



LINCOLNSHIRE HEALTH AND WELLBEING BOARD

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

Report to	Lincolnshire Health and Wellbeing Board
Date:	5 December 2023
Subject:	Update Report on Children and Young People's Mental Health and Emotional Wellbeing

Summary:

This report outlines the range of mental health services available for Children and Young People (CYP) in Lincolnshire and their recent performance.

As is the case nationally, Lincolnshire has experienced increased demand for CYP mental health services since the pandemic and this has created challenges with recruiting additional staff at pace and ultimately increased waiting times for support. Lincolnshire CYP have benefitted from existing highly regarded early intervention mental health services both online and face to face and continues to have less CYP needing inpatient support than nationally.

NHS Lincolnshire ICB has increased its investment in CYP mental health services to provide more support and progress is being made. However, it has been recognised that a full review of CYP mental health needs and the support available to them locally is needed. A large scale CYP Mental Health Transformation Programme has commenced and this report provides further detail.

Further developments to CYP mental health services will continue whilst the Transformation Programme is completed. These planned activities, which align to the Programme, also form part of the Joint Lincolnshire Health and Wellbeing Strategy, and are set out in the report.

Actions Required:

Lincolnshire Health and Wellbeing Board is requested to note the content of the update report and provide feedback.

1. Background

Commissioning and Provider Arrangements

Lincolnshire County Council (LCC/the Council) Children's Services is the delegated lead commissioner for CYP mental health services in Lincolnshire, on behalf of NHS Lincolnshire's Integrated Care Board (ICB).

Lincolnshire Partnership NHS Foundation Trust (LPFT) provides the majority of mental health services for CYP and is rated 'Outstanding' by the Care Quality Commission. LPFT's CYP services are funded via a pooled budget with contributions from the ICB and the Council. Below is a list of locally commissioned CYP mental health services.

Provider	Service	Commissioner	Funding 2023/24
Kooth Digital Ltd.	<ul style="list-style-type: none"> • Online Mental Health Support Service for young people aged 11 to 18 years (25 SEND/Care Leaver) living in or attending education in Lincolnshire. This is an anonymous service where young people can self-register and access online counselling support, text messaging support, message boards, forums and advice on a wide range of emotional wellbeing and mental health concerns. 5,280 hours of support per year are commissioned. 	LCC/ICB	£295,000
LPFT	<ul style="list-style-type: none"> • The Here4You Access Team is a single point of access for LPFT CYP services (including a self-referral route) through a telephone line offering clinical advice, support and signposting, and screening of all new referrals. There is also an online referral mechanism. • Healthy Minds Lincolnshire (HML) works in schools and communities to provide early intervention support 1:1 and in groups and prevents emotional wellbeing concerns escalating to mental health issues. • Mental Health Support Teams (MHSTs) are a new nationally prescribed model of emotional wellbeing support in schools and colleges which are part of the national drive to improve access to mental health care for CYP. Lincolnshire has four fully operational teams (Lincoln, Gainsborough, Boston, Skegness) and five more planned/in progress (Spalding, Grantham, Sleaford, North Kesteven (including South of Lincoln)). • Grief and Loss Counselling Support for school-aged CYP who are experiencing grief and loss through death, divorce, separation, illness, crisis 	LCC/ICB	£18,890,000

	<p>etc. (commissioned by LPFT from Lincolnshire Centre for Grief and Loss)</p> <ul style="list-style-type: none"> • Child and Adolescent Mental Health Service (CAMHS): <ul style="list-style-type: none"> ○ Core CAMHS offers therapeutic interventions by a range of professionals such as mental health nurses, psychiatrists, and psychologists for CYP with moderate to severe concerns including but not limited to depression, anxiety, post-traumatic stress disorder, trauma and self-harm. ○ Community Eating Disorder Service (EDS) offers interventions for CYP with Anorexia Nervosa, Bulimia, binge eating and atypical eating disorders. ○ CAMHS Learning Disabilities (LD) Team offers interventions for CYP suffering with mental health problems who have a diagnosed learning disability. ○ Complex Needs Service In 2020/21, Lincolnshire successfully bid to NHS England (NHSE) Health and Justice and is the regional vanguard for delivering the Framework for Integrated Care (Community). Funding is confirmed to 2028. The Complex Needs Service uses a multi-disciplinary approach to support CYP with complex needs and trauma, including children in care, adopted children, and children open to or at risk of entering the youth justice system, mainly providing training, consultation, formulation and in some cases direct intervention. ○ CAMHS Crisis and Enhanced Treatment Team (CCETT) offers 24/7 crisis response and intensive home treatment to prevent inpatient admissions or support CYP transitioning out of inpatient services. ○ CYP Keyworking supports children aged up to 25 who have a learning disability and/or are autistic and at high-risk of being admitted to specialist inpatient services, or already in a specialist inpatient bed. 		
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Performance of Current Services

