



LINCOLNSHIRE HEALTH AND WELLBEING BOARD

Open Report on behalf of Sally Savage, Assistant Director – Children's Commissioning

Report to	Lincolnshire Health and Wellbeing Board
Date:	24 September 2019
Subject:	Children's Emotional Wellbeing and Mental Health

Summary:

The purpose of this report is to provide an update to the Lincolnshire Health and Wellbeing Board on the Joint Health and Wellbeing Children and Young People's (CYP) Mental Health and Emotional Wellbeing priority, in particular the re-commissioning of Child and Adolescent Mental Health Services (CAMHS).

The paper outlines the breadth of mental health provision for CYP, in particular:

- Children's 0-19 Public Health Nursing (Health Visiting)
- Online emotional wellbeing and mental health pathway
- Kooth online counselling
- Healthy Minds Lincolnshire emotional wellbeing support
- Bereavement grief and loss support
- Lincolnshire CAMHS, including review and re-commissioning proposals
- Behaviour support, including for CYP with learning disabilities, Autistic Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD).

The report also provides key updates for the Health and Wellbeing Board (HWB) around:

- Neurodevelopmental pathway (ASD/ADHD and other neurodevelopment disorders)
- Mental Health Support Teams in Schools trailblazer
- Development of the new joint CYP Emotional Wellbeing and Mental Health Strategy
- Refresh of the Lincolnshire Local Transformation Plan (LTP) for CYP mental health.

Actions Required:

The HWB is asked to note the contents of this report.

1. Background

1.1. Children's emotional wellbeing and mental health support

There is a wide range of support available in Lincolnshire for children and young people's emotional wellbeing and development of good mental health, either indirectly or specifically commissioned to provide advice or interventions if children and young people find themselves struggling with mild, moderate or severe emotional wellbeing, behaviour or mental health concerns.

In addition to those detailed in section 1.2 there are a range of other services that impact positively on young people's mental health:

- **The *Perinatal Mental Health Service*** aims to treat women in the community and on occasion there can be a need for mothers to be cared for in hospital. Lincolnshire Partnership Foundation Trust has received additional funding to expand perinatal services within Lincolnshire.
- ***Lincolnshire's Early Help Offer/Strategy*** identifies the need for help for children and families as soon as problems start to emerge, or when there is a strong likelihood that problems will emerge in the future, at any point throughout childhood and adolescence.
- ***Children and Young People's Improving Access to Psychological Therapies programme (CYP IAPT)*** Lincolnshire have been proactive in participating in this National service transformation programme which recommended training a range of staff in Evidence Based Practice in child and adolescent mental health across the county and integrated in our Early Help teams.
- ***Lincolnshire's Future4Me Service*** is an innovation project with aspirations to reduce criminalisation of children and young people, many of whom have mental health problems.
- ***Ending Domestic Abuse Now in Lincolnshire*** (formally known as West Lincolnshire Domestic Abuse Service WLDAS) offers a range of support for families where domestic abuse is a factor in mental health issues.
- **The *Educational Psychology Service*** offers advice and information that contributes to an assessment of a child or young person's learning needs.

1.2 Children's emotional wellbeing and mental health provision

1.2.1 Children's 0-19 Public Health Nursing (Health Visiting)

The Children's Health Service 0-19 supports the delivery of the Healthy Child Programme across Lincolnshire for children, young people and their families (aged up to 19 years or up to the age of 25 years for young people with special educational needs or disabilities).

Health Visitors provide strong universal and targeted support from antenatal through the early years based on clear evidence that good parenting during the first 1,001 days of a child's life can have a significant positive impact on later life chances:

- Transition to parenthood and the early weeks – antenatal education and support in preparation for parenthood, improving maternal mental health and recognising mental ill-health, leading parents to adopt a range of healthy behaviours that affect pregnancy, birth and early parenthood (as well as their own health) and give them the opportunity to develop supportive social networks with their peers

- Maternal mental health – assessment and screening of maternal mental health and offering advice, support and signposting if there are any concerns, this forms part of a wider perinatal mental health pathway to ensure that concerns are raised and supported at the earliest point to minimise impact on mother and baby
- Breastfeeding (initiation and duration) – providing support and advice to maximise the physical and emotional health benefits of breastfeeding, including in relation to early bonding and attachment
- Health, wellbeing and development of the child aged 2: Two year old review (integrated review) and support to be 'ready for school' – assessing progress against key developmental markers and early identification of concerns, including social and emotional, speech, language and communication development which can all have significant impacts on mental health during later childhood.

