

Children and Young Peoples Mental Health Provision

To: Adults and Health Committee

Meeting Date: 17 March 2022

From: NHS Cambridgeshire and Peterborough CCG

Electoral division(s): All

Key decision: No

Forward Plan ref: N/A

Outcome:

The Adults and Health Committee are asked to note the report and the challenges facing children and young people's mental health provision.

Recommendation: The Adults and Health Committee are recommended to:

Note the content of this report along with the transformation and challenges that are facing children and young people's mental health provision.

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1. Background

- 1.1 This report is submitted to the Adult and Health Committee to provide an overview of the current challenges within children and young people's mental health provision and to detail the areas of service transformation. This report is in response to 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. This demand has impacted waiting times across the board. Workforce challenges are also an issue across services with a number of vacancies, staff isolating and pressure within the system.
- 1.2 However, services have continued to operate, and a plan of transformation, recovery and expansion has developed at pace. The Committee is asked to note this report details a range of services which are in varying stages of development and have a variety of intended outcomes and approaches to improving children and young people's mental health and wellbeing.

2. Main Issues

2.1 **Mental health strategy**

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.¹

To continue the focus on children and young people's mental health and wellbeing, the Children and Young People Mental Health Board have commenced work to develop a new strategy for the next 3 to 5 years. The aim is for this strategy to be completed in spring 2022 and will set the future vision, aims and priorities including those identified locally and nationally as set out within the NHS Long Term Plan². The strategy uses a co-production approach with children, young people, families, and stakeholders through surveys, workshops, and focus groups. The initial areas of challenge identified are:

- early intervention,
- primary school age support particularly for those whose behaviour challenges,
- 16 – 25-year and those with mental health
- children and young people with neurodiversity and mental health issues.

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 and mental health strategies for Cambridgeshire and Peterborough including Best Start in Life, Stronger Families, Strong Communities, Suicide prevention and mental health prevention strategies.

¹ <https://www.cambridgeshireandpeterboroughhccg.nhs.uk/your-health-and-services/mental-health-learning-disability-services/children-and-young-people/>

² <https://www.longtermplan.nhs.uk/>

2.2 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.

October to December 2021 the team received 139 referrals, 126 were from Cambridgeshire.

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 directly. The table in appendix A provides more information of the type of presenting difficulties the team work with. 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.

Children wellbeing practitioners received 93 referrals from October to December 2021 of which 75% for Cambridgeshire.

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. Initially two teams started in Cambridge and Huntingdonshire in January 2020, two further teams started and continue to be in training in Peterborough and Wisbech. Cambridgeshire, and Peterborough CCG were successful in funding a further 6 mental health support teams, which will be rolled out 2 per year over the next 3 years; with the next wave having commenced in January 2022. One of the team's that started in January 2022 is in Whittlesey/Chatteris/March area. 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 over 50% of

schools/education settings will have access to a mental health support teams 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:

- 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.

Below is data for Q3 2021/22

	Huntingdon	Cambridge	Peterborough	Wisbech
How many education settings do you have in this quarter? (total)?	22	16	9	18
"How many education settings made a referral this quarter? (per MHST site)	22	16	7	13
"Number of Children and Young People in the reporting period being supported by each MHST	185	164	75	90

2.3 YOUnited

This is a new early intervention service which started 1st July 2021. It is a jointly commissioned service between Cambridgeshire and Peterborough Clinical Commissioning group, Cambridgeshire County Council and Peterborough City Council and has replaced the previously commissioned service delivered by CHUMS. YOUnited is a partnership between Cambridge and Peterborough Foundation NHS Trust, Cambridgeshire Community Services, Centre 33, and Ormiston Families. The service has a central referral hub by which professionals can refer Children and young people for a range of mental health concerns. These referrals are assessed and allocated to the most relevant level of support and prevent CYP bouncing around the system. 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. YOUnited is

currently available for professionals only to make contact to have a discussion for non-crisis cases.

Month of referral	Total new referrals
July 21	1061
August 21	356
September 21	577
October 21	636
November 21	744
December 21	629

The service received a legacy waiting list from previous provider. However, the service has worked extremely hard and as of the end of September all 435 CYP were assessed and allocated to the most relevant support, 225 of which required intervention from YOUUnited.

Recruitment to the new model is challenging, and in particular for Band 6 roles; however, the partners shared the promotion of roles and have a tracker to understand vacancy rates and areas of risk, this active tracking has meant the majority of roles have been recruited to. The expansion of children wellbeing practitioner trainees has helped to fulfil some of the roles. Recruitment challenges is not unique to Cambridgeshire and Peterborough it is a national issue. In support, at a regional level, NHS England are providing workshops and working with mental health systems to understand the workforce challenges and considering solutions to improve the current challenges.

Future plans – the service is currently reviewing its online offer and how to provide support out of hours. There are range of task and finish groups that are focused on a number of operational issues and these feed into a monthly Partnership board where the partners, commissioners and wider stakeholders discuss progress, challenges, opportunities, and next steps.

2.4 **Kooth**

Currently to support the transition to YOUUnited the CCG has continued to commission Kooth. This service is available anonymously online for those aged 11 – 19 years and provides information, advice and counselling. 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 including 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.

Access to the different mental health pathways is now through the YOUUnited referral hub. The aim being to streamline the referral pathways and reduce a duplication of referral or “bounce” around the system and improve children, young people and families experience of support. <https://www.cpft.nhs.uk/search/service/youunited-195/>

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. This poses a potential risk and as such has been added to CCG and CPFT organisational risk logs. The service is continually reviewing its delivery model to ensure safe levels of care and support and are working hard to create solutions whilst also transforming the service. 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. As you can see in the table below locally this target remains challenging.

