Leicester, Leicestershire & Rutland (LLR)

Children and Young People’s Mental Health

Introduction

Mental health problems affect about 1 in 9 children and young people, aged between 5 and 15 years. Mental Health problems such as depression, anxiety and conduct disorders often develop in response to what is happening in a child or young person’s daily life.

Mental Health of Children & Young People in England (NHS Digital, 2017) survey showed:

- 1 in 8 (12.8%) of 5 to 19 year olds have at least one mental health disorder
- There are four broad mental health disorder categories for children & young people, including Emotional, Behavioural, Hyperactivity and Other less common disorders.
- Emotional disorders are the most prevalent (8.1%) and have become more common in children & young people aged 5 to 15 years
- Rate of mental health disorders increases with age

Strong links have been shown between mental health problems in children & young people and social disadvantage, with children & young people in the poorest households being three times more likely to have a mental health problem than those growing up in more well-off homes and parental mental illness is associated with increased rates of mental health problems in children & young people with up to 66% of those whose parents have a mental health problem, having mental health difficulties themselves.

Other risks to mental health include family violence or conflict, negative life events, low sense of connection to learning environments.

In 2015, an estimated 8.7%, of children and young people aged 5-16 years had a mental health disorder in Leicestershire County, this equates to nearly 8,000 children or young people. For Leicester City the current estimate is 5,250 children & young people.

This brings the current total of children & young people thought to have a mental health illness to approximately 13,250.

The National Health Foundation reports that 70% of children and young people who experience a mental problem have not had appropriate interventions at a sufficiently early age. Less than 25% to 35% of children and young people with a diagnosable mental health condition access support. It is recognised that action is needed across a child and young person’s life course and within the wider context of their lives to improve emotional, mental health and wellbeing.

This paper will outline the scale of the mental health problems for children and young people in Leicester, Leicestershire and Rutland, describe action taken to meet the need and areas of work planned for coming year.
National Health Policy

Health Policy over the past two decades has been aimed to improve mental health services and set out plans to achieve this in a number of key documents including;

- 1999 - National Framework of Mental Health
- 2000 - The NHS Plan
- 2004 - NHS Framework for Children & Young People Services
- 2011 - Mental Health Strategy for England
- 2015 - Future in Mind: Children & Young People’s Mental Wellbeing
- 2016 - NHS Five Year Forward View for Mental Health
- 2019 - NHS Long Term Plan to tackle major killer conditions and save up to half a million lives

Policy development reflects a greater understanding that mental health problems are widespread, they are also often hidden and impact on physical health. Mental health and wellbeing effects all ages and around half of mental health problems are developed by aged 14 years. There is now a greater emphasis and commitment to provide ‘parity of esteem’ between both mental health and physical health.

**Future in Mind (2015)** made the case for promoting resilience, prevention, early intervention and high quality care, delivered by a skilled and competent workforce in order to reduce the number of children and young people that develop mental health problems. This commitment was reaffirmed in the **Five Year Forward View for Mental Health (2016)**, which set national trajectories for improving access to mental health care for children and young people and development of the necessary skilled workforce.

The **Five Year Forward View for Mental Health (2016)** was supported by additional investment in clinical commissioning group (CCG) baselines.

The **Leicester, Leicestershire & Rutland Future in Mind Transformation Plan 2018-2020** has been developed in partnership with the 3 Clinical Commissioning Groups and the 3 Local Authority Health and Wellbeing Boards. Local partnership working has resulted in operational implementation and delivery of the plan across the whole system pathway of services.

The **Long Term NHS Plan 2019** has set out the following children and young people’s mental health objectives and builds on local transformation which has been delivered to date:

- Increasing funding for children and young people’s mental health
- Bringing down waiting lists for autism assessments
- Providing the right care for children with learning disability

**National Delivery Standards**

As part of the planning process NHS England identified delivery standards (key performance indicators) which NHS are monitored against;

The expectation and standards monitored for 2018/19 are:
• Increased access to services – national target was 49,000 children and young people to be in receipt of treatment (which was a 32% increase above the 14/15 baseline)
• Show progress towards delivering 2020/21 waiting time standards for Eating Disorder Services
  (95% of children and young people in receipt of first treatment within 4 weeks for routine cases and within 1 week for urgent cases)

The Long Term NHS Plan’s technical guidance has set out the following standards that will be measured:

• For 2019/20 CCGs are expected to achieve 35% of CYP with a diagnosable need accessing treatment in the year.
• The proportion of CYP with Eating Disorders (routine cases) that wait 4 weeks or less from referral to start of NICE-approved treatment.
• The proportion of CYP with Eating Disorders (urgent cases) that wait 1 week or less from referral to start of NICE-approved treatment.

