

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 including progress in implementing the local transformation plan to improve children and young people's mental health.

Context

Following the publication of Future in Mind: Promoting, protecting and improving our children and young people's mental health and wellbeing (Department of Health and NHS England, 2015) local areas were required to develop a Local Transformation Plan (LTP) which detailed how the local system would transform services in line with the key areas below:

1. **Promoting resilience, prevention and early intervention:** acting early to prevent harm, investing in early years and building resilience through to adulthood
2. **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.
3. **Care for the most vulnerable:** developing a flexible, integrated system without barriers
4. **Accountability and transparency:** developing clear commissioning arrangements across partners and identified leads
5. **Developing the workforce:** ensuring everyone who works with children, young people and their families is excellent in their practice and delivering evidence based care
6. **Increase the number of children and young people receiving treatment** from the NHS commissioned community service by 32%.
7. **Make progress towards delivering the 2020/2021 eating disorder waiting time** standard whereby 95% of patients receive their first definitive treatment within four weeks for routine cases and within one week for urgent cases.

It is now three years since partners developed the local transformation plans for Nottingham and Nottinghamshire. 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 and East CCG, NHS Nottingham West CCG and NHS Rushcliffe CCG.

The Local Transformation Plan is refreshed every October and includes details of developments over the last year and plans for the following year. NHS England reviews the plan using 'Key Lines of Enquiry (KLOE)' to ensure the plan meets all the required criteria. Once the plans have been assured by NHS England it is signed off by Nottingham City CAMHS Executive and circulated through CCG governance for information. A paper is also provided to the Health and Wellbeing Board within the Local Authority.

The Five Year Forward View for Mental Health Implementation guidance and NHS Operational Planning Guidance details the "Must-do's" for 2017-2019. These 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 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.

Service Delivery

In Nottingham City there are a number of Child and Adolescent Mental Health Services (CAMHS) which are delivered by the following providers:

- Community Specialist CAMHS provided by Nottinghamshire Healthcare NHS Foundation Trust
- Targeted CAMHS provided by Nottingham City Council
- Behavioural and Emotional Health support provided by Nottingham CityCare Partnerships
- Face to face and online counselling provided by KOOTH
- Face to face counselling provided by Base 51
- Early intervention and prevention services provided by the SHARP team (Nottingham City Council)

Key achievements

Since the LTP was first published, there has been a significant amount of transformation undertaken to improve support for children and young people's emotional wellbeing and mental health. A summary of the developments are detailed below, which cover the key areas of the local transformation plan identified above.

1. Promoting resilience, prevention and early intervention

A task and finish group has been established in December 2017 to co-ordinate the approach to support schools around emotional health, and a charter identifying best practice has been developed as a means to further embed whole school approaches to emotional health in Nottingham City.

Zippy and Apple's Friends academic resilience programmes were piloted in 8 primary schools in 2017. The University of Belfast is currently analysing the collected data and the final report is due to be published soon.

From April 2017 to December 2017, 14 schools attended training sessions from the **Character Curriculum Programme** which was delivered by the Council's Personal, Social and Health Education Team and 17 schools received resources to support their curriculum.

Nottingham Trent University undertook an independent evaluation of the Character Curriculum Framework and its use in schools. They found that :

- Staff consistently articulated how Character Education helps equip children with essential life skills
- Character Education was considered as enabling school staff in complementing their academic curriculum to the ultimate benefit of academic achievement
- Character Education was viewed as a means of engaging reluctant students in their learning to meet academic targets

- Staff mentioned that Character Education has some limitations, but that these are generally outweighed by the benefits

A task and finish group was established to coordinate the approach to supporting schools around emotional health, and a charter identifying best practice was developed as a means to further embed whole school approaches to emotional health.

A **Best Start Children's Public Health Service** for 0-19 year olds, with a focus on emotional health and wellbeing, has been commissioned and will work closely with the Early Help Team on delivering an integrated service for the 0-5 year old age group from April 2020.

