

Early Help Review 2019

- ***Scoping the Review***

What are the drivers, what do we mean by Early Help?

- ***Early Help in Lewisham***

Context for the review - current offer, resources and risks, cost of late intervention

- ***Undertaking the Review***

Aims and ambitions, timeline

- **Ofsted, and Lewisham's CSC Improvement Programme – whole systems approach**
- **National and local CAMHS reviews – an integral part of the MH pathway**
- **Ensuring efficiency, value for money and that we spend our resources where they have the most impact for our children and young people**
- **Lewisham's public health approach to Youth Violence.**

Ofsted recommendations:

2015

- Ensure that a revised Early Help strategy is implemented so that early help is effectively targeted, coordinated and evaluated so that families receive appropriate support when need is first identified
- Monitor and evaluate the effectiveness of step-up and step-down arrangements between early help and children's social care to ensure that appropriate actions are taken to improve services

2018

- To improve: the business processes and systems to progress and record work into the MASH and the integration of early help and assessment records; the range and accessibility of performance data; clarification of thresholds and access to services; the effective use of information in the MASH; and the quality and consistency of assessments

CAMHS Transformation Action Plan

- **Develop Single Point of Access (SPA) – review of thresholds / self-referral access points**
- **School Offer – Development of designated mental health leads**
- **Additional capacity for mental health supervision and consultation in community settings**
- **Demand and capacity mapping to reduce waiting times**
- **Development of integrated systems**
- **Development of ‘NICE guidance’ compliant pathways e.g. self harm, suicidal ideation, challenging behaviour**
- **Identify clinical lead for CYP mental health**
- **Adopt borough-wide model e.g. iThrive**
- **Establish clinically-led CYPMH system delivery group by refreshing CYP IAPT steering group**
- **Extend CWP offer to prevent escalation**
- **Review self harm risks, current gap in service offer**
- **Revise contracts and service specs to include KPIs/outcomes and national drivers such as access targets**
- **Establish data sharing agreements**
- **Develop effective SLaM waiting list management and booking system**

Early Help Review

- **To consider cross over with CSC front door (MASH) and Early Help when developing a SPA**
- **Develop the evidence base within universal and targeted services for CYP and families**
- **Revise Early Help contracts and service specs to incorporate mental health and wellbeing outcomes for CYP and families**
- **Facilitation of Mental Health Workforce Development across Early Help Services– e.g. Mental Health First Aid or AMBIT**
- **Development of trusted relationships**
- **Development of young people peer on peer support**
- **Increased opportunity for communities of practice**
- **Provide regular opportunities for NHS and non-NHS providers to come together to review good practice/ areas of challenge**
- **Understanding of pathways across universal services (schools and primary care)**
- **MH school offer – link with Lewisham Learning**
- **Focus on BAMER, harder to reach groups and those at risk of exclusion**
- **Establish data sharing agreements between providers**
- **To incorporate ‘evidence based’ whole family approaches to parental MH**
- **Establish effective oversight via CYPSP Board**

An approach, not a service.

- **Identifying** and **providing support** to children, young people and families who are at risk of poor outcomes at the **earliest point of need**
- **Prevent** problems occurring, or **tackle** them before they get worse
- **Reduce risk factors** and **increase the protective factors** in a child's life
- Not only what happens in the early years; whilst the years before a child starts school are a particularly important stage of development, problems can arise at any age. **Effective interventions can improve children's life chances at any point during childhood and adolescence.**
- It can take many different forms, but it must be proven and effective with a **rigorous evidence base.**

