

Southwark's children & young people
emotional wellbeing and mental health

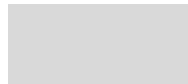
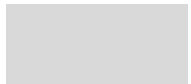
Achieving the 100% access target

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Southwark's shared ambition

- Southwark's ambition is that *'100% of Southwark children and young people get access to emotional wellbeing or mental health services so that the need (and waiting times) for specialist services is reduced; and to ensure that children and young people (and their families) who must wait for specialist services are well supported.'*
- Those who experience difficulties will not have to wait to have their needs met and there will be improved access for all, regardless of level of need.
- Support can range from self-management, peer or parental/family support, access to a digital offer, support in schools/college through to specialist support from mental health clinicians.
- Resources which are not ring fenced will be targeted towards prevention and early intervention which will reduce demand on specialist services and provide a better model of care
- The most vulnerable children and young people may need an enhanced offer to meet their needs, with due consideration given to the diversity of those needs
- The views of children and young people and their families as key stakeholders will be considered in system improvements

Determining the Children & Young People Population

The NHSE target:

Relates to under 18s who have had clinical intervention only

The Council Plan says:

‘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.’ (2018)

The joint review for emotional wellbeing and MH services for CYP says:

‘[Move] the age boundary up to age 25, learning from the positive impact that this has had on two other groups of young people – SEND and care leavers’ (2018)

The SELCCG’s response to the NHS Long Term Plan says:

There is a strong case for establishing mental health services for children and young people aged 0 to 25 as research shows that 75% of mental disorders begin by the age of 25. Our response to the NHS Long Term Plan commits us to creating a comprehensive mental health and wellbeing offer for 0 to 25-year-olds. (2020)

Children & Young People Population

Population table

Age	Population
Under 5	20,500
5 - 10	23,273
11 - 16	18,506
17 - 25	32,316
Total under 25s	94,595

Southwark Demographic : JSNA findings (2018)

Target population

Considerations: possible prevalence of 1 in 8 for those needing enhanced support aged up to 25 years old need support to remain well into young adulthood

Differing needs of those in vulnerable groups, e.g. BAME, LAC, LGBTQ, NEET, SEND, YOS

100% Target

Approx. 11,900

Southwark's landscape (1)

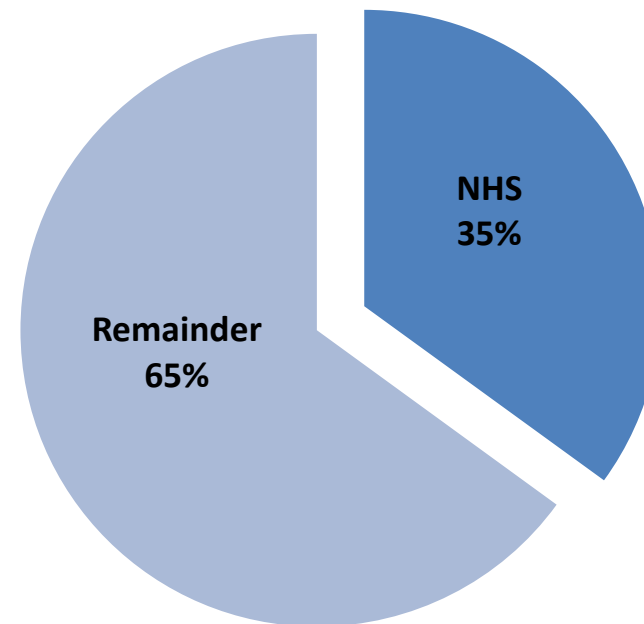
Is this how it feels to children, young people and families ?



NHSE measure of access

- Count based on contacts during the financial year.
- Focus on treatment only
- Contact can be 'face to face', telephone, e mail, any indirect contact e.g. multi agency team discussion about individual c/yp
- Will confidently meet target by March 2021

NHSE Target 2020/21



Other services available in Southwark

Service	Purpose
Early Help CAMHS	Family & school early intervention
In Reach YOS	Health & wellbeing assessments
IMAGO	Support for Young Carers
Together for Mental Health	Advice & information
Health Visiting & FNP	Healthy child programme
CHPYP	For c&yp with physical & mental health issue
PACT	Supporting children's development

