

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH UPDATE

Report of the Senior Reform Manager, Sunderland Clinical Commissioning Group

1 Purpose of Report

- 1.0 This report is to present an update of work undertaken since the presentation given to the Committee in November 2018.

2.0 Background

- 2.1 Following the presentation given to the Committee in November 2018, it was agreed that a representative from Sunderland Clinical Commissioning Group (SCCG) would return to the Committee with a school's representative to give an update.
- 2.2 Since the meeting in November 2018, SCCG provided the Committee with an infographic of work underway (see appendix 1); and a breakdown of the 362 children and young people (CYP) seen in the Emergency Department (ED) for mental health issues.
- 2.3 This paper will give a general update of work undertaken since November 2018, including more details regarding the 362 CYP seen in the ED for mental health issues.

3.0 Children and Young People seen in the Emergency Department

- 3.1 Further work has been undertaken to understand attendances at ED by CYP for mental health issues. An analysis of the data provided by Northumberland, Tyne and Wear Mental Health NHS Foundation Trust can be found in appendix 2.
- 3.2 SCCG is working with NHS England to understand how this data compares with national and regional data. Without comparators it is difficult to draw any meaningful conclusions from the data.

4.0 Current provider waiting lists

The current provider waiting lists are as follows:

Organisation	Number on waiting list at 07/11/18	Number of CYP on waiting list who had waited longer than 18 weeks at 07/11/18	Number on waiting list at end February 2019	Number of CYP on waiting list who had waited longer than 18 weeks at end February 2019	Number of referrals received beginning November 2018 to end February 2019	Number of referrals accepted in Nov and Dec 2018, and Jan and Feb 2019
Northumberland, Tyne and Wear NHS Foundation Trust	729	303	797	296	813	702
South Tyneside NHS Foundation Trust (including Sunderland Counselling Service)	63	0	54	0	614	466
Washington Mind	105	8	129	22	168	144
Total	897	311	980	318	1,595	1,312

Note: Northumberland, Tyne and Wear NHS Foundation Trust have targeted resources on reducing the number of CYP waiting over 18 weeks. However, high levels of referrals in January and February have resulted in more CYP waiting overall.

Washington Mind has increased waiting times as a full time counsellor left their post and prior to this had been working reduced hours, and not picking up any new clients. Long term sickness absence is also an issue. However, another full time counsellor has started and Washington Mind are advertising for another full time post.

5.0 Update report since November 2018

5.1 Children and Young People's Mental Health and Wellbeing Transformational Plan 2015 – 2020

The refreshed Children and Young People's Mental Health and Wellbeing Transformational Plan 2015 – 2020 and the priorities for 2019/20 are presented in a separate paper.

5.2 Trailblazer bid

SCCG's Trailblazer wave 1 bid was not successful. SCCG will submit a bid for Trailblazer wave 2 when this is announced. The bid is for funding to roll out Mental Health Support Teams in schools across the city and associated work.

5.3 NHS England non-recurrent funding to reduce waiting lists

SCCG submitted a bid to NHS England for non-recurrent funding to reduce waiting lists. In December SCCG was awarded £77,800. Following discussion with providers regarding the feasibility of spending the money by 31st March 2019 and achieving a reduction in waiting times, the funding was allocated as follows:

Organisation	Allocation
Northumberland, Tyne and Wear NHS Foundation Trust	£68,425
South Tyneside Foundation Trust	£5,000
Washington Mind	£4,375
Total	£77,800
Sunderland Counselling Service agreed to forgo the funding in order to support those organisations with longer waiting times	

Providers are reporting monthly spend and impact to NHS England via SCCG.

To date, Northumberland, Tyne and Wear NHS Foundation Trust (NTW) has spent £30,000 on digital dictation equipment and training the staff in its use (total funding allocated to NTW was £68,425). This is yet to impact on waiting times, however NTW report that they have a higher than average referral rate in January.

South Tyneside NHS Foundation Trust (STFT) have used their £5,000 allocation to secure licences and training for 30 team members for the online cognitive behavioural therapy programme 'Living Life to the Full'. This is yet to impact on waiting times as staff require training prior to rolling out the approach. Training will be delivered before the end of March 2019.

Washington Mind have used their funding (£4,375) to support a new 0.5 WTE counsellor post. This post has meant that Washington Mind can offer an additional 14 sessions per week and during January 340 appointments were offered, with a reduction in waiting times from 14 weeks in December to 12 weeks.

