



**Open Report on behalf of Heather Sandy, Executive Director - Children's Services**

Report to:	<b>Lincolnshire Schools' Forum</b>
Date:	<b>20 January 2022</b>
Subject:	<b>Healthy Minds Lincolnshire Service</b>

**Summary:**

The purpose of the report is to:

1. Provide an update on the Healthy Minds Lincolnshire Service (emotional wellbeing service for Lincolnshire children and young people).
2. Seek support from the Lincolnshire Schools' Forum on the future funding recommendations for Healthy Minds Lincolnshire which is partially funded from the High Needs block of the Designated Schools Grant, subject to formal decision making.

**Recommendation(s):**

Lincolnshire Schools' Forum is asked to note the content of the report and to support the recommendations in the report in relation to the future funding of Healthy Minds Lincolnshire from the High Needs Block of the Designated Schools Grant.

**Background**

Healthy Minds Lincolnshire is an emotional wellbeing service for Lincolnshire children and young people (CYP) aged 0 to 19 years (25 SEND and/or Care Leaver) experiencing low to moderate emotional wellbeing concerns. The service works closely with and in schools to support the prevention of and early intervention in emotional wellbeing concerns. The service promotes provides training and resources to Lincolnshire schools and academies as well as training to future teachers and further education colleges offering childcare qualifications. Training is also offered to the wider children's services workforce. The service provides a range of evidence-based interventions to Lincolnshire CYP (1:1 or group support).

Current Commissioning Arrangements

The service has been commissioned by the Council since 1<sup>st</sup> October 2017 and is provided by Lincolnshire Partnership NHS Foundation Trust (LPFT) through a Partnership Agreement made under Section 75 of the NHS Act 2006. The current agreement is due to end on 31<sup>st</sup> August 2022.

The current annual value of the service is £2m per annum, 50% of which is funded through the Public Health Grant. On 1<sup>st</sup> January 2017, Lincolnshire Schools Forum agreed that the remaining 50% of funding to be funded from the High Needs Block of the Designated Schools Grant (DSG) in order to increase the staffing capacity of the service and to meet a gap in schools being able to access low to moderate emotional wellbeing/mental health support for pupils who did not meet criteria for more specialist intervention via Child and Adolescent Mental Health Services (CAMHS). The commissioning of Healthy Minds Lincolnshire was also supported by the Lincolnshire Learning Partnership.

#### Healthy Minds Lincolnshire Service Delivery

Since October 2017, Healthy Minds Lincolnshire has accepted over 11,630 referrals (end of September 2021) and delivered over 46,290 direct interventions. Pre-pandemic, 35% of referrals accepted were from Lincolnshire schools and academies, with this reducing to 20% during Covid-19 due to school closures because of national lockdowns. Other professionals can refer to the service and CYP and parents/carer can self-refer. Referrals accepted have been across all age ranges and key stages, with Key Stages 2 and 3 consistently being the highest referral groups and anxiety being the highest reason for referral.

Pre-pandemic data showed that the innovative Healthy Minds Lincolnshire model was delivering positive outcomes for CYP in Lincolnshire:

- Since 2018, 96% of CYP waited less than 4 weeks to access support and 68% were seen in less than 2 weeks. 571 workshops/groups were delivered to 5,531 CYP within their school setting (c.92% of CYP who provided feedback said the workshops had had a positive impact on their emotional wellbeing concerns) and 2,402 professionals engaged in training (c.91% of professionals who provided feedback said the training had improved their confidence to support CYP's emotional wellbeing concerns).
- In 2019/20, 88% of CYP that completed treatment needed no further support or could be stepped back to universal services. In 2020/21, this was 86%. Across both years only 2% of CYP's needs escalated and required access to CAMHS.
- Since 2018, overall referrals to CAMHS remained reasonably constant and dropped by 5% in 2019/20 indicating that the Healthy Minds Lincolnshire preventative model was working.
- In November 2019, Healthy Minds Lincolnshire was a finalist for the CYP Now Mental Health and Wellbeing Award.