The **New Forest Parenting Programme** (NFPP) is an evidenced based parenting programme for children and young people whose symptoms and behaviours are associated to ADHD, up to the age of 12 years (however it can be adapted for teenagers too). From January 2017 to date 132 families have been worked with on a one to one basis or as part of the group. Of these, 76 parents/carers saw an improvement in their child's symptoms.

Targeted CAMHS and SHARP

Targeted CAMHS has a **Universal Services CAMHS Practitioner** who works directly with schools and universal services around children and young people. The role offers support and training to staff in schools/services, to help them to gain confidence in working with mental health needs, and prevents them referring to CAMHS when this is not required.

Targeted CAMHS have also been developing their links with local schools to offer support such as an initiative call **Time4Me**, where young people can access direct monthly support in their secondary school from a consistent CAMHS professional. There is also a project for primary schools called '**Amazing Me**' which provides early Intervention to promote Emotional Wellbeing in primary schools. Primary Schools are encouraged to use this and it has been embedded into 'The Routes to Inclusion' for schools to be included as part of good practice.

Next Steps is a joint partnership venture between Targeted CAMHS and NSPCC Childline developing ways Targeted CAMHS can help children and young people achieve their next steps and goals following their support from CAMHS.

The SHARP team is commissioned to provide early intervention and prevention activities to support children and young people, professionals, families and carers where there are behavioural, emotional or mental health needs for children and young people in Nottingham City to reduce self-harming behaviours in children and young people has achieved the following:

- SHARP offers monthly self-harm clinics to **City secondary schools, Nottingham College and the Children Looked After team**. Approximately **80% of young people seen over a 2.5 year period have received support from universal Services and not required input from Targeted/Specialist MH Services**.
- The SHARP team delivers assemblies in schools and colleges raising awareness about support available in the City. The team also delivers various workshops on 'Exam Stress-Less', 'harmful and risk behaviours', and awareness around transgender/gender dysphoria.
- The team runs the Trans4Me group which supports young people who identify as transgender/non-binary and the SHARP4 Parents which offers support to parent/carers.

During 2017/18 and early 2018 Nottingham City Council (Targeted CAMHS and the SHARP team) have undertaken the following participation work:

- Teens 4 Change came together to support each other, undertake projects and consulted to co-design Targeted CAMHS to fit their needs, develop a mental health passport, website development and team communications.
- Launch of the CAMHS Newsletter to help better communicate and tackle the misconceptions of CAMHS, to promote mental health and wellbeing using an anti-stigmatising approach.
- Your Voice participation day at Splendour Festival where the service engaged with 120 people to share their views on CAMHS and participation. The themes from the event will be used to inform future participation.

Kooth

Kooth is commissioned to provide open access support to young people across Nottingham City, providing face to face and online counselling as well as a range of other online emotional health support tools such as moderated forums and self-care tools. The Integration and Participation lead within Kooth has visited a number of schools to promote the service at staff meetings and schools assemblies and this will continue through 18/19, with a particular focus on engaging young males.

Base 51

Base 51 is commissioned to provide face to face counselling services and access to wider health support such as sexual health. The service runs drop-in sessions and over 400 sessions have been run from April 2016 to March 2018. Base 51 also provides targeted projects and open access services to young people that aim to create a holistic approach to wellbeing. The open access provision had 1,706 new members during the period April 2016 to March 2018.

Behavioural and Emotional Health Team

The Behaviour and Emotional Health Team has been commissioned for 2 years until 31 March 2020. The service provides 1:1 support for children and young people who require bespoke support for behaviour management. This service provides support where universal services have undertaken a package of care and there has been no improvement.

MH:2K Project

MH:2K - a youth led approach to exploring mental health, was commissioned to undertake an innovative engagement programme. The programme recruited 31 diverse young people as the project's 'Citizen Researchers'. The Citizen Researchers explored information about youth mental health and their own experience and views and identified top five mental health challenges facing young people in the area. The areas identified were:

- Stigma and public awareness
- Treatment and therapies
- Education and prevention
- Cultures, minorities and genders
- Family, friends and carers

Over three months, the Citizen Researchers co-led 30 workshops for their peers, engaging 647 other young people in Nottingham and Nottinghamshire. Through the Roadshows, the Citizen Researchers collected a wealth of information ensuring representation from a diverse group of young people which identified their views on the mental health challenges they face and their ideas for solutions.

