



## Children and Young People Select Committee

### Children and Young People's Emotional Wellbeing and Mental Health Update Report

**Date:** 12 September 2024

**Key decision:** No

**Class:** Part 1

**Ward(s) affected:** All

**Contributors:** Head of Joint Commissioning CYP, EWMH Joint Commissioner, SLaM (CAMHS provider)

### Outline and recommendations

This report provides the CYP Select Committee with an update on progress to date regarding a range of programmes taking place across the CYP emotional wellbeing and mental health work programme, this includes:

1. An overview of the CYP emotional wellbeing and mental health programme of work in 2024-25 across Lewisham and South East London
2. An overview of current performance of Lewisham CAMHS and waiting times
3. An overview of the forward plan
4. An update on the financial expenditure for CYP emotional and mental health.

### Timeline of engagement and decision-making

Not applicable to this update report.

## 1. Summary

1.1 This report provides the CYP Select Committee with an update on implementing

the CYP Emotional Wellbeing and Mental Health (CYP EW&MH) programme of work across Lewisham and South East London, the current spending on mental health and emotional wellbeing, and the direction of travel over the coming months in 2024-25 and beyond.

## 2. Recommendations

2.1 The Committee is recommended to:

2.1.1 Note the key updates within this report.

## 3. Policy Context

3.1 This report aligns with Lewisham's Corporate Priorities, as set out in the Council's [Corporate Strategy \(2022-2026\)](#):

- Cleaner and Greener
- A Strong Local Economy
- Quality Housing
- Children and Young People
- Safer Communities
- Open Lewisham
- Health and Wellbeing

3.2 This report is closely aligned to the priorities - Children and Young People, Safer Communities, Open Lewisham, and Health and Wellbeing.

3.3 This report aligns with a number of Council strategies, including the [Lewisham Education Strategy](#), [Prevention and Early Help Strategy](#), [Violence Reduction Approach](#), [Play Strategy](#) and Youth Justice Plan. A young people's participation strategy and an updated extra-familial harm strategy are being developed, which is intended to strengthen the Council's prevention and early help offer.

3.4 Furthermore, this report aligns with the [Lewisham Physical Activity Strategy 2023-28](#) and the intentions to tackle physical and mental health inequalities by ensuring residents have the opportunity to make physical activities a regular part of their everyday lives.

3.5 The NHS South East London (SEL) Integrated Care Board (ICB) has created a [Joint Forward Plan](#) for South East London and the Lewisham Health and Care Partnership has also created a [Joint Forward Plan specific to Lewisham](#). These

plans include specific priorities for young people's mental health with the intention of increasing the join up of services for families, removing barriers to accessing services, and addressing inequalities.

#### SEL ICB Priorities

- CYP Mental Health – Improving CYP's mental health, making sure they have quick access to effective support for mental health.

#### Lewisham Health and Care Partnership (LHCP) Priorities

- Build stronger, healthier families and provide families with integrated, high quality, whole-family support services.
- Address inequalities throughout Lewisham's health and care system and tackle the impact of disadvantage and discrimination on health and care outcomes.
- Establish the integrated model for Family Hubs across Lewisham and to identify integrated pathways that can be delivered through Family Hubs.

## 4. Background

- 4.1 Improving children and young people's emotional wellbeing and mental health is a shared key priority for Lewisham Council and the South East London Integrated Care Board - Lewisham Health and Care Partnership (LHCP).
- 4.2 Lewisham Council's Corporate Strategy (2022-26) includes specific priorities for improving the health and wellbeing of children and young people in the borough. The Lewisham Health and Care Partnership's Joint Forward View also includes specific priorities to build stronger, healthier families and providing whole-family support services. Underpinning both strategies, and central to how our support is delivered, is an unwavering commitment to addressing inequality within our health and social care system and improving access and outcomes for everyone.
- 4.3 Providers working with children and young people (e.g., youth services, community providers, substance misuse services, education providers) report that they are seeing more children and young people presenting to their services requiring support for emotional wellbeing and mental health. This is a trend being seen across the country and not unique to Lewisham. The [NHS England's Mental Health of Children and Young People in England 2023](#) report states about **1 in 5**

**CYP have a probable mental disorder.** Similarly, a recent investigation by a mainstream newspaper into NHS primary care referral data highlighted a **50% increase in CYP referrals for anxiety** related presentations post-Covid-19.

