

RUTLAND HEALTH AND WELLBEING BOARD

5 March 2019

FUTURE IN MIND PROGRESS REPORT

Report of the CAMHS Commissioner & Future In Minds Transformation Lead
and the Director of Nursing and Quality

Exempt Information	No	
Cabinet Member(s) Responsible:	Mr A Walters, Portfolio Holder for Safeguarding – Adults, Public Health, Health Commissioning, Community Safety & Road Safety	
Contact Officer(s):	Elaine Egan Morriss CAMHS Commissioner /FIM Transformation Lead	07500097627 elaine.egan- morriss@leicestercityccg.nhs.uk
	Chris West Director of Nursing and Quality	07920 722019 chris.west@leicestercityccg.nhs.uk

DECISION RECOMMENDATIONS

That the Board **NOTES:**

- a) the progress of the Future In Mind (FIM) and Children and Young People (C&YP) Transformation Programme in promoting and improving our children and young people's mental health and wellbeing.
- b) the new and enhanced services that have been developed through the FIM funding
- c) the partnership working across health, social care and voluntary sector organisations to deliver a system wide pathway of services
- d) the increase in C&YP who are able to access services within 2-4 weeks of referral into Early Intervention
- e) the number of C&YP having immediate access to on-line counselling and support
- f) the work of commissioners to ensure that the FIM programme is aligned to the 10 year plan.

1 PURPOSE OF THE REPORT

1.1 Introduction

1.1.1 This report details the progress of the Future in Mind Transformation Programme against the local transformation plan, and achieving our vision of:

'Improving access for children and young people to gain the right care to meet their needs'

1.1.2 It identifies:-

- progress in the procurement of a triage and navigation service to support the delivery of this vision and the development of a provider network to support partnership working to ensure the transformation is sustainable.
- where possible, a summary of the number of C&YP from Rutland accessing the new and enhanced services.
- how Commissioners review the local transformation plan and its alignment to the 10 year plan.
- The CYP IAPT workforce developments programme and illustrates the difficulties that have been encountered as a collaborative in engaging in the training programme.

2 BACKGROUND

2.1 Summary

2.1.1 The Future in Mind (FiM) local Transformation Plan was developed in partnership with a range of stakeholders and included views and feedback from Children and Young People (C&YP) achieved by Healthwatch engagement events, communication through participation leads, and online surveys. We have used local intelligence and evidence from the Leicestershire Joint Strategic Needs Assessments, and we have worked collaboratively across health, social care, and voluntary sector organisations, schools and colleges, and the police.

2.1.2 Our aim was to develop a system wide approach to improving access for C&YP to get the right care through the development of new and enhanced services. In addition we have developed a provider network to encourage all service providers (including schools) to work in partnership to develop seamless access to a range of services that deliver all levels of care to meet the individual specific needs of the C&YP.

2.2 Improving access to Care

2.2.1 Future in Mind budget allocation has funded a range of new and enhanced services.

2.2.2 The **enhancement** of some pre-existing services included:-

- Access to CAMHS
- Eating Disorders
- Access to ADHD service (co commissioner with health and social care)

2.2.3 The development and delivery of **new services** include:-

- Resilience in Schools Programme
- Online Counselling
- Early Intervention
- Crisis Resolution and Home Treatment

2.2.4 Commissioners are currently undergoing the procurement process for a Triage and Navigation Service with our partners, which will improve children & young people's access to services, getting them to the right service to meet their needs much quicker. We also anticipate that this service will free up clinician time so their attention can remain focussed on delivering the right care and the specialist interventions needed.

2.2.5 The Triage and Navigation service will provide a central point of all referrals for all stakeholders including schools and colleges and for the first time will include self-referral. Referrals will be either by phone call (self-referral) or through the completion of a multi-agency referral form (MARF) that has been adapted from the Leicester City Early Help Service. This will reduce the number of inappropriate referrals into CAMHS and other services, thus reducing inefficiency in how resources are used. This service should be introduced in August 2019.

2.2.6 In addition we are in the process of developing a directory of services that will provide service providers and users with the information on the care that is available and how to access this care.

2.2.7 The transformation of C&YP focusses on a system wide approach of all partners working toward a shared vision of ensuring C&YP can get access to the care they need, through the development of shared policies and procedures, joint training and engagement and communication. To support this achievement we have developed a provider network that meets each month; all stakeholders have been invited in to this network, including, health, social care, voluntary sector, schools and colleges, police.

2.3 Workforce Development & Improving Access to Psychological Therapies (CYP IAPT)

2.3.1 CYP IAPT is a National change program delivered by NHS England in partnership with Health Education England to increase the capacity and capability of the mental health workforce. To facilitate this we are members of the Midlands Learning Collaborative and attend the regional meetings. CYP IAPT is different from adults in that it is not a separate service; it is a set of principles where staff are trained to deliver CYP IAPT recognised interventions across the full range of services.

