

Report to Health Scrutiny Committee (Nottingham)

14th December 2017

REPORT FROM NHS NOTTINGHAM CITY CLINICAL COMMISSIONING GROUP AND NOTTINGHAM CITY COUNCIL

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING

Purpose of the Report

The purpose of this report is to update the Health Scrutiny Committee on Child and Adolescent Mental Health Services (CAMHS) in Nottingham and Nottinghamshire, including progress in implementing the local transformation plan to improve children and young people's mental health.

Introduction and Context

Future in Mind was published in August 2015 and describes an integrated, whole-system approach to transforming children and young people's mental health and wellbeing, and sets local area ambition of delivering the recommendations by 2020. Recommendations are multi-agency and will only be achieved through improved working across the NHS, local authorities, voluntary and community services, schools and other local services.

Following the publication of *Future in Mind*, the Government announced that all Health and Wellbeing Board areas would be required to develop a Local Transformation Plan (LTP) to describe how the recommendations of *Future in Mind* would be implemented. The plans needed to be multi-agency and system-wide, and demonstrate how capacity and capability would be built within the workforce supporting children and young people's emotional and mental health

It now two years since local transformation plans for Nottingham and Nottinghamshire were developed, seeking to improve the emotional and mental health of the population of children and young people through implementing the recommendations of *Future in Mind*. The footprint covered by the plan includes Nottingham and Nottinghamshire local authorities, and services commissioned by NHS Bassetlaw CCG, NHS Mansfield and Ashfield CCG, NHS Newark and Sherwood CCG, NHS Nottingham City CCG, NHS Nottingham North East CCG, NHS Nottingham West CCG and NHS Rushcliffe CCG.

Children's emotional and mental health continues to be a key strategic priority within Nottingham City Children and Young People's Plan 2016 – 2020, and remains committed to delivering the *Future in Mind* priorities:

- a. Promoting resilience, prevention and early intervention: acting early to prevent harm, investing in early years and building resilience through to adulthood.
- b. Improving access to effective support – a system without tiers: changing the way services are delivered to be built around the needs of children, young people and families.
- c. Care for the most vulnerable: developing a flexible, integrated system without barriers.
- d. Accountability and transparency: developing clear commissioning arrangements across partners with identified leads.
- e. Developing the workforce: ensuring everyone who works with children, young people and their families is excellent in their practice and delivering evidence-based care.

Following the development of the Sustainability and Transformation Plan for Nottingham and Nottinghamshire in 2016, the two original plans were merged to align with this footprint, and this LTP is the delivery plan for the STP's ambitions of achieving the children and young people's elements of:

- Providing specialist mental health care in A and E's by 2020/21;
- Increasing access to NHS commissioned community mental health services for children and young people with diagnosable mental health needs;
- Meeting standards for access to community eating disorder services; and
- Providing community crisis resolution and home treatment services, so that inpatient admissions are avoided where it is safe to do so, and young people do not have to be admitted a long distance from home.

Progress towards achieving these ambitions will be reported to the STP via the Mental Health Reference Group which is to be established.

By delivering the priorities within this plan, the aim by 2020 is for:

- more young people to have good mental health, including those in vulnerable groups such as children looked after, children subject to child protection plans, children with disabilities and young offenders
- more children and young people with mental health problems to recover
- more children and young people to have a positive experience of care and support
- fewer children and young people to suffer avoidable harm
- fewer children and young people to experience stigma and discrimination

Success will be monitoring in achieving these aims, by the following measures:

- Numbers of schools, colleges and alternative educational providers providing a whole school approach to emotional health and wellbeing
- Numbers of children receiving emotional and mental health support when they, or professionals working with them, feel they need it
- Numbers of children receiving mental health assessment and support in a timely way
- Numbers and percentage of children and young people reaching the goals they set during their mental health support
- Numbers of young people who have an avoidable emergency department attendance due to their emotional or mental health needs
- Numbers of young people who have an avoidable hospital admission due to their emotional or mental health needs
- Numbers of young people who need to be cared for in inpatient provision, being cared for close to home and with as short a length of stay as possible

Services that are currently commissioned to provide emotional and mental health support to children, young people, families and carers in the Nottingham pathway include:

- 'Tier 2' Child and Adolescent Mental Health Services (Nottingham City Council)
- 'Tier 3' Child and Adolescent Mental Health Services (Nottinghamshire Healthcare NHS Foundation Trust)
- Behavioural and Emotional Health Team (BEH) (Nottingham CityCare Partnership)
- Counselling and self-harm services; Xenzone (KOOH), Base 51 and Nottingham City Council (SHARP).
- 'Tier 4' inpatient provision is commissioned and managed by NHS England.