Accurate reporting of performance is predicated on submission of the minimum data set by Providers.

Local Need

Population Data

National data shows that 325,000 children & young people were treated through NHS commissioned community services in 2017/18. This is approximately 30.5% of children & young people with a diagnosable mental health condition.

By 2020/21, there will be a significant expansion to children & young people’s mental health care. At least 70,000 additional children & young people are expected to receive evidence based treatment, representing an increase in access to NHS-funded community services to meet the needs of at least 35% of those with diagnosable mental health conditions.

Across Leicester, Leicestershire and Rutland STP area a total population of 1,061,800 with a forecast increase over the next five years of 3.6% for children and young people, 1.7% for adults and 11.1% for older people.

There are in the region of 250,000 children & young people up to the age of 18 across Leicester, Leicestershire and Rutland (LLR, Census 2011) and from population data we know:

• 1 in 10 children & young people will have a mental health disorder
• 1 in 20 children & young people will have a conduct disorder
• Approximately 3000 children & young people will experience emotional disorders
• Approximately 2000 women will experience adjustment disorders and distress (i.e. perinatal mental health).
• 1 in 6 adults will have a mental health disorder
• 1 in 20 children & young people will experience sexual abuse
Joint Strategic Needs Assessments (JSNAs)

JSNAs have been undertaken by Public Health Teams to analyse the health needs of the local population. The purpose of the JSNA is to improve the health and wellbeing of the local community and to reduce inequalities for all ages. Review of the JSNAs show:

In Leicestershire (county areas), in an average school class (approximately 30 young people aged 15 years):

• 3 could have a mental health disorder
• 10 are likely to have witnessed their parents separate
• 1 could have experienced the death of a parent
• 7 are likely to have been bullied
• 6 may be self-harming

In Leicester City

• 27% of the City population is aged below 20 years
• 66.4% of school children in the City are from BME backgrounds
• The level of child poverty in the City is worse than the national average with 30% of children aged below 16 years living in poverty
• 6, 400 children in Leicester could have a diagnosed mental illness by 2035
• Risk of mental illness increases as a result of alcohol and substance misuse in young adults

The JSNAs also highlight that self-harm is a growing concern among young people. Nationally, suicide is the leading cause of death in young people. The suicide rate among 10-19 year olds is 2.2 per 100,000; it is higher in males (3.14) than females (1.3), and in older adolescents (4.04 among 15-19 year olds).

According to the Leicestershire JSNA young people in the county aged 15-19 years are four times more likely to self-harm compared to younger people between the ages of 10-14 years and that in 2016/17, the crude rate of hospital admissions as a result of self-harm in Leicestershire was 139.5 per 100,000 population aged 10-14 years, this represents 52 finished admission episodes per year.

The overall population is forecast to grow by around 32,000 (3%) by 2019. This represents a rate of growth slightly lower than that for England as a whole.

The City of Leicester has a younger population, with the County areas markedly older. This difference will continue to 2019, with the City having a larger proportion of younger adults and a smaller proportion of older people.
Table 1: Age range of LLR population

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>CYP expected to receive treatment in Leicester, Leicestershire &amp; Rutland from an NHS-funded community MH service (local trajectory)</td>
<td>4200</td>
<td>4500</td>
<td>5088</td>
<td>5406</td>
<td>5565</td>
</tr>
</tbody>
</table>

Table 2: Local trajectories for children & young people expected to access NHS funded services

<table>
<thead>
<tr>
<th>Children &amp; Families mental Health &amp; Wellbeing Transformation Dashboard</th>
<th>Apr-</th>
<th>May-</th>
<th>Jun-</th>
<th>Jul-</th>
<th>Aug-</th>
<th>Sep-</th>
<th>Oct-</th>
<th>Nov-</th>
</tr>
</thead>
<tbody>
<tr>
<td>LC</td>
<td>8820</td>
<td>160</td>
<td>155</td>
<td>105</td>
<td>85</td>
<td>85</td>
<td>70</td>
<td>75</td>
</tr>
<tr>
<td>National report (YTD)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>505</td>
<td>660</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ELR</td>
<td>5639</td>
<td>190</td>
<td>160</td>
<td>120</td>
<td>85</td>
<td>75</td>
<td>80</td>
<td>95</td>
</tr>
<tr>
<td>National report</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>555</td>
<td>705</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WL</td>
<td>6827</td>
<td>205</td>
<td>180</td>
<td>130</td>
<td>115</td>
<td>85</td>
<td>85</td>
<td>115</td>
</tr>
<tr>
<td>National report</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>630</td>
<td>800</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 3: Children & Families Mental Health & Wellbeing Transformation Dashboard - number of Children and Young People who present with a diagnosable mental health or wellbeing problem (%)
Future in Mind Local Transformation Programme