The Citizen Researchers presented the project's findings and recommendations to range of stakeholders from Nottingham and Nottinghamshire at a Big Showcase, and took part in a panel-style question and answer session.

- The recommendations from the MH:2K project is seen as an integral part of driving the ongoing work to improve children's emotional and mental health outcomes through the local Future in Mind transformation plan
- Young people from the project attended a Targeted CAMHS Team Day on 21st November 2018 to give the team feedback on their views on the importance of participation for young people and also to give ideas on how to improve the service and how to gain further participation from young people and their families
- A poster will be co-designed detailing support available that children and young people can access when they need it. This is one of the recommendations from the project

The **Small Steps Big Changes programme** continues to aim to improve child development outcomes through universal maternal mental health screening and preparing for parenthood and building adult capacity and capability.

2. Improving access to effective support

Targeted CAMHS Single Point of Access (SPA) works alongside the Nottingham City Multi-Agency Safeguarding Hub (MASH). This model has ensured that over the last 4 years 95% of cases remain at a Targeted CAMHS or universal level, only escalating to specialist community CAMHS when required. There is a clinician from the Specialist Community CAMHS team co-located within the SPA with the aim to improve access to specialist community CAMHS and further develop joint working.

A new multi-agency Access Working Group led by **Targeted CAMHS** has been reviewing how children and young people and families self-refer to the service and get **access to help quickly**. This includes guided **self-help** as a first line of treatment, or to provide support while waiting for their CAMHS appointment. This review will be completed by March 2019.

Joint work is taking place to support integration between Targeted and Specialist CAMHS to ensure services are streamlined and children and young people can access the service which best meet their needs.

Nottingham City have recurrently funded **Crisis Resolution and Home Treatment Service**, which is commissioned from Nottinghamshire Healthcare NHS Foundation Trust, for young people in mental health crisis, offering crisis assessments in the community and in acute hospitals. This service operates from 10am to 10pm. The service will be evaluated in March 2019 which will include feedback from service users and wider stakeholders.

Early Intervention in Psychosis (EIP)

The national target for this service is for 53% of young people referred to EIP should receive NICE concordant treatment within 2 weeks. In Nottingham and Nottinghamshire young people are assessed and treated within the Head to Head Service, which provides NICE compliant treatment for psychosis, bipolar disorder and schizophrenia. Head to Head is a specialist team within Specialist CAMHS. It should be noted that whilst psychosis can affect all ages, it is rare in young people and is not ordinarily apparent until older teenage years. During 2018/19 Nottinghamshire Healthcare Foundation Trust has met the access and waiting time standard. Due to small numbers we are unable to include exact figures due to data protection.

Transition

Transition between CAMHS and adult mental health services has been recognised as a priority both locally and nationally. A national Commissioning for Quality and Innovation (CQUIN) was agreed as part of the NHS contract for 2017-2019.

The following has been undertaken:

- A **transition protocol** has been developed utilising NICE guidance for the management of transitions from CAMHS to adult mental health
- A **transition panel** has been created to facilitate the process. This is jointly staffed by CAMHS and adult mental health
- Each CAMHS team has an identified **CAMHS Transition Champion** and this is being replicated in adult mental health.

3. Care for the most vulnerable

An early priority has been to consider the mental health support to young people with learning disabilities, in line with the national programme '**transforming care for children and young people with Autistic Spectrum Disorder or Learning Disability, and challenging behaviour/mental health needs**'. A risk register for children and young people at risk of admission to an inpatient mental health bed has been put in place within CAMHS and the Care and Treatment Review process has been implemented.

