

Appendix 3: Comprehensive Mental Health service provision for children and young people in Wokingham



Update on Progress towards Promoting Positive MH & Wellbeing in Children & Young People

JOINT REPORT FROM WOKINGHAM CLINICAL COMMISSIONING GROUP & WOKINGHAM BOROUGH COUNCIL

Sally Murray (CCG) and Sean Rafferty (WBC), December 2017

PURPOSE OF REPORT AND EXECUTIVE SUMMARY

To provide an overview of the refreshed Future in Mind Local Transformation Plan (LTP) which was published in October 2017 in accordance with national Future In Mind requirements. The LTP provides an update on service development and improvement across the comprehensive Child and Adolescent Mental Health Service (CAMHS) system. Current whole system challenges are described.

For the Board to note that the Future in Mind Local Transformation Plan (LTP) has been refreshed and published in accordance with national requirements. A young person friendly version is being co-produced with service users and will be published in due course. A wide range of initiatives across the system are underway to improve emotional health and wellbeing of children and young people. Initiatives reflect the THRIVE model.

The Board is asked to approve the refreshed Local Transformation Plan.

Like most other areas of the country, demand for emotional health and wellbeing services have increased and the complexity of presenting issues is increasing. The increase in demand and complexity is being seen across voluntary sector, schools and specialist services. Nationally there are specialist CAMHS staff shortages.

While waiting times for specialist CAMHS have reduced since 2015, the service is now at full capacity and waiting times are likely to increase unless demand can be managed better at an earlier stage across the system and additional resources in terms of staff and finance can be secured.

Waiting times for specialist CAMHS in Wokingham are generally better than the national average.

The Government Green Paper Transforming Children and Young People's Mental Health Provision has just been published. This is welcomed. Recommendations made are similar to actions already contained within our refreshed Local Transformation Plan. However the Green Paper does not make clear how possible additional resources will flow (via health or education) or where additional staff capacity will be sourced.

The Health and Wellbeing Board are asked to review and respond to the Green Paper as individual agencies

<https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper>

The refreshed Local Transformation Plan can be found here:

<http://www.wokinghamccg.nhs.uk/publications/our-work/child-and-adolescent-mental-health/october-2017-refreshed-berkshire-west-ccgs-local-transformation-plan-for-children-and-young-people-for-submission>

Policy Context

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.

With the requirement for system wide transformation by 2020, all CCGs were tasked with creating a Local Transformation Plans. Wokingham's Health and Wellbeing Board approved Wokingham's original plan in October 2015 and the refreshed plan in March 2017. The latest refreshed plan can be found at: <http://www.wokinghamccg.nhs.uk/publications/our-work/child-and-adolescent-mental-health/refreshed-bwccg-transformation-plan-young-person-version-nov2016>. The refreshed plan was co-produced with statutory and voluntary sector partners as well as families and experts by experience.

An easy read version suitable for young people will shortly be available. This is currently in co- production with young people. The 16/17 version can be found here: <http://www.wokinghamccg.nhs.uk/publications/our-work/child-and-adolescent-mental-health/easy-read-west-berks-camhs-local-transf-plans-final-100216>

