

Decision Maker: HEALTH AND WELLBEING BOARD

Date: Thursday 31st January 2019

Title: “BROMLEY CAMHS TRAILBLAZER” - CHILDREN AND YOUNG PEOPLE’S MENTAL HEALTH SUPPORT TEAMS AND FOUR-WEEK WAITING TIME PILOTS

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Ward: Borough-wide

1. Summary

1.1 This report provides information on the “Bromley CAMHS Trailblazer” - Children and Young People’s Mental Health Support Teams and Four-Week Waiting Time Pilots.

2. Reason for Report going to Health and Wellbeing Board

2.1 To provide an update to Board Members.

3. **SPECIFIC ACTION REQUIRED BY HEALTH AND WELLBEING BOARD AND ITS CONSTITUENT PARTNER ORGANISATIONS**

3.1 Education - to encourage selected schools to be in the pilot.

Health & Wellbeing Strategy

1. Related priority: [Delete as appropriate] Anxiety and Depression Children with Mental and Emotional Health Problems

Financial

1. Cost of proposal: Not Applicable

2. Ongoing costs: Not Applicable

3. Total savings: Not Applicable

4. Budget host organisation: NHS Bromley Clinical Commissioning Group

5. Source of funding: NHS England 6. Beneficiary/beneficiaries of any savings: Not Applicable

Supporting Public Health Outcome Indicator(s)

Yes

4. COMMENTARY

- 4.1 In December 2017, the Government published *Transforming children and young people's mental health provision: a Green Paper*. The paper set out a commitment to expand support for children and young people's (CYP) mental health services and build on the commitments already set out in *Implementing the Five Year Forward View for Mental Health*.
- 4.2 The three key proposals of the Green Paper are:
- 1) To incentivise and support all schools to identify and train a Designated Senior Lead for Mental Health with a new offer of training to help leads and staff to deliver whole school approaches to promoting better mental health;
 - 2) To fund new Mental Health Support Teams (MHSTs), supervised by NHS CYP mental health staff, to provide specific extra capacity for early intervention and ongoing help within a school and college setting; and
 - 3) As the new Support Teams are rolled out, NHS England will trial a four week waiting time for access to specialist NHS CYP mental health services. This builds on the expansion of specialist NHS services already underway.
- 4.3 NHS Bromley Clinical Commissioning Group worked with partners in Bromley to successfully bid for £2.1m of additional funding for the period 2019-21. The CCG was pre-selected to bid as Bromley mental health services are exceeding certain national mental health targets. NHS England was particularly impressed by the high standard of the bid and ongoing plans to transform and improve outcomes for CYP with mental health needs in Bromley.
- 4.4 The funding will be used to establish new Mental Health Support Teams (MHSTs) - which will provide an early intervention and prevention service for CYP with mild to moderate mental health issues. Supervised by qualified NHS staff, the teams will provide help to the local education workforce within a school and college setting and will act as a link with local CYP mental health services. In Bromley we will also be trialling a four week waiting time for access to specialist NHS CYP mental health services.
- 4.5 The original bid proposal to NHS England was for four MHSTs to cover the entire school population in Bromley. However, Bromley was ultimately awarded only half of the original request – that is, funding for two MHST's with a coverage of half the school population. There will be a strong emphasis on bringing all schools together so that the learning can be shared throughout Bromley. Learning events will be set up throughout the course of the pilot phase. This Trailblazer pilot aims to test how MHST teams can work with other services and how they can accelerate the wider transformation of care for CYP. Strengthening the mental health training within schools will help teachers spot warning signs earlier, ensuring young people can access vital support services as quickly as possible.
- 4.6 The new Mental Health Teams will deliver the following:
- Facilitate peer support for children & young people and parents/carers.
 - Deliver parenting groups, providing the tools to develop resilience amongst themselves and their children/young people.
 - Provide transition groups which deliver supportive pathways for these points of significant change for young people.
 - Provide specialist support for discrete groups, e.g. Home Educated, children with special educational needs and disabilities (SEND).

- Develop relationships with key staff to empower them to create a culture for pupils to flourish. The workforce skillset will be key in connecting with a diverse range of communities to flexibly address their specific needs (including outreach).

