

Decision Maker: Health and Wellbeing Board

Date: 16th November 2023

Decision Type: Non-urgent Non-executive Non-key

Title: Bromley Children and Young People's Mental Health and Wellbeing Service Update.

Contact Officer: Johanna Dench, Senior Commissioning Manager, CYP Mental Health & Wellbeing
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Chief Officer: Richard Baldwin, Director of Children's Services

Ward: All Wards.

1. Reason for the report

1.1 At the request of the Health and Wellbeing Board.

2. **RECOMMENDATION(S)**

To consider the children and young people mental health and wellbeing needs within the borough and the service offer and initiatives put in place to address this.

Impact on Vulnerable Adults and Children

1. Summary of Impact: 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.
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Transformation Policy

1. Policy Status: Not applicable.
 2. Making Bromley Even Better Priority:
(1) For children and young people to grow up, thrive and have the best life chances in families who flourish and are happy to call Bromley home.
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Financial

1. Cost of proposal: Not applicable.
 2. Ongoing costs: Not applicable.
 3. Budget head/performance centre: SEL ICB – Bromley and London Borough of Bromley
 4. Total current budget for this head: £9.4m
 5. Source of funding: Various including local authority and NHS funding streams.
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Personnel

1. Number of staff (*current and additional*): Not applicable.
 2. If from existing staff resources, number of staff hours: Not applicable.
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Legal

1. Legal Requirement: Not applicable.
 2. Call-in: Not applicable.
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Procurement

1. Summary of Procurement Implications: Not applicable.
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Property

1. Summary of Property Implications: Not applicable.
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Carbon Reduction and Social Value

1. Summary of Carbon Reduction/Sustainability Implications: Not applicable.
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Impact on the Local Economy

1. Summary of Local Economy Implications: Not applicable.
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Impact on Health and Wellbeing

1. Summary of Health and Wellbeing Implications: The Mental Health and Wellbeing Strategy for Bromley is based around five key priorities of: Prevention, Early Intervention, Multi-disciplinary Approach to Treatment, Complex and Long-term Support, and Recovery and Resilience.

Through the Children and Young People's Mental Health and Wellbeing Service we seek to offer joined up pathways of care that seek to deliver against these priorities by encouraging children and young people to live well and to have positive mental health and wellbeing; to provide access to treatment and support when needed; and to enable them to manage and maintain their wellbeing during recovery and beyond.

Customer Impact

1. Estimated number of users or customers (*current and projected*): Not applicable.
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Ward Councillor Views

1. Have Ward Councillors been asked for comments? Not applicable.
2. Summary of Ward Councillors comments: Not applicable.

3. COMMENTARY

- 3.1 Within Bromley, the Council and NHS South-East London Integrated Care Board (Bromley) commission a range of services to support the mental health and wellbeing of children and young people in the borough. This comprises of a core service offer and a number of transformation initiatives, such as – the development of an integrated Single Point of Access (iSPA) between Bromley Y and Oxleas CAMHS (Child and Adolescent Mental Health Services), to create a common screening and triage process across the care pathway; a review of the ASD pathway, to address waits and provide support to children and their families; an eating disorders pilot to promote prevention and early identification; and the introduction of EPEC (Empowering Parents, Empowering Communities) evidence-based parenting programme. Together, the core offer and transformation initiatives seek to address local needs and challenges.
- 3.2 There continues to be significant levels of demand for children and young people’s mental health and wellbeing services in Bromley. Bromley Y reported 3,170 referrals for the 2022/23 reporting period, an increase of 11% on the previous year.
- 3.3 Oxleas CAMHS saw 1,101 referrals for the same period. Whilst this represents a 24.5% reduction on the previous year, it remains significantly higher than the pre-pandemic rates (31% higher compared to 2018/19 figures).
- 3.4 Furthermore, Bromley Y and Oxleas CAMHS both continue to report an increase in the number of complex and multi-faceted needs. This means that children are being worked with more intensively and over longer periods of time, leading to increased caseloads. For instance, Oxleas reported an increased caseload of 140 children and young people between April 2023 and August 2023, despite having seen a reduction of 148 referrals over the same period compared to the previous year.
- 3.5 The demand and increased complexity of need for children and young people’s mental health and wellbeing services is reflective of the wider national picture.
- 3.6 Despite these challenges Oxleas CAMHS has seen a significant reduction both in terms of average weeks wait and for those waiting the longest (52+ weeks). Average waits from referral to first assessment overall (excluding crisis) have reduced from 45 weeks in August 2022 to 35 weeks in August 2023. Furthermore, the number of children and young people waiting 52+ weeks was 41 (as of September 2023), which compares favourable to other Boroughs within the SEL ICB.
- 3.7 In addition, there are early positive indicators for key metrics of the iSPA as we begin to realise benefits of stronger joint working, with an increase in accepted referrals to CAMHS and a reduction in re-referrals between services.
- 3.8 Further information on the core mental health and wellbeing offer and transformation initiatives for addressing the needs and challenges within Bromley are set out below:

Mental Health and Wellbeing Early Intervention and Prevention – Bromley Y:

The service operates under the ithrive framework, and delivers a number of services including:

- Getting Help and Getting More Help – these are the core intervention arms of the organisation and includes Traded Services, mentoring services and support for young carers. The Getting Help team offers 1:1 and group interventions which includes “Tangled Emotions” for young people and a parent /carer support group to support children under 12 who experience worry.

- Community mentoring provides accessible and creative 1:1 support to children and young people who require longer term support. It provides a young person with the opportunity to talk to someone in a less formal setting for e.g., through outings and activities to assist in creating opportunities and personal growth.
- Children Looked After (CLA) – CLA are supported up to the age of 25.
- Youth Justice Services - a Wellbeing Practitioner attends the fortnightly Health and Education Panel of the Youth Justice Board. In their capacity as the YJS link, they provide signposting guidance to the panel and check if the young person is known to Bromley Y.
- The Parent/ Carer Peer Support Programme is a developing network of peer support for parents and carers. It is run by a trained parent/carer with lived experience of child with mental health difficulties.
- Mental health nurses for children looked after (CLA) and care leavers – Bromley Council provide a specialist mental health nursing service specifically for children looked after (CLA) and care leavers. This service is funded by NHS South-East London ICB in collaboration with Bromley Council.

Support for Schools:

Mental Health Support Teams (MHSTs) - Are lead by Bromley Y and deliver across three core functions of providing evidence-based interventions for mild to moderate mental health needs; supporting Senior Mental Health Leads in schools to introduce or develop whole school approaches to mental health; and giving timely advice and support to school staff and liaising with external specialist services to help children and young people to get the right support and stay in education.

Mental health and wellbeing leadership network - Bromley has also successfully established a Mental Health and Wellbeing Leadership Network across mental health services and schools, following a launch in 2021. The forum is extremely well attended and has provided an opportunity for increased joint working between mental health and education provision with recent work on support for refugees (notably in relation to Ukraine), improved joint working around emotionally based school avoidance and eating disorders.

Mental health and wellbeing toolkit - Bromley has also established a Mental Health and Wellbeing Toolkit, which is a critical element of Bromley's overall prevention and early intervention strategy. The toolkit is the product of extensive partnership working with Bromley Y and Oxleas CAMHS and builds on a number of collaborative workshops led by the Anna Freud Centre. The Toolkit is designed to be a one-stop shop for wellbeing concerns arising from staff or children and young people.

Child Adolescent and Mental Health Services (CAMHS) – Oxleas NHS Foundation Trust:

Bromley CAMHHS provides routine and urgent assessments for children and young people with mental health challenges. The service delivers evidence-based interventions based on the individual's clinical needs. These interventions include providing advice as well as focused, goal-based support, cognitive behaviour therapy (CBT) and dialectical behaviour therapy (DBT). A number of different pathways are provided:

- Adolescent pathway – specifically designed support for adolescent young people, including those with multi-faceted and complex needs.
- Generic pathway – support for children and young people with mental health challenges.
- Looked after children (LAC) – a team specialising in children looked after (CLA) who live in Bromley with mental health challenges.
- Neuro-disability service – diagnosis and support for children and young people with neuro-disabilities including autism and learning disabilities.

