

Decision Maker: HEALTH AND WELLBEING BOARD

Date: 9th June 2022

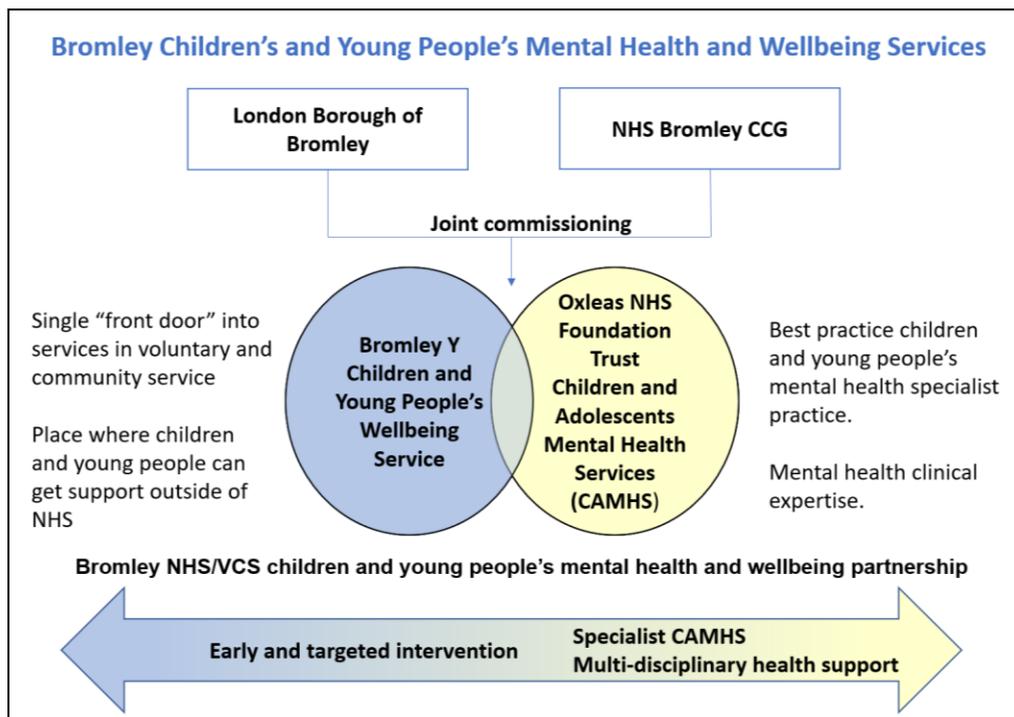
Title: Bromley Children and Young People’s Mental Health and Wellbeing Services – current issues and proposed way forward

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Ward: Borough wide

1. Summary

1.1 Bromley Council and NHS South-East London Clinical Commissioning Group (CCG) - Bromley 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 (a) the Wellbeing Service for Children and Young People (Bromley Y) and (b) Children and Adolescent Mental Health Services – CAMHS (NHS Oxleas Foundation Trust).



1.2 The dual service model was originally established in 2014/15. Since then there has been strong partnership working between the two services which were strengthened in April 2021 when the Council

and CCG jointly awarded Bromley Y a new integrated contract to provide mental health and wellbeing services for children and young people in the borough.

- 1.3 The impact of the covid-19 pandemic has been seismic across all groups. That said, for children and young people, who have experienced lockdowns and school closures, this has been a particularly challenging period. The impact has seen, since September 2020, a significant rise in referrals to both Bromley Y and NHS Oxleas CAMHS, notably:
- a 47% increase in referrals to the joint NHS Oxleas CAMHS/Bromley Y single point of access (SPA) since September 2020.
 - a 16.8% increase in routine referrals to NHS Bromley CAMHS.
 - an increase in the clinical complexity of referrals resulting in an increase in contacts per case.
 - a 15.7% increase in emergency presentations to NHS Bromley CAMHS.
- 1.4 NHS Oxleas CAMHS and Bromley Y report that, of the higher numbers of children and young people accessing the services, more are likely to have complex and multi-faceted challenges than was typical prior to the pandemic. This means that more children and young people are staying with services for longer – increasing caseloads overall.
- 1.5 It is important to note, however, that the current situation with children and young people's mental health and wellbeing services is a national picture and that Bromley's services have coped well in difficult circumstances.

Reason for report going to Health and Wellbeing Board

- 1.6 At the request of Health and Wellbeing Board.

