Promoting, protecting and improving our children and young people’s mental health and emotional wellbeing.

Havering Children and Young People Mental Health Transformation Plan

Sherine Howell – Children’s Joint Commissioning Manager
Claire Alp – Senior Public Health Specialist
Diana Daniel-Dawson – CAMHS Triage Lead
Mental health and emotional wellbeing

Population mental health:

» 75% of mental health disorders (not including dementia) start before the age of 18...50% before the age of 14

» 1 in 10 children aged 5-16 has a diagnosable mental health problem

» 1 in 5 mothers has depression, anxiety or, in some cases, psychosis during pregnancy or in the first year after childbirth

» 1 in 4 adults experiences at least one diagnosable mental health problem in any given year

Experiences of mental health care:

» It is estimated that up to three quarters of people with mental health problems receive no support at all

» Even if help is available, young people can be reluctant to seek help from services which still carry stigma and are not young person friendly

» Many people do not realise there are effective treatments available or how to access them

» In a crisis, only 14% of adults surveyed felt they were provided with the right response.
Estimated **3,275** children with mental health problems; most common are conduct, emotional and hyperkinetic disorders

Rate of children with a learning difficulty, moderate learning difficulty or autistic spectrum disorder is significantly lower than England; but the rate with severe difficulties is similar to England as a whole

**230** Looked After Children and more coming into the borough – more likely to have mental health problems

**443** children were identified as carers through the 2011 census, but likely to be greater (self-identification and disclosure)

Increasing youth offending and gang activity as borough demographic changes – association with mental health problems

**8,800** children living in relative poverty – association with behavioural problems

‘Avoidable’ A&E admissions – increased number of children with behavioural difficulties brought in by parents unable to cope & GP doesn’t know what to do
National agenda

» CYP Mental Health and Wellbeing Taskforce Report (November 2014)
  Recognition of:
  • Significant gaps in data
  • Treatment gap
  • Difficulties in access
  • Complexity of commissioning arrangements
  • Access to crisis, out of hours and liaison psychiatry
  • Issues facing highly vulnerable groups

» Future in Mind (March 2015)
  Focus on:
  • Promoting resilience, prevention and early intervention
  • Whole system change – delivering clear joined up approach
  • Improving access to effective support - a system without tiers
  • Care for the most vulnerable
  • Accountability and transparency
  • Developing the workforce
  • Evidence based improvements
NHS Five Year Forward View for Mental Health (February 2016)

• Phased approach: A 5 Year Transformation
• Additional funding to support longer term system wide transformation
• Key objectives of this funding are to:
  - Build capacity and capability across the system;
  - Rollout CYP IAPT and extend access to training via CYP IAPT for staff working with children under five and those with autism and learning difficulties;
  - Develop evidence based community Eating Disorders Service for CYP (meeting new access and waiting time standards) with any remainder released to improve self harm and crisis services;
  - Improve perinatal care.
• Plus ‘hard wiring’ the system to support good mental health care across the NHS whenever people need it
• Working with NHSE Specialised Commissioning teams to reflect overall vision that CYP are:
  - treated as close to home as possible
  - in the community when safe and appropriate but also ensuring access to specialist inpatient care when required
The CCG and local authority work in partnership to commission:

- CAMHS tiers 2 and 3 (NELFT)
- CAMHS tier 4 outreach (NELFT)
- Eating disorders team (NELFT)
- Perinatal services (NELFT)
- Voluntary sector counselling and therapy services (Homestart; First Step; Sycamore Trust)
- Community paediatrics (NELFT)
- Children’s Safeguarding (CCG and multi-agency)
- Emergency care at A&E (BHRUT)
- Maternity services (BHRUT)
- Young offender services (Council)
Transformation plan funding allocations

- Year 1 funding was spent in 2015/16
- Expectation for recurrent funds if plan ‘assured’ for further 4 years

<table>
<thead>
<tr>
<th></th>
<th>Eating Disorders Service 15/16</th>
<th>Local Transformation Plan 15/16</th>
<th>Minimum recurrent uplift from 2016/17 and beyond if plans are assured</th>
</tr>
</thead>
<tbody>
<tr>
<td>Havering</td>
<td>£144,659</td>
<td>£362,096</td>
<td>£506,755</td>
</tr>
<tr>
<td>Barking and Dagenham</td>
<td>£111,358</td>
<td>£278,739</td>
<td>£390,097</td>
</tr>
<tr>
<td>Redbridge</td>
<td>£146,066</td>
<td>£365,619</td>
<td>£511,685</td>
</tr>
</tbody>
</table>
Six overarching themes across Barking & Dagenham, Havering and Redbridge:

- Resilience
- Behaviour Focus, Early Extra Help
- Diagnosable Mental Health (CYP IAPT fund)
- Well-being Hub and Crisis
- Vulnerable Children (LAC, YOS)
- Eating Disorders

Within these, Havering has locally agreed workstreams

Listening to, and engaging, service users in shaping current and future services runs throughout these streams
Resilience

» Resilience and mindfulness training – aim is to increase resilience of both staff and whole school population. 6 courses delivered, 2 more running in Oct/ Nov 2016, planning for final 2 underway.

» Resilience training for parents and carers planned for 2016/17.

» Schools-CAMHS link project training underway – aim is to strengthen relationship between schools and CAMHS.

» Awaiting sign-off of ‘Schools Links’ role based in CAMHS. Will continue to develop links and explore other training needs identified by school staff.

Behaviour Focus and Early Extra Help

» Perinatal support – Mellow Babies intervention (attachment parenting) and The Incredible Years® parenting programme (behaviour support)


Wellbeing Hub

» Single route to support (strengthening MH Direct and current CAMHS SPA system and Crisis support) across BHR
Digital Models of Support

» Extra modules for ages 5-11 parental support added to CCG website
» Silent Secret App commissioned for Havering. Platform for anonymous peer support and sign posting to local services for young people

Eating Disorders

» Service being redesigned in conjunction with Barking & Dagenham, Redbridge and Waltham Forest.
» In Havering, ARC Theatre will deliver ‘Lucky Me’ in schools during 2016/17 – a production focusing on body image, being a healthy weight and associated emotional issues.
» Outreach post

Vulnerable Children (LAC/YOS)

» Enhanced support to young people at greater risk of MH problems
» Planned Speech and Language Therapy provision for young offenders, emulating the Redbridge model
» Vulnerable children pathway to be redesigned in 2016/17
Mental health & wellbeing in schools

» Link between wellbeing and attainment

» Children with positive emotional wellbeing progress better in primary school and are more engaged in secondary school

» The factors that influence whether or not a child develops an emotional or behavioural problem are complex, but broadly fall into two categories:
  - Risk
  - Resilience

3 Islington MHARS – A Framework for Mental Health and Resilience in Schools
Whole School Approach

» Healthy Schools London awards

- Review of current policies and practice, ensuring basic ‘Healthy Schools’ standards are in place.
- Plan one universal action and one targeted action to improve health in school, explain how impact will be measured.
- Having carried out silver actions, evaluate impact, what worked well, challenges.
Bronze award links to mental health and wellbeing

- A clear vision, and values that are understood and consistently communicated
- Support and training for all staff to build skills, capacity and own resilience
- Support networks that enable pupils to develop social relationships
- Teaching and learning that develops resilient learners
- Effective partnerships with parents
- Specific help for vulnerable pupils
- A curriculum that teaches life skills, including social and emotional skills

Islington MHARS – A Framework for Mental Health and Resilience in Schools
Silver/ gold award links to mental health and wellbeing

» Scargill Infant School

- Yoga introduced throughout the school day for Reception children
- Teachers reported improved behaviour through using yoga after hot/wet playtimes
- 40% of the cohort achieved ‘Exceeding’ for moving and handling in Physical Development and the Personal, Social, Emotional Development – Managing Behaviour and Feelings section of the children’s profiles, an increase of >20%, compared to last year
- Children reported using yoga techniques not just in school but at home too

“Since taking part in yoga sessions on a daily basis, children are more patient and understanding towards each other”

“Children with particular behaviour issues have used yoga to calm themselves down ready to carry on with their learning and move on from the situation”
Silver/gold award links to mental health and wellbeing

- Targeted project with persistently late and absent children
- Given roles of responsibility in before-school gardening club
- 72 incidences of lateness over a 4-week period pre-intervention (an average of 6 late marks per child) decreased to 6 incidences over a 4 week period post-intervention (an average of 0.6 late marks per child).
- Rate of persistent absenteeism decreased from 4.0% (10 out of 250 children) to 1.2% (3 out of 250 children)

“We had a couple of pupils who were refusing to come to school in the morning leading to parents ‘forcing’ them in and both parent and child arriving in a very distressed and emotional state. Gardening Club was a problem solver and ended this ‘fear’ of school so pupils and parents were able to start the day calmly.”