Key service data from 2016/7 is summarised in Appendix 1. It shows that there continues to be significant demand for children's emotional and mental health services, and that there is still the need to increase the numbers of young people able to access the right support, from the right service (statutory or non-statutory) in a timely way. Whilst there has been significant progress in improving the data different services and agencies hold in relation to emotional and mental health, there is still significantly more data quality and analytical work to be done if we are to have a full picture of the support the children and young people are accessing, and critically, the impact it is having on their outcomes.

Involving children, young people and families

A priority over the last year has been the involvement of children, young people and families in the development of services for young people with mental health needs. One of the key areas of focus for Nottinghamshire Healthcare NHS Foundation Trust has been involving young people in the development of the new Hopewood Centre, which will be a newly built centre supporting children and young people requiring community or inpatient mental health care.

In Nottingham City Targeted CAMHS, the Service User's Group (SUG) has been meeting regularly since September 2016. The group has been involved with the following projects and initiatives:

- An art/photography project with the University of Nottingham called 'What is Recovery?';
- Input into the design of the young people's Passport currently being trialled by Nottingham City;
- Input into the CAMHS collaboration with Childline designed to provide support to young people ending their CAMHS partnership but who need some further support;
- Shaping the design of a research project being carried out by the University of Nottingham into the connection between regular exercise and mental health;
- Shaping plans for future CAMHS group interventions by giving a young person's perspective on what works well/less well in groups;
- Supporting each other with their recovery and sharing experiences of being supported by CAMHS.

Future plans for this group include developing ways to include SUG members on interview panels for CAMHS recruitment, fundraising activities to support the group's further development and planning future activities to ensure the group is able to continue to develop as a cohesive voice of service users in Nottingham City.

Nottingham City is also part of the MH:2K project, working in partnership with Involve and Leaders Unlocked. Through the project around 30 local young people representing the diversity within Nottingham and Nottinghamshire will train as citizen researchers, delivering a number of engagement events to engage their peers across the city and county, and to set their own priorities for improving young people's mental health. The project will culminate in a roadshow in May 2018, which will in turn inform our ongoing work through this plan, to improve children and young people's mental health.

What is known from our local stakeholders?

Over 2016/17 there has been continued engagement with stakeholders across the city and county through Nottingham City Children's Partnership Board, Nottinghamshire Health and Wellbeing Board and Children's Trust and GP Clinical Leads from the clinical commissioning groups (CCGs). The priorities from last year remain, notably:

- **Improvement in children and young people's access to effective support as early as possible.** Too many children, young people and families and too many professionals report not being able to access any support, or having to wait too long for support to be provided. We need to ensure that services are better joined up so that children don't 'bounce' around the system. This is particularly the case for children where there are behavioural concerns.
- Better engagement with **schools and colleges** to ensure that children and young people are able to access swift, consistent, and high quality emotional and mental health support, and to address issues of stigma. We also need to ensure that children in **alternative education provision** and those who are **electively home educated** have access to the same support.
- Supporting the needs of **vulnerable children**, including looked after children and care leavers and refugee and unaccompanied asylum seeking children and young people.
- **Develop the model of crisis response and home treatment** to ensure that children and young people are assessed as promptly as possible, whether in the community or acute settings, including emergency departments.
- **Prioritise the development of our whole workforce**, from staff supporting children and young people in universal settings, through to upskilling staff working in mental health services to deliver evidence-based interventions in line with CYP-IAPT. As well as growing capability within our workforce, we need to grow capacity within our workforce.
- Prioritise **transition arrangements** for young people who reach adulthood with ongoing mental health needs.

Delivering national priorities

Some national priorities have been set through the Five Year Forward View for Mental Health implementation guidance and NHS Operational Planning Guidance. "Must-do's" for 2017 – 19 include:

- Providing more high-quality mental health services for children and young people, so that at least 32% of children with a diagnosable condition are able to access evidence-based services by April 2019, including all areas being part of Children and Young People Improving Access to Psychological Therapies (CYP IAPT) by 2018;
- Expanding capacity so that more than 53% of people experiencing a first episode of psychosis begin treatment with a NICE recommended package of care within two weeks of referral;
- Commissioning community eating disorder teams so that 95% of children and young people receive treatment within four weeks of referral for routine cases; and one week for urgent cases; and
- Ensuring delivery of the mental health access and quality standards including 24/7 access to community crisis resolution teams and home treatment teams and mental health liaison services in acute hospitals.

