

# **CHILDREN & YOUNG PEOPLES' MENTAL HEALTH IN NOTTINGHAM CITY**

## **Update for the Health and Wellbeing Board May 2022**

### **Purpose of the Report**

The purpose of this report is provide an overview of key updates in children and young peoples' mental health including a refreshed JSNA chapter, the Local Transformation Plan and the service model for the City.

### **Recommendations**

The Health and Wellbeing Board are asked:

- 1) To endorse the JSNA chapter on Emotional and Mental Health of Children and Young People, and support the implementation of the identified recommendations;
- 2) To note the transformation ambitions, progress to date, and service updates.

### **Information**

#### **Background**

1. The impact of COVID-19 on children and young people's mental health is still emerging. Local mental health services responded quickly to the COVID-19 crisis and adapted their service offers to include both telephone and online support, following NHS England guidance. During the recovery period, services have moved to providing a blended service model offer of face to face and digital support. The forthcoming JSNA chapter on COVID-19 impacts highlights some of the innovation, good practice and learning from mental health services for children and young people.
2. Local and national providers continue to report an increase in referrals to mental health services and children and young people presenting with more serious and complex needs.
3. The NHS Long Term Plan sets out key deliverables for children and young people's mental health including access to services, crisis provision and continued service improvements.

#### **Joint Strategic Needs Assessment (JSNA) Chapter**

4. The JSNA chapter on Emotional and Mental Health of Children and Young People has been developed for the city in parallel with a JSNA chapter for Nottinghamshire. The work on this started in June 2019, but was halted in March 2020, and then finalised over recent months. As noted at the outset, the data and information primarily refers to the pre-pandemic picture, and provides a reference point on 'what was then'.

5. The JSNA quantifies need: it is estimated that 8718 children in Nottingham City have a diagnosable mental health disorder at any one time. In 2018/19 there were 1763 children and young people referred to CAMHS Single Point of Access (SPA), 1014 referrals to Specialist CAMHS, 308 referrals to CAMHS Crisis Resolution and Home Treatment service (CRHT) and 141 referrals to CAMHS for Children in Care. Many more children and young people will seek support through informal networks and charity/voluntary services, and as is the case across the UK, it is likely that others will not seek help and will not be identified as needing help
6. The JSNA highlights unmet needs and gaps such as:
  - Many services in the public sector are still commissioned in isolation.
  - Reductions in funding to early intervention services have resulted in a reduction of universal provision and of parenting support.
  - Transition to adult care is still cited by young people as needing improvement,
  - More action is needed to reduce inequalities in mental health and wellbeing
  - Social media is both a risk and an opportunity
  - Local CAMHS are only commissioned to work with children and young people with neurodevelopmental issues where mental health is the primary presenting issue.
  - There is a gap in formal psychology input where children have adverse childhood experiences, or are below CAMHS threshold for emotional health difficulties
  - There is a gap in mental health support for Children in Care from other local authorities and for Nottingham children in care placed in other local authorities
  - There is a lack of high intensity long-term mental health support for children and young people with the highest level of mental health need alongside unsafe or challenging home environments.
  - Training for professionals to support for young people with autism spectrum disorder (ASD) is not yet in place.
7. Recommendations within the JSNA are identified for consideration by the CCG and ICS, the Local Authority, schools and colleagues, Nottinghamshire Healthcare Trust, and third sector providers and primary care networks. Implementation of the JSNA will be led by the Nottingham and Nottinghamshire Children & Young People's Mental Health Executive Group.

## **Transformation**

8. Local areas are required to have a system-wide local transformation plan (LTP) for children and young people's emotional and mental health. A LTP has been approved by the Nottingham and Nottinghamshire Integrated Care System Health and Social Care Board, and NHS England and NHS Improvement have reviewed and assured the Plan. The Childrens Integrated Commissioning Hub based in Nottinghamshire County Council Public Health co-ordinate the implementation of the system plan. The plan was refreshed in September 2021 and provides a comprehensive overview of achievements, future commitments to improve provision and outcomes for children and young people's mental health. It also reflects on the impact of COVID-19, recovery and restoration plans, and updates on milestones to deliver the ambitions set out in the NHS Long Term Plan (2019), and also those identified locally.
9. The Children and Young People's Mental Health Executive comprises of representatives from CCGs, Local Authority Children's Services, Public Health, local providers, NHS England and Improvement and Elected Members from Nottinghamshire County Council and Nottingham

City Council. The Executive are responsible for delivering a comprehensive action plan which is aligned to the Local Transformation Plan.

