

Health Overview & Scrutiny Report



REPORT TO : HEALTH OVERVIEW AND SCRUTINY COMMITTEE REPORT

DATE: 7th November 2019

SUBJECT: Mental Health Update

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TYPE OF DECISION: Information

FREEDOM OF INFORMATION/STATUS: Public

1.0 SUMMARY

Update of children and young people's mental health services in Bury.

2.0 MATTERS FOR CONSIDERATION/DECISION

Information Paper.

3.0 BACKGROUND

There has been a clear upward trend in referrals to HYM/CAMHS over the last 7 years, and numbers of referrals accepted have largely mirrored the increases in demand. In addition the number of urgent referrals has risen at the same rate as the overall number of referrals being made.

4.0 BODY OF THE REPORT

Current Practice

Healthy Young Minds (HYM) offer 4 types of assessment and these are determined by risk or clinical need;

- Emergency within 24 hours
- Urgent within 7 days

- Priority within 14 days
- Routine within 12 weeks

We offer evidence based time limited interventions, with the majority of young people needs being met within 4-6 sessions, some young people would receive much longer interventions dependent on need.

HYM Bury consistently achieves national access and waiting times and in 2018 Bury was identified in the top 3 performing CAMHs in the in England, despite being one of the smallest services nationally.

Greater Manchester follows the iThrive and currently Bury HYM's is acting as SPOA (Single Point Of Access) , sending lower levels of risk/need to partner agencies, e.g. Streetwise, Early Break, Bereavement and Loss and First Point Family support ensuring that young people get the right support, from the right person at the right time.

These services were initially commissioned to provide early help, however with the significant rise in referrals, , resulted in some young people being on waiting lists, therefore missing opportunities to prevent young people from going into crisis. There has been a lot work through the LTP (Local Transformation Plan) to significantly reduce these waiting lists, and new contracts have been put in place to ensure that our external agencies achieve the same key performance indicators for routine referrals. This will be monitored in monthly meetings held with HYM to discuss the service performance and pressures in the system.

Quarterly formal contractual meetings are held across Pennine Care Foundation Trust footprint. Performance data is scrutinised monthly in both Maternity and Children's work stream meeting and the LTP meeting. Currently there are no contractual performance concerns, consistently meeting performance targets. In year 18/19 Bury achieved the CYP access target and are currently on track to exceed the target 19/20.

There has been increased engagement with schools to understand the gaps in support to young people who may be displaying difficult behaviours but do not reach the threshold for HYM. This has culminated in a workshop between head teachers, health providers, commissioners and the VCFA. A number of head teachers, parents and other representatives are now involved in a service review of healthy young minds to identify any gaps within the service, and consider what might need to be commissioned differently to ensure every young person has appropriate support in place.

Developments

HYM has recruited through the Local Transformation plan 3 link workers to strengthen and support relationships and support external agencies working with children and young people with SEMH needs, the main provider being education. It has been recognised that the support from the link worker is a valued asset in supporting young people their families and other professionals. The link workers involvement in MDTs for young people who are at risk of permanent exclusion and involvement in the attendance inclusion partnerships has contributed to the reduction in the numbers of permanently excluded children Bury HYM and other professionals are signed up to working within the iThrive model of intervention and are in the process of working alongside other agencies to support this process including SPOA (single point of access) via the engine room located at Bury police station working in a multi-Agency team approach to respond to referrals that would historically have gone to multiple services across the Bury footprint.

The Link worker role is being developed to support the services within the “Getting advice” and “Getting help” quadrants of the ITHRIVE model they are currently are linked into most schools across the footprint and attend the primary schools partnership meetings

The proposal is that these workers continue linking in to all the schools across the footprint by offering consultation slots to all 82 main stream schools and the 2 identified special schools. All consultation will be recorded and a copy of the advice will be sent / retained for clarity. It will be the persons who is bringing the information responsibility to obtain consent to discuss individual cases and to feedback changes made and any improvements following consultation. When individual cases are discussed these will be open then closed on our EPR.

A training needs analysis is currently taking place whereby all schools are being asked to identify the top 6 training sessions required over the next 12 months i.e. self-harming, ASD, ADHD etc. Once completed this will be delivered to schools by HYM and other appropriate staff and coordinated by the link workers from April 2020.

In addition we have 5 Emotional Mental Health trainee practitioners (EMHP's) that will work directly in 10 schools across the Bury footprint from January 2020, the EMH trainees will have supervision from HYM and will study 2 days per at university. This will enable them to support young people through assessment, formulation, psychoeducation and (brief) treatment, using a range evidence-based low intensity, 'CBT (Cognitive Behavioural Treatment) informed' approaches.

We also have a trainee Psychological Wellbeing Practitioner (PWP) with the team who is being trained to use a range of psychological interventions. This role increases access to a low level form of psychological therapy which is evidence based and effective for treating children and young people with low mood and anxiety.

The identification of SEND and SEMH has led to an increase in numbers of young people being referred on to a Neuro Developmental Pathway, in Bury the pathway currently sits in 2 different services There is ongoing work to bring these pathways into one service for all school aged children, and this new pathway will be coproduced with parent's representation.

The CCG are currently looking to recommission the pathway using the THRIVE principles and are in the process of developing a business case for consideration that will enable a seamless service with Key performance indicators ensuring that from a referral being accepted to diagnosis feedback with 18 weeks. This pathway will be for young people aged 5 to 18. Developing a school aged pathway remains a priority for the CCG and is now moving at pace to implement, working towards a go live date for the 1st of April. This will provide a more streamlined pathway for children and families, the CCG are working closely with the providers involved to ensure this pathway is implemented as a priority and on time. To enable this, we will need to ensure that prior to a referral a number of interventions have been explored; we have recently undertaken a pilot with First Point Family Support, the SEMH Inclusion Pilot from May and September 2019. The purpose of the pilot project is 'to give support to children and young people (CYP) prior to crisis, to ensure appropriate referrals to the appropriate services and to align neurodevelopmental, social service and SEMH pathways'.

Bury CCG Assurance

Monthly meetings are held with Healthy Young Minds to discuss service performance and pressures in the system. Quarterly formal contractual meetings are held across the Pennine Care footprint. Performance data is scrutinised monthly in both Maternity and Children's work stream meeting and the Local Transformation Plan meeting. No contractual performance concerns, consistently meeting performance targets. In year 18/19 Bury achieved the CYP access target and are currently on track to exceed the target 19/20. Following the send inspection the CCG acknowledge the concerns parents raised to inspectors. A service review of healthy young minds is to be completed which will support in identifying any gaps within the service, and provide further quality assurance on the services being delivered. Quality assurance and contracting governance routes are also being used to address patient experience concerns raised informally.