

<p>Non-Executive Report of the:</p> <p>Health and Wellbeing Board</p> <p>Monday 14 January 2019</p>	
<p>Report of: Carrie Kilpatrick, Deputy Director of Mental Health and Joint Commissioning, Tower Hamlets Clinical Commissioning Group</p>	<p>Classification: Unrestricted</p>
<p>Local Transformation Plan for Children and Young People Mental Health and Emotional Wellbeing. Refresh for 2018-2019</p>	

Originating Officer(s)	Diana Viscusi, Transformation Manager, Integrated Children and Maternity Commissioning, Tower Hamlets, TH CCG
Wards affected	All wards

Recommendations:

The Health and Wellbeing Board is recommended to:

1. Provide feedback on the draft Plan and recommended priorities for 2018-2020
2. Agree that the Plan goes forward for implementation and publication in February 2019

1. REASONS FOR THE DECISIONS

- 1.1 The Plan provides the framework for transformative change to meet the mental health and wellbeing needs of children and young people in the borough in the coming years.
- 1.2 The plan is consistent with Health and Wellbeing Strategy (2016), the Children and Families Plan (2016-2019), Child Rights Approach and with other local strategic frameworks.
- 1.3 Approval of the Plan will allow to continue to deliver improvements for children and young people services for mental and emotional wellbeing in 2018/20 and to set the framework for future developments to 2021.

2. ALTERNATIVE OPTIONS

- 2.1 NHS England requires all local areas to deliver and publish the plan early in 2019, therefore the option not to approve will delay the publication and implementation of the Plan.

3. DETAILS OF REPORT

The national policy Future in Mind (FiM 2015) and NHS England Implementing the Five Year Forward View for Mental Health (FYFVMH 2016) set the challenge for improving mental health services for children and young people (CYP). They establish national objectives that local areas have to achieve by 2020/21, the main being:

- A significant expansion (at least 35%) in access to mental health care for children and young people
- Improved access to 24/7 crisis resolution
- Increase of workforce capacity and training in evidence-based interventions
- Improve use of data in compliance with the NHS Mental Health Services Data Set (MHSDS)

The recent Green Paper 'Transforming children and young people's mental health provision' (2018) emphasises the importance of early intervention and whole system approach to mental health, setting the ambition for integrating mental health services in schools and creating whole-school programmes of prevention and education with public health and other partners.

Locally, Tower Hamlets commitment to improve the mental health of children and young people is articulated through the Health and Wellbeing Strategy (2016), the Children and Families Plan (2016-2019), and the Local Transformation Plans for Children and Young People (CYP) Mental Health and Emotional Wellbeing (2016-2021). The Local Transformation Plan support the delivery of the priorities of the Five

Years Forward View based on local needs and landscape of provision. The Plan demonstrates a multi-agency commitment to service transformation and is refreshed every year to report on progress towards national and local objectives, including spend and service performance, and to set out future developments to 2021. The key priority areas are:

- Expand services to see more children and young people and intervene earlier, preventing exacerbation of problems
- Establish a sustainable 24/7 crisis service for timely access to multi-agency pathways, preventing admission to inpatient services
- Join up pathways for children with LDs/ ASD and with SEND, children looked after / leaving care and those in contact with the justice system
- More women experiencing mental health issues during perinatal period have timely access to services
- Expand and upskill workforce across all agencies, based on local pathways and needs
- All services that meet NHS England criteria for providing mental health interventions will flow their data to MHSDS
- Implementing Mental Health in Schools Teams by winter 2019 and deliver a pilot to reduce the access waiting time for CAMHS to 4 week as part of the Government Green paper initiative

Next steps

The draft Plan was submitted to NHS England in November for the first round of assurance and internal Governance review. Following approval from the Health and Wellbeing Board and the Joint Commissioning Executive the plan will be further developed to incorporate feedback and resubmitted to NHS England for final assurance in February. The Plan will published on the CCG and the Council websites, as per NHS England guidance. A summary version will also be published to make the key messages more accessible.

4. DETAILS OF THE REPORT

Local Transformation Plan for Children and Young People Mental Health and Emotional Wellbeing (refresh for 2018-2019)

Local Context and Challenges

Tower Hamlets is a diverse borough with a relatively young population. There are 47,000 children and young people (CYPs) of school age, 63% of which are of Bangladeshi origin, 28% of BAME origin and 9 % white British (*Spring 2017 School Census for Tower Hamlets*). Over the next ten years the school population will increase by circa 10% reaching approximately 50,000 by 2028.

