

<b>Children and Young People Select Committee</b>			
<b>Title</b>	Young People's Mental Health Provision	<b>Item No</b>	5
<b>Contributors</b>	Executive Director CYP, Head of Service - Targeted Services and Joint Commissioning, Joint Commissioner CYP, Consultant in Public Health		
<b>Class</b>	Additional Information	<b>Date</b>	December 2014

## 1. Summary

1.1. Following the recent rapid review of 'young people's mental health' provision during autumn 2014, the following queries were raised for follow up: -

- CAMHS waiting times and performance benchmarking
- Timescales for stages two and three of the HeadStart programme
- Our plans if we are unsuccessful in the final stage of the bidding process

## 2. CAMHS Waiting times and Benchmarking

2.1 Lewisham Community Children's and Adolescent's Mental Health Services are commissioned jointly by NHS Lewisham Clinical Commissioning Group (CCG) and the London Borough of Lewisham (LBL). Services are provided by South London and Maudsley NHS Foundation Trust (SLaM) who provide support to Lewisham children/young people requiring assessment and treatment/support for emotional needs and mental health conditions, primarily at tiers 3 and 4. The Children and Young People's Joint Commissioning Team is responsible for contract monitoring and service planning arrangements on behalf of the CCG and the Local Authority, for this service.

2.2 At the CYP Select Committee on 12 November 2014, members requested more detailed evidence of current CAMHS referral to assessment waiting times. As a response to this, quarterly datasets have been analysed over the last 18 months, demonstrating how Lewisham waiting times compare to that of Croydon, Lambeth and Southwark. Findings have been presented in table and graph form, see Appendix 1.

2.3 Findings illustrate that waiting times may vary from quarter to quarter. Lewisham experienced low average referral to assessment waits in the first half of 13/14, similar to that of Southwark. This peaked for Lewisham between December 2013 and March 2014, however waits have remained consistently under 12 weeks and are currently down to an average 8 week wait in September 2014, lower than any of the other SE sector boroughs.

2.4 The four South East sector boroughs meet with SLaM quarterly to discuss good practice, areas of concern and development. At the next meeting in December, we intend to review benchmarking data in detail, to further analyse reasons for fluctuation. Performance review processes are in place under the quarterly contract monitoring cycle, commissioners review performance monitoring reports and raise any queries via exception reports.

2.5 We have a number of processes in place to support good communication and general practice. Lewisham CAMHS have recently implemented a telephone triage system for new referrals, which serves multiple purposes, such as identification of gaps in case history and prioritisation / allocation of cases. Furthermore, formal and informal

processes are in place, to support partnership discussions between CAMHS, Children's Social Care and commissioners, to ensure that issues are addressed in a timely and responsive manner.

### **3. Timescales for Stage Two and Stage Three of the HeadStart Lewisham Programme**

- 3.1 In 2013 Lewisham was approached by the Big Lottery Fund as one of twelve areas in the country to consider how best to improve resilience and well-being in young people aged 10 – 14 years through the 'Fulfilling Lives: HeadStart Programme'. In July 2014, Lewisham was informed of its success when securing £500,000 which would be used to develop universal and targeted mental and emotional well-being provision. Lewisham has the opportunity in 2015, to bid for a further £10 million from the Big Lottery Fund, to further develop this work and create 'whole-system change'.
- 3.2 As part of the consultation process four local outcomes for HeadStart Lewisham have been developed as a response to stakeholder consultation:
- improved resilience
  - increased school attainment and integration with the community
  - improved emotional literacy
  - preventing needs escalating for those most at risk
- 3.3 Over the last three months the HeadStart partnership have been specifying and procuring a range of projects. Contract award and implementation will continue through to the end of the year and will be followed by a robust evaluation process. Over the next twelve months the following interventions will be implemented, as part of stage two 'test and learn' phase: -
- *implementing the 'Transition Curriculum'*
  - *improving access to counselling support – school based and online*
  - *developing an online resource kit*
  - *developing a varied creative arts programme, including youth-led film*
  - *administering an innovation fund*
  - *delivery of 'youth led events' and allocation of youth-led commissioning*
- 3.4 As part of this tender round measures have been taken to build in better sustainability within each area. Over £200,000 has been secured in match funding. Over the next six months we will be developing: a timebank of knowledge and expertise across schools; clear delivery models; learning resource kits; and funding strategies.
- 3.5 Young people continue to have direct influence over the strategic vision for HeadStart Lewisham. The young person's steering group have a strategic responsibility when consulting with children and young people across the borough regarding matters affecting emotional well-being. Findings will feed into the 'young person's' commissioning budget. Furthermore, alongside digital tools such as the online resource kit, the youth led film and the online counselling service, the 'youth led' events will serve an important role when improving emotional literacy across this target age group.
- 3.6 In January 2015 Big Lottery will be consulting with the twelve HeadStart areas, within regards to the Stage Three submission. Areas have been informed that the revised deadline will be no earlier than September 2015.