	Cambridgeshire and Peterborough				East of England
	Jan – Mar 21	Apr – Jun 21	Jul – Sep 21	Oct -Dec 21	(Dec 2021)
Urgent cases (<1 week) 95%	69.2%	60%	30%	50%	50% %
Routine cases (<4 weeks) 95%	85.7%	77.8%	36.4%	51%	68.2%

Despite the huge pressures the service is working hard to address and transform the services to make improvements. 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 capacity is increasing in line with successful recruitment of suitably skilled staff. The team is accessed

either through calls to first response service (NHS 111 option 2) or through attendance at an emergency department.

In addition, a home treatment team is in development 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 team's capacity is limited as recruitment to full model continues. The home treatment team are also working with Darwin ward (Tier 4 general adolescent mental health ward) to ensure a consistent pathway between inpatients and community provision. This is being supported by the sharing of a service manager across the two services and reviewing therapeutic pathways.

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 team.

2.9 Inpatient provision

Mental health inpatient beds are being commissioned and managed by a regional network of providers called a Provider Collaborative, this includes childrens inpatient eating disorder beds and child and adolescent mental health inpatient beds, as well as some adult mental health provision. The 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 YOUUnited 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

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 children and 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.

January to March 2021 118 young people were referred to this service and of those 72% were able to engage with the and start the programme.

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 Digital Support

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. We are currently in discussion with the developer in regard to developing a specific area for school-based support and information.

Due to the challenges of Covid, all services have looked at and developed digital options of support and this has provided opportunities in delivering support in an innovative way. The YOUUnited partnership have subcontracted to a number of digital providers who offer a range of support which enables a more flexible model of delivery and expands the scope of interventions available. As part of YOUUnited, the providers are looking at the available applications and websites and considering how to promote and ensure quality assurance of them in a quickly changing digital market.

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 competency framework has been developed as a tool to support schools in undertaking a training needs assessment of their workforce and support in developing an action plan to address the outcomes of this exercise. The framework will be hosted and available through the Healthy Schools Website. Promotion and signposting of the site to schools is the next steps for all partner agencies. The framework is currently being tested

with some pilot schools and set to launch officially later in the autumn term as part of the Wellbeing for Education Return autumn sessions. Schools will have the opportunity to report back and fine tune the framework for future versions.

2) Schools Resource Document:

Clarity of the local offer for children and young people's mental health services has been highlighted, and at the request of the Local Authority Education Directorate, YMCA have been commissioned to support development of a resource to be converted into a simple web resource for schools which includes:

- A summary of local services using the I-Thrive framework to map provision
- A summary of staff training providers that meet criteria from the local competency framework
- A summary of useful web resources or links to access further reading

N.B. Existing directories will not be replaced, but will be used to help populate the resource, to be held on the Keep Your Head website

3) Wellbeing for Education Recovery funding:

Over the summer an expression of interest went out to system partners to be involved in a new specification to deliver a range of training and supervision sessions to schools., Responses were limited, therefore the following proposal has been agreed:

- The Emotional Health and Wellbeing practitioners' team to review and update Mental Health Forums to deliver regular half termly forums in each geographical area – estimated to be 8 – 10 forums - across Cambridgeshire and Peterborough.
- Cambridgeshire County Council Special Education Needs and Disabilities Services to deliver termly reflection sessions to teaching and support staff with a specific focus on Trauma
- YMCA to lead on working in collaboration with system partners to develop a localised Designated Senior Mental Health Lead training package to submit to DfE for validation
- YCMA to lead on working in collaboration with Cambridgeshire and Peterborough NHS Foundation Trust and the personal, social, health and emotional service (PSHE) to develop a training programme for staff and teaching resources for staff to use with pupils with eating disorders

2.14 **Access targets and Outcome measures**

Nationally since 2015 there has been a focus on increasing the access to services to address the mental health concerns for children and young people. 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% 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 support this to overcome the challenges for consistent use of outcome tools and different IT systems being able to record and flow the data. NHS England are supporting local areas to improve the proportion of services flowing data.

Investment

Cambridgeshire and Peterborough CCG have continued to invest in children and young people's mental health through the initiatives detailed earlier in the report. End of March 2021 the CCG forecast spend on CYPMH was £10,893,000. The expected outturn for 2021/22 is £15,488,000 There continues to be a challenge in the investment in mental health and spend per head (all age) is the lowest in Cambridgeshire and Peterborough in the Eastern region at £107 and for CYP this is £13 per head of population. The CCG is committed to continue to invest in children's mental health and below details planned additional investment for 21/22.

2021/22 Investment Plans	Total £'000
CYP	
CYP ED	644
CYP crisis	800
CYP Home Treatment Team	377
CYP integrated hub	800
CYP: MHST sites wave 1-4	1,247
CYP Neurodevelopmental	400
CYP Other	
	4,268

2.15 To conclude

This paper sets out the wide range of support and initiatives which have been commissioned by the Cambridgeshire and Peterborough Clinical Commissioning Group, Peterborough City Council and Cambridgeshire County Council. It is important to note that there is other support available within individual schools and college settings and the voluntary sector provide a further level of support. 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 guidance

3.1 Local Transformation Plan available at:

<https://www.cambridgeshireandpeterboroughccg.nhs.uk/your-health-and-services/mental-health-learning-disability-services/children-and-young-people/>

3.2 The NHS Long Term Plan available at: <https://www.longtermplan.nhs.uk/>

3.3 Children's wellbeing practitioner's criteria

See Appendix A.

3.4 Mental health support teams list of Cambridgeshire schools

See Appendix B.