Throughout the Covid-19 pandemic, the services provided by LPFT including Healthy Minds Lincolnshire have rapidly expanded virtual mental health support available to CYP, parents/carers and education settings. In addition, to the Lincolnshire Here4You Advice Line, a single point of access (SPA) for referrals to both Healthy Minds Lincolnshire and CAMHS is in place with joint screening of referrals.

Healthy Minds Lincolnshire staff led the DfE's Wellbeing for Education Return training, in partnership with other relevant commissioned and Council services. 46 Wellbeing for Education Return training sessions (Webinars 1 and 2) were delivered to c.95% of Lincolnshire schools and academies, with an average of 513 education setting staff

attending both webinars. 95.3% said the training had helped them to understand how to further support CYP's emotional wellbeing.

Healthy Minds Lincolnshire has also created a dedicated professionals' resource hub for Lincolnshire schools and academies that includes a wide range of resources, videos and pre-recorded workshops for education setting staff to utilise to help support pupils' emotional wellbeing.

Mental Health Support Teams (MHSTs)

Lincolnshire has often been ahead of other areas nationally in ensuring CYP's mental health is prioritised, with a key focus on early intervention. Since Healthy Minds Lincolnshire was first commissioned, the Lincolnshire Clinical Commissioning Group (CCG) in partnership with LPFT and the Council have successfully bid to NHS England for Mental Health Support Teams (MHSTs) in Lincolnshire.

MHSTs are a new nationally prescribed model of emotional wellbeing and mental health support in schools and colleges which is part of the national drive to improve access to mental health care for CYP as set out in the NHS Long Term Plan. MHSTs support school aged CYP from aged 5 to 18 years.

Currently Lincolnshire has four MHSTs (two in Lincoln and Gainsborough (and surrounding area) and two in Boston and Skegness), as set out in the table below:

MHSTs	Jan to Dec 2020	Jan to Dec 2021	Jan to Dec 2022	Jan to Dec 2023	Jan 2024 onwards
<b>Lincoln and Gainsborough (Wave 2)</b>	Training year	Begin to embed through becoming fully operational	Fully embedded	Fully funded	Funded to end of March 2024. Funding from April 2024 onwards TBC
<b>Boston and Skegness (Wave 4)</b>		Training year	Begin to embed through becoming fully operational	Fully Embedded	Funded to end of March 2024. Funding from April 2024 onwards TBC

Lincolnshire submitted a third multi-year bid for further MHSTs and have been successful in securing four additional MHSTs, the timescales for which are set out below. Final funding is TBC.

Future MHST Wave	Number of Additional MHSTs	MHST Training Year	MHST Begin to Embed	MHSTs Fully Embedded from
<b>Wave 7 (Spalding)</b>	1	September 2022	September 2023	September 2024
<b>Wave 8 (Grantham and Sleaford)</b>	2	January 2023	January 2024	January 2025
<b>Wave 10 (TBC*)</b>	1	January 2024	January 2025	January 2026

*\*Based on areas of need that meet MHST criteria this is anticipated to be either Louth and the surrounding area or south of Lincoln (within North Kesteven).*

The MHSTs are also delivered by LPFT and funded by NHS England.

The anticipated overall value of the MHSTs' funding from NHSE is outlined below. There is a commitment for MHSTs to continue as part of the NHS Long Term Plan and NHSE have a funding settlement for five years up until the end of the 2023/24 financial year, with the possibility of a further five years subject to the Spending Review. The funding allocation for Lincolnshire to the end of March 2024 is set by NHSE and confirmed by the CCG.