5.4 SCCG non-recurrent funding

SCCG identified £200,000 non recurrent funding to be allocated to improve children and young people's mental health. Following discussions within the CCG and with partners the funding has been allocated as follows:

Organisation	Amount	Use of funding
Sunderland Mind	£20,000	To provide Mental health awareness training in schools for young people and their families, including: <ul style="list-style-type: none"> • Managing your mental health • Risks & impact of risks to young people • Mentoring & befriending • Mental health on a spectrum • Communication
Washington Mind	£35,000	To recurrently fund the WTE CYPs Practitioner role within Washington MIND.
Together for Children	£50,000	To fund equipment in Schools
Parent Carers Forum	£15,000	To fund IT equipment to enable agile working for members of the Parent Carers Forum
Together for Children	£80,000	To fund the Kooth online counselling service for 15 months
Total	£200,000	

5.5 Voluntary, Community and Social Enterprise (VCSE) Health and Wellbeing Fund bid

The CAMH Partnership agreed to support the Voluntary, Community and Social Enterprise (VCSE) Health and Wellbeing Fund bid led by Sunderland Counselling Service on behalf of the partnership. The Health and Wellbeing Fund works with the Department of Health and Social Care, Public Health England and NHS England to support projects for a period of three years. Match funding from a statutory partner, e.g. Clinical Commissioning Group (CCG), Local Authority (LA) is required, with a 0% contribution in year 1, 50% in year 2 and 80% in year 3. After three years of grant funding, projects that are successful are expected to find ongoing funding and demonstrate sustainability.

The Sunderland bid is to:

1. Develop and enhance the existing Mental Health Charter Mark. This was developed following a proposal from the Sunderland Youth Parliament. There are currently 17 schools in Sunderland with the Bronze Charter Mark
2. Provide support, training, scaffolding and supervision to schools around improving mental health and emotional wellbeing of pupils and families:

Funding requirements are as follows:

Year	VCSE funding	SCCG
Year 1 2019/20	£225,000	£0
Year 2 2020/21	£150,000	£150,000
Year 3 2021/22	£60,000	£240,000

5% of the funding amount in each year is reserved for evaluation of the project.

5.6 Autism Spectrum Disorder and Attention Deficit Hyperactivity Disorder Rapid Process Improvement Workshop

An Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) Rapid Process Improvement Workshop (RPIW) follow up event took place in January to follow up the actions from the RPIWs held in 2017.

Some actions agreed at the ASD RPIW have been undertaken but many remain outstanding. A refreshed action plan was drawn up to be progressed. This action plan will be overseen by the CAMHS Partnership. One of the key actions is to formally capture the pathway which was agreed at the ASD RPIW. The agreed pathway will then need formal sign off by the appropriate organisations.

None of the agreed actions from the ADHD RPIW have been progressed. A new pathway was agreed at the original event, but no modelling of the activity and financial impact of implementing the new model has been undertaken. Unfortunately there was no representation from Together for Children (TfC) at the event and as TfC are a key partner in agreeing the new pathway it was not possible to progress this work. It was agreed to hold another event to look at ADHD, following discussion between SCCG and TfC.

5.7 Children's Psychological Wellbeing Practitioners

A business case requesting recurrent funding for the 7 trainee Children's Psychological Wellbeing Practitioners (CPWPs) working in Sunderland was completed by Sunderland CCG and submitted to the SCCG Sustainability and Development Group and to the SCCG Executive Committee for discussion in January 2019. Three posts are employed by South Tyneside Foundation Trust and four are employed by Sunderland Counselling Service. The business case was informed by provider data and evaluation. The SCCG Executive Committee agree to the recurrent funding of the 7 posts.

5.8 NHS Operational Planning and Contracting Guidance 2019/20

The NHS Operational Planning and Contracting Guidance 2019/20 published in January 2019 set out the following deliverables pertinent to CYP mental health:

Measure	Current performance
By March 2020, At least 34% of children and young people with a diagnosable mental health condition should receive treatment from an NHS-funded community mental health service, representing an additional 63,000 receiving treatment	SCCG are currently achieving 46.4% As a CCG we have to improve performance so the target for 2020 agreed with NHS England is 46.5%

each year.	
By March 2021, at least 95% of children and young people with an eating disorder should be seen within one week of an urgent referral.	Northumberland, Tyne and Wear NHS Foundation Trust is currently auditing the last 2 years of data to understand whether this standard is being met
By March 2021, at least 95% of children and young people with an eating disorder should be seen within four weeks of a routine referral.	Northumberland, Tyne and Wear NHS Foundation Trust is currently auditing the last 2 years of data to understand whether this standard is being met

5.9 Children and young people with Special Educational Needs and Disabilities (SEND)

SCCG and Together for Children (TfC) continue to prepare for the next SEND Ofsted inspection. The SEND Self Evaluation Framework continues to be updated by Together for Children with input from SCCG. SCCG is also working closely with TfC to ensure clear accountability for tasks when Ofsted make contact to initiate the inspection.