- 4.4 There has been a sustained increase in the number of children and young people requiring access to mental health and emotional wellbeing services Lewisham over the last few years. The bulk of this increase has been seen through an increase in community CAMHS referrals over the last few years. Since 2022-23, there has been a 5% increase in referrals to Lewisham CAMHS (2177 referral in 2022-23 and 2258 in 2023-24) and a 9% increase in number of children and young people on the CAMHS caseload.
- 4.5 Improving access, prevention and early intervention, and the quality of mental health and emotional wellbeing support and outcomes is a key priority for the South East London (SEL) ICS, Lewisham Health and Care Partnership (LHCP) and Lewisham Council. Working collaboratively together, the Council and the LHCP are supporting the implementation of the South East London ICS [Children and Young People Mental Health and Emotional Well-being Plan \(February 2023\)](#). The plan is currently being refreshed and the draft plan for 2024-25 sustains its commitment to the 10 key priorities and core offer for each borough.
- 4.6 The 10 CYP transformation priorities within the SEL CYP plan are:
- Managing waiting lists
  - Improving care transitions for 16–25-year-olds
  - Making CYP mental health service more accessible
  - Parental mental health
  - Enhancing mental health and wellbeing in schools
  - Supporting children and young people experiencing trauma and distress
  - Prevention, early identification, and improved offer for young offenders
  - Eating disorders
  - Accident and emergency presentations
  - Crisis presentations and stepdown
- 4.7 Within Lewisham, we have aligned our current programme of work to the SEL CYPMH priorities and are progressing plans to implement the core offer with particular attention on developing and enhancing provision in advance of

implementing a single point of access model for Lewisham, address inequality, improving equity in access, improving outcomes and experiences of care, and enhancing mental health support in schools.

4.8 Oversight and governance of the wider CYP emotional wellbeing and mental health programme is covered under the multi-agency CYP Emotional Wellbeing and Mental Health (CYP EWMH) Board which meets quarterly. The Board is chaired by the Director of Education and responsibilities include oversight of the SEL CYPMH Transformation work programme at a borough-level and ongoing work as part of the wider prevention and early help offer. The Board reports into the Lewisham All-Aged Mental Health Alliance, Lewisham Health and Care Partnership and Council Committees.

4.9 The CYP EWMH Board is refreshing the Lewisham Emotional Wellbeing and Mental Health work programme with a focus on the following themes and activities:

- Development of a Lewisham Emotional Wellbeing and Mental Health Plan 2025 – 2027
- Improving overall governance and alignment to wider CYP strategic infrastructure in Lewisham and across the SEL ICB footprint
- Improvement in data performance, outcome, and impact reporting; integrated dashboard tracking system-wide 'health' indicators
- Expansion of the GP-led Youth Clinics as part of a Primary Care and Community Integrated Neighbourhood offer
- Mapping and connecting existing offers and services leading to improved integrated pathways and potential physical and virtual Single Points of Access specific to Lewisham
- Focus on addressing inequalities and access to mental health services for underserved communities
- Strengthening the prevention and early intervention wellbeing offer (i-Thrive: Getting Help) including digital wellbeing provision
- Building workforce capacity including training and upskilling of CYP staff across the whole system (e.g., youth workers, aligning with the pending draft Youth Strategy)
- Establishing enhanced therapeutic offer and exploring multidisciplinary ways

of working across CAMHS, Family Help, Social Care and Education for vulnerable children and young people with increasing complexities (i-Thrive: Getting More Help)

- Provide support to strengthen the role of the Voluntary and Community Sector to provide effective and coordinated prevention and early intervention to tackle CYP emotional wellbeing challenges
- Co-location of specialist community CAMHS roles within multiagency and statutory multiagency teams connected with Department for Education Family First Pathfinder programme.