There is a priority to ensure that young people requiring **inpatient mental health provision** are cared for as close to home as possible, with as short a length of stay as possible. These services are commissioned by NHS England Specialised Commissioning Teams. A regional collaborative commissioning group has been established to review bed provision required locally and also to enhance community CAMHS Crisis provision to provide as much support as possible in the community and reduce the need for an inpatient admission.

Within Targeted CAMHS there have been a number of developments during 2017/18 in to improve care for the most vulnerable: This includes

- Pilot of **Time Limited Adolescent Psychodynamic Psychotherapy (TAPP)** to support adolescents who require more in depth assessment and therapy for more complex or trauma history presentations such as attachment disorders and emotional dysregulation. It is hoped that in two years' time this will be embedded.
- **Self-harm** joint-protocol ensures the Targeted CAMHS and the SHARP team respond jointly, alongside social care colleagues, within 48 hours when there are serious concerns about a child/young people's self-harm or suicidal behaviours.
- **Animal assisted therapy** – the service has a trained and qualified therapy dog working with children and young people who need more support to feel comfortable to develop therapeutic relationships that have additional needs making accessing talking therapy more difficult.

There is a commitment to ensuring that young people requiring inpatient mental health provision are cared for as close to home as possible, with as short a length of stay as possible. Commissioners are therefore working with Specialised Commissioning through the regional collaborative commissioning group, both to influence the bed types required locally by our young people, but also to ensure that as we enhance our community CAMHS Crisis provision, we have the right skill mix to provide support to young people with evidence based approaches in relation to the particular types of presentations that young people are being admitted with. Part of this work includes improving the pathway between community and

inpatient services, particularly for young people with social care needs as well as mental health needs.

In June 2018 Nottinghamshire Healthcare NHS Foundation Trust (NHFT) opened the new Hopewood site which provides Specialist community CAMHS for children and young people in the Nottingham. The Hopewood environment and workforce model enables the highest standards of care to patients from across the county who may have previously had to travel to a hospital bed far from home.

Hopewood Inpatient Facilities are:

- 12 bed Specialist Eating Disorder Unit (Pegasus Ward)
- 12 bed General Adolescent Unit (Phoenix Ward)
- 8 bed Psychiatrist Intensive Care Unit (Hercules Ward)
- 8 bed Perinatal Mother and Baby Unit (Margaret Oates)
- The Lookout Educational Unit

Hopewood aims to support, young people, and new Mothers through a period of significant difficulty and distressing time for them and their parents/carers.

4. Accountability and transparency

Improving data quality and availability continues to be a priority and is a requirement that all NHS commissioned services, including non-NHS providers flow data for key national metrics in the Mental Health Services Data Set (MHSDS). CAMHS at Nottinghamshire Healthcare NHS Foundation Trust have been able to flow data through the MHSDS since 2016/17 and work has continued to ensure that data reported locally reflects data reported from the MHSDS. Targeted CAMHS provided by Nottingham City Council has been flowing data through the MHSDS but due to some technical issues the system is returning a 'nil' for access. Nottingham City Council is working with the North of England Commissioning Support Unit to resolve the issues. Work will continue for the remainder of 2018 and in 2019/20 to ensure that 'indirect contacts' flow to the MHSDS and all relevant data is captured and reported.

In line with the requirements of CYP-IAPT, **the use of routine outcomes measures has been embedded** in CAMHS. Work will continue through 2018/19 to develop systems across all providers to ensure that by April 2019 outcome measures are flowed to the MHSDS as recently mandated by NHS England.

5. Developing the Workforce

Nottinghamshire is part of the **CYP-IAPT (Improving Access to Psychological Therapy)** programme (Oxford and Reading Collaborative) and continue to engage with the training provided. Since 2015 members of CAMHS staff at Nottinghamshire Healthcare NHS Foundation Trust (NHFT) participated in a range of training including Cognitive Behavioural Therapy (CBT), Systemic Family Practice and Interpersonal Psychotherapy for Adolescents. Team Leads have also accessed Transformational Leadership training.