5.10 Strategic Commissioning Post

TfC and SCCG have agreed a joint children and young people's Strategic Commissioning Manager post. The post holder will lead an integrated commissioning function across TfC and SCCG to develop and implement a Strategic Integrated Commissioning Strategy across Sunderland for children and families. This post is for 12 month initially and is being offered as a secondment to staff from TfC, SCCG, and the Local Authority. The deadline for applications is the 13th March 2019.

5.11 Kooth

Kooth is an online counselling and emotional well-being platform for young people aged 11 to 18 (up to 25 for care leavers), accessible through mobile, tablet and desktop and free at the point of use. Kooth is already commissioned in Newcastle, Gateshead, and North Tyneside, as well as other parts of the country. Where a child or young person has a therapeutic contact with a counsellor, this is counted toward the NHS England access target. It is anticipated that for those children and young people that don't require face to face contact, Kooth will provide less stigmatising service delivery which can be accessed by those children and young people who may not engage with traditional services.

Together for Children (TfC), supported by SCCG, are commissioning Kooth. TfC are writing the service specification and contract. Discussion with members of the CAMH Partnership is underway to agree evaluation measures. The service is due to go live on the 1st April 2019.

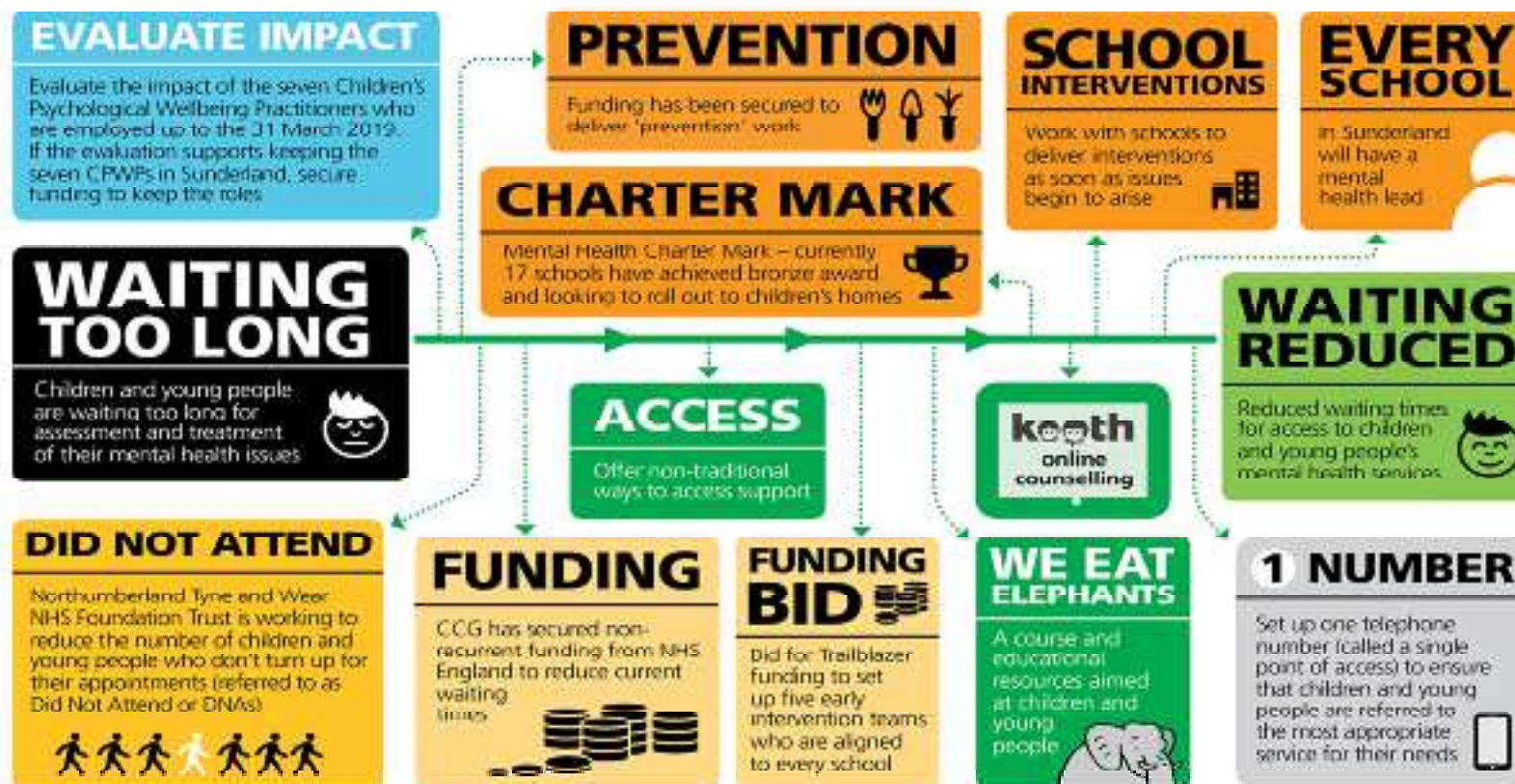
6.0 Recommendations

6.1 The Children's Education and Skills Scrutiny Committee is recommended to receive this report

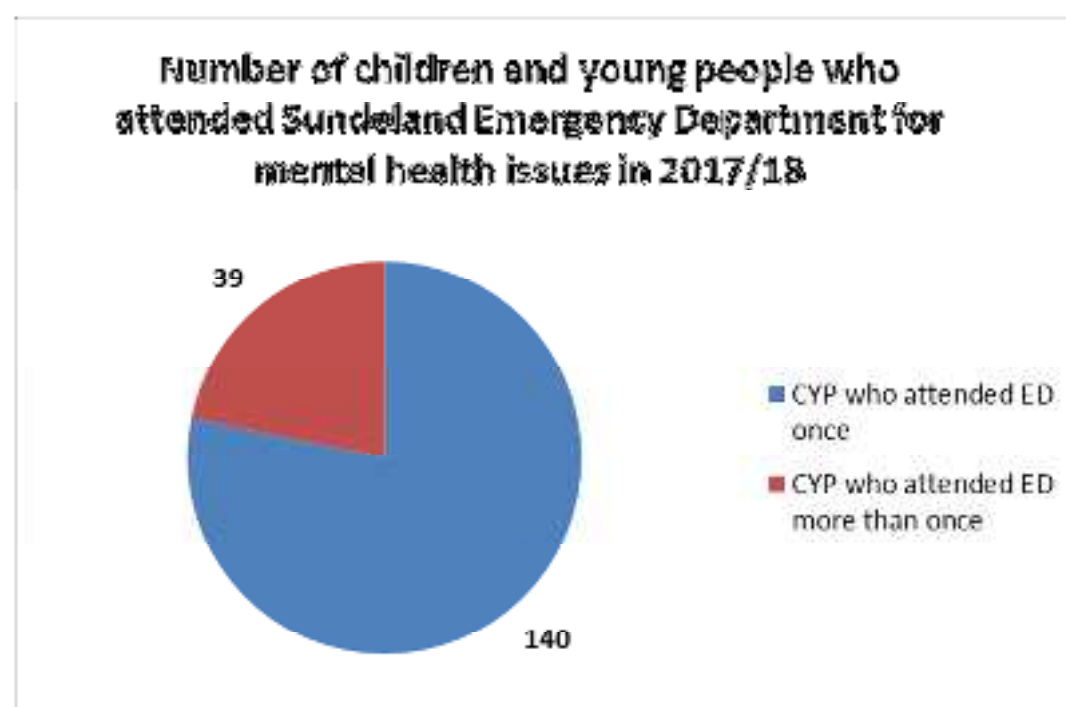
Appendix 1: Work currently underway to improve waiting times for children and young people's mental health

Improving waiting times for children and young people's mental health services in Sunderland

