

Agenda Item 31.

TITLE	Children's Mental Health and Emotional Wellbeing:
FOR CONSIDERATION BY	Children's Services Overview and Scrutiny Committee on 5 November 2020
WARD	None Specific;
LEAD OFFICER	Director, Children's Services - Carol Cammiss

OUTCOME / BENEFITS TO THE COMMUNITY

- 1.1 The Local Transformation Plan aims to ensure that promoting resilience and good mental health and wellbeing is a priority across all partners, with a commitment to helping every child and young person experience positive mental health and wellbeing by using the right help, when and where needed.
- 1.2 The Plan is about integrating and building resources within the local community, so that emotional health and wellbeing support is offered at the earliest opportunity.
- 1.3 Our goal is to reduce the number of children, young people and their families whose needs escalate to require specialist intervention, a crisis response or in-patient admission

RECOMMENDATION

- 2.1 That Overview and Scrutiny is asked to note the refreshed Local Transformation Plan (October 2019) and the work that is being undertaken to improve the emotional wellbeing and mental health of all Children and Young People across Wokingham.

SUMMARY OF REPORT

- 3.1 The refreshed Future in Mind Local Transformation Plan (LTP) was published in October 2019 in accordance with national Future in Mind requirements.
- 3.2 The LTP provides an update on service development and improvement across the comprehensive Child and Adolescent Mental Health Service (CAMHS) system.
- 3.3 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. This is having an impact on waiting times to access help.
- 3.4 The NHS Long Term Plan has been published and the local partnership is on track in the key areas of Children and Young People's Mental Health Services and our refreshed LTP matches the requirements for improvements expected.
- 3.5 Access to services by Children and Young people has increased again this year. Providers are seeing more children and young people for evidence informed help than ever before.

3.6 During COVID emotional health and wellbeing services continued to operate by moving to a digital offer and the partnership was able to jointly commission a new online youth counselling offer – Kooth.com.

3.7 During COVID lock down our CAMHs service has experienced increased demand on its crisis and eating disorder services in particular but overall lockdown has created suppressed demand that we expect to see through the system in the coming months.

4. Background

4.1 Nationally, the Children and Young People's Mental Health and Wellbeing Taskforce was established in September 2014 to consider ways to make it easier for children, young people, parents and carers to access help and support when needed and to improve how children and young people's mental health services are organised, commissioned and provided.

4.2 Key themes emerged and were set out in the government document "Future in Mind– promoting, protecting and improving our children and young people's mental health and wellbeing" (2015). The key themes included:

- Promoting resilience, prevention and early intervention
- Improving access to effective support – a system without tiers
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce

4.3 Locally, the Local Transformation Plan for children and young people's mental health and wellbeing in Berkshire West describes how, as a local system, we are improving the emotional wellbeing and mental health of all children and young people across Reading, West Berkshire and Wokingham. This is in line with the national ambition and principles set out in "Future in Mind"

4.4 Our Local Transformation Plan is reviewed, refreshed and published annually, in line with the requirements of Five Year Forward View for Mental Health and the Green Paper.

4.5 The refreshed Future in Mind Local Transformation Plan (LTP) was published in October 2019.

5. Analysis of Issues

5.1 Key achievements

5.2 The NHS Long Term Plan has been published and the local partnership is on track in the key areas of Children and Young People's Mental Health Services and our refreshed LTP matches the requirements for improvements expected.

5.3 Access to services by Children and Young people has increased again this year. Providers are seeing more children and young people for evidence informed help than ever before.

5.4 We have continued to develop outcomes reporting and can evidence that most children and young people have positive outcomes across providers.

5.5 We can evidence that most children and young people feel listened to across providers.

5.6 We continue to meet the challenge of working with partners to flow CYP access data onto the national dataset, with 3 more now providers' now flowing data monthly and Berkshire Healthcare Foundation Trust (BHFT) improving the quality of their returns.

5.7 We can evidence the impact of large-scale training across partners. In particular, the introduction of Trauma Informed/ adverse childhood experiences training, at School and a community level is expanding rapidly across the patch. Aligned to this is the start, this year, of the roll out of the regional Restorative Practise awareness and training in all three Local Authorities reaching 100+ multi-agency practitioners and senior leaders as well as CYP.

