



Children & Young Families Overview and Scrutiny Committee

Mental Health Workshop
October 11th 2018



Background

During the summer of 2018, Adults and Health & Children and Families OSC held two workshops on the retendering of the IATP service. Following the success of these, members requested that a further session be held on Children's mental health provision.

Concern has been raised by members with regards to Children and Adolescent Mental Health Services (CAMHS) waiting times within the borough, and members also sought further information on the 'Future in mind' 5 year plan. As a response to this, a workshop was held on 11th October 2018 for members of Children and Families Overview and Scrutiny Committee.

Future in Mind

'Future in Mind' is a government initiative aiming to transform the way Children's mental health Services are delivered nationally. Approximately one quarter of adults with mental health conditions experience symptoms before they were 18. However, it is reported that as few as 25% of children and young people in the UK who require help are being reached.

Members were advised that due to the complexity of the current system and an increasing caseload over the last 10 years, commissioners were introducing a new, refreshed local plan. This 'whole system' collaborative approach is tackling current issues by creating a programme that brings together schools, social care, the NHS, 3rd Sector providers and web based services .

The Future in Mind Transformation plan has been refreshed annually and is in the third year of refresh, it is based around the following key themes:

- Promoting resilience, prevention and early intervention
- Improving access to effective support
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce

Discussion Points

CAMHS

Child and Adolescent Mental Health Services (CAMHS) is an NHS service that assesses and treats young people with moderate to severe Mental Health Difficulties. Referral to CAHMS is usually through a GP, parents or teacher - however if the young person is old enough, they can also self-refer via the advice and duty line. Commissioners discussed the removal of the tier system (1, 2 &3), but reassured members that the service will still continue to exist with separate teams for 0-13 & 14-18 year olds.

There are still waiting lists, but a pre-therapeutic group has now been introduced. This aims to assist patients with psychoeducation, self-help and mindfulness while waiting for treatments. Members were advised that there had previously been inappropriate referrals which had increased the length

of time patients waited to receive assessment however the introduction of the advice and duty line had now improved quality of referrals

Whilst adult's mental health services offer a set number of treatment sessions, children and young people are offered more flexibility. This has benefits; however there are concerns about balancing the need of the individual, without creating dependency on longer term support, this can also impact on the availability of services and waiting times. A mapping event was held in June 2018 to enable commissioners and service providers to hear the experiences and ideas of parents and young people. Commissioners asked about current services, identified gaps in provision and gave children and young people the opportunity to discuss what they would like from future services. This in turn will support the development of a refreshed map of services. It is clear that there are a plethora of services available but it is often difficult to navigate across the different thresholds, referral pathways etc.

Advice and Duty Line

Members were interested to hear about the introduction of an early help and duty line for young people and their families. This has been an important steps to support early help and intervention in Wirral. Anyone can use this service - children, young people, and parents.

This is available 7 days a week, until late, and is staffed by mental health clinicians.

This has proved a popular provision and has been extended in 2018 to provide an out of hours' service. The out of hours offer is via a partnership with CAHMS teams around Cheshire, and funded through some national monies.

Schools

Schools are receiving training on subjects such as mental health awareness, parental mental health, anxiety, low mood, self-harm and suicide, and learning disability to name but a few. Representatives from over 70% of all Wirral schools have now attended one or more training days with positive feedback received.

Primary Mental health 'core teams' are being developed and encouraged to utilise programme such as [Next Step Cards](#) . This is a goal based outcome tool and is designed to support health or education professionals to promote the mental health and wellbeing of Children and Young People.

For secondary schools, officers discussed the local transformation plan. This includes the formation of 'accelerator schools' within the borough. 14 schools are involved and an additional 14 have been invited as part of a Children's mental health awareness strategy: increasing awareness, resilience and intervention. Members discussed 'sharing directories' of services, as well as increasing awareness of resources such as Action for Children's [Blues Programme](#) . This is funded by Royal Mail and is a preventative course aimed at 13-19 year olds who are at risk, or suffering from a mental health disorder.

Children's services gave an overview of the Moon Shot Programme which aims to make Wirral a great place to grow up, and is taking part in active listening exercises with children and young people across the borough including within schools to see how services can be improved. This will tie in with

Wirral Together, and will ask questions such as, 'what makes Wirral a great place to live'? There are also plans to utilise the school nursing system as an early identifier, as well as continuing to monitor the introduction of health and wellbeing hubs delivered by the Community Trust through School Nursing Provision.