Successes over the past year

Resilience, prevention and early intervention

In **Nottingham City**, Zippy and Apple's Friends **academic resilience** programmes are being rolled out in 8 primary schools, whilst a further 8 schools have attended Train the Trainer for the Character Curriculum programme being rolled out by the Council's Personal, Social and Health Education Team. A task and finish group has been established to coordinate the approach to supporting schools around emotional health, and a charter is being developed as a means to further embedding whole school approaches to emotional health.

Young people in the city continue to utilise **open access** support, with *Kooth* offering 2568 face to face appointments and 978 online appointments, and *Base 51* offering 994 face to face appointments.

Over the last year, the City has embedded the **New Forrest Parenting Programme (NFPP)**, which is an evidenced based parenting programme for children and young people whose symptoms and behaviours are associated with ADHD. NFPP offers one to one home visit intervention with the parents and the child (8 weeks) or the group based support (6 weeks) with parents. A total of 39 staff from a range of city organisations were trained in NFPP, with 20 practitioners identified to offer NFPP in the City. Outcomes with the programme are extremely positive: 38 families have been completed treatment using this model, and out of these, 26 parents completed pre and post measures evaluating the intervention received. As a group these 26 parents have self-reported clinical improvement in both ADHD symptoms in their child and an overall reduction in the impact and strain their child was having on them and their family (measured by the SNAP and Family strain index clinical questionnaires offered at the start and end of treatment).

Improving access to effective support – a system without tiers

Over the last year, there has been a strong focus in Nottingham City on **simplifying access** into services.

- There is a SPA integration working group which is attended by all disciplines involved in the ongoing development of the behavioural, emotional and mental health pathway. The working group reviews what has gone well, but also reviews areas of integration and joint working that could be improved.
- Currently, the individual service areas are developing referral criteria to enable better signposting within SPA. This also facilitates greater understanding regarding specific service areas.
- Over the past few months a specialist practitioner from specialist CAMHS has been co-located within the SPA to improve access to specialist CAMHS and, in addition, is able to support practitioners with challenging cases.
- There is always a member of the BEH team present in SPA to facilitate integration and a channel of communication.
- Despite the challenges in relation to accessing different data bases which the different organisations have, information sharing agreements are now in place to facilitate a model of integration that allows individuals from different organisations to gather information to ensure that robust assessments can be undertaken which will underpin the programme of care for the child/young person moving forwards.

In addition to strengthening to SPA, new universal practitioner posts have been funded, aiming to improve the interface between CAMHS and universal services, by providing case consultation, advice and support.

Services for young people with eating disorders

One of the new priorities within *Future in Mind* is the development of robust community eating disorder services. There is a well-established, dedicated *CAMHS Eating Disorder Service* (CEDS) covering Nottinghamshire County, Nottinghamshire City and Bassetlaw, which is a member of the Quality Network for Community Eating Disorder Services for Children and Young People

Early Intervention in Psychosis

The pathway for young people experiencing first episode psychosis in Nottinghamshire is for young people to be supported by Head 2 Head (Nottinghamshire Healthcare NHS Foundation Trust), a specialist service within CAMHS which also works with children and young people up to 18 years old who have emotional and mental health issues and are involved with the criminal justice system and/or use/misuse substances (dual diagnoses).

Urgent and Emergency Care

The response to young people experiencing mental health crisis continues to be a priority, both strategically and identified by the young people over the last year. The Crisis Resolution and Home Treatment Service, piloted from January 2016, has now been recurrently funded. The team was established for young people across Nottingham and Nottinghamshire in **mental health crisis**, offering crisis assessments in the community and in acute hospital settings, in-reach support to acute hospital and inpatient mental health settings, and intensive home treatment to those young people deteriorating into crisis. In 2016/17, the team received 793 referrals; 334 for crisis assessments (acute hospital or community) and 459 for intensive home treatment. The team has had a significant impact to date, with 96% of community crisis assessments being undertaken within the target time of four hours, thus providing a much more timely response to young people in mental health crisis. In addition, inpatient mental health admissions for Nottingham and Nottinghamshire patients have reduced from 95 in 2015/16 to 74 in 2016/17, suggesting a positive impact of the intensive home treatment element of the model.

