would recommend CFHD to their friends and family
- A service organised to support children, young people and families to maintain their own health and well-being, and for those who are unwell, to recover or live their best lives
- A service offer, which is needs-based, which makes opportunities for prevention, early intervention and is structured around the principles of Thrive
- Children, young people and their families involved in shared decision making about their care and in how services are designed, governed and delivered
- Delivered by compassionate, well trained, knowledgeable and well supported staff who feel valued
- A service which is delivered efficiently, within the financial envelope of the contract, so that we provide good value for money
- A service offer that makes good use of digital delivery methods to provide information, advice, care and treatment as well as face to face interventions.

2019

In preparation for the procurement of the children's community health services contracts, extensive engagement and co-production was undertaken with children, young people, families and a wide range of other stakeholders

The contract to provide children's services transferred to TSDFT on behalf of the Alliance on 1 April 2019.

Throughout the transformational change programme, extensive pathway specification work was carried out to ensure that CFHD are providing specialist services for physical and mental health to children and young people across Devon.



Supporting Participation Champions – undertaking CYP Participation training with Exeter University. The first cohort was complete in January 2024

As well as extensive pathway specification work, CFHD has rolled out a new clinical system SystemOne.

CFHD launches its new website

Virtual event including parents, carers, young people, GPs, CFHD staff, schools

CFHD launches its new social channels

On 23 April 2024, the CQC had an informal visit to CFHD. The purpose of the visit was to understand more about the service we provide for our children, young people and their families/carers

2024

Launch of NHS 111 with mental health professional option

2024

Trial of virtual reality (VR) headsets with our participation groups and CFHD staff members

The Physiotherapy team are undertaking a digital development to help support children and young people (CYP) when they attend for assessment.

Drop in event in Tiverton aimed to provide an insight to partners, professionals, service users and communities about the newly designed pathways of care.

introduction of our new integrated Triage process and integrated Mental Health assessment model

Virtual event giving an overview of pathways within CFHD

CFHD are working on a phased roll out of the new pathways of care. This roll out began in spring 2024, with mobilisation expected by spring 2025.



2025

Development of an estates strategy

Development of addressing health inequalities strategy

Introduction of the Patient Initiated Follow Up (PIFU) process across eligible pathways

Progressing in to the new fully integrated assessment model

Requesting help from CFHD

Anyone aged under 18 who lives in Devon (excluding Plymouth) can get specialist care from CFHD. To get help from CFHD you will need a referral. A referral is the way to ask to see an NHS specialist.

Who can make a referral

CFHD accepts referrals from:

- parents and carers
- doctors and health professionals
- some school staff
- young people aged 16 to 17 years

How to make a referral yourself

To make a referral you will need to download and fill in one or more forms and answer questions about what you need help with. Your answers will give our clinical specialists the essential information they need.

You may need to share information from a doctor, nurse, other healthcare professional, or school SENCO (Special Educational Needs Coordinator).

Allow yourself plenty of time to answer all the questions.

You might find it helpful to gather all the information you'll need before you start. This includes:

- GP name, address and phone number
- Nursery, school or college address and phone number

It also helps if you know the child or young person's NHS number.

Our locations

If you're invited to an appointment, we will ask you to visit one of our buildings. The location will be confirmed at the same time as the appointment.

CFHD provides children's health services across Devon (excluding Plymouth), split into the following areas:

- **North Devon**
- **Exeter, Mid and East Devon**
- **Torbay, South and West Devon**



What are CFHD pathways of care?

CFHD have different pathways of care, spread across Mental Health Services and Integrated Nursing Therapies.

After we've received a referral, our experts decide whether the child or young person needs specialist care from CFHD.

If they do, the child or young person and their family will receive care from one or more CFHD pathways depending on their particular needs.

Our healthcare specialists work together within each Pathway to provide the best care and support.



CFHD Pathways of care:

- Community Children's Nursing (CCN)
- Early Child Development (ECD)
- Addressing Adverse Childhood Experiences (AACE)
- The Mental Health Support Team in Schools (MHST)
- Eating Disorders (ED)
- Mood emotions and relationships (MERs)
- Urgent Care
- Neurodiversity
- Speech, Language and Communication (SLC)
- Physical and Sensory
- Specialist Learning Disability (SLD)

Community Children's Nursing

This pathway helps children and young people in Devon (excluding Plymouth) with a wide range of complex health conditions that require expert and specific nursing advice and support.

