

Agenda Item 7

		THE HEALTH SCRUTINY COMMITTEE FOR LINCOLNSHIRE	
Boston Borough Council	East Lindsey District Council	City of Lincoln Council	Lincolnshire County Council
North Kesteven District Council	South Holland District Council	South Kesteven District Council	West Lindsey District Council

**Report on behalf of Sarah Connery, Chief Executive,
Lincolnshire Partnership NHS Foundation Trust**

Report to	Health Scrutiny Committee for Lincolnshire
Date:	13 September 2023
Subject:	Children and Young People’s Mental Health Services in Lincolnshire - Update

Summary:

Lincolnshire Partnership NHS Foundation Trust (LPFT) is the principal NHS provider of mental health services, along with some learning disability, autism, and social care services in the county.

The Trust reports regularly to the committee on changes to services but has been asked to provide a general overview of developments in services and action being taken to manage demand and waiting times.

This paper will concentrate on children and young people’s mental health services in the county, with a further presentation to the committee on specialist mental health services, learning disabilities and autism services covered at the October meeting.

Actions requested:

That the Committee consider the information presented by Lincolnshire Partnership NHS Foundation Trust and decide on the next steps.

1. Introduction

Half of all life-long mental health problems in the UK start before the age of 14 and three quarters start before the age of 25. For many, the Covid-19 pandemic is likely to have exacerbated their mental health needs. Before the pandemic, the prevalence of mental disorders in children aged 5 to 16 was already increasing.

Mental health difficulties caused by lockdowns, school closures, isolation from peers, bereavement, and the stresses on families have increased pressures. Nationally, frontline mental health services report a large increase in children and young people (CYP) needing help.

Risk factors for mental health and wellbeing are well documented and include childhood abuse, trauma, or neglect, social isolation, or loneliness, experiencing discrimination and stigma, social disadvantage, or poverty, bereavement, or being a long-term carer for someone. Understanding these factors can help us to target prevention activity to support mental health and wellbeing.

The services currently delivered by LPFT are:

- CYP Access Team and Here4You Helpline
- Healthy Minds Lincolnshire (HML)
- Mental Health Support Team (MHST)
- Core Child and Adolescent Mental Health Services (CAMHS)
- CAMHS Learning Disability (CAMHS LD)
- CAMHS Eating Disorder Team (CAMHS ED)
- CYP Complex Needs Service
- CAMHS Crisis and Enhanced Home Treatment Team (CCETT)
- CAMHS Mental Health Liaison Service (MHLS) – Lincoln County Hospital
- Lincolnshire Secure Unit (LSU)
- Children and young people’s keyworking team

The range and purpose of each of the CYP emotional wellbeing and mental health services commissioned from LPFT are described in Appendix A.

The performance and impact of these services is monitored through Quarterly CYPMH Strategic Partnership Board Meetings between Lincolnshire County Council (as delegated lead commissioner for CYP mental health services in Lincolnshire, on behalf of the Lincolnshire Integrated Care Board) and LPFT, as well as through monthly Contract Partnership Board Meetings between the ICB, Lincolnshire County Council, and LPFT.

2. Access to Services

Children and young people in Lincolnshire can currently access support for their emotional wellbeing and mental health through a variety of routes including by telephone, digitally and face to face in schools, clinics, or the young person’s home.

We wanted to make it much easier for families and professionals to access advice and support in Lincolnshire, including making self-referrals for all CYP mental health services, so a new CYP Mental Health Services Access Team was introduced in 2022. Professionals, parents or CYP can call the dedicated line to speak to a clinician for advice, information or to self-refer. Joint referral screening takes place across services, so families do not have to navigate through different referral pathways. It has helped greatly improve the number of referrals going to the right place first time.

There are nationally set targets for how many children should be accessing mental health support based on population data. Despite seeing a significant increase in the numbers of children and young people accessing support over the last two years, Lincolnshire is still not achieving this national target. Exploration with colleagues in NHS England suggests that this is in part due to reporting differences between Lincolnshire and other integrated care systems, however we continue to explore new ways to further increase opportunities for young people and their families to access support and treatment.

3. Demand and Waiting Times for Children and Young People's Emotional Wellbeing and Mental Health Services

Demand

Demand for community CYP emotional wellbeing and mental health services has remained consistently high since the pandemic. The implementation of the Here4You Access team in Jan 2022 has led to an increased number of CYP accessing support through the helpline and an increase in the proportion of new referrals allocated directly into Healthy Minds Lincolnshire (HML), diverting referrals that would previously have gone to Core CAMHS for triage and/or assessment before being redirected to HML.

