



SOMERSET
County Council



Children and Young People's Mental Health and Emotional Wellbeing Briefing Paper for Somerset's Health and Wellbeing Board



November 2021

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Introduction

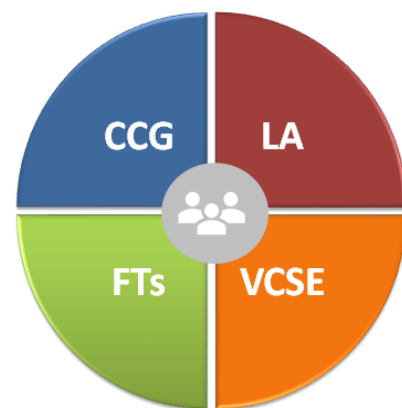
Across Somerset there is a higher than average prevalence of children and young people (CYP) who are presenting with self-injury, anxiety, and depression. Through talking to children and young people themselves, partners across education, health and care and parents, we now know that one of the key root causes of these mental health presentations, is the lack of consistent wellbeing support and early interventions for our young people. Therefore, children and young people's mental health and emotional wellbeing is one of our main system priorities, strengthening health promotion and prevention and early intervention through to effective targeted support as well as respond to the needs of children and young people with more complex needs.

This paper provides an update on the mental health and emotional wellbeing support for children and young people in Somerset and how this support has expanded over the past two years – despite the pandemic and its associated restrictions.

Somerset's CYP Mental Health Governance Structure

Children and young people's mental health and emotional wellbeing governance arrangements were reviewed and redesigned due to increasing commitment to collaboration across Somerset. The Children and Young People's Mental Health and Emotional Wellbeing Strategic Cell was established with membership from key leaders across the system. The Strategic Cell meets weekly and is composed of:

- Andrew Keefe, Deputy Director of Commissioning, Mental Health, Autism and Learning Disabilities, Somerset CCG
- Claire Winter, Deputy Director of Children's Services and Social Care, Somerset County Council
- Helen Price, Assistant Director of Children's Commissioning, Somerset County Council –
- Catherine Falconer (recently left), Public Health Consultant, Somerset County Council
- Claudine Brown, Head of CAMHS, Somerset NHS Foundation Trust (SFT)
- Nik Harwood, Chief Executive, Young Somerset and Somerset Big Tent Programme Lead
- Katherine Nolan, Chief Executive, Spark Somerset
- Beccy Wardle, Head of NHS Collaboration Rethink Mental Illness & Open Mental Health Lead.



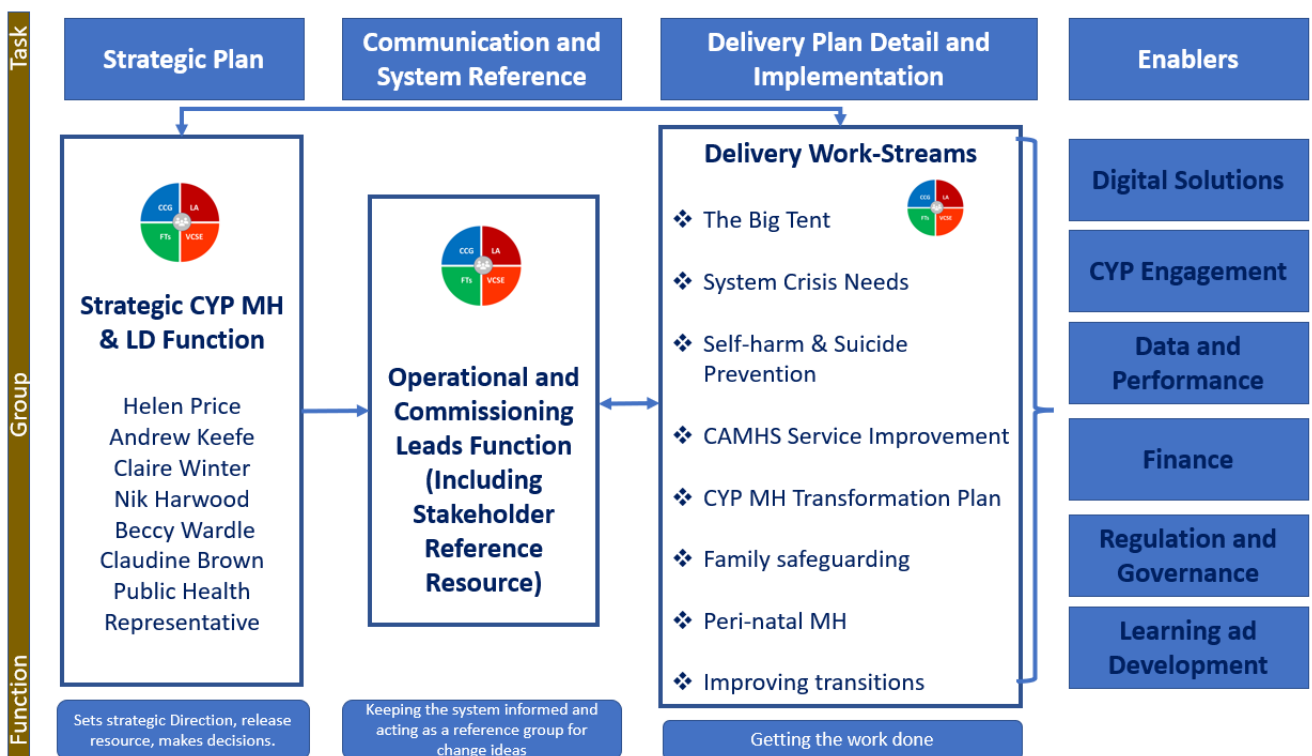
The whole approach, as represented in the graphic above, places young people and those close to them at the centre of all we do. The ethos of the Strategic Cells is one of being agile and responsive, 'doing' not 'meeting', and based on strong, trusting relationships.

The four quadrants represent 'the DNA' of how we aim to work together, namely that no decisions are made unilaterally by any single agency. Commissioning plans and the prioritisation of investments, etc., are all shared and developed together whilst recognising the various statutory duties and corporate objectives that each agency must fulfil. VCSE

partners are valued as much as statutory ones. This DNA is then being replicated throughout the system in terms of delivery at every level in a coproduced manner.

The Children and Young People’s Mental Health and Emotional Wellbeing Focus and Action Group (CYPMH & EWB F & A Group) was established in June 2021, and the group reports to the Strategic Cell, detailed above. The aim of the group is to provide whole-system strategic and commissioning oversight of the work to meet the mental health and emotional wellbeing needs of Somerset’s children and young people.

CYPMH Eco System:



Context

Significant improvements have been made in the mental health services available for children and young people in Somerset over the past 2 years – though some challenges remain. This has been facilitated, in part, through increased investment from NHS England / Improvement as part of the NHS Long Term Plan, Future in Mind and Five Year Forward View directives (since 2015).

Along with the challenges related to the pandemic, the local Somerset system has seen significant financial pressures and historic low levels of investment in mental health services against a backdrop of increasing demands on CAMHS, social care, acute hospitals and schools.

