

Bromley Children and Young People's Mental Health and Wellbeing Services – towards a refreshed transformation plan (2020/21)

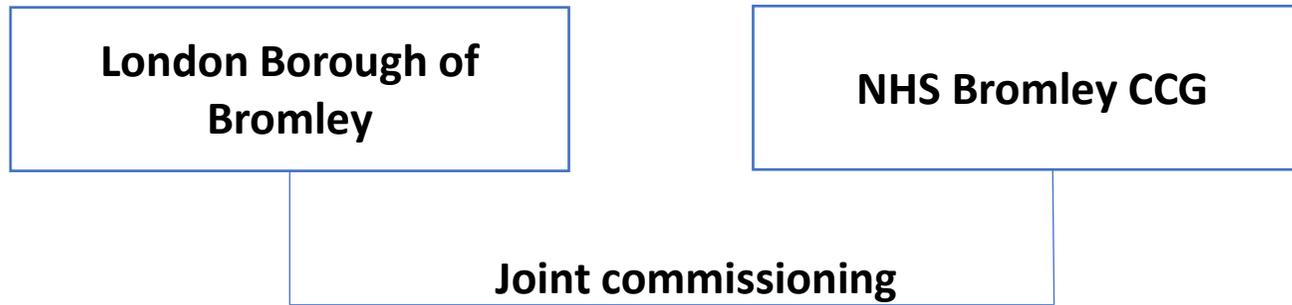


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Bromley CYP Mental Health and Wellbeing Services – context

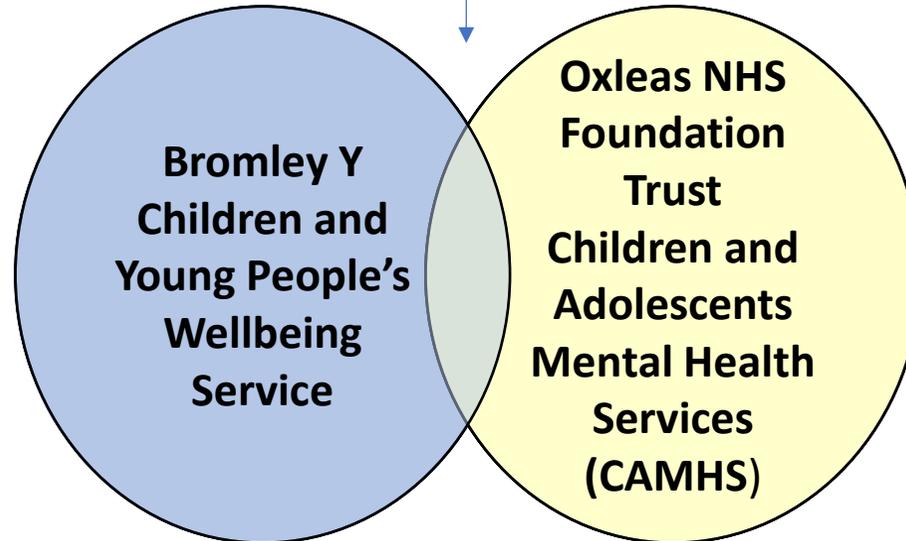
- Bromley Council/NHS Bromley CCG commission a range of services to support the mental health and wellbeing of children and young people in the borough. Whilst there are a range of different services in the area, the core mental health and wellbeing offer centres on the provision of the **Wellbeing Service for Children and Young People** (Bromley Y) and **Children and Adolescent Mental Health Services – CAMHS** (Oxleas NHS FT).
- The dual service model was originally established in 2014/15 with some initial challenges in delivering a coherent offer across the NHS/voluntary sector. Since then there has been strong partnership working between the two services with improved joint working.
- At the heart of the NHS/voluntary sector partnership is the **Single Point of Access (SPA)**, which is managed by the Wellbeing Service. The SPA ensures that, wherever possible, there is a focus on delivering early help and intervention for children and young people outside of NHS services. Only around 12% of children and young people who come to the SPA end up in specialist services.
- Bromley Council/NHS Bromley CCG have **long-term confidence in model** with ambition to take forward our NHS/VCS integrated model, with certainty around contracts/funding for decade beyond 2021.

