



Bury

Clinical Commissioning Group

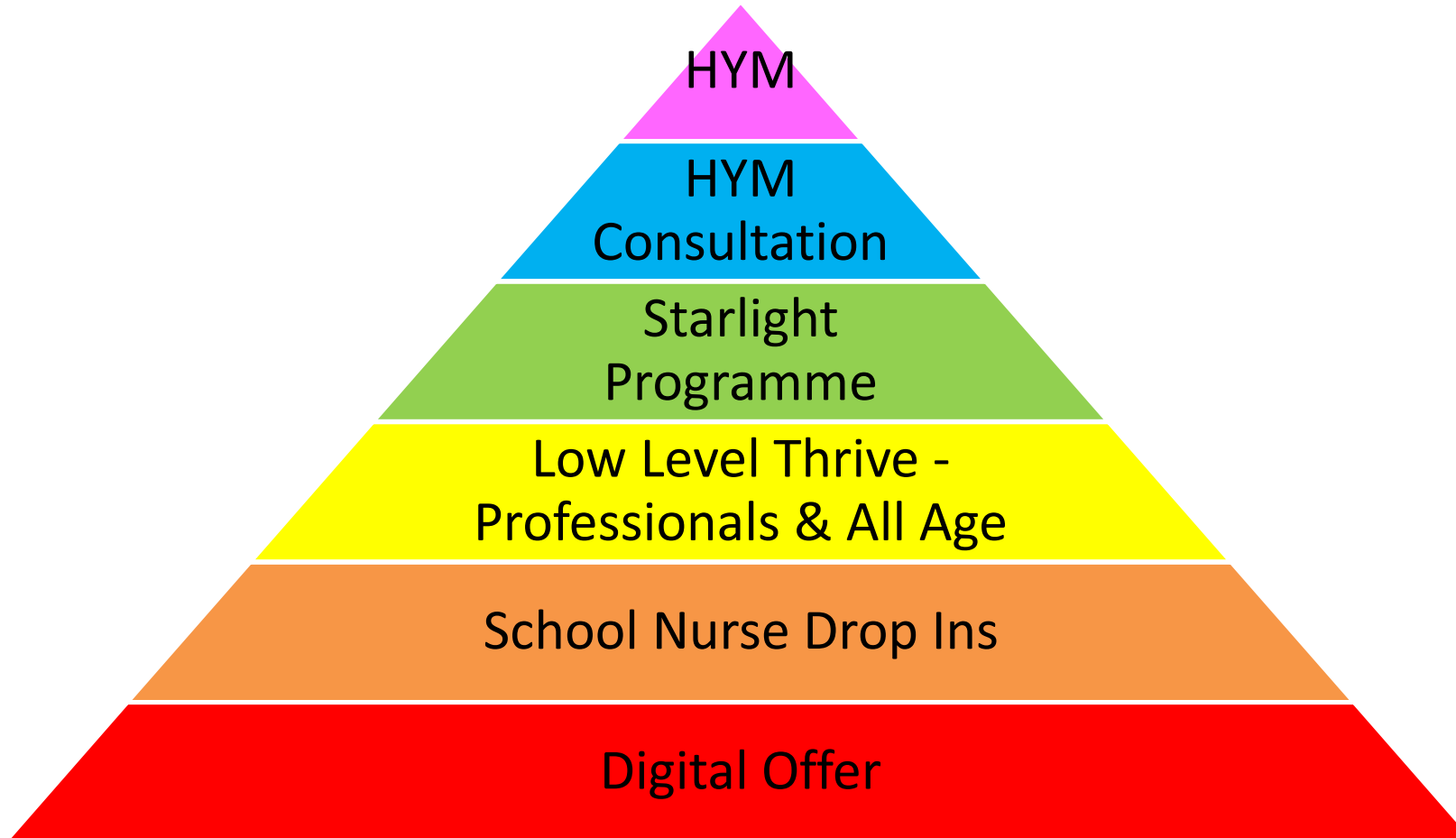
Children and Young People's Mental Health - Health Scrutiny June 2020