Through our whole systems CYP MH & EWB F & A Group, we have embarked upon a new transformation plan, from Winter 2021. Our priorities are:

- Listening to young people and ensuring they are at the heart of everything we do
- Establish a whole system approach which aims to identify and meet need in a timely way
- Develop a system with partner agencies to deliver an extensive range of early help options by promoting resilience, prevent the worsening of mental health issues and supporting young people when they need it
- Ensure that accessing help is easy, referral pathways are simplified and transparent, and that support is offered as close to home or as accessibly as possible
- Provide urgent mental health services which offer effective crisis support and enable children and young people to regain an active, full life in a timely way
- Develop a more effective pathway for Children Looked After that takes account of their particular needs

In 2019 there were 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 Hospital's emergency departments 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 education (SHARE) has helped to improve support for schools, primary care, young people and families.

Increased investment into children's mental health services over recent years grew from £3.6million in 2014/15 to £8.1million in 2020/21, 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. The NHS Long Term Plan committed to increased investment in mental health support for every year of its duration, and for the increase in children and young people's mental health to proportionately higher than that for adult mental health.

In 2019, prior to the impact of the pandemic we had already embarked on a number of improvement plans and initiatives including:

- **Somerset Big Tent**
 - Somerset Big Tent is a partnership of Charities, Charitable Incorporated Organisations and Community Interest Companies. These are voluntary, community and social enterprise (VCSE) organisations that provide a range of services including positive activities, therapeutic services and specialist support to increase positive wellbeing and improve mental health within children and young people aged 5-18 in Somerset.
 - In 2019, Somerset CCG, Young Somerset and other partners including Primary Care Networks (PCNs), and Spark Somerset established 2 groups to pilot projects in Yeovil and North Sedgemoor. The pilots set out the strategic direction of Somerset Big Tent and included mapping out provision and need for Somerset's children and young people.
- **NHSE/ / DfE funded trailblazer programme (MHSTs)**
 - In July 2019, a collaborative of local organisations including Somerset CCG, Local Authority Education and Public Health, Somerset NHS Foundation Trust and Young Somerset, made a successful bid for NHS England and DfE funding to develop two Mental Health Support Teams (MHSTs). This work is in response to the Government's Green Paper (2017) to improve mental health outcomes for children and young people.
 - Each MHST is responsible for delivering evidence-based interventions for children and young people with mild to moderate mental health issues, supporting the designated senior mental health lead in each education setting to introduce or further develop their whole school approach to wellbeing and providing timely advice to school and college staff, and liaising with external specialist services to help children and young people to get the right support and stay in education.
 - Each team covers c. 8,000 pupils aged 5-16 (or approximately 20 schools) within each of the selected areas and including primary, middle and secondary schools.
 - Each team is made up of Education Mental Health Practitioners (Young Somerset employees) supervised by Senior Mental Health Practitioners (CAMHS), supported by Educational Psychologists and Public Health to deliver a 'whole school approach'.
 - The 2 teams are hosted in Pupil Referral Units (PRUs) Taunton Deane Partnership College and TOR School (Mendip).
- **CYP-IAPT Programme**
 - Young Somerset's Wellbeing Service operates as part of the IAPT (Improving Access to Psychological Therapies) strategy in the UK. Children & Young People's Wellbeing Practitioners (CWPs) operate under-supervision as part of a multi-disciplinary team, delivering high-quality, outcome-informed; focused, evidence-based interventions for children and young people experiencing, mild to moderate anxiety and low mood,

- In 2019, Young Somerset employed 4 qualified CWP's with a further 8 trainee CWP's starting in January 2020. CWP's are increasingly aligned to the Somerset Big Tent operational localities and are designed to be embedded into community settings – offering both 1:1 and group work support.
- **SHARE (Schools Health and Resilience Education)**
 - SHARE is a school-based service aimed at children and young people aged 11-18 who are in middle and secondary school education, which ensures their needs are met in terms of mental health support, promotion of good mental health and wellbeing, building resilience and address emerging mental health difficulties early on for students.
 - SHARE consists of student-led projects, facilitated by 4 Liaison Workers, to build resilience, reduce stigma and increase understanding of mental health conditions among students, teachers and parents using a whole-school approach:

Eight principles to promoting a whole school and college approach to emotional health and wellbeing²⁹¹



Better Mental Health For All | A public health approach to mental health improvement

- **Somerset Self-injury Project (SIPP)**
 - The Somerset Self Injury Pathway Project was commissioned as a year-long project by Somerset CCG and was hosted by Somerset CAMHS. The project ended on the 31st March 2021.
 - The Self-Injury Project was delivered across Somerset schools, prioritising middle and secondary schools to increase knowledge and skills of school and related staff in Somerset to help reduce the incidence and impact of self-harm in children and young people.
 - The focus of the project was to create a suite of resources, provide free training and develop an improved pathway to help those supporting children

and young people with mental health difficulties, better understand and respond to self-harming behaviour in children and young people.

- The learning, information advice and knowledge gained during this project will help inform the work of CAMHS core business, which will continue to build upon the valuable work which has already been done.

Impact of Covid-19 on mental health services

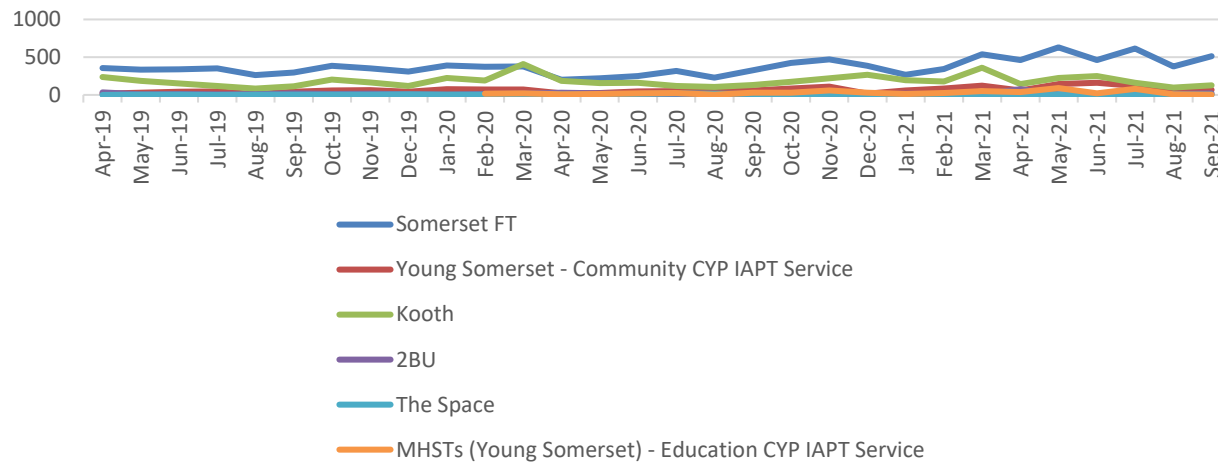
We are proud that our statutory and VCSE providers continued to operate throughout the pandemic with no support services stopping their provision, albeit in some instances the method of delivery changed. With education settings closed to all but the most vulnerable children, significant changes were needed to meet the growing pressures our children and young people were facing. A collaborative group including Somerset CCG, Somerset County Council and VCSE providers formed to focus on the planning and delivering of services in the Covid-19 climate. Organisations came together weekly to share information and guidance, understand the experiences, views and needs from children and young people, their families and carers, to enhance accessibility to mental health and emotional wellbeing services.