“Gardening Club had a positive impact on the children’s willingness to get out of bed in the morning, have a better routine and increased their enthusiasm for attending school.”
Silver/gold award links to mental health and wellbeing

» Frances Bardsley Academy

- Initial Year 7 and 10 student survey showed that only 26% felt able to handle stress in school
- Increasing number of students presenting with signs of emotional ill-health and stress
- A second survey, focusing on stress, was developed by Year 7 students
- Results showed that only 5% of students report using breathing exercises to calm themselves when they are stressed, and only 12% of students said they would ask a friend for help if they are feeling stressed
- Silver action plan focuses on increasing the percentage of students using these coping and support mechanisms when they are experiencing stress
- Staff attended mindfulness and resilience training
- Programme of wellbeing activities including Yoga, and stress management
- Peer-led mentoring programme
NHS Five Year Forward View “people’s priorities for change”
- 20,000 responses to online survey
- 250 participants engaged via events hosted by Mind and Rethink Mental Illness
- 60 people engaged who were detained in secure mental health services
- 26 expert organisations submitted written responses
- 20 written submissions from individual members of the public

The themes identified through the engagement process informed the four priorities that shape the full set of recommendations:
1. A 7-day NHS - right care, right time, right quality
2. An integrated approach to mental and physical care
3. Promoting good mental health and preventing poor mental health
4. ‘Hard-wiring’ mental health across the NHS
Patient and Public Engagement Advisor attends the Havering working group meetings

Focus groups with primary, secondary and special school children for SEND Joint Strategic Needs Assessment

As part of the digital workstream, Silent Secret will train 10 Havering young people as ambassadors of MH and the app

Developing opportunities to work with Havering’s Youth Council, Youth Parliament and Children in Care Council

Regular communication with schools’ pastoral leads forum

CAMHS Patient Participation Group

Other opportunities to engage with services users, staff and other stakeholders are very welcome
Havering CAMHS Update: Current Position

» 6 staff who have attended the Children and Young People’s Improved Access to Psychological Therapies Training. (CYP- IAPT), more staff attending this year.

» Total co-location to the Acorn Centre (Integrated Children’s Service) by February 2017.

» “Thrive” model to be introduced at Havering CAMHS.

» Young peoples Home Treatment Team/Crisis Team created in Havering.
Havering CAMHS Update: Current Position

» School’s “Link worker” Role.
» My Mind Phone App.
» Silent Secret Phone App.
Havering CAMHS Update:

Integrated Children's services at Acorn Centre, London Rd, Romford
Havering CAMHS Update:

Acorn Centre...some of the rooms inside
New School’s Link Worker Role
Havering CAMHS Update:

- Service Transformation
- Working in partnership with Children and Young People
- CYP IAPT evidence based therapies
- Routine Outcome Monitoring

Best care by the best people
Havering CAMHS Update: Current CAMHS Structure

- **Tier 4**: Highly specialised inpatient CAMH units and intensive community treatment services
- **Tier 3**: Specialist multidisciplinary outpatient CAMH teams
- **Tier 2**: A combination of some specialist CAMH services and some community-based services including primary mental health workers
- **Tier 1**: Universal services consisting of all primary care agencies including general medical practice, school nursing, health visiting and schools

Best care by the best people
Havering CAMHS Update: Future CAMHS Structure

**I-Thrive**

- **Prevention & promotion**
  - Signposting, self-management and one-off contact
  - Goals focused evidence informed and outcomes focused intervention

- **Risk management and crisis response**
  - Extensive treatment

- **Getting Advice**
  - Getting Risk Support

- **Getting Help**
  - Getting More Help

---

*Best care by the best people*
Havering CAMHS Update:

Silent Secret App

No one can Judge You on Silent Secret.

Share secrets, thoughts, news and your lifestyle anonymously with the Silent Secret app.

USE CODE $=hcamhs
At the start of a post to unlock bonus app features

www.silentsecret.uk

Best care by the best people
Havering CAMHS Update:

NELFT ‘My Mind’ PHONE APP

https://youtu.be/fz3pmn0ys10

Best care by the best people
Young Person’s Home Treatment Team and Self Harm Crisis team

- A Young Person’s Home Treatment Team (YPHTT) alongside an inpatient service; aims to increase the service scope to provide best evidence-based practice for young people with acute mental health conditions and their families, in the least restrictive manner, to enhance patient experience
- Self Harm Crisis Team
Havering CAMHS Update:

Benefits to Young People and Their Families