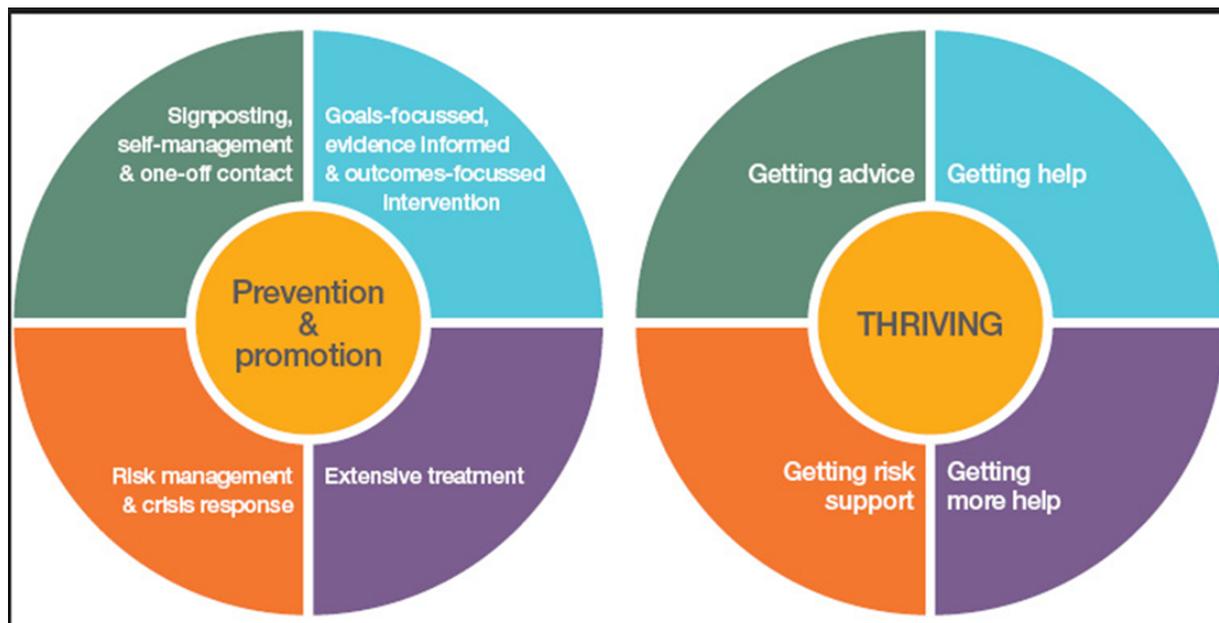
Berkshire West CCGs, with support from all 3 Local Authorities holds a joint meeting once a month to oversee and support the implementation of the Local Transformation Plan. This meeting is called the 'Berkshire West Future in Mind' group and includes a broad representation of providers of services e.g. 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. While autism is not a mental illness, a high percentage of children and young people with autism also experience emotional and mental health issues.

Overview of the Local Transformation Plan

The Refreshed Local Transformation Plan provides an overview of a local paradigm shift from a traditional tiered model to a whole system THRIVE framework (reference Anna Freud Centre <http://www.annafreud.org/media/3214/thrive-elaborated-2nd-edition29042016.pdf>)

Appendix 3: Comprehensive Mental Health service provision for children and young people in Wokingham



We are promoting a whole system framework of care away from specialist mental health teams to families, communities, schools, public health, social care and the voluntary sector sharing the same vision and working together on prevention, early help and building resilience, as well as attending to complex mental health difficulties and mental health crises among children and young people. These are all key features of Future in Mind (2015) and the recent Green Paper. Inter-professional collaboration and coproduction will support a cultural change in the language used, the way in which systems and agencies work together, and the way in which children, young people and their families access support, care and mental health treatment.

We are working to deliver a children's mental health system which:

- Is designed for children and built to meet their needs.
- Supports children in the right place at the right time.
- Provides high quality, evidence based services, from the classroom to hospital care.

All of these design features were recommended by the Children's Commissioner for England in her evidence to the Health Select Committee in November 2017.

Our refreshed Local Transformation Plan describes why each of the five THRIVE areas are important, states what whole system actions have been undertaken to date to meet the particular THRIVE area, and what further work needs to happen. Further work required is then collated into a work plan to 2021. This work is whole system in nature and forms part of the wider Special Education Needs and Disabilities and Transforming Care programmes. Broadly the 5 areas are;

- Thriving- ensuring that every child benefits from a home, teaching and school environment which helps them build up emotional resilience
- Getting advice- children, young people, families and the children's workforce are able to easily access evidence based advice and signposting to appropriate services
- Getting help- ensuring that any child who needs it can access evidence based early support for problems when they first start to emerge. This could include parenting support or a short course of therapy

Appendix 3: Comprehensive Mental Health service provision for children and young people in Wokingham

- Getting more help- any child with a more serious mental health condition is able to access high-quality, specialist support in a timely manner
- Getting risk support- when there is a clear need for help in a developing crisis, in-patient or enhanced community based health and social care is accessible without delay, as close to home as possible, and for no longer than is necessary. For this to happen, in-patient services need to be integrated with community services.

