

Focus on Building resilience in Children & Young People's Mental Health

8 April 2021



Introduction

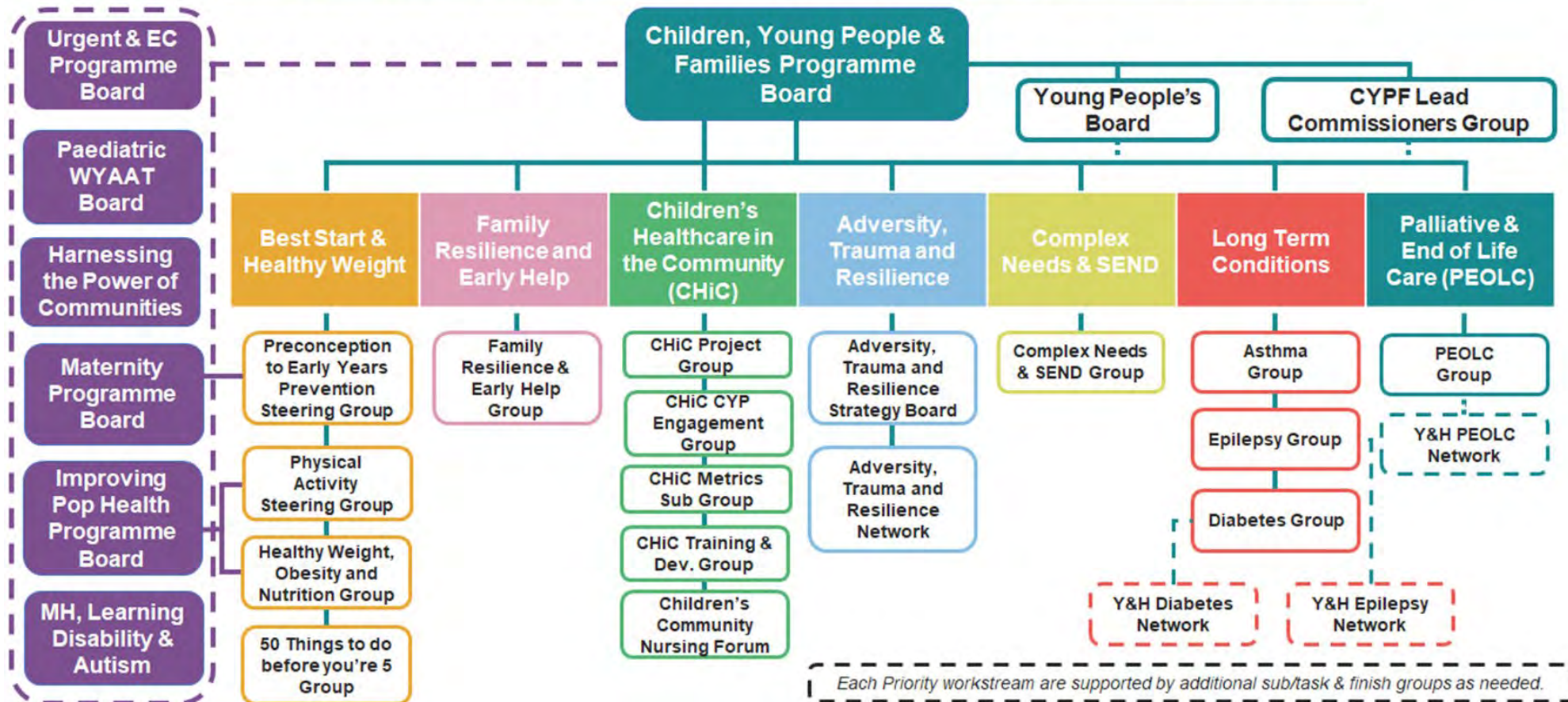
- How we work together across programmes to improve CYP wellbeing
- What the picture & provision is like in West Yorkshire & nationally for Children & Young People's Mental Health (CYPMH), including the current challenges
- What the current picture is like for investment in CYPMH services and what is changing over the coming years
- What developments are happening or future opportunities exist
- The role of the WY&H Partnership working together and supporting our places



West Yorkshire & Harrogate Health & Care Partnership: Children, Young People & Families Programme Structure

Ambition: To close the gap in health & wellbeing outcomes for all children & young people across West Yorkshire & Harrogate no matter where they were born, live or go to school
Vision: All children & young people will have the best start in life and the support needed to be safe from harm, enjoy healthy lifestyles, do well in learning and have skills for life

West Yorkshire & Harrogate Health and Care Partnership Governance & Accountability Structure



West Yorkshire & Harrogate Health & Care Partnership: Children, Young People & Families Programme

What we will do

To close the gap in health and well-being outcomes for all children across West Yorkshire and Harrogate irrespective of where they were born, where they live or go to school

One vision

All children and young people will have the best start in life and the support and healthcare needed to enable them to be safe from harm and to enjoy healthy lifestyles, to do well in learning and have skills for life.

One question:

What is it like to be a child or young person growing up in West Yorkshire and Harrogate and how do we make it better?