Access to CYP Mental Health Services:

NHSE has access targets for mental health services which are monitored and published nationally. The expected prevalence of mental health concerns are calculated based on population size and an access target determined for each area. In 2023 to date, Lincolnshire is achieving 88.3% of its CYP access target which mean 7,965 CYP received one or more contact from a mental health service in the last year. NHSE set Lincolnshire's target as 9,017 in 2023 based on its population size. During 2022/23, Lincolnshire showed a consistent increase in access but not at the rate required to achieve the target. A Recovery Action Plan (RAP) is in place in 2023/24.

Many areas nationally are not meeting their access target and it is considered that there are some limiting factors in the target setting and reporting of data:

- MHSTs provide the biggest service growth nationally. NHSE is increasing the access target at a faster rate than new MHSTs can be operationalised (2 years as per the NHSE model).
- Unlike many areas, Lincolnshire's system has agreed not to report general Autism related contacts as this if not felt to be appropriate.
- Some local services cannot currently report their data into NHSE's system and so reported access is below actual access (Complex Needs Service and Enhanced Evidence Based Practitioners working in the Council and group work with parents/carers). A data analyst is being recruited in LPFT to support Lincolnshire to rectify this. This will improve Lincolnshire's reported performance.
- There are several new services being explored that will provide more opportunities to increase access for CYP including community VCSE sector support, alternatives to traditional CBT and game-based therapy for CYP with anxiety.
- MHSTs are also continuing to roll out and this will increase access.

Online Mental Health Support:

- Kooth accounts for c.11% of Lincolnshire's mental health access figure.
- 94% of CYP consider Kooth to be a safe, responsive, non-judgemental environment and would recommend Kooth to a friend.
- At April 2023, 68% of CYP used the platform outside of normal office hours.
- CYP from Lincoln and Boston access the platform the most.
- The number of CYP using Kooth reduced by 21.6% between 31 March 2020 and 31 March 2023 but evidence shows increased usage per CYP; an average of 14 logins per CYP in March 2023.
- At April 2023:
 - 74% of CYP were utilising the offline messaging function
 - 18% of CYP were accessing the online counselling support
 - 93% of CYP were accessing articles, forums, journals and self-help content.
- There has been a reported increase in the acuity of need of CYP accessing online mental health support. Kooth reporting shows 31% of CYP presenting with suicidal ideation. This has decreased since December 2022.

LPFT Services:

Here4You Advice Line and Access Team:

- An average of c.415 contacts per quarter. Parents and carers are the highest contacts and then education settings, GPs and Children's Services. 4% of contacts are from CYP.

- An average of 1,513 referrals are screened per quarter. Parents and carers are the highest referral and then GP and education settings.
- An average 71% of referrals are accepted per quarter. 19.5% are provided with advice/signposting with no support needed from service, 8% of referrals are incomplete (Access Team following up) and the remaining are not suitable e.g. out of area, too old.

