

Update on Progress Towards Promoting Positive MH & Wellbeing in Children & Young People (Priority 3 in HWBS)

JOINT REPORT FROM SOUTH READING CLINICAL COMMISSIONING GROUP, NORTH & WEST READING CLINICAL COMMISSIONING GROUP & READING BOROUGH COUNCIL

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1. PURPOSE OF REPORT AND EXECUTIVE SUMMARY

To provide a brief update on service development and improvement across the comprehensive Child and Adolescent Mental Health Service (CAMHS) system, responding to the national Future in Mind requirements.

For the Board to note that the Future in Mind Local Transformation Plan (LTP) is due to be refreshed in October 2017. It is recommended that the refreshed Future in Mind Local Transformation Plan is taken to the January 2018 Board with a fuller report for approval.

The current 16/17 Local Transformation Plan is referenced in point 2.2 below through the web-link.

2. POLICY CONTEXT

2.1 The report of the government's Children and Young People's Mental Health Taskforce, "Future in Mind – promoting, protecting and improving our children and young people's mental health and wellbeing", was launched on 17 March 2015 by Norman Lamb MP, the then Minister for Care and Support. It provides a broad set of recommendations across comprehensive CAMHS that, if implemented, would promote positive mental health and wellbeing for children and young people by facilitating a greater access and standards for CAMHS by greater system co-ordination and a significant improvement in meeting the mental health needs of children and young people from vulnerable backgrounds.

2.2 With the requirement for system wide transformation by 2020, all CCGs were tasked with creating a Local Transformation Plans. Reading's Health and Wellbeing Board approved Reading's original plan in October 2015 and the refreshed plan in March 2017. The current 16/17 plan can be found at: <http://www.southreadingccg.nhs.uk/component/edocman/refreshed-local-transformation-plan-for-children-and-young-peoples-mental-health-and-wellbeing-january-2017/download>

An easy read version suitable for young people is also available <http://www.southreadingccg.nhs.uk/component/edocman/refresh-local-transformation-plan-for-children-and-young-people-s-mental-health-and-wellbeing-yp-version/download>

2.3 Berkshire West CCGs, with support from all 3 Local Authorities holds a joint meeting once a month to oversee and support the implementation of the Local Transformation Plans. This meeting is now called the 'Berkshire West Future in Mind' group and includes a broad representation of providers of services e.g. Berkshire Healthcare Foundation Trust (BHFT), voluntary sector partners, Royal Berkshire Hospital Foundation Trust (RBH), parent carer representative, Schools, Healthwatch and the University of Reading. Working Together for Children with Autism is a subgroup that reports to the Future In Mind group.

3. PROGRESS

**Areas of Progress Since last H&W board report (March 2017) are as follows.
More detail will be provided in the October 2017 refresh of the plans.**

- 3.1 The CAMHS Urgent Response Pilot, integrated with Royal Berkshire Hospital (RBH), is now in place 8am until 8pm Monday to Friday and 10am until 6pm on Saturdays and bank holidays providing timely mental health assessments and care. A consultant is on call at all other times. Short term intensive interventions in the community are provided to young people who have experienced a mental health crisis with the aim of reducing the number of children and young people who have a second or subsequent crisis. The service also provides wrap around support when there are delays in sourcing a Tier 4 in CAMHS patient bed. Response time to assessment has reduced and length of stay in both A & E and paediatric wards has reduced with improved facilitation of admission to Tier 4 units when required. There has been a correlated reduction in use of agency Registered Mental Nurses at RBH. As well as a reduction in the number of minors admitted to the Place of Safety at Prospect Park Hospital. The service has been recommissioned for 17/18 in partnership with Berkshire East CCGs. Recurrent funding is being sought.
- 3.2 The Berkshire CAMHS Community Eating Disorders Service is now fully established and providing a more timely highly specialised community service in accordance with national requirements. National targets are routine referrals to be seen within 4 weeks and urgent referrals to be seen within 1 week.
- 3.3 A successful bid to NHS England Health and Justice commissioning has resulted in some additional CAMHS resource and new speech and language therapy resource being available to the Reading Youth Offending Team. Posts are currently in recruitment. NHS England Health and Justice commissioning have also commissioned an all age Liaison and Diversion scheme for people who are in touch with the criminal justice service. This extends the previous scheme which was for people aged 18 years and over.
- 3.4 The Reading School Link project is in year 2 of operation, providing training, help and supervision to teaching staff and pupils. The outcomes of the service will be evaluated in 17/18 with a view to review impact, effectiveness and sustainability of provision which also captures the voice of children and young people in terms of how they feel about key issues affecting their emotional and mental health well-being
- 3.5 61 PPEPCare (Psychological Perspectives in Education and Primary Care) training sessions were delivered to 1424 staff plus over 200 young people across Berkshire West in 16/17. PPEPCare supports the School Link project. Evaluations have been consistently very strong.
- 3.6 Parenting Special Children and Autism Berkshire have continued to deliver training sessions and support to families whose children have been referred or assessed for ASD and ADHD. Pre assessment and post assessment support is provided as part of the wider neurodevelopmental care pathways.
- 3.7 The multiagency Together for Children with Autism group continues to work to improve whole system working for children and young people at home, in education and in settings. More work is required to embed recommendations into a clear multiagency care pathway in each LA area with better accountability to ensure that standards are met in all settings. This work is closely aligned to the Special Educational Needs and Disabilities work as well as the Transforming Care work.

