

SLOUGH BOROUGH COUNCIL

REPORT TO: Education and Children's Services Scrutiny Panel

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PART I

FOR INFORMATION AND COMMENT

LOCAL TRANSFORMATION PLAN CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING (EAST BERKSHIRE) UPDATE DECEMBER 2019

1. Purpose of Report

This report provides an overview of the work that has been undertaken as a result of the [Local Transformation Plan \(LTP\) of the Children and Young People Mental Health and Wellbeing \(East Berkshire\) Plan](#).

The report provides a more detailed overview of some of the key areas of development including the:

- implementation of the Mental Health Support Team and Getting Help Team in Slough (early intervention for Mental Health Support)
- young Health Champions

The LTP plan is currently being refreshed. The new plan will be published by Mid- December 2019.

2. Recommendation(s)/Proposed Action

The committee is recommended to note and comment as appropriate on the work that has been undertaken amongst partners to deliver the outcomes in the published LTP.

3. The Slough Joint Wellbeing Strategy, the JSNA and the Five Year Plan

The [Slough Joint Wellbeing Strategy](#) (SJWS) is the document that details the priorities agreed for Slough with partner organisations. See Appendix 1 for mental Health and Well-Being data taken from the JSNSA.

3a. Slough Joint Wellbeing Strategy Priorities

The Slough Joint Wellbeing Strategy aims to improve the health and wellbeing of the local community and reduce inequalities for all ages. It uses the JSNA as its evidence base. *Priority 3: Improving the mental health and wellbeing of slough's residents is one of the strategy's key priorities. Additionally, the LTP also has a focus on vulnerable groups so links to the priorities 1 *Protecting vulnerable children and 2 Increasing life expectancy by focusing on inequalities.**

3b. Five Year Plan Outcomes

The work of the Local Transformation Plan directly contributes to the following outcomes in the Council's Five Year Plan:

1. *Slough children will grow up to be happy, healthy and successful*
2. *Our people will be healthier and manage their own care needs*

4. Other Implications

(a) Financial - There are no financial implications of proposed action

(b) Risk Management - None

(c) Human Rights Act and Other Legal Implications - None

(d) Equalities Impact Assessment - None

(e) Workforce: The below are the additional new posts that have been created linked to the early intervention work – Mental Health Support Team and Getting Help Teams.

Mental Health Support Team –
Slough
NHS E and Health Education funded
(funding comes to CCGs)

Additional Early Intervention capacity
funded through existing CCG monies –
East Berkshire

Description	AFC Grade	WTE
	Insert grade	Insert WTE
Admin	4	0.5
EMHP	5	4
Supervisor/Practitioner	6	1.4
Supervisors/higher level therapists	7	1
Team Leader	8a	0.5

Staff will be employed by Berkshire Healthcare but will sit in and form part of LA Early Help teams (MHST will work peripatetically in the cohort of selected schools)

5. Supporting Information

Background to the refreshed Local Transformation Plan

- 5.1 The government report *Future in Mind* (Source: *Future in Mind 2014*) was published in 2014. This report described the changes that were vital to improve children and young people’s mental health. These changes are especially important given that:
- 50% of mental health problems in adult life (excluding dementia) start by the age of 14 and 75% by the age of 18
 - 1 in 10 children and young people need support or treatment for mental health problems
 - Mental ill health can affect the life chances of the young person including lower educational achievement, reduced life expectancy and is strongly associated with behaviours that pose a risk to their health such as drug and alcohol abuse and risky sexual behaviour.
- 5.2 The recommendations made in the report were based around five key themes:
- 1) Promoting resilience, prevention and early intervention
 - 2) Improving access to effective support – a system without tiers
 - 3) Care for the most vulnerable
 - 4) Accountability and Transparency
 - 5) Developing the workforce
- 5.3 The full report can be accessed via:
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf
- 5.4 [*The Five Year Forward View for Mental Health*](#) was published in February 2015. This outlined the ambitions that the NHS should strive for mental health across all ages:
- Everyone should have access to high quality mental health services when
 - needed, as close to home as possible,
 - Bring mental and physical health together
 - Promote good mental health, prevention and early intervention.
- 5.5 The Five Year Forward View supported the approach laid out in *Future in Mind* that it was vital that we have a, “... *model for wider system reform which involves the NHS, public health, voluntary, local authority and youth justice services working together through Local Transformation Plans to build resilience, promote good mental health and make it easier for Children and young people to access high quality care.*” (Page 23).

