

Report of the Joint Mental Health Commissioner NHS to the meeting of the Children's Services Overview and Scrutiny Committee

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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:

Healthy People and Places

Overview & Scrutiny Area:

Health and Social Care

1. SUMMARY

- 1.1. This paper provides the committee with an update on progress made to review and improve mental health support for children and young people since our last report in February 2020.
- 1.2. The committee are asked to note the outcomes of the system wide review and subsequent work undertaken to improve mental health support in Bradford.

2. BACKGROUND

2.1 In October 2019 the Health and Wellbeing Board commissioned the Centre for Mental Health to conduct a full System Review of Children and Young People's Mental Health. The review has now concluded and the report is provided in Appendices 1 and 2.

2.2 As a result of the review, a new system wide Leadership team has established with membership from health and care sector and children and young people (details in Appendix 3) and a new charter developed to oversee the transformation and improvements needed to our mental health services for children and young people.

2.3 The committee will receive a presentation to summarise the key aspects of the review and progress on the system wide work to date.

Progress update on previous report

2.4 System Review

- 2.4.1 The independent system wide review of children and young people's mental health services was conducted by the Centre for Mental Health and commenced in November 2019. A project team was established for the duration of the review and included colleagues from the Centre for Mental Health, the Clinical Commissioning Group, Bradford Council, Bradford District Care Foundation Trust and the Voluntary Sector.
- 2.4.2 The review aimed to provide a full system overview of children and young people's mental health provision in Bradford and Craven highlighting our strengths and weaknesses, assessing local demand, needs and aspirations, and identifying priority areas for improvement.
- 2.4.3 The review methodology included an analysis of strategies, policies and data, the review of good practice examples and a range of stakeholder consultation and engagement opportunities for children and young people, parents and carers, professionals and system leaders. The review was completed in June 2020 and the final report was presented to the sponsors of the review: the Strategic Director Children's Services, Chief Officer of the Clinical Commissioning Group and the Chief Executive of Bradford District Care Foundation Trust.

- 2.4.4 The report was also shared with the Mental Health Partnership Board and has since been published and disseminated widely with stakeholders across Bradford and Craven.
- 2.4.5 Plans are in place to host question and answer sessions for colleagues working within the system to ensure staff at all levels are aware of the findings of the review and to facilitate their involvement in supporting the implementation of the recommendations.
- 2.4.6 The review 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**.
- 2.4.7 Children and young people’s mental health and wellbeing was selected as one of the system programme priorities by the Health and Care Executive Board.
- 2.4.8 The children and young people’s wellbeing programme now sits under the ‘Act as One’ governance framework and reports directly to Bradford Health and Care Partnership Board. In turn, a Leadership Team has been established with representation from Children’s Social Care, Education, Public Health, Bradford District Care Foundation Trust, Acute Trusts, Clinical Commissioning Group, Voluntary Sector and Young Apprentices representing the views of children and young people. The Leadership Team’s role is to drive forward the changes required together in partnership, improving the experience and outcomes for children and young people accessing mental health support.
- 2.4.9 A programme charter detailing the high level aims of the programme has been agreed and a programme plan is under development. The programme plan will detail the actions required to respond to the findings of the review and what children and young people themselves have told us needs to change.
- 2.5 **The Leadership Team have also continued to deliver on key areas of improvement identified by the interim sub-group established in November 2019.**

The sub-group identified four key areas of immediate action:

- Developing a coherent **pathway** that can be understood by young people, their parents or by professionals.
- To address **the waiting list** for specialist CAMHS treatment.
- Providing **parents** with support and advice
- **Information and communication** across the system and with children, young people and families.

2.6 Pathway development

Consultation with local authority, the Care Trust and Voluntary and community sector (VCS) has concluded with the development of a framework and unified referral form and assessment process for all referrals coming into Children and young people's mental health services. Recruitment is underway for the dedicated Multidisciplinary team (MDT) to process the referrals as part of the multi-disciplinary hub. The expectation is to have part of the team in post for Dec 20. The ambition of the Multi-disciplinary team is to ensure children and young people being referred into mental health services receive the right treatment at the right time. Once the multi-disciplinary team is fully operational there is an expectation that referrals into specialist Children and Adolescent Mental Health services (CAMHS) will reduce as other more suitable support will be made available to those who do not meet specialist CAMHS threshold which will reduce the burden on the specialist CAMHS workforce. The sub-group developed an action plan which further breaks down the above areas into smart actions. This is shared with the committee in APPENDIX 1 and provides a breakdown of the actions and the progress to date on each action.