Bromley Children's and Young People's Mental Health and Wellbeing Services



Single “front door” into services in voluntary and community service

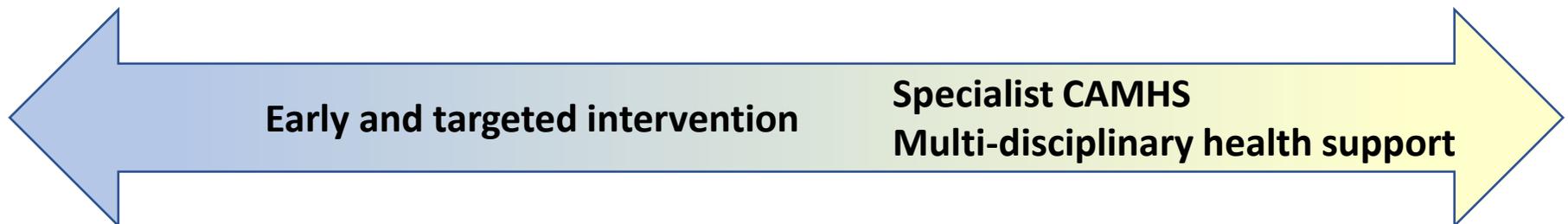
Place where children and young people can get support outside of NHS



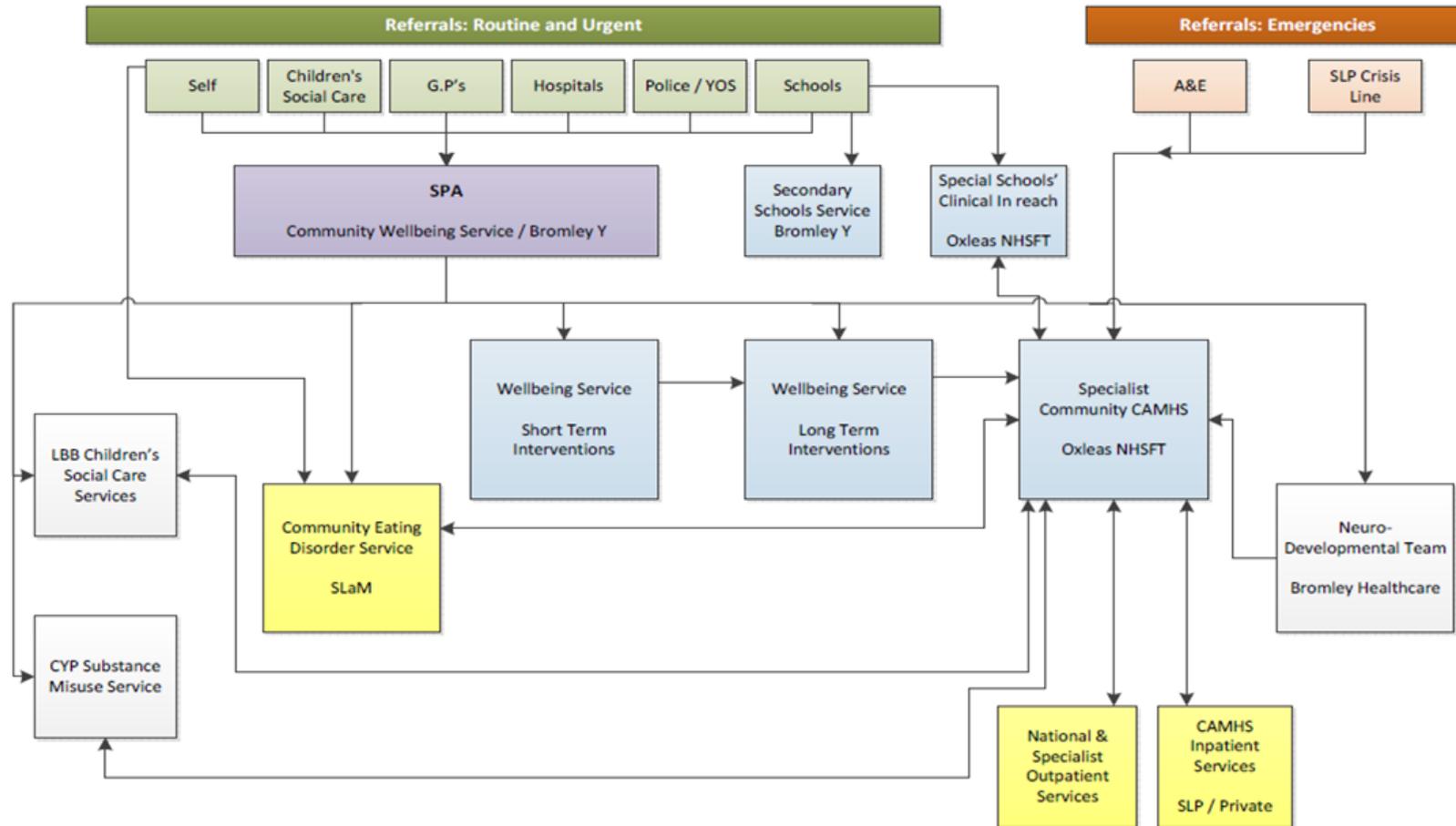
Best practice children and young people's mental health specialist practice.

