

Child and Adolescent Mental Health Support: COVID-19

CYP Overview and Scrutiny Committee Update June 2020

1.0 CAMHS services update: based on continuous monitoring of contingency plan

- Initially all services closed to new referrals except those involving risk
- As of the end of May, **all services are now open to new referrals from professionals.**
- **Most services are now open to self and family referrals**
- After very low numbers of referrals, they are now beginning to rise again
- There is concern amongst professionals and services about an anticipated surge in referrals
- Response & recovery plans for core services are being devised by Clinical Leads
- A mapping exercise based on i-Thrive model is underway and will be shared with key teams e.g. CAMHS, Early Help Line, Schools

2.0 Extended Crisis Service

- There is a crisis line available from 9am-9pm 7 days per week (supported during office hours by Specialist CAMHS) across CH, Tower Hamlets & Newham. Crisis calls are managed by universal (adult) Crisis Line out of these hours
- The **crisis line 9-9** is often able to divert hospital attendance/admission (e.g. 26 cases in one shift)
- Development of plans are underway for 24/7 service and Home Treatment Team underway
- Referrals went down at beginning of lockdown period, but are now back up due to lockdown related crises

2.1 Crisis Service Clinical picture

- Marked **decrease in attendances to A & E for any health reason** during Covid-19 period
- **Increase in acuity** of those referred to CAMHS eg. psychosis + agitation; neurodifference + lack of routine/support services; emotional dysregulation + high risk of suicide
- Increase in safeguarding-related crisis
- Intervention via crisis lines has prevented many A & E attendances and likely 1 or 2 Tier 4 admissions
- 26 seen face to face in May for assessment, most of these seen for 7 day follow-up too
- 29 crisis line referrals in May, most requiring several calls back and to other agencies

Number of CYP mental health related A&E Presentations

Borough	Jan	Feb	Mar	Apr	Grand Total
CH A&E	13	9	9	3	34
NH A&E	14	13	8	5	40
TH A&E	20	16	4	2	42
Grand Total	47	38	21	10	116

Crisis Presentation Age Range

Borough	6 - 10	11 - 15	16+	Grand Total
C&H		13	21	34*
NH		24	16	40
TH	2	18	22	42
Grand Total	2	55	59	116

*28 female, 6 male

3.0 WAMH (Wellbeing and Mental Health) and schools

- **38 City and Hackney schools** (11 secondary, 22 primary, 3 special & PRU) currently part of WAMHS. The CAMHS link worker for each school has refined offer to contingency options
- **29 further schools** (4 secondary, 24 primary) to join WAMHS in September. They will also benefit from contingency plan to support in context
- **Charedi Schools WAMHS** pilot to begin in September – 6 primaries (3 boys, 3 girls) plus a special school. Will also benefit from a contingency plan to support in context.

All WAMHS schools (plus non WAMHS schools) benefit from **range of universal offers**:

- Kate Cairns Associates webinar: Covid 19 – Restoration, Recovery & Resilience. A trauma-informed session addressing communities, individuals and return to school. This was live streamed in May, with the recorded session available universally.
- A supported discussion following the KCA webinar, facilitated by Virtual School/WAMHS Attachment Aware Hackney Team. Available to all settings on request.
- Literature Review by CAMHS/Mental Health Support Team: Promoting Resilience when re-integrating Students & Staff post Covid-19. Shared widely around networks.
- WAMHS Network Forum – available to all schools (Mental Health Leads) and associated professionals (e.g. YH, CAMHS, EPS etc). Usually termly, increasing frequency during Covid. Attended by 57 this week. Next meeting in 4 weeks. Sharing practice, resources, discussion.
- Mental Health Support Team. Currently available to all WAMHS schools, offering early intervention for parents of primary school pupils and direct to secondary pupils, to address low mood and anxiety. 1-1 and groups offered virtually. 20 live cases with more referrals in waiting.

- Educational Psychology Service (HLT) – parent ‘drop-in’ by phone. Weekly morning and afternoon sessions. Currently working with 6-10 families, with scope/capacity for more. Needs presenting around anxiety, sleep, ASD related issues.
- Re-engagement Unit (HLT) – support for traded schools is bespoke, training available to all schools.
- One page cyp resource signposting for support
- Parent booklet compiling links to resources & support

4.0 Strategic Response & Recovery Planning

We are using a ‘Thrive’ approach - Mapping services for presenting problems e.g. health anxiety, depression, bereavement, and trauma with a view to targeting mitigations

1. Getting advice
2. Getting help
3. Getting more help
4. Getting risk support

CAMHS and adult mental health are both key themes across all local recovery plans - the System Operational Command (Integrated health and care system) Plan, the Public Health recovery framework, and the GOLD command structure borough led plans.

5.0 Digital pathways – Kooth data & Healios update

- Kooth.com – an online platform for 11-18 year olds offering peer written articles and information, mediated chat rooms around specific areas of concern, 1-1 counselling & support, plus backend support to connect to local services. This launched April 01st and was widely publicised to schools, with data showing signposted by school staff. See attached.
- Kooth also delivers virtual Year 6 Transitions workshops. Can be delivered to whole class groups in school, or through supported contact with children at home.
- Healios – The CCG is in the process of commissioning the online therapy provider Healios to cover Tier 3 interventions working with local partners in Newham and Tower Hamlets.