

Children and Young People's Mental Health Provision in Nottingham City

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Mental Health Needs of Children and Young People in Nottingham City

- A refreshed JSNA chapter around the emotional and mental health needs of children and young people was published on Nottingham Insight in 2022.

<https://www.nottinghaminsight.org.uk/themes/health-and-wellbeing/joint-strategic-needs-assessment/children-and-young-people/emotional-and-mental-health-needs-of-children-and-young-people-aged-0-25-years-2022>

- The recommendations from the JSNA have informed partnership priorities in this area.
- Partnership work around mental health is across the 0-25 age range and inclusive of young adults

THRIVE model

- The THRIVE Framework provides a set of principles for creating coherent and resource-efficient communities of mental health and wellbeing support for children, young people and families.
- The THRIVE Framework conceptualises the mental health and wellbeing needs of children, young people and families into five needs-based groupings and helps
- Supports pathway mapping and helps to identify and address gaps in services
- Partners have committed to use the THRIVE model to support change across the system.
- Resource has been secured to engage the National I Thrive team to support this work in 23/24.



NHS Long Term Plan 2019 - Key Ambitions

- There will be an increase in the number of children and young people receiving evidence - based community services. An additional 345,000 children and young people aged 0-25 years will be able to access support via NHS funded mental health services and school or college-based Mental Health Support Teams.
- The new waiting time standards for eating disorders will be achieved and maintained.
- CYP mental health plans will align with those for children and young people with learning disability, autism, special educational needs and disability (SEND), children and young people's services, and health and justice
- There will be 24/7 mental health crisis provision for children and young people that combines crisis assessment, brief response and intensive home treatment functions.
- There will be a comprehensive offer for 0-25-year-olds that reaches across mental health services for children and young people and adults.
- ICB and partners within this local transformation plan are committed to achieving the mental health investment standards detailed in the NHS Long Term Plan. It is expected that ICB investment will increase, considering any national inflation.

Children and Young People's Mental Health Governance

Children and Young People's Mental Health Executive

The Children and Young People's Mental Health & Wellbeing Executive Meeting group oversees the development and delivery of the Local Transformation Plan for Children and Young People's Mental Health. It meets 4 times per year. It covers the Nottingham and Nottinghamshire ICS footprint.

The Local Transformation Plan describes a cross system approach to improving Children and Young People's Mental Health. The plan is refreshed annually, with the last refresh taking place in September 2022.

The Executive includes representatives from the ICB, local authority children's services, education, public health, local NHS, elected members, non- NHS providers and NHS England in order to ensure a coordinated approach.

Engagement and co- production

Working with MH2K since 2017 to support transformation across CAMHS including

Eating Disorders

Crisis

Mental Health Support Teams in Schools

Transition

Involvement

Resource has been secured to work with MH2K for the next two years

Targeted City CAMHS:

Clinical & partnership developments

- Participation events; roadshows in schools and community, “Have your Say” capturing feedback and social media (You Tube, Instagram)
- Single Session Therapy training of Nottingham City Council & Nottinghamshire Healthcare Trust workforce
- Health Inequalities improvement Forum established
- Well-Being Empowerment Hub
- Complex case reviews (partnership between Targeted/Community CAMHS and Behavioural and Emotional Health Team)
- Increased group delivery (NICE recommended first line interventions) for range of ages and presentations
- Healthy Little Minds 0-2 parent/infant relationship team (SSBC funded) One of 46 such teams nationwide, and only 26% of CAMHS services offering this provision
- Regular attendance at Nottingham City Dynamic Support Register meetings (DSR)
- Work with City CAMHS Specialist Service

Targeted City CAMHS:

Resilience, Progression, Retention

- Workforce proposal and modernisation plan underway, with the intention of increasing resilience in leadership by including Head of Service to CAMHS structure, and enhancing clinical supervision for high and low intensity IAPT trained therapists.
- Further embedding THRIVE model by developing a Single Point of Access (SPA) team- including a dedicated SPA manager, and specific roles in line with our data intelligence and national guidance, including an LBTQ/EDI practitioner. This well-evaluated model will enhance our early intervention provision, increase interventions at the point of need, and extend our partnership working with services.
- Well-Being Hub : joint project with Nottinghamshire Healthcare Trust and Nottingham City Council as part of work to manage waiting times.
- Increasing delivery across the life span by development of Healthy Little Minds and developing pathway into Targeted CAMHS with parent therapists and interventions from 2 yrs of age. Partnership established with Perinatal Mental Health Team to ensure seamless and continuing provision.
- Ensuring professional development and progression within CAMHS by having IAPT qualified positions, and embedding clear objectives and roles within the workforce proposal.

Mental Health Support Teams in Schools

- MHSTs are in each locality across Nottinghamshire. In Nottingham City, this equates to approximately 80 schools.
- MHSTs are made up of new staff teams, including the new Education Mental Health practitioner role, children's wellbeing practitioners, systemic family practitioners, CBT therapists and EMDR therapists. We also have an educational specialist who is implementing trauma informed practise across secondary schools.
- The MHST rollout in Nottingham City will achieve around 75% coverage by Jan 2024.
- We are currently developing our offer to SEND specialist schools through a pilot project with one of our specialist provisions.
- MHSTs have also worked with wider Education colleagues to develop the NottAlone website and NottAlone LIVE event..