Children and Young People’s Eating Disorders and Specialist Services - South London and Maudsley (SLAM) NHS Foundation Trust:

A leading centre providing psychological treatments for children and adolescents with eating and feeding disorders. The SLAM team has highly specialist knowledge in eating disorders as well as expertise in evidence-based treatments which support children and families. A number of services are provided:

- The Eating Disorders Clinic - offers inpatient and outpatient treatment for all eating disorders.
- The Intensive Treatment Programme (ITP) – this is a day programme for young people who are already in treatment for an eating disorder, but need a bit of extra support. ITP is a day programme which enables young people/families to access this whilst remaining in their own homes during the treatment.
- Avoidant Restrictive Food Intake Disorder (ARFID) Clinics - offers targeted treatment for ARFID and other feeding disorders. The clinic provides specialised therapy for children and teens with various avoidant or restrictive eating behaviours.

Support for families, young people and children who have social and/or communication difficulties:

- Family support service - Bromley Council and NHS South-East London ICB jointly commission a support service (based in the Bromley children’s project) for families, young people and children with social and/or communication difficulties, including through the provision of short-term intensive pre and post diagnostic support for families.
- ASD/ADHD Diagnostic Services – Bromley CAMHS and Bromley Healthcare jointly manage the pathway to deliver high-quality, safe diagnostic services for children, young people and families in relation to neuro-disabilities including Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD).

Children and young people’s mental health and wellbeing services – online wellbeing support and counselling:

- Digital offer overall – all of Bromley’s children and young people’s mental health and wellbeing services now have a strong digital offer in place.
- Kooth Wellbeing App - www.Kooth.com has also been commissioned as an online counselling and advice service for children and young people across south-east London. There are close ties between Bromley and this service with high performance for Bromley.

Support for children at higher risk, children looked after (CLA) and care leavers :

Bromley Council and NHS South-East London ICB work together to provide tailored and bespoke mental health and wellbeing services for children and young people who are at higher risk, including Children in Need (CiN) and children and young people with a protection plan (PP) in place. There is also tailored mental health support for children looked after (CLA).

- Thrive service – dedicated support team, jointly funded by Bromley Council and the ICB, which provides particular mental health and wellbeing interventions to children at higher risk.
- CLA/Care Leavers Mental Health Nurse – critical role within the Council's care and leaving care service, providing bespoke care and support for this group.

Individual Joint Funded Services – Bromley Council and NHS South-East London ICB work together to provide tailored and bespoke mental health and wellbeing services for children and young people who may not be able to access other core services, including children looked after (CLA) and children and young people with an Education, Health and Care Plan (EHCP).

3.9 In addition to the core service offer there are a range of transformation initiatives, which seek to drive improvements in children and young people's mental health and wellbeing outcomes. These include:

- additional capacity and programmes in Bromley CAMHS to reduce waiting lists through the course of 2023/24.
- establishment of the integrated Single Point of Access (SPA) between Bromley CAMHS and Bromley Y to provide a common screening and triage pathway across all services.
- detailed review of children and young people attending A&E due to their mental ill health in order to inform prevention and early intervention services.
- new recovery and resilience programme, providing longer and more intensive support for more complex children and young people outside of the NHS.
- establishing an eating disorders early intervention pilot in Bromley, providing joined-up voluntary sector (Bromley Y) and NHS (SLAM) support at a school and community level.
- review of the children and young people's autism spectrum condition diagnostic and support pathway.

3.10 Next Steps:

Planning is due to start for the refresh of the Mental Health and Wellbeing Strategy and as part of this there will be an all-age mental health and wellbeing strategic needs assessment, in line with the direction previously agreed at the Health and Wellbeing Board. These two pieces of work will seek to build on existing work and identify future priorities for improving outcomes for children and young people's mental health and wellbeing.

4. IMPACT ON VULNERABLE ADULTS AND CHILDREN

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.

<p>Non-Applicable Headings:</p>	<p>The following headings are non-applicable for the purposes of this update report:</p> <ul style="list-style-type: none"> 5. TRANSFORMATION/POLICY IMPLICATIONS 6. FINANCIAL IMPLICATIONS 7. PERSONNEL IMPLICATIONS 8. LEGAL IMPLICATIONS 9. PROCUREMENT IMPLICATIONS 10. PROPERTY IMPLICATIONS 11. CARBON REDUCTION/SOCIAL VALUE IMPLICATIONS 12. IMPACT ON THE LOCAL ECONOMY 13. IMPACT ON HEALTH AND WELLBEING 14. CUSTOMER IMPACT 15. WARD COUNCILLOR VIEWS
<p>Background Documents: (Access via Contact Officer)</p>	<p>Bromley Mental Health and Wellbeing Strategy 2020-25</p>