The LTP recognises that Schools have a vital role to play in enabling children to access services, not least because we know that children are up to 10 times more likely to access support if it is offered within schools

<https://publications.parliament.uk/pa/cm201415/cmselect/cmhealth/342/342.pdf>

What Have We Achieved So Far in Children's Emotional and Mental Health

The LTP acknowledges a number of areas of development and good practice across the West of Berkshire. A number of Wokingham specific achievements are detailed below.

- Many schools already provide youth counselling and pastoral/peer support
- Joint commissioning of the youth counselling services, ARC. It goes on to highlight the effective working relationship between ARC and the Public Health team and the training offered to parents helping them support their children's anxiety at home.
- Future In Mind resources have been used to commission the School Link project. Working to improve links and joint working between the voluntary sector youth counselling, schools, Primary Mental Health Workers and Specialist CAMHS to provide better support to children and young people before needs escalate.
- Health visitors have been integrated into the Children Centres with the aim of improving data and information sharing. This will help families receive a consistent and integrated support package, so that when children, young people and their families face challenges and need help, they can easily access the support before the issue escalates.
- Evidenced based Webster Stratton Incredible years parenting courses have been run in Wokingham Borough. This has been delivered as part of the Incredible Years Research project which aims to improve delivery and design of the evidenced based Incredible Years Parenting Programmes by developing a personalised assessment and intervention package for children with conduct problems.
- The Integrated Early Help Team in Wokingham is working well and has built relationships between the Local Authority and Primary CAMHS.
- The CAMHS Urgent Response Service integrated with Royal Berkshire Hospital (RBH) has been commissioned recurrently. Work is also beginning to get underway across the Thames Valley and Wessex footprint to scope better integration of in-patient and community services.

Areas for Further Development

The LTP sets out a number of actions and areas for further development in Wokingham Borough and across the West of Berkshire.

The areas for development include;

- A further focus of work over the coming year is to review emotional health and wellbeing provision for Children In Care. There needs to be agreement across the system what the care pathway for this group of children and young people should look like and how we assure ourselves that it is being delivered.
- More opportunities for children and young people to speak to someone about their worries before they develop a diagnosable mental health difficulty.

Appendix 3: Comprehensive Mental Health service provision for children and young people in Wokingham

- Further development of mental health education and communication in schools to address stigma and communicate where children and young people can go to get support
- Develop and improve whole system data, which in turn will better inform strategic commissioning and decision making.
- Review and communicate support available to parents and carers
- Review activities undertaken to prevent the development of eating disorders and look to increase the capacity in the specialist Community Eating Disorders Service
- Reduce waiting times in specialist CAMHs

In addition to the actions set out in the LTP, there are also a number of local areas for development that fit alongside the work undertaken in the LTP. These include;

- Developing a local emotional and mental health strategy that focuses on universal and early help. Within this strategy there are four priority areas;
 - Better intelligence to aid and improve decision making
 - Support for schools and additional universal settings
 - Early identification and self-help
 - Improving access
- Work is also underway to review our current tier 2 and universal support around emotional and mental health and to assess if it is best meeting the needs of our children and young people.
- We are exploring opportunities to align Wokingham Borough with the Government's vision for children's emotional and mental health set out in the Green Paper. We are looking to do this through the re-design process and expanding our current School Link pilot.
- Exploring how we can build better pathways between the voluntary sector support for emotional and mental health and the support delivered through the Local Authority and tiers 2, 3, and 4 CAMHs.

Demand – An Overview of the Current Waiting Times and Referrals to CAMHs

As a highlighted area of development, this section provides an overview of the current waiting times and referrals within CAMHS currently and the challenges faced reducing these.

Waiting Times

There has been a continued focus on reducing waiting times for specialist CAMHs since additional investment was put into the service in 2015.