NHFT have also recruited to new "recruit to train" CBT and Children and Young People's Wellbeing Practitioner (CYPWP) posts, initially funded by Health Education England, which aims to address the national workforce challenges. Staff who have been accepted into service on these temporary contracts have been offered permanent posts within the service.

The role of the CYPWP within CAMHS is an exciting development, offering low-intensity, evidence-based, short term interventions for children and young people with mild mental health difficulties.

50% of the **Targeted CAMHS** workforce are trained in specific evidenced based therapies. The offer includes; Interpersonal Psychotherapy for adolescents (IPT-A), Systemic Family Practice (SFP), Enhanced Evidence Based Practice (EEBP) and a pilot of Time Limited Adolescent Psychodynamic Psychotherapy (TAPP).

Nottingham City Council has continued to roll out the Mental Health First Aid training. During 2017/18 12 courses have been delivered with 128 Youth Mental Health First Aiders being trained across the Children's workforce.

6. Increase the number of children and young people receiving treatment from the NHS commissioned community service by 32%.

The Five Year Forward View for Mental Health has outlined targets to improve access treatment for children and young people, these include:

Commissioning and providing high-quality mental health services for children and young people, so that at least 35% of children with a diagnosable condition are able to access evidence-based services by 2020, including all areas being part of Children and Young People Improving Access to Psychological Therapies (CYP IAPT) by 2018.

At the end of 2017/18 NHS England conducted a one off data collection from all providers to reconcile the year end position in relation to the increasing access target. This showed that Nottingham City was achieving a 25% access target rate against a target of 30%.

Nottinghamshire Healthcare Foundation Trust has been flowing data to the Mental Health Services Data Set (MHSDS) since April 2016 and both commissioners and provider are now confident that data reported via the MHSDS accurately reflects direct and indirect contacts young people receive, with 2 contacts equating to a young person being in 'treatment'.

It should be noted that Nottinghamshire Healthcare Foundation Trust do not hold sole responsibility for delivering all activity linked to this measure. There are a number of CCG commissioned services whose activity helps to deliver against this measure. A Recovery Action Plan is in place in order to improve data quality issues not only with NHFT, but our other commissioned providers which will have a positive impact on our access rate.

7. Make progress towards delivering the 2020/2021 eating disorder waiting time standard whereby 95% of patients receive their first definitive treatment within four weeks for routine cases and within one week for urgent cases

In 2016 new access and waiting time standards for community eating disorders were introduced which mandated that by 2020 95% of young people with a diagnosed eating disorder will start treatment within 1 week for an urgent referral and within 4 weeks for a routine referral. To ensure that the CAMHS Eating Disorder Service can achieve the access and waiting time standard by 2020 CCGs have committed **additional recurrent funding** to increase the capacity within the service. This will allow the service to remodel and offer a same day 'assess and treat' model to ensure young people start treatment at the earliest opportunity. This additional funding will also enable the service to offer parent and sibling groups which have been piloted during 2017/18 and evaluated as successful.

Priorities and Actions for 2018/19 and 2019/20

The following section outlines priorities and actions for the remainder of 2018 and for 2019:

- In order to ensure young people access CAMHS – a Sustainability and Transformation Partnership wide approach to engagement and communication is planned so that young people, parents and carers, and other stakeholders are aware of the services available and how they can be accessed. Key actions and timescales will be agreed at the Integrated STP Mental Health and Social Care Partnership Board in November 2018
- Work will continue to develop the **Crisis response** for children and young people. Work is already underway to develop a multi-agency CAMHS Discharge pathway, particularly for those young people who self-harm. A working group has been established including representatives from across community, acute and social care in order to map current pathways and develop a joint policy and procedure across Nottingham City and Nottinghamshire County. The joint policy and procedure will be finalised by January 2019. Once the procedure has been signed off and agreed by all partners, commissioners will assess how the impact can be evaluated
- Further service development will be undertaken with the CAMHS Eating Disorder Service and CAMHS Crisis and Home Treatment Service to ensure that the crisis response and out of hours offer for children and young people with an eating disorder is effective and equitable. This will include a review of current practice which will take place during quarter 1 2019/20 once the new model has been embedded. Depending on the findings of the service review and the level of transformation required, commissioners will aim to embed any changes during quarter 2 2019/20
- The CAMHS Eating Disorder Service will introduce the **same day ‘assess and treat’** model to ensure that they achieve the **access and waiting time standard** in January 2019 once recruitment has been completed. They will also develop sessions for parents/carers and siblings. A review will take place in Q1 2019/20 once the new model has been embedded
- The Crisis Resolution Home Treatment (CRHT) and Liaison service are not currently able to offer a 24/7 service, in line with Core 24 recommendations. Children and young people presenting at Emergency Departments outside of the hours of 10 am to 10 pm receive support Rapid Response Liaison Psychiatry within Adult services who have received additional investment to deliver the Core 24 standard, therefore 24/7 provision is available. Further work will be undertaken to review the service model for Children and young peoples’ CRHT
- Further work is being undertaken to ensure that children and young people requiring specialist CAMHS are assessed as quickly as possible and that there is sufficient capacity in the system to enable this. This will be completed by December 2018
- An Action Plan is in place in order to improve data quality issues with commissioned providers to **Increase the number of children and young people receiving treatment** from the NHS commissioned community service by 32%, this continues to be a priority area
- Recruitment for additional staff for the team is in progress and on track to have posts recruited to and operating a new model by March 2019 to meet the **eating disorder**

waiting time standard whereby 95% of patients receive their first definitive treatment within four weeks for routine cases and within one week for urgent cases

- Work will continue to align the newly commissioned **Best Start Children's Public Health Service** and Nottingham City's internal **Early Help Services for 0-5 year olds** in order to deliver an efficient and effective integrated service model that promotes emotional health and wellbeing.
- City schools will be supported to achieve the **Emotional Health and Wellbeing Charter**
- Work will continue to support and embed the **Small Steps Big Changes** programme in Nottingham City through universal maternal mental health screening, preparing for parenthood and building adult capacity and capability to improve child development outcomes
- Continue to offer Mental Health First Aid training to the children's workforce

Conclusion

Significant work has been undertaken to improve the mental health and wellbeing of children and young people in the city. However, there is further work to do to ensure that services are meeting the needs of children and young people. There are a number of priorities including increasing the numbers of children and young people who are able to access CAMHS and ensuring that the CAMHS Eating Disorders Standards are met. In addition, it is important that Targeted and Specialist CAMHS are fully integrated to ensure that children and young people are supported as quickly and effectively as possible.

Appendix – Testimonials from Citizen Researchers from the MH:2K Project

“Those who know me well will know I’ve suffered from social anxiety for as long as I can remember and how debilitating the effect of this has been. I never write status’ or really share my personal life with people but after today I feel inspired to do so, for anyone who needs to hear it.

This time two years ago I struggled to do class presentations in front of around 20 people without having an anxiety attack, to the point I would feel like I couldn’t breathe.

After making the first step and seeking help for my anxiety, I became more confident and was able to do so many things that I would never have been able to do previously (as ‘minor’ as going to the shops by myself). This inspired me to join a mental health project that aims to give young people a voice and improve mental health services for young people - both within Nottinghamshire and nationwide. A few months ago during a public speaking exercise, I challenged myself to have the same ‘confidence’ I have on stage when I’m dancing, in my public speaking endeavours. Since then, not only have I co-led two group sessions for young people on our mental health roadshow, I have just presented some of our key findings and recommendations at our ‘MH:2K Big Showcase Conference’ in front of around 100 people, including key decision makers and industry professionals.

I’ve met so many strong individuals during this project and I’m very proud of myself and my MH:2K family for coming this far and giving young people a voice. My mental health journey hasn’t been easy and is far from over yet, but it has been worth it.

Mental health is SO important and something that EVERYBODY has, yet when we have problems with our mental health, they are negatively stigmatised and misunderstood.

We must gain a better understanding of mental health problems and learn to accept and support the people who suffer from them - not judge and ostracise them. You never know what somebody is going through”.