The group identified several issues resulting from the Covid-19 pandemic:

- There was no uniform reaction to covid 19, its associated lockdowns and restricted access to schools. For some, lockdown enriched their lives with increased quality time at home with family members. For others time at home was more problematic, some found the clarity of lockdown restrictions helpful, whilst others found them oppressive, and others found the coming out of lockdown with less clear guidance even more problematic.
- There was an increase in stress and anxiety for many of our young people who told us there was nothing else on the news; Covid-19 was the only thing being talked about
- Demand increased on services due to schools needing to restrict access
- There was a reported rise in online bullying – the use of digital platforms increased and there was an increase of hate incidents for the Asian community
- Increase in self-injury due to self-isolation
- Decrease in physical activity – young people feared challenge if out in the community
- Young people in a hostile home environment:
 - Unable to disclose their gender or sexual identity in a homophobic household
 - Young people not feeling they are able to access online appointments
 - Domestic violence in the home
- Somerset is known for its high levels of rural and deprived areas; a lot of families were unable to access equipment for virtual information and interventions
- Increase in complexities / acuity for those patients accessing services
- Increase in complexities for eating disorder services

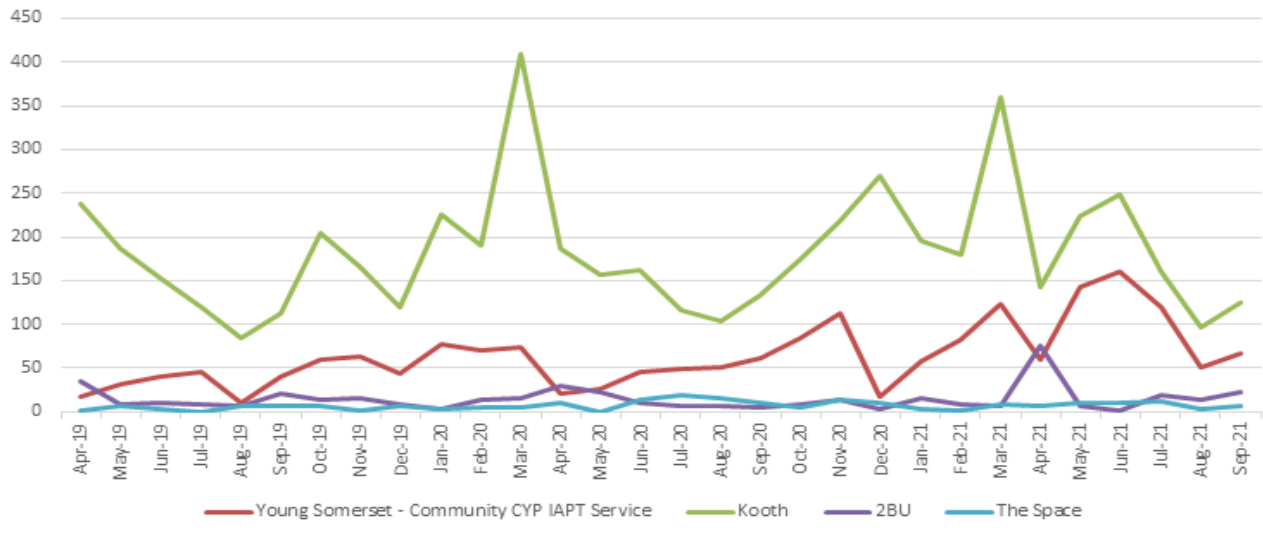
The following two pages present some of the activity data for the respective services over the past two years.

Total CYP Referrals Received

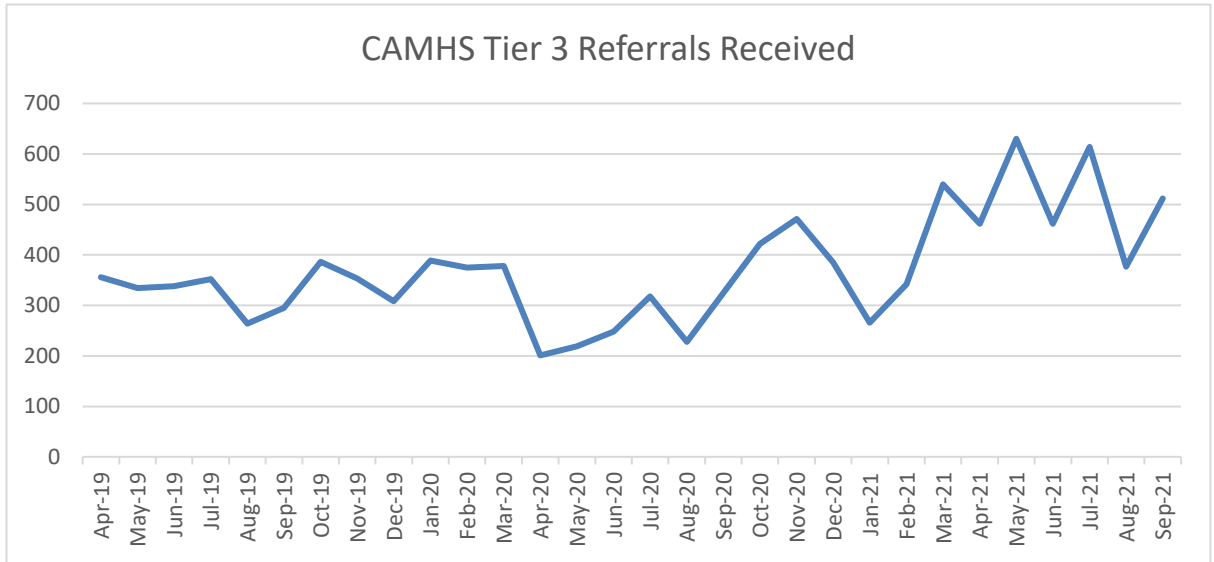


This graph shows the total number of referrals into CYPMH services from April 2019 to September 2021. Referrals into services decreased from March 2020 which is when the UK went into lockdown. Referrals started to increase in September 2020 which may have been caused by the return to education settings.

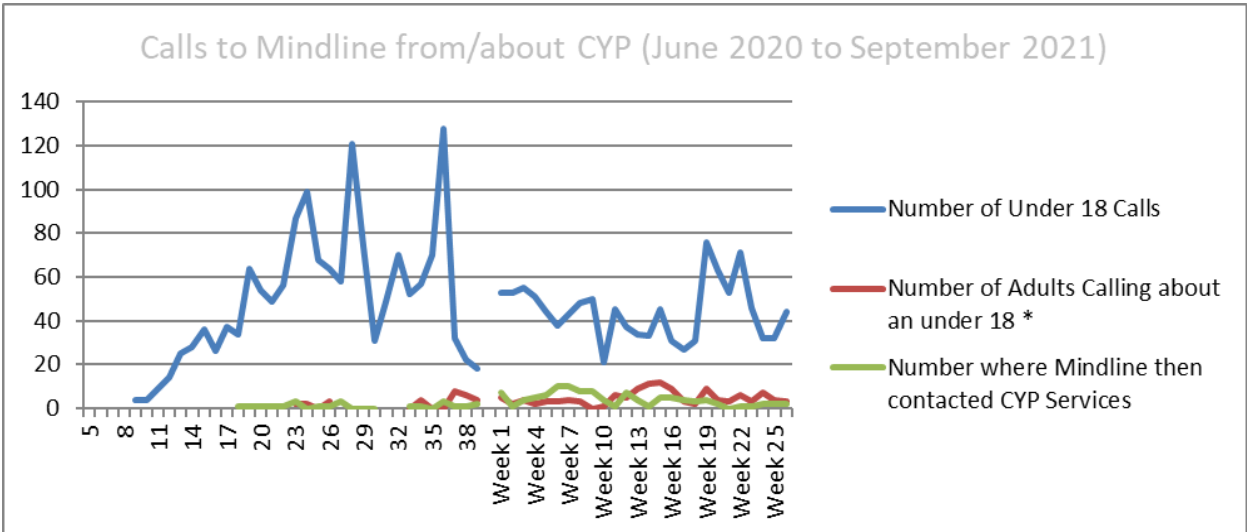
CYP Tier 2 Referrals Received (excluding MHSTs)