The Future in Mind Local Transformation Plan 2018/20 sets out plans to enhance the provision of local emotional, mental health and wellbeing services for children and young people. The local transformation programme is aligned to national priorities as follows:

- Improving timely access to the right service to meet the needs of children and young people
- An increased shared focus on prevention across a whole system pathway of services
- Improving the knowledge and understanding of the services available to Children and Young People in all areas
- Increasing the numbers of children and young people accessing evidence based interventions (through CYP IAPT)
- Increasing the capacity and capability of the children and young people’s mental health workforce
- Improving the accuracy and reliability of data and reporting

In Leicester, Leicestershire and Rutland we have developed a whole system approach to delivering a range of emotional, mental health and wellbeing services that meet all levels of need. A range of services are available to children, young people, parents, carers and professionals working with them.

Since the first draft of the transformation plan was developed in 2015, some existing services have been enhanced, such as CAMHS Access and Eating Disorders service and other have been established to meet the growing need of the young population; these have included building resilience through a schools programme, provision and access to on-line counselling services and latterly an early intervention service.

The current system has at least 22 services that offer arrange of different level and types of support, and / or treatment for children, young people and their families who are experiencing emotional and mental health problems: plans are now in place to provide a central Triage & Navigation Service which will provide a comprehensive and responsive referral management systems in 2019/20.

Between April 2018 and November 2018 a total of 6030 children and young people have been supported with advice, information and evidence based interventions, including specialist provision from one or more of the following the following services:

<table>
<thead>
<tr>
<th>Service</th>
<th>Total CYP Accessing the Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Intervention Service</td>
<td>1303</td>
</tr>
<tr>
<td>Kooth Online Counselling</td>
<td>1427</td>
</tr>
<tr>
<td>Kooth Online Chat Messaging</td>
<td>478</td>
</tr>
<tr>
<td>Specialist CAMHS (Access)</td>
<td>1255</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>106</td>
</tr>
<tr>
<td>Crisis</td>
<td>1052</td>
</tr>
<tr>
<td>City Early Intervention Psychology Service (CEIPS)</td>
<td>357</td>
</tr>
<tr>
<td>Family Action Post Sexual Abuse (PSA)</td>
<td>21</td>
</tr>
<tr>
<td>Early Intervention Psychosis (PIER)</td>
<td>31</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>6030</strong></td>
</tr>
</tbody>
</table>

Table 4: Number of children and young people accessing each service
Leicester, Leicestershire & Rutland (LLR) Pathway of Services

System Wide Emotional Health Wellbeing Pathway of Services 2019 to 2020

Professional/Practitioner Referral
Self-Referral
(Children Young People or Families)

Triage and Navigation Service

Referral Triage

Supporting Teams

Primary Care

Resilience

Early Help and Social Care

Early Intervention

Online Technical Support

Specialist Mental Health

Leicester City Early Help
Leicester City Think Family
Leicestershire Early Help
Supporting Leicestershire Families
Rutland Early Help
Substance Misuse Service
Multi Agency Travelers Unit
Multi Agency Traveller Education Service

CAMHS
Eating Disorder
Psychiatric Assessment
Neuro Development
Paediatric Psychology Service
Learning Disability Team
Transitions Team
Travelling Family Service
Autism Outreach
Liaison Psychiatry

CAMHS
Eating Disorder
Psychiatric Assessment
Neuro Development
Paediatric Psychology Service
Learning Disability Team
Transitions Team
Travelling Family Service
Autism Outreach
Liaison Psychiatry

Specialist and Targeted Community Services
Speech and Language Service
Sexual Health
Community Outpatients
DIANA Community Services
Early Intervention Psychics
Young People Team
Post Sexual Abuse (Family Action)
 Palliative Care (Rainbows)
Young Carers (Bardello’s Carefree)

Joint Commissioned Services
Looked After Children
The Mingle Project
Youth Offending Service (YOS)
SEND
Sexual Exploitation

Children’s Safeguarding
Mental Health Pathway

The following provides a brief summary of services available to children and young people.