MHSTs	19/20 FY	20/21 FY	21/22 FY	22/23 FY	23/24 FY	Total
<b>Lincoln and Gainsborough (and surrounding area) (Wave 2)</b>	£93,018	£347,386	£736,274	£751,000	£766,020	<b>£2,693,698</b>
<b>Boston and Skegness (and surrounding area) (Wave 4)</b>	-	£147,734	£510,677	£741,759	£756,594	<b>£2,156,764</b>
<b>Wave 7 (1)</b>	-	-	-	£126,761*	£366,919*	<b>£493,680*</b>
<b>Wave 8 (2)</b>	-	-	-	£108,652*	£511,426*	<b>£620,078*</b>
<b>Wave 10 (1)</b>	-	-	-	-	£54,326*	<b>£54,326*</b>
<b>Total</b>	<b>£93,018</b>	<b>£495,120</b>	<b>£1,246,951</b>	<b>£1,728,172*</b>	<b>£2,445,285*</b>	<b>£6,018,546*</b>

*\*Indicative funding only as funding yet to be confirmed from NHSE and the CCG.*

Each team must consist of four Education Mental Health Practitioners (EMHPs) and appropriate supervision and must deliver three core nationally mandated functions:

- Evidence-based interventions for CYP with mild to moderate mental health concerns.
- Supporting an identified senior mental health lead in each education setting covered by the MHSTs to introduce/develop their whole setting approach to positive mental health and emotional wellbeing.
- Giving timely advice to education settings staff and liaising with external specialist services to help CYP to get the right support and stay in education.

In Lincolnshire each team also includes two Clinical Leads (Cognitive Behavioural Therapy Practitioners) and a 0.5 FTE Peer Support Worker. Currently each team must cover a population of at least 8,000 CYP (reducing to 7,000 CYP for future waves). Once fully operational (2 years post commencement) each team should support approximately 500 CYP per 8,000 CYP (c.6.25%).

Education settings within the current MHST areas were invited to express an interest to be part of the project, which included offering placements to trainees whilst undertaking their training year. MHST Steering Groups were established which include representatives from Lincolnshire schools and academies involved. The Steering Groups have helped to develop and shape the MHST offer whilst ensuring the MHSTs deliver the three core mandated functions. Feedback from the education representatives on the Steering Groups has been overwhelmingly positive on the support provided by the MHST practitioners to Lincolnshire pupils and their education settings.

The current and anticipated number of education settings and the school Number on Roll (NOR) coverage (May 2021 School Census) of all MHSTs in Lincolnshire (once fully operational) is as follows:

MHSTs Waves	Number of Education Settings	Number of Lincolnshire Schools and Academies	NOR (5 to 18 years) coverage for Lincolnshire Schools and Academies	Approx % of NOR of Lincolnshire Schools and Academies*
<b>Wave 2</b>	48	45	13,222	12%
<b>Wave 4</b>	49	48	13,152	12%
<b>Wave 7</b>	24*	23*	7,170*	7%*
<b>Wave 8</b>	40*	39*	14,499*	13%*
<b>Wave 10</b>	24*	24*	7,000*	6%*
<b>Total</b>	<b>185</b>	<b>179</b>	<b>55,043*</b>	<b>50%*</b>

\*TBC

#### Future Healthy Minds Lincolnshire Funding Proposal

As previously stated, Healthy Minds Lincolnshire is funded from the Public Health Grant and the High Needs Block of the DSG. It is considered good practice to inform the Schools Forum when key decisions are to be made on central spend to High Needs block provision.

Since 2017, the roll-out of MHSTs was announced and has commenced in Lincolnshire. The MHSTs offer partially duplicates the Healthy Minds Lincolnshire offer, particularly in relation to direct interventions for low to moderate emotional wellbeing/mental health concerns delivered within schools and providing resources to schools to support the development/embedding of their whole-school approach to positive mental health and emotional wellbeing. In addition, both services have consistent link-practitioners assigned to schools.

The High Needs Block of the DSG is now under significant pressure and the Council has statutory obligations it must fulfil with this budget, whereas Healthy Minds Lincolnshire is not a statutory Council service.

It will be recommended to the Council through formal decision-making processes that the £1m funding from the children's allocation of the Public Health Grant continues to be allocated for Healthy Minds Lincolnshire. As more MHSTs go live (as funded by NHSE) it will be recommended that the funding from the High Needs Block of the DSG is diverted back into the DSG to support the significant financial pressure the DSG is under and to support statutory obligations. The proposed monetary diversion and saving to the High Needs block starting from September 2022 will be £0.140m for 2022/23; a further £0.360m in 2023/24, and the remainder of the original £1m budget securing £0.500m in 2024/25.

