

Children's Mental Health Services

To: Children and Young People Committee

Meeting Date: 11 October 2022

From: Head of Children and Young People's Mental Health Commissioning and Transformation, NHS Cambridgeshire and Peterborough.

Electoral division(s): All

Key decision: No

Forward Plan ref: n/a

Outcome: The committee is asked to note the services commissioned for children's mental health and wellbeing.
The committee is asked to note the children's mental health strategy and the priority areas.

Recommendation: The Committee is recommended to:

- a) note the services commissioned for children's mental health and wellbeing
- b) to note the children's mental health strategy and the priority areas

Voting arrangements: No vote required

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1. Background

- 1.1 This report is submitted to the Children and Young People Committee committee to provide detail of the new children and young people's mental health strategy and its priority areas. The report will provide an overview of the current commissioned services and areas of developments within children and young people's mental health services. The committee is asked to note local and national increases in demand and complexity of need for mental health support. Prevalence of Children and Young People's Mental Health (CYPMH) has increased from 1 in 10 Children and young people (CYP) in 2004, to 1 in 9 in 2017, to 1 in 6 in 2020.
- 1.2 To address this increase in need, this report aims to provide the committee with information and assurance of the range of services and support commissioned. It is also asked to note there is other support available at community level and within schools which is not directly commissioned by statutory services.
- 1.3 This report will detail the new children and young people's mental health strategy 2022 – 2025 and provide details of areas of priorities and next steps in the implementation of the strategy.

2. Main Issues

2.1 Children and Young People's Mental Health strategy (2022 – 2025)

For Cambridgeshire and Peterborough, there has been a Local Transformation Plan since 2015 as the strategy for children and young people's mental health. This has finished and a summary document has been developed to outline achievements over the past 5 years.

To continue a focus on children and young people's mental health and wellbeing, the Children and Young People Mental Health Board commenced work to develop a new children and young people's mental health (CYPMH) strategy for the next 3 to 5 years. The CYPMH strategy was completed in spring 2022 and sets the future vision, aims and priorities identified locally, and nationally through the NHS Long Term Plan¹ for those aged 0 – 25 years with an identified mental health need. An organisation called taproot supported the system to develop the new CYPMH strategy through a robust co-production approach with children, young people, families, and stakeholders. Views were sort through surveys, workshops, and focus groups and identified seven priority areas.

- 1) Leadership, commissioning and governance
- 2) Access to timely help and treatment
- 3) Meaningful voice and influence of children, young people and their families
- 4) Capacity and choice of help and treatment options
- 5) Reaching out to the most at risk
- 6) Confidence, knowledge and skills of the workforce
- 7) Clarity about what is on offer and how to help yourself

For each priority a task and finish group has commenced, comprising a range of stakeholders. The initial meetings have been held and established the top three areas of focus for each priority. In addition, a task and finish group will focus on the needs of those

¹ <https://www.longtermplan.nhs.uk/>

transitioning from children to adult services.

The Committee is asked to be aware the strategy focuses on those with a diagnosable mental health concern but will be aligned with other children's strategies for Cambridgeshire and Peterborough including Best Start in Life, Stronger Families, Strong Communities, all age Autism, Suicide prevention and mental health prevention strategies.

The full version of the children and young people's mental health strategy is available on the Integrated Care System Website². To accompany the strategy there is an executive summary and associated supporting documents. An easy read version is currently in development to ensure accessibility.

2.2 Current service provision

The committee is asked to note the following section of the report will detail information regarding NHSE and or the local authority commissioned mental health services which are available across Cambridgeshire and Peterborough.

Emotional Health and Wellbeing Service (EHWS)

The EHWS covers Cambridgeshire and Peterborough and provides advice, guidance, and interventions. The EHWS comprises of three separate teams, sitting under a Joint Venture between Cambridgeshire Community Services and Cambridgeshire and Peterborough NHS Foundation Trust.