Enhanced Access

The CAMHS Enhanced Access Service was funded to ensure children and young people can access treatment to improve their life chances and to minimise the impact on their long term health conditions. The enhanced part of the service is focused on streamlining the current access into CAMHS and the introduction of one multi-disciplinary team to assess the needs of children and young people.

The primary function of the CAMHS is to assess and treat children and young people aged 0-18 years with severe, significant or enduring mental health or developmental disorders through the provision of evidence based treatment and interventions.

The aim of the service is to offer timely, effective clinical interventions, working with families and reaching out to communities.

The service is delivered by a range of multi-disciplinary teams with a skill mix to meet the demands of the roles. The specialist outreach team provide children, young people and families with a range of services.

Table 5  Referrals and Discharge 13 Week Access Data during 2018
(January to December 2018)

<table>
<thead>
<tr>
<th>Measure</th>
<th>Type</th>
<th>Jan-</th>
<th>Feb-</th>
<th>Mar-</th>
<th>Apr-</th>
<th>May-</th>
<th>Jun-</th>
<th>Jul-</th>
<th>Aug-</th>
<th>Sep-</th>
<th>Oct-</th>
<th>Nov-</th>
<th>Dec-</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access 13 Week</td>
<td>Referrals</td>
<td>250</td>
<td>253</td>
<td>274</td>
<td>231</td>
<td>234</td>
<td>198</td>
<td>198</td>
<td>136</td>
<td>187</td>
<td>197</td>
<td>208</td>
<td>168</td>
</tr>
<tr>
<td>Access 13 Week</td>
<td>Discharge</td>
<td>155</td>
<td>180</td>
<td>207</td>
<td>244</td>
<td>198</td>
<td>138</td>
<td>138</td>
<td>146</td>
<td>132</td>
<td>154</td>
<td>177</td>
<td>154</td>
</tr>
<tr>
<td>Access 4 Week</td>
<td>Referrals</td>
<td>22</td>
<td>29</td>
<td>24</td>
<td>16</td>
<td>27</td>
<td>75</td>
<td>52</td>
<td>27</td>
<td>35</td>
<td>46</td>
<td>47</td>
<td>53</td>
</tr>
<tr>
<td>Access 4 Week</td>
<td>Discharge</td>
<td>27</td>
<td>20</td>
<td>25</td>
<td>18</td>
<td>16</td>
<td>63</td>
<td>65</td>
<td>50</td>
<td>10</td>
<td>19</td>
<td>48</td>
<td>37</td>
</tr>
</tbody>
</table>

Table 6 Referral Management Data

<table>
<thead>
<tr>
<th>Referrals</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Re-directed to EIS</td>
<td>31%</td>
</tr>
<tr>
<td>No Accepted (Returned to GP)</td>
<td>30%</td>
</tr>
</tbody>
</table>
Triage and Navigation Service

As part of our ongoing work to improve access to services, partners across the health and social care system have developed plans to establish a central Triage and Navigation Service. The service aims to be operational by August 2019 and will:

- Reduce the number of referrals into CAMHS by at least 30% to enable Specialist CAMHS practitioners to focus on those C&YP requiring CAMHS assessment and treatment
- Support professionals, families, carers, children, and young people to navigate across the pathway to gain timely access to the right care that meets their needs (emotional, lower level mental health and wellbeing)
- Create central access for health service referrals and to improve the patient journey with timely navigation to appropriate support and interventions.
- Ensuring C&YP are referred to the right service to meet their needs, accessing the full range of emotional, mental health and wellbeing services as described within our local transformation plan.

The Triage and Navigation Service is expected to increase access to services which can offer children and young people’s children support at an early stage and therefore reduce the number that develop mental health illness and require CAMHS services; it is anticipated that this will reduce demand for CAMHS, the number of inpatient admission and lesson length of stay when admission is required.

The new service will provide a central point of contact for professionals working with children and young people, as well as accept self-referrals who will be facilitated to request support and advice; they will be assessed and signposted, or referred on, to the most appropriate service to meet their needs. This will be undertaken through:-

- Direct central access
- Referral assessment
- Referral Triage and Clarification (gathering any background information to support the referral)
- Risk assessment
- Navigation to the most appropriate service to meet individual need
- Multidisciplinary /Organisational discussion and review of more complex cases

The proposed integrated model will transform services, focus on a whole system approach to care delivery and will move away from the traditional and existing CAMHS led model.