The service is working towards much greater integration with Children's Services Early Help and Social Care Locality Teams to ensure that children, young people and families have swift access to a range of professionals in their local community that can help them at the earliest sign of any concerns.

1.2.2 Online emotional wellbeing and mental health pathway

An online Emotional Wellbeing/Behaviour Pathway was developed in 2017 to support public and professionals to access or refer to the most appropriate services more easily. It was designed for young people, following engagement with young people, parents/carers and professionals, and links in to the Lincolnshire Family Services Directory: www.lincolnshire.gov.uk/ewb.

Between April 2018 and March 2019:

- There were 5,903 views on the EWB homepage
- The top viewed topic pages were 'Anxiety and stress' (2,635) and 'Anger and Aggression' (1,325).

1.2.3 Kooth online counselling

XenZone provides online counselling via its Kooth.com website for children and young people living or attending school in Lincolnshire who are aged 11 to 18 years (or up to 25 if they are a care leavers or have special educational needs or a disability).

The service incorporates counselling, message boards, forums and advice on a range of topics including managing exam stress, healthy relationships, anxiety and bullying.

The service is highly valued, with 3,493 young people accessing the service on 29,364 different occasions between April 2018 and March 2019:

- 97% of young people asked said they would recommend Kooth to a friend.
- Kooth young ambassadors work with the service to support the promotion of, and signposting to Kooth, working in partnership with the Council's Young Inspectors they planned and co-delivered a mental health workshop to 67 practitioners
- Almost 1,000 young people accessed 8,698 articles/forums on Kooth, the most popular topics being managing emotions and improving mental health/anxiety
- The service provides a key role in Lincolnshire in terms of access to mental health support, especially for those who don't want to access face-to-face support.

1.2.4 Healthy Minds Lincolnshire emotional wellbeing support

Healthy Minds Lincolnshire supports the emotional wellbeing needs of children and young people in Lincolnshire up to the age of 19 (or up to 25 if they are SEND or a care leaver), and their families. The service is delivered by Lincolnshire Partnership NHS Foundation Trust (LPFT) via a Partnership Agreement led by the Council.

The service focuses on early intervention, promoting resilience and the prevention of emotional wellbeing concerns escalating to mental health issues.

Healthy Minds Lincolnshire also works closely with other children's services teams as well as other services – particularly CAMHS, the Children's Health Service 0-19, Kooth and relevant adult services – ensuring there are seamless pathways for Lincolnshire children and young people and they receive timely support from the best placed professional.

Between April 2018 and March 2019:

- 2,725 referrals were accepted for interventions with 72% from schools and GPs
- The average wait time for interventions was 9.7 weeks and 17,701 direct intervention sessions had taken place with children and young people
- 73.45% of children and young people who completed treatment and had two or more outcomes scores recorded had shown improved outcomes
- 91% of children and young people supported by the service did not need any further treatment (1,364) or were discharged back to universal services
- 384 workshops were delivered to 3,531 CYP, 91% of CYP who provided a response said the workshops had had a positive impact on their EWB concerns
- 1,671 professionals engaged in training, 90% said the training had a positive impact on their confidence to support CYP's emotional wellbeing concerns.

1.2.5 Bereavement grief and loss support

Lincolnshire Centre for Grief and Loss provides support to children and young people in the form of advice and guidance through counselling when experiencing grief and loss as a result of death, divorce, separation, illness, crisis etc.

