


Non-Executive Report of the: Health Scrutiny Sub-Committee 08/01/2018	
Report of: Debbie Jones, Corporate Director for Children Services	Classification: Unrestricted
Scrutiny Challenge Session: Children & Young People's Mental Health Services (Annual Action Plan Update)	

Originating Officer(s)	Nancy Meehan, Interim Divisional Director Children's Social Care
Wards affected	All wards

Summary

This paper submits an update on the recommendations of the Health Scrutiny Sub-Committee's Challenge Session on Children & Young People's Mental Health Services (CAMHS) which was undertaken in 2016. The challenge session brought together representatives from the council, Tower Hamlets CCG, Tower Hamlets CAMHS, and community organisations to explore the level of provision and the performance of children and young peoples' mental health services in Tower Hamlets. The session focused on how accessible mental health services are for service users from a wide range of backgrounds, how effectively services are promoted and engage with a diverse range of services users, and what gaps there are in the current service provision. The Sub-Committee made a number of recommendations to improve CAMHS in Tower Hamlet's.

Over the course of the last year, services have implemented the action plan which was produced to address the recommendations identified as part of the review. This paper provides an annual update on the progress of the recommendations.

Reasons for Urgency

Children's Social Care were not able to provide the reports for this agenda item in time for publication due to ongoing performance monitoring and improvement activity which is taking place within the service. This item will still be heard at the Health Scrutiny Sub-Committee meeting as it forms a key function of the scrutiny committee's role to perform an annual review of the progress made in achieving the recommendations of scrutiny reviews and challenge sessions. The papers will be published as soon as they are available.

Recommendations:

The Health Scrutiny Sub-Committee is recommended to:

1. Note the report and evaluate progress of the action plan.
2. Identify areas where improvements are still required

1. REASONS FOR THE DECISIONS

- 1.1 Children's and young people's mental health services provide crucial support in promoting and maintaining the wellbeing of young residents in Tower Hamlets. Many mental health conditions first present during childhood and if left untreated can develop into conditions which need regular care and have long lasting effects throughout adulthood.
- 1.2 In recent years Child and Adolescent Mental Health Services across the country have been struggling to manage increasing referrals to their services within limited budgets. As a result, many areas have either tightened or redefined their eligibility criteria and have raised thresholds in order to manage demand.
- 1.3 The Health Scrutiny Panel undertook a challenge session on 25th February 2016 that brought together key stakeholders to explore the level of provision and the performance of children's and young people's mental health services in Tower Hamlets.
- 1.4 This paper presents a progress update on the recommendations from this challenge session to ensure the areas of improvement identified by the Health Scrutiny Sub-Committee have been addressed by services.

2. ALTERNATIVE OPTIONS

- 2.1 To take no action. This is not recommended as the scrutiny challenge session provides an evidence base for improving children's and young persons' mental health services in Tower Hamlets.
- 2.2 To agree some, but not all recommendations. All of the recommendations are achievable within existing resources as outlined in the action plan

3. DETAILS OF REPORT

- 3.1 The challenge session held on the 25th February 2016 engaged representatives from the council, Tower Hamlets CCG, Tower Hamlets CAMHS, and community organisations to explore the level of provision and the performance of children's and young people's mental health services in Tower Hamlets.
- 3.2 The session focused on the accessibility of mental health services for service users from a wide range of backgrounds, how effectively services are promoted and engage with a diverse range of services users, and what gaps there are in the current service provision.
- 3.3 This paper presents a progress update on the 14 recommendations from this challenge session.

3.4 The report updates on the following recommendations:

3.5 **Recommendation 1:**

That the council and Tower Hamlets Clinical Commissioning Group (THCCG) work with the voluntary and community sector to support and strengthen early intervention services in the borough.

Recommendation 2:

That the council, CCG, specialist CAMHS and local services raise awareness of mental health issues, before children and young people reach specialist services, by promoting patient stories and examples of what mental health issues can turn into, with particular focus on BME communities.

Recommendation 3:

That the council ensure all frontline professionals who come into contact with children regularly or/and in a professional capacity (not just mental health professionals) are able to identify children with mental health issues and know what to do once they have identified a vulnerable child.

Recommendation 4:

That the council reviews the data it holds on care leavers and pregnancy to investigate if there is a link between care leavers, teenage pregnancy and mental health issues.

Recommendation 5:

That the council undertakes further work with young care leavers to educate them on sexual health.

Recommendation 6:

That as part of any future re-refresh of the Local Transformation Plan, the council, CCG and partner agencies should consider how services can be improved for children and young people who are in contact with criminal justice services, and who have a higher vulnerability to mental health problems.

Recommendation 7:

That the council and THCCG strengthen engagement and training for CAMHS service users to empower them with the skills and knowledge to effectively contribute to service development.

Recommendation 8:

That the THCCG work with CAMHS to review GP training in children and young people's mental health, including raising awareness of referral pathways for service users.

Recommendation 9:

That the council, THCCG, and Tower Hamlets CAMHS work with community leaders to improve cultural understanding of mental health and raise awareness of the services in place to support residents with a mental health need.

Recommendation 10:

That the council, THCCG and CAMHS undertake work to reduce the stigma of mental health including rebranding and renaming services.

Recommendation 11:

That CAMHS consider ways to make the service more accessible through reviewing their workforce to ensure it is reflective of the community.

Recommendation 12:

That the council, THCCG and CAMHS improve engagement with children and families in order to increase awareness of mental health in all communities in the borough.

Recommendation 13:

That the council undertakes an audit to check the usage and success of the CAF system in Children Centres and other universal services.

Recommendation 14:

That the council and THCCG raise awareness about mental health and support services amongst non-MH staff working with young people to improve accessibility to appropriate support.

4. COMMENTS OF THE CHIEF FINANCE OFFICER

4.1 Finance comments to follow and will be published with the final report

5. LEGAL COMMENTS

5.1. Legal comments to follow and will be published with the final report

6. ONE TOWER HAMLETS CONSIDERATIONS

6.1 The scrutiny report makes a number of recommendations to improve mental health services for children and young people. A key focus is on promoting the importance of good mental health through improved engagement with the diverse communities of Tower Hamlets. This will help to address stigma and improve access to the appropriate local support.

7. BEST VALUE (BV) IMPLICATIONS

7.1 There are no direct best value implications arising from this report or its 'Action Plan', however many of the recommendations relate to improving early intervention and prevention activities, which have the potential to reduce demand on health and social care services in the longer term.

8. SUSTAINABLE ACTION FOR A GREENER ENVIRONMENT

8.1 There are no direct environmental implications arising from the report or recommendations.

9. RISK MANAGEMENT IMPLICATIONS

9.1 There are no direct risk management implications arising from the report or recommendations.

10. CRIME AND DISORDER REDUCTION IMPLICATIONS

10.1 There are no direct crime and disorder implications arising from the report or recommendations.

Linked Reports, Appendices and Background Documents

Linked Report

- Scrutiny Challenge Session: Children & Young People's Mental Health Services, 2016

Appendices

- State NONE if none [and state EXEMPT if necessary].

Local Government Act, 1972 Section 100D (As amended)

List of "Background Papers" used in the preparation of this report

List any background documents not already in the public domain including officer contact information.

- NONE.

Officer contact details for documents:

- N/A