Open Access

- ✓ Community based universal access
- ✓ Drop in – no appointments needed
 - ✓ Outreach
 - ✓ Telephone access
- ✓ Trained support staff from a range of professional backgrounds
 - ✓ Designed by and for young people,
 - ✓ Non clinical environment
 - ✓ Building resilience
 - ✓ Support for parents/carers

In first year, Birmingham Pause model saw

7,500 walk ins

3,500 individual visits

Role of Schools

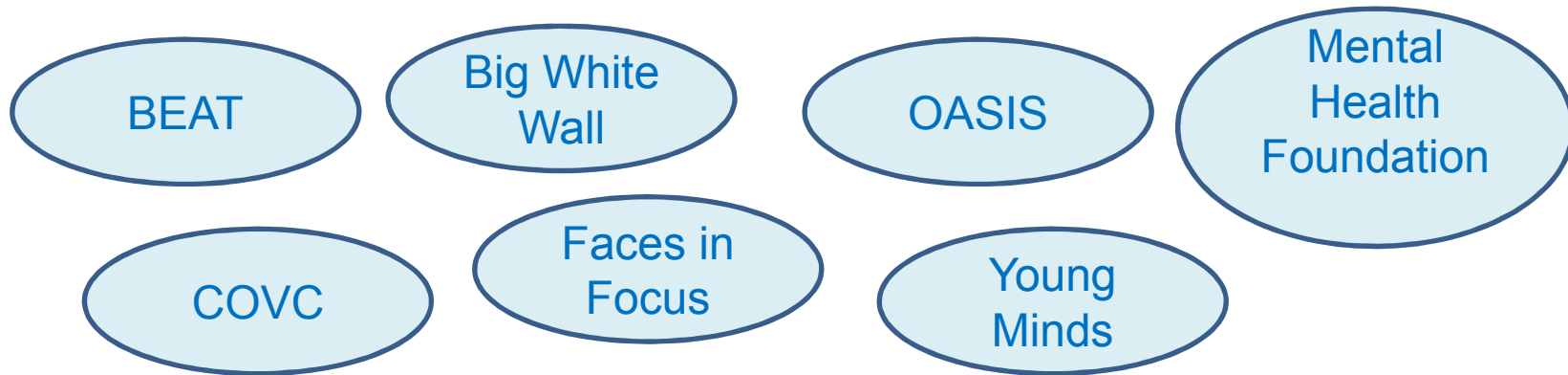
Southwark investment of £2m

- ✓ CPD, training and qualifications that support school workforce development
- ✓ Curriculum support
- ✓ Networks , inc. Health School Champions, Healthy Mental Health Champions
- ✓ Staff wellbeing:
- ✓ Physical Activity programmes

**Health Schools London : 24 schools with gold award
(4th highest across London)**

Provision includes those who are home educated, excluded

Voluntary & Community Assets



Challenge: how to making the best of community resources including :

- information about what's available,
- how to access community services
- knowing who to contact to access them