The decrease in referrals into Core CAMHS has not led to a correlating decrease in the number of children and young people requiring treatment from Core CAMHS following assessment. The demand for specialist treatment interventions has remained consistent throughout the last two years which would suggest that the reduced referrals into Core CAMHS is indicative of referrals now being allocated to appropriate teams in a timelier and more direct way, rather than indicative of a reduction in demand for treatment/interventions from Core CAMHS services.

Waiting Times

There is a national target that children referred to/seeking support from mental health services will be seen and assessed within four weeks and Lincolnshire is performing above the national average against this target.

A deep dive into waiting times for treatment within Core CAMHS services across Lincolnshire was completed in October 2021, this did confirm that children and young people in Lincolnshire were experiencing secondary waits to start NICE recommended treatments following assessment.

Through collaborative working across LPFT, Lincolnshire NHS Integrated Care Board, and Lincolnshire County Council, an additional recurrent investment of £1.2 million into Core CAMHS services was agreed, to be phased in across 2022/23 and 2023/24. This investment has increased capacity across Core CAMHS, CAMHS Eating Disorder, and CAMHS LD teams.

It is our collective ambition, to achieve the national Long Term Plan target of no children or young people waiting more than 4 weeks for treatment. An interim target to achieve a waiting time of no more than 12 weeks from assessment to start of specialist treatment in Core CAMHS has been agreed in the interim, as a realistic ambition. A clear performance improvement trajectory has been agreed and the services on track to achieve this target by March 2025.

4. Crisis and Urgent Care for Children and Young People

The CAMHS Crisis and Enhanced Treatment Teams (CCETT) provides support for children and young people and their families at times of mental health crisis by providing assessment and intensive home treatment. This includes supporting young people experiencing thoughts of suicide and engaging in significant self-harming behaviours.

If a child or young person is experiencing a mental health crisis, they can contact mental health services directly by phoning the Here4You Helpline or they can be referred to CCETT by parents or other professionals (e.g., police, paediatric staff, paramedics, GP's). Children and young people already open to other mental health services and who require a crisis response or enhanced home treatment to maintain their safety and wellbeing will also be referred to CCETT.

The CCETT team will offer an urgent mental health assessment of CYP within an identified safe setting (e.g. A&E, acute paediatric wards etc.) making telephone contact within 4 hours of referral and arranging face-to-face assessment within 24 hours. They also offer relevant telephone consultation and advice to colleagues working within A&E, acute paediatric wards and care settings, outside normal working hours.

Existing arrangements are that CCETT is staffed by on-call workers between 7pm and 9am. During these hours the on call worker will speak to the young person, parent/carers and the referrer and establish the level of imminent risk by completing a telephone triage assessment. According to the workers risk assessment they will either develop a Keep Safe plan with the young person and their family and arrange follow up face to face (within 24 or 72 hours dependent upon the assessment of risk) or attend A&E to see the young person for further assessment.

From February 2023 a CAMHS Mental Health Liaison (MHL) offer is being piloted at Lincoln County Hospital and will mean a CAMHS practitioner is available on-site at the hospital out of hours. A MHL service based in Boston Pilgrim Hospital is also being recruited to at the time of writing this report. Initial feedback from children and young people and their families who have accessed the service in Lincoln is consistently positive.

As part of the Lincolnshire Integrated Care system's commitment to enhancing mental health crisis and urgent care services, additional funding has been allocated to develop the Mental Health Urgent Assessment Centre (MHUAC) currently available to adults within Lincolnshire (based on the Lincoln County Hospital site) to provide an all-age offer. The planning in relation to workforce and estates requirements is underway with an anticipated "go live" date of December 2023. This will mean that children and young people do not have to present at Lincoln A&E when in mental health crisis but have a more appropriate environment in which to be assessed. A business case is currently being developed to replicate the MHUAC service in other parts of the county, starting with Boston.

The CYP Mental Health Transformation programme, described in section 6, will also consider the workforce requirements for alternative models of crisis and enhanced treatment support, including the ability to offer home visits to children and young people in mental health crisis out of hours and the expansion of existing adult crisis cafes, run by third sector partners, to provide an all-age offer.

