

Children and Young People’s Emotional and Mental Health and wellbeing in Hackney

CYP Scrutiny Commission Report
April 2021

The emotional and mental health and wellbeing of City and Hackney children, young people and their families continues to be a key priority for system partners, as part of our integrated work. While there is a clear national drive, we continue to invest in a broad range of interventions and services locally, and have developed an Integrated Emotional Health and Wellbeing Being strategy that sets out our vision and action plan for improving wellbeing. Led by our new 0-25 Emotional Health and Wellbeing Partnership, we are aiming to balance a focus on prevention and wellbeing, including in schools, alongside accessible CAMHS. We aim to target support effectively, informed by evidence around inequalities, as we move through the far reaching mental health impacts of the pandemic.

1. National Strategic Direction and Priorities

Nationally, children and young people’s (CYP) mental health priorities are set out in the NHS Long-Term Plan. The plan covers a five-year period until the year 2023-24 and outlines a number of ambitions including the following:

| National Priority (by year 2023-24) | Local Action |
|---|---|
| <ul style="list-style-type: none"> There will be a comprehensive offer for 0-25 year olds that reaches across mental health services for CYP and adults. | <ul style="list-style-type: none"> Offer of a 16-25 service through Off Centre at Family Action. Creation of an 18-25 CYP transition pathway into adult Improving Access to Psychological Therapies (IAPT). Development of transition pathways into other adult mental health services and identification of gaps for specific groups. |
| <ul style="list-style-type: none"> The 95% CYP Eating Disorder referral to treatment time standards achieved in 2020/21 will be maintained. | <ul style="list-style-type: none"> This has been consistently achieved for the routine 4-week wait target. Recent surge in demand has impacted the urgent 1-week wait pathway, additional investment and capacity is being developed to address this. |

- There will be 100% coverage of 24/7 mental health crisis care provision for CYP which combines crisis assessment, brief response and intensive home treatment functions.

- A crisis service is now available as a joint offer across East London, including City & Hackney.
- The home treatment function is in development and consultation is underway.

2. Key Local Strategies

2.1 City and Hackney CAMHS Transformation Plan

In 2015, the National Children and Young People's Mental Health and Wellbeing Taskforce released their *Future in Mind* report which set out a national ambition to transform the design and delivery of local CYP mental health service offers.

A specific requirement of the report was that local systems develop publicly available *Local Transformation Plans for Children and Young People's Mental Health and Wellbeing* to achieve the vision of all children and young people receiving the right support at the right time around their mental health.

As the responsible commissioners for local CAMHS services, CCGs were tasked with leading on the development of the plans, working closely with their Health and Wellbeing Board partners and with strong input from children, young people and those who care for them.

Delivery of the [City and Hackney CAMHS Transformation Plan](#) is now entering its third phase, with the first phase fully operational. Phase 2 and 3 represent an overarching whole-system strategy bringing together key stakeholders from across the patch. There are currently 18 delivery strands as part of the plan representing an additional investment of £1.2m into services. These strands all report into the local CAMHS Alliance. The plan is due to be refreshed by September 2021 however local priority areas currently include:

- **Integration of CAMHS services:** to deliver a lead provider model that increases efficiency through clear and effective pathways delivered by the most appropriate provider, maximises available resources by reducing duplication of central functions (such as admin) and creates a simpler, more streamlined offer for CYP and families that functions as a single CAMHS service whilst maintaining the 'no wrong front door' policy of accessing CAMHS services. Once complete an 'Integrated CAMHS' arrangement will replace the current CAMHS Alliance. The integration will be supplemented with development of a single point of access (SPA).