Population projections by age groups	2018	2023	2028	Increase 2018-2028	% increase
Early years (0 to 3)	17,800	18,300	19,100	1,300	8%
School age (4 to 15)	46,000	48,600	49,400	3,300	7%
Young adults (16 to 24)	41,300	43,600	49,500	8,200	20%

(GLA 2016-based Housing-led Population Projections by MSOA)

The borough has high levels of deprivation with 31% of under 20yrs living in poverty. Research demonstrates that unfavourable socio-economic circumstances have a negative impact on the development and health and well-being of children. Children living in poverty have 4 times more chances to develop an enduring mental illness¹.

International and local research has also shown that there are cultural and social barriers regarding Bengali community accessing mental health services due to stigma, gender roles and the belief that personal problems should not be discussed outside the family in fear that it will ruin the family's reputation².

In 2015 it was estimated that by 2019 there will be approximately 4,438 CYPs aged between 5 and 17 with a diagnosable mental health condition and that prevalence will increase by circa 3% every year. Demand for specialist CAMHS has also been growing: in 2017/18 1,535 CYP entered treatment, 200 more compared to the previous year (16% increase in accepted referrals) and this rate of growth is set to continue in the next years.

Our Vision

All children and young people in Tower Hamlets will have the right support to thrive and to become resilient to life's challenges.

By 2020/21 we will have in place a system where there are no 'wrong doors', where adults involved in the life of a young person – family, school, health and care services– are trained to support the young person to access the right service at the right time.

We will strengthen prevention and early action to avoid more serious problems in the longer term and offer evidence-based interventions which are appropriate to the needs of the individual.

Progress towards the 2017-2018 objectives

Investments and transformative initiatives over the last three years allowed for more children and families to access the right support and quicker.

In 2017/18 1,965 CYPs received a treatment by either CAMHS or Step Forward (Tier 2 provider) which equates to 47.2% of the local CYP population with a diagnosable mental health illness. This access rate is 17% above the expected 30% target set by NHS England Five Years Forward View for 2017/18.

Area	A: Provider data % access rate	B: National data % access rate	Variance % A - B
England	30.5%	22.6%	7.9%
London Region	27.6%	22.9%	4.7%
NHS Tower Hamlets CCG	47.2%	35.3%	11.9%

Benchmarking with national and regional access rate

^{1,2} Draft Tower Hamlets Children and Young People Mental Health JSNA 2018

Broadly, our initiatives have been shaped on the THRIVE framework with the aim to develop integrated, person centred and needs led services. The framework conceptualise need in categories: *Getting Advice and Signposting*, *Getting Help*, *Getting More Help* and *Getting Risk Support*.

Key projects for each areas of need are outlined below:

Getting advice and signposting

- CAMHS Schools Training Programme, offering training and consultation to staff in secondary schools
- *Building Resilience* programme of workshops co-produced and delivered by young people to pupils in primary and secondary schools
- Youth Justice Mental Health Liaison and Diversion pilot to improve mental health pathways and early support for young people in the justice system
- LBTH Healthy Schools Programme's activities to improve mental wellbeing and mental health awareness for schools staff and pupils
- Multi-agency training initiatives to upskill clinical and non-clinical staff working with children and young people
- Emotional support for vulnerable women during their perinatal period (Maternity Mates project), new parents and bespoke groups for Bangladeshi mothers (CAMHS Under 5 project)

Getting help

- New CAMHS service for children and parents with mild-moderates mental health needs, working in primary and secondary schools (Children Wellbeing Practitioners service)
- CAMHS Under 5 project for new parents and infants with moderate mental health and/ or attachments problems
- CAMHS 'front door' offer of brief interventions for people with low-moderate needs or waiting for treatment
- Joint working protocols between CAMHS and partner voluntary sector providers Step Forward and Docklands Outreach to improve integration of Tier 2, Tier 3 and outreach services
- CAMHS quality improvement projects have reduced the waiting time for ADHD diagnosis (12 weeks) and aiming to reduce the waiting time for ASD diagnosis to 16 weeks by February.

Getting more help

- New CAMHS internal training offer in DBT (Dialectical Behaviour Therapy) to expand the available evidence based interventions for young people presenting with maladaptive coping, interpersonal difficulties and associated emotional dysregulation
- CAMHS conduct pathway now incorporates supportive activities for regulating emotions such as boxing and music
- CAMHS groups programmes for children and families waiting for an ASD assessment; children with challenging behaviour; children in the neurodevelopmental pathway transitioning to adult services and from primary to secondary schools
- NEW perinatal mental health project launched in November 2018 to increase access to mental health services for up to 400 women each year across NEL and upskills staff across agencies.