What is Early Help



A life cycle

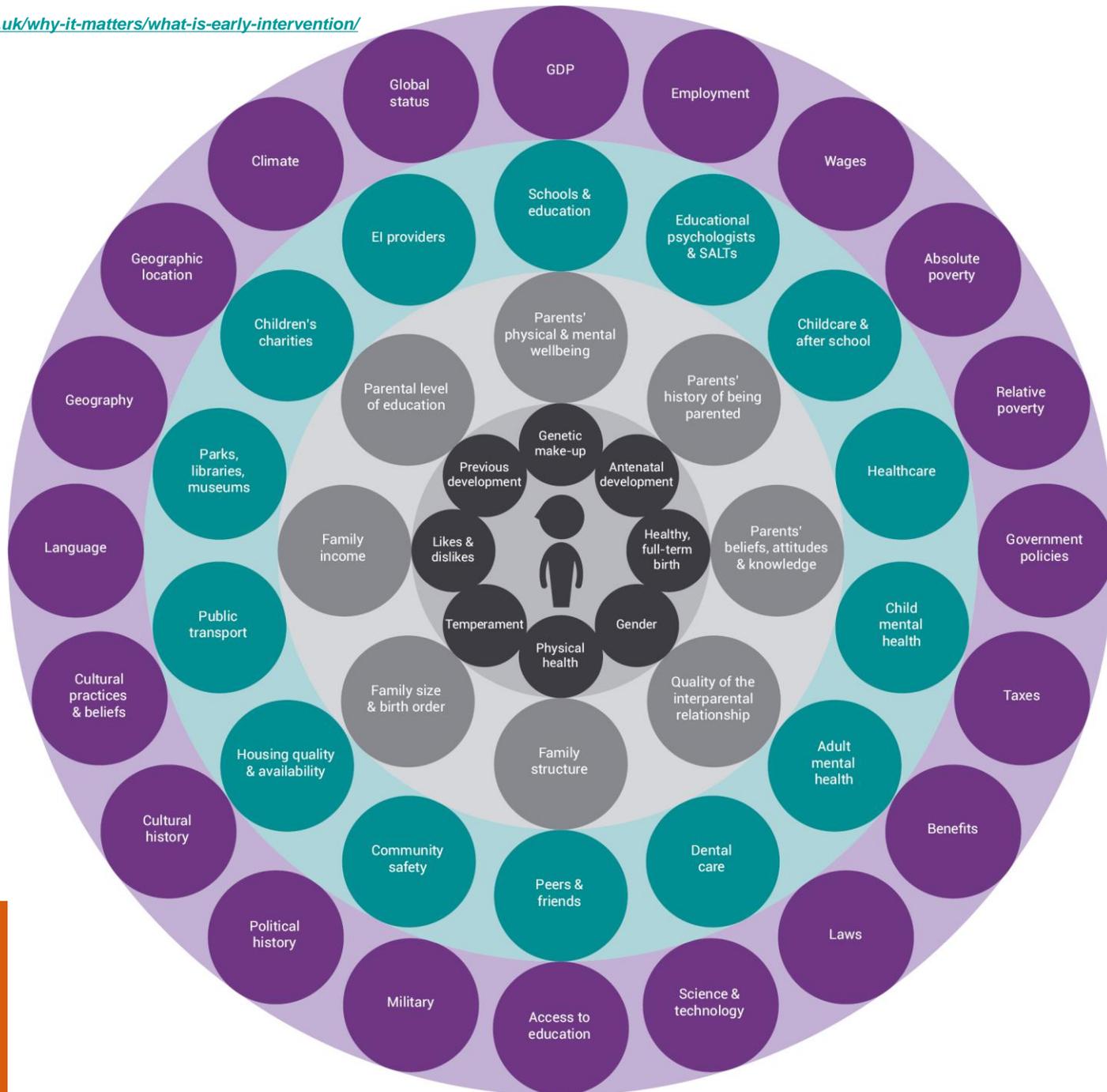


Lewisham

The continuing opportunity for change

‘...there is no evidence that there is some age beyond which intervention fails to make a difference.’