5. Transitions for Children and Young People

LPFT's Children and Young Peoples services normally accept referrals for people up to the age of 18 years (up to 25 for those with Special Educational Needs & Disability (SEND) or those leaving care), however we make exceptions to that and accept referrals for people over the age of 18, if a person's needs are developmentally more appropriate for CYP services. For those young people who are already engaged with CYP services, we will continue to support them up to the age of 25, before transitioning to adult services.

Safe and effective transitions between children and young people's and adult mental health services is a current priority across all of our children and young people's and adult services and is a focus within each of the workstreams of the CYP mental health transformation programme described in section 6 of this report.

A recent publication 'The Inbetweeners' (National Confidential Enquiry into Patient Death and Outcome NCEPOD - Transition: 2023) has issued some useful recommendations around transitions. In response to this publication, the LPFT Transitions Protocol is currently under review to ensure that our Protocol has a flexible approach to transitions, enabling for transitions between children and adult mental health services to be developmentally appropriate.

The publication sets out clear recommendations at both a national and local level to ensure quality transitions, these recommendations will form part of the new LPFT Transition Protocol. The protocol is being written collaboratively across divisions within LPFT, with both young people and parent/carers involvement. The new protocol will be completed by December 2023.

6. Transformation Programme

Last year, in conjunction with our commissioners Lincolnshire County Council, we started work on an ambitious CYP Mental Health Transformation Programme.

This programme is being jointly led by Lincolnshire County Council and Lincolnshire Partnership NHS Foundation Trust (LPFT) with input from CYP and parents/carers with lived experience and other key local and national stakeholders. The programme and its component workstreams will shape the strategic direction of travel for CYP mental health services. The programme will recommend a future model of CYP mental health services in Lincolnshire which will then be implemented subject to approval.

The transformation programme is focussed on ensuring there is a co-produced long-term plan for the delivery of children and young people's mental health services in the future. The programme does not prevent or slow down the implementation of improvements to existing services and/or the development of new services where a need has already been identified.

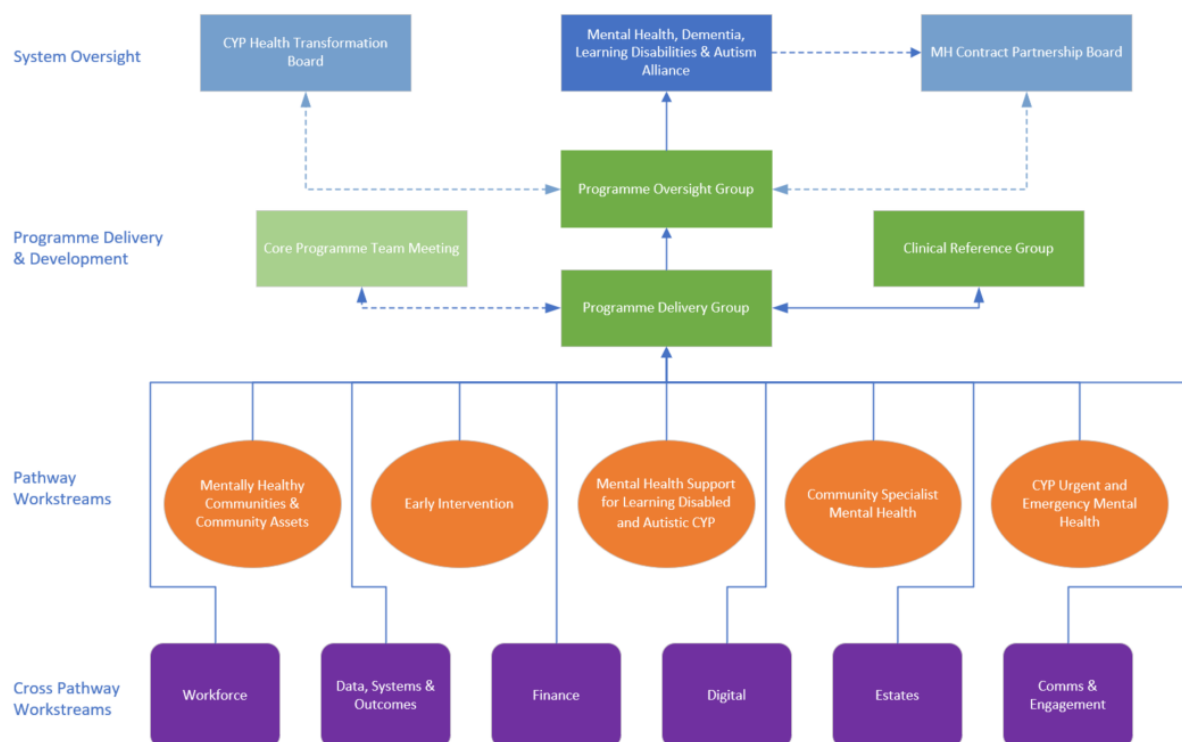
The workstreams within this transformation programme are:

- CYP Mentally Healthy Communities and Community Assets (Prevention) – to ensure CYP stay healthy through public mental health promotion and prevention by building resilience, creating mentally healthy communities and maximising community assets and support/advice, including online and digital.
- CYP Early Intervention – Problems must be identified early and all CYP who need help, including those with complex needs, need to be able to access timely and effective support or advice at the right level, in school or in their communities.
- Mental Health Support for Learning Disabled and Autistic CYP - CYP with Learning Disabilities or Autism who are also suffering from mental illnesses must be able to receive specialist care that is tailored and able to meet their specific needs in the community and wrap around their lives, care and education as they transition into adulthood.
- CYP Community Specialist Mental Health – All CYP who are suffering from mental illnesses must be able to receive timely assessment and evidence-based treatment to improve their mental health that wraps around their lives, care and education including as they transition into adulthood, within their communities.
- CYP Urgent and Emergency Mental Health – Responsive assessment and support for CYP in mental health crisis must be available 24/7 in Lincolnshire's acute hospitals, the community or at home, with appropriate treatment to avoid admission to specialist mental health units, and facilitate prompt discharge or support.

The transformation has been spilt in to seven phases, with key milestone dates described below:

March 2023	Phase 1	Programme set-up and initial engagement completed
April 2023 – November 2023	Phase 2	Information gathering
December 2023 – February 2024	Phase 3	Information and gap analysis
March 2024 – May 2024	Phase 4	Options development and analysis
June 2024 – November 2024	Phase 5	Transformation and change planning
December 2024 – March 2025	Phase 6	Decision making and system planning – at this point a delivery plan for the agreed long-term plan will be available
April 2025 onwards	Phase 7	Transformation and change delivery

The governance of the transformation programme is illustrated below:



7. Inpatient Mental Health Services for Children and Young People

In 2013, NHS England became the commissioner of mental health inpatient services for children and young people, also known as Tier 4. However, concerns were raised that those services were not being properly commissioned to meet the needs of the most vulnerable, children and young people (Department of Health, 2015). In 2019, the responsibility for commissioning of CAMHS Tier 4 services was transferred to local Provider Collaboratives under the national New Care Models programme and new regional partnership working arrangements have been established across England.

The aim of the Provider Collaborative model is to deliver specialised mental health care for children and young people together as groups of providers of specialist services to not only deliver direct care, but also to share approaches, clinical expertise, pathways and resources.

In April 2021, an East Midlands partnership was established to work collaboratively to improve quality, outcomes and efficiency of CAMHS services. The Provider Collaborative was introduced as a new approach that aims to improve the quality of care and experience not only for young people but also for their carers and families. One of the main aims of the Provider Collaborative has been “to put children and young people at the heart of everything” and to provide the care that is delivered to them at the right time and right place. The East Midlands Provider Collaborative, same as other Collaboratives across England, were thus committed to improve the use of Tier 4 services by; creating a single point of access and reduce avoidable inpatient admissions; to ensure clinically appropriate lengths of stay; to ensure effective admission and discharge processes; and to avoid care that is very far from the patient’s home.

If a young person in Lincolnshire requires an inpatient admission, LPFT refers the individual to the provider collaborative who identify a placement with one of the collaborative providers. LPFT remains in regular contact with the child / young person and their families throughout all inpatient stays.

The CAMHS Provider Collaborative in the East Midlands commissioned a review of bed usage from 1st April 2021 to explore whether there were sufficient CAMHS tier 4 inpatient beds in the East Midlands for those who need them now (and in the future) and whether there were enough of the different types of beds that are needed. The outcome of this review was to increase the number of CAMHS Specialist Eating Disorder Unit (SEDU) beds in the East Midlands.