Getting risk support

- NEW mental health crisis pilot started in November 2018 to respond to young people presenting to hospital with self-harm, suicidality or other psychological crises across Tower Hamlets, City and Hackney and Newham. Locally, CAMHS will establish an early intervention and duty team to provide assertive outreach for crisis presentations in the community
- Step Forward have been awarded a Beyond Places of Safety (BPoS) grant from the Department of Health and Social Care. Funding will support the development of the infrastructure to allow greater access to psychological and psychosocial support
- New service for emotional support and intervention for children victim of sexual abuse envisaged to start in April.
- Joint risk register for children and young people at risk of in-patient admission
- LBTH Multiagency suicide prevention strategy published in October 2018

Objectives for 2018-2020

The Plan focuses on the deliverables for 2018/19 as per NHS England guidance, however as most of the objectives are aligned to national priorities/targets the deliverables in the Plan span across financial years.

Objectives (in chronological order)	Milestones
At least 1,332 children and young people (from 5-17 years) will have access to services, reaching the target of 32% of the local population with a diagnosable mental illness (NHS England target for 2018/19).	March 2020
Deliver the 24/7 crisis pilot and plan / commission a substantive service based on the evaluation of the pilot	March 2020
Deliver the NEL Perinatal mental health project and plan for substantive model based on project evaluation and sustainability	March 2020
Increase use of patient reported outcome measures (as per national guidance) and collection of data for all services that meet NHS England criteria of mental health intervention	March 2020
Deliver the initiatives set out in the Government Green paper: <ul style="list-style-type: none"> • Establish two Mental Health in Schools Teams, • Develop a whole-school integrated offer of prevention, education and support • To pilot a system to reduce the waiting time for accessing CAMHS treatment to 4 weeks that is sustainable in the long term 	Dec 2019
Review the Autistic pathways to improve joint working across services and reduce the waiting time for ASDAS assessment	Dec 2019
Develop a workforce plan including training to upskill all staff working with children and young people across all services	June 2019
Launch the NEL Emotional Support Hub for CYPs victim of CSA, including cross agencies pathways and protocols	April 2019
Implement an improved CYP MH Liaison and Diversion service, following the one year pilot, for mental health screening and support for young people in the justice system	March 2019
Develop and integrated CAMHS offer, service specification and funding arrangements with Children Social care	March 2019

Extend the CAMHS under 5 project and map the provision of perinatal and early years mental health offer across different services	March 2019
Other projects include: <ul style="list-style-type: none"> strengthening the protocol for monitoring the joint risk register for CYP at risk of inpatient admission and for CETRs mental health assessment and offer for children entering care, testing a more holistic, need-based and CAMHS led approaches co-production and integrated initiatives for engaging Children and parents procurement of digital mental health service jointly with NEL CCGs 	March 2020

Financial delivery

Tower Hamlets CCG Investments 2017-2020

The table includes recurrent and non-recurrent CCG investments in CYP mental health services and projects from 2017/18 to 2021 including the annual increase in line with NHS England mental health investment standards.

Recurrent and non-recurrent investments	2017-2018 Actual	2018-2019 Projection	2019-20 Plan - Growth at 3.16%
Grand Total	£4,713,980	£5,218,771	£5,368,941
Year on Year Growth	558,934	504,791	150,170
Year on Year Growth %	13%	11%	3%

Other services that impact on CYP and perinatal mental health	2017-2018	2018-2019
Community perinatal mental health service (ELFT Block contract)	329,048	329,048
Maternity Mates service	61,000	61,000
Adult IAPT service	3,495,596	3,885,921
Gateway Midwives	tbc	tbc

Government Green Paper Trailblazer Funding (to be confirmed)

Project	Financial year	NHS England funding
Mental Health Support Teams	2018-19	£50,000 project management support
	2019-20	£750,677 + £75,000 (project management)
CAMHS 4 week waiting time pilot	2018-19	£115,753 + £25,000 for project management support
	2019-20	£486,788 + £50,000 for project management support
Total	2018-2020	£ 1,553,218

London Borough of Tower Hamlets investments 2017-2019

Services and projects identified as having a significant direct relationship with CYPs and parental mental health. Planned investments for 2019/20 may be required for the second iteration of NHS England assurance.

