



Doncaster
Clinical Commissioning Group

Overview and Scrutiny Panel

Children and Young People's Mental Health

A decorative graphic consisting of several thin, light blue wavy lines that curve across the bottom of the slide.

September 2018

Helping you keep well

Background



A report from the Independent Mental Health Taskforce to the NHS in England
February 2016



Future in mind

Promoting, protecting and improving our children and young people's mental health and wellbeing



Transforming Children and Young People's Mental Health Provision: a Green Paper

Context

The Children and Young People's Mental Health and Wellbeing Taskforce was established in September 2014 to consider ways to make it easier for children, young people, parents and carers to access help and support when needed and to improve how children and young people's mental health services are organised, commissioned and provided.

The Case for Change

- Mental health problems cause distress to individuals and all those who care for them. One in ten children needs support or treatment for mental health problems.
- Mental health problems in young people can result in lower educational attainment
- 75% of mental health problems in adult life (excluding dementia) start by the age of 18.
- Early intervention avoids young people falling into crisis and avoids expensive and longer term interventions in adulthood

Future in Mind (2015)

The Future in Mind (2015) report set out 5 key principles considered to be fundamental to creating a system that properly supports the emotional wellbeing and mental health of children and young people.

These principles are as follows:

- Promoting resilience, prevention and early intervention
- Improving access to effective support – a system without tiers
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce

The following slides will detail Doncaster's progress against each of the key themes.

Promoting resilience, Prevention and Early Intervention

To act early to prevent harm by investing in universal services, supporting families and those who care for children, building resilience through to adulthood. We also want to develop and implement strategies that support self-care.

NHSE Rating: Fully Confident

Local Rating: Very Good

Progress

- 85% of schools/colleges have an identified mental health lead
- Since the CAMHs worker has been embedded in the front door, the CAMH Service has piloted a new e-clinic. This has been with one nominated school and will enable pupils from that school to be able to access the CAMHs Worker via an App once per week during a set time period.
- CAMHs drop ins were run across the Summer Holidays

Impact

- Greater levels of awareness in schools
- Schools having a direct opportunity to shape future provision
- Children and Young People having clarity about where to go for support in schools
- Enhanced multi-agency working via the front door
- More effective triage, assessment and joint working processes
- Very much in-line with the green paper.
- Families are supported from conception onwards
- Families know where to go for help & are empowered to be resilient

Areas of Focus

- Continue to work closely with education.
- Work towards an integrated model
- Embed the recommendations of the Green Paper if successful in securing funding from wave 1
- Work towards 100% of schools/ academies and colleges having a nominated mental health lead to enable a point of focus in each school and academy.
- Implement the new perinatal mental health service

Improving Access to Effective Support

To change how care is delivered and build it around the needs of children, young people and their families. We will move away from a system of care delivered in terms of what services, organisations provide, to ensure that Children and Young People have early access to the right support at the right time in the right place.

NHSE Rating: Partially Confident

Local Rating: Good

Progress

- The consultation and advice service continues to be embedded into the local system and feedback from schools continues to be very positive. This is another area of the Doncaster LTP that reflects the green paper
- The step downs from specialist CAMHs continue and reflect the movement away from a tiered system.
- In the recent 'Access to children and young people's mental health services ' 2018 report , our provider RDaSH have the sixth quickest access and waiting times in the country with a median wait of 23days
- The 24/7 all age crisis telephone helpline continues to function with a small number of Children using the service.
- Consultation with CAMHS and adult services commenced in May 2018 following an internal staff-side meeting, which will include the extension of the 8-8 CAMHS service across the pathways and including urgent assessments.

Impact

- Children and Young People being identified earlier and provided support at an early stage.
- Children and Young People being supported by professionals they already have a relationship with, rather than a *hand-off* referral (as requested by Children and Young People.
- Schools/ academies and colleges feel much more supported.
- Building of joint working relationships between schools/ academies and colleges and CAMHs.
- Slight reduction in referrals into specialist CAMHs.
- Improved 24/7 crisis support for Children and Young People.
- Clarity of what needs to be done to ensure effective crisis support.

Areas of Focus

- Continue to embed the consultation and advice functions
- Agree start date for a regional Children and Young People section 136 suite and pathways in and out.
- Work across the ICS to further understand what should be commissioned at place and what should be commissioned at scale to inform our crisis support offer

Caring for the Most Vulnerable

To dismantle barriers and reach out to Children and Young People in need, through a flexible integrated system that provides services in a way that they feel safe and are evidence based.

NHSE Rating: Partially Confident

Local Rating: Very Good

Progress

- The IHBT Service continues to work effectively with only 5 admissions in 2018-2019
- The TCP has been rated as Amber by NHSE. This is the first time that this has been achieved across the footprint. However Doncaster are rated as green.
- In the recent North Region CTR-CeTR Audit Report (September 2018) 'There are trailblazers of practice (Sunderland, Doncaster, South Teeside, Sheffield) which will be shared to support those CCGs and TCPs who have yet to establish their own materials or approaches to support all areas in assuring themselves that they are meeting the regional standards; some of the examples have been shared at the CTR feedback event and will continue by further networking'
- Increased capacity within the LD and LAC Services

Impact

- No acute admissions for Children and Younger People who are part of Doncaster's Transforming Care community.
- Children and Young People are given intensive support as an alternative to an acute inpatient admission.
- Support is provided as close to home as possible
- Reduced waiting times for these children and younger people

Areas of Focus

- Maintain a clear local understanding and commitment to the implementation of CETR recommendations through the quality assurance framework in order to inform future practice
- Discussions with specialised commissioning and ACS commissioning colleagues to explore commissioning an ACS wide intensive home treatment service
- Ensure waiting times are comparable with core CAMHs

To be Accountable and Transparent

To drive improvements in the delivery of care and standards of performance, to ensure we have a much better understanding of how we get the best outcomes for children, young people and their families.