- **Crisis:** continuing the 24 hour mental health line and East London crisis service providing assessment and treatment via A&E (9am – 9pm, 7 days a week), plus expanding the remit to include Home Treatment Teams (HTT) to provide brief support and intervention.
- **Transitions:** developing transition pathways and increasing the offer for the relevant age groups, namely through:
 - Additional investment in Off Centre at Family Action to provide mental health support for YP aged 18-25 years.
 - Ensuring services are YP friendly and adapted to work with the ongoing needs of those with autism and / or a mild learning disability who may not meet threshold for specialist services but for whom the traditional service model may need adapting.
 - Continue to develop and improve our local IAPT services to expand the range of interventions and therapeutic models they can offer in order to ensure we have suitable interventions for the younger cohort of 18-25, including through community organisations such as Bikur Cholim.
 - Ensure that there are pathways to refer YP between 18-25 when they present with severe mental health needs to be assessed / diagnosed in a timely manner and their needs managed at secondary care level.
 - Address the current gaps around care leavers placed out of area.
- **Workforce development:** to build a sustainable workforce that is representative of the diversity seen within the local population and considers how the workforce can be expanded to include a broader scope of roles than those traditionally seen.
- **Delivery of mental health support outside of traditional CAMHS settings:** such as through community-based and peer support (e.g. Cool Down Café) and digital delivery.
- **School support:** continuing strong offer of school-based support through rollout of Department of Education's Wellbeing Return to School programme, provide direct, low-level interventions for YP and parents / carers as part of Mental Health Support Teams in Schools (MHSTs), and consultation to schools and development of policies as part of linked CAMHS workers via the WAMHS programme, and a training offer to school staff.
- **Intensive support for YP with autism and / or a learning disability:** undertaking of a 2-year pilot to deliver an intensive support pathway that will provide behavioural support for YP, families and the professional network where YP have challenging behaviour, to prevent admissions to inpatient CAMHS settings and support discharge following admission. This will be jointly delivered with partnership between CAMHS, social care and education.
- **Communities:** building on the existing offer for local communities to provide support in a tailored and culturally competent way that meets the needs of those local communities.

2.2 City and Hackney Emotional Health and Wellbeing Strategy

Driven by the specific needs and local impetus of our own system, stakeholders from across Health, Public Health, Education, Social Care, the voluntary sector and young people themselves came together to develop the [City and Hackney Emotional Health and Wellbeing Strategy 2020-2026](#). The strategy aligns closely with the transformation priorities whilst taking the scope much wider.

Part of the rationale for developing the local strategy was the shared stakeholder consensus to recognise the broader remit of emotional health and wellbeing. The aims of the strategy extends beyond the scope of existing plans which focus on mental health and core CAMHS services.

This is the first integrated strategy (CCG, LBH, CoL, wider partners) developed by the Children, Young People, Maternity and Families Integrated Workstream. It takes a life course approach (0-5, 5-18 and 18-25) to bring together collective ambitions across Health, Social Care and Education. It has been developed through a series of consultations with key input from CYP through the System Influencer project. Attached to the strategy is a detailed action plan which aligns many actions from existing 18 CAMHS work streams. Additionally, it specifically addresses the impacts of Covid-19 and the stark inequalities in emotional wellbeing and mental health it has significantly exacerbated. A full draft is currently out for a 3-month consultation period.

The vision for the strategy was developed with children and young people, and is that 'all children and young people have positive relationships that allow them to develop their abilities and gain the confidence that will help them thrive'. The key principles informing it are to:

- Build awareness and work preventatively
- Identify needs and intervene early
- Understand and respond to local need to ensure that service design is influenced by young people, families and caregivers and frontline practitioners
- Take a life course approach from conception to adulthood to deliver equitable access, effective interventions and managed transitions
- Make the best use of resources in a collaborative integrated system

The strategy takes the following as key themes and approaches throughout:

- Promotes early development of emotional skills and resilience
- Emotional and mental health are distinct but interrelated; wider system responsibility for both
- Works on the belief that all children and young people, including those in vulnerable groups and with SEND, are capable of and deserve to achieve good emotional health and wellbeing
- Prioritises the young person's voice and them remaining seen

- Views families and context as a whole
- Being trauma-informed and attachment aware
- Tackling health inequalities
- Engagement and co-production