2.7 Waiting List initiative

- 2.7.1 The CAMHS waiting list initiative is now underway, counsellors who specialise in working with children and young people are supporting the core and therapy waiting lists and YIM workers are supporting the Autism waiting list. Qualitative and quantitative data is being collected as part of this work to support future sustainability by demonstrating impact. This work is also improving understanding between the CAMHS workforce and the wider Youth in Mind partnership who support children and young people's mental health.
- 2.7.2 The waiting list initiative targeted the 160 children and young people on the therapy waiting list. Over 226 hours delivered to 35 unique young people. 13 declined who have been offered the online support. Providers have completed 164 telephone sessions, 29 video call sessions & 18 face to face sessions.
- 2.7.3 Overall, we have seen good improvement in outcome scores.
- 2.7.4 Our next steps are to increase this work to include a step down support offer so children can be discharged from specialist CAMHS support into peer support or buddy counselling. This will continue to free up capacity in specialist CAMHS to address the waiting list. Appendix 4 provides some case studies.
- 2.7.5 A series of learning events are being scheduled between Youth in Mind and CAMHS workforces that will further enhance understanding of the different support available for children and young people. The aim of these events is so the specialist CAMHS teams can increase knowledge on some of the services offering early intervention support that are having an impact on improving the emotional wellbeing of children and young people. Work is also underway to integrate primary and community MH workers from CAMHS in with Youth in Mind workforce as it transpires they both share many similarities in terms of the support they offer.

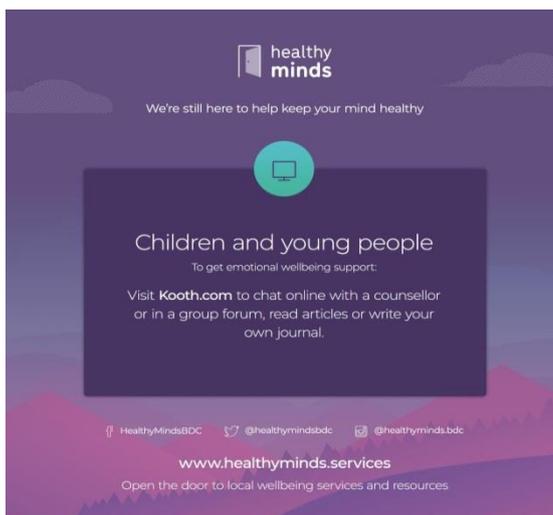
2.8 Parent Support

2.8.1 The Parental support sessions are being co-designed by the Rollercoaster 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.

2.8.2 Rollercoaster has delivered some initial training and work is underway to map the different offers of support to parents across the district. Significant progress has been made in developing a parent to parent peer support service that will be open 7 days a week across the district. This is a joint programme of support with VCS, Education, SEND, & CCG all coming together to work in partnership. Psycho education training for parents is being piloted as part of the MH trailblazer rollout. This offer will then be bolted onto a new parental engagement programme funded by the opportunity area and rolled out across the education system. Exceed academy seeks to train PIWs (parental inclusion workers) in schools on setting up structured parental support programmes. The peer support service will be one of the programmes that the PIWs will recruit volunteers to support.

2.9 Information and communication

2.9.1 The programme have developed a series of easy to use digital and paper cards with key information (see example below). The digital cards opened up to other digital forms of information held at www.healthyminds.services and at www.kooth.com which sign post people to our doorway to all mental health support services for children, young people and families.



2.9.2 In addition, we produced bespoke information packs of service information.

2.9.3 The youth Apprentices are working with our digital developers to overhaul our website information and hope to complete this in 2020.

2.9.4 We have made the Guideline number a Freephone 0800 access number so children can call from their mobile or a phone without charge.

