

# CHILDREN AND YOUNG PEOPLE MENTAL HEALTH AND EMOTIONAL WELLBEING UPDATE

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<b>Organisation</b>	Hillingdon Clinical Commissioning Group (HCCG) London Borough of Hillingdon (LBH)
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<b>Papers with report</b>	Appendix 1 - Hillingdon CYP MHEB LTP implementation plan Appendix 2 - Healthwatch Case History Appendix 3 - CNWL Case History Appendix 4 - CNWL Performance data

## 1. HEADLINE INFORMATION

<b>Summary</b>	<p>This paper updates the Health and Wellbeing Board on key achievements in implementing the Hillingdon Children and Young People's Mental Health and Emotional Wellbeing Local Transformation Plan (CYPMH LTP), which is being supported through the development of the Hillingdon Thrive network.</p> <p>Of particular note this quarter, the paper highlights and evidences the progress that has been made locally in engaging with training programmes developed with local schools and the College. These initiatives support the direction of travel outlined in the Government's recently published response to the consultation on the Green Paper, e.g., Schools Mental Health Champion and mental health support in schools (child wellbeing practitioners).</p> <p>As requested by the Board at its last meeting, the paper includes case histories from local young people and gives an insight into the impact that mental health and emotional wellbeing support has had on their lives.</p> <p>Importantly the paper outlines the proposed priorities of the CYP Emotional Wellbeing and Mental Health LTP Refresh: to integrate care more effectively and to remodel the current pathway to provide earlier intervention more quickly and improving outcomes for children and young people in Hillingdon. It also provides assurance to the Board that these plans are in line with local strategy and reflects the views of children and young people about the proposals.</p>
<b>Contribution to plans and strategies</b>	Hillingdon's Health and Wellbeing Strategy Hillingdon's Sustainability and Transformation Plan Hillingdon CCG's Commissioning Intentions 2017/18 Hillingdon Children and Young Persons Emotional Health & Wellbeing Transformation Plan

	<p>National:</p> <ul style="list-style-type: none"> <li>• 'Future in Mind: promoting, protecting and improving our children and young people's mental health and wellbeing' (2015)</li> <li>• The Five Year Forward View For Mental Health – report from the independent Mental Health Taskforce to the NHS in England (February 2016)</li> <li>• Implementing the Five Year Forward View for Mental Health (NHSE 2016)</li> <li>• NHS England specialised commissioning Children &amp; Adolescent Mental Health Services (CAMHS) case for change (NHSE August 2016)</li> <li>• Green Paper: The Government response to the consultation on Transforming Child mental Health Provision- A Green Paper next Steps. (DOH July 2018).</li> </ul>
Financial Cost	This paper does not seek approval for costs, the Board received the indicative proposals for 2018/19 in the December Board Paper
Ward(s) affected	All

## **RECOMMENDATIONS**

**That the Health and Wellbeing Board:**

- 1. notes the progress made:**
  - a. on the implementation of the Hillingdon Children and Young People's Mental Health and Emotional Wellbeing Local Transformation Plan (CYP MHLTP) to date in 2018/19.**
  - b. in developing the local offer available for CYP and families in 'Getting Advice' and 'Getting Help' (building resilience and early intervention and prevention), particularly the establishment of the new Wellbeing and Mental Health project in schools which is developing a model of best practice and a compendium of resources to support all schools in the Borough.**
  - c. the sustained improvement in access for CYP in 'Getting More Help' and 'Getting Risk Support' shown in the performance data from CCG and NHS commissioned services.**
- 2. agrees to delegate authority to officers in consultation with the Chairman of the Health and Wellbeing Board, the Chairman of Hillingdon CCG and the Chair of Hillingdon Healthwatch, to agree, on its behalf, the October 2018 refresh of the Local Transformation Plan. The plan will set out work proposed up to 2020 and will be consistent with the direction and priorities of the existing plan as agreed by the Board and outlined at section 7.0.**

### 3.0 The Thrive Model - Figure 1



The Thrive domains:

**Getting Advice:** a CYP/Family have issues and need advice and support

**Getting Help:** the CYP/Family have a Mental Health issue that is likely to be helped with a goal focused intervention working with a professional

**Getting More Help:** the support required is a multi-agency intervention

**Risk Support:** CYP with a high risk but for various reasons there is not a goal focused intervention that is thought likely to help but the CYP needs to be kept safe.

