

Friday 13 December 2019
(Report for Information)

Update on the Children and Young People`s Mental Health and Emotional Wellbeing

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<p>Summary:</p>	<p>This report provides:</p> <p>A progress update on Children and Young People Mental Health in Somerset.</p> <p>Early headlines and priorities in preparation of a new Children and Young People`s Mental Health Strategy which links to the overall Mental Health and Wellbeing Strategy: system wide Mental Health and Wellbeing delivery framework for adults, children and young people.</p> <p>The key messages for the Committee are:</p> <ul style="list-style-type: none">• Improvements to CYPMH over last 5 years and more recent improvement in performance and access in the recent 2 years• Addressing the gaps in preventative and early intervention mental health support for CYP and their families; expand capacity of voluntary community and primary care sector• Sustained focus on preventing self-injury (harm), reducing incidences of suicidal ideation• Sustaining quality improvement to specialist mental health services (CAMHS)• Commitment to supporting schools/education to address the mental health and emotional wellbeing of pupils, students, staff; implementing the Mental Health Support Teams in Schools pilot model• Commitment to a multiagency/ multidisciplinary response to address emotional wellbeing and mental health needs of vulnerable children and young people (Neurodevelopmental needs i.e. ASC, ADHD, and Children Looked After etc.)• Commitment to cultural transformation based on best evidence for example using the iThrive framework. <p>This report is for information only; whilst appraising of the improvements in recent years, importantly now cites the development of a new Strategy for Children and Young People`s Mental Health 2020-2024 which will be drafted, consulted upon</p>
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	in early 2020.
Recommendations:	The C&F Scrutiny Committee is asked to note: <ol style="list-style-type: none"> 1. Significant improvement in mental health services for CYP over last 5 years 2. Development of new 4 year CYPMH Strategy from 2020
Reasons for recommendations:	Mental Health and Emotional Wellbeing is a fundamental component/strand within the Fit for my Future programme, the Improving Lives Strategy, Somerset Children and Young People`s Plan and the new NHS Long Term Plan – Mental Health Priorities. “Mental Health is everyone`s business”
Financial, Legal, HR, Social value and partnership Implications:	Not applicable
Equalities Implications:	Needs analysis and emergence of new strategy will address inequalities of access for groups of children and young people and their families.
Risk Assessment:	Not applicable

1. Summary Briefing

This brief report and the *linked* presentation brings together an overview of last 5 years of CAMHS Transformational funds through the NHS Five Year Forward View 2015-2020, and emerging plans for a new strategy.

Over the 18 months, there have been significant improvements in the mental health services available for the children and young people of Somerset. This has been facilitated, in part, through increased investment from NHS England as part of the Future in Mind and Five Year Forward View policy directives (since 2015). New NHS Long Term Plan makes a commitment to further investment for mental health services to improve access, waiting times, realisation of digital options, changing the culture and personalisation plus sustained focus on reducing incidences of self-injury, improving pathway for eating disorders and lastly importance of prevention and early intervention.

Previously, there have been significant issues in CAMHS/Paediatric services in terms of significant waiting lists for Tier 3 community CAMHS, undue discharge delays for young people with mental health problems on Paediatric Wards. In addition, we have had higher than average self-harm prevalence presenting at Acute Hospitals and historic cases of child suicides which prompted comprehensive and deep-dive analysis by the Director of Public Health into Self Harm. Development of Somerset Wellbeing Framework, strengthening in CAMHS operational processes, establishment of Single Point of Access, increased investment in CAMHS, schools mental health and resilience work (SHARE) has helped to improve support for schools, primary care, young people and families. There have been no child suicides over last 24 months.

Increased investment into children`s mental health services over recent years grew from £3.6million in 2014/15 to £6.7million in 2019/20, with additional service investment in Tier 3 CAMHS, Enhanced Outreach / Psychiatric Liaison, CAMHS Single Point of Access, Community Eating Disorders, Kooth Online Counselling and CYP-IAPT Children and Young

People Wellbeing Practitioners etc. NHS Long term plan have indicated more investment for children`s mental health over the next 4 years (subject to current political agenda).

During this time, we have seen an improvement in access rates and waiting times, and greater range of support offers at both specialist, targeted and more universal levels.