## 5. Lewisham Community Child and Adolescent Mental Health Service (CAMHS) Update

5.1 Community CAMHS is a critical mental health service commissioned by the CYP Joint Commissioning team on behalf of the NHS South East London Integrated Care Board (Lewisham Health and Care Partnership) and Lewisham Council. Service delivery is managed by the South London & Maudsley (SLaM) NHS Foundation Trust, providing specialised support for children and young people up to 18 years old, or up to 21 for care leavers, with significant mental health concerns. The service operates through 10 main teams, structured around the i-Thrive model, to ensure comprehensive and tailored care

### Lewisham CAMHS Performance

5.2 CAMHS Key Performance Indicators have been highlighted in **Table 1** below.

Measures	Target (2022/23)	2019-20	2020-21	2021-22	2022-23	2023-24	Direction of Travel since 2019-20
CAMHS Referrals received	No Target	1532	1399	2082	2175	2722	↑
CAMHS Caseload (as recorded end of Q4)	No Target	1808	1810	2026	2746	2953	↑
Recording of Patient Ethnicity by CAMHS (Average)	95%	Not Recorded	95.56%	93.40%	96.72%	99.78%	↑
CAMHS Waiting Times (numbers waiting for 39-51wks) – Average	No Target	Not Recorded	26	20	102	44	↓
CAMHS Waiting Times (numbers waiting for 52wks+) – Average			2	9	15	5	
Children Looked After (CLA) Referrals to CAMHS	No Target	141	262	102	113	107	↓
Source: SLaM 4-Borough Community Performance Report							

Table 1 - CAMHS KPIs

## Headline Performance Summary

- Referrals have increase by 5% since 2022-23 to 2023-24.
- Caseload at the end of Q4 23-24 was 2953 up from 2746 in 2022-23.
- Referral acceptance rates have remained consistence, despite significant increase in referrals.
- Re-referrals rates have decreased suggesting quality of support has been effective.
- Appointment attendance rates have increased.
- At the end of Q4 (23-24) 49 CYP were waiting between 38 – 52+ weeks in comparison with (2022-23), where 117 CYP were waiting between 38-52+ weeks. Only 5 were waiting over 52 weeks 2023-24 as compared with 15 in 2022-23. This improvement is testament to the waiting list reduction initiatives.
- GPs continue to be the main referral source to CAMHS in 2023-24 followed by schools.
- Referrals by ethnicity have seen a steady increase in CYP of Asian, Black, and Mixed-Race heritage when compared to 2019-20, demonstrating a positive trajectory upwards in terms of service reach. However, CYP of Black and Asian heritage are still underrepresented.

Ethnicity	2019-20	2020-21	2021-22	2022-23	2023-24	Trend	5-year Average	2023 Census (all-age)
Asian	1.80%	2.38%	2.58%	3.13%	4.18%		2.81%	8.88%
Black	16.40%	24.25%	24.11%	23.67%	30.27%		23.74%	37.22%
Mixed Race	7.60%	16.95%	17.18%	18.43%	19.42%		15.92%	15.89%
Other Ethnicity	1.60%	2.54%	3.55%	4.59%	8.99%		4.25%	4.67%
White	28.10%	48.25%	44.45%	44.71%	28.36%		38.77%	33.34%
Not Known/Rec	44.50%	5.63%	8.13%	5.47%	0.00%		n/a	n/a

Table 2 - CAMHS Ethnicity Reporting

5.4 When comparing Lewisham CAMHS performance against the three other SLaM South London services (Lambeth, Croydon, and Southwark), Lewisham's performance has largely remained consistent and most areas of performance show less decline in performance than the other boroughs. Overall, performance in Lewisham is showing a positive trajectory (except for 38+ weeks waiting times).

5.5 Overall, the significant increase in CAMHS referrals over the last two years

(2021-22 and 2022-23), coupled with the national recruitment challenges recruiting CAMHS professionals, has led to the Lewisham CAMHS service experience significant challenges meeting the demand. Lewisham CAMHS is operating significantly over the commissioned capacity, and this has had an impact on the availability of service provision, which is evidence from the significant rise in CYP waiting more than 38 weeks for assessment. However, the performance indicators demonstrate that quality of service provision has not been impacted.

### **Mental Health Support Teams / Schools Interventions**

- 5.6 There are currently 52 Lewisham Schools with an associated MHST reaching c.28,000 CYP. Current performance shows a positive upward trajectory in performance as the provision is embedded in participating schools. Like other mental health services, the MHSTs have experienced recruitment challenges. MHSTs have responded flexibly and explored alternative models of delivery to mitigate this challenge, reducing clinician travelling time, arts engagement programs and increasing group work offers.
- 5.7 Lewisham MHST has been granted Wave 12 funding for 2025 that will see a further 7,000 CYP supported by a MHST and increase coverage by a further 12-14 education settings. Wave 12 will pilot a new school recruitment approach to improve equity of access and school preparedness prior to selection. Completion of wave 12 will see 85% of eligible Lewisham education settings covered.
- 5.8 Current Developments include WSCA (Whole School & College Approach) Outcomes Tool which has been developed with KCL and is currently being used to plan and assess alongside education settings, Diversity Panel Talks, Caring friendship groups, summer pilot offers including virtual and in-person transition groups and parent support.