**4.0** Given the Board's formal adoption of the Thrive framework, the progress within this report is framed within the four Thrive domains in order to provide an appropriate and consistent structure to the process of updating the Health and Wellbeing Board on the transformation of children's mental health and emotional health and wellbeing services and the associated work being progressed to establish the Thrive model in Hillingdon. (See Figure 1 above).

**4.1.** Progress has been made against the four domains of the Thrive model and as agreed in the Local Transformation Plan (Appendix 1). Achievements of note are:

#### 4.2 Thrive Components - Getting Advice and Getting Help

##### 4.2.1 Engagement with Schools

A number of working groups have been established to support the development of Thrive locally and the network is facilitating a co-ordinated approach to schools training and development:

**4.2.1.1** An Emotional Wellbeing / Mental Health Training Group, a task and finish group, led by the CCG CYPMH transformation Project lead, is compiling a list of mental health (MH) and emotional wellbeing/resilience training programmes currently operating in schools aiming to design a compendium for the use of local schools by February 2019. This will provide teachers with advice and support on emotional wellbeing and mental health issues as well as a directory of what is available. The resource will support all schools particularly those in deprived areas that may require additional support. The compendium will be made available on line and through the local offer 'Connect to Support'.

**4.2.1.2** The 'Wellbeing and Mental Health in schools project' launched at the end of the summer term with an event co facilitated by the LBH schools leads, the CCG and two local head teachers. Twenty two local schools attended, each represented by the Head, Chair of Governors and a Mental Health school champion. The Head Teachers and Governors of the schools are fully committed to this year-long project and have allocated the role of Mental Health Champion to a senior staff member, in order to drive forward change in both practice as well as policy and models of working and teaching across the school. This is a significant development in engagement and commitment to the agenda from local schools, and enables

partners to test the 'Mental Health Champion' model and to identify best practice and support for other schools in the Borough going forward.

The targets and development goals for the project include:

- Enhancing engagement for children with emotional wellbeing issues/problems to improve achievement.
- Minimising behaviours that challenge from children and young people, which in turn will lessen permanent and fixed term exclusions.

**4.2.1.3** A pilot of the 'Sandwell Whole School Approach' led by the Educational Psychology department will be running at a secondary school in Hillingdon in September 2018 aiming to test the benefits of this approach and the potential to widen the offer to more schools in due course. This approach has a sound evidence base and has been operational in several local authorities across the country. The evaluation of this pilot will be available to the Board in April 2019.

**4.2.1.4** The new CYP practitioners are now recruited and the team have been meeting with the schools identified to support this one year long pilot which will offer MH support in schools and is another of the Green Paper development proposals.

**4.2.1.5** The LBH inclusion team has been successful in its bid to the Department of Education for support to run an innovative educational model for working with children with autism spectrum disorder (ASD) and their families (SCERTS). The programme provides specific guidelines for helping a child become a competent and confident social communicator, while preventing problem behaviours that interfere with learning and the development of relationships. It is also designed to help families, educators and therapists work cooperatively as a team, in a carefully coordinated manner to maximise progress in supporting a child. The implementation plan is currently in development.

#### **4.2.2 On Line Counselling Services – Kooth**

'Kooth' the online counselling, support and advice service for 11-19 year olds went live in the Borough on 9 July 2018. There are monthly performance meetings taking place and the first detailed set of activity and performance data is due at the end of September and will be reported to the Board at future meetings. The service has been marketed with CYP and local services with further marketing activity taking place at the start of the new school/college term.