This graph shows the number of referrals into tier 2 CYP mental health and emotional wellbeing support services from April 2019 until Sept 2021 spanning the VCSE providers – Young Somerset, Kooth, 2BU and The Space.



This graph shows the number of referrals into 'Tier 3' / Specialist Community CAMHS from April 2019 to September 2021. In April 2019, Specialist CAMHS received 356 referrals, falling to 201 referrals in April 2020 and increasing to 462 referrals in April 2021. The fall from March – April 2020 is likely to present the service moving from face-to-face appointments before moving to the Attend Anywhere platform. Face-to-face appointments were still given to those young people who were presenting with mental health difficulties with a severe risk.



This graph shows calls to Mindline regarding children and young people from June 2020 to September 2021. Calls from CYP have decreased over time but there are a growing number of parents using the line. Data collection has improved however, Mindline relies on a CYP sharing their age. In terms of volumes, about 5% of total Mindline activity is from CYP - this benchmarks well with our counterparts in the SW who have said that's about the same as their areas.

With increased effort and commitment, Somerset was well placed to respond to the pandemic in terms of increasing capacity and the variety of services available. However, we also responded directly to the changing needs arising from the pandemic: we changed our delivery methods to keep service users and staff safe; we expanded some existing services; and we established some new services. These changes include:

- Extension of the operational hours of the [Somerset Mindline so it operates 24/7 and can respond to callers of all ages](#)
- Moving face-to-face services online, though face to face were maintained where clinically required.
- Launch of [Somerset Big Tent](#) website and network
- Kooth created and published topics and articles relating to the pandemic
- Increasing communication to schools
- 2BU LGBTQ+ Youth Support, when able, developed safe outreach groups in the community
- The Space increased the number of counsellors providing support
- A new virtual pathway for those accessing CAMHS through the Single Point of Access
- Educational Psychology Service introduced a telephone helpline for parents and carers
- Wellbeing for Return Project following funding from the Department for Education to Local Authorities to deliver a national package of training for education staff to support wellbeing in relation to the return of school. Somerset's EP Service coordinated free, virtual training to schools to:
 - Increase knowledge of the potential mental health and wellbeing impact of Covid-19 on staff, children and young people, and parents and carers
 - Build understanding of evidence-based and straightforward responses and resources to support recovery
 - Raise awareness of specialist and wider support services

Increasingly through and following the pandemic, joint working between the Somerset Clinical Commissioning Group, Somerset County Council, Somerset NHS FT and the VCSE sector has become the preferred way of developing ideas, addressing challenges, and taking forward service developments. Integrated working and strategic groups are in place to both generate solutions and identify potential areas for improvement and joint development. This has been a significant change and has resulted in plans and work towards joint service development.

Where we are now:

This section provides an update of where we are now moving to a position of 'living with' Covid-19 in terms of our core offer for mental health and emotional wellbeing services in Somerset for CYP:

Public Health (inc. Somerset Wellbeing Framework)

Public Health Children and Young People's Team hosts a local [website](#) to support schools, colleges, early years settings and anyone that works with or carers for children to improve the mental health and emotional wellbeing of children, young people and families in Somerset.

The website also includes the [Parent & Carer Toolkit](#) which has been designed to support parents and carers to find the information they need to help with their role of 'being a parent'. The [Mental Health Toolkit](#) provides information and support about mental health and emotional health & wellbeing including Self-Injury Guidance. The website also includes the Somerset Wellbeing Framework which is our local programme for delivering a 'Whole School Approach' to mental health that allows schools, colleges and other settings to record their health and wellbeing work, leading to their formal recognition by Public Health Somerset as health improving organisations.

The Somerset Wellbeing Framework has been developed in partnership with colleagues in schools, health, Education Psychology, CAMHS, SASH, SAPHTO, SENSE, Somerset Youth Parliament and the Somerset Parent Carer Forum. It is designed to help build wellbeing into the ethos, culture, routine life and core business of a school. It's a process that moves beyond learning and teaching to pervade all aspects of school life and has been found to be effective in bringing about and sustaining emotional resilience and mental health benefits for the whole of a school population.

Over a third of Somerset schools have used The Somerset Wellbeing Framework. The Framework helps schools to create a graduated response that includes:

Universal provision for 'all' that promotes and cultivates a culture of wellbeing where pupils develop:

- Resilience
- Emotional literacy
- Self-esteem
- Social skills
- Being healthy
- Kindness and gratitude
- A sense of purpose

Targeted Support with access to interventions and help for those that need more:

- Skilled staff and wellbeing leads
- Prompt identification of children and young people that need more
- Appropriate school-based intervention
- Links to local specialist provision
- Reviewing and monitoring mechanisms

The Somerset Wellbeing Framework uses the eight principles developed by Public Health England to achieve holistic approach to wellbeing, focusing on the Thriving element of the iThrive model. The principles underpin an effective whole-school approach and provide the scaffolding needed to cover every aspect of school life.



MeeToo Pilot App Usage

There are currently **179 users** signed up to MeeToo in the pilot area.

Users in the pilot have made **974 posts** and **1,263 replies** on MeeToo since the beginning of the pilot.

MeeToo Peer Support App

[MeeToo](#) supports the mental health and emotional wellbeing of children and young people through a pre-moderated peer support, award winning, NHS approved app where young people can safely talk about difficult issues and learn how to help themselves by helping each other.

MeeToo and Somerset CCG embarked on a pilot in Spring 2020 to observe the potential benefits of digital peer support for early intervention and prevention on a small, targeted group of young people.

Interrupted by the Covid-19 pandemic, the MeeToo pilot was restarted in Summer 2020 with permission to extend until the 31st December 2021 to ensure the project was able to engage with schools and to enable young people to continue using the app, providing more time to test engagement activities.

Eight education settings were chosen to take part in the pilot, based on need and deprivation. These included Stanchester School, Huish Episcopi, TOR School, Taunton Deane Partnership College, Somerset Partnership School, the Bridge School, Wadham School and Chilton Trinity School. These schools and PRUs have created their own bespoke information portals for their students aged 11-18, including a directory of services which provide low level mental health and emotional wellbeing support. The portals also enables young people to connect directly to the support services offered via Somerset CCG, including Young Somerset, KOOTH, 2BU, Mindline, ChatHealth and LifeBeat.