- 1) Emotional health and wellbeing practitioner team
- 2) Children's wellbeing practitioners
- 3) Mental Health support teams.

1) Emotional Health and Wellbeing Practitioner Team (EHWP)

This team provide a range of support services for professionals working with children and young people. A professional can contact the service to discuss an individual child or young person, by booking an appointment with the team. The team work with professionals, to signpost, advise, navigate the system and support referrals to the wider emotional health and wellbeing services. The service also facilitates professionals to come together to discuss issues of importance and work through solutions and opportunities for learning and networking.

Emotional health and wellbeing practitioners' data – April 21 – March 22

643 professional consultations

96 education staff offered staff support sessions

5 local services webinars, covering 19 services, attended by 623 professionals

135 training places offered

2) Children Wellbeing Practitioners (CWP)

The children wellbeing practitioners provide direct interventions that are Cognitive Behavioural Therapy (CBT) informed Guided Self Help, for mild to moderate mental health difficulties, as a primary intervention. If the child is primary school age, the work is mostly with the parents/carers. If they are secondary age, it is mostly with the young person

² <https://www.cpics.org.uk/children-and-maternity>

directly. To note Cambridgeshire and Peterborough were successful in gaining 12 children wellbeing practitioners trainee places for 2022 and these will support the work of the YOUNited pathways and are currently being recruited to across different providers.

Children's Wellbeing Practitioners (CWP) data – April 21 – March 22

221 assessments

540 contacts with children and young people

7 CWP trained over 3 years

3) Mental Health Support Teams in Schools (MHST)

Across Cambridgeshire and Peterborough, there has been significant work involved with the national development of mental health support teams. NHS Cambridgeshire and Peterborough ICB have been successful in funding 10 mental health support teams, six teams are currently in operation in: Cambridge, Huntingdon, two in Peterborough, Wisbech, and March/Chatteris. The MHST commenced in January 2020 and two teams have and will be rolled out each January until 2024. Each MHST works with approximately 8,000 Children and young people in up to 20 settings. This expansion means as an area we will exceed the National ambition of 24% of schools being covered by end of 2024. When all 10 teams are in place in 2024 approximately 50% of schools/education settings will have access to a mental health support team across Cambridgeshire and Peterborough. For those schools who are not directly involved with a MHST, they will be provided support and intervention by the Emotional wellbeing practitioner team and the Children wellbeing practitioners.

The core functions of the mental health support teams are to:

- 1) Provide individual and group evidence-based interventions with young people and families in relation to mild to moderate mental health needs specifically anxiety, behavioural issues, and low mood. These are carried out with the parents of primary aged children and directly with the young person in a secondary or post-16 education setting. The interventions are based on Cognitive Behavioural Therapy informed Guided Self-Help strategies (this is the same clinical offer as offered by Children wellbeing practitioners).
- 2) Work with education settings to promote a 'Whole System Approach' to improve the mental health of the whole organisation, including the wellbeing of staff. This includes staff training.
- 3) Offer consultations with school staff and/or clients who may not be appropriate for a direct intervention. Link with other agencies and support referrals and signpost.

Mental Health Support Team data Q1 2022/23

	Cambridge	Huntingdon	Peterborough 1	Fenland / Wisbech	Peterborough 2	Fenland March Whittlesey
How many education settings have you delivered a MHST service to in this quarter?	15	21	17	16	12	18
Out of these	15	19	12	12	9	16

settings, how many have you supported in the delivery of whole school/college approach activities/interventions to this quarter?						
Out of these settings, how many have you supported with advice and/or liaison with specialist services this quarter?	14	14	13	8	9	11
Out of these settings, how many made a referral this quarter?	15	16	13	12	11	17

