

Children’s Emotional and Mental Health

Summary

This paper provides an overview of the children’s emotional and mental health services in the Borough from People Commissioning team, it provides an introduction to the draft emotional and mental health strategy for Wokingham Borough Council. The paper provides information on the current data trends with the increasing demand and high demand for anxiety support and for issues relating to ASD and ADHD. Finally the paper provides and insight into the proposed future commissioning plans.

What Does the Mental Health of Wokingham’s Children and Young People Look Like?

Wokingham ranks lowest in Berkshire in prevalence of mental health disorders in children aged 5-16 years with 7.3% and a lot lower than the South East and England with 8.5% and 9.2% respectively. The figure of 7.3% would equate to 1828 children and young people in the Borough. Within the age group 5-16 years behavioural disorders are the most common type of mental health disorder with 4.1% of children and young people living in Wokingham estimated to have a conduct disorder. 2.9% of children and young people living in Wokingham are estimated to have an emotional disorder. These percentages equate to 1033 and 726 children and young people respectively.

Despite a low prevalence estimation Wokingham ranks 4th highest in Berkshire in prevalence of pupils with social, emotional and mental health needs with 1.99%, this equates to approximately 515 children and young people. Wokingham is statistically below the England and South East (see figure 1).

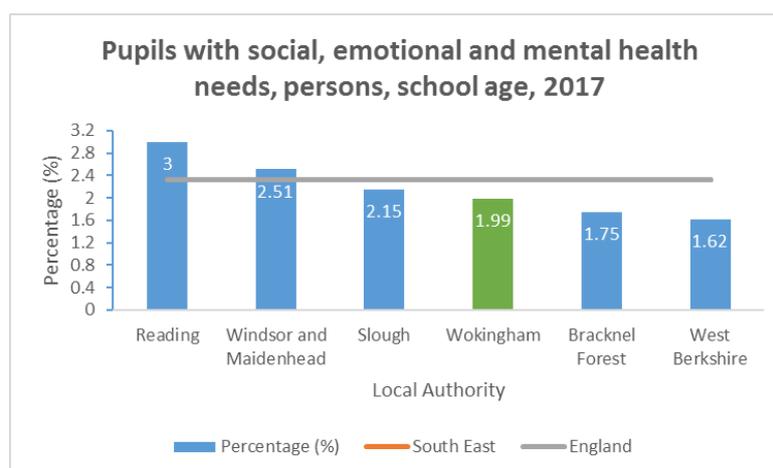


Figure 1 - Estimated proportion of pupils with social, emotional and mental health needs (2017)

Source: Department for Education special educational needs statistics (<https://www.gov.uk/government/collections/statistics-special-educational-needs-se>)

Whilst self-harm is not a mental or emotional health disorder or issue it can be closely linked with mental and emotional health. Not every child that self-harms has a mental health need, however the data helps to provide further context around emotional and mental health. During 2015/16, 124 children and young people aged between 10 and 24 living in Wokingham were admitted to hospital as a result of self-harm. This is a rate of 464 per 100,000 and is the same as the national and regional averages.

What does the Local Authority do?

The local authority works with partners including the CCG, BHFT and the voluntary organisations to deliver support. The Local Authority mainly focuses on the getting advice, getting help and targeted services elements of the THRIVE model (see figure 2).

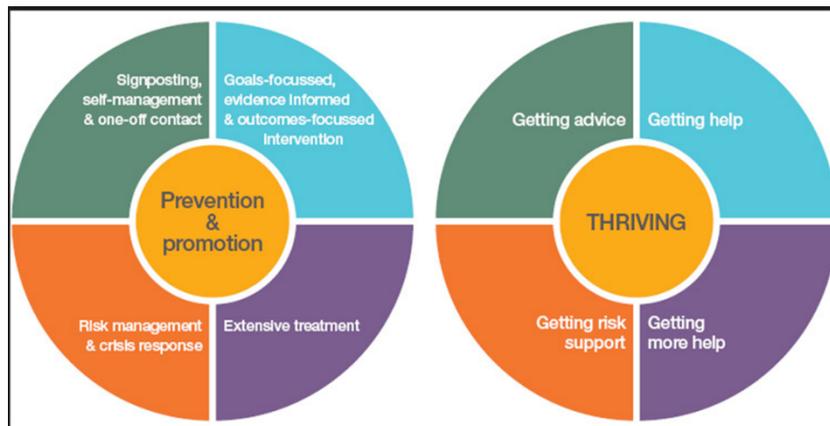


Figure 2 - THRIVE model developed by Wolpert et al in the Anna Freud Centre and Tavistock & Portman NHS Trust

The THIRVE model is something that as a system across the West of Berkshire we are moving towards. The CCG and BHFT paper has elaborated on this further.