Description	AFC Grade	WTE
	Insert grade	Insert WTE
Admin	3	1.5
RtT CYP Wellbeing Practitioners	4	3
CYP Wellbeing Practitioners	5	4 .5 (+1 extra BF)
Supervisor/Practitioner	7	1.8
Team Leader	8a	0.8

5.6 The NHS Long Term Plan was published in January 2019. This document lays out the NHS's plans and priorities for the next decade. The plan makes a renewed commitment that children and young people's mental health services will grow faster than both overall funding and total mental health spending. Nationally, the NHS Long Term Plan has committed to:

- An extra £2.3 billion for mental health services per year by 2023/24, with a commitment to a proportional increase in funding for children and young people's mental health
- An ambition to support an additional 345,000 children and young people with their mental health through CAMHS, community mental health services and help in schools and colleges by 2022/23
- An expansion of age-appropriate crisis care for children and young people, including a 24/7 telephone hotline for those experiencing a mental health crisis
- Creating a comprehensive mental and physical health model for 0–25 year olds to avoid difficult transitions into adult services at 18 years old
- New services for children with complex needs which are not being met, including children who have been victims of sexual assault

5.7 Clinical Commissioning Groups (CCGs) are required to publish their Transformation Plan outlining their ambitions. In October 2016 East Berkshire CCG published their Plan following sign off from senior leaders within the East Berkshire CCG and local Health and Well Being Boards. The original Transformation Plan included the following vision:

East Berkshire's ambitious vision is that by 2020/21 or before, commissioned high quality evidence based mental and physical health services will be fully integrated, inclusive, accessible, timely, and responsive and informed by the needs expressed by children, young people, parents and carers. This vision is fully inclusive of services from routine, to urgent and specialist.

5.8 NHS England requires CCGs to regularly refresh and republish their Transformation Plans. Our Local Transformation Plan (LTP) describes how as a local system we are working to improve the emotional wellbeing and mental health of all children and young people (CYP) across East Berkshire. This is in line with the national ambition and principles set out in the government document "Future in Mind – promoting, protecting and improving our children and young people's mental health and wellbeing" (2015).

5.9 In October 2016, East Berkshire published its first LTP, which was approved by NHS England. In March 2017, a refresh of the original plan was undertaken and an interim assessment of progress towards achieving local ambitions was carried out. At the end of October 2018, NHS England approved an updated version of the LTP, which was then published in January 2019.

5.10 The LTP covers the whole spectrum of services for children and young people's emotional and mental health and wellbeing within East Berkshire. It involves professionals working together and with children, young people and their families/carers to design and provide the best possible services. Whilst NHS East Berkshire CCG is the lead for the coordination of this plan, the plan is a system wide plan.

5.11 Summary of progress: In our previous LTP we stated our ambition to not simply adjust existing services, but to transform them across the whole system. The

strengthened governance arrangements and multiagency, partnership-group working that we put in place last year have allowed us to progress our work at pace. We are an ambitious partnership with integration, collaboration and co-production at the heart of our transformation agenda.

