



NHS Foundation Trust



East London
NHS Foundation Trust

**What we are doing to improve access, outcomes,
experience and equity for children, young people and
young adults (0-25s)**

December 2022

Key achievements over the past two years

Significant investment, linked to the NHS Long Term Plan, has enabled a number of recent mental health service developments for children, young people and young adults including:

- The expansion of our **core Children and Adults Mental Health Services (CAMHS)**
- The development of **Children and Young People (CYP) Eating Disorder Services**
- The creation of **CYP Crisis Services** in ELFT, available 7 days a week in Emergency Departments
- Extended-hours **Interact Service** at Whipps Cross Hospital, available 5 days a week
- The creation of **Mental Health Support Teams** within schools; offering preventative, targeted support
- The development of a **bespoke offer for young adults (18-25s)** and increased access for young adults via our community mental health transformation programmes

In collaboration with the NCEL CAMHS Collaborative, we have also been able to strengthen our hospital admission avoidance schemes, and tighten processes to ensure that CAMHS beds are available close to home for East London's children and young people who need them

Plans for 2023/24 and beyond

- Further expansion of Mental Health Support Teams in schools (Waltham Forest, wave 7); with the long-term ambition to eventually have an equitable offer for every school in East London
- Further roll-out of Intensive Support Teams (ELFT) with a particular focus on CYP with learning disabilities and/or autism
- Further expansion of Home Treatment Team models to provide alternatives to hospital admission across INEL