## **6. CYP Emotional Wellbeing and Mental Health Programme Updates**

### **Addressing Waiting Times and Providing Waiting list Support**

- 6.1 Work is focused on reducing waiting times and providing support to CYP whilst waiting for CAMHS assessment and treatment. Investment has focused on capacity to clear 52+weeks waits and improve first contacts within 28 days.



Locally, Lewisham Community CAMHS is reviewing pathways and service structure to create efficiencies, provide additional support whilst waiting, and improving screening approaches to ensure CYP receive support as soon as possible.

- Intake 28 Day clinically meaningful contact: This is the front door set up to ensure swift decision-making process for all referrals. Intake supports children and young people during the assessment stage of their CAMHS journey as well as early core assessment to meet our 28 Day meaningful contact initiative. The critical step includes gathering of information to assess the level of need, identify any potential risks, and collect any additional or missing information.
- Saturday Clinic: This an organised clinic to increase capacity for initial assessments every fortnight. It has been successful in increasing access especially for families who may find it difficult to attend appointments on weekdays.
- CAMHS Virtual Waiting Room: This has been developed in collaboration with MyHealthE and the Digital Lab: providing resources for families waiting. Also providing a digital platform for improved communication system and support.
- Welcome to CAMHS Webinar: Welcome to CAMHS psychoeducational workshops/webinars within the first 28 days of the referral by the CWP team. Access to workshops for parents and carers and young people throughout their journey.
- Recruitment and Retention Programme: Recruit to Train (RTT)/Senior Wellbeing Practitioner (SWP): To meet the target of recruitment and retention and increase our offer of evidence-based interventions for children and young people, Health Education England (HEE) are funding services to create new therapist roles and recruit candidates suitable to undertake CYP-MH training (CYP-IAPT training). The RTT practitioners will be trained in both general therapeutic core skills as well as in one focused specialty (modality).

#### Developing a Single Point of Access 'front door' (SPA)

6.2 We are exploring different approaches to physical entry points alongside a virtual

digital front door. Similar discussions are underway with Lambeth and Southwark who both commission SLaM CAMHS and opportunities to standardise the way the CAMHS intake teams operate, including how clinicians interact with local social care referral and MASH pathways. The aim remains to create a placed-based (whole system) 'no wrong door' approach via needs-led pathways that sustain an interconnected set of services, which integrates with our Family Hub model and opportunities brought by the Family Pathfinder programme and youth provision redesign. Essential to this work is the mapping of existing provision and aligning service provision via the i-Thrive framework to help us understand our gaps and how a SPA will improve outcomes for young people. Adopting the i-Thrive model helps categorise support via a consistent and shared approach to language and identifies any gaps in our existing offer.

#### Infant and Parental Mental Health Offer

6.3 As part of the DfE-funded 'Start for Life' programme, Lewisham has been working with SLaM, LGT, and VCS partners to increase access to mental health and emotional wellbeing support in the 'perinatal' period, from conception to age three. This has included increasing the capacity of existing programmes, and establishing new initiatives, as set out below:

- Delivered training in perinatal and infant mental health to professionals across the maternity and early years workforce. 120 staff have received training in the last nine months.
- Established new emotional wellbeing peer support programmes for new and expectant parents, including specific programmes for male carers, parents from global majority backgrounds, young parents, and parents that identify as LGBTQIA+. 153 parents received support in 2023/24, including 72 male carers.
- Established a new Lewisham Parent-Infant Relationship Service (PAIRS) delivered in partnership between Lewisham Community CAMHS and Lewisham Health Visiting Service, which now provides:
  - Joint triage, assessment, and case formulation from Lewisham Community CAMHS and Health Visiting. Clinical supervision and case consultation for the early years workforce from a Parent-Infant Psychotherapist. 17 multi-agency staff are receiving ongoing support.