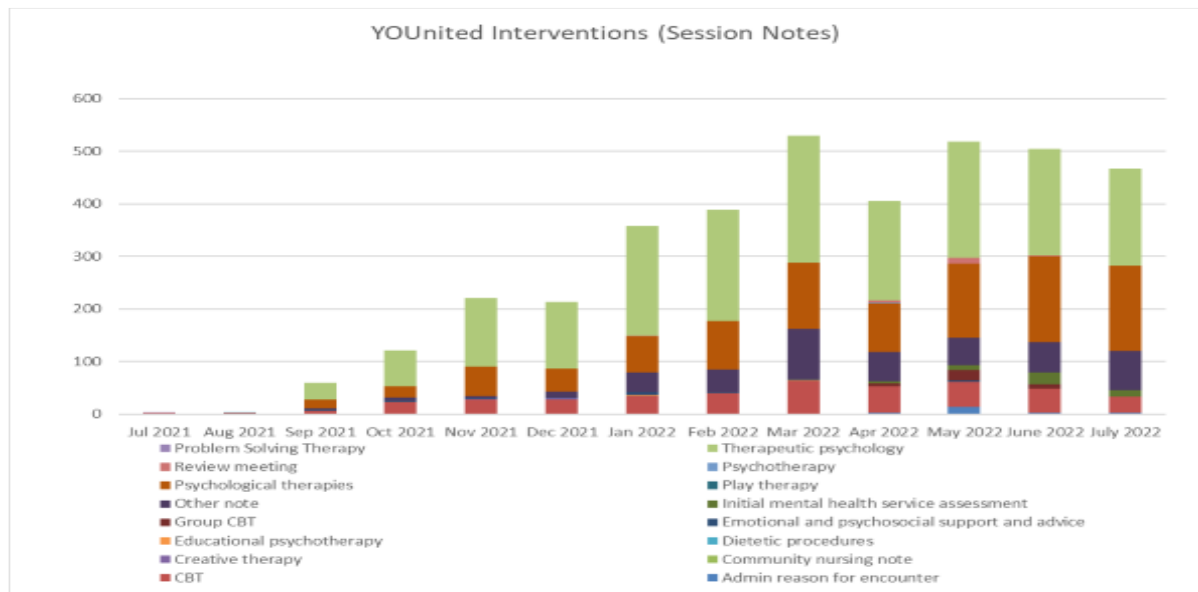
2.3 YOUnited

YOUnited is a new partnership of service delivery between specialist mental health services and the third sector ; Cambridge and Peterborough Foundation NHS Trust (CPFT), Cambridgeshire Community Services, Centre 33, and Ormiston Families. The service commenced in July 2021 and provides a central referral hub for early intervention and specialist mental health pathways. Currently the hub is available for professionals to refer Children and young people. These referrals are assessed and allocated to the most relevant level of support. This includes Ormiston families to deliver the 12 years and under pathways. Centre 33 to deliver support for those 13 – 25 years. Specialist CAMH services delivered by CPFT. This support could be advice, guidance, one to one interventions, group support, a range of digital solutions which are supported by a practitioner, or specialist child and adolescent mental health support, including neurodevelopmental pathways and eating disorder service. YOUnited is currently available for professionals only to make contact to have a discussion for non-crisis cases. Young people aged 13 – 25 years can self-refer direct to Centre 33 if prefer.

YOUnited commenced service delivery in the context of services continuing to work with COVID restrictions. A limited mobilisation period impacted workforce recruitment at contract commencement. The new partnership approach brings strengths, opportunities learning and challenges by aligning four organisations with different regulations, cultures, and infrastructures. This was further impacted by a waiting list inherited from the previous early intervention provider and the continual flow of specialist referrals for CAMH services. As a result, YOUnited ability to deliver the level of support required and desired by CYP and their families, the providers, their workforce and by commissioners in the system has been challenging.

YOUnited are currently receiving on average 648 referrals per month across all pathways. In addition to the referrals processed within the hub there are a number of intervention pathways provided. The committee is asked to note the two charts below demonstrate the level and range of interventions provided for the early intervention pathways provided through Centre 33 and Ormiston Families.

