

CHILDREN AND YOUNG PEOPLE MENTAL HEALTH AND EMOTIONAL WELLBEING UPDATE FEBRUARY 2020

Relevant Board Member(s)	Dr Ian Goodman Councillor Jane Palmer
Organisation	Hillingdon CCG (HCCG) London Borough of Hillingdon (LBH)
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Papers with report	N/A

1. HEADLINE INFORMATION

Summary	<p>In Sept 2019, the Board delegated 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>The Hillingdon CCG Local Transformation plan was successfully assured by NHSE in February 2020. Hillingdon CCG received a high level of assurance 80% rated at Green.</p> <p>Of note this quarter is that the CAMHS specialist Service achieved the referral to treatment 18 week target for the last 3 months consecutively.</p> <p>The report highlights the progress made in development of the Children and Young people early intervention and prevention model with local Partners and the commencement of prototyping the new CAMHS model in Yiewsley.</p> <p>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. The contract with this service has been renewed for a further year to July 2020.</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 Autumn 2020. The Link Programme is led by the Centre, funded by the Department for Education and supported by NHS England.</p>
Contribution to	Previous Health and wellbeing reports

plans and strategies	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)
Financial Cost	This paper does not seek approval for costs.
Ward(s) affected	All

2.0 RECOMMENDATIONS

That the Health and Wellbeing Board notes the progress made:

- 1. 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 development of the early intervention prototype in Yiewsley and the continued progress and performance in Q2/Q3 2019/20, by the new on-line counselling service KOOTH which has increased access to emotional well-being and mental health services for children in Hillingdon in 2019/20.**
- 2. In developing the offer available to families Getting More Help: where the support required is a multi-agency intervention. The Specialist CAMHS has followed its recovery plan and has achieved the 18 week RTT waiting list standard in this quarter.**

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 the 9th 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 Q/3, 2019/ 2020 report.

Significant highlights include:

- Q3 has seen 139 new registrations compared to 141 in Q2.
- Q3 has seen 636 Logins compared to 645 in Q2, with 76 % returning to engage with the service.
- Q3 has seen 74% of service users accessing Kooth out of office hours (office hours are defined as weekdays 9am – 5pm).compared to 81% in Q2
- New registrations who identified as BME represented 50% in Q3.Similar to Q2 44%.

- 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). KOOOTH 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. In Quarter 3, 2019/20, 50% heard about KOOOTH through their local school. 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.

4.4 Kooth: Areas of Development.

The service will be developing in the following areas:

The service currently engages more young women than men ratio 4:1.

- Work has started with local football club – Ruislip Rangers and will extend to local Boxing clubs in the Hillingdon area.

50% children heard about KOOOTH through their local school

- Marketing of the service will extend to cover more schools in Hillingdon in 2020.

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 KOOOTH 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 Health watch 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

- The CCG and Local Authority met in September 2019, and identified the local areas where our most vulnerable children are resident and where the prototyping for the new early intervention model will start. In the Yiewsley / West Drayton areas. This relates to the Hayes and Harlington and Colne Union Primary Care networks. It was agreed that the new model should be piloted in 2 neighbourhood areas.
- The Hillingdon system partners met in October – December 19, to review the plans to develop the model and identified those from their respective agencies that would lead on prototyping the new model.
- The prototyping commenced in Yiewsley, in Feb 20, and will run over a period of 6 – 8 weeks.
- Co- production with Young Health watch and local parents to develop the prototype started in Feb 2020.
- A meeting will be arranged in April 2020, with all local stakeholders to evaluate the prototype and 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 Board it was noted that the Hillingdon voluntary sector organisation P3 in partnership with the CCG and LA have 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 they have been successful in their 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 – Mar 2020), fully funded by DO. For the further 2 project years (Apr 2020 – Mar 2021 and Apr 2021 – Mar 2022), applicants are required to secure match-funding from the CCG at 50%, 80% respectively.

4.8 Update

P3 will publicise and hold a system wide launch day event in April 2020, to provide local partners and stakeholders the opportunity to meet the staff, learn about the service. P3 will also

use this open day to promote learning and share service impact. Young people will help deliver the day and share their ideas.

P3 have recruited 4 WTE Emotional well-being workers and a service manager and work has begun via engagement with the LA, local schools and Specialist CAMHS.

P3 premises in Yiewsley is being refitted and altered to meet needs of scaled up project and ensure we offer a welcoming space that meets young people's needs.

P3 is actively working with system partners to develop the prototype work and the meetings to review the referrals is at the P3 offices in Yiewsley.

4.9 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 has been 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 have 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
- Improved timeliness and appropriateness of referrals

This work will be reported on in future reports to the Board.

5.0 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 3, 2019/20, the CAMHS Specialist service successfully met the performance targets. Hillingdon CCG commissioners have been working with CNWL on a recovery plan detailing the activity / trajectory to meet the required target by quarter 3.

5.1 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 70% of young people discharged with CYPIAPT/ CAMHS Outcome Research Consortium (CORC) measure showing improvement between acceptance and discharge. Year to Date 79% 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 has been presented in previous papers and will be referred to as relevant throughout this paper.

9.0 BACKGROUND PAPERS

NIL.