Investment across North East London 2021 - 2024

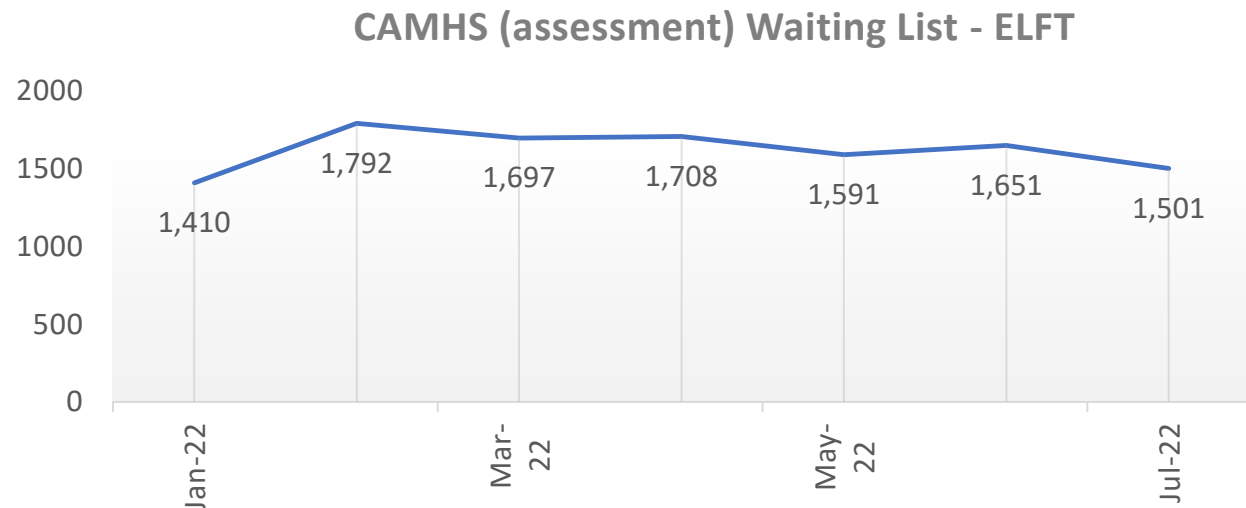
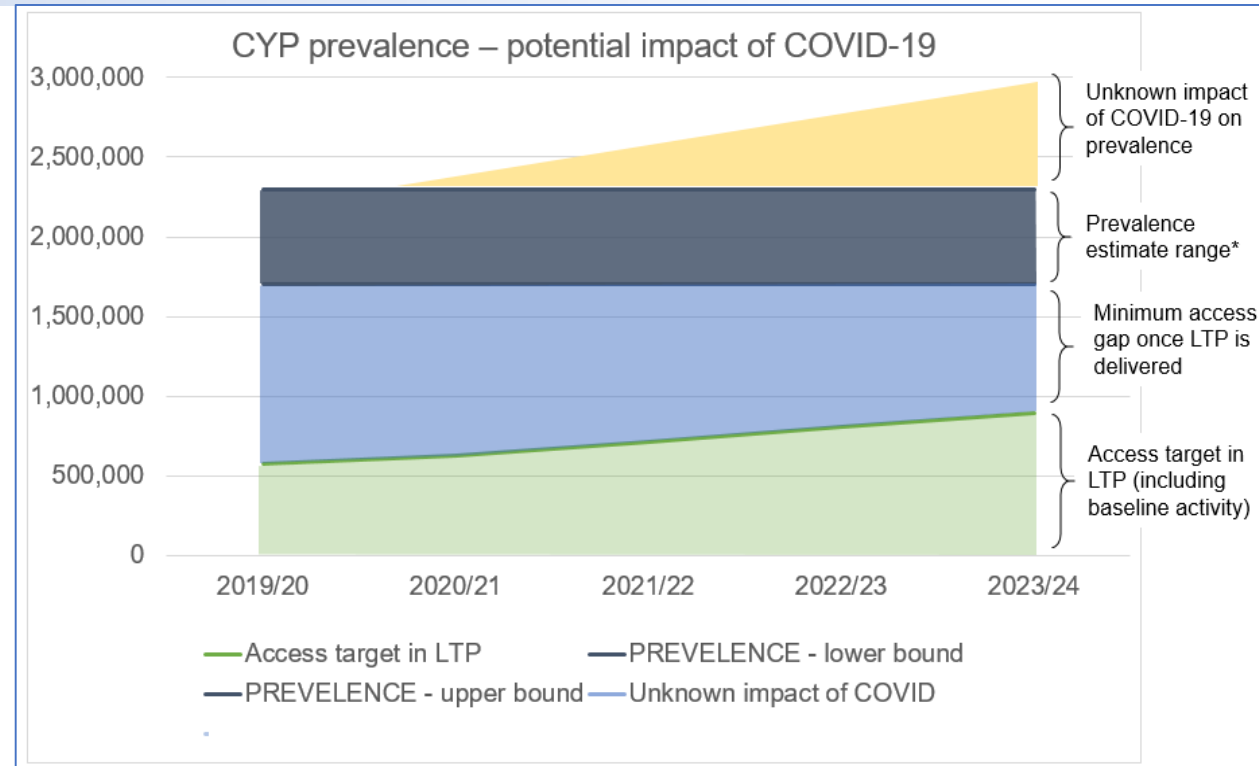
NEL CYP Mental Health Investment (£'000)			
	21/22	22/23	23/24
CYP Mental Health (NEL total)	6,508	9,136	12,647

In 2022/23, the NEL allocation for CYP mental health services was **£43.8m**, which is 12.1% of the overall mental health programme budget. This is two per cent **higher** than the proportionate spend on CYP mental health nationally

Summary - capacity and demand for CAMHS services

Core CAMHS

- Despite the growth in investment, CYP mental health services are under pressure as a result of increased demand (see national prevalence projections, right)
- CAMHS services have experienced an increase in their referrals, waiting lists and acuity of need across INEL (see example data from Hackney, Newham and Tower Hamlets, bottom right)
- CAMHS recovery plans for each service are in place, and are regularly monitored by the Trusts
- We have developed a range of initiatives to manage demand and bring waiting lists down (please see slide 6)



