

Item No. 6	Classification: Open	Date: 8 February 2021	Meeting Name: Health and Social Care Scrutiny Commission
Report title:		Update on Children and Young People Mental Health Provision	

RECOMMENDATION(S)

Recommendation(s) for the Committee

1. The Health and Social Care Scrutiny Commission notes the update about provision in the context of delivering services during a COVID-19 Pandemic.
2. The Health and Social Care Scrutiny Commission continues to support the development of refreshed / new strategies which require updating in 2021 to ensure relevance because of the COVID-19 pandemic and Southwark Stands Together.

BACKGROUND INFORMATION

The joint review of CYP Emotional Wellbeing and Mental Health Services

3. Implementing the recommendations in the joint review of CYP Emotional Wellbeing and Mental Health Services report that were agreed at the Health and Wellbeing Board in November 2019 requires a system wide response. Southwark's ambition, as set out in the report, is to develop its local offer. The commitment to developing our offer is rooted in increasing access to a range of services.
4. The Review provides a vision of Southwark's offer will be inclusive of both South London and Maudsley (SLaM) Child Adolescent Mental Health Services (CAMHS), the voluntary sector, social care, early help, children's community health services and aligned with adult mental health services, primary care, and education.
5. The collective response will span from universal to targeted for vulnerable groups (i.e. Looked After Children, young offenders, or children with Special Educational Needs and Disability) through to specialist and crisis response. Therefore, the Implementation Steering Group is made up of representatives from the Council (Children and Families, Commissioning and Education), SEL CCG, SLaM, the voluntary and community sector and schools. The Guys and St Thomas's Charity has been recently invited to join the Group due to their emerging programme for supporting Adolescent Mental Health.
6. To successfully achieve this it is critical that there is a linkage and understanding between the differing levels of provisions, funding organisations and how they affect each other.

7. It is important to note that it is unlikely this report will capture all provisions available to the CYP of Southwark. As support is available locally, regionally, and nationally. Therefore, this report will focus on the services commissioned by South East London Clinical Commissioning Group (SEL CCG) and Southwark Council.

KEY ISSUES FOR CONSIDERATION

Local Service Delivery

8. SLaM CAMHS

- 8.1. The Child and Adolescent Mental Health Service (CAMHS) is provided by South London and Maudsley NHS Foundation Trust (SLaM). Southwark CAMHS is comprised of the following four core multi-disciplinary teams:
 - Child and Family Service
 - Adolescent Service
 - Neurodevelopmental Service
 - Carelink (for looked after children and adopted).
- 8.2. These teams assess, treat and manage risk for the majority of CYP with mental health problems, with additional practitioners/ teams outreaching into the community to engage vulnerable and targeted groups via Assertive Outreach Team, In-reach to the Youth Offending Service, Early Help CAMHS, Parental Mental Health Team (for parents with mental health difficulties and under-fives).
- 8.3. SLaM core offer is commissioned by South East London CCG with Southwark Place and Council funding jointly commissioning Southwark specific services that respond to local needs.
- 8.4. The latest reporting for Quarter 3 shows:
 - 1463 CYP have accessed Southwark CAMHS, the annual target is 1844.
 - There are currently 1837 CYP on SLaM's case load.
 - 121 of these are Children Looked After, 93 reside in Southwark.
 - SLaM has a acceptance target of 87.3% (above the 75% target)
 - The average wait for first contact is 6.54 weeks.
 - The average wait for a second contact is 10.88 weeks.
 - The accumulative admissions to inpatient facilities over the last 12 months is 19
- 8.5. Work is ongoing between SEL CCG and Southwark Council to develop transparency between the core offer and the local offer.
- 8.6. To date the transformation funding has supported SLaM to:

- Develop Children Workforce Practitioners to reduce the number of referrals, supporting access to alternative provisions and providing support referring agencies.
 - Introduction of Health and Wellbeing Practitioners co-located with the Youth Offending Service
 - Increased capacity in the Enhanced Prevention and Early Intervention Community Service – Home Treatment Team
- 8.7. For 2021/22 additional transformation funding will see the development of Young People workers to those aged between 16 and 25 to be supported by the right team within CAMHS or the Adult services.

9. The Nest (Open Access)

- 9.1. The Council commissioned The Nest is provided by Groundwork London. The Nest is a free & confidential mental wellbeing advice and support for young people in Southwark. The service, opened in May 2020, is aimed at young people, designed by young people, available at the point of need and a physical place where young people can attend.
- 9.2. The service takes an asset-based approach to offer support for emotional issues and low level mental health such as worries, anxieties and stress.
- 9.3. Due to the pandemic, The Nest opened its doors virtually in May 2020 and offered originally offered on-line and telephone advice. From August 2020, it has opened its doors and offered face-to-face support. However, due to government restrictions, these face-face visits are appointment only so that the risk assessment in relation to covid-19 security is complied with. This has meant limiting the number of sessions and people in the building to keep service users and staff safe.
- 9.4. The Nest is contacting service users to offer them the choice on how they wish to be supported during lockdown and the majority have chosen virtual methods such as phone calls or video calls.
- 9.5. The Nest have also had over 5000 visits to their website since they launched. The website includes resources for dealing with feelings including anxiety, stress, anger, self-esteem and Covid-19 support.
- 9.6. The Nest have undertaken initial assessments with over 200 children and young people. From this figure, 126 have gone on to receive a 1:1 package of support through The Nest. The remainder were provided with brief interventions and supported to access the service most relevant to their needs.
- 9.7. Common services signposting to are The Listening Place (for those with suicidal ideation) and Southwark Community Assessment and Liaison Team.