How we know if we've made a difference

- Child Health In the Community**
 - Reduction in primary care referrals to hospital (with increase in virtual or community specialist consultations and rapid access provision)
 - Reduction in patients attending ED
 - Reduction in length of stay for children with specific complex conditions
- Best Start and Obesity**
 - Reduce the childhood obesity gap
- Mental Health, LD and Autism**
 - Reduce length of wait for neurodiversity assessment
- Family Resilience and Early Help**
 - TBC
- Complex Needs and SEND**
 - TBC
- Long term Health conditions**
 - TBC- Epilepsy & diabetes groups in place
- End of Life and Palliative Care**
 - TBC to work with the Yorkshire and Humber Palliative Care network



Stabilisation and reset

Joint working with the WY&H Unpaid Carers Programme to look at improving support for young carers- steering group
Joint working with the WY&H Improving Population Health Programme and the WY&H Mental Health, Learning Disability and Autism Programme to look at complex childhood trauma. Task & Finish group

Our Values & Behaviours

The voice of the child and family is at the heart of everything we do

We work in partnership across health, Schools, care and the third sector

We focus on the most vulnerable children & young people

We intervene early in the life of a problem

The current picture for CYPMH in West Yorkshire

- Each of our individual places has the following:
 - A **24/7 (or close to 24/7) crisis offer** for Children & Young People provided by NHS Trusts, including crisis lines
 - A **core CAMHS offer** (including eating disorders) that operates Monday to Friday, 9 to 5 (some extended hours)
 - **Specialist CAMHS outreach**, age-specific (ie 0-6) offers and dedicated Looked After Children's services
 - **Primary mental health workers** who provide support into educational settings
- **Significant VCSE support** covering areas such as:
 - Wellbeing support groups
 - Street-based advice and health promotion
 - Psychological interventions
 - Safe spaces & telephone helplines
 - Web-based support (through KOOTH)
- We currently have an **8 bedded West Yorkshire wide inpatient unit for CAMHS**: Little Woodhouse Hall in Leeds
 - Of all admissions (including out of area) proportions are: 40% emotional dysregulation, 30% eating disorders, 20% psychosis and 10% for issues associated with their learning disability and/or autism, although there is of course cross-over between these categories.
- Kirklees (18/19), Leeds (19/20), Bradford (19/20) and Calderdale (20/21) all have **Mental Health Support Teams** who provide early intervention on mental health and emotional wellbeing within school or college settings. 21/22, 22/23 expansion across all our geography with aim to have at least 50% coverage everywhere (some much more)



Challenges

- Health Service Journal article (21 March 2021) reflects the **extremely stretched national picture for CAMHS inpatient services**
- Particular **pressure since the pandemic on Eating Disorders**, which can mean young people end up being supported in acute hospital settings for longer than is ideal
- Through our West Yorkshire 'New Care Models' work we have **been making improvements in our collective offer for children and young people**. A Care Navigator role introduced initially to support young people who are at risk of admission and to look for ways to increase community support helped reduce the number of admissions, out of area placements and people's distance from home. But **progress has stalled as demand has increased**:



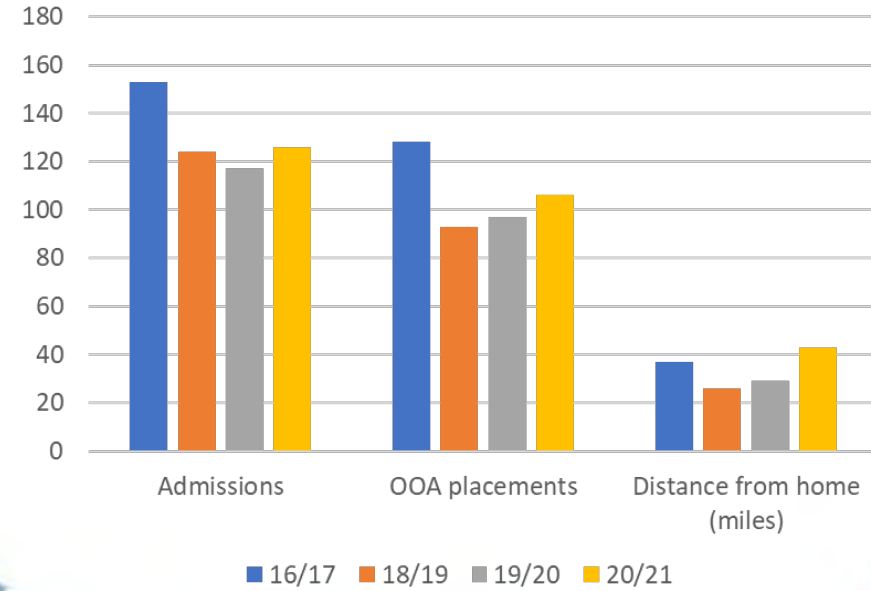
'No capacity anywhere' to deal with unprecedented surge in children's mental health demand

By Rebecca Thomas | 23 March 2021



9 Comments

- > Reports from senior clinicians that no child and adolescent mental health beds were available last week
- > Increasing number of children are presenting to services with new mental health needs
- > Royal College of Psychiatrists criticises lack of funding to implement NICE recommendations