Below are some of the highlights from our achievements since publication of our previous plan in January 2019

- Strengthened governance arrangements and refreshed multiagency LTP-group working are ensuring shared ownership of the CAMHS transformation agenda.
- The Young Health Champions (peer education/co-production) programme has been set up in Slough. Young Minds have carried out a learning evaluation to help support the scale-up of this work. See section 5.17
- There has been an increase in the numbers of CYP being supported across our providers
- A review of our eating disorder service has been completed. As a result of this review, additional investment has been made to ensure that by Jan 2020 we will be reaching national access and waiting-time standards for urgent and routine referrals. This additional funding will also allow for:
 1. Providing intensive meal support (with a home treatment element where appropriate) for complex cases requiring this level of help
 2. Preventative and early intervention: dedicated time to provide teaching/training to GPs and school nurses to help identify and manage the early signs of eating disorders
- We succeeded in our bid to be one of the 2019 wave of sites selected to implement the new Mental Health Support Teams (MHSTs), as set out in the Children and Young People's Mental Health Green Paper and the NHS Long Term Plan. This team has been allocated to Slough, See Section 5.18.
- We are doing more to combat health inequalities including recruiting a LAC CAMHS worker, continuing funding to local YOTs (CAMHS/Speech and Language Support), offering LQBT awareness and mental health training.
- A new integrated early intervention offer is in development and is being co-produced with a range of stakeholders, including CYP themselves. This will enable us to provide a comprehensive CAMHS offer and allow us to provide help earlier through dedicated Mental Health Practitioners. The total investment for this specific work is half a million pounds. See section
- Psychological perspectives in education and primary care (PPEP Care) training has continued to be rolled out across the workforce in education (teaching and support staff) and health (GPs, practice nurses, school nurses, A&E staff and others, including LA staff, youth workers, YOT). 2469 professional/volunteers have already received this training. 1145 individuals were trained from Slough. (441 individuals were trained from a mixed geographical area which includes Slough
- We are publishing a new, annual East Berkshire children's workforce training offer tailored to mental health (November 2019) to ensure a more coordinated approach to CPD opportunities for the CYP workforce
- 39 professionals and volunteers are training as Mental Health First Aid England Instructors. They will then be able to support the roll-out of free training for 144 professionals/volunteers as Mental Health First Aiders.

- A specialist training programme is being delivered aimed at developing a restorative approach to improving the mental health and wellbeing of our children and young people (CYP). 22 senior leaders from Slough have attended this training to date and we are rolling out line manager and frontline practitioners training in 2020
- A successful CCG-funded waiting-list initiative has been completed. In October 2019 East Berkshire CCG allocated a significant investment to Berkshire Healthcare to reduce waiting times for autism assessment. The funding was used to put in place a digital solution: interactive online assessments via Healios. This has significantly reduced the waiting times for autism assessments. The average waiting time for an autism assessment has dropped by 45.8% in East Berkshire from 83 weeks in October 2018 to 45 weeks in June 2019.
- A comprehensive, all-age, multiagency systems review of autism and ADHD services has taken place. Over 90 stakeholders were consulted on the current provision and gaps in services and were asked to co-produce a design for improved future services. An East Berkshire system-wide approach is in place to deliver the recommendations from the review's findings. Additional funding has been allocated from the CCG for ongoing project management.
- The voluntary sector has continued to provide information and support to families whose children are waiting for autism or ADHD assessments, or who already have a diagnosis. *While autism is not a mental health condition, it is estimated that 71% of people with autism also have mental health difficulties.*
- A tripartite panel has been set up to ensure a multiagency, coordinated approach for CYP with complex needs. This includes CYP who are in Section 117 aftercare (whilst not all of the CYP who are discussed at the panel have mental health issues, a significant number of them do). The panel includes representation from LAs, NHS England, the CCG and an expert consultant psychiatrist.
- Young people have been trained as young commissioners to support the commissioning cycle and procurement of any future commissioned work.
- Increased capacity in local, age-appropriate crisis-response services, through commissioning additional support (CYP psychiatric liaison) to cover CYP experiencing a mental health crisis who attends at Frimley Hospital.
- We have developed a multiagency process for CYP presenting in crisis at Wexham Park. This has been developed by Slough Children's Service Trust, Health (Acute and Rapid Response (CAMHS)).
- Our Transforming Care Programme for People with Learning Difficulties has been extended for a year, which means we can align this to future work. The programme includes: seeking opportunities to expand the adult intensive support team to children and young people; learning from a review of community-based learning difficulties services.

