

# CHILDREN AND YOUNG PEOPLE MENTAL HEALTH AND EMOTIONAL WELLBEING UPDATE

<b>Relevant Board Member(s)</b>	Dr Ian Goodman Councillor Philip Corthorne
<b>Organisation</b>	Hillingdon CCG (HCCG) London Borough of Hillingdon (LBH)
<b>Report author</b>	John Beckles Transformation Lead Emotional Well-being and Mental Health CYP
<b>Papers with report</b>	Appendix 1 - CNWL Performance data

## 1. HEADLINE INFORMATION

<b>Summary</b>	<p>This paper updates the Board on progress in assuring the Hillingdon Children and Young People's Mental Health and Emotional Wellbeing Local Transformation Plan (CYPMH LTP) 2018- 2019.</p> <p>The Board agreed to delegate authority to approve the annual refresh of the (CYPMH LTP) for submission to NHSE on 31 October 2018, to the Chairman of the Board in consultation with the Chairman of Hillingdon CCG and Chair of Healthwatch Hillingdon. The plan was approved and submitted to NHSE for assurance. The plan is in the second stage of assurance by NHSE and it is expected that the plan will be published and available to the public in March 2019.</p> <p>This paper provides an update on the continued engagement with Hillingdon schools in response recently published response to the Government Green Paper. Schools' Mental Health Champions and mental health support in schools (Child wellbeing practitioners).</p> <p>Of particular note this quarter is the continued progress that has been made in establishing the new online counselling service KOOOTH. The service provides increased access, prevention and early intervention for children and young people in Hillingdon with emotional wellbeing and mental health issues.</p> <p>The report also outlines the current performance of the CNWL core CAMHS against the 18 week waiting time target.</p> <p>To support this work, Hillingdon CCG has had a bid for £45,000 for waiting list monies accepted by NHSE. The monies will be</p>
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	<p>used to provide additional clinical resource to remove 90 children from the current waiting list by 31 May 2019.</p> <p>The CCG and NHS Commissioned Services have been successful in applying for a participation Takeover Bid to fund the continued engagement and consultation with Hillingdon Young Healthwatch to co-produce transition and emotional well-being and mental health services.</p>
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<p><b>Contribution to plans and strategies</b></p>	<p>Previous health and wellbeing reports  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 &amp; Wellbeing Transformation Plan 2018-2019</p> <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 and 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>
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<p><b>Financial Cost</b></p>	<p>This paper does not seek approval for costs.</p>
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<p><b>Ward(s) affected</b></p>	<p>All</p>
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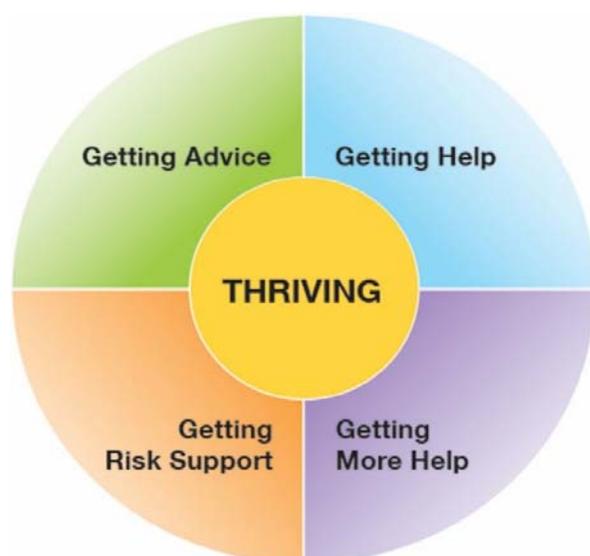
**RECOMMENDATIONS**

**That the Health and Wellbeing Board notes the progress made:**

- 1. in the approval and submission of the annual refresh of the Hillingdon Children and Young People's Mental Health and Emotional Wellbeing Local Transformation Plan to NHSE for assurance on 31 October 2018. The plan will be published in March 2019 when the NHSE assurance process is complete.**
- 2. 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 progress made in establishing the new online counselling service KOOOTH which has increased access to emotional wellbeing and mental health services for children in Hillingdon in this quarter.**

3. in the continued engagement of schools via the Thrive Network and by the wellbeing and Mental Health project in schools, which is developing a model of best practice, improving links with locality CAMHS and developing a compendium of resources to support all schools in the Borough.
4. in the sustained improvement in increased access for CYP in 'Getting More Help' and 'Getting Risk Support' shown in the performance data from CCG and NHS commissioned services. The CCG plans to reduce the Hillingdon waiting times for access to CAMHS by successfully obtaining non-recurrent waiting list monies from NHSE to remove 90 children from the Hillingdon CAMHS waiting list by May 2019.
5. in the continued engagement and consultation with Hillingdon Young Healthwatch in developing local services and their involvement with the CCG as part of the Takeover Bid in developing the model for transition to adult services and the new early intervention and prevention model for emotional wellbeing and mental health.