"The MeeTwo app has had a positive effect on our students. Our students are able to anonymously type how they are feeling, but also get the comfort of knowing that there are professional practitioners that are looking and checking on the posts. We have been able to get all of our students on the portal via the app on their phones. The MeeTwo discussions in RSHE have been stimulating and the directory has really helped this. At SSPS we would be very grateful if the funding would be extended."

Ian Welch, Assistant Pastoral Lead for Medical and Mental Health Provision, South Somerset Partnership Schools

Since the pilot began, schools have shared positive feedback from students and staff. A full evaluation of the pilot will take place in January 2022.



Somerset Big Tent (SBT)

The SBT established an Executive Group consisting of members that were originally involved in the previous Yeovil and North Sedgemoor pilots. The Group formalised a quality assurance structure to enable organisations to join the alliance in which over 40 applications to become a member of Somerset Big Tent have been received so far.

A [website](#) has been developed with the future aspiration to create an app for children and young people to find support that would suit their needs, and SBT merchandise has been distributed to local GP surgeries, CAMHS and alliance members for promotion.

The Executive Group has now been renamed as the Participation Group; accountable to the Young People’s Executive Group who makes key decisions and recommendations and drives the strategic vision going forward.

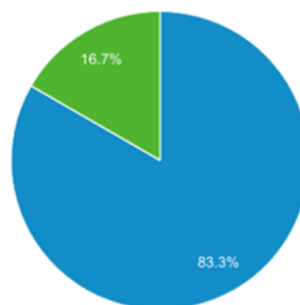
In May 2021, the first Somerset Big Tent Festival was showcased, in which over 100 people attended, and young people were given the chance to share their personal stories. You can watch it here:

<https://www.youtube.com/watch?v=N6ZOzu27dAg>

Audience Data

Number of Website Views:	24,746
Number of Individual Website Users:	5057
New Visitors:	5040
Returning Visitors:	1008
Bounce Rate:	48.94% (Excellent)

Percentage of New / Returning Somerset Big Tent Website Visitors



Service Topic Views



Service Topic Name	Service Topic Page Views
Anxiety	935
All Services	927
Depressed	364
Self Harm and Suicidal Thoughts	333
Body Image and Low Self Esteem	213
Services for Parents and Guardians	297
Community Opportunities	181
Obsessions and Compulsions	132
Support for Survivors of Abuse	134
Family and Relationship Concerns and Bereavement	253
Sexuality and Gender Identity	164
Loneliness and Isolation	160
Ethnicity and Cultural Identity	61

Mental Health Support Teams (MHSTs):

Following the successful provision of 2 MHSTs in Summer 2019, Somerset was subsequently awarded 2 more MHSTs in July 2020, and 2 more in March 2021. This meant we were able to expand our current model and our 4 currently operational teams are now hosted in all 4 of the Somerset PRUs: Taunton, Mendip, Sedgemoor and South Somerset.

Mental Health Support Teams Data
From February 2020 to September 2021,
the MHSTs have received 582 referrals
and have had 861 contacts with
children and young people

Whilst the model between CAMHS and Young Somerset is complex, the partnership are continuing to work effectively and is overseen by the Mental Health Support Team Executive Group (chaired by Somerset CCG). The MHSTs engagement with schools has increased and the Education Mental Health Practitioners (EMHPs) are working well supporting young people by offering one-to-one, high-quality, low intensity cognitive behavioural therapies (CBT), group work and psycho-education in which they are supervised by Senior Mental Health Practitioners.

With the support from Educational Psychology (EP), Mental Health Leads in Schools has been established whom receive support from the MHSTs around advice and guidance and support around how to refer into the service. The EPs are also offering support to the MHLs to develop school audits as well as Continuing Professional Development (CPD) training to the EMHPs.

The MHSTs will continue their training and developing the 'Whole School Approach' offer to schools, and the learning from SHARE and the Self-Injury is now part of the MHSTs core business.

"Can I take this opportunity to say a huge thank you for all the support your team are offering the children and families at Beech Grove! I know our families are extremely grateful for all the knowledge and guidance the EMHPs are providing"- Beech Grove Primary



Community Wellbeing Team Data
From April 2019 to September 2021,
the Community Wellbeing Service
have received 1905 Request for Supports
and have had 1623 '1 contacts' with
children and young people

CYP-IAPT / Young Somerset's Wellbeing Service

Since 2019, Young Somerset's workforce has increased to meet the needs of children and young people in Somerset, and currently employs 8 qualified Community Wellbeing Practitioners (CWPs) and has 6 trainee CWPs who started their training at the University of Exeter in January 2021. They're expected to finish their training and qualify, early next year.

Young Somerset's Community Wellbeing Service has seen an increase in recent months in Requests for Support and an increase in complexities such as ASD, ADHD, learning difficulties and trauma and requests for young people with significant risk, such as attempting suicide and ongoing self-injury. The majority of referrals received into the service are self-referrals, followed by GPs and education settings. Young Somerset are currently identifying trends and are developing training and education packages for referrers.

Young Somerset has been running successful parenting, wellbeing and art groups, and are in the process of looking to increase their offer of group work to include sessions around low self-esteem, friendship issues, healthy relationships and transitions. Community Wellbeing Link Workers have been employed to offer non-clinical support around areas such as sleep, relaxation and mindfulness. The Link Workers are also key to reduce pressure on the Community Wellbeing Practitioners by co-ordinating the Request for Support process and providing varied engagement work for the Wellbeing Service.

“
The best thing about my daughter's care was the consistency of sessions and Emily's understanding approach, praise, and overall practical advice.
- Parent
”
YOUNG SOMERSET'S WELLBEING SERVICE

“
Sam was extremely friendly and you can tell how much she really cares about your progress and helping you in every and any way that she can. She made me feel very comfortable and not judged in the slightest.
- Young Person
”
YOUNG SOMERSET'S WELLBEING SERVICE



2BU

Somerset CCG has commissioned 2BU – a youth support group supporting the LGBTQ+ young people in Somerset by making a difference and raising awareness of what many young people face in coming to terms with their gender or sexual identity.

2BU provides central youth support which meets weekly on a Wednesday evening (6-8pm) for young people aged 13-18 who identify as lesbian, gay, bisexual, transgender or who are questioning their gender or sexual identity. In this safe environment, social activities are covered as well as relevant LGBTQ+ topics.

Other groups include 2BU Social which are monthly meetings for LGBTQ+ young people who are over 18 years; support sessions and groups ran on college campuses; 2BU 'T'Time' for transgender young people and their parents / carers; Outreach groups and one to one sessions. 2BU also has an online space where young people are given a login which enables that young person to create a profile; gallery; status updates; live chat; private messaging; forum boards and a 'what's on' calendar. Under 13 years of age has a separate login area to 13-18 years of age.