The CCETT team has been successful in reducing the number of young people that need to be admitted to inpatient care by approximately 60%. A recent audit demonstrated that around four children from Lincolnshire were cared for in General Adolescent Mental Health Units at any one time, which was lower than the regional and national averages.

8. Summary

The number of children and young people accessing mental health and emotional wellbeing services has increased year on year, which at times has led to challenges accessing services and secondary waits for treatment. However, the range of mental health and emotional wellbeing services available to children and young people in Lincolnshire has increased significantly in the last six years, with substantial financial investment from both Lincolnshire ICB and NHS England over the last three years.

An ambitious CYP mental health transformation programme is underway that will shape the strategic planning of CYP mental health services. The programme will recommend a future model of CYP mental health services in Lincolnshire that focuses on continuously improving support for CYP and their families in relation to:

- Public mental health promotion, prevention, community and early intervention support.
- Empowering parents/carers and professionals working with CYP to better identify and respond to their emotional wellbeing and mental health concerns.
- Increasing and improving access to community based emotional wellbeing and high-quality, evidence-based and timely mental health assessment and support.
- Avoiding unnecessary specialist and acute mental health related hospital admissions, particularly for CYP with LD and Autistic CYP.

9. Appendices

These are listed below and attached at the back of the report	
Appendix A	Children and young people mental health and emotional wellbeing services in the specialist services division

10. 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 Chris Higgins Director of Operations at LPFT, who can be contacted via (Christopher.Higgins3@nhs.net / or 01522 309199)

**Children and Young People’s (CYP) Mental Health and Emotional Wellbeing Services
in the Specialist Services Division**

<p>CYP Access Team & Here4You Helpline</p>	<p>The Access Team make up part of Lincolnshire’s Children and young people's services. As a team they look at all referrals that are sent into Healthy Minds, the Mental Health Support Teams, or CAMHS to consider which, if any, of the teams are most likely to be able to provide the best support.</p> <p>The team also staff the 24/7 Here4you line (0800 234 6342), providing advice to young people, parents, carers or professionals such as teachers. In this telephone call, we may give tips and strategies on ways children and young people could help themselves, or they may agree together that the child / young person need some extra support from LPFT services. If the team do not think LPFT services are the best place to help, they will always let the individual who has called know who is and where to go next.</p>
<p>Healthy Minds Lincolnshire (HML)</p>	<p>HML was set up in 2017 as a joint project between Lincolnshire County Council and LPFT. This project was set up to provide emotional wellbeing support to children and young people aged 0-19 and up to 25 for those who have special educational needs or are considered a looked after child. The service provides training in emotional wellbeing to all education staff, student teachers and parents in Lincolnshire, consultation to education staff and parents, groups of various emotional wellbeing topics to children and young people and 1-1 interventions using evidence based practice for up to 6 sessions for children and young people.</p>

<p>Mental Health Support Team (MHST)</p>	<p>NHS England launched the trailblazer for the Mental Health Support Teams in Schools in 2019. Lincolnshire Clinical Commissioning Group (CCG) in collaboration with Lincolnshire County Council and LPFT as preferred provider successfully bid for 2 teams (Lincoln and Gainsborough) which commenced in January 2020 as part of wave 2, and 2 teams (Boston and Skegness) that commenced in January 2021 as part of wave 4. Following Wave 7 funding, there will be a fully operational MHST in Spalding and the surrounding area from September 2023. The Wave 8 expansion will see teams starting to support children and young people in Grantham and Sleaford (and the surrounding area) from January 2024.</p> <p>The principles of these teams are to increase the CYP professional workforce by training non-professionals to be education mental health practitioners (EMHP) over the first year of operation. These staff work within a group of schools that have elected to be part of the project. The EMHPs work closely within the schools to offer direct support to pupils who may be experiencing mild to moderate mental health issues by using Cognitive Behavioural Therapy (CBT) based interventions as well as offering guidance on whole school approach to education professionals/settings.</p>
<p>Core Child & Adolescent Mental Health Services (CAMHS)</p>	<p>Core CAMHS is a large mental health service which operates across the whole of Lincolnshire working from bases in Boston, Lincoln, Louth and Grantham with a satellite office in Gainsborough. CAMHS incorporates Child & Adolescent Mental Health Services (CAMHS) and Child Psychological Therapies Service, working together to offer a range of professional clinical interventions including needs assessment, diagnostic services (where appropriate), behaviour management programmes and child centred therapies to support recovery and wellbeing.</p> <p>Services are provided by a range of professionals and are available for children and young people who are resident in Lincolnshire.</p> <p>The aim of CAMHS is to promote the positive integration of a child's emotional, social, intellectual and spiritual development. We aim to enhance and encourage their strengths and resources, either within the context of their own families or individually. This helps them grow both emotionally and socially.</p>

