

## Children and Young People Mental Health and Emotional Wellbeing Update October 2018

<b>Committee name</b>	Social Care, Housing and Public Health Policy Overview Committee
<b>Officer reporting</b>	Jane Hainstock, Hillingdon CCG
<b>Papers with report</b>	Hillingdon CYP MHEB LTP implementation plan Appendix 1 CNWL Performance data Appendix 2.
<b>Ward</b>	All

### HEADLINES

This paper provides an update 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.

Of particular note this quarter the paper highlights and evidences the progress that has been made locally in engaging local schools and Uxbridge College. The initiatives underway 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).

Importantly the paper outlines the work planned to progress the transformation of CYP MH and the priorities of this 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 to improve outcomes for children and Young People in Hillingdon. It also provides assurance that these plans are in line with local strategy and reflect the views of Children and Young People about the proposals.

### RECOMMENDATIONS:

That the Committee notes the progress made:

- 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.
- 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.
- 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

## SUPPORTING INFORMATION

### The THRIVE model

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.

Hillingdon's Health and Wellbeing Board have formally adopted 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 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 above).

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:

### Thrive Components - Getting Advice and Getting Help

#### Engagement with Schools

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

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 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 online and through the local offer 'Connect to Support'.

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 practice and policy as well as 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.

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 new CYP practitioners are now recruited and the team has been meeting with the schools identified to support this one year long pilot, seeking to determine an evidence based model of MH support in schools.

The LBH inclusion team has been successful in a 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.

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

'Kooth' the online counselling, support and advice service for 11 – 19 year olds went live in the Borough on the 9th July 2018, there are monthly performance meetings taking place and the first detailed set of activity and performance data is due soon. The CCG is monitoring the impact of this new service to ensure it meets the aims of targeting groups that do not access traditional service models and offering easier quicker access to low level support. There is a proactive

marketing programme to CYP, schools, college and local services raising awareness of this new service.

### **Single Point of Access**

Discussions about improving the local early intervention and prevention service offer have highlighted the differing views of the purpose of a Single Point of Access e.g. the location, online or building based, choice of a local solution versus a NWL wide SPA or a merger of both. A workshop will be held to develop and design a 'Hillingdon Single Point of Access' (SPA) and 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.

### **Thrive component: 'Getting Risk Support' and 'Getting More Help' Performance update**

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 online in Q4 18/19.

The CYP MH (Core CAMHS) service 18 week waiting list target (85% of referrals receive 2 interventions in 18 weeks) has been achieved. The performance 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.

During the remainder of 2018/19 the review of the 'core Camhs' and LD service specifications will be completed with a remodelled and more efficient CYP MH and Wellbeing pathway being implemented collaboratively with partners from April 2019. This remodelled pathway will see integrated responses to low level support and support a further reduction in waiting time for specialist treatment.

### **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 4051 prevalence. This was due to a sudden drop in referrals in Q3& 4 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 (6071), was used by NHSE/Department of Health (DH) to calculate progress towards the access target.

Hillingdon CCG have submitted a proposal to have the prevalence figure corrected (to 4051) 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 18/19.

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

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

The Health and Wellbeing 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. Community 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 and support needs to be enhanced and reduce the impact on core CYP MH (CAMHS) services.
- ASD pathway needs to be embedded and further support models developed to meet the needs of this vulnerable cohort.
- a single point of Access for CYP MH and EW services.
- 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.
- 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

At its meeting on 25 September, the Health and Wellbeing Board agreed to delegate authority to approve the annual refresh of the plan for submission to NHSE by end October 2018, to the Chairman of the Board in consultation with the Chairman of Hillingdon CCG and Chair of Healthwatch Hillingdon. The refresh will reflect the above priorities and issues raised.

## **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.

## **Implications on related Council policies**

The LTP supports delivery of the following strategies:

- Hillingdon's Health and Wellbeing Strategy 2018-2021
- Hillingdon's Sustainability and Transformation Plan
- Hillingdon CCG's Commissioning Intentions

## **How this report benefits Hillingdon residents**

The LTP directly supports improving the emotional health and wellbeing of children and young people in Hillingdon. The Thrive model approach is designed to provide more effective help earlier.

## **Financial Implications**

There are no financial implications relating directly from this report. The funding of the LTP has been subject to discussion at Health and Wellbeing Boards and constitutes a funded programme.

## **Legal Implications**

There are no legal implications resulting directly from this report.

## **BACKGROUND PAPERS**

None.