In addition, there is a national requirement to implement ‘self-referral’ into CAMHS by 2020, which will be met as part of the proposed new service. The model will enable alignment of referral administration systems and reduce duplication across services.
Resilience

Route to Resilience is a fully-funded year long programme of support from the Route to Resilience Delivery Team and peer support from other schools in the programme. It provides a cohesive structure to integrate and extend participating schools' existing work on character, values and resilience.

To date 218 schools have participated with the school resilience programme with a reach of 87151 pupils.

<table>
<thead>
<tr>
<th>Area</th>
<th>Year 1</th>
<th>Year 2</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leicester City Schools Engaged</td>
<td>10</td>
<td>36</td>
<td>46</td>
</tr>
<tr>
<td>Leicestershire Schools Engaged</td>
<td>95</td>
<td>69</td>
<td>164</td>
</tr>
<tr>
<td>Rutland Schools Engaged</td>
<td>1</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>LLR Total Schools Engaged</td>
<td>106</td>
<td>112</td>
<td>218</td>
</tr>
</tbody>
</table>

Table 7: Route to Resilience School Engagement Data

Kooth Online Counselling

Kooth, from Xenzone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop which is free at the point of use. Kooth is able to break down barriers and stigma associated with accessing mental and emotional well-being support by offering a digital platform.

1427 children & young people logged onto Kooth 25617 times and 478 children & young people have participated in 807 online chat sessions with 5589 messages being sent and received.

<table>
<thead>
<tr>
<th>2018-19</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Registrations (CYP)</td>
<td>177</td>
<td>173</td>
<td>273</td>
<td>132</td>
<td>109</td>
<td>200</td>
<td>174</td>
<td>189</td>
<td>1427</td>
</tr>
<tr>
<td>Logins</td>
<td>1350</td>
<td>15554</td>
<td>1615</td>
<td>1216</td>
<td>1235</td>
<td>1557</td>
<td>1675</td>
<td>1415</td>
<td>25617</td>
</tr>
<tr>
<td>Chat Counselling (CYP)</td>
<td>83</td>
<td>49</td>
<td>63</td>
<td>53</td>
<td>65</td>
<td>63</td>
<td>48</td>
<td>54</td>
<td>478</td>
</tr>
<tr>
<td>Chat Sessions</td>
<td>115</td>
<td>82</td>
<td>94</td>
<td>80</td>
<td>110</td>
<td>102</td>
<td>71</td>
<td>153</td>
<td>807</td>
</tr>
<tr>
<td>Messages</td>
<td>628</td>
<td>816</td>
<td>763</td>
<td>528</td>
<td>585</td>
<td>781</td>
<td>720</td>
<td>768</td>
<td>5589</td>
</tr>
</tbody>
</table>

Table 8: Kooth Online Counselling Data
Early Intervention Service

The Early Intervention Service supports children and young people who present with low level mental health needs, which impact on their daily lives but do not meet the Children and Adolescent Mental Health Service (CAMHS) criteria. For Example: low mood, self-harm, anger, anxiety and relationships.

The service is delivered by a group of third sector providers led by Relate Leicestershire - Time for You. Professionals work in partnership to deliver advice, help and support. All interventions are based on the assessed need of each child and young person.

Children and young people who do not meet the criteria for the service will be referred to an appropriate service across the pathway.

The service is currently commissioned to see 108 children and young people each month and has shown an ongoing increase in access and service demand.

Table 9 Early Intervention Service Referral Data

<table>
<thead>
<tr>
<th>2018-19</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Referrals</td>
<td>126</td>
<td>107</td>
<td>192</td>
<td>108</td>
<td>131</td>
<td>149</td>
<td>212</td>
<td>278</td>
<td>1303</td>
</tr>
</tbody>
</table>

Child and Adolescent Mental Health (CAMHS)

The Leicester Partnership NHS Trust (LPT) provides mental health and community services across 16 locations throughout Leicester, Leicestershire and Rutland. The Trust has 628 inpatient beds across 39 wards, 10 of which are children’s mental health beds. The Trust also has 73 outpatient clinics a week and 436 community clinics a week.

