

## **Update on children & young people's mental health and wellbeing service provision**

**Date: 10 September 2020**

**From: Genette Laws, Director of Commissioning for Children and Adults**

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### **Summary:**

1. This report provides an update about the provision of mental health and wellbeing services for children and young people.

### **Update on 2018 Review:**

2. There is a whole system (Council, CCG, SLaM, KCH, GSTT, a representative from the VCS and schools) steering group that is overseeing the implementation of the recommendations in the review. Phase One of the review has been completed
3. Phase Two has been agreed and prioritised. There is a working group that ensures that implementation happens. This group met in August 2020 and Action Leads have been appointed to oversee Phase Two progress. The leads are drawn from Council and CCG commissioning, SLaM, Education and children's social care, demonstrating a 'one council'/ good partnership approach.
4. The Steering Group met in June 2020 as part of planning for recovery and focused on learning from the response to the COVID pandemic. A wide range of partners giving powerful presentations on the impact of COVID on their own provision and upon their service users. This included presentations to articulate the views of children, young people and families and from the community and voluntary sector.
5. The issues and learning that was discussed at the post-lockdown meeting, which did not feature in the original review, have been added to the Phase Two plan, together with recognition that Action Leads should challenge themselves to address social and health inequalities throughout their planning and service improvement implementation.
6. Good progress is noted on the development of a Directory of Services which will encompass the developing roles played by school nursing and health visitors in supporting emotional wellbeing.

### **Progress on specific issues:**

#### **Developing services 0 – 25**

7. The NHS Long Term Plan seeks 0–25 planning to be embedded across all services over time and Southwark's 100 % access target is based on a 0 – 25 'count'. Legislation related to children in care and care leavers as well as children with SEND covers them up to the age of 25 years old.
8. Partners agreed that services which best meet the emotional wellbeing and mental health needs of the 18 to 25 population is a key priority for development work going forward into 2020/21. The Service Director for Specialist Services, CAMHS has agreed to take a joint

lead, together with the Director of Commissioning, Children and Adults on this programme. An early paper outlining the principles of such a development is to be delivered to the Steering Group in September.

9. It is of note that both The Nest (council commissioned provision) and KOOOTH (CCG commissioned provision) are providing for an age range up to 25.

### **Maximising emotional wellbeing and mental health support during August, supporting a return to school in September**

10. Links were established between SLaM and The Nest in August to enhance emotional wellbeing support to the Public Health programme (Fun with Food) which ran across Southwark in August. The Nest also established links with Southwark's Youth Programme and with YOS with a number of online sessions in August.
11. Colleagues in Public Health have responded to the anticipated increase in emotional wellbeing needs by enhancing Southwark's school nursing service, to include webinars and establishing links with CAMHS. Schools have identified their most vulnerable children and young people who will be contacted by school nursing. Schools have also organised workshops, many with a focus on providing emotional wellbeing support for those transitioning between Year 6 and Year 7.
12. Children's Social Care, Family Early Help, and CAMHS Early Help, have been working together to develop a 'Team Around the School' approach.
13. In August, the Department of Education announced additional funding for schools through the Wellbeing for Education Return programme which is being led by the council's Health Lead for Schools.
14. SEL CCG has run a digital campaign through the crisis to signpost children and young people to digital support and has extended this campaign with a 'return to school' campaign.

### **Update from SLaM**

15. In August, SLaM have reported that they providing services with approximately 90% of staff working remotely. However, more staff are now returning to the workplace and delivering an increasing number of face to face appointments.
16. As per paragraph 12, SLaM has worked with schools on 'Teams Around the School'.
17. Data is being routinely provided to commissioners, which is showing that numbers of referrals are around the pre-COVID level, with average waiting times showing improvements. The introduction of the new Children's Wellbeing Practitioner role (which sits below a Tier 3 service) is enabling a much smoother throughput within CAMHS overall, with 'referral declines' down to a very low level; and prompt early intervention which is easing pressure on the more specialist services.
18. SLaM have a project underway with KCH to look at the effectiveness of digital interventions for young people, which the youth advisory groups are involved with.
19. Leadership within SLaM continues to stress to staff the importance of ensuring that services are supporting CYP and families.

### Update from The Nest

20. In response to the COVID pandemic, The Nest mobilised and launched a remote service, in May, offering coaching and therapeutic support either through phone or video calls to young people aged 13 - 25 throughout lockdown.
21. Since service commencement, The Nest has received 90 referrals/enquiries for support from young people themselves as well as their families and from a wide range of services from across the borough including Family Early Help to YOS, GPs and CAMHS, establishing strong working relationships with these organisations. One example is that The Nest's Wellbeing Lead attends the weekly referral review with Family Early Help to offer clinical advice and suggest referrals to The Nest where deemed appropriate.
22. Where a young person presents as having needs that are too complex to be supported by an early intervention service, The Nest has acted as an advocate for young people, either with their GPs or SLaM to ensure that they get appropriate support. The Nest also signposts and refers young people to services that offer expertise outside the remit of mental health, such as Citizens Advice Bureau for support on housing concerns and HYP Southwark for substance misuse.
23. As lockdown has eased The Nest has made the transition from remote to socially distanced face to face delivery having moved into new premises on Rye Lane, Peckham.

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## Appendix One

Final CAMHS Review, H&WB Reporting



Final CAMHS Review  
H&WB Reporting For