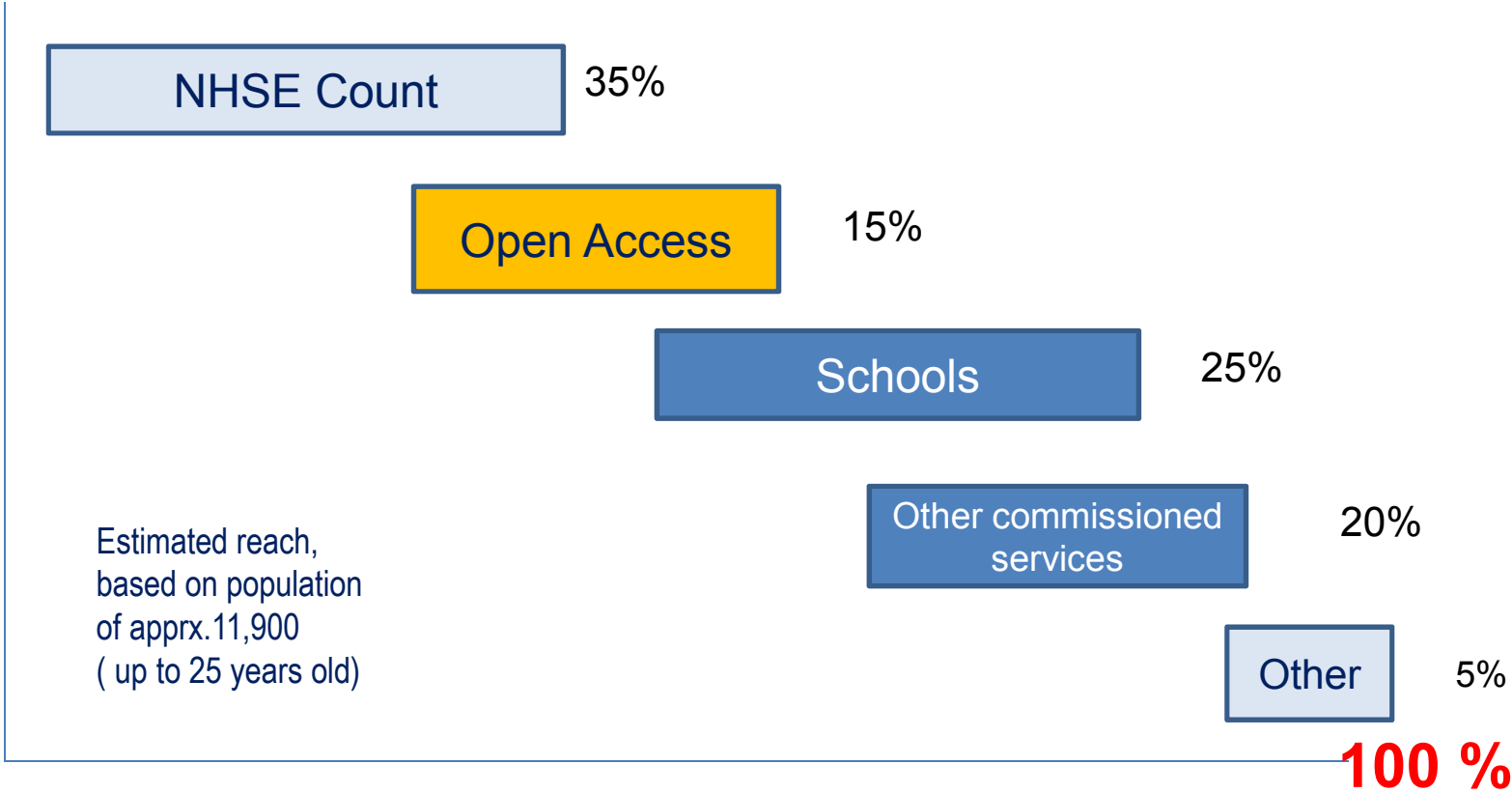
Opportunities:

- Creating opportunities to make connections across the workforce
- Improved online Directory of Services

What else are we working on – opportunities for extending reach ?

- SCYPP ‘Empowering Families ‘
- Keeping Families Strong agenda
- Youth Review
- Community Harm & Exploitation Reduction Plan (CHERP)
- Suicide Prevention Action Plan
- Family Matters Strategy
- Maternity
- Sufficiency Strategy includes need for Therapeutic Intervention for placement stability
- Keeping Children Centres open