CQC inspections have taken place on a number of occasion over the past few years; in late 2017 they found a number of improvements had been made with regard to the services inspected and was described as particularly evident in specialist community mental health services for children and young people which was rated as Inadequate following our previous inspection in November 2016.

LPT had established an Improvement Board to develop a plan and drive improvement; they reviewed their systems and processes for care planning and risk assessments – implementing a traffic light system of risk management which ensure all children and young people waiting for treatment are monitored regularly and are prioritised if risks are escalating.

The CQC report (published in 2018) rated the service as ‘requires improvement’ because:

- The Trust was rated as requires improvement for well led
- The environment in some services was poor, not well maintained and not kept clean.
- The environment in specialist community mental health services for children & young people was not suitable and did not promote safe practice
- Patients waiting for their appointment in the specialist community mental health services for children and young people used a shared waiting room with the learning
disabilities adults’ services. This could pose a risk as patients were unsupervised in this area.

- There were a high number of patients on the waiting list for treatment in the specialist community mental health services for children and young people.
- Not all patient records showed a full assessment of need, including physical health needs or up to date care plans. Care plans were not always holistic and person centred.
- The quality of some of the data was poor. Staff could not rely on performance reports being accurate. Some local managers were keeping their own records to ensure performance was monitored.

The CQC had noted that some improvements had been made since their previous inspection (February 2017), in that the process for monitoring patients on the waiting list in specialist community mental health services for children and young people had been strengthened and care planning had improved in the crisis services.

They observed skilled, well trained clinicians working with children and young people, with evidence of effective multi-disciplinary working, but they remained concerned about the length of time children and young people were waiting for a core mental health assessment.

Further work has continued by LPT during this time as part of the Improvement Board to improve waiting list times; however this has remained an area of significant challenge.

The findings from a further CQC inspection took place in December 2018 and the report is pending publication.

**Waiting Times Pilot Project**

The continued lengthy delay for many children to commence treatment remains a focus of commissioners, providers and at national level.

CCG commissioners have recently established a new CAMHS specific quality, performance and improvement meeting to enable greater scrutiny and joint working with LPT CAMHS with a solution focused as well as assurance approach; it is too soon to measure the impact of this new approach.

Leicester, Leicestershire & Rutland (LLR) Clinical Commissioning Group (CCG) has secured some additional funding from NHS England to address waiting times for children and young people’s mental health services between January and March 2019. This is to enable the system to drive significant, positive change in children & young people’s waiting times for Mental Health assessment, diagnosis, treatment, and support, especially in those areas of greatest challenge.

A review of system wide current waiting lists has identified there are:

- 179 children & young people who have been waiting more than 1 year for neurodevelopmental assessment, diagnosis and intervention. This makes up the highest proportion of overall waits for Specialist Child and Adolescent Mental Health Services (CAMHS)
• 467 children & young people are currently waiting for a first appointment with our Early Intervention Service. This waiting list has developed as a direct result of monthly over-demand for this service.

• Increased numbers of children & young people accessing online counselling and chat messaging through the Online Counselling Service, Kooth. The service is over-delivering by an additional 120-150 additional worker hours.

Working in collaboration with partners to plan and consider immediate actions that can be taken, to have the most significant impact in reducing current waiting lists across the whole system and any subsequent wider impact on other services. Additional investment received from NHS England will be utilised in the following ways from January to March 2019:

I. Reducing the current Neurodevelopmental Waiting List for those children & young people who have been waiting more than 1 year. Including, making system wide provision for any on-going support required where an ADHD diagnosis is confirmed.

II. Reducing the current Early Intervention Service Waiting List through direct counselling hours, group work and assessments.

III. Increasing capacity of Kooth Online Counselling Services to meet growing demand.

Crisis Resolution and Home Treatment Service

The Crisis and Home Treatment (CHRT) Service provides comprehensive, multidisciplinary community based assessment and management of mental health crisis for children and young people. The service is aligned to the Adult Mental Health Crisis and Home Treatment Service, and the all age mental health triage and liaison team based at Leicester Royal Infirmary (LRI).