2.3.2 In accordance with the CYP IAPT principles, we have established a local Providers Network which consists of multi-agency partners, to ensure sustainable implementation of the programme and continued quality improvement with our partners across Leicester, Leicestershire and Rutland. The membership of the Network includes providers of emotional, mental health and wellbeing services: Local Authorities, Children's Early Help Service Leads, Healthwatch, Public Health, Leicestershire Partnership NHS Trust, and Leads from the Voluntary and Community Sector.

- 2.3.3 All providers were offered the opportunity to take up the offer of training programmes for their staff. There have been problems, with providers being unable to release staff for training (even though funding for back fill was provided), due to difficulties in recruiting into posts, and providing supervision to trainees or in some cases the training not being appropriate for the service.

Table 1: Numbers of staff undertaken CYP IAPT Training

	Cognitive Based Therapy	Systemic Family Practice practitioner	Enhanced Evidence Based Practice	Supervision
2016/17	1	2	4	3
2018/19	3	1	6	4
2019/20	0	8 Rutland 2	0	2 Leicestershire Secondary Education & Inclusion Partnership

2.4 Outcomes

- 2.4.1 The future in mind is committed to achieving a number of outcomes, including improving access to services, reducing attendance at A&E and reducing inpatient admissions and reducing length of stay (LOS).

- **Improve access to services** - we are measuring this through our work with NHSE. We are supporting all providers to flow data onto the Mental Health Data Set (MHDS), where access to evidence based practice will be monitored and the aim is to increase the numbers reported. Previously LPT were the only providers flowing their data, we now have a further 3 providers flowing data :

- Relate
- Kooth - online counselling
- CEIPS – city early intervention psychology

We will be reviewing the data next month to monitor the impact of this on the overall reported numbers of C&YP accessing care.

- **Reduce attendance at A&E where there is no physical need** - We have not seen a sustainable improvement against this outcome. We have a task and finish group which includes members from A&E, police, ambulance, NHS 111, place of safety, and crisis and home treatment (CRHTx) services. The aim is to reduce the number of C&YP taken to A&E, by increasing the appropriate use of the place of safety, and CRHTx services.
- **Reduce admissions to inpatient settings and reduce length of stay (LOS)** - the consultant on the in-patient ward has reported a reduction in the LOS of C&YP directly as a result of the CRHTx team and their support in early discharge.

2.5 Performance Outcomes

2.5.1 Early Intervention Service

This service delivers evidence based treatment to children and young people who present with low level mental health needs, which impact on their daily lives but do not meet the Children and Adolescent Mental Health Service (CAMHS) criteria and

cannot be met by universal services. They are commissioned to receive 108 referrals per month. These children are assessed and commence treatment within 4 weeks.

Table 2: Numbers of referrals into the Early Intervention Service

2018-19	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	126	107	192	108	131	149	212	278	212
Rutland C&YP referrals	6			4			39*		

In December / January 2019 The Early Intervention service received 220 referrals –112 referrals above their commissioned capacity.

- 169 Referrals from GP’s via PRISM and 51 referrals from CAMHs.

*In December the focus was to encourage more appropriate referrals into CAMHS and Early Intervention. As a result the numbers of referrals have increased.

2.5.2 On-Line Counselling

Commissioners have commissioned Kooth to deliver online services across LLR. It offers an online counselling and emotional well-being platform for C&YP to access, free at the point of use. This service is able to break down barriers and the stigma associated with accessing mental and emotional wellbeing support.

Table 3 C&YP Accessing on Line Counselling services

Rutland Data	QTR 1 18/19	QTR2 18/19	QTR 3 18/19	Jan 2019
New Registrations	34	16	19	4
C&YP accessing Chat Sessions	31	12	12	5

2.5.3 Resilience in Schools Programme

This supports schools and families in developing the character, resilience and emotional wellbeing of children and young people. 8 schools from Rutland have participated in this programme over the past 2 years.

Year 1

Leighfield Academy (primary) participated but attended less than 50% of the sessions and did not submit an accreditation tool.

Year 2

6 primary schools from Rutland are participating this year:

Brooke Hill Academy
 Catmose Primary
 Edith Weston Academy
 English Martyrs' Catholic Primary School
 Oakham CofE Primary School
 St Mary and St John CofE VA Primary School

Year 3

No Rutland schools signed up as yet but recruitment materials have been sent to schools through Rutland County Council to the remaining Rutland schools within scope:

- 10 primary schools
- 3 secondary schools
- 1 FE organisation

There are discussions in place with the new Resilient Rutland programme and Route to Resilience team to agree their roles in the following year to develop efficient and effective work in schools ensuring no duplication.

