

Item No. 8.	Classification: Open	Date: 21 November 2018	Meeting Name: Health and Wellbeing Board
Report title:		Joint Review of Emotional Wellbeing and CAMHS Services	
Ward(s) or groups affected:		All wards	
From:		Caroline Gilmartin, Director of Integrated Commissioning, Southwark CCG Genette Laws, Director of Commissioning, Southwark Council	

RECOMMENDATIONS

1. That the HWBB notes the final version of the Southwark Joint Review of Emotional Wellbeing and CAMHS Services (Appendix 1).
2. That the HWBB supports the development of an implementation plan to take forward the actions identified in the Review and subsequent reporting to the Board about progress
3. That the HWBB notes the engagement of key stakeholders in the conduct of the review including children, young people, parents and carers and the steps being taken to establish an Emotional Wellbeing and CAMHS reference group to ensure the ongoing voice of stakeholders in the implementation of the Review.

BACKGROUND INFORMATION

4. Early in 2018, a Joint Mental Health and Wellbeing Strategy was published by Southwark CCG and Southwark Council. This strategy recognises that that 'there is no health without mental health' (parity of esteem) and identifies the wide-ranging and long-lasting impacts of poor mental health.
5. The strategy adopts a life course approach with a 'focus on early help and support for families, protection of . . . children and promotion of positive wellbeing in all aspects of life'.
6. One of the commitments in the Joint Mental Health and Wellbeing Strategy is to complete a review of children and young people's emotional wellbeing and CAMHS services.

The Process of Conducting the Joint Review

7. This review was jointly commissioned by Southwark CCG and Southwark Council. A CAMHS Review Steering Group was setup to carry out the review and included a wide range of stakeholders including schools, SLAM and other NHS partners. The group reported into the Children and Adults Board in Southwark Council and the Commissioning Strategy Committee in Southwark CCG.

8. An engagement sub-group was set up with representation from communications teams in both Southwark Council and Southwark CCG and input from Healthwatch Southwark.
9. This group devised a Communications and Engagement Plan for the review and facilitated numerous engagement events with a wide range of stakeholders including children, young people, parents and carers. The final review wherever possible has been shared with these stakeholders. Views are sought to incorporate into the Implementation Plan.

The Council Plan 2018/19 – 2021/22

10. The Southwark Council Plan presents a set of commitments to achieve a vision of a fairer future for all. The updated commitments were agreed by the Cabinet in June 2018 and are due to be formally agreed by the Council Assembly in November 2018.
11. Southwark's Council Plan describes the vision for a fairer future for all which recognises that 'good mental health is as important as good physical health' and commits to 'protect funding for mental health services for children and young people and find ways to change and improve services so that more children get the support they need when they need it.'

Southwark Children and Young People's Mental Health and Well-being Transformation Plan

12. The Local Transformation Plan sets out Southwark's approach to improving outcomes for children and young people's mental health and wellbeing. A key aim of the plan is to present how challenging targets to increase children and young people's access to mental health care will be met. This plan is refreshed annually in line with business planning cycles and was submitted to NHS England at the beginning of November 2018.
13. The plan has incorporated the findings and recommendations of the Joint Review and outlines a local strategy to move towards a more preventative model with a strong focus on evidence-based care and ensuring alignment with other areas of South East London where appropriate.

KEY ISSUES FOR CONSIDERATION

Key Findings

14. Specialist services in Southwark are seeing more children than neighbouring areas and Southwark spend is higher.
15. There are great services in the borough but both the public and professionals (mental health and non-mental health) found the pathways for referral difficult to navigate.
16. High thresholds, long waiting lists and high levels of DNAs all contribute to children and young people who are distressed becoming increasing unwell and potentially needing targeted or specialist interventions.

17. However, there is a gap in provision for children and young people who do not need specialist mental health provision but who do need more than can be provided by schools and / or GPs.
18. There is a need for greater consistency in the Southwark schools offer, and to ensure all education staff are trained and supported to manage children/young people's emotional wellbeing.
19. Greater flexibility and sensitivity is needed in the transition to adults' services; and services need to offer greater choice and more flexible appointment times and venues to minimise time out of education.
20. The Carelink service for Looked After and adopted children was highly praised. However the high acceptance rate by Carelink masks lower rates for the rest of the service, and particular difficulty was reported by parents and carers of children with neuro-developmental conditions. The community eating disorder service shows good performance with waiting time targets largely met, and the highest self-referral rate in Southeast London.
21. Although Southwark is well located to be able to recruit, workforce issues remain a challenge for CAMHS; with a 20% vacancy rate and a shortage of suitably qualified talent to supplement existing teams.
22. **It is estimated that 136 children and young people attended local A& E (GSTT or KCH) in 2017-18 and required 7-day follow-up**, which indicates the extent to which there is a need to intervene further to prevent the need for hospital attendance.
23. Access to NHS funded community services to meet the needs of at least 35% of those with diagnosable mental health conditions by 2020/21. Based on prevalence of 6196, in Southwark this translates into 30% or 1,860 in 2017/18 and 32% or 1,983 in 2018/19.