- 9.8. The latest Q3 reporting data shows:
- An increase in referrals from 62 in quarter 2 to 152 in quarter 3. This has been helped by the awareness raising and strategic partnerships undertaken by the service.
 - engagement between schools and the service has been strengthened. Staff from The Nest were providing in-reach to a number of schools for both 1:2:1 support for students and workshops, this has now moved online in the interim.
- 9.9. Southwark Council and Groundwork London put in a successful bid (£38,659) for funding from the Mayor of London's Violence Reduction Unit to create a Parent/Carer Champion Network. This funding has allowed an additional staff member to be funded to lead on this service.
- 9.10. The Nest currently covers 13–25-year olds, it is planned that during 2021 service delivery will expand.

10. Improving Mental Health and Resilience in Schools

- 10.1. Working in collaboration with schools, and building on the success of Healthy Schools London, Southwark Council is investing £2 million in mental health prevention in schools across academic years 2019/20 and 2020/21.
- 10.2. The overarching aim is to build resilience in children and young people so that they can better cope with challenges. In addition, we aim is to deliver a sustainable, universal infrastructure through the workforce across all schools in Southwark.
- 10.3. Effective collaboration and partnership with schools and partners has driven the delivery of the project to date.
- 10.4. Plans for 2020/21 include:
- Increased numbers of Mental Health First Aiders
 - Development of a local resilience programme
 - Development of improved communications including Champion school videos, social media campaigns and showcasing events / forums
 - Increased training and CPD offer

11. Kooth

- 11.1. From 1 April 2020 the SEL CCG embarked on a new two-year contract with Kooth, which extends the age group down to 10 years of age and up to 25 with a key focus on those who may be particularly vulnerable to common mental health problems.
- 11.2. These groups include: Care leavers, children with special educational needs and disabilities, those not in education, employment and

training (NEET) and those stepping down from CAMHS and the Youth Offending Service (YOS).

11.3. Table 1 shows the activity data for quarter 1 and 2 of 2020/21 for Southwark residents.

Table 1: Kooth Performance Data

	Q1	Q2
New registrations	116	102
Counselling hours	150	138
Logins	750	682
Returning logins	574	498
Working hours	15	19

11.4. Kooth contribute to the local delivery of the national access target as set out in the NHS Long-Term Plan¹. The definition of a contact on Kooth is when a young person has engaged in a live chat counselling session with a Kooth professional OR has been involved in a therapeutic message exchange. Performance data is shown in Table 2.

Table 2: Kooth performance data - NHSE access target

20/21 Data (Access Count two contacts)							Total YTD	Average Access Count	Annual Target	Annual Trajectory
	April '20	May '20	June '20	July '20	Aug '20	Sept 20	Apr-Sept '20	Per Month	Annual Target	20/21
Southwark	8	4	8	5	6	8	39	6.5	120	78
Total SEL	83	75	70	56	40	49	373	62	720	746

12. Positive Behavior Support Consultancy

12.1. Positive Behaviour Support (PBS) Consultancy Ltd are delivering a PBS pilot to the SEL boroughs, funded by NHSE. This service will work in partnership with the local team for each borough and the relevant local

¹ <https://www.longtermplan.nhs.uk/publication/nhs-mental-health-implementation-plan-2019-20-2023-24/>

authority. This pilot service is running from the 1st October 2020 to the end of April 2021.

12.2. The service has capacity to support 12 CYP from across SEL during the pilot, whilst it is too early to recognise the impact of the project it is noted that PBS have accepted referrals for four Southwark CYP.

13. Safer London Child Sexual Abuse hub

13.1. The Southwark team of SEL CCG leads on the commissioning of the CSA hub for Southwark, Lewisham and Lambeth, in line with national policy and following best practice as set out in Child Sexual Abuse Services Learning Report (2018)² and Sexual Abuse Hub Toolkit (2017)³.

13.2. The CSA Hub service aims to improve the short and long-term physical and mental health outcomes for children, young people and their families following disclosure of child sexual abuse (CSA) through offering signposting, case management and early emotional support at the time the child/young person and their family are seen in the CSA clinics.

13.3. The contract accommodates 36 CYP per year, in Quarter 2 of 2020/21 10 Southwark CYP accessed the service, compared to five from Lambeth and five from Lewisham.