4.7 MHSTS will provide face to face, evidence-based interventions for Children and Young People (CYP) with mild-moderate Mental Health (MH) needs. MHSTs will:

- deliver evidence-based interventions in or close to schools and colleges;
- support CYP with more severe needs to access the right support;
- work with and within schools and colleges, providing a link to specialist NHS services; and
- build on and increase support already in place.

4.8 **4 Week Wait Pilot**

4.9 Specialist Community CAMHS in Bromley (Oxleas NHS FT) is to embark upon a redesign of existing care pathways in order to meet a 4 week waiting time target from referral to initial assessment.

4.10 The pilot will build on the system-based transformation work that is already underway, including improvements to care pathway interfaces and joint working practices with key partners such as the Bromley Wellbeing Service. These changes aim to improve the experience for service users presenting to the emotional wellbeing/mental health pathway and to ensure that collective resources are used to best effect to manage local need.

4.11 Key elements of the proposed pilot includes:

4.12 **Assessment Clinics**

4.13 Introducing a new approach to assessments will enable us to eliminate the backlog and to establish a sustainable shorter waiting time. In order to sustain short waits, it will be critical to ensure that the numbers of assessment slots are aligned to the number of referrals so that waits do not develop.

4.14 Lean principles will be applied to the patient journey from referral to assessment – reducing process steps, eliminating waste and minimising time between referral and assessment.

4.15 Plan to pilot assessment clinics with small multi-disciplinary clinical hubs, which will meet following assessments to complete the clinical formulation and care/treatment plan, thereby reducing the time between assessment and treatment start – we will:

- Expand existing out-of-hours assessment clinics, create additional capacity, provide greater choice for service users and increase accessibility;
- Establish multi-disciplinary clinical assessment hubs, reducing time from assessment to treatment

4.16 **Brief Intervention Pathway**

4.17 The pilot will involve operationalising a brief intervention pathway following assessment. We know that a proportion of patients do not require a full treatment intervention but benefit from a brief intervention which aims to build resilience and coping mechanisms targeted at both the service user and their professional network. This will be accompanied by the implementation of

Individual Support Plans (ISPs) which will provide evidence based advice to enhance the service users' ability to self-manage. We envisage that this offer will reduce the demand for treatment across the service.

4.18 **Group Treatment Strategy**

4.19 Further develop and sustain evidence-based parent and service user group treatment (NVR, Mind & Mood, Challenging Behaviour/ASD) as core interventions, increasing treatment choice for users and helping to provide timely access to specialist interventions. We plan to introduce group interventions as a rolling programme.

4.20 **Psychoeducation**

4.21 Develop and embed psycho-education groups and further self-help materials for service users, to help parents to better manage and understand the mental health needs of their children and to prevent escalation of needs. Groups will be offered in conjunction with the Wellbeing service to provide optimal access to mental health advice.

4.22 Explore digital approaches to self-help and the delivery of care within Bromley. We aim to explore the use of Headscape (Oxleas NHSFT) for services users to access the SPA via self-referral and to increase the use of digital platforms for Bromley CYP.

4.23 **Workforce**

4.24 To undertake a review of the skills mix and training needs within Specialist Community CAMHS and will provide training and development to ensure delivery of the above.

4.25 **System Improvements & MHST Pathway**

4.26 With regard to the emotional wellbeing/mental health pathway, we will expand on the established joint-referrals triage meetings with the Wellbeing Service whilst also looking to develop a clear pathway for referral to specialist CAMHS via newly established MHSTs. By increasing specialist CAMHS input into the SPA (applying Lean principles to the pathway) this will improve the early identification of complex needs and reduce waste across the pathway

4.27 Bromley has been successful in receiving £2.1 m over two years for the pilot schemes between 2019/20-2020/21.

4.28 Both initiatives are jointly delivered by Bromley Y and Oxleas NHS Foundation Trust.

5. **IMPACT ON VULNERABLE PEOPLE AND CHILDREN**

5.1 Children and young peoples emotional wellbeing and mental health affects all vulnerable groups across health, socialcare and education system

Non-Applicable Sections:	Financial and Legal Implications, Implications for other Governance Arrangements, Boards and Partnership Arrangements, including any Policy and Financial Changes required to Process the Item, and Comment from the Director of Author Organisation.
Background Documents: (Access via Contact Officer)	Not Applicable.