Mental health clinical expertise.

Bromley NHS/VCS children and young people's mental health and wellbeing partnership



Current Bromley CYP Emotional Wellbeing and Mental Health Pathway



Some successes; but some significant challenges

- The NHS Long Term Plan has a target to increase access to children and young people's mental health and wellbeing services. The South-East London Sustainability and Transformation Partnership (STP) has been monitoring this target across the six boroughs of south-east London.
- Bromley has consistently out-performed its neighbours, with the NHS/VCS model at the heart of the area's success in meeting this target.

CYP mental health: performance position

	Bexley	Bromley	Greenwich	Lambeth	Lewisham	Southwark	SEL	Croydon
CYP Access Rate – Year end forecast position based on YTD (April-October) local data – target 34%								
Current month	32.6%	48.6%	36.1%	24.4%	31.6%	32.9%	34.3%	30.7%
Trend since last month	↓	↑	↓	↑	↑	↑	↑	↑

Context and data

- The above data on CYP forecasts the 2019/20 year-end position based on a year-to-date (April and October) run rate. The performance positions are based on locally reported data to October 2019.

Key	Not achieving national standard	↓	Worsening position
	Achieving national standard	↑	Improving position

Top Performer

Worst performer

Some successes; but some significant challenges

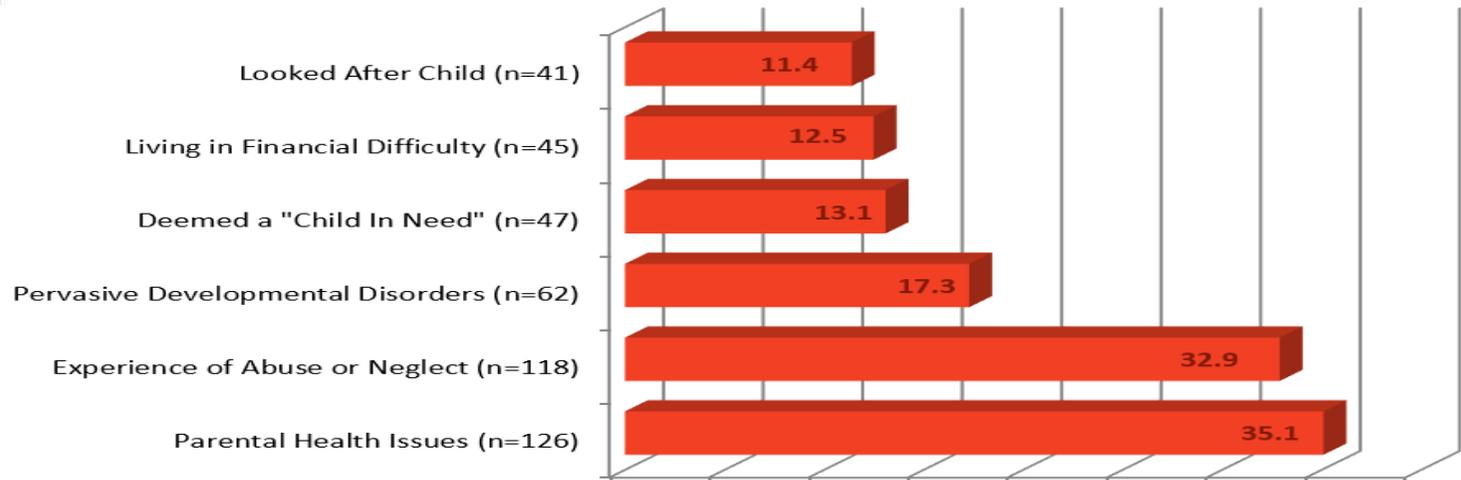
Table 1a – Children and Young People – Mental Health Emergency Presentations (A&E)

