

CHILDREN AND YOUNG PEOPLE MENTAL HEALTH AND EMOTIONAL WELLBEING UPDATE SEPTEMBER 2019

Relevant Board Member(s)	Dr Ian Goodman Councillor Philip Corthorne
Organisation	Hillingdon CCG (HCCG) London Borough of Hillingdon (LBH)
Report author	John Beckles Commissioner Transformation Lead Emotional Well-being and Mental Health CYP
Papers with report	Appendix 1 - P3 Model.

1. HEADLINE INFORMATION

Summary	<p>In August 2019 NHSE submitted the Key Lines of Enquiry for the Hillingdon Children and Young People's Mental Health and Emotional Well-being Local Transformation Plan (CYPMH LTP) 2019/20.</p> <p>The Board will be required to approve the annual refresh of the (CYPMH LTP) when it is completed in mid-October, for submission to NHSE on 31st October 2019.</p> <p>The request to the Board is to delegate authority to approve the annual refresh of the (CYPMH LTP) for submission to NHSE on 31st October 2019, to the Chairman of the Board in consultation with the Chairman of Hillingdon CCG and Chair of Health watch Hillingdon.</p> <p>Of particular note this quarter is the continued progress and performance of the new on –line Counselling Service KOOTH. The service provides increased access, prevention and early intervention for children and Young People in Hillingdon with emotional well-being and mental health issues.</p> <p>The contract with this service has been renewed for a further year to July 2020.</p> <p>KOOTH will be meeting with Hillingdon community safety leads in September 2019, to extend its portfolio to work with the Local Authority Youth Offending Service on issues of knife crime. The report highlights the progress made in development of the Children and Young people early intervention and prevention model with local Partners and Notes that Hillingdon CCG bid successfully to the Department of Health for funding over the next</p>
----------------	---

	<p>3 years to support the development of the Early Intervention and Prevention model.</p> <p>This paper provides an update on the continued engagement with Hillingdon schools. Hillingdon CCG will take part in the National Link programme which will commence in April 2020. The Link Programme is led by the Centre, funded by the Department for Education and supported by NHS England</p> <p>The report outlines the work between the CCG and LA to improve CAMHS access and waiting times to ensure that the specialist service meets the required 18 week referral to treatment standard and notes the improved recording and positive outcome measures in the specialist service.</p>
--	---

<p>Contribution to plans and strategies</p>	<p>Previous Health and wellbeing reports Hillingdon's Health and wellbeing Strategy Hillingdon's Sustainability and Transformation Plan Hillingdon CCG's Commissioning Intentions 2019/20. Hillingdon Children and Young Persons Emotional Health & wellbeing Transformation Plan 2018-2019. National: 'Future in Mind: promoting, protecting and improving our children and young people's mental health and wellbeing' (2015) The Five Year Forward View For Mental Health – report from the independent Mental Health Taskforce to the NHS in England (February 2016) Implementing the Five Year Forward View for Mental Health (NHSE 2016) NHS ENGLAND specialised commissioning Children & Adolescent Mental Health Services (CAMHS) case for change (NHSE August 2016) Green Paper The Government response to the consultation on Transforming Child mental Health Provision- A Green Paper next Steps. (DOH July 2018). Mental Health Survey Children and Young People(Office of National Statistics 2018) NHS Long Term 10 Year Plan (DOH 2019)</p>
--	---

<p>Financial Cost</p>	<p>This paper does not seek approval for costs.</p>
------------------------------	---

<p>Ward(s) affected</p>	<p>All</p>
--------------------------------	------------

RECOMMENDATION

That the Health and Wellbeing Board:

- 1. approves the request to delegate authority to approve the annual refresh of the (CYPMH LTP) for submission to NHSE on 31 October 2019, to the Chairman of the**

Board in consultation with the Chairman of Hillingdon CCG and Chair of Health watch Hillingdon.

2. notes the progress made 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 continued progress and performance in Q1/2 2019, by the new on-line counselling service KOOOTH which has increased access to emotional well-being and mental health services for children in Hillingdon in 2019/20.
3. notes the progress made in the development of the integrated early Intervention and prevention model. A draft service specification has now been developed locally as an output from the 3 system wide workshops. The Local Authority and CCG are developing plans to pilot the early intervention and prevention model .The early intervention model will be piloted in neighbourhood areas identified according to need by the CCG/ LA in 2019/20.
4. Notes that the CCG has been successful in securing DOH funding over the next 3 years to support this work.