Nationally, access to CYPMH services is monitored by the NHS CYPMH Access Target with the additional investment and focus the rate increased from 10% (2016) to 24.6% (2018). This is calculated based on Somerset prevalence of 1 in 9 children and young people with diagnosable mental health condition receiving 2 or more episodes of intervention/treatment from NHS commissioned mental health service. The ambition is to reach 100% in ten years` time.

Summary of improvements and successes:

- Circa 24k contacts/referrals to CAMHS Single Point of Access in 2018
- 8256 students, 388 parents, 40 schools - Schools, Health and Resilience Education service (**SHARE**)
- **CAMHS Referral to Treatment (RTT) 6 week performance** consistently over 90% and **Community Eating Disorder Service 4 week performance** consistently over 90%; are one of the best performing among Mental Health Trusts in England
- Somerset is currently one of very few areas with a designated 7 day Enhanced Outreach/ Acute Psychiatric Liaison Service for children and young people
- Low numbers of young people in Tier 4 Inpatient CAMHS facilities; over last 18 months (on average) less than 10. This is proportionally lower than neighbouring areas in the South West
- Expanded **Kooth** Online Counselling by 50%
- **Somerset Wellbeing Framework** over 67 schools using the whole schools approach
- **Parent Carer Toolkit** to offer advice and first-line support for parental concerns i.e. in behaviour, emotional and mental wellbeing
- New **CYP IAPT trained Children and Young People Wellbeing Practitioners** working in Yeovil and North Sedgemoor localities; to date (since April 2019) Young Somerset have received 200 plus requests and provided successful therapeutic intervention to around 50 young people
- **Emotion Coaching** for 330 staff in 126 education settings
- Successful engagement projects with young people for resource development including [Lifehacks](#) and Body Image
- [Mental Health Training Programme](#) which has included this year; Youth Mental Health First Aid, Self-harm, eating disorders and bereavement
- Reduction in CYP mental health admissions to Paediatric Wards at Taunton Musgrove and Yeovil District Hospitals through improved multi-agency collaboration and joint protocol processes
- Community CAMHS improvements to waiting times since CQC Inspection of Somerset Partnership Trust rated CAMHS as `Requires Improvement` in October

Our strategic improvement and transformation programmes have and will continue to improve access and range of mental health support services and offers for children and young people in Somerset:

Cultural transformation based on the iThrive model

- Early adopter site in North Sedgemoor to change delivery framework

Big Tent programme

- Building alliance across VCSE to support /develop local emotional wellbeing projects and services

CYP-IAPT Children and YP Wellbeing Practitioners (CWP)

- Young Somerset piloting new CWP roles link to PCN/Localities; Yeovil and North Sedgemoor pilots

Mental Health Support Teams in Schools

- 2 new multidisciplinary teams as part of trailblazer bid; Mendip (Tor School) and Taunton (Taunton Deane Partnership)

Multiagency and multidisciplinary crisis and urgent care pathways

- New ways of working between Children`s Social Care and CAMHS (SPFT)

Widening the self-injury and eating disorder offer across range of levels

Boosting the support to vulnerable and `at risk` children and young people particularly cyp with neurodevelopmental needs

Building Emotional Resilience “Behaviour” projects

- Led by SCC Education and Inclusion
- Development of Education Wellbeing Partnerships (through PRU network)

Underpinning these service pathway improvements, we plan to implement a comprehensive range of digital infrastructure to aid accessibility, transparency, and timeliness of support through co-production/ co-design and meaningful participation with young people, families and key stakeholders.

Despite the improvements, we know requests for support / referrals are increasing, and the lack of prevention and early intervention services at universal and community level is proving a system challenge for schools, hospitals, GPs, social care, mental health services, young people, families and voluntary/community services. Thus ongoing pressures remain.

- Supporting a young person in crisis and in potential need for a specialist bed/ intensive community support is always a stressful process for all concerned, and can always be improved through better multiagency and multidisciplinary pathway working.
- Children and young people with neurodevelopmental needs (Autism, ADHD) presenting with `behaviours that challenge` and significant emotional distress and issues of dis-regulation but do not have a moderate to severe mental health condition. This requires a multiagency and multidisciplinary response from a range of partners and disciplines – social care, parenting support, schools, intensive behaviour support, Speech and Language/OTs, CAMHS, Paediatrics

- High levels of anxiety, depression and self-injury presentations; with schools and families lacking in confidence and unsure how to help and respond

These improvements and transformation programmes along with business as usual commissioned mental health services are overseen and managed through our new system-wide group, CYP Mental Health Collaborative Group. This group sits within the Somerset STP (Fit for My Future) structures reports in parallel to Mental Health and LD Programme Board and Children`s Safeguarding Partnership.