- Targeted group programmes, including Triple P Baby and Solihull 'Understanding Your Baby'. 41 families have completed Triple P and 21 families completed Solihull in the last nine-months. This has included training and mobilising 18 multi-agency practitioners (including health visitors, parenting practitioners, social workers, and family practitioners) to deliver Triple P Baby.
- One-to-one assessment and support from a specialist Infant Mental Health Visitor, including Video Interaction Guidance. 35 families have received support in the last nine-months.
- Short and long-term parent-infant psychotherapy from Lewisham Community CAMHS. 13 families have received support over the last six-months.
- Established a new Maternal Journal group for mothers struggling with their emotional wellbeing in the perinatal period. 22 parents have accessed the group in the last six-months.
- Established a new advisory clinic run by a Perinatal Mental Health Midwife, for expectant parents that are struggling with their emotional wellbeing. 25 expectant parents have accessed the clinic in the last three-months.
- Established a new 'Emotions in Pregnancy' antenatal education programme focused on mental health in pregnancy.

#### GP-Led Youth Clinic (The Mulberry Hub and 124 Hub)

- 6.4 In September 2022, Lewisham Council and the LHCP, in partnership with SLaM, North Lewisham Primary Care Network, and METRO launched a pilot GP-led health and wellbeing service for young people aged 13-25 living in North Lewisham. The overall aim of the service is to increase access to high-quality primary care and mental health service for young people, by providing these in a young person-friendly and non-clinical setting.
- 6.5 As of June 2024, for the preceding 12-months, 310 referrals have been received into the clinic.
- 63% from GPs, 37% self-referrals, 17% walk-ins, 10% CAMHS.
  - 160 Over 18, 150 Under 18.
  - 2 PCN GP Practices recorded the highest number of referrals.

- 145 young people completed the YP Core outcome measure reporting an improvement in their wellbeing and mental health.
- 6.6 Referrals received from White British accounted for 18.9% of the referrals, with referrals from Black / Black British – Africans accounting for 23%, Asian backgrounds circa 10%
- 6.7 Young people aged 13 to 25, are the main cohort of the service delivery. With 28% referrals into the hub being from 15 – 16-year-olds. There has been an increase of referrals for young people under the age of 13. With 6% of referrals being from 11 – 12-year-olds. Referrals received from 11 – 12 years are triaged and case-loaded on a case-by- case basis.
- 6.8 Young people and adults who attend their initial assessments with the GP, include some complex cases. During the initial assessment and from referrals a number of mental health issues are identified. Anxiety disorder including anxiety state/ depressed mood are the most common presenting mental health issues, seen by the Hub’s mental health team. Depression 50%, Anxiety 23%, Sleep 20%, Self-Harm 14%.
- 6.9 The success of the flagship Mulberry GP Youth Clinic Hub in engaging young people and reducing the waiting times for first interventions has led to development of a South Hub. From September 2024, we are launching a new Hub in the South of Borough, named by young people as the `124 Hub` at Goldsmith Community Centre, Downham.
- 6.10 We are now scoping out options for potential expansion of the model to other parts of Lewisham. Scaling up our model could have the potential to reach of 1000 young people per annum across the borough.
- 6.11 In addition, we are applying to Maudsley Charity Building Brighter Futures Fund to pilot a `youth social prescribing` approach working with partner youth and community organisations (creative activities) as part of a wraparound clinical consultative and advisory support offer for young people and their trusted community services.

#### Kooth Online Counselling

- 6.12 Kooth is an online counselling service commissioned across SEL and in many

other areas across the UK; Lewisham oversees the Kooth contract on behalf of ICB SEL. As of July 2024, for the preceding 12-months, performance has been strong across SEL with 91% contract target met, with 476 young people logging into the service. In Lewisham, 1156 counselling hours were delivered which accounted for 110% of contracted hours. Females make up two-thirds of the registered cohort and the ethnicity for all those that have registered is as followed:

- 29.1% Black or Black British
- 1.8% Asian or Asian British
- 12.7% Mixed
- 5.5.% Other Ethnic Groups  
(49.1% Global Majority)
- 40% White British
- 10.9 Not Stated

6.13 Kooth have an ongoing promotion and engagement campaign in Lewisham schools and college and connect with local community youth organisations. They are committed to targeting under-represented young people and males particularly those from our Black and Asian communities and partner with other services and Mental Health Support Teams in Schools Service. We will also soon start conversations to plan next steps regarding the current contract as we approach the 18-month mark and explore ongoing developments of the Kooth solutions benefitting young people across South East London.

