

CHILDREN AND EDUCATION SCRUTINY COMMITTEE	AGENDA ITEM No. 5
18 NOVEMBER 2021	PUBLIC REPORT

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CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH SERVICES

RECOMMENDATIONS
It is recommended that the Children and Education Scrutiny Committee notes the content of this report along with the transformation and challenges that are facing children and young people's mental health provision.

1. ORIGIN OF REPORT

1.1 This report is submitted to the Children and Education Scrutiny Committee following a request from the Committee at an agenda setting meeting held on 13 September 2021.

2. PURPOSE AND REASON FOR REPORT

2.1 The purpose of this report is to provide information requested by the Committee at their work programme planning meeting of June 2021.

2.2 This report is for the Children and Education Scrutiny Committee to consider under its Terms of Reference No. Part 3, Section 4 - Overview and Scrutiny Functions, paragraph No. 2.1 Functions determined by Council:

Children's Services including

- a) Social Care of Children;
- b) Safeguarding; and
- c) Children's Health.

3. BACKGROUND AND KEY ISSUES

3.1 Children and young people's mental health services have experienced an increase in demand and acuity across the spectrum of need both locally and nationally. Prevalence of Children and Young People's Mental Health (CYPMH) has increased from 1 in 10 Children and young people in 2004, to 1 in 9 in 2017, to 1 in 6 in 2020. This demand has impacted access standards in all services. In addition to increasing number of referrals, staff sickness, covid isolating requirements and vacancies add to the pressures within the system.

Despite the challenges, services have continued to operate albeit with reduced capacity, and a plan of transformation and expansion has developed at pace to mitigate the emerging risk.

This report provides the committee with some details about the range of services which are/have been implemented and those that are in the process of being developed.

3.2 **Mental health strategy**

Pre covid Cambridgeshire and Peterborough CCG have had a Local Transformation Plan which provided strategic direction for children and young people's mental health. A summary document has been developed to outline achievements over the past 5 years and is available through the following link.

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

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, which will be co-produced with our local children and young people and their families/carers and will prioritise the Systems ambitions alongside delivering the commitments of the NHS Long Term Plan over the next 3 to 5 years. The aim is for this strategy to be completed in spring 2022 and will build upon work undertaken to date. Importantly this strategy will be aligned to and support other system strategies such as Best Start in Life, Stronger Families, Strong Communities, Suicide prevention.

3.3 **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.

The committee will be keen to know that from April to June 2021 the team received 194 referrals and had 93 contacts from Peterborough.

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 76 referrals from April to June 2021 of which 19 came from Peterborough.

3) Mental Health Support Teams in Schools (MHST)

Across Cambridgeshire and Peterborough, there has been significant work to be involved with the national development of mental health support teams. Initially two teams commenced 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 bidding for additional monies to ensure wider roll out of these teams and have secured resource to implement a further 6 mental health support teams. The teams will be rolled out 2 per year over the next 3 years, with the next wave starting in January 2022. In recognition of the increased demand are deprivation one of the team's starting in January 2022 will be in Peterborough. 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 until there is coverage across all schools/education settings.

The main 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.

The next wave of teams will be based in Peterborough and Whittlesey/March/Chatteris areas and start in January 2022. Currently recruitment of staff is underway and a comprehensive plan to recruit schools/education settings is in place. Appendix B shows the schools for Peterborough involved with the MHST (Wave 4 started January 2021 and Wave 6 starts January 2022)

Below is data for Q2 2021/22

	Huntingdon	Cambridge	Peterborough	Wisbech
How many education settings do you have in this quarter? (total)?	23	14	9	20
"How many education settings made a referral this quarter? (per MHST site)	23	14	9	20
"Number of Children and Young People in the reporting period being supported by each MHST	158	113	61	58

3.4

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

The service has seen huge demand

July – processed 1,055 referrals (435 were transferred from CHUMS)

August – 355 referrals

September – 566 referrals

October – in first week, 43 and 37 referrals were received on two of the days.

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 a remains challenging due to the ongoing workforce issues and the number of vacancies. This is especially challenging for band 6 roles; however, the partners are sharing the promotion of roles and have a tracker to understand vacancy rates and areas of risk and are actively exploring the feasibility of creating new roles for the hard to recruit areas. The expansion of children wellbeing practitioner trainees is helping to fulfil some of gaps whilst maintaining adequate supervision of trainees. The workforce challenges are not unique to Cambridgeshire and Peterborough and 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.

The committee will be pleased to note the service is already considering its future development plans – with a review of 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 two weekly Partnership board where the partners, commissioners and wider stakeholders discuss progress, challenges, opportunities, and next steps.

3.5 **Kooth**

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.

3.6 **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 and obsessive-compulsive disorder.