- 3.8 An outcomes framework has been agreed for all providers of emotional health and wellbeing services for children and young people. Providers are now reporting against an agreed set of outcomes as well as providing numerical data.
- 3.9 At a Reading HWB, young people told us that they wanted a single reliable source of emotional/ mental health information and advice available as a discrete blazer pocket sized booklet, distributed universally to pupils prior to exam season, as well as available online. They also wanted a bus and social media campaign. The Little Blue Book of Sunshine was then developed aimed at young people in years 10 and above. #littlebluebookofsunshine. Young people co-produced the Little Blue Book of Sunshine with clinicians and designers. They wanted a slightly cheeky campaign with messages appealing to all genders. 25,000 booklets were distributed to schools and clinics by the School Link project, CCG staff, Healthwatch and experts by experience. Looked After Children and the Youth Offending Teams requested additional copies. Instagram, Twitter and Facebook campaigns ran for 4 weeks around exam season along with a bus shelter and bus advertising campaign. The response has been very good but difficult to quantify. The campaign has been cited by Young Minds and the Youth Justice Board as examples of good practice.
- 3.10 The University of Reading has trialled a new evidence based low intensity approach to children and young people with anxiety and depression (AnDY clinic) using a skill mixed workers. Outcomes have been good and opportunities to commission this service are being sought.
- 3.11 An integrated BHFT Children, Young people and Families Health Hub went live in May 2017. Each referral is triaged and an appropriate decision made according to individual needs. The response might be CAMHs, children and young people's integrated therapies (CYPIT) public health nursing (universal services) specialist children's services or other community service depending on the need of the individual. Families can now self- refer.
- 3.12 An on line CAMHs toolkit for families is in development and is due to be launched in Autumn 2017.
- 3.13 Total referrals into BHFT CAMHs increased by 12.8% in 2016/17 compared to the previous year. Demand continues to rise with referrals up 23% in Quarter 1 compared to the same Quarter in 16/17.
- 3.14 Total BHFT CAMHs caseloads have increased for the last 3 Quarters
- 3.15 The current average BHFT CAMHs waiting times are

Common Point of Entry

Initial triage- 1 working day

Urgent -2 weeks

Routine- within 6 weeks

Waiting times for treatment

Specialist community teams- 6 weeks

ADHD 13 weeks (NB this care pathway has the greatest non attendance rate which drives up average waiting times because non attenders remain on the list)

Eating disorders- urgent- within 1 week

Eating disorders- routine- within 4 weeks.

- 3.16 Berkshire West waiting times for autism assessment remain lower than the national average (Berkshire West average is 44 weeks, the national average according to National Autistic Society is 3 and a half years). However waits remain longer than both the commissioner and

provider want locally. Additional non recurrent funding was made available to expedite reduction in autism assessment waiting times for children under the age of 5 years by running additional weekend clinics. CCGs continue to work with BHFT to reduce waiting times but recognise that demand for autism assessment continues to rise.

3.17 Reading continues to offer a good Primary Mental Health Worker (PMHW) and Education Psychology (EP) service.

3.18 Youth Counselling is jointly commissioned between the Local Authority and CCG. The provider is now No5. The majority of schools offer on-site access to trained counsellors.

4. NEXT STEPS

4.1 The Berkshire West Transformation Plan is due to be refreshed by the end of October 2017. It is recommended that the refreshed Local Transformation Plan is taken to the January HWB for approval.

4.2 Our Local Transformation Plans continue to be about integrating and building resources within the local community, so that emotional health and wellbeing support is offered at the earliest opportunity. This will reduce the number of children, young people and mothers requiring specialist intervention, a crisis response or in-patient admission. Help will be offered as soon as issues become apparent.

4.3 For Reading the focus continues to be on supporting and strengthening collaborative working from these and other developments in integrating mental health into children social care to ensure Reading children thrive and grow up to be confident and resilient individuals. This will be endorsed by :

- Joining up the system to engineer a new model of delivery that tackles access and prevents young people being lost in the system.
- Sustaining a culture of evidence based services improvement delivered by a workforce with the right mix of skills, competences and experience.
- Investment in our staff and workforce, strengthening the working culture and level of support at all levels of service delivery, but in schools in particular.
- Building a stronger Early Intervention offer that builds the resilience in children and young people and providing support as early as possible.
- Improve transparency and accountability across the whole system, including resource allocation and ensuring collaborative decision making.

4.4 As the plan becomes operational the intended outcomes will be that children and young people and their families are more resilient. There will be fewer children and young people escalating through to urgent or specialist interventions. There will be a positive impact on the perinatal mental health of mothers in the early years of children. There will be more young people escalating through to urgent or specialist interventions. There will be a positive impact on the perinatal mental health of mothers in the early years of children. There will be more young people reporting positive outcomes at a universal and targeted intervention level, including a positive experience of their services.

