



Tower Hamlets  
Clinical Commissioning Group

# Tower Hamlets Children and Young People Mental Health and Emotional Wellbeing Local Transformation Plan

## Draft refresh Autumn 2018

Tower Hamlets Health and Wellbeing Board

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# Policy Framework

- The national policy **Future in Mind (2015)** and NHS England **Implementing the Five Year Forward View for Mental Health (2016)** set the challenge for improving mental health services for children and young people (CYP) and establish a set of 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 mental health crisis resolution
  - ✓ Increase of workforce capacity and training in evidence-based interventions
  - ✓ Improve the use of data in compliance with the NHS Mental Health Services Data Set (MHSDS)
- From 2016 all local areas are required to produce a **Local Transformation Plan** to support the delivery of the priorities of the Five Years Forward View based on local needs and landscape of provision. The Plan to report on progress towards national and local objectives, including spend and service performance, and to set out future developments to 2021.
- CYP mental health remains a top priority in recent policies. The **Green Paper ‘Transforming children and young people’s mental health provision’ (2018)** focuses on early intervention and whole system approach to mental health, setting the ambition for integrating mental health services in schools.
- **The NHS Long Term Plan (2019) makes a commitment to increase funding over the next five years** to support an additional 345,000 more CYP with their mental health through CAMHS, expand age appropriate crisis care, create new services for children with complex unmet needs, including children who have been subject to sexual assault, and holistic pathways for 0-25 year olds to avoid difficult transition into adult services at 18 years old.



# Local context

- There are **47,000 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. (GLA 2016-based Housing-led Population Projections by MSOA).
- **1 in 6 school age children are identified as having SEND** (about 8,000). 22.2% of these are known to have social, emotional and mental health needs (SEMH).
- **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. About 35% of these referrals are from the Bangladeshi community, a relatively low proportion compared to over 63% of the local population in the relevant age group.
- International and local **research demonstrates 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 reputation (LBTH draft Children and Young People mental health JSNA)
- The borough has high levels of deprivation with **31% of under 20yrs living in poverty** which is known to have a negative impact on the mental and emotional wellbeing and greatly increase chances to develop an enduring mental illness during childhood.
- It is estimated that **in 2019 there will be approximately 4,438 CYPs aged between 5 and 17 with a diagnosable mental health condition** and this prevalence is projected to increase by circa 3% every year.

# Our Vision (refreshed Autumn 2018)

- ✓ 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 there will be 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.
- ✓ There will be **better prevention and early interventions** services to prevent problems from becoming more serious and an offer of evidence-based interventions which is accessible and appropriate to the needs of the individual



# Progress to date

- Investments and transformative initiatives over the last three years allowed for more children and families to access the right support quicker. 42% of cyp with a diagnosable mental health condition received a service exceeding the 30% access target set by NHS England for 2017/18.
- 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

- CAMHS Schools Training Programme,
- Spotlight Building Resilience programme
- Youth Justice Mental Health Liaison and Diversion pilot
- LBTH Healthy Schools Awards Programme
- Multi-agency training initiatives for clinical and non-clinical staff
- Support for vulnerable women in the perinatal period (Maternity Mates project), new parents and bespoke groups for Bangladeshi mothers

## Getting help

- 1,965 CYP received a treatment by either CAMHS or Step Forward (Tier 2 provider), 17% more than national access target
- New CAMHS Children Wellbeing Practitioners service
- CAMHS Under 5 pilot
- CAMHS 'front door' offer for people with low-moderate needs or waiting for treatment
- Joint working protocols between CAMHS, Step Forward and Docklands Outreach to improve integration
- Reduced waiting times for ADHD diagnosis to 12 weeks. Working towards reducing waiting time for ASD diagnosis to 16 weeks
- Successful bid to the Mental Health in Schools Trailblazer

## Thrive

## Getting risk support

- ELC mental health crisis pilot and local community outreach crisis
- Step Forward awarded the Beyond Places of Safety (BPoS) grant to develop the infrastructure to allow greater access psychosocial support
- NEL service for emotional support and intervention for children victim of sexual abuse
- Joint risk register for children and young people at risk of in-patient admission
- LBTH Multiagency suicide prevention strategy published in October 2018

## Getting more help

- New CAMHS internal training in DBT (Dialectical Behaviour Therapy)
- CAMHS conduct pathway now incorporates supportive activities for regulating emotions such as boxing and music
- CAMHS groups for families waiting for an ASD assessment; children with challenging behaviour; children transitioning to adult services and from primary to secondary schools
- NEL perinatal mental health project to increase access to mental health services for up to 400 women each year across the 7 CCGs



# Top Priorities for 2018-2020

1. Implement the **Mental Health in Schools** pilot, as part of a wider whole-school approach to increase the offer for prevention and early interventions, working with Education and Public Health partners. (more details in the next slides)
2. Establish a **24/7 crisis service** that provides timely access to multi-agency pathways, preventing admission to inpatient services and that is sustainable in the long term
3. **Integrate pathways for vulnerable children**, including children with LDs/ ASD and with SEND, children victim of sexual abuse, children looked after / leaving care and those in contact with the justice system. As part of this we are developing a joint CAMHS specification and funding arrangements with LBTH Children Social care
4. More women with mental health issues during perinatal period will have timely access to services. We will review current offer to **join up offer provision for under 5 and perinatal mental health services**.
5. To **expand and upskill workforce** across all agencies, based on local pathways and needs
6. All NHS and non-NHS service that meet NHS England criteria for providing mental health intervention will flow their data to the **Mental Health Services Dataset (MHSDS)**