#### **4.2.3 Single Point of Access**

To improve the local early intervention and prevention service offer, and in line with the Hillingdon Local CYP LTP approach, a workshop is being planned in September 2018 to develop and design a 'Hillingdon Single Point of Access' (SPA). Discussions have highlighted the differing views of the purpose of a SPA, e.g., the location, online or building based, choice of a local solution versus a NWL wide SPA or a merger of both. The workshop will scope the model to address these issues aiming to offer a solution that provides early identification of CYP and provide early intervention to CYP needing mental health and/or emotional wellbeing support and is an efficient use of the available resources. The expected benefits are improved waiting times and outcomes for CYP by providing a fast, timely and appropriate service that reduces unnecessary referrals to specialist services.

### **4.3 Thrive component: 'Getting Risk Support' and 'Getting More Help' Performance update (Appendix 4)**

As reported in earlier papers, the introduction of specialist community based services continues to support the reduction in 'tier 4' bed based services funded by NHSE and their programme of opening general, specialist LD and forensic beds for CYP across London is enabling Hillingdon CYP to be placed closer to home for shorter periods and to be supported by the new Crisis/Urgent Care teams before being 'handed back' to local specialised CYP (CAMHS) services. More beds are due to come on line in Q4 2018/19.

The CYP MH (Core CAMHS) service 18 week waiting list target (85% of referrals receive 2 interventions in 18 weeks) has been achieved since the last report. The performance report also notes a trend in the reduction of cases in Hillingdon on the waiting list in 2018/19 for treatment. Routine recording of the outcome of treatment has improved from 50% in M9, December 2017, to 62% in quarter 2, 2018/19. However, this is still under the 80% monthly target. An exception report has been raised and CNWL has an action plan to address this underperformance.

As outlined in the CCG commissioning intentions, and as part of the Thrive developments, the 'core CAMHS' and Learning Disability service specifications are under review and a model that improves early intervention, reduces waiting times and improves integration with local services and partner agencies is being scoped during 2018/19 for implementation in 2019/20.

### **5.0 Increased Access for Services**

The Five Year Forward view (DH 2016) laid out the expectation that in order to respond to the prevalence of mental health issues within the CYP population. The percentage of CYP seen within Community Mental Health services needs to increase from 2015/16 levels of 25% to 35% by 2020/21.

Although Hillingdon over performed against the 2016/17 target of 28%, the 2017/18 target of 30% was not achieved, reaching 23% of the 4,051 prevalence. This was due to a sudden drop in referrals in Q3 & Q4 to specialist CYP MH (CAMHS), that not all providers of mental health support were able to report their data to the central system and the fact that an incorrect mental health prevalence figure for Hillingdon (6,071) was used by NHSE/Department of Health (DH) to calculate progress towards the access target.

Hillingdon CCG has submitted a proposal to have the prevalence figure corrected (to 4,051) and the London Region NHSE Team are discussing this with the DH team.

Assuming the proposal is accepted by NHSE and the DH, it is projected (based on Q1 2018/19 activity) that Hillingdon will achieve a 28.3% access in 2018/19 via the CNWL services and increase access through the inclusion of LBH activity (LINK, etc) and Kooth activity by a further 4% to achieve the 32% access target for 2018/19.

### **6.0 Children & Young People's experience of services**

As the Health and Wellbeing Board requested at the last meeting, a small number of case histories have been compiled from different service areas that reflect the impact that the services have on the lives of CYP in Hillingdon:

- Excerpts from interviews of two young people describing their personal experiences of specialist mental health services, reflecting on what worked well and what didn't help them. They are members of HYPE (Hillingdon Young People Empowered), a group run by CNWL for users of their services. The service uses the interviews to help them improve the services. (Appendix 3). The case history outlines a young person's perception and experience of CAMHS.
- A young person who took part in the Healthwatch project eloquently describes her personal experience of mental ill health and the impact of the programme on her school. (Appendix 2).
- The Scrapbook work for increasing self-esteem has now become embedded by all members of the school nursing service across the whole of Central and North West London NHS Trust (CNWL) and has been put forward for a national award.
- The school nurses who work with young people that are referred to them either from school, self-referral, parents or children / young people that are on CP / CIN plans. The nurse takes referrals on a number of issues, e.g., anxiety, bullying, low mood, friendship problems, weight issues, something that often comes with these issues is low self-esteem and the nurses find this is a good place to focus on from the start. The school nurses ask children to think about positive aspects about themselves and to record this in a scrapbook. A video has been produced which gives examples of this work.