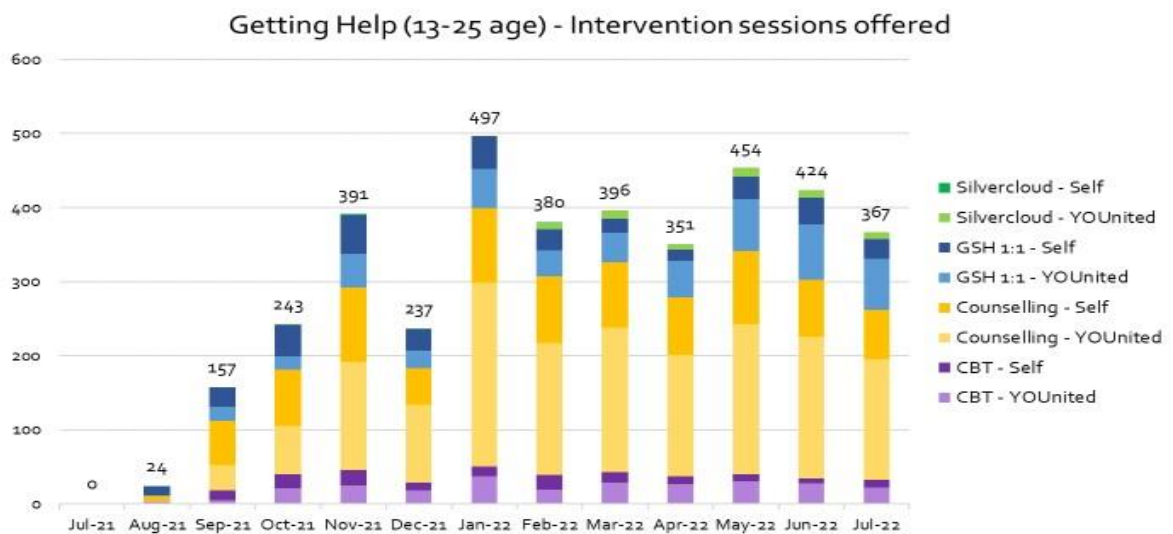
Below is the number of interventions provided by Ormiston Families (12 years and under)



Does not include C33 data which is shown on slide10

Data Source MI Reports CPFT

Below is the range and numbers of interventions offered by Centre 33 (13 – 25)



DNA/YP Cancellation rates: 20%

Does not include group work, check in calls & risk work sessions

Data Source: Charity Log C33

Future plans – the service recently held a learning event to review the way the partnership is working, reviewing the processes to identify how to make the flow of children and young people better and timelier. This learning and development of the service will continue, to ensure the best outcomes for children and young people.

2.4 Kooth

This service is available anonymously online for those aged 11 – 19 years and provides information, advice and counselling and provides effective support for those either as a stand-alone offer of support or for those waiting for another intervention. See www.kooth.com for further information.

2.5 Child and Adolescent mental health services (CAMHS)

Child and adolescent mental health services are provided by Cambridgeshire and Peterborough NHS Foundation Trust and covers a wide range of specialist mental health services, which are detailed below. One pathway is core CAMHS who provide support for children and young people with moderate to severe mental health needs including anxiety, low-mood, depression, self-harm, obsessive compulsive disorder.

CAMHS pathways are accessed via the YOUnited referral hub.

2.6 Eating Disorder Service (ED)

The eating disorder service provides specialist support for children and young people up to 18 years experiencing a moderate to severe eating disorder. Support is provided by a multi-disciplinary team, with family-based approaches to interventions. The service has seen large increases in referrals, acuity and complexity of need being presented since the

pandemic. This is further impacted by the national shortage of Specialist (Tier 4) inpatient beds, resulting in higher acuity and complexity being supported in the community. This is impacting on waiting times as demand for more intensive support increases. The service is continually reviewing its delivery model to ensure safe levels of care and support and a home support pathway is in place for those with more complex and intensive support needs. In line with Nationally mandated Access and Waiting Times, urgent referrals should be assessed within 1 week and routine referrals within 4 weeks for 95% of cases.