### 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 THRIVE

4.1 Given the Board's formal adoption of the Thrive framework, the progress within this report is framed within the four Thrive domains. This provides 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). Progress has been made against the four domains of the THRIVE model and as agreed in the Local Transformation Plan. Achievements of note are:

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

#### 4.2.1 Engagement with Schools

A number of working groups listed below 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 Emotional Wellbeing Mental Health Training Group**

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 online and through the local offer 'Connect to Support'. The compendium will be available to schools by March 2019. The 22 schools are currently working with the CCG and locality CAMHS to improve the level of referrals from schools into core CAMHS and provide a better understanding for schools of the eligibility criteria for CAMHS.

#### **4.2.1.2 The Wellbeing in Schools Mental Health Project**

The 'Wellbeing and Mental Health in schools project' launched at the end of the summer term in 2018, with an event co facilitated by the Council's 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.

The key updates are outlined below

- All School Wellbeing Champions have disseminated the Young Minds training to all teaching and support staff in their schools.
- All Champions have been part of developing and using the Risk Register and identifying vulnerability through the Pyramid of Need - increasing awareness and support planning for CYP who are at risk of experiencing emotional or social delay or mental health difficulties.
- All Champions have now been trained in emotion coaching - enabling them to retrain and embed emotion coaching strategies and interactions in daily practice.

#### **4.2.1.3 The Child Wellbeing Practitioner Service**

The Child Wellbeing Practitioner Service has been fully operational from 15 August 2018, and has been accepting referrals via the CAMHS Gateway and the participating schools.

Currently, the two Child Wellbeing Practitioners are delivering the intervention, consisting of 8 one to one CBT based guided self-help sessions at six Hillingdon schools:

1. Haydon
2. Bishopshalt

3. Whitehall Infant
4. Rye field Primary
5. Bishop Winning ton Ingram CofE Primary
6. Ruislip Gardens Primary

The Hillingdon Children's Wellbeing Project has received 33 referrals, of which 31 have been assessed and two have been booked for an assessment within the next two weeks. From all assessed, 6 young people and primary school children's parents have decided that the intervention is not suited to their particular needs at this present time and they would not like to engage with the project.

This model provides fast early intervention for children and young people in schools and uses a CBT evidence based approach. NICE guidance recommends that most children need 6-8 sessions to see significant improvement in their emotional wellbeing and mental health.

All young people and parents of primary school children have completed regular outcome measures at the start of the intervention and are tracking progress on the mental health wellbeing goals they have been working on. Progress is monitored throughout the intervention and, so far, all show an improvement of the symptoms that they are receiving the intervention for and progress on their mental health wellbeing goals. This pilot will be fully evaluated in 2019 and emerging findings are positive. The model is used by many schools across London and has the potential to be scaled up across other schools in Hillingdon.

#### **4.2.1.4 Social Communication, Emotional Regulation and Transactional Support. (SCERTS).**

The Council's inclusion team have been successful in their 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. The SCERTS Model is a research-based educational approach and multidisciplinary framework that directly addresses the core challenges faced by children and persons with ASD and related disabilities and their families. SCERTS focuses on building competence in Social Communication, Emotional Regulation and Transactional Support. (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.

All 35 schools are actively engaged in the programme and both the initial launch and 2 day specialist training has taken place. The commitment, energy and engagement of the school leadership to date it is expected that the SCERTS for Learning project will support the Council's aims of limiting exclusions, raising attainment and increasing progress for CYP with SEND with ultimately enabling each CYP to reach their full potential.

#### **4.2.1.5 KOOTH on Line Counselling**

'KOOTH', the online counselling, support and advice service for 11-19 year olds, went live in the Borough on 9 July 2018. The service provides immediate access to support for children and young people with emerging emotional wellbeing and mental health issues. Monthly contract performance meetings are in place and some significant highlights from the Q3 2018 report include:

- Q3 has seen 252 new registrations compared to 73 in Q2.
- Q3 has seen 806 logins compared to 245 in Q2, by 260 young people compared to 73 in Q2 with 69% returning.