1.2.6 Lincolnshire Child and Adolescent Mental Health Services (CAMHS)

CAMHS in Lincolnshire consists of the following three main areas of provision:

- i. Core CAMHS** – direct intervention including 1:1 support, group intervention and self-help delivered by a range of professionals such as mental health nurses, psychiatrists, and psychologists. Treatment is for moderate to severe concerns including but not limited to depression, anxiety, post-traumatic stress disorder, trauma, self-harm. Young people are supported to transition to Adult Mental Health Services as appropriate.
- ii. Community Eating Disorder Service (EDS)** – direct interventions for children and young people with Anorexia Nervosa, Bulimia, binge eating and atypical eating disorders. 24 hour care is provided by the Crisis and Home Treatment Service.
- iii. CAMHS Crisis and Home Treatment Service (CHTS)** – 24/7 intensive home treatment for children and young people in crisis to prevent inpatient admissions or support young people coming out of inpatient services. There is also a specialist working in CHTS for children and young people with Learning Disabilities.

Other key aspect of CAMHS for noting:

- **Single Point of Access (SPA)** – a single contact number for all CAMHS referrals.
- **Training and support to professionals** – professionals can get support to enable them to help children and young people on the cusp of needing CAMHS. This includes a Professional Advice Line (PAL), consultation clinics and training for staff working in universal services.
- **Vulnerable Groups** – children and young people that need access to CAMHS but are from particularly vulnerable groups e.g. looked after children (LAC), learning disability (LD) and young offenders are seen within the areas of support set out above but have reduced waiting time targets and there are professionals that specialise their support to these vulnerable groups e.g. Youth Offending Nurses.
- **Peer Supporters** – these are young people with first-hand experience of CAMHS who provide current CAMHS users with peer mentoring. Peer supporters are trained employees, paid a wage and are clinically supervised so that they can work directly with CAMHS users, particularly those who are disengaged with CAMHS professionals to encourage them to take up support.
- **Specialist CAMHS for High Risk Young People with Complex Needs (Community Forensic CAMHS)** – Psychologists and Speech and Language Therapists support the complex needs of young people in the justice system to improve pathways between local services and reduce out of area placements and reliance on admission to secure care.

Lincolnshire has one of the highest performing CAMHS in the country, and preventative services such as Healthy Minds Lincolnshire and online counselling are resulting in lower referral rates to CAMHS locally.

- Lincolnshire had almost 5,000 referrals in 2018/19; 69% of which were for mental health support as part of Core CAMHS, 28% for CYP with a learning disability and 3% for support with eating disorders.
- 75% of referrals went on to receive an intervention from CAMHS. The remaining inappropriate referrals are mainly attributed to poor quality referrals lacking enough information and children not meeting appropriate thresholds, in which case they are supported by Healthy Minds Lincolnshire. Referrals are also made incorrectly for diagnosis and support of ASD or ADHD, which are not delivered by CAMHS.
- 92% of CYP in Lincolnshire were seen for assessment within 6 weeks, much better than elsewhere in country and far exceeding the NHS statutory target of 18 weeks.
- The average waiting time from referral to assessment in Lincolnshire is 2.6 weeks compared to the national average of 9 weeks.
- The average waiting time from referral to treatment in Lincolnshire is 8.4 weeks compared to the national average of 13 weeks.
- Caseloads in Lincolnshire have increased by 15% in 12 months compared to the national average of 5%. However, there has been a 20% reduction in discharges in the same time period. CAMHS are seeing more complex cases and working with these young people for longer; users have an average of ten appointments.
- At December 2018, 58.5% of the current caseload was reporting a reliable positive change in their mental health outcome (Child Outcomes Rating Scale (CORS)). This is above the current national baseline of 50%, however we are working to identify a more reliable and realistic local outcome measure.
- Friends and Family Test results for Q3 2018/19 show that 85% of respondents were extremely likely or likely to recommend CAMHS.
- The re-referral rate for CYP is only 6% suggesting that discharge is appropriate and CYP are managing their needs well post treatment.