5.8 We are setting up Mental Health Support Teams in all of our Local Authorities. We have built on our existing strengths and learning from the Emotional Health Academy the Reading Emotional Well-Being Partnership to create an exciting offer. (MHST Briefing Paper attached as Appendix A).

5.9 Following the completion of a service review, more financial investment has been secured for our Eating Disorder Service that will enable our local Mental Health provider (Berkshire Healthcare Foundation Trust - BHFT) to meet waiting time standards by 20/21.

5.10 We were successful in becoming one of 9 pilot sites for a research project on improving mental health assessment for Children in Care. Training has been completed and the first 12 children in care have already participated in the project.

5.11 BHFT have secured funding from NHS England to build a new inpatient facility to replace Willow House in Wokingham. This will provide more capacity and reduce the number of children who have to be placed out of area.

5.12 Areas of Challenge and Development

5.13 There continues to be increased demand, which in turn is having an impact on waiting times across providers. Although we were successful in winning additional resources to reduce waiting times in our specialist CAMHs teams, recruiting the workforce continues to be challenge across the sector.

5.14 Availability of suitable skilled, qualified and experienced health workforce. There are recruitment and retention challenges for many parts of the wider children's workforce e.g. social care. The cost of living is high in Berkshire West.

5.15 Demand for emotional health and wellbeing services across the system has increased at all levels of need, see Appendix 2 Needs Analysis and Appendix 5 Activity. Local analysis is that we continue to be part of the cycle of positive improvements in identification of likely unmet need alongside the lowering nationally of the stigma related to mental health. However with challenging waiting times often the need is increasing thus increasing felt levels of acuity in cases across the system.

5.16 There continues to be concern about the increase in self-harm rates in all three Local Authorities for people aged 10 – 24. Self-harm rates for 15 to 19 year olds across all three areas continue to be higher than the national average. A set of clear recommendations have emerged from the CYP High Impact User project, which along with the introduction of the MHST will begin to make a difference.

5.17 Availability of suitable inpatient beds close to home. Lack of local inpatient beds for young people with Eating Disorders. The improvements in the local Willows provision as well as the work through the New Models of Care offer regionally will go some way to meeting this challenge.

5.18 Flowing data onto the national MHSDS data set involves multiple providers with differing IT systems and data governance arrangements. We continue to meet the challenge of working with partners to flow CYP access data onto the national dataset, with 3 more providers' now flowing data monthly and BHFT improving the quality of their returns.

5.19 Priorities going forward

5.20 Our 2019/20 Local Transformation plan has identified 7 priorities to focus and act as a way to galvanise the partnership to collectively achieve improvement and change. These priorities are:

- Priority 1 – Ensure that we embed and expand the Mental Health Support Teams in Berkshire West
- Priority 2 – continue to focus on meeting the emotional and mental health needs of the most vulnerable CYP – particular attention to Children in Care
- Priority 3: Continue to build a 24/7 Urgent care/ Crisis support offer for Children and Young People (CYP)
- Priority 4: Continue to build a timely and responsive Eating Disorder offer
- Priority 5: Improve the Waiting times & Access to support, with particular this year on access to ASD/ ADHD assessments and support.
- Priority 6: To improve the Equalities, Diversity and Inclusion offer and access for Children and Young People in Berkshire West
- Priority 7: Building a Berkshire West 0 – 25 year old comprehensive mental health offer

5.21 The Future in Mind Delivery Group meets regularly to consider, challenge and champion the changes as well as oversee this LTP refresh document. The Future in Mind group is chaired by the Assistant Director of Joint Commissioning, NHS Berkshire West CCG. It reports into the Berkshire West Mental Health and Learning Disability ICP programme board. Work-streams are set up to drive each priority forward that includes strong multi-agency representation.