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. Achievements of note are:

4.2 Thrive Components - Getting Advice and Getting Help

4.3 Early Intervention and Prevention Update since Last Report

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 well-being and mental health issues. Monthly contract performance meetings are in place to review performance. The service continues to perform exceptionally well and is increasing access to emotional well-being and mental health services in Hillingdon at an increasing rate. The contract with the service has been renewed to July 2020

Some of the main highlights from the Q1 report. April – June 2019

Significant highlights include:

- Q1 has seen 182 new registrations compared to 192 in Q4.
- Q1 has seen 754 Logins compared to 833 in Q4, by 212 young people with 77.45% returning to engage with the service.
- Q1 has seen 65.65% of service users accessing Kooth out of office hours (office hours are defined as weekdays 9am-5pm) compared to 71% in Q4.
- New registrations who identified as BME represented 46.70% in Q1, similar to Q4.
- There were no complaints or safeguarding issues raised during this reporting period.

Clinical outcome Goals (CoGS) has been designed as an interactive tool to be used in counselling to chart the achievement of personalised goals. It also serves as a tool to measure the level of this achievement and an evidence base for counselling. Personalised goals are recognised as a valid measuring tool by CORC (CAMHS Outcome Research Consortium). Kooth is able to evidence positive outcomes and increase in positive outcomes for the children that it sees and the data will be available in future reports.

Overall, the figures for Kooth activity in Hillingdon, demonstrate a high level of client satisfaction, increased registration, engagement with BAME young people and those with protected characteristics, out of office hours' engagement, evidencing how the service has successfully embedded within the region, ensuring growth and stabilising engagement with young people via Kooth.

Schools and GP's continue to be represented as the top two places young people heard about Kooth in Hillingdon, with friends being the next most popular. This demonstrates the successful work of the Integration and Participation Worker within the region and the strong working relationships established with schools and stakeholders to sustain engagement with Kooth in Hillingdon.

In response to the NHS 10 year plan (Section 3.30) 'to extend current service models to create a comprehensive offer for 0-25 year olds that reaches across mental health services for children, young people and adults', there are plans to incorporate access to 18-25 year olds via the Kooth platform. This will be discussed in future reports.

The service has successfully addressed the escalation of need and early intervention with only 3 referrals or signposting to external service (Specialist CAMHS) from 182 new registrations by Q1. This has reduced the demand on the specialist service and reduced costs and these cost benefits will be more fully investigated and the data available in future reports.

4.4 Kooth: Areas of Development. Knife Crime

Kooth is part of the Home Office anti-knife campaign to reduce knife crime: <https://knifefree.kooth.com/>. Kooth will be meeting with community safety and Youth Offending

Service leads in Hillingdon in September 2019 to raise awareness of the service and agree a local strategy of how best to target support to those children and young people involved with or fearful of knife crime. Knife-crime is currently discussed in the online forums and there are published articles on this topic in Kooth magazines on line.

4.5 Early Intervention and Prevention model Development

The CCG is aiming to further develop and build on the early intervention initiatives delivered by the Kooth service and expand our early intervention and prevention local offer to children and families in Hillingdon.

The CCG hosted a series of 3 system wide workshops in May-June 2019, with representation from leads within the local authority, Young Healthwatch, CNWL and the voluntary sector. The workshops will aim to develop a new integrated early intervention model for emotional wellbeing, mental health and physical needs in Hillingdon that will include the following benefits:

- Every child in Hillingdon is seen by the Early Intervention Service within 2-4 weeks of referral.
- Looked after children are seen by the Early Intervention Service within 2 weeks of referral.
- Specialist CAMHS waiting lists and referrals are reduced by 15%.
- Reduction in 10% of CYP GP visits for primarily EWB issues.
- 70% all schools have a dedicated wellbeing lead who is part of/ linked into the Early Intervention Model.
- Decreased school exclusion and absence rates for CYP on the Early Intervention Service case load.
- A&E attendance of CYP with emotional well-being issues is reduced by 10%.