- 100% of 'urgent' or 'emergency' eating disorder referrals were assessed in 2 hours.
- At December 2018, 100% of the CYP receiving support for eating disorders were reporting a reliable positive change in their mental health outcome (CORS).
- There have been no re-referrals CYP with an eating disorder suggesting that discharge is appropriate and CYP are managing their needs well post treatment.
- 94% of CYP received an 'emergency' face to face response within 24 hours.
- 92% of CYP received an 'urgent face' to face response within 72 hours.
- There has been a 53% reduction in paediatric admissions reported by United Lincolnshire Hospitals Trust as a direct result of CYP being able to directly access the CHTS since it was first introduced in 2016.
- 92% of CYP received an emergency telephone response within 4 hours. This is above the current national comparison of 83%. The average wait was 1.4 hours compared to the national wait of 11 hours.
- There has been an 11% reduction in Lincolnshire CYP needing inpatient support. 37 Lincolnshire young people were admitted to inpatient facilities in 2017/18. 14 were in local facilities, with other young people requiring admission to specialist services not available in Lincolnshire. There has been a 34% reduction in the average length of stay for Lincolnshire young people in the local inpatient facility because they can be better supported at home by the CHTS.

The Lincolnshire CYP Mental Health Access figure for 2018/19 is 34.4%, this includes CYP accessing CAMHS as well as Kooth online counselling and Healthy Minds Lincolnshire. This access rate is above the national target of 32%.

The evidence is clear that the joint investment from both the Council and Clinical Commissioning Groups (CCGs) has a huge impact on children and young people's (CYP) mental health services and improving the lives of CYP and their families in Lincolnshire, particularly the most vulnerable.

A commissioning review of CAMHS in Lincolnshire commenced in April 2018, and a Commissioning Plan has been produced to make recommendations for future commissioning from 1st April 2020.

The Council's Executive has agreed it wishes to continue commissioning CAMHS via a partnership agreement with LPFT and for delivery to continue without significant changes, and has committed the existing level of recurrent Lincolnshire County Council funding.

1.2.7 Behaviour Outreach Support Service (BOSS)

The Council commissions behaviour outreach services for primary and secondary pupils up age 18, which provide a holistic, integrated range of specialist interventions that will help schools to improve their ability to; support pupils displaying behaviour that challenges, and respond to Autism, moderate and severe learning difficulties and social communication challenges.

The services are intended to support Lincolnshire's Early Help approach and to promote the Lincolnshire Ladder of Behavioural Intervention for managing behaviour in schools.

The services also form part of Lincolnshire's pre-CAMHS offer and contribute to the All Age Autism Strategy.

In addition to the support noted above, BOSS – provided by Family Action – also offers intensive intervention, in the form of time-limited referrals to bespoke pre-exclusion placements in specialist provision or alternative pathways, for pupils at the point of permanent exclusion. During the 2018/19 academic year:

- The service accepted 565 referrals for support
- Approximately 56% of CYP with two or more recorded 'Risk of Exclusion' scale ratings showed a reduced risk of exclusion
- Approximately 98% of secondary aged young people who provided feedback said they were happy with their BOSS worker and gave an average rating score of 8 out of 10 for the Behaviour Intervention Plan (BIP) process
- Approximately 92% of primary aged children said they were happier at school after working with BOSS and 100% felt listened to
- 100% of parents/carers who provided feedback said they felt included in the BOSS process and 77.14% said their child was happier going to school, 88.6% saw an improvement in their child's attitude towards school and 80% saw an improvement in their child's behaviour
- 87 restorative sessions were delivered to schools, with approximately 95% of professionals who provided feedback saying the sessions met the objectives.

Autism and Learning Disability Outreach Service (Working Together Team)

Autism and Learning Disability Outreach is provided by Gosberton House Academy. During the 2018/19 academic year:

- 294 education settings accessed support from the service, which equated to 1,695 pupils receiving outreach support
- 14 pupils where EHC had been considered as part of their review were successfully supported without the need for an EHC
- 1,146 participants engaged in training, including Autism Education Trust training, with 94% agreeing that it would support their working practice in the classroom
- Of the pupils actively being supported by the service, 72% showed an increase in their ability to remain on task and 72% required less outreach support as a result of the increased ability of the education setting to manage pupil behaviours following training and support.