5.22 Highlights of the work in the specific work in Wokingham can be found in the plan on pages 38 – 39 & 43 - 46 and specialist CAMHs pages 48 – 60

5.23 Wokingham Borough Council has undertaken a review of the way in which our partnership delivers emotional health and wellbeing support to children and young people and proposed the development of a new model of support which includes:

- Access to Emotional Health assessment, triage, advice and referral via a

- single “front door”
- A central point of contact for families, professionals, and young people to access Emotional Health and Wellbeing services or to discuss concerns about the emotional wellbeing of a child or young person (Emotional Health and Wellbeing Hub).
 - Evidence based direct support and stepped care interventions.
 - Evidence based training.
 - Professional consultation
 - Access to evidence based self- help information
 - Access to the Wokingham Mental Health Support Team service offer

5.24 COVID Impact

- All providers moved swiftly to a digital or telephone offer of support although many CYP and families paused their interventions.
- Majority of providers experienced suppressed demand through COVID lockdown period in CYP request for help across the range of providers. Since lockdown ended providers have started to see requests increase again. For example Common Point of Entry (CPE) saw numbers in July & August higher than in previous years, and Sept similar to last year
- With suppressed demand through lockdown Berkshire Healthcare Foundation Trust (BHFT) our CAMHs provider was able to address improvement in wait times. Therefore, average wait to triage in CPE in Sept was 1.2 weeks. For those young people needing a face-to-face appointment following initial telephone/video triage, the average wait to second contact was 3.2 weeks. BHFT are monitoring CPE closely and working hard to keep waiting times down as referrals increase.
- The table below gives year to date average waiting times for the other teams.

Team	1st Contact	2nd Contact
Eating disorder for CYP	1.1 weeks	1.8 weeks
Health & Justice within YOTs	2.0 weeks	4.3 weeks
Anxiety & Depression	15.7 weeks	26.5 weeks
Specialist CAMHs teams	6.5 weeks	16.2 weeks

- However many cases known and unknown did present with higher acuity of issues. As noted by a significant increase in the work of our Rapid Response crisis team for CYP in CAMHs. This continued after lockdown, for example the CAMHS rapid response team experienced in Sept 1.7 times more referrals in comparison to the same month last year.
- In particular there is a concerning increase in Eating disorder patients presenting at community and acute settings. This was experienced by other South East areas.
- Berks West CCG and our three Local Authority partners jointly commissioned the online youth counselling service Kooth which is already showing good use from July and Sept. For example in August there were 87 new registrations. The number of logins against users (521 for 95 users) shows good repeat use, at roughly 90% and up to 5 times on average per user. Most of the use is through the self-service area of the offer but 18 used the managed chat function to talk with a professional on the site.

FINANCIAL IMPLICATIONS OF THE RECOMMENDATION

The Council faces severe funding pressures, particularly in the face of the COVID-19 crisis. It is therefore imperative that Council resources are focused on the vulnerable and on its highest priorities.

	How much will it Cost/ (Save)	Is there sufficient funding – if not quantify the Shortfall	Revenue or Capital?
Current Financial Year (Year 1)	Please see information below		
Next Financial Year (Year 2)			
Following Financial Year (Year 3)			

Other financial information relevant to the Recommendation/Decision

An overview of financial investment can be found in the Plan on pages 68- 69.

Berkshire West has additionally secured transformation money for the establishment of Mental Health Support Teams.

Cross-Council Implications (how does this decision impact on other Council services, including properties and priorities?)

7.1 The LTP highlights the importance of collaborative working as a critical enabler for services working with Children and Young People. Mental health and wellbeing is “everyone’s business. A culture of corporate and joint ownership and accountability across the wider partnership will continue to drive transformation.

Public Sector Equality Duty

Please confirm that due regard to the Public Sector Equality Duty has been taken and if an equalities assessment has been completed or explain why an equalities assessment is not required.

With more children and young people with both an emerging emotional health need and diagnosable mental health condition accessing evidence-based services, the LTP must ensure that this access and help is inclusive of children and young people from across the protected groups.

The LTP includes a specific priority to improve the Equalities, Diversity and Inclusion offer and access for Children and Young People in Berkshire West. There will be a focus on the protected groups of LGBTQ and Disabled Children and Young People, seeking to ensure there is appropriate and good access to the range of help they need.

Reasons for considering the report in Part 2

Not applicable

List of Background Papers

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| <ul style="list-style-type: none"> The full Local Transformation Plan can be found here:
 https://www.berkshirewestccg.nhs.uk/about-us/how-we-work-with-others/the-local-transformation-plan/ Mental Health Support Teams Briefing Paper |
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