10. There is local commitment to the THRIVE model for mental health services for children and young people and their families, which replaces the traditional 'tier' system. The THRIVE approach requires integrated and person-centered services across five needs based groupings: getting advice and signposting; getting help; getting more help; and getting risk support; thriving<sup>1</sup>. The reviews of services and the wider pathway as part of system transformation across Nottingham and Nottinghamshire over the coming months will be structured in relation to the THRIVE model.

## Service updates

11. The NottAlone website (<https://nottalone.org.uk/>) was launched in 2021 to provide local mental health advice and help for young people across Nottingham and Nottinghamshire. NottAlone was co-produced with children, young people, parents and carers as part of the Wellbeing in Education Recovery steering group, and is intended to facilitate self-help, as well as timely access to support.
12. Mental Health Support Teams (MHSTs) are a key element of the transformation plan, purposed to provide additional support through schools and colleges, offering early intervention for mild to moderate mental health and emotional wellbeing issues such as anxiety, behavioural difficulties or friendship issues. They support the development of a 'whole school approach' to mental health, and act as a bridge between education and mental health services. The first two MHSTs in Nottingham started in January 2020, and the aim is to have provision across 50% of schools by 2024: By January 2024 Nottingham City will have 5 fully operational MHSTs, working within approximately 100 educational settings. The expansion will target vulnerable pupils such as those with SEND, Looked after Children and home educated pupils. A consortium bid from Wellbeing for Education Recovery has been successful in delivering Senior Mental Health Lead training for schools.
13. The CCG has recently commissioned a new ICS-wide Emotional Wellbeing Early Support, training and consultation service for Nottingham and Nottinghamshire. ABL Health are the lead provider for this service, and have subcontracted some elements of the previous offer in the City such as Kooth, though SHARP are not included in the model. The Be U Notts service has been operational since April 2022, with an ongoing Single Point of Access.
14. The Targeted Children and Adolescent Mental Health Service (CAMHS) works with children and young people aged 0-18 who are experiencing emotional and mental health problems, and their families and carers. Specialist staff use evidence-based interventions to support children and young people and to treat mild to severe mental health and emotional health needs. These needs include problems such as depression, anxiety, anger, trauma, self-harm and low mood. Targeted CAMHS in Nottingham is provided by a specialist team within Nottingham City Council. As an interim arrangement the service has joint funding from the Public Health Grant and the CCG through to March 2025. The CCG are leading a system-wide transformation programme, to develop a longer term clinical and service model for implementation. Public health colleagues will work as advisors with the CCG on the transformation of these services.

---

<sup>1</sup> The THRIVE Framework is described on the Anna Freud National Centre for Children and Families webpage: <https://www.annafreud.org/mental-health-professionals/thrive-framework/>

## Report Authors:

### **Helen Johnston**

Consultant in Public Health, Nottingham City Council

[helen.johnston@nottinghamcity.gov.uk](mailto:helen.johnston@nottinghamcity.gov.uk)

### **Gary Eves**

Head of Mental Health, Learning Disability & Children's Commissioning, Nottingham and Nottinghamshire CCG

[Gary.eves1@nhs.net](mailto:Gary.eves1@nhs.net)

With thanks to **Rachel Clark**, Children and Young People's Mental Health and Wellbeing Programme Lead, Nottinghamshire County Council Public Health and Nottingham and Nottinghamshire CCG and Bassetlaw CCG

## Background Papers

Nottingham and Nottinghamshire Joint Local Transformation Plan for Children and Young People's Emotional and Mental Health 2016-2022 <https://healthandcarenotts.co.uk/joint-local-transformation-plan>

FORTHCOMING: Nottingham City Joint Strategic Needs Assessment: Emotional and Mental Health of Children and Young People <https://www.nottinghaminsight.org.uk/themes/health-and-wellbeing/joint-strategic-needs-assessment/>