5. 12 Summary of ongoing challenges

- New prevalence data was published in 2019. The last survey, conducted in 2004, found that 1 in 10 children aged 5–15 had a mental health disorder (emotional, behavioral, hyperactive or other). In the newly released 2017 figures, this has risen to 1 in 9. When we include older children and look across all children and young people aged 5–19, we find that 1 in 8 (12.8%) have at least one mental disorder. This change has largely been driven by an increase in emotional disorders (including anxiety and depression), which for 5–15 year olds rose from 3.9% in 2004 to 5.8% in 2017.

- The needs of CYP who are being supported by our specialist services are increasingly complex.
- Demand for eating disorder services outstrips the nationally modelled rate. We have seen an increase in complexity in the needs of young people who require help. In addition, there continues to be increased public expectation of the NHS and from the NICE guidance to expand service offers (for example new guidance on including treatment for Avoidant Restrictive Food Intake Disorder within the eating disorder offer).
- Recruitment and staff retention in our specialist services
- There has been an increase in the number of CYP whose mental health and behavioural problems are so complex their needs cannot be met in the community. Whilst the number of such cases is small, they are our most vulnerable young people.
- The availability of suitable inpatient beds close to home is poor and there is a lack of local inpatient beds for young people with eating disorders.
- As demand on services continues to grow, we are experiencing financial pressures across the system, requiring increased investment.
- Flowing data onto the national MHSDS involves multiple providers with differing IT systems and data-governance arrangements.
- Our area has increasing numbers of vulnerable young people, for example CLA and SEND with EHCPs.
- Mental health is a crosscutting theme and the work needed to transform this agenda is pulling on a range of partners from the system. Although there is widespread commitment to continue to progress the transformation work, feedback has been that this work has been very time-consuming. Whilst there may be a desire to change, competing demands on time and external factors may prevent that change from happening at the pace required.

Young Health Champions programme

- 5.13 The engagement and participation of children and young people has been crucial for the ongoing development of our mental health services and priorities reflected in this plan. To guarantee that it remains a priority, we added co-production as an enabler in our previous LTP. Over the last year, we have continued to work closely with a range of children and young people through key professionals and youth-voice mechanisms, such as our expanding Young Health Champions network.
- 5.14 To further develop our participation work with children and young people, NHS East Berkshire CCG has allocated funding to further develop our Young Health Champions (YHC) programme, accredited by the Royal Society of Public Health. Based on a partnership between health, education, Local Authorities and the voluntary sector, this project has allowed us to move our participation approach from consultation to co-production.
- 5.15 Phase 1 of the programme has already started in Slough and Bracknell Forest, and Phase 2 has seen this extend to more secondary schools across these areas as well as coming to RBWM in 2020. The project aims to:

- Deliver a young people-led, peer-education emotional wellbeing programme
 - Form a co-production network to support peer engagement, communication and service design and commissioning
- 5.16 In Slough the Young Health Champions programme are now in all secondary schools (with a sixth form). We have also piloted a community based programme partnering with the voluntary sector and National Citizen Service. This brings the total of Young Health Champions to 62 young people.
- 5.17 In July 2019 Young Minds carried out a learning evaluation on the Young Health Champions programme, exploring how it has adapted and responded over time. The evaluation report included a number of recommendations that have helped to inform the CCG's scaling up of the YHC programme across East Berkshire. Additionally, in our local model for the Mental Health Support Teams (see section 5.24 – 5.28) we have built in the Young Health Champions programme. You can read the full Young Minds report here: [Young Minds Youth Health Champions Report \(East Berkshire\)](#).

