

Report of the Strategic Director Children's Services to the meeting of the Children's Services Overview & Scrutiny Committee on the 5 August 2020

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Subject:

Children's and Young People's Mental Health – Update

Summary statement:

This paper provides update on progress to improve mental health support for children and young people.

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Portfolio:

Children & Families

**Overview & Scrutiny Area(s):
Children Services and
Health and Social Care**

1. SUMMARY

- 1.1. This paper provides the Children's Service Overview & Scrutiny Committee with an update on progress made to review and improve mental health support for children and young people.
- 1.2. The committee is asked to note the action plan, highlight areas for consideration and attention and support the System Review currently underway.

2. BACKGROUND

- 2.1 This report provides an update on work commenced since November 2019.
- 2.2. The report covers the work of the Mental Health Sub-Group which has focussed on improvements to CAMHS and the Project team responsible for working with the Centre for Mental Health to conduct the System Review of Children's Mental Health.
- 2.3 The report also provides members with an overview of work that has taken place in response to the Covid-19 lockdown.

Progress to date

Children and young people's mental health sub-group

- 2.4 The children and young people's mental health sub-group was established in November 2019.
- 2.5 There was a clear commitment to take a full system view and understand that the pressures and demands on CAMHS (Child and adolescent mental health services) were part of a whole picture of emotional and mental support for children and young people which begins at prevention, early identification and help.
- 2.6 The sub-group identified four key areas of immediate action:
 - Developing a coherent whole system pathway that can be understood by young people, their parents or by professionals.
 - To address the waiting list for specialist CAMHS treatment through system working.
 - Providing parents with support and advice.
 - Information and communication across the system and with children, young people and families.
- 2.7 The sub-group developed an action plan which further breaks down the above areas into smart actions. This action plan is now complete in its current form and the Sub-group is working to produce a refreshed version.
- 2.8 In addition, Bradford District Care Foundation Trust has commenced a programme of *Rapid Improvement* to address the delays in referral to assessment, assessment to treatment and waiting times. This work is being

supported by the sub-group partners.

- 2.9 One of the key actions of the sub-group has been the development of a coherent pathway and work is ongoing to develop a trusted referral and assessment process to enable the smooth referral process for children to the right support. This is now complete and the members are producing guidance notes to roll out to partners and stakeholders. In addition, work is almost complete to develop a single, multi-disciplinary hub for all referrals to come through. A single referral form has also been developed and we will look to making this a digital resource.
- 2.10 A second key area of delivery has been the waiting list initiative and work on this is underway.
- 2.11 The Parental support sessions are being co-designed by the Roller-coaster parenting group and a large piece of work is taking place to ensure clear information and communications about the mental health offer is available to parents, children, services and communities. A final area is the development of a coherent communication campaign to promote awareness and understanding of mental health.

Rapid Performance Improvement Week (RPIW)

- 2.12 Bradford District Care Foundation Trust is working together with partners across the system to take a quality improvement approach to addressing and implementing sustainable change on issues identified with access to specialist CAMHs. There are three RPIW themes that have ambition to:
- Access to and response from the specialist CAMH service is swift and timely, in line with local and national standards, ensuring children, young people and families do not experience unnecessary waits to receive appropriate assessment and interventions.
 - Children, young people and families experience a seamless pathway to and through intervention, supported using routine outcome measures, demonstrating progress and flow through to discharge.
 - Services/pathways will be evidence based, measurable and meet the needs of children, young people and families flexibly in a variety of settings
- 2.13 The first RPIW took place the week commencing 10 February 2020 and focussed on the referral to assessment process for urgent and non-urgent referrals. We know that there is variation in the process and the quality of access and internal waits need to be addressed.
- 2.14 The team has drastically reduced the average wait time for referral to assessment and this now stands at 30 days with a further ambition to reduce this to 20 days.
- 2.15 The team has also implemented a system to ensure all referrals receive phone contact within 5 working days of the referral being made. There is a multi-disciplinary/cross-sector ambition to support this to take place and to ensure that referrals are routed to the most appropriate place for support.

Trailblazers in schools

- 2.16 The Mental Health Support Team (MHST) approach was set out in Transforming Children and Young People's Mental Health Provision: a Green paper which builds on existing government commitments, set out in Future in Mind and The Five Year Forward View for Mental Health, to create integrated partnerships between health, education, social care and voluntary, community and social enterprises (VCSEs) to keep children and young people at the heart of mental health care, and ensure that everyone is able to access the right help, in the right setting, when they need it. Bradford is one of 40 areas across the country to be a trailblazer site.
- 2.17 We have two sites for the MHST in Bradford City and Craven. The current MHST are undergoing training for one year and will be fully established by January 2021.
- 2.18 We have an ambition to expand to two further teams to cover Bradford South and Bradford North/Keighley by 2021.
- 2.19 With additional resource provided by NHS Bradford City Clinical Commissioning Group, we have expanded the trailblazer to reach the whole City Locality and also to include an all age scope from 0-25. This will help us to identify good practice for further roll out as national ambitions for the delivery of 0-25 mental health services become clearer.