2.3 Childhood Adversity, Trauma and Resilience Programme

Supporting both transformation priorities and those set out in the Emotional Health and Wellbeing Strategy, the [City and Hackney Childhood Adversity, Trauma and Resilience Programme \(ChATR\)](#) addresses the impact of trauma and adversity in childhood and draws on the large body of international evidence around ACEs ('Adverse Childhood Experiences') and their effect on outcomes later in life. The programme vision is to create a community in which children who are at risk of or have experienced trauma receive the right support at the right time, giving them the best possible opportunity for a healthy future. The vision is being delivered through:

- A system-wide, prevention-focused approach developed and agreed by key system partners
- A programme of workforce development aimed at upskilling practitioners across disciplines to be trauma-informed and ACE-aware. Both intensive and 'lite-touch' training in a life course approach (perinatal, 0-5s, 5-11s, 11-19, 19-25) is being delivered with the 0-5s phase going ahead in June 2021.
- Developing and testing interventions to prevent, intervene early and mitigate the impact of Adverse Childhood Experiences, and build resilience in individuals, families and communities.

3. Governance

A brand new City and Hackney Emotional Health and Wellbeing Partnership (EHWP) has been established in order to oversee delivery of the Emotional Health and Wellbeing Strategy. It is chaired by the LBH Group Director for Children, Adults and Community Health and reports to Children, Young People, Maternity and Families Integrated Workstream Strategic Oversight Group, which in turn, reports to the Integrated Care Partnership Board.

The EHWP will oversee accountability of Health, Education and Social Care commissioning bodies in relation to delivery of programmes of work that sit within the remit of the Partnership; this will include acting as a point of consultation for Integrated CAMHS work. The partnership will not be a contractual vehicle or hold any financial decision-making powers. The CAMHS Alliance will continue to meet monthly however it will transition into the 'Integrated CAMHS' forum.

4. Activity and Performance

The pandemic has impacted activity and created a surge in activity coupled with an increase in the complexity of presentations. This is applicable across all services but specific areas, such as eating disorders and crisis, have seen larger demand, as demonstrated by the increased level of referrals seen across City & Hackney services:

- Peaks in activity seen across all services (rather than a steady increase) since March 2020, coinciding with the start of lockdown and return to schools.
- Tier 3 mental health services (Specialist CAMHS, CAMHS Disability) have seen a rise of 50% in referrals in Q3 of 20/21, with a smaller increase of 10% in Q3 seen in Tier 2 services (First Steps).
- Eating disorder services have shown an overall increase of 140% in 2020 vs 2019, this is more pronounced in City & Hackney than other NEL boroughs.
- Paediatric admissions have increased 440% in 2020 vs 2019.
- Overall number of referrals to crisis teams have increased an average of 73% in 2020 vs 2019 (social care-related problems being the presenting problem that has increased the most, followed by self-harm).
- Accumulation of waiting list for autism assessments owing to reduction in face-to-face services in CAMHS and ability to observe YP in school settings or similar as part of assessment process.

There have been a number of other trends reported qualitatively:

- Increasing complexity of presentations to CAMHS.
- YP presenting in crisis who may not have been known to services previously / increasing number of late presentations.
- Increasing influence of social factors (such as placement breakdown) in presentations.
- Impact on staff wellbeing of continued demand, increasing complexity and impact of remote working.
- Higher numbers of admissions to inpatient CAMHS beds and young people requiring a residential placement on discharge (note inpatient CAMHS beds commissioned centrally and not locally).

5. Local system adaptations

Throughout the pandemic local need has been continually monitored through the CAMHS Alliance Board and additional contingency planning meetings with providers to ensure that service delivery is responsive to local need and mitigations are put in place where necessary. A number of local system adaptations have been made as a result:

- Accelerated rollout of digital solutions to widen availability of treatment options for young people, including:
 - [Kooth](#), an online, anonymous counselling platform for young people aged 11-19 that offers direct contact with clinical practitioners and an online wellbeing community with peers. During the first 3 quarters of rollout:
 - 893 YP registered, logging in a total of 4,933 times.
 - 56% of logins were made by YP from a BAME background.
 - 83% of YP made repeat use of the platform.
 - 100% of YP would recommend to a friend.
 - Introduction of [Silvercloud](#), a digital mental health platform that provides access to evidence-based programmes tailored for young people. Introduced to schools from April 2021, referrals will be via MHSTs.
 - Pilot of [Healios](#) to offer treatment interventions related to neurodevelopmental conditions.
 - Adaptation of existing parenting groups to be delivered online and development of webinars and workshops for young people and families who are on waiting lists to access non-urgent treatment.
 - Creation of videos and Q&A sessions to support young people and families with a recent diagnosis of autism.
 - Expedited development and implementation of a digital SPA for all CAMHS services, to improve allocation of referrals to the correct service on first allocation (thereby reducing transfer of cases) and combine associated processes, such as single triage of referrals. Expected completion date Q2 2020-21.
- Direct increase in capacity of existing services to meet demand:
 - Expanding existing eating disorders service by 40% to cover increased demand seen as a result of the pandemic – rapid deployment underway.
 - Implementation of duty service within CAMHS Disability and weekly review of referrals with Alliance partners to ensure effective allocation and treatment.
 - Additional senior clinician capacity with HUH CAMHS (CAMHS Disability and First Steps).
 - Capacity increase of 50% within Off Centre’s 16-25 years pathway, plus development of joint working with adult IAPT to provide support for YP on Off-Centre’s waiting list through co-facilitated group work.
 - Use of non-recurrent funds to address the waiting list for autism assessment.
- Adaptations to service delivery and pathways:
 - Move to a combination of face-to-face and virtual support, with face-to-face remaining available throughout the pandemic where necessary.
 - First Steps to now see lower threshold cases that would normally go to Specialist CAMHS e.g. low level self-harm.

- Introduction of enhanced offer from LBH / CFS Clinical Service to support surge in crisis presentations that relate to social problems (e.g. placement breakdowns), as well as an embedded social worker to support crisis presentations (currently under review).
- Mobilisation of a 2-year pilot of the Intensive Support Pathway in response to the increase in inpatient CAMHS admissions. This will provide intensive behavioural support to prevent admissions and placement breakdowns or support discharge back to the community.
- Maintenance of crisis service, operational 9am - 9pm 7 days per week beyond April 2021 and introducing additional cover up to midnight (in development). A 24 hour crisis line is also available.
- Continuation of WAMHS / MHST to deliver a range of services to meet needs faced by schools, pupils and parents, including:
 - Parent meetings, training sessions & webinars to support managing CYP at home.
 - Staff training across wellbeing and mental health topics (e.g. attachment / trauma).
 - Therapeutic groups for primary and secondary pupils around anxiety and low mood (in phase 1 WAMHS schools).
 - Consultations with staff about pupils.
 - Reflective practice and support for staff wellbeing.
 - Multi-agency / MDT meetings consultation.
 - Signposting and advising on referrals.
- Setup of a temporary [bereavement service at St Joseph's Hospice](#) providing counselling to CYP who have lost someone due to COVID-19 through individual and family sessions, memorial events and art therapy.

6. Local Spend

- Spend on services (block contracts): £6,589,101
 - Specialist CAMHS (ELFT): £4,571,678
 - CAMHS Disability, including autism pathway (HUH): £551,141
 - First Steps (HUH): £1,181,283
 - Family Action Well Family Service: £285,000
- A further £4,267, 247 on Transformation across all services, including:
 - WAMHS: £768,750
 - East London Crisis service: £532,000
- As a result of the pandemic, and as per the *Local system adaptations* section, additional investment has been made in crisis, eating disorders, autism diagnostic pathway, senior clinician capacity and bereavement.
- In addition to the CAMHS spend an additional £660,000 has been recurrently invested in perinatal mental health from 2020-21, with further increases of £110,000 in 2022-23 and 2023-24.