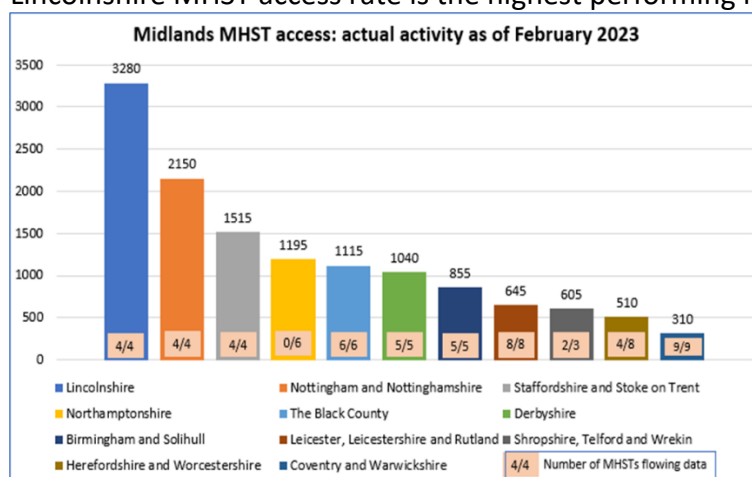
Healthy Minds Lincolnshire:

- There have been increased referrals to the service since the pandemic. From December 2021 to March 2023 the caseload rose by 107% from 441 to 915.
- Referrals are starting to reduce; there was a 31.6% reduction from March to June 2023.
- Improvements in waiting times are being seen. The average wait from referral to assessment in quarter 1 2023/24 was 11.1 weeks and from assessment to treatment was 4 weeks. 74% of CYP were seen within 4 weeks following assessment compared to 41.5% the previous quarter. 43.76% of CYP demonstrated positive outcome measures in that period.

Mental Health Support Teams (MHSTs):

Lincolnshire MHST Coverage			
Wave	Teams	Area	Status
2	2	Lincoln and Gainsborough	Fully Operational
4	2	Boston and Skegness	Fully Operational
7	1	Spalding	Embed from Jan 2024
8	2	Grantham and Sleaford	Embed from Jan 2024
10	1	Lincoln South and North Kesteven	Embed from Jan 2025
12	1	TBC	Embed from Jan 2026

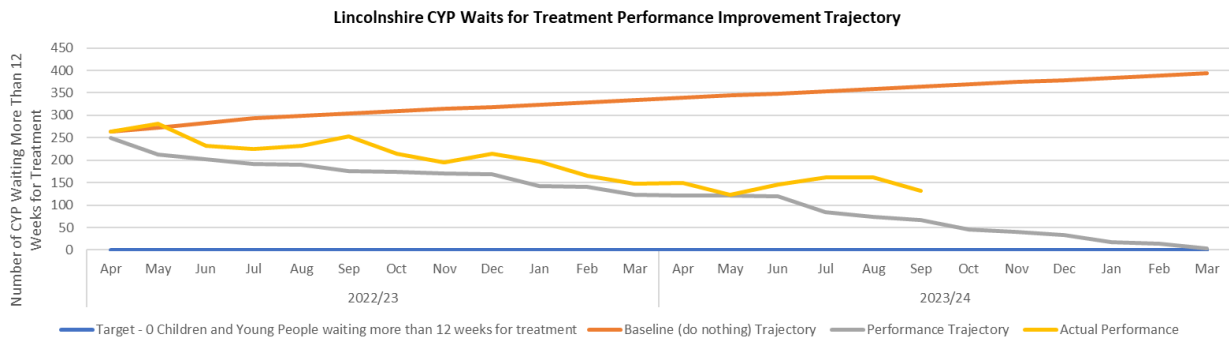
- Lincolnshire MHST access rate is the highest performing in the Midlands region.



- There have been increased referrals to MHSTs- 353 in quarter 1 2023/24, +66% since last quarter- this is highly attributable to new teams.
- The average wait from referral to assessment in quarter 1 2023/24 was 1.6 weeks. The average wait from assessment to treatment was 4 weeks. 65.83% of CYP were seen within this timescale compared to 31.3% the previous quarter. 39% CYP demonstrated positive outcome measures in that period.

CAMHS:

- For Core CAMHS and Learning Disability Service, the average wait from referral to assessment in quarter 1 2023/24 was 6.7 weeks. For Children in Care (CiC) this was 3.95 weeks and for CYP known to the Youth Justice System this was 1 week. The average wait from assessment to treatment was 6 weeks. For Children in Care (CiC) this was 1.7 weeks and for CYP known to the Youth Justice System this was 3 weeks.
- ICB investment has helped reduced waiting times which had increased significantly since the pandemic. There has been a 43% reduction in CYP waiting for treatment from May 2022 to September 2023 and a 53% reduction in CYP waiting more than 12 weeks for treatment from May 2022 to September 2023.