The vast majority of additional posts are recruited to with staffing gaps filled as far as possible by interim staff. In line with the national picture, demand for services has increased and this has an impact on waiting times. The waiting time situation for specialist CAMHs in Berkshire West is currently generally better than the national picture but we would like to see this improved further. Demand for youth counselling and other emotional wellbeing services has also increased locally.

There is also an increase in complexity of cases being seen in specialised CAMHs. Improved demand management across the system is required to manage this and minimise this as much as possible.

According to NHS England, the average waiting time for specialist treatment is 73 days. Nationally 6.1% of children access treatment within 6 weeks

(source:

<http://data.parliament.uk/writtenevidence/committeeevidence.svc/evidencedocument/health-committee/child-and-adolescent-mental-health-services/written/73900.html>)

Appendix 3: Comprehensive Mental Health service provision for children and young people in Wokingham

The current average BHFT CAMHs waiting times are (as of end September 2017)

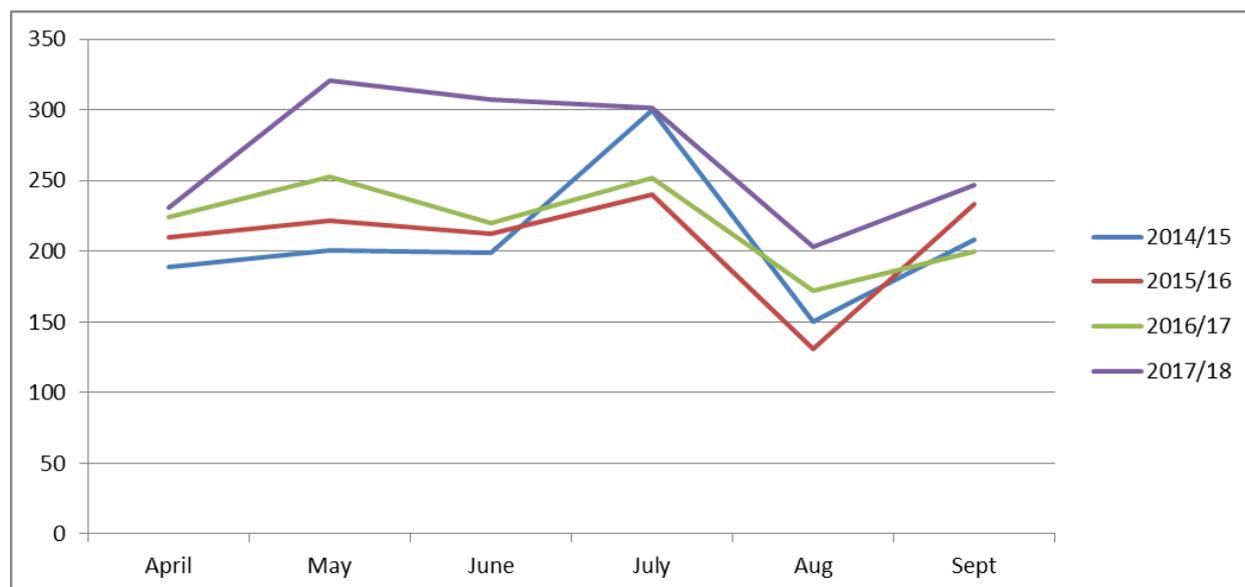
CAMHs CPE & Urgent care	<p>All referrals are risk assessed in Common Point of Entry (CPE) within 24 hours.</p> <p>100% urgent cases seen by the urgent care service within 24 hours.</p> <p>The current average waiting time for more in depth triage of routine referrals in CPE is 3 weeks.</p> <p>80% of referrals complete assessment at CPE within 6 weeks. All referrals breaching the 6 week target are referrals to the Autism Assessment Team.</p>
CAMHs Specialist Community	The current average wait time for referrals to the Specialist Community Teams is 6 weeks
CAMHs Anxiety & Depression Specialist Pathway	The current average waiting time for referrals to the Anxiety & Depression Team is 10 weeks.
CAMHs ADHD Specialist Pathway	<p>The current average waiting time for referrals on this pathway is 17 weeks. This is skewed by the long waiters. A significant number of these are referrals for young people who have a diagnosis, have transferred in to service on a routine review programme and do not require an appointment within the 6 week timescale. All have been allocated to the relevant locality clinic and added to the review clinic protocol so should be excluded from the waiting list. BHFT are working with the informatics team to implement a change to our recording system to enable this.</p> <p>Families are also offered help while waiting – service commissioned from Parenting Special Children</p>
Eating Disorders	<p>Eating disorders- urgent- within 1 week</p> <p>Eating disorders- routine- within 4 weeks.</p>
CAMHs Autism Assessment Team	<p>The average waiting time for those currently waiting an assessment is 44 weeks.</p> <p>Families who are waiting for assessment are offered help via the Young SHaRON subnet and support commissioned from Autism Berkshire and ASSIST</p>
Primary CAMHs	All children and young people to be assessed within 6 weeks of a referral.