## **7.0 Hillingdon Local CAMHS Transformation Plan Refresh October 2018**

### **Priorities and Implementation Plan 2017/18 towards 2020**

The Board agreed Hillingdon's Overarching Local Transformation Plan in 2015 and has received regular updates on progress since. NHSE require an annual refresh of the plan based on experience with implementation. This work is underway but will not be finalised until mid - October for submission at the end October 2018.

The overarching priorities agreed in the plan so far are:

#### **Thrive - embedding the model to deliver a pathway without tiers and support improvements in**

##### **1. Access:**

- Local Single Point of referral/access
- Minimal Waiting Times
- Using technology

##### **2. Workforce Development & Training:**

- Training Early help intervention & support Children Centres, Schools, GP Practices

##### **3. Review newly commissioned services e.g. Eating Disorder Service**

##### **4. Vulnerable Groups - expanded focus**

##### **5. Sustainability beyond 2020**

The August Thrive network meeting reviewed the targets in the implementation plan (Appendix1). They noted the areas of progress and achievements to date and endorsed the direction of travel. There was a general comment on the need to continue to focus on access and waiting times to ensure the percentage of CYP accessing services increased and that they had access to early support.

The network also suggested the areas to focus on in delivering the priorities:

- early intervention services need to be developed that reduce the impact on core CYP MH (CAMHS) services (4.2.3 & 4.3)
- ASD pathway needs to be embedded and further support models developed to meet the needs of this vulnerable cohort. (4.2.1.5 & 5.0)
- a single point of Access for CYP MH and EW services – (see 4.2.3)
- develop local offer to schools in the deprived areas and have a target of an extra 10-15 schools supported by the wellbeing and mental health network by the end of the summer term 2019. (4.2.1)
- co-ordination of 0-5 services need to be enhanced in Hillingdon around attachment

The CYP MH Transformation Project Lead met with Young Healthwatch to seek their views on the progress and priorities going forward. They were in support of the above priorities and emphasised the following:

- More support for emotional wellbeing in schools
- A single point of Access to reduce waiting time
- More use of on-line technology

The Board is therefore asked to agree to delegate authority to approve the annual refresh of the plan for submission to NHSE by end October 2018, to officers in consultation with the Chairman of the Health and Wellbeing Board, the Chairman of Hillingdon CCG and the Chair of Healthwatch Hillingdon. The refresh will reflect the above priorities and issues raised.

## **8.0 Governance**

The new CYP MH Transformation project lead for Hillingdon CCG (John Beckles) joined the CCG in July 2018. The lead had been employed on a full-time basis on a fixed term 2 year contract and is providing additional resource and support to implement our plans working with local partners and stakeholders to deliver the priorities. This additional leadership will support the implementation of the LTP and the changes required to achieve an effective, efficient and economic pathway (VFM) for CYP and their families.

## **9.0 FINANCIAL IMPLICATIONS**

This paper does not seek approval for costs. The Board noted the indicative funding for Hillingdon's Children and Young People Mental Health and Emotional Wellbeing Local Transformation Funding at its June 2018 meeting.

## **10. EFFECTS ON RESIDENTS, SERVICE USERS & COMMUNITIES**

**The effects of the plan.** The transformation of services that provide emotional health and wellbeing and mental health services relate to the total child and young people population and their families/carers in Hillingdon. They also impact on the wider community.

**Consultation** has been presented in previous papers and will be referred to as relevant throughout this paper.

## **11. BACKGROUND PAPERS**

- Previous Health and wellbeing reports