Borough	2013/14	2014/15	2015/16	2016/17	2017/18	2018/19
Bexley	122	138	139	195	243	307 (275 YP)
Bromley	136	181	234	244	295	554 (468 YP)
Greenwich	203	190	207	251	416	541 (433 YP)
Total	461	509	580	690	954	1,402 (1,176 YP)

Table 1b - Inpatient Admissions

Borough	2013/14	2014/15	2015/16	2016/17	2017/18	2018/19
Bexley	11	0	13	11	21	6
Bromley	26	31	45	32	31	31
Greenwich	22	25	20	23	35	10
Total	59	56	78	66	87	47

Chart - Complexity Factors of emergency presentations



Bromley CYP Mental Health and Wellbeing Services – needs analysis

- In seeking to put in place the right future model for children and young people’s mental health and wellbeing services, we are supported by a “deep dive” Joint Strategic Needs Assessment (JSNA) project into this area in 2018.

Table 3.9: Number of young people seen in CAMHS services in Bromley

Provider	2015/16	2016/17	2017/18
Wellbeing Service	1,491	2,011	2721
Oxleas (Specialist) CAMHS	763	687	609

Source: Children and Adolescents Mental Health Services, 2018

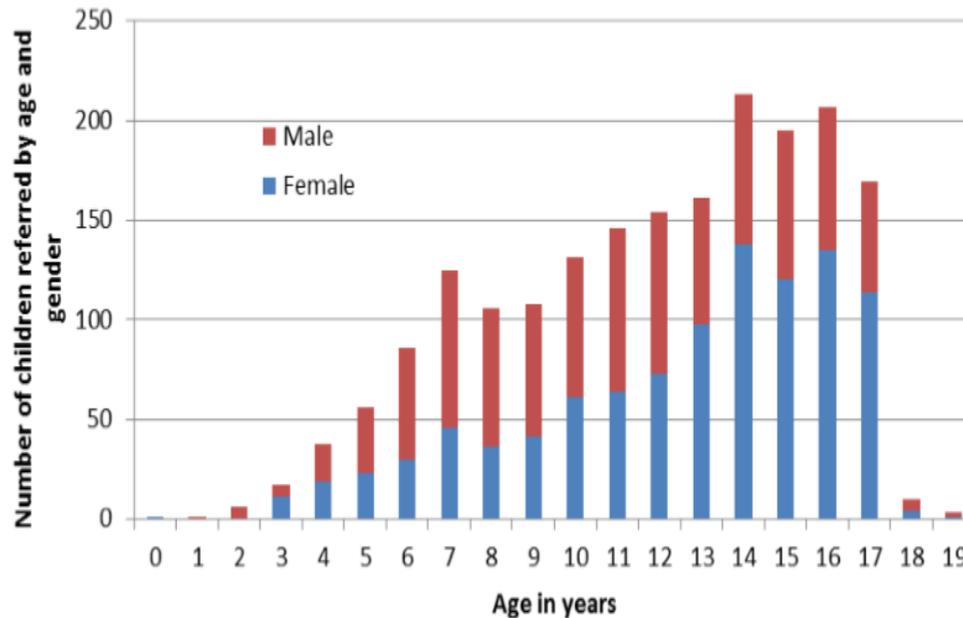
Table 4. 11: Wider Issues Identified in CYP Accessing Specialist Oxleas CAMHS Services

Risk factors	Number	%
Home issues	263	38
School issues	248	36
Community issues	160	23
Parental health issues	112	16
Engagement issues	89	13
Experience of abuse	84	12
Pervasive Developmental Disorder	68	10
Financial difficulties	37	5
Learning disability	30	4
Child in Need	28	4
Young Carer	25	4
Physical health issues	22	3
Neurological	20	3
Current Child Protection Plan	18	3
Contact with youth justice service	11	2
Experience of war	5	1