NHSE Rating: Partially Confident

Local Rating: Very Good

Progress

- The Mental Health and Wellbeing Strategy Group feeds directly into the Joint Executive Commissioning Group where all commissioning decisions are made. The ultimate accountable group is the Health and Wellbeing Board.
- Doncaster is also very keen on exploring the possibility of becoming a wave two site for the new models of care, as either a stand-alone site or as part of the wider ACS footprint. Discussions have started with specialised commissioning colleagues regarding this

Impact

- Emotional wellbeing and mental health are well positioned strategically
- Effective mechanisms and relationship to jointly commission services.
- An improved offer for children, young people and their families/carers
- Children and Young People have a real voice and opportunity to commission and shape how the system (and services) looks in the future.

Areas of Focus

- Continue to ensure wider strategic thinking around the development of resilience.
- Continue to work closely with specialised commissioning
- Review the current Amber Lodge provision and (working with commissioners) develop a modified service specification giving an improved offer
- Participation champions to be actively involved in all aspects of the commissioning cycle.

Developing the Workforce

That everyone who works with children, young people and families are ambitious for every child or young person to achieve goals that are meaningful and achievable. They will be excellent in practice and able to deliver the best-evidenced care, be committed to partnership working and be respected and valued as professionals.

NHSE Rating: Partially Confident

Local Rating: Good

Progress

- We have developed an information sharing hub that has now gone live. The hub provides a medium for schools to share good practice and knowledge. This is being supported by CAMHs in terms of checking information for accuracy etc.
- Training for early years services has also been completed.
- Progress is now being made against the 13 recommendations, in particular the award of a training contract to Headsight services.
- *97% of those who attended*; 'reported considerable' development in their knowledge of mental health topics , and believed that their practice would 'significantly improve' as a result of the training they received.

Impact

- Potential to develop and embed evidence based competency framework.
- Ability for schools to share good practice, improving the knowledge of the workforce.
- Improved knowledge within Doncaster.
- Improved consistency across the ICS

Areas of Focus

- Implement all 13 recommendations from the workforce audit.
- Commission training programme that links directly to the school competency framework.
- Improve competency levels within the pilot schools linked to a developing evidence base.
- Roll out the schools competency framework and training to all Doncaster schools in 2019.
- Explore the possibility of an ICS wide workforce strategy

NHSE Feedback

- Your plan was reflective, open and transparent with your vision and ambitions succinctly outlined, covering a broad range of services and pathways.
- Your introductory open letter was highly regarded, along with your demonstration of effective partnership working and focus upon system wide transformation.
- Your priorities were clearly set out and strategically framed with clear alignment to local, national and ICS priorities. Your self-assessment of progress was helpful, along with your honest assessment of risks and challenges.
- The impact and outcomes of your work were clearly demonstrated and helpfully supported by comprehensive activity data and narrative.

NHSE Recommendations

- The panel were, at times, unclear of the progress made, as some of the narrative (e.g. perinatal) and data (eating disorders and transition) appeared outdated.
- It would therefore be useful for you to provide further clarity on your key achievements, work undertaken and progress made since the previous refresh, to ensure your plan accurately reflects all of the positive work you are undertaking in Doncaster.

NHSE Recommendations

- Your plan comprised numerous examples of innovative practice, with your priorities clearly informed and responsive to feedback received.
- Your E-Clinics, Early Help Strategy and Consultation and Advice Services were all highly regarded by the panel, along with your positive engagement with the ICS.
- It would have been helpful for you to outline the recommendations and findings from your recent peer review exercise undertaken with Barnsley CCG and the best practice review undertaken by the Intensive Support Team, as both of these highlighted areas of good practice and key achievements which should be celebrated within your plan.

NHSE Recommendations

- Your plan could have been further strengthened through greater inclusion of examples of children and young people engagement activities and outputs (i.e. posters, photographs), patient and carer feedback and case studies.
- This would also help to make your plan more engaging to children and young people. The development of an introductory ‘easy to read’ summary section, co-produced with children and young people, has proven effective elsewhere and this may be something you also wish to consider.

The Green Paper: Trailblazer

- Doncaster has been selected as a Trailblazer site to pilot the recommendations of the Green Paper
- We are one of 6 sites across the North of England and 22 sites Nationally
- Doncaster will be piloting: Mental Health Support Teams (MHSTs) in schools to include special schools and EHE and also piloting the CAMHs 4 week wait
- Successful schools have been informed and various coproduction workshops will be arranged over the coming months to include CYP and school staff
- The MHSTs should be fully operational by December 2019 as the majority of the staff that will form these teams will be attending nationally led training from February 2019
- A multi-agency communications and engagement plan has been developed and led by the Head of Communications for Rotherham and Doncaster CCGs to ensure a consistent and managed approach across the respective pilot sites

Improving Mental Health Assessments for LAC: Pilot

- Doncaster has been successful in being selected as one of 9 sites nationally to pilot a new mental health assessment framework for LAC.
- This work is being led by The Anna Freud Centre and provides Doncaster, our providers and most importantly our CYP with an opportunity to directly influence and shape this framework
- The new framework will be piloted between July 2019- July 2020 and a National Learning event will take place in autumn 2020
- We have decided to focus on children aged between 8 -12 years old. We are aware from the work on the Doncaster Place Plan, that this group of young people often face challenges when trying to achieve permanence and are often looked after for a long period of time. Children that enter care aged between 8 and 12 years will spend an average of 1100 days in care.
- The pilot is currently in the planning and mobilisation phase and updates will be provided as appropriate



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Questions

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