Table 4: Participating Schools

	Rutland	
Year	1	2
Participation	8	

Rutland		
Year	1	2
Academic Year	17/18	18/19
Participation		
Total Number of Schools	1	7
Phase / Type		
Primary	1	6
Secondary		
All-Through		
Further Education		
Special		
Faith Schools		3

2.5.4 Specialist CAMHS

Commissioners are aware that the waiting times to access CAMHS treatment and intervention is far too high.

Commissioners are working with CAMHS to support CAMHS in reducing the waiting lists, this has included:-

- development of a provider network for emotional mental health and wellbeing service to support collaboration and joined up working across services to reduce duplication and improve speedy access to the right care .
- the development of the mental health early intervention service and online counselling to reduce the numbers of C&YP referred into CAMHS for assessment, allowing staff more time to dedicate to intervention.
- allocation of £480,000 from NHS England to help to reduce the waiting lists. LPT identified the neurodevelopmental waiting list as a priority; there are 179 children and young people who have been waiting over 1 year for neurodevelopmental assessment and diagnosis.
- working with NHS improvement team to undertake a review of CAMHS services and pathway to help identify opportunities for improving efficiencies in the services.

2.6 Forward View

2.6.1 The Transformation Programme continues to be delivered in partnership with a range of stakeholders including C&YP.

2.6.2 This year have provided more focus on engagement and communication to help review the progress and align the programme to the 10 year plan to address:-

- More joined-up and coordinated care. Breaking down traditional barriers between care institutions, teams and funding streams.
- Ensuring the right care for C&YP in Crisis.
- Mental health support for children and young people will be embedded in schools and colleges. The Children and Young People's Mental Health Green Paper set out proposals to improve mental health support in schools and colleges.
- New services for children who have complex needs that are not currently being met, including a number of children who have been subject to sexual assault.
- A new approach to young adult mental health services for people aged 18-25.

2.6.3 We have established 2 new task and finish groups to reduce the numbers of C&YP going to A&E or being taken to police cells. One will look at increasing the appropriate use of the place of safety and the Crisis and Home Team Service (CRHTX), and the second will look at developing a plan (within the current financial envelope), to increase the mental health direct care delivered in schools.

3 FINANCIAL IMPLICATIONS

3.1 Budget Allocation for the FIM budget allocation is evidenced below in table 5.

3.2 Commissioners are working with the CAMHS providers to review the cost of delivering the CAMHS service, as this is currently delivered through a Mental Health block contract and not all services are identified in a separate budget line.

Table 8: FIM budget allocation

	<u>2015/16</u>	<u>2016/17</u>	<u>2017/18</u>	<u>2018/19</u>	<u>2019/20</u>
Future in Mind Schemes:					
Eating Disorders	£440,000	£514,000	£444,787	£444,787	£444,787
Programme Management	£100,000	£100,000	£97,844	£100,438	£100,438
Crisis Support & Intensive Community Support	£750,000	£966,000	£983,000	£983,000	£983,000
CAMHS Access	£388,000	£235,750	£192,267	£192,267	£192,267
KOOTH - Online Counselling	£100,000	£98,000	£90,000	£90,000	£90,000
Early Intervention - Face to Face Counselling	£360,000	£362,000	£362,000	£360,000	£360,000
Resilience	£200,000	£200,000	£200,000	£200,000	£200,000
Workforce development	£70,000	£70,000	£128,889	£128,889	£128,889
ACTUAL spend	£1,583,000	£1,907,092	£2,185,745	£2,451,434	£2,499,381
Allocation	£2,408,000	£2,545,750	£2,498,787	£2,499,381	£2,499,381
Variance	-£825,000	-£638,658	-£313,042	-£47,947	£0

3.3 The Future in Mind programme has established new and enhanced services, which will continue to be funded from NHS allocations. Future opportunities for joint commissioning of different services will be explored.

3.4 The CAMHS commissioner attended the LSCB – young people’s advisory group on 21 February 2019 and it was pleasing to see that all of the children and young people said that they were aware of these services and the majority had used CAMHS, early intervention and/or online counselling. A number of them were also aware of the Route to Resilience programme. They were interested in the FIM transformation programme, and keen to give their feedback on their experiences of these services and how to improve them.

4 CONCLUSION AND SUMMARY OF REASONS FOR THE RECOMMENDATIONS

4.1 This report details the progress of the Future in Mind Transformation Programme against the local transformation plan and asks the Board to note the work being done to promote and improve our children and young people’s mental health and wellbeing.

5 BACKGROUND PAPERS

5.1 There are no background papers to the report.

6 APPENDICES

6.1 There are no appendices to the report.

A Large Print or Braille Version of this Report is available upon request – Contact 01572 722577.