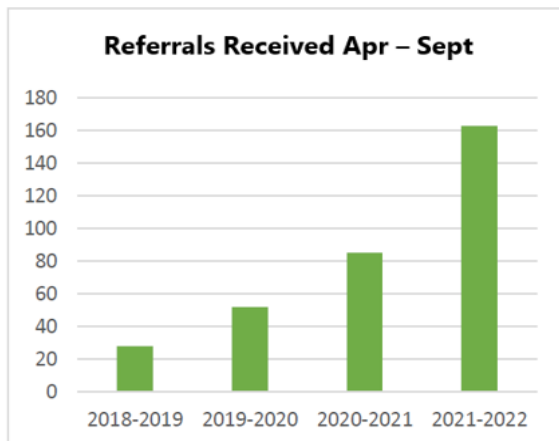
2BU attended Yeovil Pride in August 2021 and young people managed to organise a Pride March to support each other and the Yeovil LGBTQ+ community



The numbers – April to September 2021 Comparison

Contacts	To date – 2021	To date - 2020	% +/-
No. of CYP accessing support	140	87	+60%
No. of CYP accessing group support via 2BU	101	63	+60%
No. of CYP accessing 1:1 support via 2BU	89	50	+78%
Contacts via 2BU support groups	838	554	+54%
Contacts via Outreach (community) groups	236	227	+4%
Direct 1:1 support for CYP	256	190	+34%
Training / Awareness Raising	795	25	+3,080%

2BU Referral Insights



Referral Source:
Education Service 34%
Self-referral 30%
Parents / Carers 15%
VCSE 8%
School Nurse 3%
Social Services 2%
CAMHS 1%
Police 1%
GP 1%
Other 1%



The Space Data
From April 2019 to September 2021,
The Space have received 211 new
referrals and supported 278 young people

The Space

“Actively listening to me helped me to sort out my problems and giving me information helped me understand more about myself”

The Space is a service we support in direct response to the tragic death of a 16 year old young person in 2017, in Cheddar. The aim of the service is to support and improve the mental health and emotional wellbeing of children and young people aged 4 – 18 years living in the Cheddar Valley area of Somerset.

The Space offers a wide range of support including:

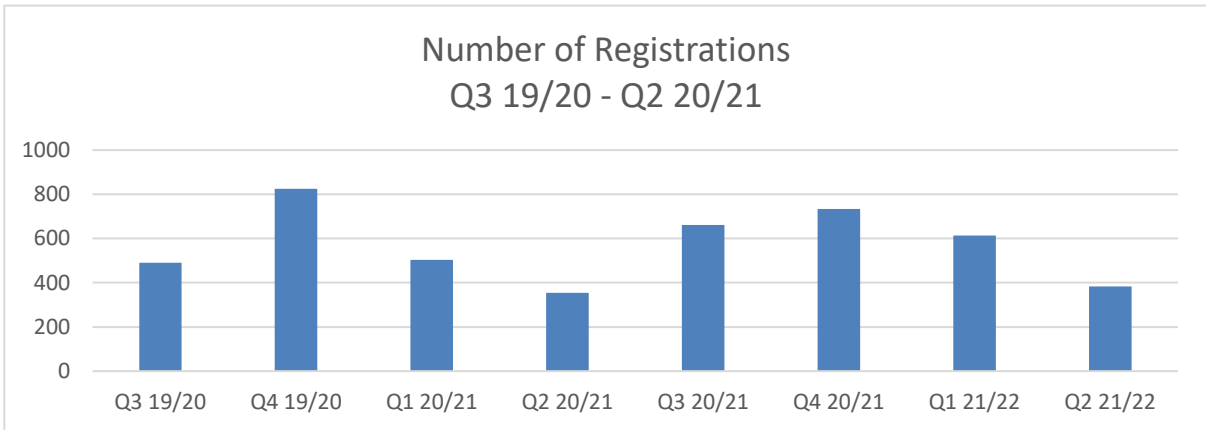
- Counselling – a counselling service for young people aged 9-18 years (telephone or online during Covid-19 pandemic)
- Youth activities – to encourage and increase the wellbeing of young people aged 13-18 years
- Youth Club – a safe space open to young people aged 10-13 years
- Wellbeing garden – to provide a safe and welcome space for children, young people and their families to use gardening as a therapeutic tool to improve their physical and mental health
- Working with schools – direct support such as wellbeing workshops and peer to peer training

Somerset CCG has recommissioned The Space, extending their contract until 2023.



Kooth

Kooth is commissioned by Somerset CCG to provide anonymous and personalised mental health support for children and young people.



Kooth is designed to meet the Thrive Framework for System Change (Wolpert et al 2019), a NICE informed clinical model which helps children and young people (CYP) feel safe and confident in exploring their concerns and seeking professional support. Kooth’s live counselling functionality allows CYP to receive professional support from qualified practitioners with significant experience in working with children and young people.

Kooth has employed an Engagement Lead who is currently in the process of promoting the online counselling service to schools, GP’s, parents and carers.

**Kooth Session Feedback
July – Sept 2021 Service Users**

Session feedback is collated from completed questionnaires that appear at the end of every chat session. The questions are focused on capturing the effectiveness of the therapeutic alliance. Research shows that Service Users are more likely to achieve positive outcomes when they score the intervention highly.



CAMHS 2+ Team

In April 2021, Somerset CCG has commissioned CAMHS, working in partnership with Young Somerset to extend the current mental health and wellbeing offer with the CAMHS 2+ service.

The CAMHS 2+ service offers children and young people who do not meet the criteria for specialist CAMHS support, but still require specific support and intervention around their mental health to access tailored support. The team supports children and young people with a range of conditions including support for those self-injure, have phobias or who suffer from anxiety or depression.

The service builds on the valuable project work that has been done over the last few years by Schools Health and Resilience Education team (SHARE) and the Self Injury Pathway Project. The team, made up of Young Somerset's Children's Wellbeing Practitioners working alongside CAMHS specialist staff, deliver comprehensive mental health assessments to children, young people, their families, or carers.

Phoenix Service

The [Somerset Phoenix Service](#) is provided by Barnardo's who works with Somerset and Avon Rape and Sexual Abuse Service (SARSAS) as a sub-contractor. The service was procured and started in March 2017. This was developed as a bespoke service and commissioned by Public Health as the lead commissioner with support from Somerset CCG and NHSE.

This service focuses on providing support for children up to 18 years and their families who have experienced sexual abuse but who fall outside the threshold for admission to specialist mental health services and /or other specialist services. Together with the direct support service Phoenix also provides training, resources, consultation service and a schools champion challenge.

Jigsaw Project (CAMHS & YS)

In partnership between Somerset NHS Foundation Trust CAMHS and Young Somerset, the Jigsaw Project (formerly the Diversion Programme) was commissioned following the successful winter pressure support provided for young people in Yeovil District Hospital (YDH). The Jigsaw Project is for young people who have had a recent hospital admission for their mental health difficulties or low emotional wellbeing.

Using a youth work approach, youth workers support the young person, and their family, through the use of activities and one-to-one work using a strengths focused outcomes model so the young people can go on their own journey to alleviate their mental health difficulties. The aim of the project is to reduce readmissions to hospitals for young people as they make their own informed decisions for change in the future. Youth workers can also provide some support, advice and guidance and signposting for the whole family within the home and advocate for the family in situations where they do not feel like they have a voice.

Care Leavers Counselling Service

In May 2020, Somerset Counselling Centre received a grant funded by Somerset Community Foundation, Somerset County Council and Somerset Clinical Commissioning group to develop a bespoke counselling service to Care Leavers who are experiencing mental health difficulties.

From September to December 2020, 11 Care Leavers were referred to the service for assessment for either one-to-work and / or group therapy. The assessments completed resulted in Somerset Counselling Centre reflecting and putting in measures in place to enhance pre-engagement and build relationships due to some of the young people not engaging with the service. As a result, the awareness of service was improved, and Somerset Counselling Centre were able to retain their young people for multiple and on-going sessions.