Table 12 Children & Families Mental Health & Wellbeing Transformation Dashboard –

<table>
<thead>
<tr>
<th>Indicator 2018-19</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone Assessment within 2 hours</td>
<td>33</td>
<td>41</td>
<td>27</td>
<td>40</td>
<td>23</td>
<td>46</td>
<td>35</td>
<td>11</td>
</tr>
<tr>
<td>Face to Face contact within 24 hours</td>
<td>58</td>
<td>62</td>
<td>24</td>
<td>17</td>
<td>13</td>
<td>31</td>
<td>32</td>
<td>24</td>
</tr>
<tr>
<td>Referrals reallocated to Intensive Home Treatment Service</td>
<td>18</td>
<td>26</td>
<td>12</td>
<td>6</td>
<td>9</td>
<td>15</td>
<td>21</td>
<td>18</td>
</tr>
<tr>
<td><strong>Total New Referrals</strong></td>
<td>131</td>
<td>158</td>
<td>137</td>
<td>161</td>
<td>111</td>
<td>101</td>
<td>119</td>
<td>134</td>
</tr>
</tbody>
</table>

CAMHS Crisis Resolution & Home Treatment Data (April to November 2018)
### A&E Attendances

<table>
<thead>
<tr>
<th>A&amp;E Attendance</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017/18</td>
<td>39</td>
<td>71</td>
<td>66</td>
<td>40</td>
<td>56</td>
<td>54</td>
<td>54</td>
<td>80</td>
<td>73</td>
<td>65</td>
<td>56</td>
<td>66</td>
</tr>
<tr>
<td>2018/19</td>
<td>32</td>
<td>32</td>
<td>37</td>
<td>24</td>
<td>18</td>
<td>34</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Table 13: Children & Families Mental Health & Wellbeing Transformation Dashboard – Reduction in CYP attendance at A&E presenting with a primary Mental Health diagnosis with no physical needs

Local transformation is expected to transfer activity from acute settings into the community – reducing the number attending A&E and an inpatient stay and the local data does appear to support this assumption, with a reduction in children and young people presenting to A&E compared to the previous year, by 46%.

### Eating Disorders

The aim of the Eating Disorders Service is to provide specialist assessment and intervention to young people with eating disorders (e.g. anorexia nervosa, bulimia nervosa and a-typical subtypes) and works with young people and their carers to provide interventions to address physical, psychological and social aspects of eating disorders.

Table 11: Children & Families Mental Health & Wellbeing Transformation Dashboard – CAMHS Eating Disorders Access Data (April to November 2018)

<table>
<thead>
<tr>
<th>Indicator 2018-19</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine (4 weeks)</td>
<td>15</td>
<td>7</td>
<td>13</td>
<td>17</td>
<td>12</td>
<td>5</td>
<td>7</td>
<td>18</td>
</tr>
<tr>
<td>Urgent (1 week)</td>
<td>0</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Total New Referrals</td>
<td>15</td>
<td>10</td>
<td>15</td>
<td>19</td>
<td>13</td>
<td>5</td>
<td>10</td>
<td>19</td>
</tr>
</tbody>
</table>

Eating disorders is a national and local priority for LLR.

### Other Services that provide emotional and mental health support

As part of our continued local transformation and pathway of services we have strengthened partnership working across the health and social care system, including voluntary sector to improve children, young people’s and families experiences of care.

### Local Authority Early Help Services

Each Local Authority has an early help offer which brings together a range of services to support children, young people and their families who need some additional help.
Early Intervention Psychosis

We have two services that currently work with children and young people who need specialist psychological support and interventions.

The **P.I.E.R. Team** has been set up to work especially with people who have experienced a first episode of psychosis. They provide all age specialist care for 14 – 65 years, who are in the early phase of psychosis. The service is monitored in line with the national standards that 50% of referrals accepted into the service are seen and treatment is commenced within 2 weeks. Currently 100 children were referred into the service over the past 18 months and 31 were taken on for treatment.

The City Early Intervention Psychology Service (CEIPS) offers group work interventions to local schools to deliver support to children and young people who need help managing anxiety. Psychoeducational practical strategies are used to help children and young people who are experiencing exam anxiety. There has been good engagement with 107 children and young people participating in groups.