* Small numbers

Source: Oxleas Children and Adolescents Mental Health Services, 2018

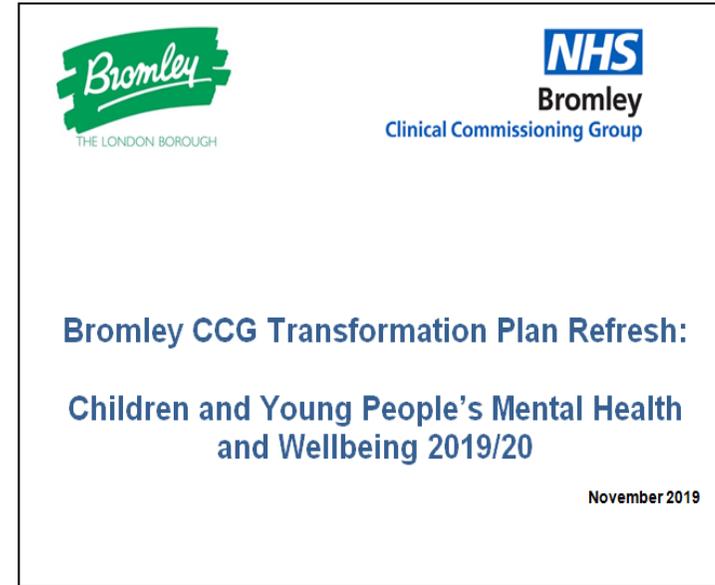
Figure 3.18: Wellbeing Service referrals by age and gender, Q1-Q3, 2017/18



Source: Wellbeing service data

CAMHS Transformation Plan 2020/21

- Since 2015, all NHS clinical commissioning groups (CCGs) in England are required by NHS England to have an agreed annual local CAMHS transformation plan. Since these plans were first put in place, Bromley CCG has worked closely with Bromley Council to develop joint plans which have been informed by the work of the Health and Wellbeing Board.
- Bromley's joint CAMHS transformation plans have been particularly well-received nationally. For example, last year's plan was accredited as "green" by the National Society for the Prevention of Cruelty to Children (NSPCC) meaning the plan "made explicit use of data from service provision and the Joint Strategic Needs Assessment (JSNA) about children and young people vulnerable to mental health problems and also uses data to assess local need and inform service provision". Only 18% of plans in England were accredited as green.
- The 2020/21 plan is currently in development with engagement taking place across the Council and CCG, as well as with providers, and with children, young people and families.



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- The 2020/21 plan is currently in development with engagement taking place across the Council and CCG, as well as with providers, and with children, young people and families.
- The development of the draft 2020/21 CAMHS transformation plan refresh builds on the outcomes of the Bromley Children and Young People's Joint Strategic Needs Assessment (JSNA) in 2018. The plan also highlights a number of key projects to improve children and young people's mental health and wellbeing in Bromley.

CAMHS Transformation Plan 2020/21 – key projects

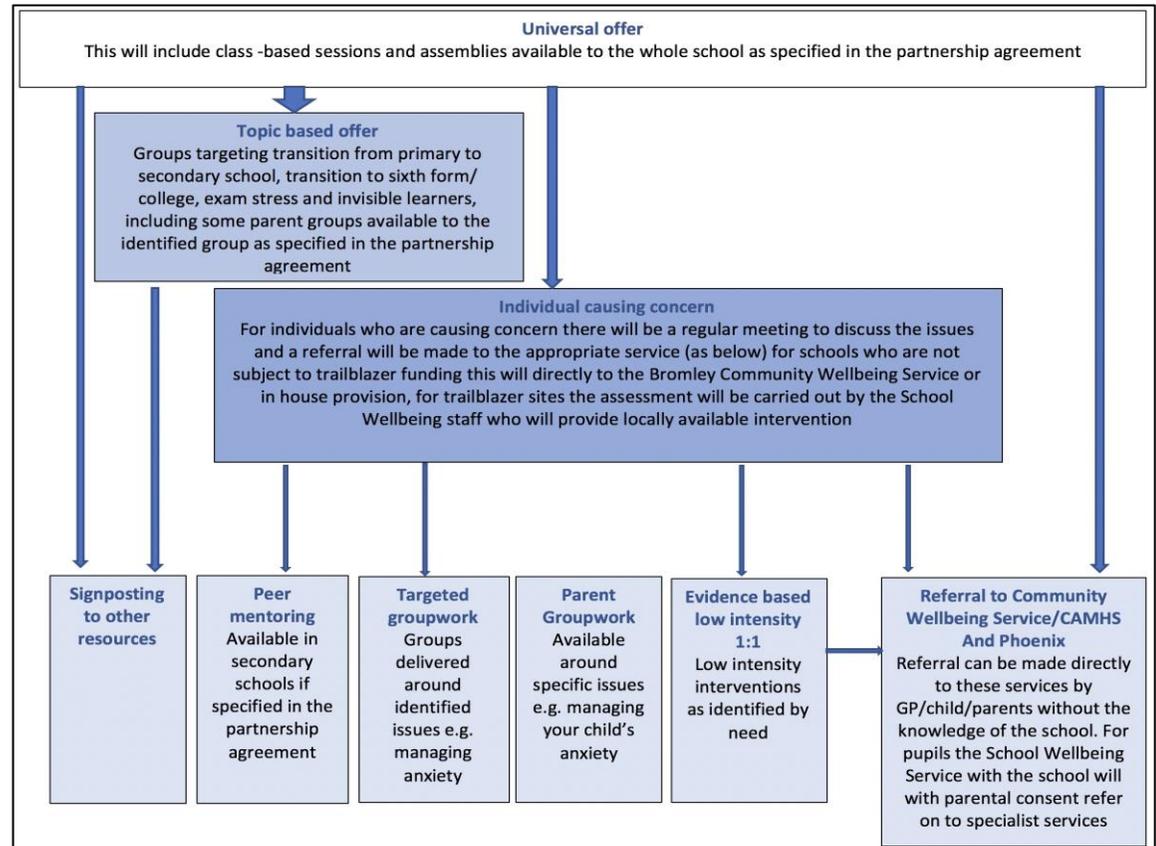
(1) Bromley Wellbeing/CAMHS Integration and Four Week Wait