Emotional Wellbeing Strategy

The emotional wellbeing strategy runs from 2018 to 2021. It is focused on universal and early help. It is linked with the LTP which covers West of Berkshire and goes right the way through to specialist and crisis support.

The strategy has been developed in 2017/18 by the People Strategy and Commissioning team in partnership with the CCG, Public Health, Early Help, Educational Psychologists and Voluntary sector.

The vision of the strategy is,

‘Wokingham Borough Council are committed to supporting every child and young person with their emotional and mental health needs at the right time and place. The Borough will work towards the belief that every child and young person has the right to good mental and emotional wellbeing and support them to achieve this.’

The strategy has been broken down into four priority areas.

The four priority areas are;

- Better intelligence to aid and improve decision making
- Support for schools and additional universal settings

- Early identification and self-help
- Improving Access

Current status

This has been agreed in principle and is going through the consultation period. We have engaged with a number of our partners (CCG, Voluntary Sector) and are in the process of getting feedback from schools.

Trends

As highlighted in the Emotional and Mental Health strategy intelligence and data surrounding children’s mental health isn’t as strong and robust as desired. The first priority area in the strategy is dedicated to improving this. As part of the improved working between BHFT and the Local Authority, the People commissioning team have jointly developed a new reporting template with the PCAMHs team that is focused on outcomes to help better understand the impact of the service and needs. Despite not having the all the data we would like, we do have service level data and that provides and insight in the needs and demands facing the PCAMHs team and the wider early help support services. This data has been used to highlight a few key trends.

Increase in demand

In 2017/18 the PCAMHs service received 184 referrals, this was a 29% increase on the previous year (143). This demand is being seen nationally and whilst this is not exclusive to Wokingham, it does need to be factored into future commissioning plans. The trend in referrals over the past three years has been displayed in figure 3. As of April 2018 the PCAMHs team had a caseload of 153 young people, this is extremely high for a workforce of 2.4 WTE.

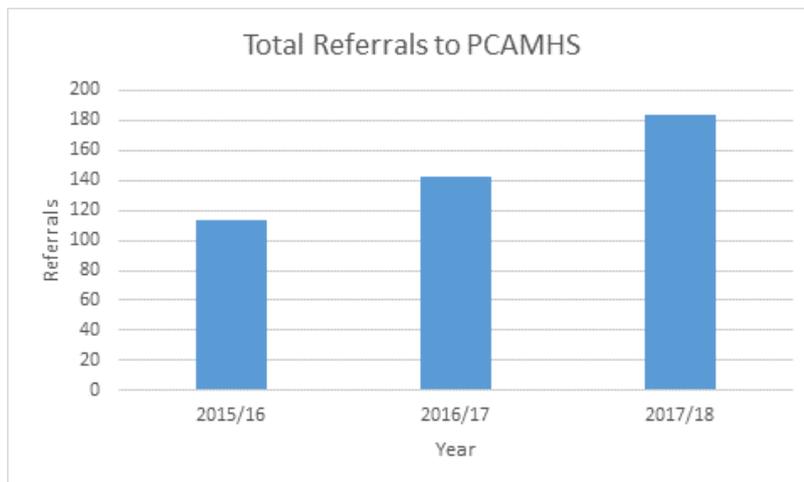


Figure 3- Referrals to PCAMHs between 2015/16 and 2017/18 (Service level data)

Decrease in Waiting Times

Despite the increase in demand the waiting list for the service have improved greatly since 2016. During the majority of 2017 all young people were assessed within 6 weeks of referral. In 2018 the waiting list has now increased to 12 weeks, this is mainly due to one staff member undertaking a professional development course (whilst it is affecting the capacity of the service currently we are waiting for backfill to

make up some of the lost capacity). This course will also hugely benefit the young people who access the service once the course has been completed.

Reasons for Presentations – Anxiety, ASD and ADHD

The majority of young people are presenting to the PCAMHs service with anxiety (including OCD), with issues relating to ASD and ADHD second. The other reasons that appear in the top four reasons include low mood and emotional dysregulation (including anger). This reflects the demand experienced by the tier 3 service, where Wokingham has the highest numbers of young people waiting for ASD assessments compared to the other CCG's in the West of Berkshire.

In 2017/18 61% of young people in the PCAMHs service had a planned exit and 26% had an escalation of referral up to tier 3 or the ASD/ADHD pathway.