The investment and transformation picture in West Yorkshire

- The NHS Long-Term Plan, published in 2019 sets out future funding arrangements for CYP Mental Health services. As yet the impact of COVID on any changes to this funding envelope are not yet known, though NHSE/I is keen to stress that existing commitments to increases in mental health spending will remain.
- The focus is on **improving access to school-based 'Mental Health Support Teams'**, improving **community provision**, meeting **Eating Disorder** waiting time standards, improving crisis provision and ensuring alignment with wider CYP plans on learning disability, autism and special educational needs.
- For West Yorkshire this means moving from roughly 18,000 people under 18 receiving treatment from community mental health in 19/20 to **at least 20,000 in 23/24**
- All this means a need, by 23/24 for an additional:
 - 11 psychiatrists
 - 58 nurses
 - 23 psychologists
 - 3 occupational therapists
 - 12 psychotherapists
 - 9 social workers
- Supported by **increased recurrent funding of over £7m to the end of 23/24** and 'non recurrent' transformation funding of £8m in 23/24



Developments

West Yorkshire CYPMH Overnight Support Service – Night Owls

- Existing crisis lines are primarily designed to help support adults, which were then extended to support CYP out of hours
- Demand is generally low (100-150 people per year across West Yorkshire) which means it makes sense to do at scale rather than in each place
- We are mobilising a freephone WY wide helpline & support service (include online functionality) specifically focused on CYP, providing overnight help 7 days per week that interfaces into existing 'in hours' services.
- Will provide immediate support and onward signposting, including for parents/carers and professionals
- Will focus heavily on crisis prevention and support for those whose needs may be greatest (ie those with neurodiversity - autism)
- 9 month pilot, led by Leeds Survivor Led Crisis Services on behalf of the West Yorkshire CCGs

Red Kite View (RKV)

- New 22 bedded CAMHS inpatient unit to open in Winter 2021 (with Psychiatric Intensive Care, place of safety, educational facilities)
- Improved green space
- COVID 'secure' design
- Work ongoing on pathways: data sharing, enhanced community approach for teams to discuss and monitor at risk cases in the community with early identification to support planning within specialist services, clear admission & discharge processes based on clinical need



Developments and future opportunities (2)

West Yorkshire Lead Provider Collaborative for Tier 4 CAMHS

- NHS expected to delegate commissioning (and provision) responsibility to our MHLDA collaborative for Tier 4 CAMHS in July
- LYPFT will be the lead provider on behalf of the collaborative and responsible for operation of RKV
- Improved opportunity to utilise the 'specialised commissioning' spend for earlier intervention and for the population of West Yorkshire

21/22 'Non recurrent' Transformation Funding as a response to COVID

- £79m expected (circa £3.5m likely for West Yorkshire) to be used to support expansion of:
 - Mental Health Support Teams (expansion in each place plus likely to initiate in Wakefield)
 - Expansion of community CYP teams
 - Expansion of Eating Disorder services and support for interface with acute hospital paediatric teams

Collective planning

- For the first time, NHSE expects Integrated Care Systems to pull together a strategic plan for CYPMH by the end of September, replacing previous place-based plans. Provides an opportunity to collaborate, share and identify better interfaces between the 'local' and the 'system'.



Developments and future opportunities (3)

Eating Disorders

- Significant increase in presentations, with concurrent reduction in national bed availability
- Made proposals to NHSE for use of 'medium term funding' specific to eating disorders – including supporting relationships with acute paediatric teams
- Joining up expertise from the adult 'CONNECT' service to support CYP teams – particularly on transition arrangements
- Developing concept of day provision for eating disorders at RKV and an Intensive Treatment Programme as an alternative to inpatient admissions
- Sharing good practice in medical admission protocols between our places

Delayed Discharges

- Care Navigators looking to improve responsiveness of funding panels and broader links between NHS and Social Care including:
 - Earlier multiagency discussions and proactive care planning
 - Joint NHS/Social Care funding arrangements
 - Need for more availability of local care providers to support placements for CYP who do not require intensive clinical mental health support



Reflections

- There is some additional money coming down into the system to help bolster CYPMH services. But we're starting from a position of relatively low investment compared to some areas.
- We know that the impact of the pandemic will be significant on CYPMH. Work is taking place to model what this will look like in terms of future demand. This will be assumed demand, it won't be 'right', but it will be 'more'.
- The development of Red Kite View will be important as a service for all CYP in West Yorkshire, it will provide much needed capacity; but it is not 'the answer'.
- There is a focus from the NHS provider collaborative and partners on how to ensure pathways into/out of the new unit are as effective as possible, but importantly each individual place will need to keep investing in CYPMH services in the community as we want inpatient admissions to be regarded as a last resort.
- The impact of wider determinants of health and wellbeing are huge for CYP – educational support, stable home life, relationships and identity, deprivation, ethnic background etc. A collaborative approach in each place, particularly in identifying children at risk of deteriorating in their mental health will be critical in preventing higher tier services becoming stretched.