Looked After Children	Looked after Children have a higher risk of poor mental health and outcomes due to the trauma that they have experienced in childhood. To ensure that this vulnerable group are supported sufficiently the CAMHS teams are required to respond to referrals within four weeks and therefore treat referrals as a priority within the Core CAMHS service.
CAMHS LD	<p>CAMHS Learning Disability team is a community based specialist service offering support to children and young people, aged between 0-18 years, who are experiencing significant mental health problems and who are diagnosed with moderate to severe learning disability.</p> <p>The team currently supports between 65 and 70 children & young people with moderate to severe learning disability and mental health issues. The team will work with the individual, their parents/carers, schools, and health professionals and social care to offer individual tailored advice and strategies to support the individual.</p>
CAMHS Eating Disorder Team	A small, county wide multi-disciplinary team that works with children and young people presenting with an eating disorder such as Anorexia Nervosa or Bulimia. The service offers assessment and treatment in a variety of community bases across Lincolnshire.
CYP Complex Needs Service	Lincolnshire was successful in a bid for this service which was awarded in April 2021 as a 9 year project to support CYP across Lincolnshire who have experienced trauma and have complex needs. This contract was awarded following a successful pilot between Lincolnshire County Council's Future4me criminal justice prevention team and LPFT who provided a psychology led health team. The Future4me health team provided consultation, joint assessment and validation to professionals working with these young people to prevent them from entering the criminal justice system. The new CYP complex needs service will provide a Trauma training programme to children's services staff and extend its consultation offer to all children's services professionals. The team will also link up with existing providers such as positive futures to find innovative ways to work with young people who may be difficult to engage.

CAMHS Crisis and Enhanced Home Treatment Team (CEETT)	<p>The CAMHS Crisis and Enhanced Treatment Teams (CEETT) are based in Lincoln and Boston and cover the whole county.</p> <p>The staff members are from various backgrounds including:</p> <ul style="list-style-type: none">• social work• nursing• occupational therapy• support workers <p>The team supports young people in a mental health crisis through providing assessment and intensive home treatment. This includes supporting young people experiencing thoughts of suicide and engaging in significant self harming behaviours.</p> <p>By working with young people and their families and carers, the team aims to avoid hospital admission wherever possible by providing intensive support in the home environment.</p>
Lincolnshire Secure Unit	<p>The Lincolnshire Secure Unit is a 12 bedded local authority secure children’s home in Sleaford. LPFT provide health care into the unit including physical health, mental health, drug and alcohol, optician and dental services. LPFT subcontract GP services, optometry and dentistry into the unit. Targets for this unit include ensuring that young people are assessed within 24 hours of admission, and that they are offered and receive the appropriate health intervention within set times from assessment. LSU has recently received a joint inspection from OFSTED and CQC and was rated as good for healthcare.</p>

CYP Keyworking Team

Our Specialist Keyworker Service has been set up to provide support for autistic children and young people (CYP) and/or those with a learning disability, who are at risk of being admitted into hospital. This service aims to give children, young people and their families the right support at the right time, to ensure that systems within the community are responsive and meet their needs in a personalised and holistic way.

The CYP Keyworking Team provide:

Navigation - The keyworkers help CYPs, and families, navigate through the complex processes and systems in the community to get the support that they need.

Coordination - The keyworkers work in multi-agency settings to encourage service involvement and make a clear plan of actions for all involved.

A focus on community support - Keyworkers will always work on the assumption that support can be provided at home or in the community. Hospital admission will be a last resort and, should it be essential, discharge will be a focus from the beginning.

Person-centred care - Keyworkers deliver flexible, person-centred support. Keyworker plans are coproduced and CYP focussed.

CYP & family voice - Keyworkers focus on encouraging CYP and family voice in all meetings and support work completed.

The community keyworking model was developed through extensive consultation with young people, parent carers and other stakeholders. The service will continue to work with all involved to review and improve our service to meet the needs of our community.