From February 2021 to present, the service has been working with 7 Care Leavers and has managed to deliver over 100 counselling sessions. Key themes of the difficulties the Care Leavers are facing includes:

- Bereavement
- Early Trauma
- Relationships
- Anger
- Anxiety

Homes and support for the most complex children and young people

Rethinking the response to the most vulnerable young people (including those in significant crisis). Following significant Somerset County Council investment, a competitive dialogue process and the successful appointment of a strategic partner (homes2inspire) to deliver children's homes, high-needs fostering, and therapeutic education has been completed. This involved the full SCC, CCG and SFT staff at all levels. Aligned closely with the Crisis provision (which is being developed by SFT CAMHS) it represents a significant change in the way these young people, with complex lives and needs are supported. Recognising that a range of help, which builds on the breadth of expertise that is needed to offer these young people a different and more aspirational future. This work has been identified as leading the way nationally.

These services will gradually become operational from Spring 2022 onwards. Interim solutions are being explored to ensure a robust multi-disciplinary response for young people in the meantime.

Children Looked After (CLA)

In Somerset, 46% of CLA have emotional wellbeing that is a cause of concern. The CCG, SCC and SFT CAMHS jointly fund an emotional wellbeing service for this particularly vulnerable group of young people. The team are currently reviewing the provisions available to support the emotional health and wellbeing and mental health needs of our looked after children and care leavers to ensure they have accessible access to self-help resources, to simplify access to the services they need and to ensure the workforce around this cohort have the right skills and experience.

Investment into Children and Young People’s Mental Health Services

Somerset is now exceeding the 1% standard for investment as set out by the children’s commissioner. The profile below provides an overview of the historic investment into CYPMH services and details our investment plans for 2021/22:

CYP Mental Health Services - Annual Investment Profile

Total Commissioner reported spend on CYP Mental Health Services (including eating disorders)

	18/19	19/20	20/21	2021/22 (Half year)
	£'000	£'000	£'000	£'000
Somerset NHS FT	5,416	6,229	6,475	3,610
Rapid Improvement Scheme CYP - Expanding Crisis Provision (EOT)		120	221	
Other providers (including Somerset County Council and charitable sector)	358	363	782	391
CYPMH Green Paper Trailblazer Project / MHST Waves 1 to 4 (SDF)	90	254	779	649
CYP MHSTs Waves 5 and 6 (SDF)*				110
CYPMH Crisis and Community (SDF)			29	299
Mental Health Winter Pressure Funding - CYP Psychiatric Liaison		40		
CYPMH Crisis and Community (SRF)				201
CYP Eating Disorders (SRF)				54
	5,864	7,006	8,286	5,313
Revenue Resource Limit (adjusted for Primary Care Delegation funding and allocations related to the Covid-19 pandemic to ensure consistency of comparisons)	761,787	800,997	868,274	466,624
CYP MH spend as % of total in year resource allocation	0.77%	0.87%	0.95%	1.14%

As part of 2021/22 planning, Somerset CCG set aside a significant amount of funding (£600k) under the Mental Health Investment Standard growth, which was effectively ringfenced for the CYP programme. This meant the CYPMH was not “competing” with adult services for funding growth.

We also received non-recurrent allocations for CYP programmes from the national Spending Review. This was specifically made available for eating disorders and crisis services, as there has been significant growth in demand and complexity for these services, over the Covid-19 period.

A NHSE/I was very prescriptive about how the allocations should be utilised, we worked closely with NHS, Local Authority and VCSE partners to determine how best to meet the national requirements in Somerset, with clinical involvement throughout this process.

Wider investment which supports children and young people's mental health (and parental mental health includes:

Somerset County Council investment to develop homes for children and young people, small children's homes, high needs fostering and therapeutic education £70million over 10 years.

Somerset County Council investment (£493,467 a year) in the Open mental health arrangements to address parental mental health issues in Family safeguarding teams.

Key Long Term Plan Deliverables for CYPMH:

<p>Eating Disorders: 95% of urgent patients should be seen within 1 week of referral</p>	<p>Rolling 12 months to May 2021: 82.9%</p> <p>Latest month: 100% (July 2021)</p>	<p>Improving</p>	<p>Of 35 patients over the last 12 months, 29 patients were seen within 1 week of referral, and all 35 within 4 weeks - The non-achievement of the CYP ED urgent metric was in part due to people self-isolating and so couldn't be seen. Small numbers mean higher proportional impact from 1 breach.</p> <p>Overall, we have increased our year on year spend on eating disorder services by 34%</p>
<p>Eating Disorders: 95% of routine patients should be seen within 4 weeks of referral</p>	<p>Rolling 12 months to May 2021: 67.0%</p> <p>Latest month: 80% (July 2021)</p>	<p>Improving</p>	<p>Of 93 patients seen over the last 12 months, 63 patients were seen within 4 weeks</p>
<p>CYP Access: 35% of CYP with diagnosable mental health conditions will receive an evidence based community mental health offer</p>	<p>1 contact: 38.8%* rolling 12 months (unvalidated)</p> <p>2 contacts: 24.1% rolling 12 months (unvalidated)</p>	<p>Improving</p>	<p>*Applying the same methodology as the 2 contact standard; however, NHSEI are moving away from an access rate target to defined activity targets and are yet to confirm what Somerset's share of the national target is</p>

Where we're going:

NHS England has asked Somerset CCG to work with commissioners and providers across health, social care, education, youth justice and the VCSE sectors to develop a local transformation plan for children and young people's mental health.

We are currently formulating our approach and priorities for our plan in collaboration with children, young people and their families. Our plan will set out how we will invest resources to improve children and young people's mental health across Somerset. The plan will be a live document and expected to be published by the end of 2021.

This section provides information on the current plans we are undertaking to improve our offer of mental health services for Somerset's children and young people.

Focus	Plans	Expected Outcomes
CYPMH Service Provision	The CCG, SCC and SFT will review of the CYPMH Provision introduced during the pandemic so we can better how effective these services were, understand the improvements we need to take.	<p>Increase the understanding of CYPMH provision for service users.</p> <p>Improve services to better meet the children and young people's needs.</p>
Somerset Big Tent (SBT)	Somerset CCG plans to evaluate the current progress of Somerset Big Tent so far so we can understand the improvements we need to make and discuss with the system how we can better align SBT with the adults Open Mental Health programme.	<p>Increase the access for children and young people (CYP) to VCSE services and provision to reduce the number of referrals into CAMHS.</p> <p>Improve the transition from CYP MH services into adult MH services, should further support be necessary.</p>