2.10 Children's Improvement Plan

2.10.1 The mental health leadership team have supported the progress made to the Children's Improvement Plan with considerable development on key areas.

2.11 Workforce Development

2.11.1 Considerable progress has been made in identifying gaps in workforce development. Mental Health First Aid training for all the Youth In Mind workforce (working in schools) has been set up and will be delivered between Nov 20 & Jan 21. This training is also available to all school staff.

2.11.2 MH Champions are still also been trained in schools and this programme is providing up to date information to the CYP MH leadership team on any gaps in support across the district. A training package on psycho education for disordered eating is also being put together for the community MH workers from YIM. It has been identified that some CYP referred into specialist CAMHS with eating disorders are not meeting the threshold. Training the RIC CYP MH workers in MIB in delivering a GSH eating disorders resource is also being planned

2.12 Therapeutic support

2.12.1 A grief and loss pathway has also been set up that includes a training element for (statutory & non statutory) staff working with CYP to access which will aid understanding in dealing with grief and loss. Taking into account cultural competencies additional sessions on working with BAME CYP have also been scheduled and will take place between Oct-Dec 20.

2.13 Special Educational Needs & Disability (SEND)

2.13.1 The CYP mental health commissioning team has been working with the SEND strategic board on co-production and improving communication to avoid duplication. A West Yorkshire Integrated Care System (ICS) funded programme that aims to demystify the autism pathway for CYP and parents is currently being developed and trialled in Bradford. CYP MH apprentices have been supporting the SEND team with updating and developing a website that will be linked to the healthy minds digital doorway.

2.14 Co-production

2.14.1 Six young commissioner apprentices have been recruited to support the ongoing development of CYP MH services that are designed and led by those that access them. A co-production sub group has been set up consisting of young dynamos (BDCFT) youth service groups, North Yorkshire youth parliament and BIB young people. The aim of this group is to coordinate and join up the co-production happening across the system and run targeted campaigns across the year led by young people. The group have already supported the development of an anti-bullying campaign – something the Overview Scrutiny committee committed to supporting in 2018 and have also supported wider recruitment to our mental health school support teams.

3. OTHER CONSIDERATIONS

3.1 The work of the Leadership team is feeding into work undertaken by the Children's Service Improvement Group and forms part of the new system governance under the Health and Care Partnership Board.

4. FINANCIAL & RESOURCE APPRAISAL

None

5. RISK MANAGEMENT AND GOVERNANCE ISSUES

5.1 The governance structure of this work will sit within Mental Wellbeing Partnership Board and will report to the CCG's Clinical Commissioning Board and to the Health and Care 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.

7.1.2 Co-production and involvement of children, young people and families is embedded in all work-streams with explicit support provided to enable engagement, provide peer support opportunities and apprentice and employment opportunities.

7.2 SUSTAINABILITY IMPLICATIONS

7.2.1 None

7.3 GREENHOUSE GAS EMISSIONS IMPACTS

7.3.1 None

7.4 COMMUNITY SAFETY IMPLICATIONS

7.4.1 There are no community safety implications arising from this report.

7.5 HUMAN RIGHTS ACT

7.5.1 None

7.6 TRADE UNION

7.6.1 Not applicable

7.7 WARD IMPLICATIONS

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

7.8 AREA COMMITTEE ACTION PLAN IMPLICATIONS

7.8.1 Not applicable

7.9 IMPLICATIONS FOR CORPORATE PARENTING

7.9.1 Members are requested to review the information presented

7.10 ISSUES ARISING FROM PRIVACY IMPACT ASSESMENT

7.10.1 There may be a need for partner agencies to share data however this would only be with the express permission of the individual affected in the full knowledge of why and what it would be used for. GDPR principles relating to any individuals data and rights under the Data Protection Act 2018 will be respected.

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 are asked to note the outcome of the system review and note progress made on improvements and the action plan.

11. APPENDICES

Appendix 1: System Review summary

Appendix 2: System Review – full document

Appendix 3: Leadership, charter and governance

Appendix 4: Waiting list – case studies

12. BACKGROUND DOCUMENTS

None