Healthy lives strong communities

Introduction

- In response to the current pandemic Bury OCO have worked in partnership with all providers to design a graduated approach to support schools and parents to access the right support at the right time. We have developed a suite of support that will be made available so children young people and their families and schools at a universal, targeted and specialist level.
- Currently referrals into all our mental health services have significantly reduced. As a consequence of this we currently have no waiting times for HYM and are in a position to respond to changing needs the pandemic will bring.
- As a system we are anticipating a greater need across the board in all our services, to plan for this we have reflected on what is currently commissioned to review how we will meet the expected increase in referrals providing the appropriate provision at the correct level. The graduated approach will enable different levels of need to be addressed without overloading one part of the system.
- A Multi-Agency Management group has been established that meets weekly. A risk register of those children with an EHCP and classified as vulnerable has been created and each family is being contacted by the SEND team and an assessment of risk, collecting both risk to learning and development and risk to welfare. This is being cross referenced with the reasonable endeavours contacts. Any health or Social care concerns raised in these contacts is passed to leads in the service area for follow up. This risk register is being further developed to collect risk assessment from Health and Social Care for families known to them, giving us a clear priority list of shared concerns and informing a coordinated response to needs.
- We recognise that children with SEMH needs and emerging SEMH needs is a major concern which is cross cutting across all agencies. We are proactively identifying those children who are 'newly vulnerable' as consequence to COVID 19, particularly around SEMH.
- 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 to ensure the graduated response supports the need schools are identifying. Ongoing dialog to monitor.

Multi-Agency Graduated Response



Healthy lives strong communities

Multi-Agency Graduated Response

- CYP Thrive Grid has been produced to support CYP in navigating the system
- A new digital offer has been implemented these include Kooth - an online counselling and emotional wellbeing platform, Shout – 24/7 UK Crisis text service, Silvercloud CBT & Resilience online platform all available.
- School Nurse drop in's for secondary schools.
- Educational Psychologist school and parent helpline established and this will be further expanded
- Bereavement offer via Grater Manchester & Local Bereavement service via Early Break
- SENCO networks – virtual programme of support available to SENCos
- Access to resources through the GM partnership
- Inclusion Ambassador for young people has established a regular forum/activities via ZOOM to provide support for children and young people during COVID 19 – this has proven to be very popular and sessions have been increased (33 YP attended last week). Planning to use these forums to consult on short breaks. The Inclusion Ambassador is also supporting wider response to COVID 19 across the NW through the SEND Young People's Co- production Network.
- HYM toolkit to support SEM has been circulated to schools via the SENCo networks
- Ongoing support and development of resources for schools within individual teams and services e.g. Inclusion service
- Bury Youth Cabinet together with Bury Grammar school are inviting children and young people to write letters to people in our communities that are isolated during the covid-19 pandemic. The idea is that we can help people to feel less alone in these strange times.
- Bury Universal Youth service is running a daily programme of virtual events
- Low level Thrive all age single point of access, phased approach currently open for professionals to refer in however by August CYP will be able to ring directly, for support, advice and guidance.
- Starlight Programme will be available to all schools across Greater Manchester, provided by school Nurse provision. School Nurses are also training schools to deliver the intervention to increase provision and upskill school staff.
- 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.
- Healthy Young Minds will be offering schools bookable slots for consultations to discuss CYP, any concerns identified and seek advice.
- Mindfulness and holistic therapies via early break/streetwise
- Anxiety Course has been developed by HYM's, places will be available for CYP but also schools have been encourage to book places to upskill staff in supporting their students.
- HYM referral – details of provision available on following slide.
- Pennine Care Mental 24/7 helpline to support known patients and their carers.

Bury Current Service Offer – Healthy Young Minds

Bury Child and Adolescent Mental Health Services (Healthy Young Minds – previously CAMHS) offer specialist services to children and young people who are experiencing mental health difficulties. The service is delivered by Pennine Care Foundation Trust and is the core Children and Young People (CYP) mental health service in Bury.