4.6 Update

- A draft service specification for the new model was developed with local partners in July 2019.
- CCG / local authority senior management met to review the service specification in August 2019. It was agreed that the new model should be piloted in 2 neighbourhood areas.
- CCG/ local authority completed a joint data analysis in September 2019, of those areas in Hillingdon where children are most at risk and where the service should be piloted.
- The CCG / local authority will meet in late September 2019, to review data analysis proposal and recommendations and agree the neighbourhood areas.
- A meeting has been arranged on 22 October 2019 with all local stakeholders to finalise arrangements and the content for the business case.

The business case for the new model will need to go through due governance and a key challenge will be getting the model approved through the respective governance processes of all the key agencies.

4.7 VCSE Health and Wellbeing Fund 2019-2022: Early Intervention and Prevention

In the last report to the Health and Wellbeing Board, it was noted that the Hillingdon voluntary sector organisation P3, in partnership with the CCG and the Council, has submitted a bid to the DOH Health and Wellbeing fund. This funding can be used to support young people in

Hillingdon who have emerging mental health disorders and provide a range of social and practical solutions and supports for children and young people in the community. In August 2019, the Department of Health informed P3 that it had been successful in its bid.

The VCSE Health and Wellbeing Fund 2019-20: Health and Wellbeing Fund is part of a national programme to improve mental health services for young people across England. The Fund aims to support services that focus on improving support for young people and reducing health inequalities, supporting the objectives of a Shared Delivery Plan (2015-2020) with the Department of Health, Public Health and NHS England. Organisations were invited to apply for up to £300,000 for the first year (June 2019-March 2020), fully funded by DOH. For the further 2 project years (April 2020-March 2021 and April 2021-March 2022), applicants are required to secure match-funding from the CCG at 50% and 80% respectively.

The vision is to use the funding to expand the P3 Navigator Hub in Yiewsley into “Navigator Plus” – a wellbeing early intervention hub for young people aged 13-25. This would offer instant access, cross sector wellbeing and mental health support for children and young people in one place. This development will significantly support and enhance the developing Hillingdon early intervention and prevention model (see Appendix 1).

4.8 Link Programme - Early Intervention and Prevention in Schools

The Link Programme is led by the Anna Freud Centre, funded by the Department for Education and supported by NHS England and will reach every school and college in England over the next four years. Training will focus on two workshops, about six weeks apart, which will be coordinated by Clinical Commissioning Groups (CCGs). Hillingdon CCG was invited in August 2019 to take part in the programme and information will be sent out to education and mental health professionals from the CCG in autumn 2020.

The Anna Freud Centre has been trialling the programme over the last four years and an independent evaluation has found that it:

- strengthened communication and joint-working between schools and NHS children and young people’s mental health services;
- improved understanding of mental health services and referral routes;
- improved knowledge and awareness of mental health issues among school lead contacts; and
- improved timeliness and appropriateness of referrals.

This will be reported on in future reports to the Health and Wellbeing Board.

4.9 Thrive component: ‘Getting Risk Support’ and ‘Getting More Help’ Performance update

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. In quarter 4 of 2018/19, the CAMHS specialist service successfully met the performance targets.

However, the performance of the CAMHS specialist service declined in Q1. In Q1, the specialist service breached the 18 week target in May and June 2019 and in June only 65% children were treated within the 18 week target. Hillingdon CCG commissioners are working with CNWL on a recovery plan detailing the activity / trajectory to meet the required target to

ensure that the target is met in Q2 of 2019.

5.0 Outcome Recording CAMHS Specialist Service

HCCG has outlined a service delivery plan in 2019/20 to improve the recording and monitoring of outcomes for those children and young people who use the Hillingdon specialist CAMHS. This has been agreed with CNWL as part of the CAMHS service development plan for 2019/20.

The level of outcome recording in the service has improved and this quarter the service reports that 90.9 % of young people discharged with CYPIAPT/CAMHS Outcome Research Consortium (CORC) measure showing improvement between acceptance and discharge. In the year to date, 82.6 % of children discharged have shown improvement. The threshold for NWL teams is 60%.

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

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

9.0 BACKGROUND PAPERS

P3 Model - Appendix 1