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

- 2.1. To note the current issues in Bromley children and young people's mental health and wellbeing services and a proposed way forward.

Health & Wellbeing Strategy

1. Related priority: Adolescent Mental Health

Financial

1. Cost of proposal: Not Applicable:
2. Ongoing costs: Not Applicable:
3. Total savings: Not Applicable:
4. Budget host organisation: London Borough of Bromley/NHS South East London Clinical Commissioning Group (Bromley)
5. Source of funding: Various including local authority funding and NHS funding sources.
6. Beneficiary/beneficiaries of any savings: Not Applicable

Supporting Public Health Outcome Indicator(s)

Various – can be provided by public health team on request.

3. COMMENTARY

Overview

- 3.1 Bromley Council and NHS South-East London CCG have a long-standing commitment to the integrated delivery of children and young people's mental health and wellbeing services. At the core of the joint approach taken by the two organisations is the innovative NHS/voluntary sector partnership across Oxleas NHS Foundation Trust (Children's and Adolescents Mental Health Services – CAMHS) and Bromley Y.
- 3.2 At the heart of the NHS Oxleas CAMHS/Bromley Y partnership is the Single Point of Access (SPA), which is managed by Bromley Y but which Oxleas CAMHS participate in. The SPA ensures that, wherever possible, there is a focus on delivering early help and intervention for children and young people outside of health and clinical services. Whilst some children and young people require specialist provision and will access this quickly through the SPA, the majority of children and young people in Bromley are able to get the support they require outside of NHS Oxleas CAMHS. It is one of the recognised strengths of the Bromley model that children and young people regularly comment on how there is an option for them to receive the help they require, not in the NHS, but in the voluntary sector.
- 3.3 Such is the commitment of the Council and CCG to the current model for children and young people's mental health and wellbeing services, that in April 2021, the two organisations came together to award Bromley Y a new five-year contract which places the i-thrive model at the heart of delivery. The i-thrive model will mean that children and young people are given the tools to thrive, to access help and advice and for those at risk to be safe and get support.
- 3.4 The covid-19 pandemic has resulted in a significant increase in referrals into children and young people's mental health services across the country. Bromley is no exception to this situation with core services having to operate with higher careloads and with a need to manage higher levels of risk compared to the period prior to 2020/21.
- 3.5 Current service updates for Bromley Y and NHS Oxleas CAMHS are attached:
- Appendix A – Bromley Y update
 - Appendix B – NHS Oxleas CAMHS update

School support and mental health and wellbeing leads network update

- 3.6 In 2018/19, Bromley was successful in becoming a national "trailblazer" for the establishment of Mental Health Support Teams (MHSTs) in local schools. This new service was part of the delivery of the Government's *Transforming Children and Young People's Mental Health* programme. In Bromley the national approach was delivered by setting up Bromley Y's Schools Wellbeing Service (SWS), with around half of the schools in the borough covered during the service's initial years of operation.
- 3.7 An additional team was added to the SWS from January 2022 to provide greater reach into schools across the borough, with an emphasis on those areas with highest needs.
- 3.8 The establishment of the mental health and wellbeing lead network with schools has increased visibility of available support across the borough for our schools, (i.e. our Team Around Every School Framework), which is regularly reviewed and updated.
- 3.9 The schools Mental Health and Wellbeing Leads network (MHWL) was launched on the 3rd November 2021 and builds on pre-existing work across the Council/CCG, Oxleas CAMHS and Bromley Y, including the development of a mental health toolkit for education settings and the Anna Freud Centre led workshops across schools and mental health services. The launch and subsequent networking events were very successful, with participation from a very large proportion of schools in Bromley. The network provides an important new way of working across schools and mental health services. The next networking event will take place in person in June 2022.

- 3.10 The MHWL are able to access monthly bulletins with key updates from the field, including training and support offers that may be of interest to them. Furthermore, LBB has commissioned free memberships to evidence-based Creative Education resources, webinars and training sessions, in addition to Suicide Prevention Training taking place in May 2022.