Service improvements and additional investment is being focused on the following areas:

- 1) increase core eating disorder service capacity to meet the increased demand
- 2) developing a home treatment team
- 3) pathway for medical monitoring
- 4) ARFID (Avoidance restrictive food intake disorder).

These initiatives are in various stages of development and workforce availability is a key factor in progression of them.

2.7 Crisis Service

CAMHS crisis assessment service is a revised delivery model for the children's crisis service which commenced in April 2021. It provides mental health crisis support for those aged up to 17 years who are at immediate risk to self or others, those at risk of a mental health hospital admission, experiencing an acute psychological or emotional distress that is impacting significantly on their daily activities. The service provides assessment for those children and young people in a mental health crisis in either emergency department or the community. The team currently undertake assessment of a child or young person in crisis and can provide support to them and their family for up to 2 weeks. The team is accessed either through calls to first response service (NHS 111 option 2) or through attendance at an emergency department.

To support the crisis pathway a home treatment team is in place to provide more intensive home support for a defined period of time. The aim of this team is to provide support for up to 4 – 6 weeks following assessment. The team has commenced work with those at risk of an inpatient admission or those who are stepping down from inpatient care. The crisis service shares operational structures with Darwin ward (Tier 4 general adolescent mental health ward) to ensure a consistent pathway between inpatients and community provision.

2.8 First response service

This service is for anyone, of any age, living in Cambridgeshire and Peterborough. It is a 24/7 service and can be accessed via NHS 111 Option 2. The service is run by specially trained mental health staff who will speak to the individual and discuss their mental health care needs, and then provide advice and guidance and can facilitate access to further assessment if required by the crisis assessment service.

2.9 Inpatient provision

Mental health inpatient beds are commissioned and managed by a regional network of providers called a Provider Collaborative, this includes children's inpatient beds for eating

disorder and general adolescent mental health. The Provider Collaborative have had a number of focused pieces of work including, reviewing those young people who have had longer inpatient stays and working with community providers to improve patient pathways. The exact number of Cambridgeshire and Peterborough young people in an inpatient mental health bed changes, however there is a regular review meeting between health, social care, local authority and the provider collaborative to ensure oversight of those young people and support transition back to the community and achieve the best outcomes for the young people.

2.10 Neurodevelopmental pathways

The neurodevelopmental service provides a diagnosis service for Autism and Attention deficit hyperactivity disorder (ADHD) and ongoing mental health support for those with autism, attention deficit hyperactivity disorder and or a learning disability experiencing significant mental health problems. The team provides a multidisciplinary team approach to support and offers a range of interventions. Referral to this pathway is via the YOUNited referral hub. An Early Help Assessment supports the referral process as it enables access to the social emotional wellbeing pathway of parental support pre any diagnosis. It also enhances wider system support enabling schools and other professionals provide information to support any diagnostic development work

2.11 Voluntary sector

The voluntary sector provides a wide range of services to support emotional health and wellbeing and mental health. Fullscope is a consortium of leading organisations supporting mental health and wellbeing of children and young people in Cambridgeshire and Peterborough. Fullscope partners share the vision of positive mental health for all and believe this can only be achieved through collaboration between children, young people, families, specialist organisations and the wider communities. Fullscope's mission is to affect a more accessible, relevant and equitable system to support children and young people with their mental wellbeing.

Someone To Talk To service, delivered by Centre 33 supports young people in Cambridgeshire and Peterborough with their mental and emotional wellbeing. They provide free and confidential counselling for young people aged 13-25 years at their regional hubs. The service is an outreach support approach to engaging young people who do not traditionally access Mental Health Support.