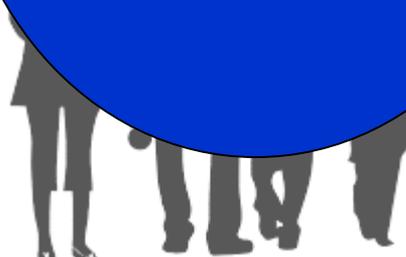
(Perry)



A whole system



Being Breastfed
Mentoring
Swimming lessons
Speech and
Language Therapy
Youth Work
Counselling
Play Sessions
Work experience



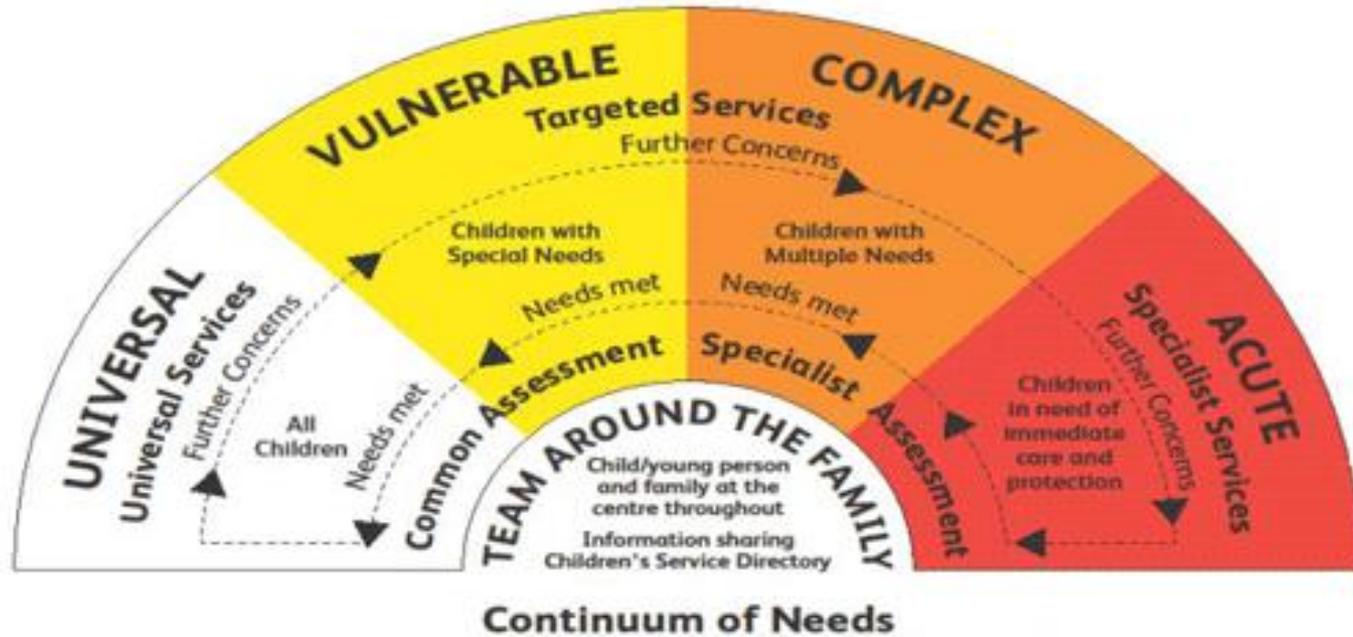
Breastfeeding Peer
Support
Perinatal MH
Parental Employment
Support
Parenting Support
Substance Misuse
Programmes
ESOL



Housing
Community Cohesion
Networks of Support
Places to go
Workforce
Development



Thresholds



What is Early Help

Early Help in Lewisham

Context of the review



The basis of our early help offer is high quality universal services.

- Schools & education settings
- GPs
- Lewisham Children and Family Centres
- Midwifery
- Health Visiting & School Health Service
- Early Years- nurseries and childcare
- Youth Services
- Young People's Health and Wellbeing Service
- Parenting Support – groups, services, interventions

Our Current Offer



Where needs rise - Early Help assessment and more targeted support

- Safer Stronger Families Service
- FNP and MESCH
- CFC specialist offer
- Athena (VAWG)
- Community Health Services
- EHCPs
- Perinatal MH midwife
- Young Carers support