Partnership work to reduce the number of emergency and crisis cases in Bromley

- 3.11 In 2021/22, the Bromley Safeguarding Children's Partnership considered a range of data pertaining to young people's mental health presentations. The aim of this work was to identify where there may be an increased presentation of young people in a crisis situation due to their mental ill health, including any underlying themes and causal factors. The analysis of this data, is intended to be used to target the support of safeguarding partner agencies, including NHS Oxleas CAMHS, Bromley Y, Education and Children's Social Care to the areas where this will have the most significant impact to reduce inappropriate referrals and to enable earlier identification and intervention in crisis presentations.
- 3.12 The data reviewed to date has included a local CAMHS' analysis of Emergency Department presentations with mental health crises, MASH referrals and existing data such as the results of the SHEU (Schools and Students Health Education Unit) Survey of Bromley schools, which is being repeated.
- 3.13 Based on current analysis, seven Bromley secondary schools have been identified as likely to particularly benefit from additional targeted support as a result of a higher level of crisis presentations at Emergency Departments and a combination of other factors. The Independent Chair of the Safeguarding Partnership and Director of Education have written to these schools, to offer the support of safeguarding partner agencies and to seek details of further support requests. This support will primarily be through the existing Mental Health in Schools Team or outreach support. Additionally, agencies including Education and Bromley Y and CAMHS will work with school Mental Health and Wellbeing Leads to further embed whole school approaches.
- 3.14 As part of this ongoing work, the Safeguarding Partnership has agreed that more in depth analysis is needed to understand emerging trends, themes and patterns of concern. This will be taken forward in the form of an updated Digital Footprint survey in schools (initially rolled out in 2018), further analysis of A&E data, recent Schools Safeguarding Self Assessments (S157/175), and local school data. The collated analysis of these data sources will be used to inform further revisions to Bromley's current Mental Health and Wellbeing offer, including the Mental Health and Wellbeing Toolkit and Healthy Relationships Training.
- 3.15 The Safeguarding Partnership is particularly keen to develop a more detailed understanding of the prominence of social media or influence on harmful behaviours and would request the input of SEND Governance Board members on this or any other suggestions for consideration in this ongoing work.

Next steps

- 3.16 In light of the current situation in services, the Council/CCG with Bromley Y and NHS Oxleas CAMHS have come together to develop proposals to meet the current challenges across service lines. The different organisations have agreed a number of priority areas to focus on in the first instance, as set out below:
- joint leadership/communication across children and young people's mental health and wellbeing services in Bromley.
 - the development of an integrated solution for children and young people who require support at a higher level than is provided by Bromley Y but who are not currently receiving treatment from CAMHS.
 - the development of an integrated solution for children and young people currently under CAMHS who are unable to move out of the service due to a need for additional step-down provision.

- the development of an integrated solution to improve partnership working with children’s social care in relation to children and young people with both mental health and social care needs.
- the development of improved ways of working between children and young people’s mental health and wellbeing services for children and young people with more complex and multi-faceted needs.

3.17 The CCG has agreed to invest significant new resources in NHS Oxleas CAMHS/Bromley Y to support improvements in these areas.

3.18 The Council and CCG have also recently refreshed the Bromley Children and Young People’s Mental Health and Wellbeing Partnership Board in order to provide improved partnership leadership in this area.

4. IMPACT ON VULNERABLE PEOPLE AND CHILDREN

4.1. Poor mental health can have a profound impact on children and young people’s health, educational, social and economic outcomes. With timely and appropriate assessment and intervention, many children and young people can overcome the barriers to positive life outcomes with which they are faced as a result of their condition. The Bromley Mental Health and Wellbeing Strategy (2020-25) sets out a series of actions to improve mental health and wellbeing outcomes for all groups including children and young people.

5. FINANCIAL IMPLICATIONS

5.1. Not Applicable

6. LEGAL IMPLICATIONS

6.1 Not Applicable.

7. IMPLICATIONS FOR OTHER GOVERNANCE ARRANGEMENTS, BOARDS AND PARTNERSHIP ARRANGEMENTS, INCLUDING ANY POLICY AND FINANCIAL CHANGES, REQUIRED TO PROCESS THE ITEM

7.1 Progress to deliver the Children and Young People’s Mental Health and Wellbeing Transformation Plan is reported on a regular basis to Integrated Commissioning Board (ICB) and the Children’s Executive Board.

8. COMMENT FROM THE DIRECTOR OF AUTHOR ORGANISATION

8.1 No additional commentary necessary.

Non-Applicable Sections:	<p>Commentary, Financial and Legal Implications, Implications for other</p> <p>Governance Arrangements, Boards and Partnership Arrangements, including any Policy and Financial Changes required to Process the Item, Comment from the Director of Author Organisation.</p>
Background Documents: (Access via Contact Officer)	Bromley Mental Health and Wellbeing Strategy 2020-25