

# Children and Young People's Mental Health

HEALTH AND WELLBEING BOARD

31 MARCH 2021

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# Governance arrangements

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- Whole Pathway Commissioning Steering Group
  - Sets strategic goals and priorities, monitors place-based teams progress against these:
    1. There is a single vision across the system
    2. Co-production underpins the planning and delivery of services
    3. There is an integrated system that supports children, young people and families as early as possible
    4. There is a workforce across the system that has the appropriate skills to support children, young people and their families
    5. There is an increased emphasis on prevention, including supporting greater resilience within the community
  - Facilitates share and spread of good practice on a regional footprint
  - Identifies opportunities for 'at scale' commissioning
- Place based planning and delivery, against the 5 goals, is facilitated via 2 main forums:

# Governance arrangements

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1. North Tees CYP transformation planning group
  - Children's leads from Stockton & Hartlepool authorities, the CCG and TEWV
2. Tees Valley CYP provider forum
  - Representatives from several Tees Valley-based CYP MH providers attend
  - All partners engage in needs analysis of population, identify service gaps, highlight opportunities for improvement, funding opportunities, identify and prioritise necessary actions
    - Sub-groups and task and finish groups form to take specific actions and work forward
    - All stakeholders have sight of and co-develop the same version of the plan
    - Links to South Tees and Darlington transformation planning groups for consistency, standardisation and equity
  - Links to, and joint membership between, these groups and the Health and Well-being board facilitate strategic alignment of priorities and provides assurance
  - Update on key work and initiatives to date:

# Mental Health Support Teams (MHST) for Schools

- All trainee MH practitioners are due to qualify by the end of March 2021.
  - Stockton's MHST will then be fully mobilized & capacity increased
- The team has still delivered a significant amount of activity since October 2020, when trainees started the 'practice' component of their training/course. Highlights include:
  - MH awareness, wellbeing, and CBT principles delivered to 1000 pupils over 8 assemblies
  - 557 referrals have been accepted into the MHST service
  - Group work delivered to 286 pupils
  - 585 1:1 clinical contacts facilitated
  - Average waiting times
    - Referral to assessment – 17 days
    - Referral to Treatment – 21 days
  - Parent support has also been provided via incredible years training program and parent-led CBT
  - Positive feedback received from pupils within post-service questionnaires
- As national MHST roll out continues, we are seeking to achieve parity across the Tees Valley over the coming 2-3 years which may see the introduction of an additional Stockton team

# Well-being for education return

- The Wellbeing for Education Return programme started in October to support staff working in schools, colleges and other education settings.
  - To help respond to the additional pandemic-related emotional well-being pressures by upskilling staff in the provision of support and signposting to services
  - Attendance (Oct 2020 – Jan 2021):

Setting type	No. staff attended training
Primary	35
Secondary	19
PRU/alternative	11
Other (Horizons Trust, Spark of Genius)	7
6 <sup>th</sup> Form	10
FE college	6
Other front facing education staff	17
<b>TOTAL</b>	<b>104</b>

- Further work with the Education Training Collective has been undertaken (SRC, Bede, R&C College, NETA, The Skills Academy, Tees Valley Catering, Tees Valley Logistics Academy) to make the training accessible for all staff in line with their health and wellbeing strategy and action plan.

# Footsteps

- Expanded service now operational, all Stockton residents are eligible for the service
- 3 clinics per week are running
- 122 referrals received between Oct 2020 – Feb 2021
- Clinical activity to date:



## Footsteps

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1051 Hours of Mental Health Support delivered to Children and Young People

GP



205

Counselling



461

CBT



385

# CAMHS restructure

- Recognised need to make internal changes
  - Improve the journey and experience for children, young people and their families
  - Align to whole pathway commissioning and whole system working
  - Improve the experience for our partners
  - Improve the experience for our staff
- Service redesign
  - Negative and positive impact of the pandemic



# CAMHS restructure

<b>Sub-locality</b>	North Tees Single Point of Contact (SPoC)			South Tees Single Point of Contact (SPoC)		
	North Tees Getting Help	North Tees Neuro-development	North Tees LDCAMHS	South Tees Getting Help	South Tees Neuro-development	South Tees LDCAMHS
<b>Local Authority area</b>	Stockton Getting More Help		Hartlepool Getting More Help		Middlesbrough Getting More Help	
					Redcar Getting More Help	
<b>Locality</b>	Crisis Team					
	Intensive Home Treatment Team (IHT)					
	Intensive Positive Behaviour Support Team (IPBS)					
	Community Eating Disorders Team (CEDS)					
	Adolescent Forensic Outpatient Service (AFOS) / Forensic CAMHS (FCAMHS)					
	Clinical Case Management Team (CCM)					
	Children's Respite Unit (Baysdale)					
	Tees CAMHS Training					

# CAMHS restructure

## Single Point of Contact

- Giving advice
- Self-Management
- Signposting – links to VCS and Partners
- Access to TEWW Service

## Getting Help

- Mild to Moderate
- Lead Professional
- Assessment
- Low Intensity
  - EBP Group
    - Incredible Years
    - Positive Behaviour Support
    - SFP
    - Parent led CBT
    - Decider skills (primary and secondary)
  - 1-1 intervention
- High Intensity
  - On-going intervention e.g. CBT, SFP, Home Coaching/IY

## Getting More Help

- Complex – complex, pervasive, severe and enduring
- Care Co-ordinator
- Multi-disciplinary case management
- Assessment
- Family Therapy
- CBT
- DBT
- IPT
- Medication
- Psychodynamic Psychotherapy
- IHT/IPBS

**Trauma Informed Care**

**Collaborative Practice**

# A whole system approach with a single point of contact

- CCG funding is helping to sustain an increasing number of trained CYP IAPT practitioners in the third/VCS sector
  - Provide 1:1 and group evidenced based interventions for mild-moderate mental health issues
  - Third/VCS sector providers & CAMHS are beginning to coordinate and collaborate as a system
  - Model is developing
  - Longer-term commissioning options being considered
  - Plans to expand stakeholder comms & engagement
  - Other services including MHST and Footsteps are part of the 'whole system'
- The 'whole system approach' aims to effectively meet the mild-moderate mental health need demand of our population
  - Free up specialist CAMHS resource to meet the needs of the most complex cases
  - Nationally mandated i-Thrive methodology and modelling being applied

A whole  
system  
approach  
with a  
single  
point of  
contact

- Single point of contact for young people and families
  - Aim to remove the burden of navigating the system from young people and families
- Open Access
- Point of contact for advice
- Referrals receive a triage conversation, possible outcomes include:
  - Guidance and advice with no further contact
  - Sign-posting to partner services (huddles and process developing with VCS, other services and LA)
  - Opened to CAMHS for assessment and treatment

- Whole system approach and single point of contact requires ongoing modelling, roll out and regular review
  - Long term ambition to factor in all services including local authority commissioned services, local authority provided services, CCG commissioned services, school commissioned services, charitably funded services, etc..
    - Reduce duplication, encourage coordination, maximise efficiency
- Improve communication and engagement
  - Co-production with families, children and young people
    - Strategy and decision making
    - Service evaluation and review
    - New service mobilisation
- Whole system workforce development
  - Training needs analysis
  - Trauma informed care
- Stockton MHST expansion possible
  - Need equity across Tees Valley
  - Needs to be in-line with national roll out guidance and expectations

What we will  
do next