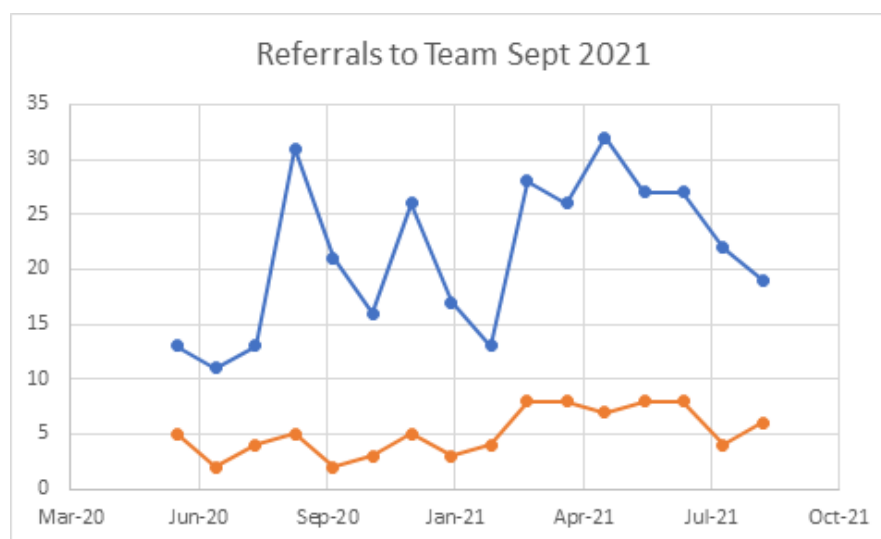
Access to the different mental health pathways is now through the YOUUnited referral hub. The aim being to streamline the referral pathways and reduce a duplication of referral or “bounce” around the system and improve children, young people and families experience of support and access to services.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

3.7 **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 and acuity of need being presented since the pandemic. This is impacting on waiting times and demand for more intensive support. The team is working hard to create solutions to deliver support 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.

Current performance as of June 2021 – (National data set)

	Cambs and Peterborough	East of England
Urgent cases (<1 week) 95%	60.0%	58.6%
Routine cases (<4 weeks) 95%	77.8%	73.1%



Blue: total referrals
Orange: urgent referrals

The above shows data from the local team and as the committee will note the service is not currently meeting the access targets. The CCG is working closely with CPFT to explore options for improvement.

Despite the significant pressures the service is working hard to address issues and transform the services. The CCG has agreed additional investment in 2021/22 and this 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 is a key factor in progression of them. It is important to note that due to National high demand and lack of Tier 4 mental health inpatient beds, there are more acutely unwell children and young people in the community than prior to the pandemic which the team are supporting. The CCG, with support from Local Authority colleagues continue to liaise with NHS England to seek solutions for increasing capacity for Tier 4 services.

3.8 Crisis Service

A revised delivery model for the children's crisis service 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, those 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 the emergency department or in 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 growing as recruitment of suitably skilled staff continues. The team is accessed either through calls to first response service (NHS 111 option 2) or through attendance at 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 is currently being recruited to and once there is sufficient staff in post the service will commence delivery. The home treatment team will also work with the Darwin ward

(Tier 4 general adolescent mental health ward) to ensure a consistent pathway between inpatients and community provision.

First response service

- 3.9 This service is for anyone, of any age, living in Cambridgeshire and Peterborough. It is a 24 hour a day service, 7 days a week 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.

Inpatient provision

- 3.10 Mental health inpatient beds are being commissioned and managed by a regional network of providers called a Provider Collaborative, this includes children inpatient eating disorder beds and child and adolescent mental health inpatient beds, as well as some adult mental health provision. They 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 number of Cambridgeshire and Peterborough young people in an inpatient mental health bed at any one-time 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.

Neurodevelopmental pathways

- 3.11 The neurodevelopmental service provides a diagnosis service for Autism and Attention Deficit Hyperactivity Disorder (ADHD) and also ongoing mental health support for those with autism, ADHD and or those with a learning disability who are 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.

Voluntary sector

- 3.12 *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.

Digital Support

- 3.13 As part of the local advice provision, the CCG 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. The CCG 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 maintain quality assurance of them in a quickly changing digital market.

School based support

3.14 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 economic service (PSHE) to develop a training programme for staff and teaching resources for staff to use with pupils with eating disorders

4) Wellbeing for Education Return (WER) – Autumn sessions

The final session is being scheduled for November 2021 and will centre on the following.

- Introduction to WER Local Offer (delivered by YMCA/Healthy Schools):
- Schools Resource document
- Mental Health Competency Framework
- WER training opportunities

Access targets and Outcome measures.

3.15

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 increasing from the baseline of 25% of children and young people 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 communityMH service.	466	360	596
minimum additional CYP aged 18-25 receiving treatment from an NHS-funded communityMH service	136	204	272
minimum additional CYP in contact with Mental Health Support Teams	1,928	2,932	3,976

In addition to increasing access 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 upload 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 implementation and to overcome the challenges for consistent use of outcome tools and different IT systems being able to record and upload the data.

To conclude

3.16

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. The aim of the school collaborative work in 2021/22 is to further identify and signpost education settings to the even broader range of support available.

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.

4. CONSULTATION

4.1

Consultation undertaken with young people in 2020 to develop the I-statements for the new YOUUnited service. Family Voice Peterborough are members of the children and young people's mental health board who oversee all the initiatives detailed within this report.

4.2 Co-production and consultation with key stakeholders is the basis for the mental health strategy and other service developments such as, YOUnited, Mental Health Support Teams in Schools.

5. APPENDICES

5.1 Appendix 1 – Children’s wellbeing practitioners service provision
Appendix 2 – Mental health support teams school list for Peterborough

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