The 'Sum of the Parts' contributing to the 100% count in 2020



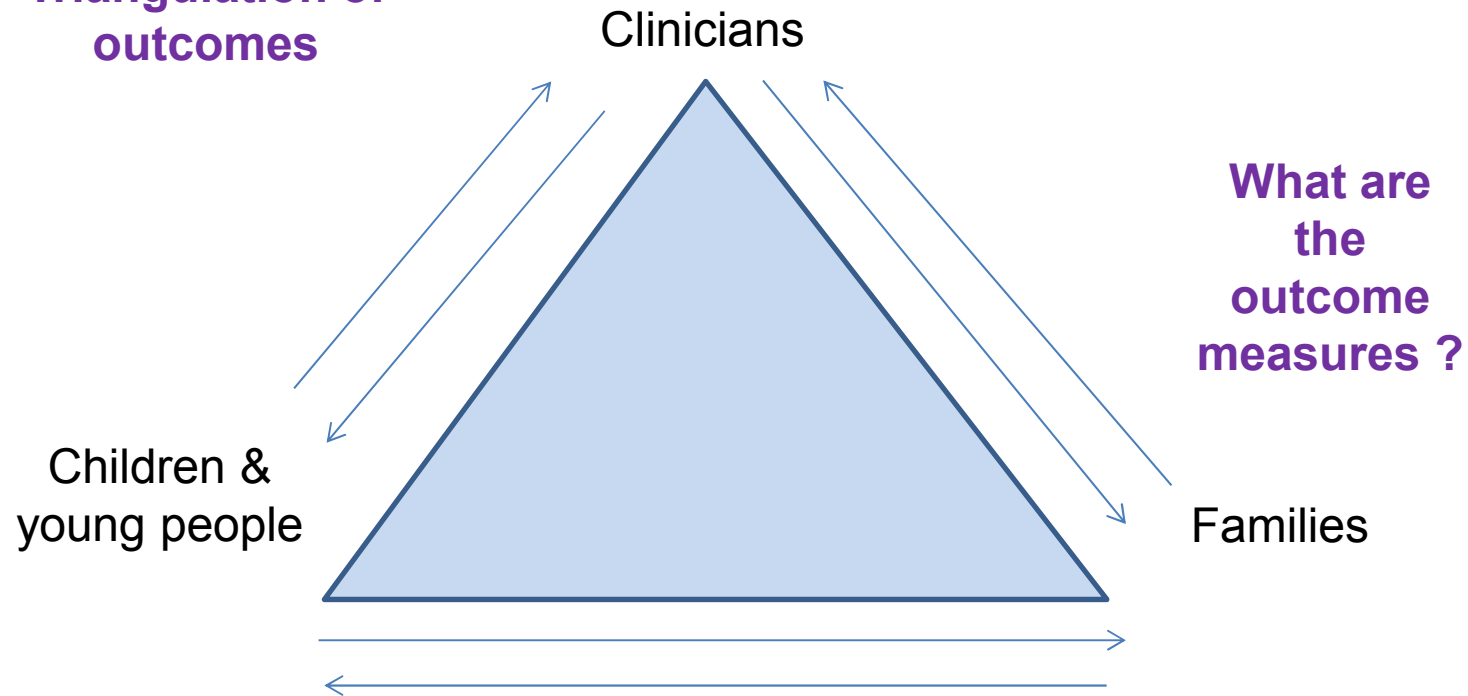
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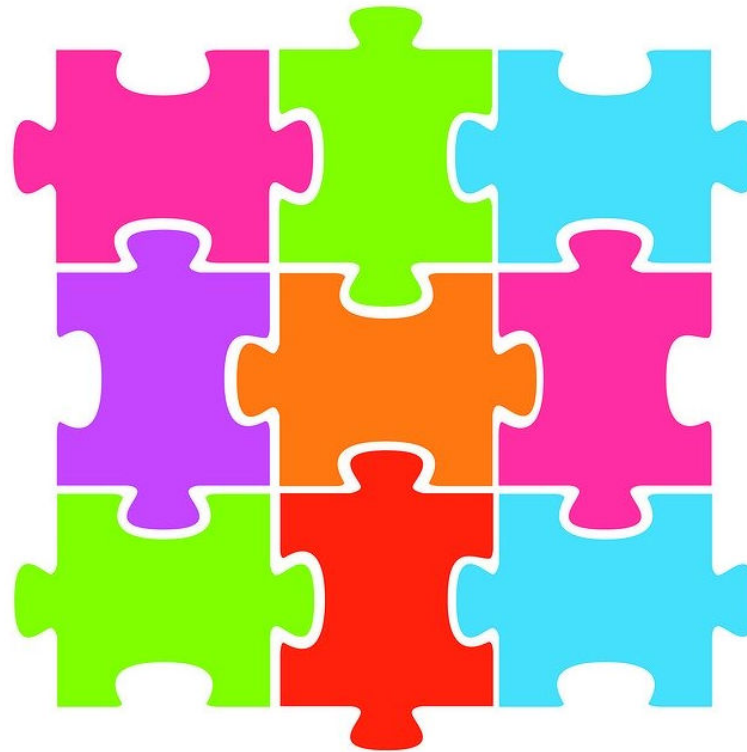
How do we know if we are making a difference?

Triangulation of outcomes



Southwark's landscape (2)

How it will feel for children, young people and families



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