April to June 2022 the service supported 183 individual young people.

Young People's Counselling Service (YPCS) is a charity providing a free and confidential service for CYP between 11-18 years who are experiencing emotional difficulty, including distress caused by bereavement. YPCS offers up to 12 sessions of free counselling and the service operates out of Yaxley, Whittlesey, Ramsey and Wisbech.

2.12 Keep your head

As part of our local advice provision, we continue to use the www.keep-your-head.com website as a platform for information on both local and nationally available services. The

website has separate pages for children and young people, professionals, and adults. It also contains a section specifically for school-based support and information.

2.13 School based support

As a system there has, for a few years, been a school's collaborative group who have met to consider and develop solutions to how mental health services can support education settings in identifying and accessing further services for those pupils with mental health needs. Below is a summary of some of these initiatives.

- 1) Mental Health Competency Framework: a digital self-assessment tool to support schools in conducting a mental health training needs analysis of staff and make informed decisions as part of a whole school approach to wellbeing. The framework can be used to understand where current levels of understanding of mental health are across all school staff, highlight areas for improvement and potential local training opportunities. The aim is to ensure staff at all levels have the confidence to support children and young people by building core resilience skills, identifying emerging concerns at an early stage and signposting to appropriate, resources, care pathways or interventions where possible.
- 2) Mental Health forums: Termly reflective practice opportunities for School Senior Mental Health Leads to share learning, information, evidence-based practice, and network to overcome challenges and support settings in the practical implementation of whole school approach principles. These were paused during Covid, however they are recommencing in 2022/23.
- 3) Whole School Approach Learning Platform: We are in the process of developing a space within the Healthy Schools Website to support schools in embedding whole school approaches that centres as a platform to consolidate and streamline key messages as well as create an online community among schools and professionals to share tools, templates, resources and best-practice case studies from local settings. This is expected to launch in the Autumn term.

2.14 Access targets and Outcome measures

Nationally since 2015 there has been a focus on increasing the number of children and young people accessing mental health support. NHS England has set targets for areas to achieve to improve from the baseline of 25% of those with a mental health diagnosable need (based on prevalence data) in 2016/17 to 35% by end of 20/21. Cambridgeshire and Peterborough achieved 36.4% by the end of 20/21, a significant improvement from the baseline figure of 25% in 2016/17. In line with the NHS Long Term Plan there is a continued need to increase the number of CYP accessing mental health support and this has moved from a percentage to an actual figure and for Cambridgeshire and Peterborough this is as below.

	Year 3 2021/22	Year 4 2022/23	Year 5 2023/24

Minimum additional CYP aged under 18 receiving treatment from an NHS-funded community MH service.	466	360	596
minimum additional CYP aged 18-25 receiving treatment from an NHS-funded community MH service	136	204	272
minimum additional CYP in contact with Mental Health Support Teams	1,928	2,932	3,976

In addition to increasing the number accessing support there is also a focus on demonstrating improvements in clinical outcomes for NHS funded services. This will require services to use clinical outcome measures and flow the data for national analysis. This work will identify the proportion of CYP who's clinical outcomes are improved through the increase in accessing services. There is ongoing work with providers to enable consistent use of outcome tools and support the IT system challenges which impact ability to record and flow the data. NHS England are supporting local areas to improve the proportion of services flowing data.

2.15 To conclude

This paper sets out details of the current children and young people's mental health strategy and the top priority areas. It also reports the wide range of mental health support and initiatives which have been commissioned by the NHS Cambridgeshire and Peterborough, Cambridgeshire County Council and Peterborough City Council. It is important to note there is further support available within individual schools and college settings and within the voluntary sector and community. It is also important to note that although there is a wide range of services available, the demand and complexity of mental health support is ever increasing and the capacity of services to meet this growth is challenging as there are significant pressure on the skills and volume of workforce to meet the demands.

3. Source documents

3.1 None