#### TellMi – Digital Peer-to-Peer Support App Pilot

6.14 Tellmi provides a digital anonymous peer to peer support app where peers support one another using lived experience and insights gleaned from the app. They can ask for advice from trained volunteers and there is facilitated support from a qualified counsellor. They are also trialling brief solution therapy approach offering direct intervention like an online counselling model. This service is being piloted for one-year, started in July 2024 but take-up has been limited due to national events and capacity of schools during the summer term 2024. Tellmi will work with a minimum of five secondary schools for a one-year pilot and aim to reach 4,000 young people with 200 using Tellmi directly.

#### Reprezent

- 6.15 We commissioned Rerezent to deliver their 'Stepping Up' mental health Yr. 6 / 7 school transition programme in July and September 2024. 'Stepping Up' Y6/7 Show is an interactive mental health educational TV show delivered into schools on several different days and times to give schools the choice of timing. The 30-minute online show can be viewed by an unlimited number of students at any time. A version of this show aimed at older students - On the Level - has already been delivered to many secondary schools across Lewisham. The interactive TV show is delivered by youth presenters. During the 30-minute presentation it addresses anxieties around transition in a safe space by helping young people:
- Explore common anxieties and hear from Year 7s about their experiences.
  - Notice symptoms of stress and anxiety in themselves.
  - Understand that stress and anxiety affect everyone, especially when facing change.
  - Learn key tools to manage them with Stepping Up's Mental Health 5-a-day + other strategies.
  - Find out about local services for their age group if they need more support.
- 6.16 During the Summer term 2024, 50% of primaries signed up to the Step-Up Year 6 interactive resource with circa reach of over 1000 children, parents plus teachers. Year 7 sessions are scheduled for September 2024. Detail impact and experience report is expected in late October.

#### CYP Dynamic Support Register (DSR)

- 6.17 Partners across Children's Services in Lewisham came together in the spring to refresh their knowledge on the DSR – a dynamic risk register comprising of children and young people who are at greatest risk of inpatient hospitalisation (or recently discharged) requiring additional multi-agency support to prevent an escalation of their needs. Children and young people on the DSR have a cooccurring mental health need and formal diagnosis of ASD.

## **7. Addressing Inequalities**

- 7.1 The BLACHIR (March 2022) report cites 8 themes for improvement: Fairness, Inclusion and Respect; Trust and Transparency; Better Data; Early Interventions; Health Checks and Campaigns; Healthier Behaviours and Health Literacy.

- 7.2 For Children and Young People, it states the requirement for culturally appropriate and accessible services and school-based support for Black African and Black Caribbean young men and women. The aim to increase capability, capacity, and trust to engage with services and take into account issues around gender exploitation and gender-based violence.
- 7.3 Across Lewisham and SEL, we are building upon and implementing new programmes that foster building trust, improving educational attainment, creating safe spaces, and helping young people and families navigate the system. These initiatives and offers take forward the recommendations of the BLASHIR report and begin to address system health inequalities working with children, young people and families from Black and African communities and other marginalised communities. This report has highlighted many existing schemes and projects such as GP Youth Clinics, Mental Health Support teams, Kooth Online Counselling, TellMi, Rerezent for example where the focus of attention is given to children and young people who may find services difficult to access.

#### Lewisham CAMHS Equity of Access and PCREF

- 7.4 Enhanced Engagement with Communities: Specific focus on addressing barriers to access for Black and Minority Ethnicity children by developing targeted interventions to address disparities. For example, in collaboration with Patient and Carer Race Equality Framework (PCREF) and in partnership with Lewisham IAG, we have developed a change idea which involves establishing a campaign aimed at ensuring equitable access to services for Black young people, so they can access services that align with their needs. This approach aims to foster inclusivity, bridge gaps in service provision, and enhance cultural awareness within the mental health care, contributing to better care outcomes for Black people in Lewisham.
- 7.5 As part of this campaign, we have organised two community engagement events in November 2022 (virtual) and November 2023 (in person), with the emphasis on learning and information sharing, raising awareness about mental health issues and encourage help-seeking behaviour among Black and Ethnic families, ultimately leading to increased access to support services. We received suggestions and feedback which are being used to inform future engagements and service delivery. The MHST has been identified to take forward the Change



idea for Lewisham CAMHS. Additional training input and discussion spaces within MHST/CAMHS will continue to be monitored and developed with community partners. Additional community events are planned for October 2024 onward to continue community engagement and transparency.