Our Current Offer



Early Intervention		CYP budgets	Other budgets (CCG, PH grant, TF grant)
These services directly contribute to our Early Help offer. Some are funded by the LA, through General Fund, the PH Grant and Troubled Families income. Some services are jointly funded with the CCG and CAMHS funding.	Children & Family Centres (PSLA, Dowlerry, KG&EB) inc facilities and data management	£2,501,000	
	This budget also funds: Young Father's Service, Lewisham Autism Service, Parent Support Group		£45,000
	Young Carers (Carers Lewisham & Family Action)	£53,000	
	Safer Stronger Families Service (Core Assets)		£1,070,000
	Family Support Service Pilot (Core Assets)	£70,000	
	Health and Wellbeing Service (Compass)		£750,000
	Youth Service (Youth First)	£1,943,000	
	Volunteering Service (Family Lives)	£45,000	
	Parental Resilience (Parent Engage & Bromley Mind)		£4,000
	Children's Wellbeing Practitioner Programme (SLAM)		£86,000
The budget covers our contracts for parenting and family support services, youth services, Children and Family Centres.	Therapeutic Support (Core Assets)		£15,000
	Liaison and Diversion Post & Trauma Informed Work in the YOS & (ICoN)		£85,000
		£4,612,000	£2,055,000

Services and Budgets

MATERNITY & HEALTH VISITING	Budget Lines & Contracts	
<p>Maternity and Health Visiting Services are a critical part of an early help offer.</p> <p>Maternity services are locally commissioned for the CCG as part of the wider STP. Health Visiting Services are commissioned through the Public Health Grant. In Lewisham, the Health Visiting service offers both FNP and MESCH.</p>	Health Visiting & FNP (LGT)	£6,000,000
	Maternity (LGT)	£27,000,000
	Mindful Mums (Mind)	£22,000
	Perinatal Mental Health Midwife (LGT)	£27,500
		£33,049,500

CHILDREN'S COMMUNITY HEALTH	Budget Lines & Contracts	
<p>Children's Community Health services are provided by Lewisham and Greenwich NHS Trust. The majority are grouped into a single contract with the CCG, though within LGT's structure a number of Public Health Grant or NHSE funded services are also included. Those services that are most integral to Early Help are listed</p>	Therapies (SLT, OT, PT)	£3,287,000
	Children's Community Nursing (inc H@H)	£1,366,000
	Community Paediatrics	£2,143,000
	School Health Service	£150,000
		£6,946,000

- Early Help Savings proposal to deliver savings of £800,000 in 2020/21
- Corporate Strategy and our commitment to Children and Family Centres
- Troubled Families grant ends in March 2020 – and funds the Lewisham Safer, Stronger Families service
- Services delivered by the Public Health grant – dependent on future allocations
- Youth First contract and budget pressures
- Non-statutory status of many of these services make them vulnerable
- Estate costs and rationalisation
- Lack of financial and service flexibility around health services

Risks and issues

Review aims and ambitions

What we want to achieve....

Predict & prevent

- Identify risks to wellbeing and development and mitigate them

Find & fix

- Target the children and young people and families who need us most
- Timely access and clearer pathways to evidence based interventions
- Collective will to collaborate and respond to need
- Children, young people and families know where to get help