MHSTs have 3 core functions

- delivering evidence based early interventions
- supporting schools to develop their whole school approach to mental health
- Helping children and young people with more severe needs to access the right support. They build on and increase support already in place, not replace it.



NottAlone

- The award winning website launched in September 2021, during the pandemic.
- A 'one-stop' website and communication tool for users to access information, advice, guidance and signposting to relevant services based on location and age.
- Department of Education approved trainer for Senior Mental Health Leads in schools
- Currently being developed into adults advice, guidance and services to provide a central point of information for all things mental health in Nottingham City and Nottinghamshire.
- Recently collaborated with Nottingham City MHST to organise 'NottAlone LIVE'; an in person event attended by over 100 CYP and school staff, offering a range of stalls, workshops and guest speakers as part of the theme 'connecting' for children's mental health week.
- www.nottalone.org.uk

Be U Notts



- Be U Notts is a free mental health and emotional wellbeing service for Children and Young People, in Nottingham City and Nottinghamshire County
- The service delivers a range of emotional interventions to children and young people (0-25) presenting with low to mild emotional needs within the THRIVE model 'Getting Advice' and 'Getting Help'. Be U Notts also supports professionals through a consultation and training offer.
- Launched on 1st April 2022, the service continues to develop and embed coworking opportunities with external peer providers to contribute to the formation of a wellbeing pathway following the THRIVE model.
- The next phase of the project will further establish complimentary interventions and added value to the F2F / virtual interventions through the growth of a social prescribing / introduction network, building greater links that connect young people to projects that offer meaningful opportunities and activity.
- Cross system work is taking place across all early intervention services around emotional and mental health to join up services.

Interfaces between services

Targeted and Community CAMHS
Improvement Project

Early Intervention Transformation
Work

Pathway mapping and development
for young people at risk of offending

Self Harm Pathway work

Urgent and Crisis Care

- Nottinghamshire Healthcare Foundation Trust are the primary provider of 24/7 CAMHS crisis and mental health liaison provision in Nottingham and Nottinghamshire. The core offer includes:
 - Crisis support and intervention, including assessment and safety planning in the community and in reach into acute settings
 - Intensive home support and treatment, including weekend and evening support for children and young people with an eating disorder in partnership with the CAMHS Eating Disorder Service
 - 24/7 Crisis telephone support from a mental health practitioner
- Provider collaboratives have formed and are responsible for providing inpatient care for CYP. This includes the development of the Crisis 'Tier 3.5' model that offers:
 - Enhanced community support to offer a robust alternative to acute inpatient care for CYP experiencing a mental health crisis
 - Intensive home treatment and crisis response using a multi-disciplinary approach to provide a seamless pathway between Tiers 3 and 4, offering intensive intervention as an admission (Tier 4) alternative and robust step-down home treatment to expedite safe discharge
 - A staffing model including an ASD specialist and PBS trainers within the CAMHS service to enhance the skills within the team
 - Enhanced working relationships with the CAMHS Eating Disorder and Looked After teams ensuring resilience and out of hours elements of care.
- In April 2020, an all age 24/7 helpline went live so support can be accessed at any time of the day.
- Weekly system call with a range of partners to support CYP identified as being in an inappropriate setting and escalate discharge pathways
- Ambitions over the next year:
 - SHOUT
 - By April 2024, as recommended in the recent 'Delivery plan for recovering urgent and emergency care services' (Department of Health and Social Care and NHS England, January 2023), embed direct access to urgent mental health support through NHS 111 'option 2'

Eating Disorders

- Nottinghamshire Healthcare Trust are the provider of the CAMHS specialist eating disorder service.
- The national target requires services to ensure 95% of children and young people with an eating disorder can access treatment within 1 week for urgent presentations and 4 weeks for routine presentations. Following increased investment during 22/23, as of Q3 100% of urgent referrals start treatment within 1 week and 83.3% of routine referrals start treatment within 4 weeks.
- The service has worked with MH:2K to develop the CAMHS specialist eating disorder pathway to improve access and communication
- Recent developments include additional funding to support the Avoidant Restrictive Food Intake Disorder (ARFID) pathway which is due to go 'live' in April/May 2023 and the development of a medical monitoring pathway with primary care
- Health Education England and BEAT offer a range of free eating disorder training for professionals across the system

0-25 and SEND, Learning Disability and Youth Justice

- By 2023/24 areas must have comprehensive service models for 0-25, which align to other strategic priority areas.
 - A transition protocol between CAMHS and Adult Mental Health is in place and flexible transitions are being tested.
 - Transition posts between CAMHS and Adult Mental Health in place.
 - Engagement with CYP underway to understand how the offer for young adults can improve.
 - BE U Notts offering a service for CYP aged up to 25
- Further work aligning the SEND agenda with mental health will be undertaken as part of developments around 0-25.
- Cross system work being undertaken to support earlier access to mental health support for young people at risk of offending