Difficulties may include:

- Complex breathing/airway difficulties including long term ventilation
- Neurodegenerative disability
- Enteral feeding
- Complex continence problems requiring clinical interventions
- Oxygen dependence
- Complex wound care
- Palliative care and symptom management at end of life
- Complex phlebotomy and administration of injectable medication
- Long term complex conditions such as cardiac, renal or liver disease, including a child or young person dependent on technology to meet their health needs
- Caregivers requiring clinical training to meet an individual child or young person's needs

Early Child Development

This Pathway helps babies and children aged under 5 in Devon (excluding Plymouth) with severe delay or differences in multiple areas of their development.

CFHD specialists you might receive care from in this Pathway

- Clinical Psychologists
- Occupational Therapists
- Physiotherapists
- Speech and Language Therapists
- Early Years Practitioners

Addressing Adverse Childhood Experiences

This pathway helps children and young people in Devon (excluding Plymouth) that are:

Children in care and care leavers, including Unaccompanied Asylum-Seeking children and young people who are involved with the Youth Justice Service, the Therapeutic Wellbeing Service, YSMART and the Atkinson Home.

CFHD specialists you might receive care from in this Pathway are:

Specialist Children in Care nurses .
Speech and Language Therapists.
Children's mental health professionals.
Social Workers.

The support provided may include:

Assessments of need.
Consultations with the professional network to review the needs of the child/young person.
Direct intervention.
Support and signposting.

The Mental Health Support Team in Schools (MHST)

This pathway helps children and young people in Devon (excluding Plymouth) who are experiencing mild to moderate common mental health difficulties (anxiety, low mood and behavioural difficulties etc).

Who are we?

The Mental Health Support Team in Schools (MHST) is an NHS service commissioned to work with several schools across Devon and Torbay and in the community . We offer early intervention to help children and young people with their mental health and emotional wellbeing.

We offer individual and group Low-intensity Cognitive Behavioural Therapy (Li-CBT) evidence-based interventions. We additionally work in schools to support their 'whole school approach' to mental health by offering:

- Workshops and training to children, families and education staff
- Consultations
- Mental Health Ambassador Programme
- Mental Health Audits and much more

Eating Disorders

This pathway helps children and young people in Devon (excluding Plymouth) with:

- Anorexia Nervosa (AN)
- Bulimia Nervosa (BN)
- Binge Eating Disorder (BED)
- Atypical Eating Disorders (AED)

CFHD specialists you might receive care from in this Pathway

- Mental health professionals
- Dieticians
- Paediatricians (nursing and medical)
- Psychiatrists

Mood, Emotions and Relationships

This pathway helps children and young people in Devon (excluding Plymouth) with moderate to severe mood disorders causing high distress and affecting many areas of daily life.

This includes difficulties managing their emotions and relationships, where mental health is the primary factor. This could include:

- Depression
- Anxiety
- Emotion dysregulation, including self-harm
- Post-traumatic disorders, such as PTSD or complex trauma
- Disorders of perception, identity or appearance, such as psychoses, emerging personality disorders, body dysmorphia
- Severe difficulty in parent-infant relationship
- A-typical development/distress in infant

CFHD specialists you might receive care from in this Pathway

- Mental health professionals
- Speech and Language Therapists
- Non-medical prescribers
- Primary Mental Health Workers
- Clinical Team managers

Urgent Care

This Pathway helps children and young people in Devon (excluding Plymouth) that need urgent or intensive mental health support.

CFHD specialists you might receive care from in this Pathway

- Children's Consultant psychiatry
- Specialist Psychologists
- Systematic Practitioners
- Assistant Practitioners
- Senior mental health Practitioners

Neurodiversity

This pathway will provide diagnostic assessment of:

- Autism Spectrum Condition (ASC)
- Attention Deficit Hyperactivity Disorder (ADHD), where the young person has co-occurring mental health needs
- Tics and Tourette's Syndrome, where the young person has co-occurring mental health needs

As well as evidence informed treatment or referral to other CFHD pathways or wider services as appropriate.

CFHD specialists you might receive care from in this Pathway

- Occupational Therapists
- Clinical Psychologists
- Speech and Language Therapists
- Mental health professionals
- Assistant Practitioners

*Please be aware that CFHD have not fully mobilised this Pathway yet. The main role of the Neurodiversity pathway currently is assessment for Autism Spectrum Condition.