Appendix 3: Comprehensive Mental Health service provision for children and young people in Wokingham

Demand for emotional and mental health services is increasing across all providers both locally and nationally.

Graph 1 shows the trend in terms of all external referrals to CAMHS through CAMHS CPE from the 4 Berkshire West CCG's year to date with data reported for 2014/15, 2015/16 and 2016/17 for comparison purposes. Total referrals for 2016/17 had increased by 12.8% (referrals to the West Berkshire Primary CAMHS Service for 2014/15 excluded for comparison purposes as this service was decommissioned in March 2016).

Graph 1 External Referrals to CAMHS CPE



BHFT saw a spike in referrals in March 2017 which was put down to the timing of the Easter school holidays and a further spike in May which may have been due to numbers of self-referrals from parents following the go-live of the self-referral option on the new integrated referral form and also to an increase in referrals for Autism Assessments. However the trend has continued through Q2, with referrals for the quarter up 20% on the same quarter last year, despite the usual seasonal reduction in August, and 27.5% higher than the 2014/15 service baseline.

A positive sign is that we are seeing an increase in appropriate and good quality referrals from SENCo's following our work to disseminate the message that the right person to refer is the person who knows the most about the child or young person's difficulties.

Information to date shows that BHFT continue to see numbers of self-referrals from parents and that a number of those do not require BHFT CAMH services and would be better supported by local early intervention or targeted services. Parents (and other referrers) are clearly signposted to BHFT CAMHS referral criteria within the on-line referral process and the CAMHS and referral sections of the CYPF website include links to the local offer for each locality and guidance about other appropriate services and how to access those. This information has been further improved with the launch of the CYPF on-line resource, which went live on October 5th <https://cypf.berkshirehealthcare.nhs.uk/>.