Healthy Young Minds (HYM) helps children and young people up to the age of 18 years and provides assessment and intervention and support to their families/ carers. Some of the mental health conditions that Healthy Young Minds help with include:

- Anxiety
- Depression
- Eating Disorders
- Psychosis
- Post-Traumatic Stress Disorders (PTSD)
- Neurodevelopment (ASD/ ADHD) 5-18 years of age (New pathway went live 1st of April 2020)
- Self-harm
- Emotional Dysregulation

In addition, HYM provide consultation, advice and training to other agencies, including short-term consultation and interventions to parents of CYP with mental health needs. They are a multi-disciplinary team of psychiatrists, nurses, mental health practitioners, psychologists, social workers.

Furthermore, Children and Young People Wellbeing Practitioners work within the team, providing low-level Cognitive Behaviour Therapy and support for CYP presenting with anxiety and depression. They work alongside link workers and school nurses in education and healthcare sectors. 8 practitioners have been recruited across GM, 2 of whom are in Bury. This programme is part of the national Children and Young People's Improving Access to Psychological Therapies (CYP IAPT) initiative, which aims to increase access and availability of mental health and wellbeing support for children and young people. Bury CCG have completed a full service review of the HYM provision which is currently going through the CCG's governance process, the CCG are committed to working with the provider to ensure improvements to the service are made and patient satisfaction is increased.

Mental Health Access Standards

NHS England has set the following standard in relation to access:

“% of children and young people with a diagnosable mental health condition who receive treatment from an NHS funded community mental health service”.

NHS England has also set a trajectory for this standard which is shown in the table below alongside the local trajectory.

Year	Estimated Prevalence of mental health disorder age 0-17	% Target	Numbers needed to treat in Bury to reach NHS England target
2016-17	3877	28%	1086
2017-18	3877	30%	1163
2018-19	3877	32%	1241
2019-20	3877	34%	1318
2020-21	3877	35%	1357

As a locality Bury achieved 18/19 standard and exceeded the trajectory for 19/20. In light of the current pandemic we are facing 20/21 standards have been paused.

Waiting Time Standard's

- Bury CCG monitors 2 waiting times indicators. The performance on these is detailed in the table below:

Indicator	Target	Performance 2016-17	Performance 2017-18	Performance 2018-19
% of children and young people who have their first contact within 12 weeks	95%	93.30%	99.00%	99.40%
% of children and young people who commence treatment within 18 weeks	98%	95.60%	99.40%	99.80%

- The number of referrals to the Healthy Young Minds service is detailed in the table below.

Year	No of Referrals Accepted	Average per month	No of Referrals Rejected
2017-18	425	35	9
2018-19	683	57	15
2019-20 (Apr-Oct)	138	20	8

Bury CCG plans to work with partners to implement a range of programmes to better manage demand in the system and reduce waiting times. These include:

- Further development of the Single Point of Access pathway
- Redesign the low level thrive mental health offer coproduced with the CYP of Bury

CCG Assurance / Recovery Planning

- 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.
- Exceeded the CYP access target 19/20
- Full service review completed following concerns raised to parents at the SEND inspection, service review is currently being processed through the CCG's governance routes. Following sign off an improvement plan will be agreed to ensure the recommendations and findings are addressed. Main themes identified improvements needed around communication, pathway timescales, lack of consistency with staff and thresholds. The CCG are committed to work with Pennine Care to improve patient satisfaction and ensure the provision is achieving meaningful outcomes for service users.
- Regular engagement sessions held at the parent forum to gain insight and feedback around provision to ensure changes are effective.
- Currently ADOS assessments (an assessment tool are not able to be completed. We currently have 20 children on this waiting list for this assessment, once safe to do so the assessments will be carried out. In the meantime changes to the pathway to reduce the need of an ADOS assessment have been made:
- Ensure detailed neurodevelopmental information is obtained from all parties
- A detailed neurodevelopmental history will be taken by one of our most experienced clinicians (either consultant psychiatrist or Clinical psychologist) this is usually done by an assistant practitioner but if a more experienced clinician carries this out then they may be able to make a diagnosis.
- Detailed MDT discussions.
- Service users are not required to wear face masks if it causes them distress (specific to ASC)
- Service user feedback to understand what their experience has been in terms of virtual appointments via Zoom, this may, in future to offer more choice for service users and families, for example neurodevelopmental work ups, we agree that this could save a lot of time not only for the practitioner but service users and families.