Use it & prove it

- Evidence our impact

.....*And how we will achieve it*

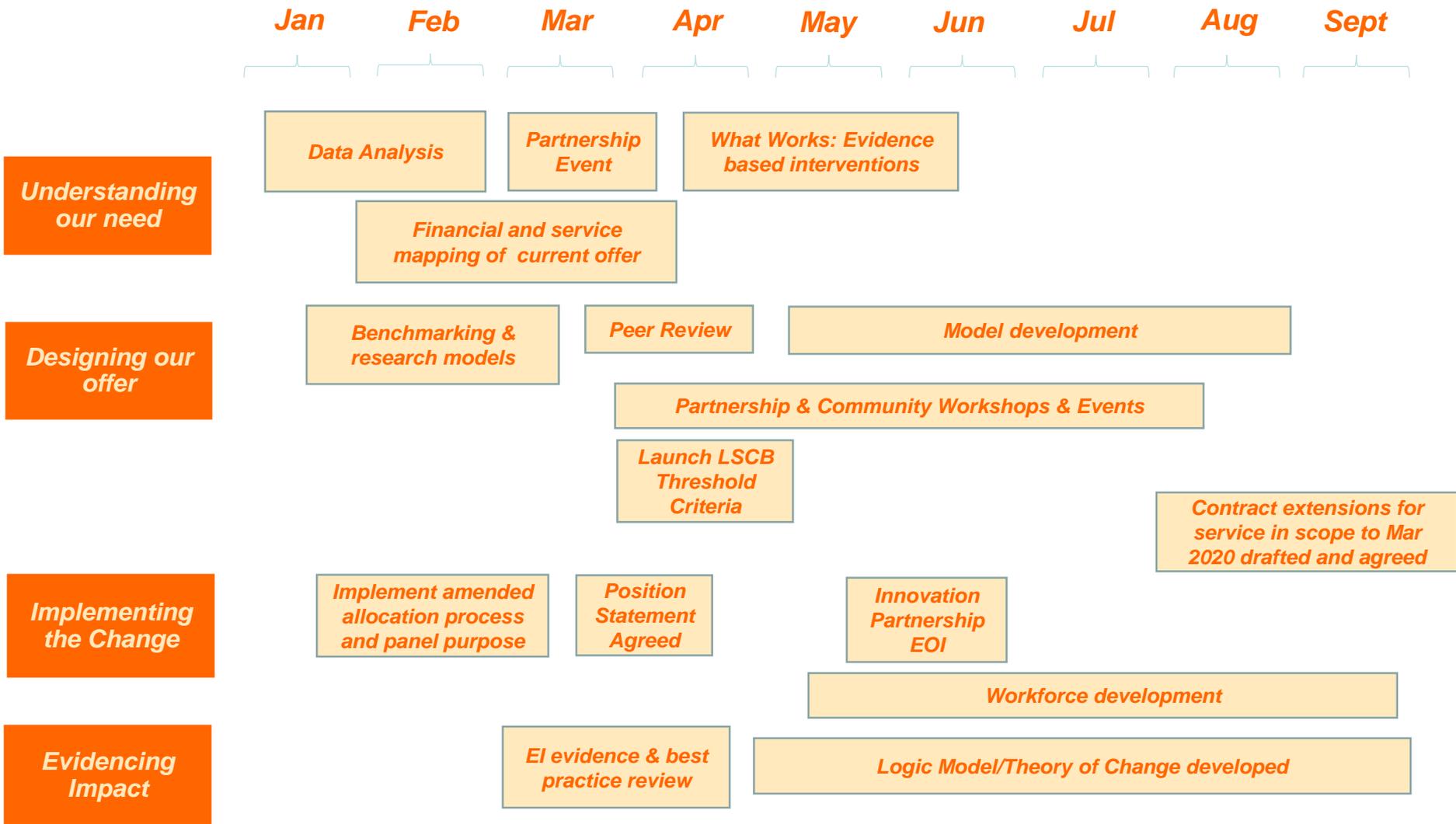
- **A clear understanding of need:** what does our data tell us, mapping provision and gaps, researching what works and the evidence base, what do our CYP, families and communities want?
- **Designing our offer:** making the case for change (social /economic), coproduction of services and pathways and understanding the child and young person's journey, how do we deliver it best, successful interventions
- **Implementing the change:** Leadership, vision, framework and a shared language, culture change and workforce development, service design and procurement
- **Evidencing and review our impact:** the right outcomes, logic models & theories of change, aligned performance monitoring, financial impact

Resilience

- ***Individual***
- ***Family***
- ***Community***
- ***Professional***



Timeline



Timeline

Oct Nov Dec Jan Feb Mar Apr May Jun

Understanding our need

Designing our offer

Implementing the Change

Evidencing Impact

Partnership & Community Workshops & Events

Early Help Strategy 2020 drafted

PUBLISH

Service tendered

AWARD

Mobilisation of new services

NEW SERVICES GO LIVE

Workforce development

Impact Measures agreed for service lines

Reporting requirements finalised

Partnership & Community governance arrangement established – with monitoring and evaluation

Timeline