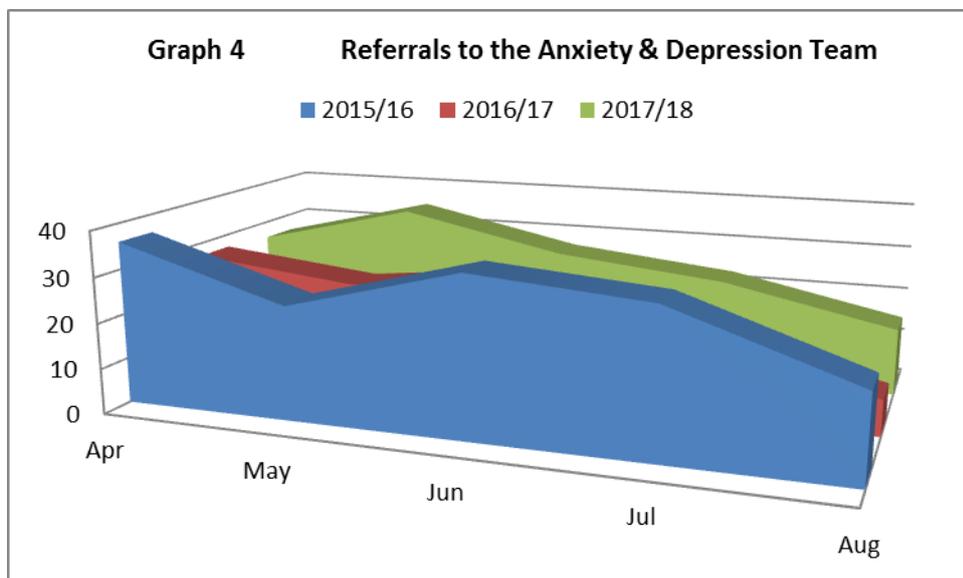
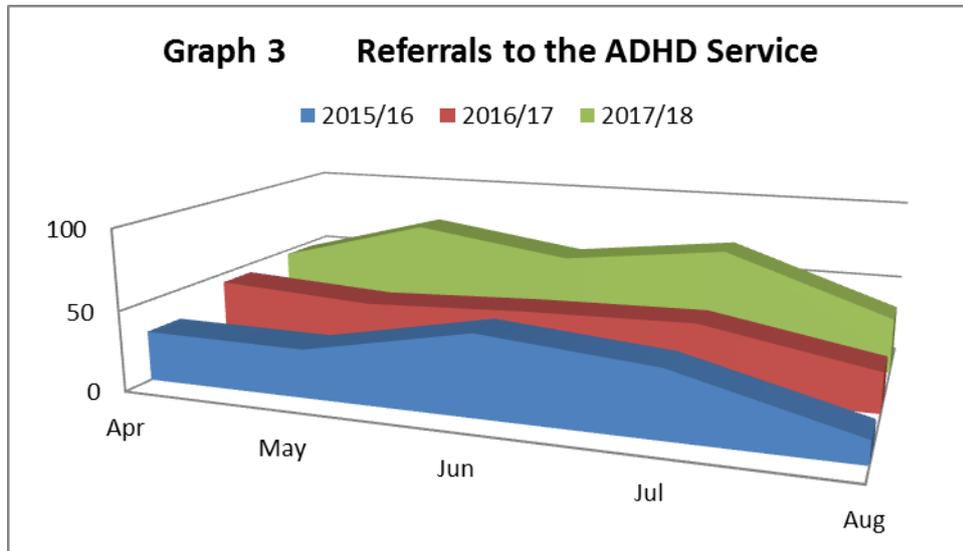
Referrals to CAMHS

BHFT are now able to demonstrate the increase in referrals to the specialist teams, which combined have shown an increase of 10% in the months April-August compared to the same

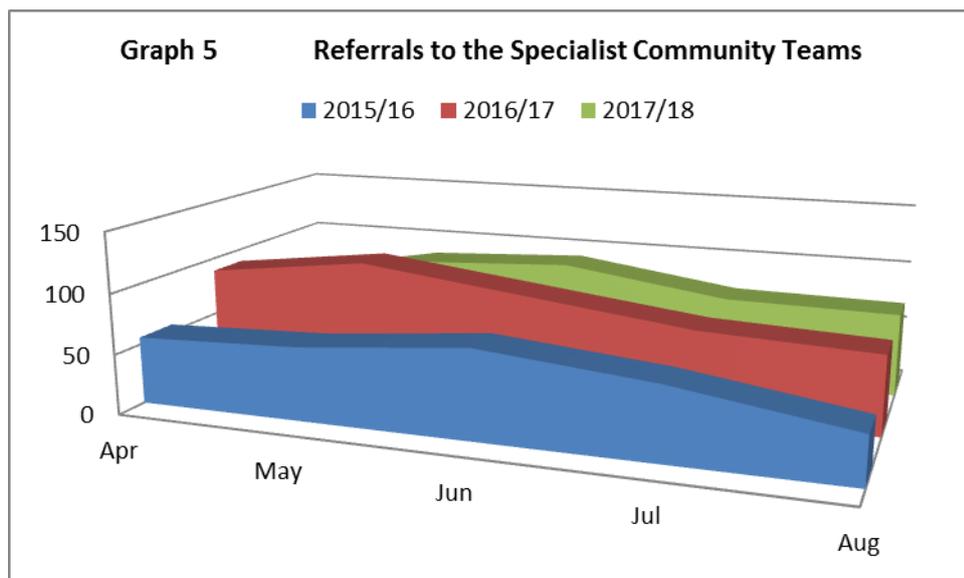
Appendix 3: Comprehensive Mental Health service provision for children and young people in Wokingham

time period last year and 20% from the same period in 2015/16. This is in line with the year on year increase of 10% being seen nationally according to the latest information from the CAMHS benchmarking group.