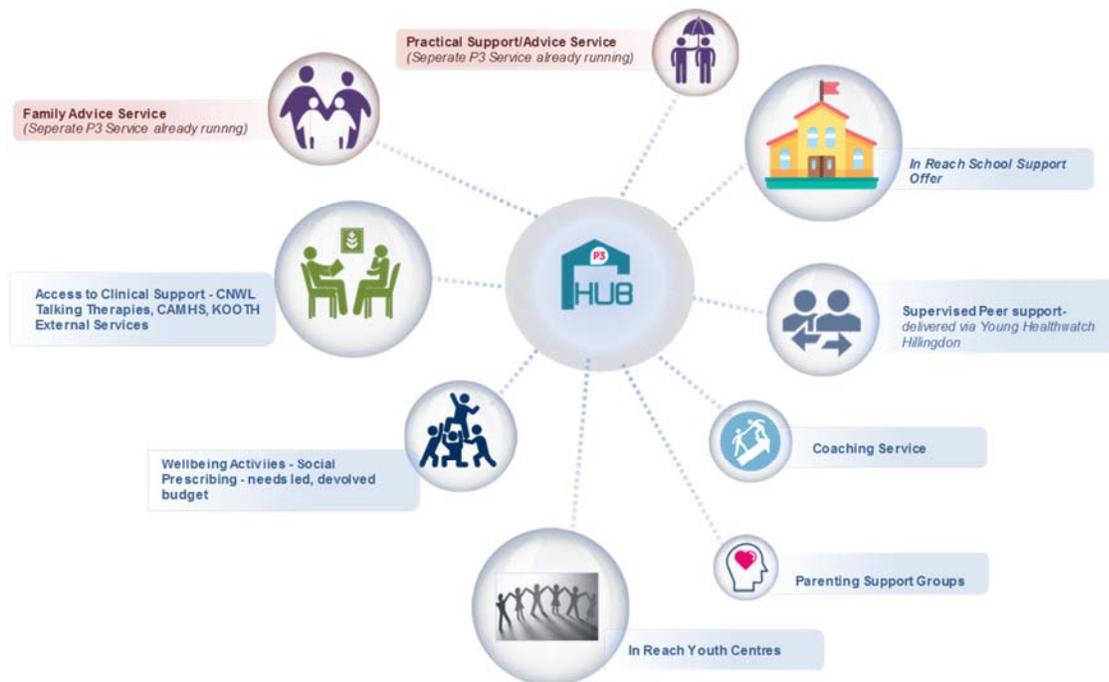
- Q3 has seen 75% of service users accessing KOOOTH out of office hours compared to 69% in Q2 (office hours are defined as weekdays 9am-5pm).
- New registrations who identified as BME represented 47% of service users in Q3.
- Therapeutic alliance reports that 97% of service users would recommend KOOOTH to a friend in Q3.
- To address the seasonal impact of the festive winter holiday period, KOOOTH produced a seasonal e-poster campaign to highlight KOOOTH being open over this period, including public holidays.
- There were no complaints or safeguarding issues raised during this reporting period.
- The service is still relatively new and is being marketed with CYP and local schools as well as the GP localities and other agencies via the Thrive network across Hillingdon.

It is expected that the referrals to the service will rise in future quarters and that this service will be part of the emerging strategy for the integrated service model for early intervention and prevention for children and young people in Hillingdon.

#### 4.2.1.6 Early Intervention and Prevention

The Hillingdon voluntary sector organisation P3, in partnership with the CCG and the Council, have submitted a bid to the Department of Health and wellbeing fund. This funding will support young people in Hillingdon to thrive in transition to adulthood. The plan is to expand the P3 Navigator Hub in Yiewsley into “Navigator Plus” - wellbeing early intervention hub for young people 13-25. Offering instant access, cross sector wellbeing and mental health support for children and young people in one place.

#### The Model:



The offer:

- Coaching - individual, asset based - developing resilience and improving wellbeing.
- Wellbeing activities - devolved budget - needs led wellbeing and physical activities.

- Weekly Supervised Peer Support - Healthwatch Hillingdon – delivery from hub.
- Weekly CAMHS - Children's Wellbeing Practitioner on site
- Talking Therapies - monthly on site - CNWL.
- Schools Sessions - wellbeing awareness, follow up one to one support.
- Youth Centres - outreach increase access/reach and awareness.
- Parenting Support - monthly group by CAMHS - parents with a child with anxiety. Volunteer development for wider peer led parenting groups.
- Existing advice provision already running support for areas that impact mental health, e.g. Housing/income.

#### **4.3 Thrive component: 'Getting Risk Support' and 'Getting More Help' Performance update (Appendix 1)**

As reported in previous papers, the introduction of specialist community based services continues to support the reduction in 'tier 4' bed based services. These services are 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. This will be reported in more detail in future reports.