Further provision

- Wirral also has access to a new eating disorder hub, and specialist beds are available in both Liverpool and Chester for young people who need in-patient treatment. There is also a new CYP inpatient mental health facility at the Countess of Chester health park – Ancora House to provide specialist inpatient care as required.
- [kooth](#) is a website that provides confidential online counselling, journaling and a non-live chat forum for young people.
- [The Open Door Centre](#) is a service provision for 15-30 year olds and based in Wallasey. It works on a Membership basis, and once registered, users can access as many services as they require. The Open Door offers services such as creative therapeutic support, activities within music and the arts as well as training and volunteering opportunities.
- A providers' forums has been established as an opportunity for professionals to work together to discuss issues and key groups.
- Commissioners are also looking at utilising other organisations such as the Youth Voice Group and Youth Chamber of Commerce to promote Mental Health Services and engage with future plans

Members Questions

Members Questions	Officer Comments
Foster Parents – it was pointed out that some foster parent/child relationships breakdowns are due to Mental Health Problems. It was also queried whether foster carers get most of their information of peer groups, rather than mandatory training.	Foster Carers get mandatory training and extra training based on clinical need, with extra training for teenagers and violent teenagers. Officers also confirmed that children looked after get priority help.
Provision for vulnerable families and single parents. Do they receive extra help?	There is a single parent offer and wider parenting strategy being formalised. Currently some parents go on multiple parenting courses with mixed messages being received. It was also pointed out that families assume data is shared between organisations, which is not always the case.
Members queried how caseloads are being managed and are there frameworks in place? Members were also concerned that information was not being shared because of funding concerns by individual organisations.	Data is not currently collated if not commissioned. A new provider's forum is aiming to solve this with a shared framework and learning shared across services. Commissioned services have clear KPI's listed as part of contract monitoring
Members queried ADHD diagnosis and treatment in the borough	Commissioners advised that there is currently a wider piece of work looking at the ADHD/ASD

	pathway and the provision of support both pre and post diagnosis.
During the discussion it was noted that there are lots of children in the borough on sleep medication. Members queried if there were pockets of high use.	It was confirmed that this is something that commissioners were looking at and trying to identify areas and reasons for increased use.
Regarding the advice and duty line, members questions the number of calls taken and feedback received. Commissioners were also asked if they could identify how many calls are terminated.	There have been 300 telephone consultations in 3 months. It has been reported that this has had a positive impact on children presenting at A&E. Commissioners were not aware of how many dropped calls the advice and duty line had received, they noted the query and advised it would be something they would look at.
Members pointed that schools were under strain and that SLT were not always experts on Mental Health.	Schools are currently buying in services and it was agreed there is a real variance in quality. Commissioners advised that they would be going into schools and asking questions about their children and their mental health needs as part of an annual school survey that is being conducted.
Members pointed out that Social Media was playing a huge role in the way people discover support groups and gathered information. It was suggested that Mental health services could utilise this as a way of spreading awareness.	This was noted and further information would be gathered.
Is there any provision for Drop in Centres or informal workshops?	Commissioners are trying to upgrade workshops and improving next step groups.

Key points

- Commissioners pointed out there is a higher than average level of need in Wirral. This is thought to be due to the diversity of Wirral, pockets of severe deprivation and social isolation etc. As such, It was agreed that one of the key focuses is a children's mental health awareness strategy is to increase awareness.
- Commissioners have linked in with Youth Voice Group and Parliament to host mapping workshops and insight events aim to align provision and provide a cohesive service with common outcomes.
- Progress measuring – it was noted that the current model was not ideal, especially with non-commissioned services and that steps should be taken to improve accountability and transparency.
- Workforce – it was agreed that right kind of practitioner is essential in providing a quality, cohesive service throughout the borough.

Notes and Recommendations

- Members noted that the introduction of collecting third-sector providers' data was an important step. As third-sector providers play an ever more important part in service provision, collecting data from these providers ensures targets were being met, and workloads for each provider was appropriate.
- Members noted that the introduction of competency frameworks for providers chosen by schools would ensure a level of uniformity in the service.
- Members noted the positive emphasis that the service would have on the measuring of outcomes
- Members recommended that Foster Carers who foster a child with mental health issues be prioritised to ensure services are mutually supportive, achieve a cumulative impact on children's lives.
- Members are aware that a high number of families with children involved with early intervention, social services or children in care suffer from mental health issues. The focus of recent discussions has been around building partnership working designed to effectively support these families. Members recommended that CAMHS and other relevant health partners facilitate discussions with social services to ensure these children and families have appropriate access to mental health services as quickly as possible.
- It was agreed that the quarterly Future in Mind bulletin would be circulated to Children and Families Overview & scrutiny members and it would be included within the 'Scrutiny Bulletin'.
- It was suggested by members that commissioners approach organisations with corporate social responsibilities. I.e. Mersey travel to promote Future in Mind services and children's mental health.
- It was noted that positive, mutual information sharing was the best way to achieve outcomes for children and young people on Wirral. Commissioners would like to be informed when something of interest is discussed or brought to committee. Likewise, members requested that Children & Families OSC be advised if there is anything Commissioners think requires further scrutiny.

Appendix 1

Attendance

Councillors

Cllr Tom Usher

Cllr Chris Carubia

Cllr Cherry Povall

Cllr Jean Stapleton

Cllr Andrew Gardner

Officers

Jo Watts (Clinical Commissioning Lead

Julie Graham (Senior Public Health Manager)

Elizabeth Hartley – Assistant Director Children’s services

Anna Perrett – Scrutiny Officer.