### **4. HeadStart Lewisham Legacy**

- 4.1 Through the 'test and learn' phase, Lewisham will learn about the key components that would build resilience with 10 – 14 year olds, to better cope with adversity.
- 4.2 A range of individual projects will be developed, implemented and evaluated over an eighteen month period, which will result in the production of a key set of resources and information, which can be shared amongst services across the borough and more widely. More detail has been given regarding the legacy of individual projects in Appendix Two of this report.
- 4.3 Commissioned services through HeadStart Lewisham will be subject to a robust monitoring and evaluation framework during this phase. The well-being survey will also go a long way to support evidence of impact and alongside individual project evaluation will build up a strong evidence base which will inform future commissioning intentions.
- 4.4 HeadStart has given additional capacity and expertise when helping partners build a stronger and more informed tier 2 offer. Knowledge of and access to existing provision will be strengthened, as professionals, parents/carers and young people will feel better able to identify well-being issues as they arise. Young people will have access to a range of tools and approaches to support them.
- 4.5 We will continue to collaborate across the partnership when embedding an approach that focuses on building resilience through the 'five ways' to well-being. This will further inform a number of borough-wide strategies including: Health and Well-Being; CAMHS; and the Children and Young People's Plan.

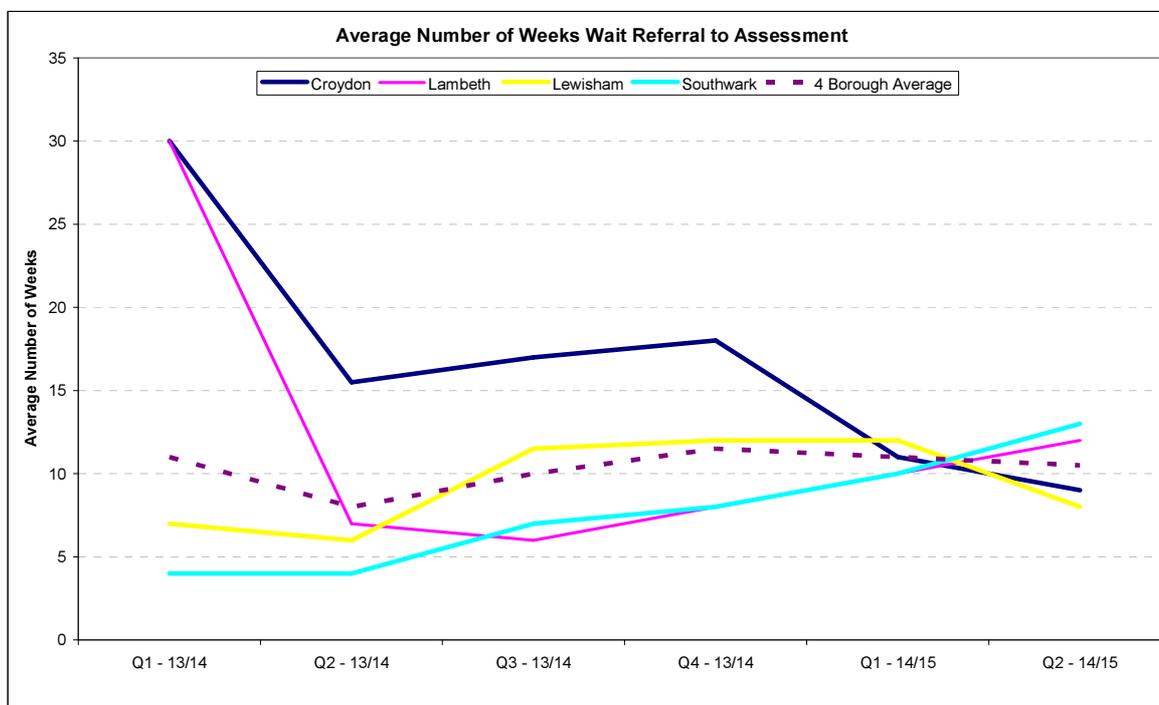
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## Appendix One - Child and Adolescent Mental Health Services (CAMHS) Waiting Times