Appendices: City & Hackney CAMHS activity and performance data

| Indicator | Compared with | Latest Period | Reporting Period | | | | | | | | | | | | Jan-21 |
|---|----------------------|---------------|------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | | | Jan-20 | Feb-20 | Mar-20 | Apr-20 | May-20 | Jun-20 | Jul-20 | Aug-20 | Sep-20 | Oct-20 | Nov-20 | Dec-20 | |
| CYP - Access (Monthly) | Monthly | Jan-21 | 160 | 120 | 90 | 335 | 255 | 200 | 220 | 170 | 235 | 235 | 235 | 175 | 180 |
| CYP - Access Rate% | Quarterly Cumulative | Jan-21 | 35.8% | 37.9% | 39.4% | 5.7% | 10.1% | 13.5% | 17.2% | 20.1% | 24.1% | 28.2% | 32.2% | 35.1% | 38.2% |
| CYP - Access Rate% | Rolling 12 Months | Jan-21 | 40.9% | 40.8% | 39.4% | 38.0% | 35.9% | 35.1% | 36.0% | 36.6% | 37.8% | 39.2% | 40.5% | 41.5% | 41.8% |
| CYP Eating disorder - Routine cases - 4 week wait | Quarterly | Dec-20 | | | 100.0% | | | 100.0% | | 96.4% | | | | 96.5% | |
| CYP Eating disorder - Urgent cases - 1 week wait | Quarterly | Dec-20 | | | 75.0% | | | 75.0% | | 100.0% | | | | 80.0% | |

Figure 1: Overview of City & Hackney access data for NHS CAMHS services in the period January 2020 – January 2021

| Indicator | CCG | Compare d with | Latest Period | Reporting Period | | | | | | | | | | | | |
|--------------------|----------------------|---|----------------------------------|------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | | | | Jan-20 | Feb-20 | Mar-20 | Apr-20 | May-20 | Jun-20 | Jul-20 | Aug-20 | Sep-20 | Oct-20 | Nov-20 | Dec-20 | Jan-21 |
| CYP - Access Rate% | Barking and Dagenham | 34.0% target for 2019-20 32.8 % target for 2020-21 | Jan-21 Quarter Cumulative | 35.6% | 39.0% | 41.9% | 3.3% | 5.9% | 8.0% | 10.0% | 11.2% | 12.6% | 14.8% | 16.6% | 18.2% | 20.0% |
| | City and Hackney | | | 35.8% | 37.9% | 39.4% | 5.7% | 10.1% | 13.5% | 17.2% | 20.1% | 24.1% | 28.2% | 32.2% | 35.1% | 38.2% |
| | Havering | | | 36.3% | 39.2% | 42.0% | 5.4% | 10.1% | 13.9% | 17.7% | 20.0% | 23.4% | 26.6% | 29.5% | 31.7% | 33.9% |
| | Newham | | | 34.1% | 36.2% | 38.3% | 5.8% | 8.8% | 11.0% | 13.6% | 15.6% | 17.0% | 19.5% | 21.5% | 22.9% | 24.2% |
| | Redbridge | | | 22.7% | 24.5% | 26.2% | 2.8% | 4.5% | 6.6% | 8.4% | 9.9% | 11.6% | 13.5% | 15.1% | 16.0% | 17.6% |
| | Tower Hamlets | | | 24.5% | 26.1% | 27.4% | 4.5% | 6.6% | 9.1% | 11.4% | 13.0% | 14.9% | 17.5% | 19.7% | 21.6% | 23.3% |
| | Waltham Forest | | | 22.5% | 24.6% | 26.8% | 6.6% | 10.4% | 12.9% | 14.9% | 16.9% | 18.6% | 20.8% | 23.1% | 24.8% | 26.4% |
| NEL STP | 30.0% | 32.2% | 34.3% | 4.9% | 7.9% | 10.5% | 13.0% | 15.0% | 17.1% | 19.7% | 22.0% | 23.8% | 25.6% | | | |

Figure 2: Comparison of City & Hackney access data with other North-East London boroughs, for NHS CAMHS services in the period January 2020 – January 2021. Note, 34.0% target for 2019-20, 32.8 % target for 2020-21.