1.3 Current Developments in Lincolnshire

1.3.1 Neurodevelopmental pathway (ASD/ADHD and other neurodevelopment disorders)

As part of Lincolnshire's commitment to reduce waiting times and improve assessment and diagnosis for children and young people with neurodevelopmental concerns, including ASD and ADHD, detailed proposals are being developed for a front-line Hub to review and triage referrals. The Hub will be a key part of a new wider pathway to help ensure that children and young people receive support from the most appropriate service(s)/professional(s) and that best use has been made of pathways through universal services prior to referral to more specialist services. The aim is to reduce demand on the most specialist services so that, where appropriate, children who need it are able to receive a timely assessment and diagnosis that is agreed by professionals across relevant disciplines. In the long-term this will allow greater focus and funding for early intervention and post-diagnostic support.

In the longer term, it is hoped that the Hub could become a 'front door' for referral and triage into a range of services, including CAMHS, so that pathways can become much more integrated, with children receiving the most appropriate support at the right time that can best meet their needs and reducing duplication of referrals and hand-offs.

1.3.2 Mental Health Support Teams in Schools

Lincolnshire Clinical Commissioning Groups (CCGs), in partnership with Lincolnshire County Council (LCC) and Lincolnshire Partnership NHS Foundation Trust (LPFT), have successfully bid for two new Mental Health Support Teams (MHSTs) in Lincolnshire, which will provide mental health and emotional wellbeing support to thousands more children and young people and their families and carers through schools and colleges.

The MHSTs are part of the further roll out of the work to improve access to mental health care for young people set out in the NHS Long Term Plan (<https://bit.ly/2EygFXp>).

The WWO pilot teams for Lincolnshire will support schools and colleges in the Lincoln area and Gainsborough and surrounding area, each covering a population of around 8,000 children and young people. These areas were chosen due to health inequalities and other factors of risk/vulnerability that met the criteria for the bid. Identified education settings within those areas have been invited to submit an expression of interest to be part of the pilot and the new workforce of Education Mental Health Practitioners will work with education settings who have confirmed their interest to provide early intervention on mild to moderate mental health issues and provide help to staff in schools and colleges. MHSTs will also act as a link with local children and young people's mental health services and be supervised by NHS staff.

Once recruited, the new workforce will consist of four Education Mental Health Practitioners within each MHST, who will start their training in January 2020 and be fully operational by the end of 2020.

1.3.3 Joint Emotional Wellbeing and Mental Health Strategy

A Lincolnshire EWMH Strategy for CYP is currently being developed that will bring more joined up thinking across the whole EWMH 'spectrum' with the aim that "everyone works together to support all children, young people and families to be happy, healthy, safe and the best they can be in a 'mentally healthy' Lincolnshire".

Emerging priorities for the Strategy place the focus for these mental health services on:

- Enhancing universal support to parents/carers, to identify risk factors early and provide effective support to empower and improve their ability to meet their child's needs that may have otherwise led to mental health needs later in life
- Recognising that schools play a key role in promoting emotional wellbeing and mental health, and the impact this has on behaviour and learning should be realised
- Improving access to a range of support through an integrated education, health and care 'partnership' that manages referrals, assessments and wrap around support
- Identifying and providing effective workforce development opportunities, to move towards more of a community prevention and early intervention approach that is able to build and promote resilience and identifying problems early; but also making sure that when support is needed, it is effective.

1.3.4 Refresh of the Local Transformation Plan (LTP) for CYP mental health

NHS England has recently issued updated Key Lines of Enquiry (KLOEs) that provide guidance and support to inform the 2019 annual refresh of the existing Children and Young People's Mental Health and Wellbeing Local Transformation Plan by 31 October 2019 (<https://lincolnshire.fsd.org.uk/kb5/lincs/fsd/advice.page?id=SEaEprxvAU4>).

This will be the fourth annual refresh that's taken place since 2015 as a way of ensuring that Local Transformation Plans fulfil the purpose of transparent joint agency plans to improve CYP's mental health. The plans set out how areas will deliver the vision set out in Future in Mind, include the commitments of the Five Year Forward View for Mental Health Programme and ensure the strategic contribution and operational readiness for STPs developing their local NHS Long Term Plan.