Projects and services	2017-18	2018-19
Healthy Early Years	£49,600	£49,600
Infant Feeding & Wellbeing Service	£328,031	£380,000
UNICEF Baby Friendly Initiative (Acute £70,900 /Community£43,700)	£113,000	£113,000
Family Nurse Partnership	£550,249	£550,249
Health Visiting Service	£6,760,000	£6,819,240
Disabled Children Outreach Service	£110,000	£110,000
Education Psychology-led mindfulness in schools training programme for pupils and staff. (Pilot ended 2016/17, now mainstreamed through LBTH Ed Psych 'core offer').	£25,000	0
CAMHS in Social Care Team and LBTH Social Workers in CAMHS.	£1,085,000	£1,085,000
Healthy Schools Programme – including delivering whole school approach to delivering emotional health and wellbeing	£275,500	£217,000
Young People's Substance misuse (to December 2017)	£225,000	0
Young People Sexual Health Service (to December 2017)	£586,000	0
Integrated Young People's Health & Wellbeing Service (Sexual Health & Substance Misuse)	0	£699,681
School Health & Wellbeing Service	£1,580,919	£1,640,160
Mainstream Grants	£87,400	£87,400
Five to Thrive One off training /licence payment (from THT Integrated Early Years Programme)	£23,335	0
FNP knowledge and skills exchange, One off training costs (from THT Integrated Early Years Programme)	£2,000	£5,000
Brazelton training to assess young infants' responses to caregivers One off training /licence payment (from THT Integrated Early Years Programme)	£4,200	£8,400
Maternal Early Childhood Sustained Home Visiting (MECSH) Programme	£30,000	£30,000
Tier 1 and Tier 2 education psychology and adult psychology services in Children's centres.	£150,000	Not known
Children's centre family support work. (Estimate 50% of cases are Mental health related, although this role does cover other types of work)	£40,000	Not known
Counselling, support group, activities, external organisations delivering MH related sessions through children's centres including parenting programmes	£110,000	Not known
Total	£12,135,234	£10,666,330

Engagement and consultation

Individual services have worked with children and families to shape the projects and services described in the Plan. The Plan has been produced collaboratively with the Mental Health and Emotional Wellbeing Working Group, which includes representatives from Education, Children Social Care, Youth Justice, voluntary sector mental health providers, CAMHS and the CCG. The Terms of Reference of this group are in appendix 2.

Equalities considerations

Throughout the development of the Plan, and delivery of the projects and services set out within the Plan TH CCG and partner agencies have:

- given due regard to the need to eliminate discrimination, to advance equality of opportunity, and to foster good relations between people who share a relevant protected characteristic (as cited under the Equality Act 2010) and those who do not share it; and
- given due regard to the need to reduce inequalities between patients in access to, and outcomes from healthcare services and to ensure services are provided in an integrated way where this might reduce health inequalities.

Risk Implications

The plan includes a comprehensive risk management plan at pg. 51

5. COMMENTS OF THE CHIEF FINANCE OFFICER

- 5.1 The implementation of the Children and Young People Transformation Plan would be delivered from existing resources of Tower Hamlets Council and Tower Hamlets CCG. There are no additional resources required for the delivery of the plan.
- 5.2 The table shown in pages 8-9 of this report lists the resources available to both organisations for the delivery of the plan.

6. COMMENTS OF LEGAL SERVICES

- 6.1 Under s10 and 11 of the Children Act 2004 local authorities have a responsibility to promote interagency co-operation to improve the welfare of all children in their area.
- 6.2 The Children and Young Persons Act 2008 amends the children act 1989, which strengthens the legislative framework which is relevant to children who come into the care of the local authority of the need for high quality of care and support to be provided to them. The statutory Guidance published by the Department of Health dated 17 March 2015 'promoting the health and wellbeing of looked after children', is issued under s7 of the Local Authority Social Services Act 1970 and discharging its duties to promote the health of the children they look after, regard must be had to this document when exercising its statutory functions.

- 6.3 The Care Standards Act 2000 these set out the regulations and the National Minimum standards in relation to welfare, health and illnesses that are looked after in establishments regulated by the Act.
- 6.4 The Council must have regard to their duties under s17 of the Children act 1989 when conducting an assessment of need of children living in their area. A child in need is defined as a child who is unlikely to achieve or maintain a reasonable level of health or development, or whose health and development is likely to be significantly or further impaired, without the provision of services.
- 6.5 The new statutory Guidance dated July 2018, Chapter one alerts practitioners to be aware of the need to the potential for early help where the family circumstances present with domestic violence, drugs misuse, alcohol and adult mental health issues and have regard to Part 3 of the Children and Families Act 2014 promotes the physical, mental and emotional wellbeing of children and young people with special educational needs or disabilities.
- 6.6 The section 149 Equality Act Duty 2010 places a duty to have regard when implementing services, with the duty to make reasonable adjustments as and when necessary. These have been considered in the report through an equality assessment being carried out.

Linked Reports, Appendices and Background Documents

Linked Report

- Draft Tower Hamlets Local Transformation Plan for Children and Young People Mental Health and Emotional Wellbeing 2018-19
- Children and Young People Mental Health and Emotional Wellbeing Working Group – DRAFT Terms of Reference

Appendices

- **None**

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:

Diana Viscusi, Transformation Manager, Integrated Children and Maternity Commissioning, Tower Hamlets, TH CCG
diana.viscusi@nhs.net