System Review

The System review of children and young people's mental health services commenced in November 2019 and a project team led by colleagues from the Centre for Mental Health, the Clinical Commissioning Group, Bradford Council, Bradford District Care Foundation Trust and the Voluntary Sector has been set up.

- 2.20 The review aims to provide a full system overview of our challenges to children's services for mental health, understand our demand and need and help to identify and prioritise areas of improvement.
- 2.21 The review took place in three phases. Phase 1 took place between November 2019 and January 2020 and focussed on strategy and policy review and data analysis. Phase 2 commenced in February 2020 included stakeholder engagement and good practice analysis completed in May. Phase 3 completed in June and the final report was presented to the sponsors; the Strategic Director Children's Services, Chief Executive of the Clinical Commissioning Group and the Chief Executive of Bradford District Care Foundation Trust.
- 2.22 The report makes key recommendations on five areas:
- Leadership, commissioning, and strategy across our whole system of emotional and mental wellbeing.
 - Understanding the needs, Data and insight to inform our planning and

service provision.

- Collaborative model of support – implementing the i-Thrive model across the whole pathway from early help to specialist support.
- Access and navigation of the whole range of support.
- Investment and resource prioritisation.

2.23 An exec summary of the final report is shared in Appendix 1.

2.24 The report has since been shared with the Mental Health Partnership Board and they are developing an implementation plan to share with the Health and Care Executive Board.

2.25 Children and young people's mental health has been selected as one of the system programme priorities by the Health and Care Executive Board. This will ensure a focus in terms of capacity and expertise for the next year to embed the recommendations of the review.

Covid-19 response

2.26 In response to the coronavirus outbreak the Mental Wellbeing Partnership Board established a task and finish group to oversee the work and maintain governance through the lockdown.

2.27 Many services have changed the way they work in order to continue to provide the best mental health support possible for our local children and young people, whilst complying with social distancing measures.

2.28 We have supported all services to move to remote working solutions and worked with regulatory bodies to ensure guidance is updated (e.g. the British Psychological Society, the British Association for Counselling and Psychotherapy) but maintained some face to face work through 'Garden Visits' and street walks.

2.29 We have increased capacity to telephone and safer spaces services for children and for their parents.

2.30 We have developed clear communication and information tools for parents, professionals and children to use (see Appendices).

2.31 There has been specific work around the risk identified for children who are shielded, living in households that have a shielded parent/carer or are vulnerable for other factors (abuse, poverty, BAME etc.) and those who have experience grief and loss (social, financial, loved ones). This is reflected in our ways of communicating, reaching into communities and service delivery.

3. OTHER CONSIDERATIONS

3.1 The work of the sub-group is directly governed by the Mental Wellbeing Partnership Board which is a cross-sector partnership and reports to the Health and Wellbeing Board.

4. FINANCIAL & RESOURCE APPRAISAL

- 4.1 This System Review has highlighted this as a key action for the programme group to prioritise. The sub-group is in the process of collating all financial information.

5. RISK MANAGEMENT AND GOVERNANCE ISSUES

- 5.1 The governance structure of this work sits within Mental Wellbeing Partnership Board and will report to the Executive Board where both the Council and CCG's are represented.

6. LEGAL APPRAISAL

- 6.1 Not applicable.

7. OTHER IMPLICATIONS

7.1 EQUALITY & DIVERSITY

- 7.1.1 The work of the sub-group is designed to ensure support is provided to the most vulnerable children and young people.

7.2 SUSTAINABILITY IMPLICATIONS

None.

7.3 GREENHOUSE GAS EMISSIONS IMPACTS

None.

7.4 COMMUNITY SAFETY IMPLICATIONS

There are no community safety implications arising from this report.

7.5 HUMAN RIGHTS ACT

None.

7.6 TRADE UNION

Not applicable.

7.7 WARD IMPLICATIONS

There are no direct implications in respect of any specific Ward.

7.8 AREA COMMITTEE ACTION PLAN IMPLICATIONS

Not applicable.

7.9 IMPLICATIONS FOR HEALTH & WELLBEING BOARD

Members are requested to review the information presented.

7.10 ISSUES ARISING FROM PRIVACY IMPACT ASSESSMENT

GDPR principles relating to any data and rights under the Data Protection Act 2018 will be respected.

7.11 CORPORATE PARENTING ISSUES

An enhanced mental health service will provide more effective support to children in care.

8. NOT FOR PUBLICATION DOCUMENTS

8.1 None.

9. OPTIONS

9.1 There are no options associated with this report. Its contents are for information only.

10. RECOMMENDATIONS

10.1 The committee is asked to note the update, highlight areas for consideration and attention and continue to support the System Review currently underway.

11. APPENDICES

Appendix 1: 1A: System review Exec Summary

Appendix 2: 2A: Information signposting sheet for CYP Mental health
2B: Information resources for CYP Mental health
2C: Grief and loss support

12. BACKGROUND DOCUMENTS

12.1 None.