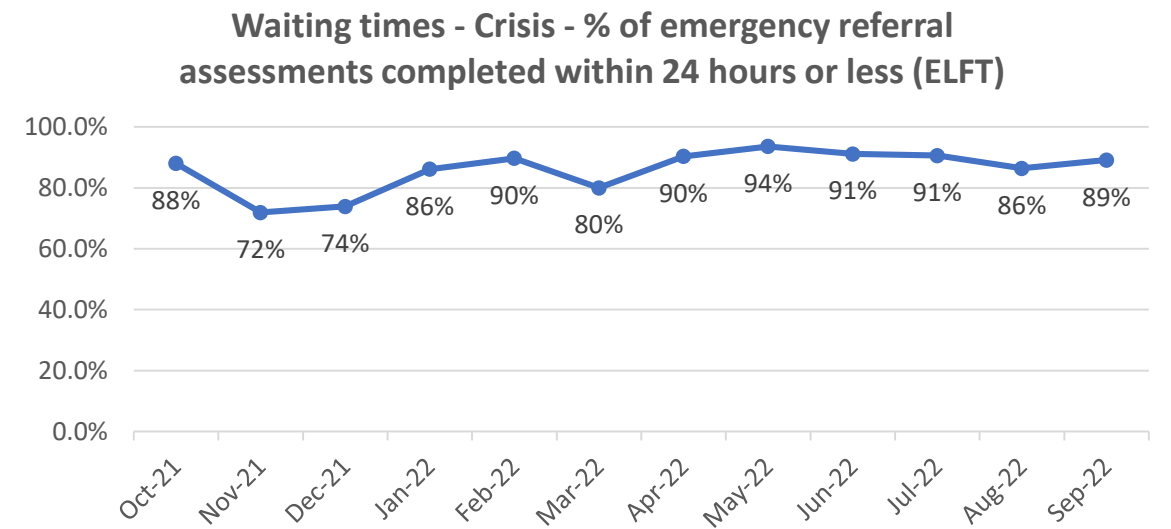
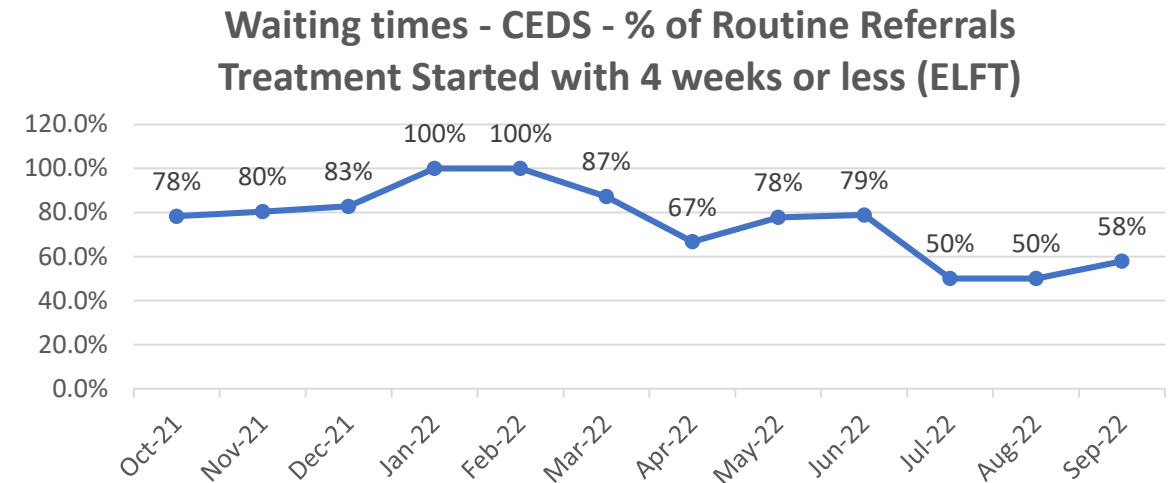
Summary - capacity and demand for Eating Disorder and Crisis Services

Eating disorder services

- We have seen a surge in referrals to Children's Eating Disorder Services (CEDS) across INEL, in-keeping with national trends
- As a result, people are waiting longer to receive treatment (see chart with ELFT data, right)
- Funding was secured in 2022/23 to expand CEDS but there were significant recruitment challenges. These have now been resolved and the service on a recovery trajectory

Crisis services

- CYP Crisis Services are in place in Hackney, Tower Hamlets and Newham; with an extended-hours Interact Service available in Whipps Cross Hospital
- Comparing July 2020 to July 2022, demand for CYP Crisis Services in ELFT increased by 82%
- Crisis presentations are beginning to stabilise, although referrals across most services continue to be higher than pre-pandemic levels