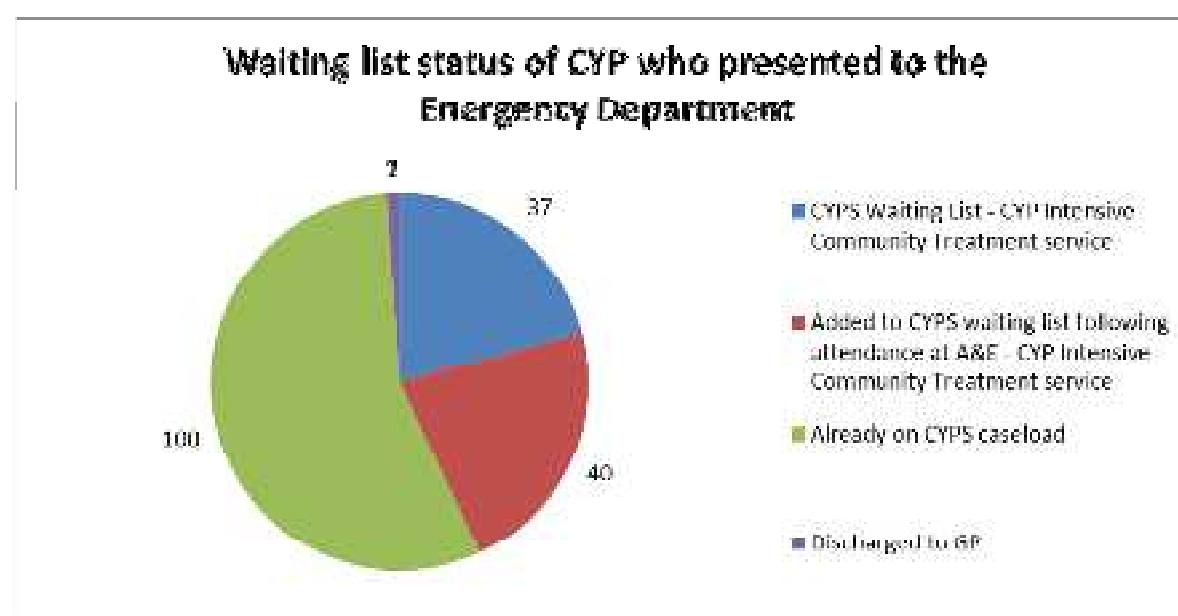
NHS
Sunderland
Clinical Commissioning Group



Appendix 2: An analysis of the Emergency Department data provided by Northumberland, Tyne and Wear Mental Health NHS Foundation Trust



These 179 children and young people made 362 attendances in total in 2017/18



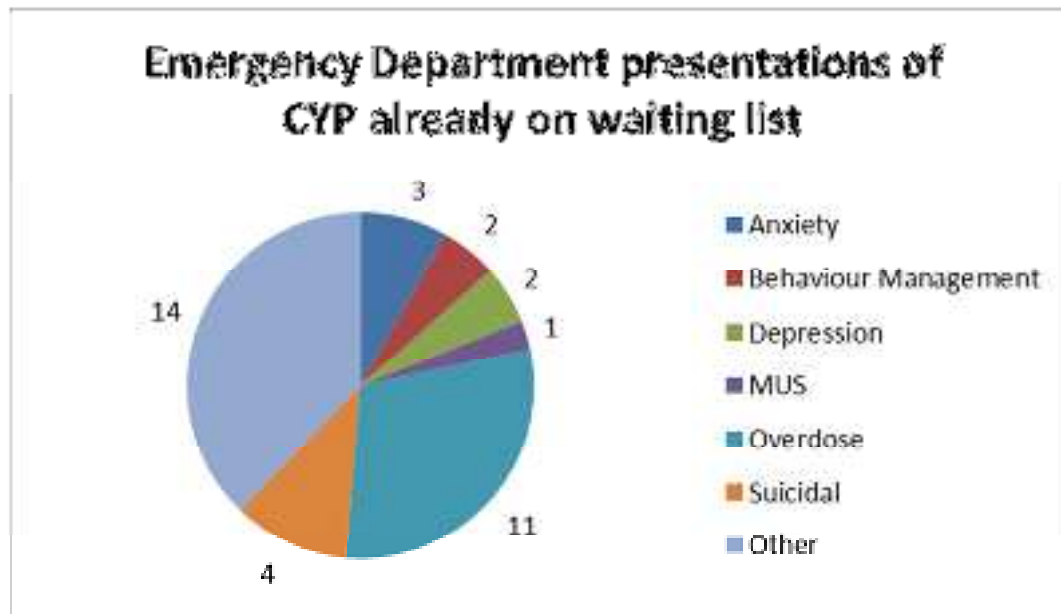
Of the 37 CYP on the waiting list at the time they attended the ED; 25 had had a previous referral to the CYP service. Average time between discharge and ED attendance was 3 years, but there are issues with the data.

Of the 37 CYP, 22 were assessed as requiring a referral to the CYP Intensive Community Treatment Service (ICTS). The average waiting to be seen by ICTS was

5 days. Excluding CYP who did not attend their appointment, the average wait to be seen was 3 days.

The 40 CYP who were added to the CYPS waiting list had an average wait of 6 days to be seen. Excluding those CYP who did not attend their appointment, CYP were seen within 72 hours by the ICTS.

All other CYP had an average wait of 14 days.



We are awaiting comparative data from NHS England to enable us to meaningfully interpret the data presented here.