Early Intervention – Mental Health Support Team and Getting Help Team

Getting Help Teams (East Berkshire)

- 5.18 The development of a new early intervention model, designed to give children and young people better access to early help to meet any emerging emotional and mental health needs, sits within Outcome 2 of the LTP. Our previous LTP described how, collectively, we intended to establish a coordinated and jointly commissioned approach for early intervention mental health support to reduce the reliance on specialist CAMHS.
- 5.19 During 2019 we have held engagement sessions with diverse local stakeholders, including education and health support services and children and young people themselves (including our Young Health Champions). The themes from these sessions and the results of a detailed needs assessment by our public health team have helped inform our commissioning intentions and allowed us to produce an improved model for early intervention.
- 5.20 Central to the new model is the principle of integration through collaboration, joint working and co-production. Building on existing support, rather than replacing it, our commissioning intentions for this work are to:
- Create a new integrated pathway for emotional health and wellbeing which is based on joint working, collaboration and co-production.
 - Create a single point of entry for emerging mental health difficulties (i.e. emotional health triage) via LAs' early help systems.
 - Implement a more comprehensive CAMHS offer by providing evidenced-based (NICE Guidelines) early support for emerging mental health difficulties to children and young people aged 0–19. This will be achieved through the creation of a number of new dedicated CYP mental health posts – staff will be employed by Berkshire Healthcare but sit within early help in each LA

- Create a new branding for the CAMHS partnership of providers, including the voluntary sector.
- Create a new CAMHS partnership website.
- Deliver on a wider range of workforce development initiatives to enhance the system's response to emotional health need in East Berkshire. The focus will be on a train-the-trainer approach to allow for sustainability.
- Develop emotional wellbeing drop-ins within the local community to improve ease of access to advice and support.
- Continue to work with the voluntary sector to offer youth counselling support as part of the new pathway.
- Continue to offer a digital option but recommission this from March 2020 (our current contract with Kooth is until the end of March 2020).
- Expand the Young Health Champions network to support co-production and peer education.

5.21 We will expand our workforce of mental health professionals in order to:

- Provide timely, evidence-based support, care and interventions for children and young people who are experiencing mild to moderate mental health problems.
- Support children and young people who present with developing or emerging problems. The new mental health professionals may also provide support for those who present with more complex needs, which will require joint working with and signposting to appropriate services.
- Work with wider early help teams work to support a multiagency approach to mental health and wellbeing across the early help system, including advice, consultation and training.
- Create a multiagency emotional health triage system in order to strengthen existing early help within LAs.

5.22 Operating under the Thrive model, the new early intervention offer will support families, schools and local communities with linking into risk support and Getting More Help from specialist mental health services when difficulties are acute, severe and/or enduring. The model will use a restorative approach, which means that we will work “with” and not “to” or “for” our communities, partners and service users.

5.23 These developments will allow us to offer a more integrated pathway, reducing the fragmentation that currently exists within the system. The new model will also help to reduce the pressure on our specialist services (CAMHS): currently approximately 40% of referrals into Common Point of Entry are not accepted (as they require a lower level of support).

Mental Health Support Team

5.24 In Slough there will be an enhanced model through the implementation of the Mental Health Support Team

- 5.25 In July 2019 we succeeded in our bid to be one of the 2019 wave of sites selected to implement the new MHSTs. With funding from NHS England and Health Education England, East Berkshire has been allocated one team, consisting of an administrator and four Education Mental Health Practitioners (EMHPs), supervised by a senior-level therapist, a senior practitioner and a team leader.
- 5.26 We have chosen to base this MHST in Slough because it is the locality with the highest prevalence of mental health disorders in our area.
- 5.27 The team will cover a cohort of identified education settings in Slough starting from September 2019 and will be fully operational by August 2020.
- 5.28 MHSTs will have three core functions
- 1) To deliver evidence-based interventions for mild to moderate mental health issues, alongside existing provision such as counselling, educational psychologists and school nurses. This will build on the menu of support already available and will not be replacing it.
 - 2) To support a Senior Mental Health Lead in each education setting to introduce or develop a whole school or college approach.
 - 3) To give timely advice to school and college staff and liaising with external specialist services to help child and young people get the right support and stay in education.

6. **Comments of Other Committees**

- 6.1 The progress was shared with the Health and Social Care Partnership Board on 29/10/2019 during a more general update about children and young people's mental health and wellbeing.