4.5 The plan expects these outcomes to be reached over the next 4 years:

- Children and young people mental health needs will be identified early, especially in universal services such as schools, setting and GPs
- Help will be easy to access, it will be coordinated, including the young person and family in the decision making process and provided in places that make sense to them.

- If support is required at a targeted or specialist/ urgent level that this is provided quickly, at a high quality level and safely.

5. BACKGROUND PAPERS

5.1 Future in Mind paper:

<https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people>

5.2 Transformation plan guidance;

<http://www.england.nhs.uk/wp-content/uploads/2015/07/local-transformation-plans-cyp-mh-guidance.pdf>

5.3 Links to Local Transformation Plans on the CCG websites (includes and easy read version and Frequently Asked Questions section)

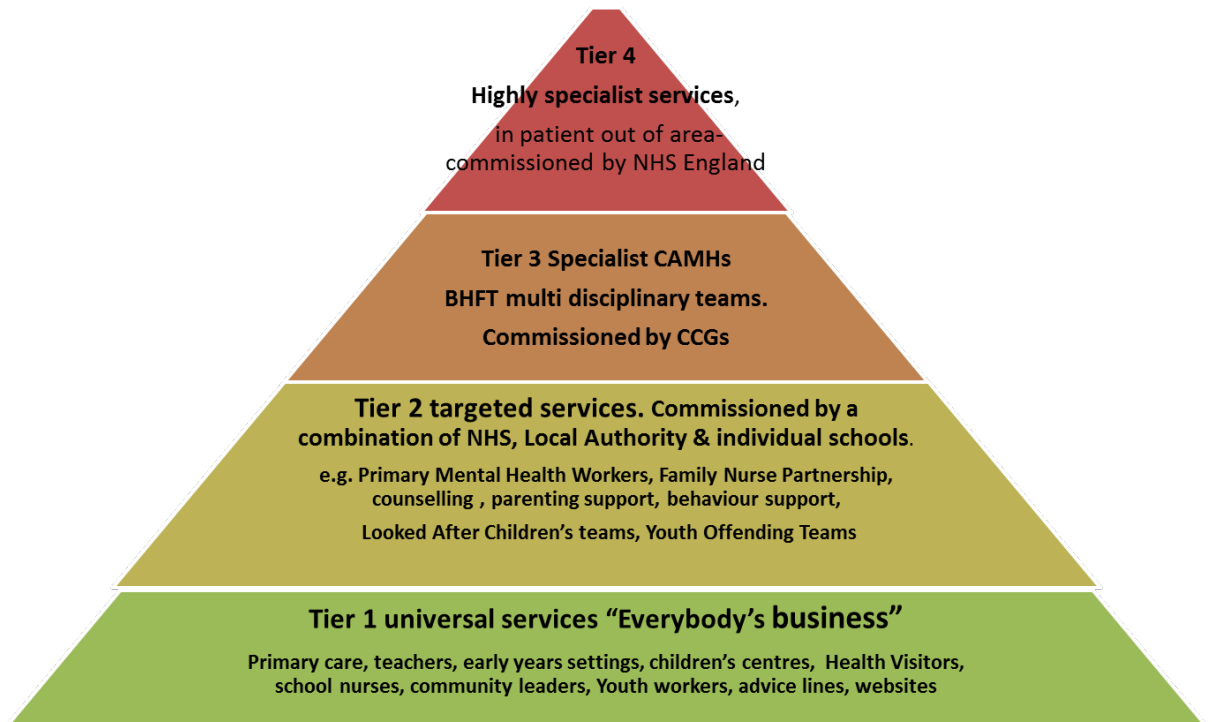
<http://www.southreadingccg.nhs.uk/our-work/children/camhs-transformation>

Appendix 1 – Acronyms used in the report

Acronym	Full description
CAMHs	Child and Adolescent Mental Health Service
CCGs	Clinical Commissioning Group
JSNA	Joint Strategic Needs Assessment
ASD	Autistic Spectrum Disorder
BHFT	Berkshire Healthcare Foundation Trust
CATs	Children's Action Team
CPE	Common Point of Entry for BHFT
EHWB	Emotional Health Wellbeing
LSCB	Local Safeguarding Children's Board
DoH	Department of Health
HV	Health Visitor
YOS	Youth Offending Service
ADHD	Attention Deficit Hyperactivity Disorder
RBHFT	Royal Berkshire Hospital Foundation Trust
ELSA	Emotional Literacy Support Assistants
PMHW	Primary Mental Health Workers

Appendix 2

How emotional health and wellbeing/ CAMHs services are commissioned in Berkshire



A "good" CAMHs service has timely, effective and efficient integrated working across Tiers (and therefore agencies) - reference Joint Commissioning Panel for Mental Health 2013 www.jcpmh.info. This means that children, young people and families should be able to access emotional health and wellbeing support in early year's settings, voluntary sector, schools, the community and primary care before needs escalate to Tiers 3 or 4.