Recommendations

24. Children and young people's emotional wellbeing and resilience should be supported in a wider range of settings than at present.
25. Universal access by children and young people and their parents / carers to accurate and up to date advice and information on what services are available in Southwark including how to access them, what eligibility criteria are where applicable, and what they can do to help themselves whilst awaiting professional support.
26. Access to immediate professional advice for children and young people, parents/carers and referrers; and support is available whilst awaiting specialist assessment and / or treatment and after discharge from specialist services.
27. There is a need to adopt a "No Wrong Door" policy with all referrals including self-referral being considered and directed to appropriately.
28. Transition to adults' services is flexible in terms of age and is sensitively managed by both children's and adults' services.

29. Pathways, access points and services within the system need to be joined up; current spend needs to be maintained to cope with rising demand; future funding, unless ring-fenced for a specific purpose, should be targeted at prevention and early intervention, not specialist services.
30. Ensure that all stakeholders are involved in system transformation and service redesign.

Next Steps

31. The recommended approach is to consider the future development of the mental health and wellbeing system in Southwark under three key headings:
 - A. System transformation: where significant system-wide change is required to improve access, simplify and streamline pathways for young people, parents and professionals, and improve the transition to adult services.
 - B. System improvement: where there is scope for improvements to existing services for specific client groups.
 - C. Cross-cutting organisational change: issues relating to workforce and IT that affect a wide range of services.
32. There is the potential to adopt elements of approaches such as I-Thrive and / or to develop a local conceptual model to support a common language and common understanding across education, health and broader local authority services.
33. It should be noted that Commissioners and providers have not waited for the review to be finalised. During the review some improvements have been made including the development of a CAMHS single referral point; and a South London Partnership Crisis Line (intended to be launched in Southwark in Q4 18/19).
34. In addition, a Trailblazer bid for £1.6 million to support mental health and wellbeing in schools as well as the Chancellor's announcements in his budget speech about supporting this initiative as well as mental health services in A&E provide opportunities for the recommendations in the Review to be realised, at pace.

Community impact statement

35. This review has taken account of the needs of local communities including people identified as possessing protected characteristics. No adverse equalities impacts have been identified at this stage as the overall aim is to better target and support all Southwark residents, and particularly children and young people.
36. The implementation of the review will seek to advance equality of opportunity and foster good relations between people with protected characteristics and those without.
37. It is proposed that an Equality Impact Assessment (EIA) is completed for the implementation plan and any subsequent commissioning intentions required to achieve the identified objectives.

Resource implications

38. Commissioners within the Partnership Commissioning Team will be responsible for implementation of the strategy in conjunction with CCG and Council partners. As the implementation plan is developed any actions arising which have resource effects will be subject to separate decision-making process.

Legal/Financial implications

39. There are no legal or financial implications at present. However, as the implementation plan is finalised and moves to its delivery phase any legal/financial implications which become apparent will be highlighted.

Consultation

40. A critical element of the review has been coproduction with a large number of local people and stakeholders.
41. An Emotional Wellbeing and CAMHS Reference Group is being established to ensure local families, parents and children continue to be fully engaged and provide input into the implementation including the reconfiguration of existing services and the design of new services in Southwark.

BACKGROUND DOCUMENTS

Background Papers	Held At	Contact
None		

APPENDICES

No.	Title
Appendix 1	Joint Review of Emotional Wellbeing and CAMHS Services (Sep 2018)

AUDIT TRAIL

Lead Officer	Deborah Cohen, Assistant Director Partnership Commissioning	
Report Author	Sharafat Ali, Head of Children's Joint Commissioning	
Version	Final	
Dated	12 November 2018	
Key Decision?	Yes	
CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / CABINET MEMBER		
Officer Title	Comments Sought	Comments Included
Director of Law and Democracy	No	No
Strategic Director of Finance and Governance	No	No
Director of Commissioning Children's and Adults' Services Southwark Council	Yes	No
Cabinet Member	Yes	Yes
Date final report sent to Constitutional Team / Community Council / Scrutiny Team	13 November 2018	