Speech, Language and Communication

This pathway helps children and young people in Devon (excluding Plymouth) with:

- Speech sound disorders
- Language disorders and Developmental Language Disorder (DLD)
- Social communication and interaction disorders
- Dysfluency
- Cleft lip and palate
- Voice disorders

CFHD specialists you might receive care from in this Pathway:

- Speech and Language Therapists
- Speech and Language Therapy Assistants

Physical and Sensory

This pathway helps children and young people in Devon (excluding Plymouth) with:

- Developmental delays
- Motor and sensory disorders
- Musculo-skeletal conditions
- Neurodisability
- Chronic pain and fatigue
- Eating and drinking difficulties

CFHD specialists you might receive care from in this Pathway:

- Physiotherapists
- Occupational Therapists
- Speech and Language Therapists

Getting help

If you need Children's Physiotherapy in the Torbay and South Devon area, you'll have to ask your GP or paediatrician to make a referral for you.

If you're already getting help from another CFHD health professional, such as an Occupational Therapist or Speech and Language Therapist, they can also refer you.

Specialist Learning Disability

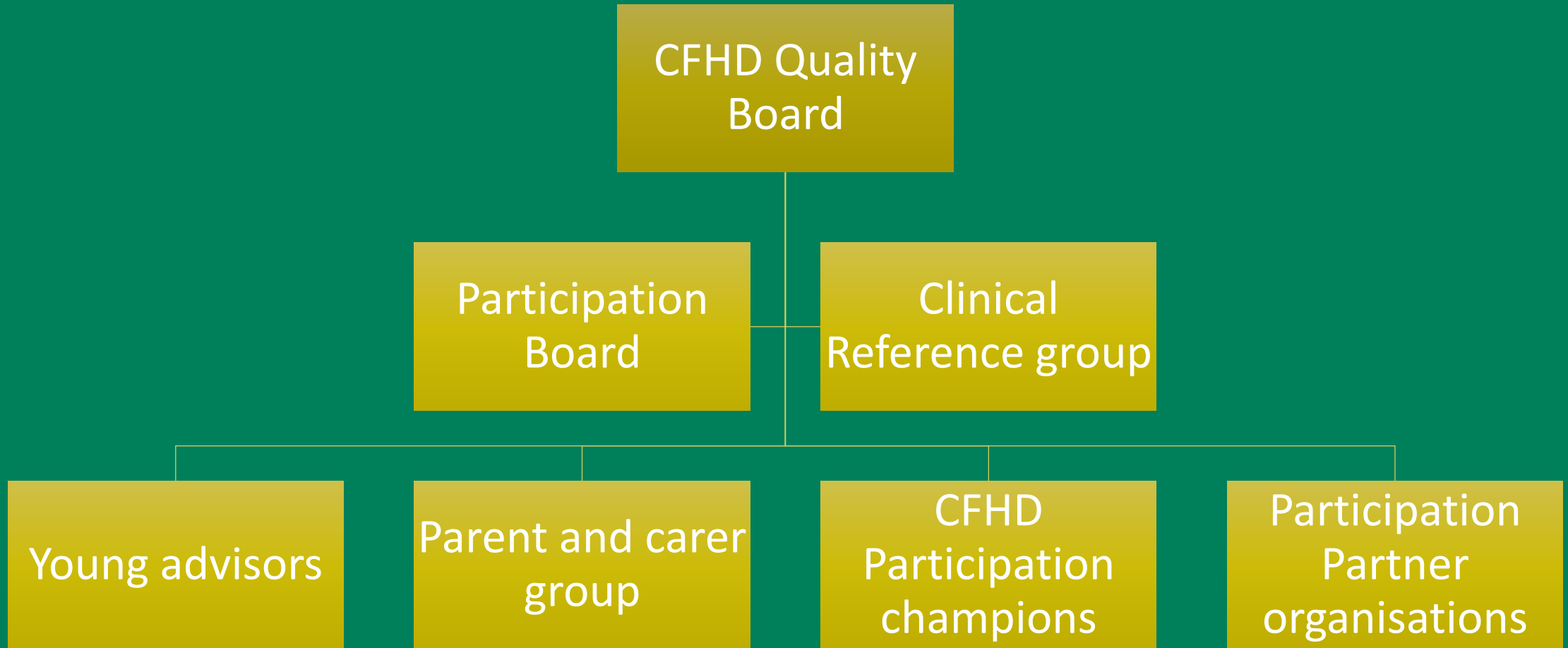
This pathway helps children and young people in Devon (excluding Plymouth) who:

- Have a diagnosis of moderate, severe or profound learning disabilities.
- Have been identified as having a cognitive impairment which is moderate, severe or profound and which limits educational and practical development
- May have another diagnosis such as Autism or Down's Syndrome in addition to a Learning Disability.