**Working together with children, families and other stakeholder groups to shape services and identify unmet needs and priorities**



# Mental Health in Schools Trailblazer

- Tower Hamlets has been nominated Trailblazer site to implement the proposals set out in the Green Paper 'Transforming children and young people's mental health provision' (2018).
- Just over £1,5 million will be released over two years to establish two Mental Health Support Teams (MHSTs) in schools and also to pilot a system to achieve and sustain an average waiting time of 4 weeks to enter CAMHS treatment.
- Two MHSTs will be able to support to 1,000 additional CYP per year and have much greater reach for vulnerable children, particularly with primary schools.
- The teams will be led by CAMHS and cover a mixed group of schools building on the support already offered in schools and colleges, working with CYP with mild to moderate mental health issues and linking to specialist NHS services when needed.

## Next Steps

To ensure that the MHSTs are up and running by December 2019 work is underway to:

- Establish a multi- agency steering group to provide strategic leadership, reporting to the Tower Hamlets Together (THT) integrated governance structures.
- Engage with head teachers and recruit a small group of schools to develop a pilot model with a view to roll out incrementally to other schools/sites later this year.
- Link up with the established participation fora for children and families to develop the MHSTs offer and promote the service in the community.



# Delivery plan 2018-2020

Deliverables	Deliver by
At least 1,332 children and young people (5-17 yrs) will access services in 2018/19, reaching 32% the local population with a diagnosable mental illness (NHS England target).	March 2020
Complete the 24/7 crisis service pilot / plan for a substantive service based on the evaluation of the pilot	March 2020
Complete NEL Perinatal mental health project pilot / plan for a substantive service based on the evaluation of the pilot	March 2020
Implement data collection for all services that meet NHS England criteria of mental health intervention and increase the use of patient reported outcome measures as per national guidance,	March 2020
Deliver the initiatives set out in the Government Green Paper:	Dec 2019 – March 2020
<ul style="list-style-type: none"> <li>• Implement two Mental Health in Schools Teams</li> <li>• Develop a whole-school integrated offer of prevention, education and support</li> <li>• Implement a sustainable system to reduce CAMHS waiting time to 4 weeks</li> </ul>	
Review the pathways for children with Autistic Spectrum Disorder to improve joint working and reduce the waiting time for ASDAS assessment	Dec 2019
Map demand and provision of perinatal and early years offer to join up pathways and inform future commissioning intentions	July 2019
Develop workforce plan including training to upskill all staff working with CYP across agencies	June 2019
Implement the NEL Emotional Support Hub for CYPs victim of CSA, including cross agencies pathways and protocols	April 2019
Review and re-procure the CYP MH Liaison and Diversion service for mental health screening and support to young people in the justice system	April 2019
Develop an integrated CAMHS offer with Children Social Care and joint commissioning arrangements	April 2019
Other projects:	Scoping
<ul style="list-style-type: none"> <li>• strengthening the protocol for managing the joint risk register for CYP at risk of inpatient admission and for CETRs</li> <li>• mental health assessment and support for children entering care</li> <li>• Integrated structures and initiatives for co-production and engagement with children and parents</li> <li>• procurement of digital mental health service jointly with NEL CCGs</li> <li>• Improve experience of transition adult services and embed CQUIN guidelines</li> <li>• Collaborative Commissioning (Tier 3/4) model of care across NEL</li> </ul>	/potential delivery 2018-2021

# Financial delivery 2017-2020

TH CCG investments in CYP mental health	2017-2018 Actual	2018-2019 Projection	2019-2020 Plan Growth at 3.16%
<b>Grand Total</b>	£4,713,980	£5,218,771	£5,368,941
<b>Year on Year Growth</b>	£558,934	£504,791	£150,170
<b>Year on Year Growth %</b>	13%	11%	3%

Mental Health in Schools Trailblazer Funding	2018-19	2019-2020	Total 2018-2020
<b>Mental Health Support Teams</b>	£50,000	£750,677 + £75,000	
<b>CAMHS 4 week waiting time pilot</b>	£115,753 + £25,000	£486,788 + £50,000	
<b>Total</b>	£140,803	1,237,462	£ 1,553,218

<b>Council funded services and projects including</b> Healthy Early Years; Infant Feeding & Wellbeing Service; Family Nurse Partnership; Health Visiting Service and Maternal Early Childhood Sustained Home Visiting (MECSH) Programme; Disabled Children Outreach Service; CAMHS in Social Care Team and Social Workers in CAMHS; Healthy Schools Programme; Integrated Young People's Health & Wellbeing Service; School Health & Wellbeing Service; Tier 1 and Tier 2 education psychology and adult psychology services in children's centres	2017-18	2018-19
<b>Total</b>	£12,135,234	£10,666,330



# Next Steps

The **Plan was submitted in draft on 23 November 2018** for NHS England first round of assurance and will be further developed to incorporate feedback from local Governance processes. The **final document will be submitted by February 2019.**

The Health and Wellbeing Board is invited to:

- Provide feedback on the draft Plan and the recommended priorities for 2018-2020
- Note that the Plan goes forward for re-submission to NHS England in February and subsequent publication

Following NHS England assurance and approval from the Tower Hamlets Health and Wellbeing Board and Joint Commissioning Executive **the Plan will be published on the CCG and Local Authority websites. An easy read version will be produced to make the key messages more accessible.**

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