The graphs below give a pictorial representation of the increase in referral rates within these teams individually



Appendix 3: Comprehensive Mental Health service provision for children and young people in Wokingham



Note that the numbers for the Specialist Community Teams would have included referrals for young people with an eating disorder in 2015/16 and 2016/17. These referrals are now seen by the dedicated CAMHS Eating Disorders Service so the real increase in numbers of young people with complex mental health difficulties other than an eating disorder is greater than is indicated by this graph.

While autism is not a mental illness, a high percentage of children and young people with autism also experience emotional and mental health issues. Anxiety issues are particularly common.

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 desired by the families, the commissioner and provider. 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.

The Primary CAMHS service in Wokingham has steadily seen an increase in referrals to the service. There was a 25% increase in referrals between 2015/16 and 2016/17, and it is estimated that there will be a 27% increase in referrals between 2016/17 and 2017/18. Despite this in October all young people were assessed within 6 weeks of referral. The majority of referrals are for Anxiety (including OCD) and issues relating to ASD/ADHD. Figure 6 below displays the main four reasons for referrals since November 2016.

Appendix 3: Comprehensive Mental Health service provision for children and young people in Wokingham

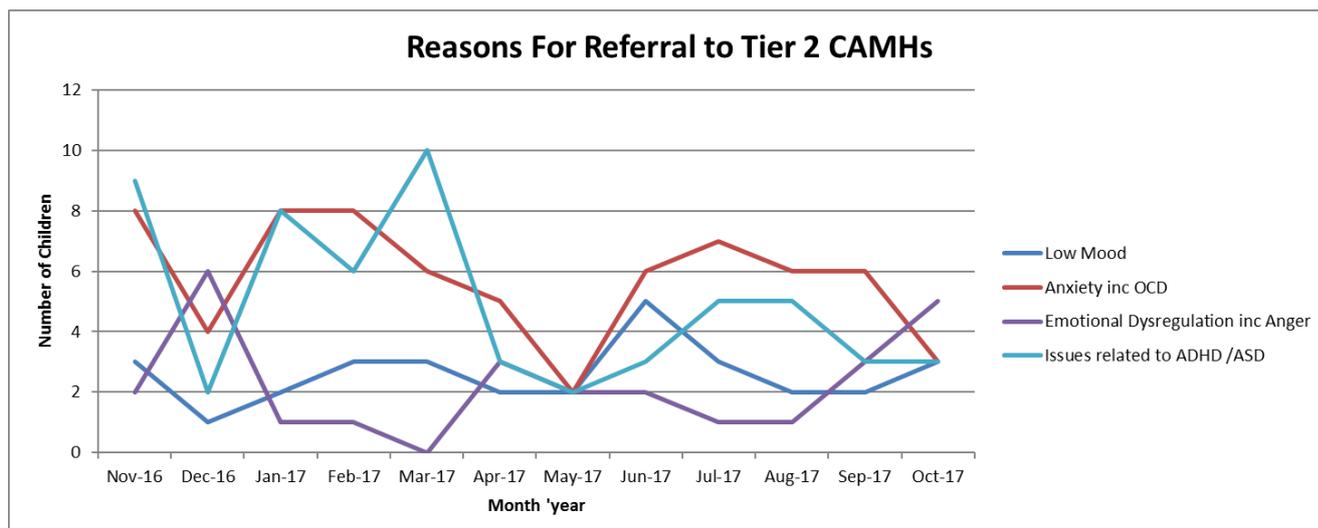


Figure 6 – reasons for referral to Tier 2 CAMHs

Financial Considerations and Managing Demand

According to evidence provided by the Children's Commissioner for England to the Commons Health Select Committee (October 2017) (<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2017/10/Childrens-Commissioner-for-England-Mental-Health-Briefing-1.1.pdf>) national analysis shows just over 200,000 children received CAMHS treatment last year, 2.6% of the age 5-17 population. Comparing this to recent research on the number of children with a mental health condition the Office of the Children's Commissioner for England estimates that between 1 in 4 and 1 in 5 children with a mental health condition received help last year.

The overwhelming majority of national NHS mental health spending goes towards those with the most severe needs. Analysis by the Office of the Children's Commissioner for England shows that:

- 38% of NHS spending on children's mental health goes on providing in-patient mental-health care. This is accessed by 0.001% of children aged 5-17.
- 46% of NHS spending goes on providing CAMHS community services, these are accessed by 2.6% of children aged 5-17.
- 16% of NHS spending goes on providing universal services. This need to support the one in ten children who are thought to have a clinically significant mental health condition but are not accessing CAMHS. It also needs to support a – currently unknown – number of children with lower level needs, who would be less likely to develop a more serious mental health condition if they were provided with timely support.

This is despite the fact that early intervention is much cheaper to deliver:

- £5.08 per student – the cost of delivering an emotional resilience program in school
- £229 per child – the cost of delivering six counselling or group CBT sessions in a school
- £2,338 – the average cost of a referral to a community CAMHS service