Initiatives to further improve access for children and young people

In addition to developing and adhering to service recovery plans focused on managing increased demand and reducing waiting times, we are also working on a range of proactive developments with our partners to work more preventatively. Here are some examples:

Joint working with social care, community health, paediatrics and VCS

Single points of access, and **multi-agency collaboratives**

Piloting **Home Treatment Teams**

Online emotional support e.g. ChatHealth, Kooth and Good Thinking

Eating Disorders Intensive Home Treatment Team

Brief Intervention and Treatment approaches

Peer leadership and employment opportunities for YPs

Development of **Intensive Support teams** for ASD/LD cohort

Joining up **social prescribing** and developing the VCS in each borough

Increased support around transitions from CAMHS

Drivers for improving services for 18-25 year olds

National policy framework and drivers for improvement

- NHS England published the Community Mental Health Framework for Adults and Older Adults in November 2019
- One of its aims is to improve outcomes for 18-25 year olds through addressing issues such as the transition between CAMHS and adult mental health services; delays in receiving care; or being assessed as having no care needs by adult services
- Young adults are already heavy users of Increasing Access to Psychological Therapies (IAPT) services in east London (approx. 20%) as well as Early Intervention in Psychosis Services. However, there are young adults whose needs cannot be met by these services.
- ELFT and NELFT have been working to implement the Framework over the past few years through our Community Mental Health Transformation Programmes
- Some examples of initiatives targeted at young adults are included in the following slide

We care

We respect

We are inclusive

Support for young adults (18-25)

There are a range of initiatives and service developments in each borough focused on improving access, outcomes and experience for young people / adults up to the age of 25. Here are some examples:

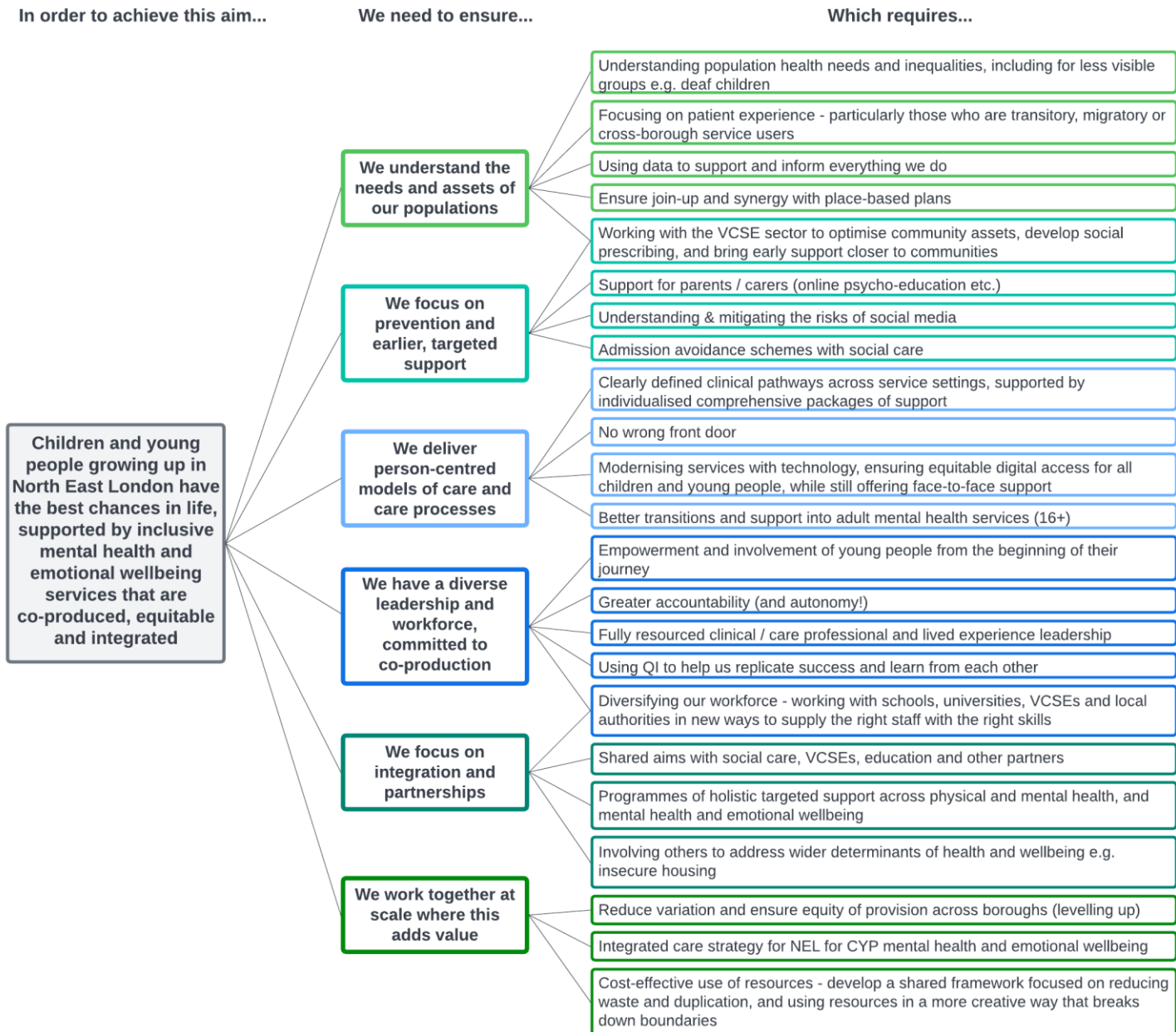
London Vanguard Violence Reduction

- A three-year NSHE funded programme to deliver a community-based approach to reducing violence and exploitation for CYP (up to the age of 25) and their families, targeted initially in Waltham Forest and Newham
- In each borough, services will be delivered through partnerships between local authorities, trusts and voluntary sector organisations
- Anticipated benefits include improved access to psychosocial and psychological support, and trauma-informed interactions with lived experience caseworkers
- £3.2 million from Oct-2021 to Sep-2024

Advantage Mentoring

- A mentoring programme for young people aged 14-21 with mild to moderate mental health and wellbeing needs, including people who don't meet the thresholds for CAMHS
- Commissioned to cover all 7 boroughs in North East London
- Advantage Mentoring is a partnership between West Ham United Foundation, Arsenal in the Community, Leyton Orient Trust, ELFT and NELFT CAMHS
- Uses youth work to connect with young people via mentors, supported by a designated CAMHS clinician.

What are we doing at scale across NEL?



There has been a long-standing Children and Young People's Mental Health Delivery Group in place across NEL, with responsibility for coordinating our system response to key national policy drivers for children and young people (e.g. NHS Long Term Plan).

In recent months, we have begun to look at how we can operate as an **improvement network**; bringing Quality Improvement methodology into the space to help us think differently about the challenges we face, with a much more defined role for clinical and service user leadership.

As the driver diagram to the left shows, we have worked together to set ourselves a clear aim and map out the key areas of focus over the next 12 – 24 months.

Coproduction with CYP across NEL

The following 'I statements' were devised at a coproduction event in June 2021 called 'All About Me for the Benefit of Everyone'. A follow-up coproduction event is planned for 8 December 2022 where these will be revisited to ensure they are still relevant and inclusive of peoples' priorities.

1. **Accessibility** - "I want the same chances at life as my peers without adversity or vulnerability, we aren't hard to reach "
2. **Coproduction** - "I want to be supported to get involved and see changes that I have influenced"
3. **Distribution** - "I want the same experience and range of support regardless of where I live or go to school"
4. **Single front door** - "I want to tell my story once and be involved in deciding what support will suit me and my family's, goals and needs"
5. **Local offer** - "I want to be able to see all support available to me, my family and friends in one place"
6. **Diverse offer** - "I want to access support in different ways that suits me and my goals, not just what is available and not when it is too late"
7. **Universal offer** - "I want to take ownership of maintaining and improving my resilience and wellbeing"
8. **Social prescribing** - "I want to access a range of different activities that could improve my wellbeing and be supported to access them"
9. **Workforce** - "I want to be able to access different support from different people, when and where I need it"
10. **Transition** - "I want to feel like professionals care as I move between different stages of my life"
11. **Digital** – "I want to access support in different ways that suits me and my goals, not just what is available and not when it is too late"