<p>Mental Health Support Teams (MHSTs)</p>	<p>With 8 new Education Mental Health Practitioners (EMHPs) starting their training in January 2022, we plan to expand our reach of MHSTs into Frome and West Somerset, with a focus on Elected Home Educated children and young people. By 2023/23, we plan to cover 60% of Somerset to deliver early intervention to CYP.</p>	<p>Increase in CYP with a diagnosable MH condition accessing services.</p> <p>Continue the offer of virtual & face-to-face appointments so CYP can get the right help, at the right time, in the right setting.</p> <p>Reduction in the numbers of pupils not attending school due to wellbeing issues.</p> <p>Increase in schools adopting a whole school approach to emotional wellbeing and mental health.</p>
<p>Community Wellbeing Service (Young Somerset)</p>	<p>Young Somerset are currently in the recruitment process to train 8 more Community Wellbeing Practitioners in January 2022 to increase the capacity for mild-moderate mental health and emotional wellbeing conditions for CYP. Training for the CWP's will be given by the University of Exeter.</p>	<p>Increase in CYP with a diagnosable MH condition accessing services.</p> <p>Meet the demand for those CYP with a diagnosable MH condition.</p>
<p>Procurement of a new Online MH Digital Solution for CYP</p>	<p>Somerset CCG are formalising their plans to procure a new online service in Somerset for children and young people who are experiencing mental health and emotional wellbeing issues.</p>	<p>Increase in CYP with a diagnosable MH condition accessing services.</p> <p>Increase the mental health and emotional wellbeing portfolio for Somerset.</p>
<p>Single Point of Access</p>	<p>In April 2021, CAMHS Single Point of Access offered a new self-referral process for CYP aged 16-17, we now plan to increase this offer for CYP aged 12+.</p> <p>In Somerset, there are aspirations to achieve a multi-agency, single point of access to more effectively respond to the mental health needs of children and young people in crisis, out of hours. Building on the existing work towards a single point of access for children and young people</p>	<p>Supporting the prevention of escalating need by providing earlier and easier access to CYP CAMHS and wider support networks, through more intensive support packages at home thereby reducing the need for hospital admissions.</p>

	<p>experiencing emotional and mental health difficulties, it is a system aspiration to extend this to offer a fuller range of support and approaches, recognising that children and families lives span services and solutions, and support needs to reflect this.</p>	
<p>CYP Eating Disorders and CYP Crisis</p>	<p>CAMHS CED Team are currently in discussions to work in partnership with a VCSE sector provider to develop a 'step down, step up' approach for CYP with eating disorders and those with dysregulated eating patterns.</p> <p>Somerset has chosen to blend their approach with eating disorder and crisis investment due to clinical need. A new Intensive Treatment Support Team is in development that will be integrated into the CAMHS Enhanced Outreach Service. Recruitment is underway and clinical models are being formalised jointly between CAMHS and Paediatrics, along with CYP co-production groups. There are currently no specialist eating disorder beds within the South West region. Somerset are aspiring to deliver an effective crisis offer within the county to meet the needs of children and young people with the most severe levels of needs.</p> <p>It has been apparent for some time that young people presenting to services out of hours and who may be in short term crisis tend to get a limited response and service. The consequence of this can be to disempower or not support parents and carers sufficiently, resulting in loss of confidence. Equally the services that are available and responsive may have limited experience of coping with high emotion and extreme behavioural crisis. This can result in inappropriate admissions, splitting of multi-agency approaches and disruption and difficulties in a wide range</p>	<p>Developing a greater range of support for children, young people and their families.</p> <p>Reduction in inpatient admissions for people with an eating disorder and or dysregulated eating patterns.</p> <p>Maintaining levels of CYP needing to access CAMHS provision.</p> <p>Better, earlier and timely support for vulnerable young people with significant mental health concerns.</p> <p>Reduction in inappropriate admissions to paediatric beds.</p> <p>Reduction in escalated admissions to more restrictive environments such as Tier 4 CAMHS beds or Secure Welfare children's homes.</p> <p>Young people's families and carers are better involved in resolving crisis situations, using their strengths, and avoiding disempowering situations.</p> <p>Enabling young people to make relationships that can support them out of crisis, ensuring continuity of care for young people and their carers or families.</p>

of already pressurised services.
Somerset CAMHS and Social Care are seeking to establish a joint, out of hours intensive support team to offer short-term support to children, young people and their families in the following situations:

- Young people detained under section 135 or 136 of the Mental Health Act
- Young people presenting to ED who are medically fit for discharge but are unable to be discharged – alternative to paediatric admission
- Young people with a placement breakdown who cannot be found a short-term home
- These young people will have suffered significant trauma and will have severe emotional distress.

Challenges

There are a number of challenges that face the local CYP mental health and emotional wellbeing services going forward. A number of these challenges are nationally well documented and so will not be expounded upon here e.g., national recruitment and retention challenges for skilled clinicians and practitioners, an increase in expected demand in children and young people's emotional wellbeing generally, and the longer term impact of the pandemic and its related effect on young people's development, educational and employment opportunities.

Specific to the Somerset system, one of the significant pressures that we are experiencing is the shortage of suitable short term and intensive support for young people with complex emotional distress needs, who do not have a clear mental health diagnosis. Often the needs of these individuals manifest themselves in disruptive and high risk behaviours which are difficult for staff to manage. Over recent months a number of young people have been admitted to paediatric wards following crisis episodes. They have become stuck due to the lack of appropriate alternative support with right the skills and expertise to enable their families to look after them. Due to the lack of this community resource, they have been placed in exceptionally high cost placements which also struggle to meet their needs effectively. We know the recent appointment of a strategic partner (The Shaw Trust) help us together to develop a shared resources to meet this need in the medium to longer term is most welcome, but this will not be coming on stream until the summer of 2022. Consequently, alternative interim crisis support solutions continue to be actively explored.

We know we have engaged more fully with children and young people to hear their voice in the development and co-production of services, but this is an area we know we would like to improve further and communicate better to CYP (as identified and welcomed by the recent Healthwatch report).

Also, specific to Somerset we know we do not have the same training opportunities for skilled staff to support our recruitment pressures like other localities (i.e., there is no university in Somerset). However, there are university and education suppliers who are keen to work with the system to develop our workforce locally. Also, as a system we continue to develop our workforce strategy to address this deficit and look to more initiative roles and ways of working.

In order to underpin and build on the joint work so far, development of the ICS will need to consider how governance and strategic planning will support aspirations (and associated investment) towards a more joined up and cross system approach to meeting children, young people and families' needs.

Achievements to date

In the attached CYPMH Benchmarking Report, key findings of achievements have been identified in Somerset:

- 2nd highest locality in the SW in relation to the number of referrals received (per 100k of population)
- Highest number of referrals accepted
- Lowest in region for waiting times for both first and second appointments (and lowest in the country for 2nd appointments).
- Lowest in region for conversion rates, i.e., assessed and accepted onto CAMHS caseloads, (in part due to the see and treat model – getting it right first time)
- Lowest in region caseload sizes per whole time equivalent (WTE) staff member
- 2nd highest in region for the number of contacts per WTE (and above national average)
- Lowest in region for proportion of digital contacts – i.e., significantly higher number of face-to-face contacts as of May 2021
- 2nd highest in region contacts per day per WTE – and above national average
- Lowest number of beds in the region
- 2nd lowest bed occupancy rates
- 2nd lowest length of stay

Conclusion

This report has sought to demonstrate that despite all the challenges faced by children, young people and their families over the past two years – including the disruption of a pandemic and the associated restrictions – that the mental health and emotional support services in Somerset have responded with remarkable commitment.

The starting point towards the end of 2019 was a more fragmented and traditional in their approach. There were emerging plans for improvement that were in some instances failing to achieve the required traction. However, since then the systems partners spanning health, social care, education and VCSE have all collaborated, resulting in significant service improvements.

There remain significant challenges and risks facing children's and young people's services, and we intend to continue to listen to them and place their needs at the heart of all our future plans.