13.4. Discussions are underway to standardise provision across SEL and expand on current provision by introducing early intervention victim support services, integrating with schools and funding RISE Mental health programme. These proposals have been submitted to the Ministry of Justice; it is anticipated SEL will receive the outcome by Q1 of 2021/2

13.5. Safer London have just submitted a successful funding bid for a six-month research of hidden CSA in BAME communities. Working with Listen Up, Safer London will complete a data deep give to understand the reason why the BAME community is disproportionately affected. Listen Up will support the development of a tool-kit best practice to support workers and training will be developed for workers to support these groups.

14. School Nursing Service GSTT (Emotional Wellbeing expansion)

14.1. Evelina London School Nursing team have broadened the service offer to provide interventions for low level anxiety, body image, behaviours that impact of self-esteem, education or healthy living and low mood. The school nursing service offers healthy lifestyle advice,

² <https://www.england.nhs.uk/london/wp-content/uploads/sites/8/2019/05/London-CSA-Services-Learning-Report-2018-v1.2-002.pdf>

³ [NHS England and NHS Improvement London » Commissioning Child Sexual Abuse Hubs in London](#)

C-Card scheme/Sexual Health & relationships and continence services complementing the emotional health offer.

14.2. Evelina school nurses are currently working with community mental health services to improve the offer for CYP receiving the right services at the right time.

14.3. Work to date includes:

- Year 7 Questionnaire pilot to identify and meet need
- Workforce development through CAMHS supervision
- Audit on CAMHS referral rejections

15. Response to increased presentation and admission emergency departments during COVID-19 Pandemic

15.1. Across London, comparatively to presentations pre-first national lock down, a London-wide (lead by South London Partnership⁴) audit has shown:

- there has been a five-fold increase in CYP presenting to crisis resolution services per week
- the number of CYP presenting to A&E has risen by 34%.
- the total number of CYP presenting for help per week has risen for 193/week to 337/week
- an average of eight CYP per week being admitted to pediatric beds.

15.2. Locally SLaM CAMHS reporting, as set out in Table 3 shows increased presentations from October to December 2020, in line with SEL reports.

Table 3: Admissions and attendances at Emergency departments

		July 2020	Aug 2020	Sept 2020	Oct 2020	Nov 2020	Dec 2020
A&E Attendances (new patients)	No. patients	7	6	7	12	12	10
	No contacts	8	8	11	19	16	13
A&E Attendances (existing patients)	No. patients	5	14?	10	19	14	16
	No. contacts	9	17	25	37	27	35

15.3. South East London CCG and South London CAMHS will be taking forward a series of actions to support individuals and local services including:

- Review of out of hours CAMHS support to standardise the offer across SEL, providing clarity of response times / roles and responsibilities / contact information

⁴ [NHS England » NHS-led Provider Collaboratives: specialised mental health, learning disability and autism services](#)

- Workforce solutions, Mental Health Nurses in acute, Psychiatric Liaison Nurse (mirroring adults)
- Escalation process and management plan between Acute Trusts, Mental Health Trusts and Local authorities.
- Improved pathways across SEL
- Exploration of support requirements for those with behaviors that challenge, no diagnosable mental health need
- Improved working with local authorities on step down placements and residential placements
- Multi agency protocols / agreements to clarify boundaries of each service in each borough for SEL.

16. The London-wide audit is due for completion by the end of January 2021, subject on ongoing service demands.

17. Summary

17.1 Southwark continues to make successful strides to improve the emotional wellbeing and mental health of CYP. Key success since 2019 include:

- SLaM's introduction of Children Workforce Practitioners to reduce the number of individuals who are re-referred to the service, onwards sign posting supports people to access alternative provisions.
- Contract award to Safer London Partnership for Child Sexual Abuse
- Health and Wellbeing worker, working in the Youth Offending Service, funded through NHSE Health and Justice funding.
- Introduction of the 'open access service' the Nest.
- Expansion of KOOTH across South East London CCG
- Improved Southwark specific activity data reporting. Currently, in the process of developing outcome measures.

17.2 However, some projects have paused due to the COVID-19 pandemic, others have faced significant barriers independent of the pandemic (i.e., establishment of commissioning responsibility with the changing commissioning landscape). These projects include:

- Review of assertive outreach and home treatment team, who provide short term treatment which is intended to improve crisis situations and reduce admissions. Currently SLaM is responding in line with NHSE COVID requirements with a Crisis Assessment Unit in partnership with a NHS South London Provider Collaborative
- Development of community pediatric (GSTT) and SLaM interface
- Development of a Positive Behaviour Support service
- Development of a Conduct disorder service
- Transitions pathway development

- 17.3 Until the completion of the refreshed All Age Mental Health Strategy and 2021 CYP Local Transformation Plan, the Steering Group will continue to focus on service and system improvement in line with the Joint Review (2018) recommendations:
- 17.4 The Council and CCG will continue to work together to take a Southwark-wide approach to funding and developing CYP's services.
- 17.5 With the ongoing support of SLaM, identify opportunities to improve the efficiency of our acute and specialist services.
- 17.6 Transformation programmes are reviewed in line with the recommendations of the Review.