2 Conclusion

Lincolnshire has a very strong focus and commitment to supporting children and young people's emotional wellbeing and mental health; across all stages from early childhood development through early years and school education and onto transition to adulthood, a wide range of professionals are available in Lincolnshire who are able to provide preventative, low-level or specialist support for children in relation to their emotional wellbeing and mental health. This is evident in the provision described in this report and the impact it is having on CYP outcomes.

Lincolnshire CAMHS is providing outstanding mental health support and is underpinned by a good range of other services, which puts Lincolnshire in a strong position compared to many other areas of the country. Alongside national developments and investment in CYP mental health this provides an excellent opportunity for even greater improvements.

Lincolnshire's joint vision for CYP Emotional Wellbeing and Mental Health will underpin the strategic direction for these services, including Lincolnshire's workforce, and ensure Lincolnshire meets the mental health needs of its CYP and delivers against national targets, including reduced waiting times and increased access to support. It will set the basis for how, as a system, Lincolnshire can sustainably meet the need for CYP mental health intervention by focusing on prevention and early intervention, developing resilient CYP and building healthy communities and school environments in which they can thrive.

3 Joint Strategic Needs Assessment (JSNA) and Joint Health & Wellbeing Strategy (JHWS)

Mental Health (Children and Young People) is a priority in Lincolnshire's JHWS:

- Building emotional resilience and positive mental health
- Taking action on wider determinants and their impact on mental health
- Better understanding of self-harm/suicidal intent in young people
- Greater parity between mental health and physical health
- Ensuring that CYP have timely access to appropriate crisis support
- Supporting families of young people with mental health needs
- Ensuring appropriate support is in place for pupils with SEND.

In addition, key interdependencies have been highlighted between this priority and Mental Health (Adults), Physical Activity and (Young) Carers.

In respect to the JSNA topic, there is a well evidenced need for the support provided by CAMHS, Healthy Minds Lincolnshire and the other services commissioned in Lincolnshire.

A recent report on the priority Health and Wellbeing Strategy Topics included an update against the objectives against the Mental Health (Children and Young People) priority.

The JSNA for the Mental Health (Children and Young People) topic is currently being updated to reflect the latest developments in terms of local and national policy (including those outlined in the NHS Long Term Plan), latest data and information identifying the needs of children and young people in Lincolnshire, how service provision is currently meeting the needs, planned developments as well as looking at what might be on the horizon in terms of future local and national developments for the topic.

4 Consultation

Lincolnshire County Council takes a child's rights approach to help ensure that children and young people's views are heard and acted on. The foundation of our work is Article 12 of the United Nations Convention on the Rights of the Child. Our priorities are working with the Lincolnshire Youth Cabinet, V4C, Young Inspectors, and Lincolnshire's Looked After Children Council. Further information about these groups can be found at www.lincolnshire.gov.uk/young-people.

Lincolnshire Partnership Foundation Trust (CAMHS) looked at young people's vision of future of mental health support within Lincolnshire. These findings have been themed along the mental health spectrum of need and translated into "we want" statements from a child and young person's perspective, as identified below:

- Stay Healthy through prevention, and by building and promoting resilience
- Identifying problems early
- Improve access to effective support
- Care for those with the most complex needs or are the most vulnerable

Engagement during 2018 as part of the CAMHS review identified a number of areas for potential improvement, which commissioners are currently discussing with LPFT as part of the development and recommissioning of the service from April 2020. However feedback on the whole was positive and evidenced that no significant changes to Lincolnshire CAMHS are required at this time.

5 Background Papers

Commissioning Arrangements for Child and Adolescent Mental Health Service (CAMHS)	http://lincolnshire.moderngov.co.uk/documents/s29020/5.0%20CAMHS%20Commissioning%20Arrangements.pdf
CAMHS Commissioning Plan	http://lincolnshire.moderngov.co.uk/documents/s29021/5.0%20CAMHS%20Appendix%20A.pdf
Health and Wellbeing Board Annual Report 2018	http://lincolnshire.moderngov.co.uk/documents/s28758/Appendix%20A%20-%20Health%20and%20Wellbeing%20Board%20Annual%20Report%202018.pdf

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