Transitions

In last year's plan the need to improve the experience of young people transitioning from CAMHS into adult mental health services was identified. Nationally, this had also been recognised as a priority and as such, a national CQUIN was developed as part of the NHS contract covering the period 2017-2019. Collaborative work has been undertaken between commissioners and CAMHS and Adult Mental Health teams at Nottinghamshire Healthcare NHS Foundation Trust to develop the local plan for implementation. This includes transition principles, a process flowchart showing the point at which transition planning needs to start, who needs to be involved in multi-agency discussions and the option to form a transition panel

Care for the most vulnerable

Young people with learning disabilities and/or autistic spectrum disorder

There has been considerable work undertaken to embed the requirements of the national **Transforming Care** Programme, aimed at providing coordinated support to young people with learning disabilities and/or autistic spectrum disorder and comorbid mental health needs or challenging behaviour in the community where possible

Young people experiencing a Section 136 detention

Work has been continuing through the Crisis Care Concordat and supported by the two local safeguarding children boards, to improve the multi-agency pathway for young people detained under **Section 136** of the Mental Health Act, with the aspiration of reducing detentions, and in particular repeat detentions. A follow up audit was undertaken in October 2017 and the findings from this will inform next steps

Priorities to address in 2017/18 are:

- Further embedding **whole school approaches** to resilience across the City and County, and having these programmes independently evaluated.
- Developing an **emotional health and wellbeing charter** for City schools to work towards
- Further developing **joint working** between Targeted and Specialist CAMHS in Nottingham City, prioritising the joint workforce development, joint working in the SPA and developing care bundles and reduce waiting times.
- Further simplifying **access arrangements** for children and young people in need of behavioural, emotional and mental health support in the County.
- Increasing capacity within the **Community Eating Disorder Service** to ensure that the service can meet the access and waiting time standards.
- Mobilising the new **CAMHS liaison** function as part of the CAMHS Crisis model and evaluating the options for providing an overnight response in line with Core 24 requirements.
- Rolling out the **risk assessment tool** developed by collaborators including NUH and the University of Nottingham for young people who are admitted to paediatric wards with mental health needs.
- Developing a more robust and timely pathway for young people who experience **first episode psychosis** whilst already receiving support from community CAMHS.
- Replicating the framework for improving transitions from Community CAMHS, within Targeted CAMHS and Paediatric services supporting children with Autistic Spectrum Disorder and Learning Disability.
- Deliver improvements to the pathway for children and young people with potential ASD or ADHD in both Nottingham and Nottinghamshire.
- Ensure timely access to appropriate support emotional and mental health needs of refugee and unaccompanied asylum seeking children and young people
- Review current emotional and mental health provision for looked after children and care leavers against the national recommendations due to be published by SCIE in October 2017, and address any recommendations.

RECOMMENDATION

- 1) That Members of the Committee note the progress made in transforming services in support of children and young people's emotional and mental health.

Appendix 1. Annual summary of CAMHS data 2016/17
Nottingham City Specific Services

	Number of referrals into service	Number of CYP accepted into service during year	Average waiting time to assessment	Average waiting time to intervention (assessment to intervention)	Number of active cases as at 31st March 2017	Total number of face to face appointments offered during 2016/17
KOOTH (face to face)	386	379	2 weeks	8 weeks	117	2568
KOOTH (On line)	1047	1047	0	0	978 + 7977 messages	978
CityCare (Behavioural and Emotional Health Team)	1928	1926	0 (not able to provide as service model changed during the year)	0 (not able to provide as service model changed during the year)	Not available	Not available
Base 51	104	126	2 weeks	5 weeks	124	994
Nottingham City Council Looked After Children CAMH service	114	114	4-6 weeks	4 weeks	143	780
Nottingham City Council Multi Systemic Therapy services	86	127	2 weeks	2 weeks	31	1972
Nottingham City Council Targeted CAMHS	1525	1272	4-5 weeks	5 weeks	747	14336

Nottingham and Nottinghamshire Services

Nottinghamshire Healthcare NHS Foundation Trust Community CAMHS (please note that for Nottingham City this includes specialist CAMHS only)

CCG	Activity	Total Referrals	Accepted Referrals	Rate of accepted referrals	Avg Waiting Time Referral to assessment (Days)	Avg Waiting Time Referral to Treatment (Days)
NHS NOTTINGHAM CITY CCG	8620	857	841	98%	19	38

NHS England Commissioned Inpatient Mental Health Provision (Midlands and East)**Number of admissions**

CCG	Admissions
NHS NOTTINGHAM CITY CCG	28

Average length of stay: 120 days

Total length of stay (occupied bed days): 7917 bed days