Through Whole System workshops, Rapid Improvement Events and extensive discussion at the governance system groups, we have developed a list of priorities to take into our developing new strategy (see section 2.1 below).

Whilst working on new model using the iThrive principles, we aim to improve multi-disciplinary and multi-agency triage and screening arrangements to ensure that children and young people are signposted, supported and offered the right intervention and advice by the most appropriate professional or service.

And finally, from a workforce perspective, the aim is to upskill staff working with children with mental health and emotional wellbeing difficulties by creating a sustainable model for the delivery of training available (i.e. Emotion Coaching and Mental Health First Aid), promoting the Wellbeing Framework and empower parents/carers and professionals to feel more confident in supporting young people with their mental health needs.

2. Priorities and Outcomes

2.1.	<p>Our future priorities informing the present transformation programmes and development of the new CYPMH Strategy 2020-2024 include:</p> <ul style="list-style-type: none"> • Building capacity and new, preventative mental health and emotional wellbeing services through the voluntary, community and social enterprise sector • Effective support to Schools and Education • Improving crisis and urgent care pathways through a local multi-disciplinary offer • New Digital Solutions i.e. Health Passport, My Care Plan, Online Peer Support • Improvements to pathways of support for vulnerable children and young people namely Children Looked After, Children & YP with Neurodevelopmental Conditions (ASC, ADHD) • Expanding mental health offer working with adult colleagues for young people/adults 16 to 25 years • Improvements to early years and family support around mental health • Change in the culture and experience of mental health support through co-production with Children, Young People, Parents/Carers and Professionals
2.2.	<p>Success Criteria and Outcomes:</p> <ul style="list-style-type: none"> • More children and young people will have intervention through lower level and earlier mental health support services through voluntary, community, primary care services and schools • Increase in the number of appropriate referrals to specialist mental health services • Reduction in the number of fixed term exclusions • Reduction in the numbers of pupils not attending school due to wellbeing issues

	<ul style="list-style-type: none"> • Increase in wellbeing score via routine outcome measures, goal based measures etc. • Parents/Schools/CYP feeling support is easily available and of good quality. • Increase in staff confidence to deal with issues within schools and in other community settings • Increase in schools adopting a whole school approach to emotional wellbeing and mental health • Sustained reduction in A&E attendances for inappropriate mental health presentations • Better earlier and timely support for vulnerable young people with significant mental health concerns
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3. Consultation and Engagement

3.1. We will build on all the different engagement exercises undertake over the last 12-18 months for example consultation on new Somerset Children and Young People`s Plan, CAMHS YP Participation Groups, specific focus groups held with some young people, ongoing youth involvement and engagement work carried out by Young Somerset, YMCA, Somerset MIND, Healthwatch and Patient Groups etc. Work of the Somerset Parent Carers Forum.

Over time, these forums and engagement exercises have found emotional wellbeing and mental health as one the main topics for improvement and concern among young people, parents, families, schools and their communities. (*see presentation for quotes and feedback examples*)

4. Request of the Committee

4.1. The C&F Scrutiny Committee is asked to note:

1. Significant improvement in mental health services for CYP over last 5 years
2. Development of new 4 year CYPMH Strategy from 2020-2024

4.2. (Not used)

5. Background papers

5.1. Children and Young People`s Mental Health Key Themes (presentation)

6. Report Sign-Off

6.1 Report is for information, committee clarification and brought by Somerset Clinical Commissioning Group. Draft new strategy will be presented to Scrutiny Committee in early 2020.

	Seen by:	Name	Date
Report Sign off	Relevant Senior Manager / Lead Officer (Director Level)	N/A	Click or tap to enter a date.
	Cabinet Member / Portfolio Holder		Click or tap to enter a date.

	(if applicable)		
	Monitoring Officer (Somerset County Council)		Click or tap to enter a date.