**Young People’s Team**

The Young People’s Team is jointly commissioned by health and social care to provide enhanced specialist treatment, support and advice to vulnerable children & young people who have been subject to trauma or abuse, adverse childhood experiences and neglect. This covers all children & young people including:

**Youth Offending Service (YOS)**

Mental health services for young people known to Youth Offending Services are delivered by the Young People’s Team. The service aims improve and develop the following pathways for vulnerable children & young people and positively impact:

- Children & young people at risk of receiving Health & Justice commissioned provision (secure settings)
- Children & young people returning to the community from secure settings
- Children & young people who have been in contact with the paediatric sexual assault referral centre (SARC)

NHS England Health & Justice Project delivered by NHS England Health & Justice commissioned provision (secure setting). The project is primarily for children and young people returning to the community from secure settings with a view to supporting all levels of emotional distress and mental health needs related to physical and emotional trauma. Set up in November 2018, additional resource has been provided to increase capacity within Leicestershire Partnership NHS Trust CAMHS liaison and diversion team. The team will work across Leicester, Leicestershire and Rutland with the Youth Offending Teams to provide rapid access to specialist CAMHS assessment and intervention. The team has developed a bespoke training package and provided training to the youth offending teams to enable a shared approach to therapeutic evidence based interventions. To date 52 staff has been trained.
Family Action Post Sexual Abuse

Family Action is a charity that provides a wide range of creative and talking therapeutic interventions for children and young people who are experiencing trauma through abuse or neglect, domestic abuse or loss, or whose adoption is at risk of breakdown because of attachment difficulties. The service has supported 21 children and young people aged 4 to 18 years from Leicester, Leicestershire and Rutland.

The service received positive feedback from children, parents and professionals. A service evaluation showed that 90% parents felt their child was managing or coping better, 100% felt their child has a better understanding of appropriate sexual boundaries and 80% felt relationships at home and school had improved.

The Mistle Project

The Mistle Project is a 'wraparound' therapeutic service for children & young people between ages 5-18, who are looked after by the Local Authority. The project aims to focus on the complex case management, where the child or young person has experienced multiple placement breakdowns, due to their behaviour. The service offers intensive support and intervention to help to keep the child or young person in their current residence as well as provide advice and support to the staff and carers. The service also provides some post placement psychological work with young people aged 16-20.

- Adopted
- Looked After
- Young Offenders – (Youth Justice Service)
- Homeless
- Learning disabilities
- Isolated communities
- The work with these groups is extended to:
  - Non Leicester, Leicestershire and Rutland placed children & young people, their families and carers
  - Staff working with the vulnerable groups

Table 14 ACES Project Referrals Data (November and December 2018)

<table>
<thead>
<tr>
<th>Number of Referrals received</th>
<th>Nov 18</th>
<th>Dec 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>City</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>County</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Combined</td>
<td>6</td>
<td>10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Number of referrals leading to formal indirect case involvement</th>
<th>Nov 18</th>
<th>Dec 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>City</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>County</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Combined</td>
<td>6</td>
<td>9</td>
</tr>
</tbody>
</table>
Family Post Adoption Support Service

The Post Adoption Support Service provides additional resource to support carers of fostered and adopted children. The family attend regular workshops where they can access family support workers and make contact with a worker if problems arise with the child. The service includes the family being assessed by a social worker alongside advice by clinicians. There is also a helpline that parents can access by being known to the service.

Children, Young People and Families Experience

Children, Young People, Families and Carers have been instrumental in shaping the transformation of local services. When Future in Mind first started we sought the views of our local communities

Feedback on services is collected via a number of different ways:

Friends and Family Test Survey Results (FFT)

Over 95% of children & young people would recommend our Specialist CAMHS Services)

Surveys, Questionnaires and Evaluation Forms

Examples of what Young people had to say about CEIPS Groups

“I use my coping strategies so I don’t get stressed, I’m more confident as well…I liked all of it because they were fun and helpful”

“I feel more confident about how to deal with my anxiety. They have helped me to find out how to deal with things that happen before I become anxious & panic”

A survey completed in August 2018 showed that children & young people wanted more support in school and closer to home

Planned Events

Engagement events are planned for February and March 2019 and will provide further opportunity to raise awareness of developments and plans, and gather feedback about service provision and impact so far.

There will be Listening Booths at the events for people to feedback their opinions and experience directly to commissioners.
Conclusion

The mental health and wellbeing of children and young people remain a priority locally and is clearly recognised and championed in the recent NHS Long Term Plan 2019.

Emerging priorities include

- Autism (ADHD Pathway)
- Transforming Care Programme
- Transition

These are areas of work that are already identified locally and work has commenced and will be get greater focus in the coming year.

The quality of core services and new services have improved and safety / risk management of children with mental health problems is of a priority and more robust, but there remains much to do to ensure that access to therapy and treatment is more timely.

Chris West

Director of Nursing and Quality
Leicester City CCG
SRO for Children’s commissioning on behalf of Leicester, Leicestershire and Rutland