- £61,000 - the average cost of an admission to an in-patient CAMHS unit

Appendix 3: Comprehensive Mental Health service provision for children and young people in Wokingham

The Department of Health estimate that a targeted therapeutic intervention delivered in a school costs about £229 but derives an average lifetime benefit of £7,252. This is cost-benefit ratio of 32-1.

There is a clear moral, financial and workforce case to manage demand across the system by meeting the emotional health and wellbeing needs of children and young people before their needs escalate.

One such way this is being progressed nationally is through the Green Paper: Transforming children and young people's mental health provision (Dec 2017). The paper makes a number of recommendations which are very closely aligned to our Refreshed Local Transformation Plan. This is very encouraging.

<https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper/quick-read-transforming-children-and-young-peoples-mental-health-provision#about-the-green-paper>

The Green Paper recommends

- A mental health lead in every school and college (Reading has the School Link project in place funded through Future In Mind, delivered by RBC staff and supported by PPEPCare training)
- Mental health support teams working with schools and colleges (Wokingham has the School Link project in place supported by PPEPCare training plus youth counselling in many schools- this model could be extended further)
- Shorter waiting times- this is more complicated as it will require additional national investment; a focus on how the workforce should be structured in terms of number of trained staff available, skill mix, training, recruitment, retention and supervision; improved demand management across the system to ensure that robust early intervention and prevention is in place and that partners are providing evidence based support early enough prior to referral to specialist CAMHs- as per the THRIVE model.
- Mental health of 16 to 25 year olds- this will comprise of a new national partnership to improve mental health services for young people aged 16 to 25. The partnership will start by deciding which areas to focus on. This might be student mental health, and looking at how universities, colleges, local authorities and health services work together. This work should align to the Special Education and Disabilities (SEND) work.
- Improving understanding of mental health- national work will be undertaken to explore the impact of the internet and social media on the mental health of children and young people; research how best to support families and research how to prevent mental health problems.

The Health and Wellbeing Board are asked to review and respond to the Green Paper as individual agencies

<https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper>

NEXT STEPS

The Health and Wellbeing Board is asked to endorse the refreshed Local Transformation Plan.

Appendix 3: Comprehensive Mental Health service provision for children and young people in Wokingham

The Health and Wellbeing Board are asked to review and respond to the Green Paper as individual agencies

For Wokingham 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 Wokingham 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.

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 more young people reporting positive outcomes at a universal and targeted intervention level, including a positive experience of their services.

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.