This section provides an update on progress in Hillingdon CAMHS services meeting the contract target to treat 85% of children within 18 weeks of referral. The performance of the team is outlined in the performance report from CNWL (Appendix 1).

In order to meet the waiting time target, the service has adopted the following approach to improve and increase productivity through:

- Increasing capacity for face to face sessions in teams.
- Increasing patient throughput through roll out of evidence based care pathways and reviews.
- Stopping the clock more quickly through improved recording and first treatment interventions delivered more quickly.

The CYP MH (Core CAMHS) service 18 week waiting list target (85% of referrals receive 2 interventions in 18 weeks) has not been achieved since the last report. In September 2018, this reduced to 77% and improved to 83% in October 2018. In this quarter, the service has narrowly missed the target and in December 2018, Hillingdon CCG performance was 82.9%.

Hillingdon Performance in December 2018 was 82.9%, missing the 85% target with a total of three CYPs who waited longer than 18 weeks for treatment. Staff were unable to contact one of the young people, despite several attempts. In addition, one patient was a breach because of the appointments being recorded incorrectly on the clinical system. The young person had in fact been seen. One young person did not attend their booked appointment, which was within the 18 week target timeframe.

The CNWL action plan (Appendix 1) and performance against the 18 week target will continue to be closely monitored and reviewed by the CCG at the monthly contract meeting with CNWL.

The CCG has been successful in applying for NHSE waiting list monies £45,000. The monies have been used to appoint 2 wte Band 7 Practitioners who will be using Cognitive Behavioural

Therapy approaches to clear 90 children from the current Hillingdon CAMHS waiting list by 31 May 2019. NHSE will require monthly reports on performance in this area.

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 3, 2018/19. However, this is still under the 80% monthly target. An exception report has been raised and CNWL will have to improve performance as part of a service improvement plan within the 2019/20 contract arrangements.

The CAMHS Learning Disability and Core CAMHS service specifications are under review and new service specifications and service development plans will be implemented to improve early intervention, reduce waiting times and provide improved integration with local services and partner agencies in the 2019/20 contract.

#### **4.4 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.

Hillingdon CCG submitted a business case to the London Region NHSE Team to have the prevalence figure corrected from 6,071 to 4,051 in August 2018. The London Region NHSE Team accepted the business case in October 2018, and have reduced the prevalence figure to 4,051.

It is projected, based on the 4,051 prevalence figure and the Q2 2018/19 activity, that Hillingdon will achieve a 28.3% increased access in 2018/19 against the 32% target for 2018/19. The Hillingdon CCG recovery plan aims to increase access through the inclusion of Council activity (LINK) and KOOTH activity by a further 4% to achieve the 32% access target for 2018/19.

In the last quarter, there were technical problems for KOOTH to flow activity data to the mental health data set and NHSE which have now been resolved and the service is now seeing an additional 70 children per month. NHSE have agreed that the KOOTH data now meets the mental health data set criteria and has been accepted from November 2018 onwards. It is expected that Hillingdon will now meet the 32% target for 2018/19 and the 34% increased access target for 2019/20.

#### **5.0 Young Healthwatch**

The CCG continues to work closely with Young Healthwatch. The CCG has followed up the Healthwatch visit to Hillingdon CCG in October 2018, with further meetings with representatives at the Local Thrive network. There are plans, as part of the Takeover Challenge, to involve Healthwatch in the co-production and redesign of the model to support the transition of children and young people to adult service and the model to provide early intervention and prevention for children with emotional wellbeing and mental health issues.

The Takeover Challenge is a scheme run by NHS England that puts children and young people into real-life decision-making positions in organisations. Children gain a valuable insight and gain experience of a workplace, while organisations benefit from a fresh perspective on their

work. Thousands of children have taken part – stepping into the shoes of a wide range of adult jobs including everything from MPs, mayors, TV presenters and teachers to chief executives, business leaders and Government officials.

In December 2018, Hillingdon CCG made a successful bid for Takeover Bid funds. The monies will be used to work with Hillingdon Healthwatch to redesign and review a model to better support children and young people who transition to adult services and provide early intervention and prevention for children with emotional wellbeing and mental health issues.

In April 2019, Young Healthwatch will be leading the Hillingdon stakeholder workshop to develop transition services for children and young people in Hillingdon.

## **6.0 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.

## **7.0 FINANCIAL IMPLICATIONS**

This paper does not seek approval for costs.

## **8.0 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.

## **9.0 BACKGROUND PAPERS**

- Appendix 1 - CNWL performance data