#### Review of Healthy Minds Lincolnshire and MHSTs

Healthy Minds Lincolnshire is highly regarded, and the Council does not want to lose the benefits of the service and create a fragmented offer across the county with some schools accessing MHSTs and some Healthy Minds Lincolnshire. The Council is working closely with the CCG and LPFT to develop a hybrid model that combines the most successful parts of Healthy Minds Lincolnshire and MHSTs. It may be that additional funding is requested for

this hybrid model, but the Council is planning to work with the CCG to determine where this could be best sourced recurrently.

It is recognised that the Covid-19 pandemic has significantly impacted CYP's mental health and Lincolnshire is already experiencing increased demand on services, particularly CAMHS. Early intervention support remains vital to helping children quickly so that problems are not stored up and become worse. Schools continue to be at the forefront of both identifying and supporting CYP struggling with their mental health. A review of all CYP's mental health needs and services including those provided by LPFT (Healthy Minds Lincolnshire, MHSTs and CAMHS) is commencing to make sure support is easy and quick to access, seamless, not duplicated and has sufficient capacity to meet future demand. The engagement of schools and colleges in this review will be key. The review is proposed to be overseen by the Council working in partnership across the wider Integrated Care System (ICS).

### **Conclusion**

A wider review of emotional wellbeing and mental health services for CYP in Lincolnshire is commencing which is likely to result in some changes to existing services. This will provide a stronger offer to CYP. This transformation is likely to start being embedded from 2023 onwards.

In the meantime, as MHSTs begin to widen their reach across Lincolnshire the diversion of funding back into the DSG in a phased way will ensure the best use of resources.

Work is taking place with LPFT and the CCG to ensure that any further funding needed either during the review phase (to meet current demands) or longer term (post review) is met from wider expected health investment in CYP's mental health services. As a system we want to ensure we maximise resources, minimise duplication and ensure the expertise of staff working in CYP's mental health services is maintained throughout.

### **Consultation**

#### **a) Risks and Impact Analysis**

Benefits:

- Will help to reduce the pressure on the DSG and support the Council in meeting its statutory duties in relation to meeting the needs of vulnerable CYP, including CYP with SEND.
- Will enable the phased diversion of DSG funding back into the high needs block to be proportionate to the wider roll out of MHSTs in Lincolnshire.
- Will support the Council to work in partnership with LPFT and the Lincolnshire CCG to maximise the best use of available resources across all of the CYP's mental health and emotional wellbeing services and minimise duplication.
- Will allow for a more integrated model to be developed between Healthy Minds Lincolnshire and MHSTs as part of the wider review of emotional wellbeing and mental health services for CYP.

Risks:

- Loss of staff in services who may be nervous about service changes and seek alternative employment. This will be mitigated against by working in partnership with LPFT to clearly articulate that the expertise of staff is needed across CYP's mental health services although some roles may change and some re-deployment may be needed.
- Two-tier fragmented model for Lincolnshire schools and pupils based on geography. This will be mitigated against by working in partnership with LPFT and the Lincolnshire CCG through the wider review to develop a hybrid model that allows greater integration between Healthy Minds Lincolnshire and MHSTs. Should additional funding to support a more integrated model be required the Council will work with the Lincolnshire CCG to determine where this could be sourced recurrently.
- Increased waiting times and reduced Healthy Minds Lincolnshire capacity in areas where MHSTs are undertaking their training year and not yet fully embedded when DSG funding has been fully diverted. This will be mitigated against by working in partnership with LPFT and the Lincolnshire CCG through the wider review to ensure sharing of expertise across the CYP's mental health and emotional wellbeing services, including an increased virtual offer where appropriate, to ensure Lincolnshire CYP receive timely support for their emotional wellbeing and mental health concerns.

### **Background Papers**

No background papers within Section 100D of the Local Government Act 1972 were used in the preparation of this report.

This report was written by Sara Gregory, who can be contacted on 01522 553635 or [saraj.gregory@lincolnshire.gov.uk](mailto:saraj.gregory@lincolnshire.gov.uk).

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