- For the Eating Disorder Service, the average wait from urgent referral to treatment in quarter 1 2023/24 was 0 weeks, with 100% CYP seen within 1 week. The average wait from routine referral to treatment was 1 week.
- Since it began, the Complex Needs Service has accepted c.1,000 referrals; provided consultation and advice to over 1,000 professionals; produced c.350 formulation-based care plans and provided direct intensive assessment/intervention to c.60 CYP and parents/carers.
- Within the Complex Needs Service, mental health workers support children’s residential care and leaving care service staff to provide support to CiC and care leavers. In quarter 1 2023/24, 44 visits to Council residential care homes and 19 consultations were completed and 44 care leavers were directly supported.
- The Crisis and Enhanced Treatment Team (CCETT) has experienced increased referrals. In quarter 1 there were 458 referrals including 16 CYP with a learning disability and/or autistic (LDA) CYP. 84% of referrals were accepted. Referrals not accepted are triaged and signposted to the appropriate service. 94% of emergency referrals were seen within 24 hours and 89% of urgent referrals were seen in 72 hours.
- Since 2013, NHSE has been the responsible commissioner for all CYP inpatient services (previously referred to as Tier 4). In 2021/2022, Lincolnshire saw increased demand for inpatient services (76.3 per 100k population), particularly Specialist Eating Disorder Unit (SEDU) beds, but this was still below national demand (99.8 per 100k population). The East Midlands Provider Collaborative reviewed bed usage since 1st April 2021 to explore whether there were sufficient CYP inpatient beds in the region and whether the correct pathways were in place and being followed. Following the outcome of the review SEDU beds were increased in the East Midlands.
- The need for an in-county inpatient unit is often discussed, given increased demand and because Lincolnshire CYP needing inpatient care must access treatment outside of the county which is incredibly difficult for them and their families. It is worth noting that for

some areas of Lincolnshire, out of area units are closer than Lincolnshire's previous unit (Ash Villa) which closed because the building didn't meet NHSE specification requirements. Even when Ash Villa was open, Lincolnshire CYP needed to access treatment out of area. In 2019, 17 CYP were placed in General Adolescent Unit (GAU) beds in Ash Villa, including CYP from other areas. 16 Lincolnshire CYP were placed outside of Lincolnshire within the East Midlands, and 12 children were placed outside of the East Midlands.

- In 2022, 21 CYP were placed outside of Lincolnshire but within the East Midlands and the number of children placed in inpatient beds outside of the East Midlands reduced to seven (-42%). It is anticipated that, with the increase in SEDU beds in the East Midlands, this number will reduce further.
- In 2022/23, CYP mental health inpatient admission by bed type was:
 - 19 in GAU
 - 5 in SEDU
 - 1 in Psychiatric Intensive Care Unit (PICU)
- Lincolnshire CYP spent a combined total of 1,482 nights in inpatient care, an average of 59.2 nights per CYP.

Transforming Care (CYP with LDA at-risk of inpatient admission):

- The new CYP Keyworking service commenced in April 2023. The service initially supported those aged up to 18, and is providing support to more than 90% of eligible children identified on Lincolnshire's Dynamic Support Register (DSR). It recently expanded to the full offer, supporting young people aged 0-25.
- 8 CYP have avoided admission and moved from Red to Amber/Green on the DSR following Keyworker involvement.
- As at 24 October 2023, for those aged 0-25 with LDA there was:
 - 1 risk rated 'Red' for admission on the DSR
 - 24 risk rated 'Amber' for admission on the DSR
 - 6 risk rated 'Green' for admission on the DSR
 - 2 inpatient (both over 18).
- As at October 2023, there have been no CYP inpatients (under 18) with LDA since August 2023.