Increase in Complexity

As with the national increase in demand the complexity is also increasing locally and nationally. A snap shot report between June and November 2017 looking at a sample of patients showed that Wokingham PCAMHs has a higher percentage of young people seen with pervasive developmental disorders (Autism, Asperger's), a learning disability, living in financial difficulty, deemed a child in need or on a current protection plan when compared with the Child Outcomes Research Consortium (CORC).

Current Local Authority offer including Commissioned Services

The People commissioning team commission a number of services aimed at supporting children's and young people emotional and mental health.

The first is the traditional tier 2 mental health service, although locally and nationally we are trying to move away from a tiered model of CAMHs. Locally this service is called PCAMHs and is delivered by BHFT. This service provides support for mild to moderate mental health difficulties and disorders in Wokingham Borough for children up to the age of 18 years. The service comprises of 2.4 WTE.

As a local authority we also grant fund a free counselling service delivered by ARC Youth Counselling. The service was previously jointly commissioned with the CCG. Currently the charity are receiving a grant to deliver the service and it is our intention to move back to a commissioned arrangement where we can demonstrate the impact of the service and we will be exploring opportunities to jointly commission with the CCG in the future. In total ARC Counselling receive £59,000 from the local authority per annum.

The School Link Project has been funded by the CCG and the Future In Mind monies. The project is currently running in 7 schools and it is our intention to grow this to 11 schools for the start of the next academic year.

The project has 4 main focuses;

1. To train school staff in the Psychological Perspectives in Education and Primary (PPEP) Care model. PPEPCare involves the training of staff in both

whole system and individual approaches to wellbeing. The modules have been developed by BHFT in conjunction with industry experts. They promote an understanding of the mental health issues affecting Children and Young People, supporting early identification of mental health issues and skills in intervention.

2. To identify, train and support a key person per school to take a lead on emotional and mental health issues in school.
3. To hold regular joint consultation sessions on concerning children in identified schools.
4. To identify a clear model of school based stepped care interventions that School should be offering from their resources or in partnership with others.

The School Link project has been commissioned from BHFT and has support from the Educational Psychologist service.

In addition to our commissioned services the local authority also provides a number of in-house support services, this includes ASSIST, who works with children and young people with ASD, Integrated Early Help team and the Educational Psychologist Service who support children with social, emotional and mental health problems. The Educational Psychologist team also run anxiety workshops in schools and train Nurture Assistants for schools.

The Public Health team are working to redesign the school nursing service and create a greater focus on prevention and health promotion interventions in schools. The team are working closely to ensure that this service aligns with the emotional wellbeing strategy. Lastly the team are also doing a lot of work around suicide prevention for both adults and young people, and have developed a suicide prevention strategy for Berkshire.

Emotional Wellbeing Redesign

The current PCAMHs service has been running in the Local Authority for a number of years and has not been reviewed for many years. During this time demand on the service and the costs of the service has increased. Due to this increase and lack of scrutiny the People commissioning team undertook a review of the service. In 2017 we undertook a needs assessment and a comprehensive consultation exercise with partners (including schools, CCG, current service and voluntary sector) to understand what they felt was working well, not so well and where the gaps were. We reviewed national and local best practice and as a result of this we have proposed a redesign of the service.

The proposal brings together the early help offers in the Local Authority, Voluntary Sector and our commissioned Mental Health Service whereby front-loading specialist expertise early in the pathways.

The proposed model will look to bring referrals for the service through the Local Authority front door to be triaged at a multi-agency triage meeting attended by statutory, voluntary and health partners. This hub will be an expansion of the existing Early Help Hub. The model requires significant buy-in from partners to attend weekly triage meetings and schools to recognise and eventually invest in the tier two offer. The risks of this service include sustainability, increased pressure on Local Authority

Services, particularly early help, through an increase number of young people requiring support and lack of buy-in from partners. Communication with key partners including schools and families will be essential.

By bringing together the services under one offer the local authority can better support children and young people by enabling greater partnership working and removing the necessity to have a diagnosable mental health condition therefore providing support earlier and preventing further escalation.

This proposal is in the consultation period and feedback is being used to help shape the final proposed model. The proposal is scheduled for sign off in September and it is our intentions to have it in place in early 2019.

Future plans for School Link project

As part of the PCAMHs redesign it is also our intention to increase the scope of the School Link project and align it with the Educational Psychologist service formally. By aligning it with this service we can ensure that we are communicating with schools effectively and providing a consistent message that isn't duplicating one another.

As part of the proposal we will be looking to merge the School Link and PCAMHs contracts to create one contract with BHFT for children's mental health services. This will make for more streamlined contract monitoring and reporting.