CFHD specialists you might receive care from in this Pathway:

- Learning Disability Nurses
- Clinical Psychologists
- Occupational Therapists
- Specialist PBS (Positive Behaviour Support) Nurse
- Specialist Sleep Nurse
- Assistant Psychologists
- Support Assistants
- Psychiatrists

Participation and Co-production



Participation Groups

Children and Family Health Devon work with children, young people and parents/carers to share their ideas on how we can improve the service and to work with us to make those changes.

Young advisors or parent/carer advisors can also volunteer to help with all sorts of things including:

- Interviewing candidates for jobs in CFHD
- Planning and delivering training to staff
- Joining our equality champions group to help promote and support equality, diversity and inclusion in CFHD
- Helping to write letters, leaflets and other information to make sure it is young person and family friendly....

...and lots of other projects – big and small – that help us to improve CFHD.

If this sounds interesting or even exciting, get in touch: cfhd.participation@nhs.net



Use Your Voice!

Join our Parent and Carer Leaders group and tell us what matters to you in children and young people's healthcare!

Interested in joining Parent and Carer Leaders?
Email: cfhd.participation@nhs.net
Call: 0330 024 5321

YOUNG DEVON   **cfhd**
Children & Family Health Devon

Children & Young People's Participation

 **cfhd**
Children & Family Health Devon

Children and Family Health Devon are looking for children and young people to share their ideas and help improve the services.

As a young advisor you could be:

- Interviewing candidates for jobs in CFHD
- Planning and delivering training to staff
- Joining our Equality Champions group to help promote and support equality, diversity and inclusion in CFHD

There's never any pressure to take part, we are grateful for any contribution you make and you can do as little or as much as you like – whatever suits you.

 For more information, contact cfhd.participation@nhs.net

Careers with CFHD

Why work for us?

- CFHD encourages creativity, is forward thinking and leaders are compassionate in the way they lead and support teams.
- CFHD understands the value of trust, partnership and collaboration at all levels of the organisation. Clinicians are proud of being part of such an innovative organisation.
- CFHD staff are experienced, committed and dedicated, always placing children and family at the centre of what they do.
- Clinicians strive to improve their practice and welcome new ideas whilst always keeping NICE guidance at the centre of what we do.

Join our team

We offer a huge range of exciting and challenging opportunities for people who are passionate about making a difference.

CFHD vacancies are advertised on [NHS Jobs](#) where you can go to search for the latest opportunities.



Tools and resources

Our website is packed with incredible resources hand-picked by our experts. From mental health support to sleep advice, information on swallowing difficulties to resources focusing on behaviour, our focus is on prevention and early help.

Ones to look out for!

www.kooth.com

Kooth is an online mental health and wellbeing service for children and young people.

Kooth can support you with whatever you're struggling with, big or small:

- Sadness and low mood.
- Anxiety
- Loneliness and isolation.
- Problems at home.
- Problems with friends.
- Problems at school.
- Eating difficulties or body image concerns.

www.luminova.app

Lumi Nova: Tales of courage is an intergalactic adventure game where players step into the shoes of a newly recruited Luminaut and start an exciting adventure through space - travelling to different planets, meeting new characters, solving puzzles and attempting challenges to overcome fears and build confidence.

Lumi Nova is scientifically proven and based on 'exposure therapy' (the most effective part of Cognitive Behavioural Therapy or CBT) which involves setting goals, breaking down fears into manageable steps and attempting these in a gradual way to build confidence and manage anxiety.

Thank you for listening

If you have any further questions about CFHD or a particular pathway of care, please contact CFHD communications: cfhd.communications@nhs.net

For further information and additional resources, please visit our website: www.childrenandfamilyhealthdevon.nhs.uk

If you would like further information on our participation group: cfhd.participation@nhs.net

We would like to hear from you...

In the coming months we will be launching our **external newsletter** packed with information, updates and useful tips.

Before we do, we'd like to hear from you about how you like to be communicated with, what you want to know more about and how we can best support you.

Why not take a few moments to fill out a short survey and help us shape our newsletter

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