Performance Summary:

- Lincolnshire needs to increase access to CYP mental health services to meet NHSE Targets but there are plans in place to increase access and improve performance reporting where current contacts are not being counted.
- Online counselling is well used by CYP in Lincolnshire, especially in Lincoln and Boston, and is being used most out of hours. More CYP are using the service for longer than before and the needs of CYP accessing the service are reportedly higher.
- Parents and carers are the highest referrers to LPFT services, the introduction of self-referral is positive as this enables a higher quality of information reducing delay in support.
- Increased referrals to services have been noted since the pandemic, this has increased waiting times for support, particularly in Healthy Minds Lincolnshire and CAMHS. Referrals are beginning to reduce and waiting times are reducing but are not on target. LPFT have introduced workers to support CYP with advice and resources whilst waiting.
- There has been an increase in CYP crisis referrals and there has been a rise since the pandemic of inpatient admissions, although not to the same extent as nationally. Urgent

and emergency referrals are being responded to quickly and 8 admissions have been avoided for CYP with LDA. There have been no CYP inpatients with LDA since August 2023.

- Pressures in CYP mental health services are also a national issue.

CYP Mental Health Transformation Programme

In recognition of the increasing pressures on CYP mental health services and national developments, it was agreed that a large scale CYP Mental Health Transformation Programme would commence that will ultimately re-shape local services based on the needs of Lincolnshire CYP. There are a wide range of stakeholders actively engaged in the Programme including CYP, parents/carers with lived experience, the Council, ICB, NHSE, LPFT, GPs, education settings, Children's Services professionals and VCSE organisations. The Programme's vision is:

"Together with CYP in Lincolnshire, we will understand how we can best support their emotional wellbeing and mental health and transform and improve services enabling CYP to live independent, safe, well and fulfilled lives in their local communities."

Aims

We will focus on 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.

Objectives

The transformation programme will consider a wide-range of cross-cutting factors, including:

- Understanding needs across Lincolnshire, equalities and population health management.
- Ensuring there is the right capacity and skills of community support and mental health trained professionals to meet the needs of Lincolnshire CYP.
- Engage CYP and families and ensuring their views are used to help shape and co-produce services.
- Ensuring professionals work together, supported by integrated pathways, to provide the right support to CYP at the right time and remove barriers to co-delivery of support.
- Making the best use of the funding, workforce and other resources available to us so that services are sustainable and represent best value.

Programme Workstreams

- **CYP Mentally Healthy Communities and Community Assets** (Prevention) – Ensuring 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, facilitate prompt discharge or support.

Timescales

Phase	Timescale
Phase 1 Programme Setup: Initial engagement completed	March 2023
Phase 2 Information gathering: Targeted engagement, data and intelligence analysis, benchmarking/best practice, service mapping/statutory duties	April-November 2023
Phase 3 Information and gap analysis: Review and analyse all information, identify gaps and opportunities, agree priorities for improvement	December 2023-February 2024
Phase 4 Options development and analysis: Develop transformation options to deliver agreed priorities for improvement, agree preferred options for recommendation	March-May 2024
Phase 5 Transformation/change planning: Develop transformation plans for each change initiative, financial planning, operational/HR/estates change planning, digital/system change planning, undertake Equality Impact Assessments/Data Privacy Impact Assessments	June-November 2024
Phase 6 Decision making and system planning: LPFT, LCC and ICB decision-making	December 2024-March 2025
Phase 7 Transformation/change delivery: Change planning and activities commence and continue for 2-3 years	April 2025

Joint Health and Wellbeing Strategy 2023 and System Planning for 2023-2028

Alongside the CYP Mental Health Transformation Programme, there continue to be extensive developments to services that need to be implemented. Key initiatives relating to CYP Mental Health Services are set out below. These form part of the Joint Health and Wellbeing Strategy as well as System Plans:

Action	How will we measure progress?	Links to other strategies or action plans	Timescales	Lead Organisation
CYP Mental Health Transformation	<ul style="list-style-type: none"> • Review completed and findings used to design and agree new service models and sustainable funding. 	<ul style="list-style-type: none"> • NHS Long Term Plan • Mental Health Implementation Plan 	<ul style="list-style-type: none"> • Review to be completed by March 2024. • Design to Scoping and 	LCC (Children’s Services)/LPFT