1a) Table detailing CAMHS referral to assessment waiting times across the four SE sector boroughs

Boroughs	Q1	Q2	Q3	Q4	Q1	Q2	Average wait across 18 mth period
Croydon	30	15.5	17	18	11	9	17
Lambeth	4	7	6	8	10	12	8
Lewisham	7	6	11.5	12	12	8	9
Southwark	4	4	7	8	10	13	8
<b>4 Borough average</b>	<b>11</b>	<b>8</b>	<b>10</b>	<b>11.5</b>	<b>11</b>	<b>10.5</b>	<b>10</b>

2a) Graph detailing CAMHS referral to assessment waiting times across the four SE sector boroughs



## Appendix Two

As part of the stage two 'test and learn' phase resource has been allocated to:

- further expand our '**school-based** counselling offer through the national charity Place2Be, this has been enhanced by a parent counsellor service. Over the next twelve months we will be working with P2B to further evaluate the service and evidence long-term impact, stating the case for further investment from schools. In partnership with P2B and schools, the local authority has adopted a tapered funding approach. Wherever possible, schools will mainstream provision beyond HeadStart funding.
- pilot an '**on-line** counselling service for young people, this is something new to Lewisham, but responds to findings of the consultation in terms of offering a range of counselling provision in the borough. As part of this service, young people in schools will be trained to be peer mentor / ambassadors, another source of advice/support for younger children facing challenges.
- implement the '**transition curriculum**' which will operate with a 'communities of practice' model and will test what works and why. Through this process we will offer support to schools when developing a framework for 'school system' thinking. Areas of good practice, including knowledge and expertise, will be shared across the borough, as part of a 'timebank' approach.
- produce a '**youth-led** film, which will be developed by local young people, in partnership with parents/carers and professionals. This footage will be used as a tool to support and facilitate discussions regarding issues affecting a young person's emotional well-being. The film will be complimented by a comprehensive 'e-learning' tool, which can be used by professionals working in a range of settings, such as youth centres, schools, parent/carer support groups etc.
- develop an **online resource kit**, which will offer a sustainable resource for all stakeholders in Lewisham promoting positive information and practical tools and resources on building resilience and emotional literacy for parents/carers, children, schools and professionals.
- administer an **Innovation Fund** (currently out to tender), will give a minimum of two local voluntary and community groups, the opportunity to evaluate work associated with HeadStart, which will be used to further evidence the case for system change.
- roll out a varied **creative arts programme**, which will work with a number of targeted groups. Evidence will be gathered over the given timeframe, to demonstrate how individual providers work with the statutory sector when delivering high quality and outcome based provision when improving emotional health and resilience within the target age group.