

<b>Cabinet</b>  6 <sup>th</sup> December 2016	 <b>TOWER HAMLETS</b>
<b>Report of:</b> Graham White, Acting Corporate Director for Law, Probity and Governance	<b>Classification:</b> Unrestricted
Children & Young People's Mental Health Services, Scrutiny Challenge Session Report and Action Plan	

<b>Lead Member</b>	<b>Councillor Amy Whitelock Gibbs, Cabinet Member for Health &amp; Adult Services</b> <b>Councillor Rachel Saunders, Cabinet Member for Education &amp; Children's Services</b>
<b>Originating Officer(s)</b>	Daniel Kerr, Corporate Strategy, Policy & Performance Officer
<b>Wards affected</b>	All
<b>Key Decision?</b>	No
<b>Community Plan Theme</b>	<b>A healthy and supportive community</b>

## Executive Summary

This paper submits the report and recommendations of the Health Scrutiny sub-committee Challenge Session on Children & Young People's Mental Health Services, and the 'Action Plan' for implementation.

### Recommendations:

The Mayor in Cabinet is recommended to:

1. Note the scrutiny challenge session report as agreed by the Health Scrutiny Panel on 20<sup>th</sup> April 2016 (**Appendix 1**) and agree the 'Action Plan' in response to the review recommendations. (**Appendix 2**).

## 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 (CAMHS) 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 25<sup>th</sup> 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. This paper presents the report that emerged from that challenge session, and the 'Action Plan' for implementing its recommendations, which Cabinet is required to consider.

## **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 25<sup>th</sup> 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 The report with recommendations is attached at **Appendix 1**. 14 recommendations have been made:

### **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.

- 3.4 The 'Action Plan' attached in **Appendix 2** outlines the response from the Council and relevant partners.

**4. COMMENTS OF THE CHIEF FINANCE OFFICER**

- 4.1 There are no direct financial implications arising from this report. Any additional resource requirements to implement any of the recommendations will need to be considered as part of the Medium Term Financial Strategy and the outcomes based approach to prioritising resources.

**5. LEGAL COMMENTS**

- 5.1. In respect of the recommendations contained in the report, the Council has a duty to make arrangements to secure continuous improvement in the way in which its functions are exercised, having regard to a combination of economy, efficiency and effectiveness by virtue of section 3 of the Local Government Act 1999. This is known as its Best Value Duty.
- 5.2. The Council's functions in relation to children include Section 17 of the Children Act 1989, which introduced a general duty for local authorities to promote the welfare of children within their area who are in need, including children with disabilities. The Council's general duty to promote high standards of education in respect of primary and secondary school students is set out under section 13A of the Education Act 1996. Under section 11 of the Children Act 2004 and section 175 of the Education Act 2002, the Council

must make arrangements to ensure that its functions are discharged having regard to the need to promote the welfare of children.

5.3. Section 10 of the Children Act 2004 Act requires the Council to makes arrangements to promote cooperation with its safeguarding partners, including Health, to improve the well-being of children in its area relating to physical and mental health and emotional well-being, protection from harm and neglect, education, training and recreation, the contribution made by them to society and social and economic well-being.

5.4. In the exercise of its functions, the Council must with the public sector equality duty to eliminate unlawful conduct under the Equality Act 2010, the need to have regards to equality of opportunity and the need to foster good relations between persons who share a protected characteristic, including ethnicity, and those who do not.

## **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 in 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.

## **11. SAFEGUARDING IMPLICATIONS**

11.1 The report relates to services that have frequent contact with vulnerable children and young people. Although there are no direct safeguarding

implications from this report or 'Action Plan', practitioners must remain mindful of potential safeguarding issues during the implementation of the recommendations.

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## **Linked Reports, Appendices and Background Documents**

### **Linked Report**

- List any linked reports [if Exempt, Forward Plan entry MUST warn of that]
- State NONE if none.

### **Appendices**

- **Appendix 1 - Children & Young Peoples' Mental Health Services Scrutiny Challenge Session**
- **Appendix 2 – Children and Young Peoples' Mental Health Services Scrutiny Challenge Session 'Action Plan'**

### **Background Documents – Local Authorities (Executive Arrangements)(Access to Information)(England) Regulations 2012**

- List any background documents not already in the public domain including officer contact information.
- These must be sent to Democratic Services with the report
- State NONE if none.

### **Officer contact details for documents:**

Or state N/A