7. **Conclusion**

- 7.1 The LTP covers the whole spectrum of services for children and young people's emotional and mental health and wellbeing within East Berkshire. It involves professionals working together and with children, young people and their families/carers to design and provide the best possible services. Whilst NHS East Berkshire CCG is the lead for the coordination of this plan, the plan is a system wide plan. The plan is currently being updated and will be published by the end of December 2019.
- 7.2 One of the key areas of focus over the last years has been linked to outcome two in the LTP which states:

Children and young people will have access to early help to meet any emerging emotional and mental health needs

We specifically stated that we would:

Establish coordinated and jointly commissioned approach for early intervention mental health support to reduce the reliance on specialist CAMHS

The Mental Health Support Team and Getting Help Team are all focused on early intervention support to build additional capacity in the system. These teams are currently being implemented and will be fully operational by September 2019.

8. **Appendices Attached**

'A' - Needs Assessment

Appendix A- Needs Assessment

Mental Health and Wellbeing data children and young people take from

JSNA Slough CCG Locality Profile 2017 accessed via <http://www.slough.gov.uk/downloads/slough-CCG-profile-2017.pdf>

- In October 2017, Slough CCG had 45,643 registered patients aged less than 19 years of age. 29% of the CCG's total registered population are under 19.
- 2,055 pre-school children (aged 2 to 5) and 2,380 children school-age children (aged 5-16) are estimated to have a mental health disorder.
- 935 young people (aged 16 to 19) are estimated to have a neurotic disorder.
- The prevalence of mental health disorders in school-age children vary by age and sex, with boys more likely (11.4%) to have experienced or be experiencing mental health problems than girls (7.8%). Children aged 11 to 16 years olds are also more likely (11.5%) than 5 to 10 year olds (7.7%) to experience mental health problems. In 2012, 2,380 children aged 5-16 were estimated to have a mental health disorder in the CCG.

Table 1: Estimated number of children with mental health disorders in Slough CCG by age group and sex

All mental health disorders			
Gender	5 to 10 year olds	11 to 16 year olds	Total number
Boys	735	735	1,470
Girls	360	550	910
Total	1,095	1,285	2,380

Children requiring support from Child & Adolescent Mental Health Services (CAMHS)

CHIMAT's Needs Assessment for Slough CCG estimates that 9,355 children and young people may require support from CAMHS. This has been broken down for each of the CAMHS Tiers:

CAMHS Tier 1: 5,865 children and young people.

- *(Service provided by professionals whose main role and training is not in mental health. These include GPs, health visitors, school nurses, social services, voluntary agencies, teachers, residential social workers and juvenile justice workers.)*

CAMHS Tier 2: 2,735 children and young people.

- *(Provided by specialist trained mental health professionals. They work primarily on their own but may provide specialist input to multiagency teams. Roles include clinical child psychologists, paediatricians, educational psychologists, child psychiatrists and community child psychiatric nurses.)*

CAMHS Tier 3: 725 children and young people.

- *(Aimed at young people with more complex mental health problems than those*

seen in Tier 2. This service is provided by a multidisciplinary team, including child and adolescent psychiatrists, social workers, clinical psychologists, community psychiatric nurses, child psychotherapists, occupational therapists and art, drama and music therapists.)

CAMHS Tier 4: 30 children and young people.

- *(Aimed at children and adolescents with severe and/or complex problems. These specialised services may be offered in residential, day patient or outpatient settings. These services include in-patient units, secure forensic adolescent units, eating disorder units, specialised teams for sexual abuse and specialist teams for neuropsychiatric problems).*

Hospital admissions for mental ill-health in children and young people

- In 2015/16, children aged 0 to 17 had 17 hospital admissions for mental health disorders in Slough CCG. This was a rate of 42 per 100,000 populations, which is significantly lower than the national rate of 85 per 100,000 populations. Self-harming is much more common in children and young people who have mental health disorders, with approximately 10% of 15-16 year olds having self harmed.
In 2015/16, there were 72 hospital admissions for self-harm in Slough CCG at a rate of 267 per 100,000 population. This was significantly better than the
- England rate of 423 per 100,000 population. It is important to note that hospital admissions do not show the full extent of self harm. The majority of young people who do self-harm will either not harm themselves in a way that needs medical treatment or they will deal with it themselves.