- *Bromley Wellbeing/4WW Pilot* – the delivery of short waiting times into specialist CAMHS is a challenge across England. Bromley were successful in receiving funding from NHSE/I to pilot new ways of working to transform CAMHS provision, with shorter waiting times and an improvement in outcomes for children and young people.
- In Bromley the delivery of this transformation pilot has been identified in relation to the further integration of the NHS/voluntary sector delivery model, with improved joint working across the entire pathway of services and clinical input into the Single Point of Access (SPA).
- It is recognised in this that Bromley does not want to dilute the unique identity and assets of Bromley Wellbeing as a voluntary sector partner; nor should we undermine the specialism and expertise of the CAMHS clinical model; rather it is where the two services can come together to better deliver on mutual outcomes.
- The Council and CCG have agreed to put in place a new joint service model for the Wellbeing Service by March 2021, ending the situation where the Council and CCG both commission this service separately.

CAMHS Transformation Plan 2020/21 – key projects

(2) Wellbeing in Schools

- Bromley was one of only twelve areas to be successfully chosen as a wave 1 area for the Government's *Transforming Children and Young People's Mental Health* programme. The successful partnership bid across the NHS and Council means that has now be an investment of £2.4m over the next two years into Bromley.
- For the schools within the pilot scheme, the Wellbeing in Schools service offers a tailored offer of mental health and wellbeing support.
- In 2019 Bromley was invited to take part in the national Department for Education/Anna Freud Centre Mental Health Schools Link Programme. The programme will see two programmes held in the borough in May and June 2020.