	<ul style="list-style-type: none"> New service models implemented that will increase access, reduce demand of specialist services, increase community support and reduce inpatient admission. 	<ul style="list-style-type: none"> Lincolnshire ICB Delivery Plan 2023-28 Lincolnshire Local Transformation Plan 2023 CYP MH Transformation Programme 	<ul style="list-style-type: none"> planning phases to be completed by March 2025. Implementation to be completed by March 2028. 	
CYP - Prevention and Community Assets	Successful pilot of Night life café project being extended to CYP from September 2023	<ul style="list-style-type: none"> Integrated Commissioning Strategy for SEND 	August 2024	LCC (Children's Services)/LPFT
CYP - Early Intervention	<ul style="list-style-type: none"> Recommissioned online mental health support service to continue to offer online/out of hours support and reduce pressure on statutory services Continued roll-out of CYP mental health practitioner roles across Primary Care Networks in Lincolnshire Successful pilot of CYP counselling offer as part of emotional wellbeing support offer to commence October 2023 Successful go live and embedding of Waves 7 and 8 MHSTs in Spalding, Sleaford and Grantham from Jan/Feb 2024 Complete training and undertake mobilisation of Wave 10 MHST in North Hykeham and surrounding area during 2024 ready for successful go live in early 2025 Complete planning for Wave 12 MHST training, mobilisation and roll-out during 2025/26 	<ul style="list-style-type: none"> NHSE Roadmap for Adult Community Transformation Community MH Framework for adults and older adults 	March 2025	LCC (Children's Services)/LPFT
CYP - Community Specialist Mental Health	<ul style="list-style-type: none"> Investment to increase staffing and reduce waiting times into community specialist mental health support Reduced waiting times for specialist mental health support Increased support for CYP whilst waiting Reduced staffing turnover in community specialist mental health services Implemented a new pathway for specialist mental health assessment and treatment for CYP presenting with Avoidant or Restrictive Food Intake Disorder (ARFID) 		March 2025	LCC (Children's Services)/LPFT

	<ul style="list-style-type: none"> Complex Needs Service review completed 			
CYP - Urgent and Emergency Care	<ul style="list-style-type: none"> Increased access to 24/7 mental health crisis support and assessment for CYP and families Mental Health Urgent Assessment Centre (MHUAC) all-age pathway introduced with the mobilisation of specialist CYP staff in Lincoln MHUAC to see CYP who present to them or Lincoln A&E Kooth digital online pilot reviewed and evaluated Crisis respite model agreed and in progress 		March 2025	LCC (Children's Services)/LPFT
Transitions Pathways	Improved transitions pathways between CYP and adult MH services		Ongoing	LCC/LPFT

2. Conclusion

Lincolnshire CYP benefit from a range of mental health services that provide support from early intervention to crisis. Since the pandemic, more CYP have needed help with their mental health and wellbeing and this has put pressure on services. Increased investment has enabled waiting times for support to reduce but there is still further progress needed. A large scale CYP Mental Health Transformation Programme has commenced and this will result in service improvement to best meet the needs of CYP in Lincolnshire. The Transformation Programme will take time to be fully delivered but in the meantime, further planned developments will continue to improve access and support to CYP.

3. Joint Strategic Needs Assessment and Joint Local Health & Wellbeing Strategy

The Council, NHS Lincolnshire Integrated Care Board and the Lincolnshire Integrated Care Partnership must have regard to the Joint Strategic Needs Assessment (JSNA) and Joint Local Health and Wellbeing Strategy (JLHWS).

The JSNA recognises that good mental health and wellbeing are fundamental for a happy and healthy life and that in the UK, half of life-long mental health problems start before the age of 14. Today's CYP exhibit worse mental health outcomes compared to previous generations and the Covid-19 pandemic is likely to have exacerbated the mental health needs of many. The Mental health and emotional wellbeing of CYP is a priority of the JLHWS.

The mental health services set out in this report are fundamentally important in helping build Lincolnshire CYP's emotional resilience; creating mentally healthy communities; helping parents/carers and professionals to better identify and respond to CYP's emotional wellbeing and mental health concerns; increasing access to timely and effective early intervention support and ensuring that all CYP who are suffering from mental illness can access high-quality, evidence-based and timely mental health assessment and, support in their community avoiding mental health related hospital admissions where possible.

This report outlines key actions that are part of the JLHWS and the CYP Mental Health Transformation programme will help inform future JSNA's and deliver the JLHWS.

4. Consultation

Not applicable.

5. Appendices

None.

6. Background Papers

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

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