CAMHS Transformation Plan 2020/21 – key projects

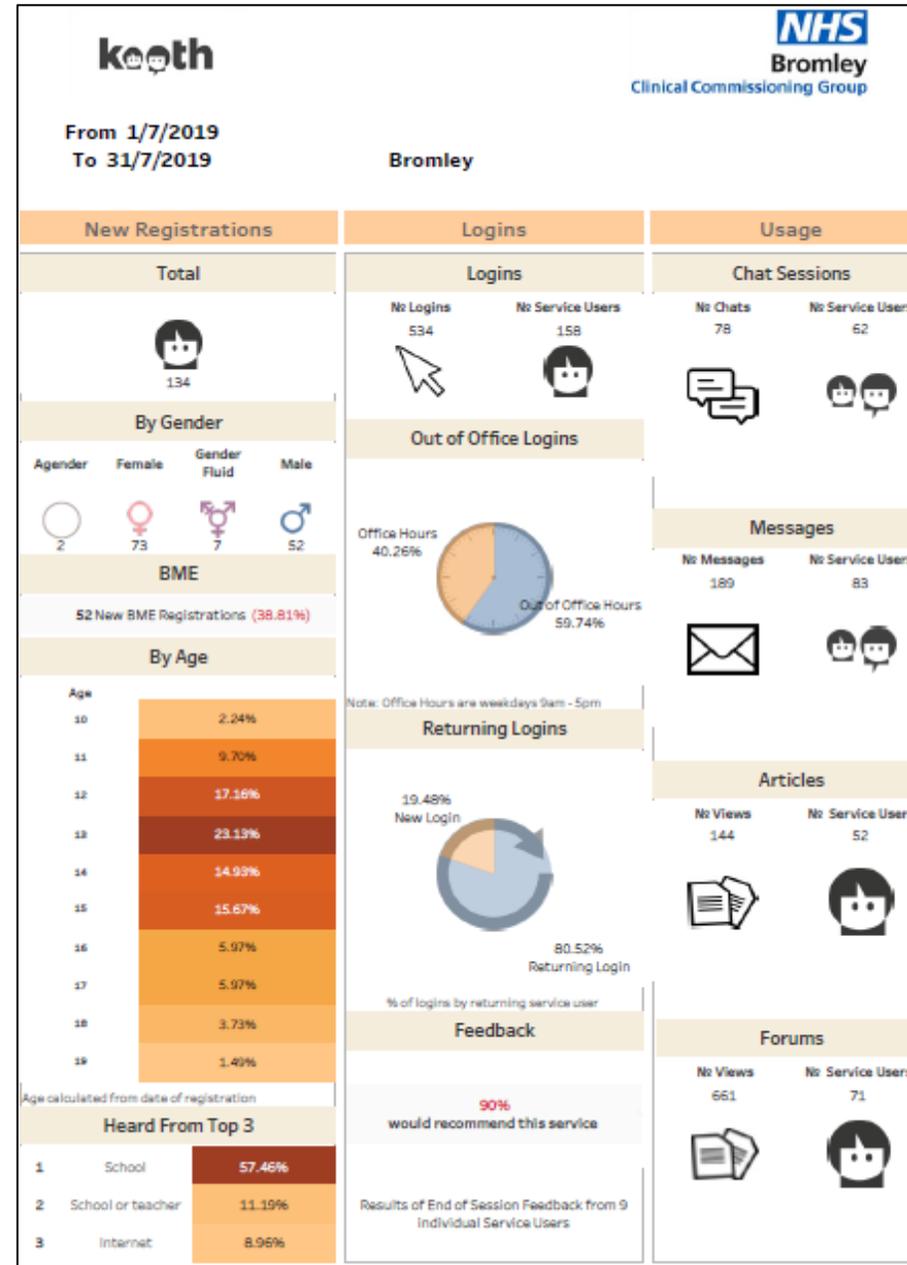
(3) CAMHS In-reach into children's social care and the Youth Offending Service

- Improving joint working between children's social care and children and young people's mental health and wellbeing service is a key priority for the Council and CCG. It is recognised that many of the children and young people being supported by services require input from both social care and CAMHS.
- **Youth Offending Service** - there is a strong health offer into the Youth Offending Service (YOS) including an embedded CAMHS clinician. This enables strong joint working between CAMHS and YOS caseworkers. The CCG also funds a "liaison and diversion" post in the YOS who works with Bromley Wellbeing and other services to look at ensuring that there is the right community and wellbeing support for children and young people in the YOS.
- **Children's social care** – there is ongoing work to develop an "in-reach" service for CAMHS into children's social care. Early support has been extended to social care teams with CAMHS practitioners leading workshops with social work teams to help them to better recognise mental health problems.

CAMHS Transformation Plan 2020/21 – key projects

(4) Digital offer and online counselling (Kooth.com)

- All CCGs in South-East London commissioned a 14 month 'online counselling' pilot "Kooth.com" (provided by Xenzone). This is an online service which offers counselling to young people (aged 10-19 and up to 25 where there is an additional need). Young people are involved in the co-production of this digital site and there is a clear view that there are strengths to this model.
- Bromley is seeing a consistently higher use of Kooth services than any of the other CCGs in south-east London. The reasons for this will be explored as part of next steps for this service.
- The six CCGs have now agreed to extend the pilot with a consistent offer up to age 25, and a greater focus on Children Looked After (CLA) as a group at higher risk.



Next steps

- Ongoing engagement on CAMHS transformation plan, with NHS assurance work on joint plan
- CAMHS transformation steering groups in February and March to receive updates on the four week wait and Wellbeing in Schools pilots
- Ongoing work to develop an in-reach model from CAMHS into children's social care
- Ongoing monitoring of levels of emergency admissions of Bromley children and young people