### SEL Community Connectors programme

- 7.6 This NHS England funded programme aims to address health inequalities through promoting and utilising community assets through community connectors supporting marginalised communities. Community connectors will represent communities who experience health inequalities and are often not well served by existing services. A connector's role is to engage communities, understand what their needs are, support them navigate the system, and support them to develop services that better support their community. This approach recognises that people and communities often know what they need and what would work.
- 7.7 SEL ICB, who are leading on the project, are working directly with a black-led organisation - Black Thrive - to develop this scheme. We will be recruiting<sup>1</sup> two Community Connectors for Lewisham who will conduct coproduction/codesign exercises with selected primary schools to develop proposals/business cases for how to provide prevention and early intervention initiatives that meet the needs of Black and mixed heritage children with emotional wellbeing and mental health needs. In particular, those who may be responding to racialised trauma and distress and demonstrating behaviour that is perceived as challenging in school or at home. Further workshops are planned for September to continue this exciting initiative.

## **8. Forward Plans**

- 8.1 As mentioned, we are refreshing our priorities for 2024-25 aligned to SEL CYP Mental Health Transformation plan and the development of a Lewisham Emotional Wellbeing and Mental Health Plan 2025-2027, starting September 2024. Below are some specific programmes of work that are either currently underway or planned to start this year.

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<sup>1</sup> Exploring options to carry out an expression of interest targeted towards local grass-roots black-led organisations to employ the connectors.



### Improving the equity of access to mental health services for Black and Mixed-Heritage Young Boys/Men

- 8.2 The Should I Really Be Here (SIRBH) project is a collaboration between partners to engage and co-produce interventions supporting the mental health and wellbeing of 16–25-year-old Black African-Caribbean/mixed heritage young males in Lewisham. The project involves four key partners: Lite-Waves, Lewisham College, The Albany, and Millwall Football Community Trust. Each partner brings a unique approach, from educational and creative arts to physical activity and intergenerational support.

**Phase 1** focuses on identifying young people to advise on potential approaches.

**Phase 2** involves implementing these approaches, sharing progress, and developing recommendations for wider application.

- 8.3 Expected outcomes include increased confidence among young people to discuss mental health concerns, development of effective early intervention strategies by organisations, and enhanced partner collaboration to better engage this underrepresented group.
- 8.4 The project is supported by a non-recurrent allocation of £100k from the CYP EWB and MH programme and supported by adults and CYP commissioning leads working together to develop the project.

### Growing the voluntary and community CYP MH prevention and early help offer

- 8.5 The mental health and emotional wellbeing challenges facing CYP in the borough are significant and cannot be met alone by Lewisham LHCP and Lewisham Council. We will continue to work with existing voluntary and community sectors organisations in the borough and support organisations to grow the prevention and early intervention offer. We have jointly invested in a dedicated two-year fixed-term Community Development Officer post that will support local third-sector community organisations to develop and enhance their offer for CYP, particularly projects that address emotional wellbeing challenges in young people. This work aligns with the developing Youth Strategy which will also seek to grow and develop the voluntary and community youth offer in the borough. An effective youth offer that is connected, responsive, and diverse is essential.

### Continue the expansion of the GP Youth Clinics to other PCNs areas in Lewisham

- 8.6 Developing a business case to seek ongoing and additional investment to expand this initiative across the borough to reach approximately 1000 young people each year by the end of 2026-27 – subject to available funding.

Strengthening the early intervention and prevention wellbeing offer (Getting Help)

- 8.7 Focus on testing and evaluating digital wellbeing provision. Seeking creative opportunities to develop counselling and mentoring type services to grow the youth emotional wellbeing offers as an alternative pre-CAMHS pathway and support children and young people who are admitted onto a treatment pathway or waiting for specialist support.

Enhanced Specialist Provision

- 8.8 Establishing enhanced therapeutic offer and exploring multidisciplinary ways of working across CAMHS, Family Help, Social Care and Education for vulnerable children and young people with increasing complexities (Getting More Help). This includes co-location of Specialist Mental Health professionals within multiagency and statutory multiagency teams.

Pathway Review for ASD and ADHD Assessments

- 8.9 Working jointly with Lewisham and Greenwich NHS Trust and South London and Maudsley NHS Trust, we will review the diagnosis assessment pathway for autistic spectrum disorder (ASD) and attention deficit hyperactivity disorder (ADHD) so that children and young people and their families benefit from a joined-up pathway.

## **9. CYP Emotional Wellbeing and Mental Health System Spend**

- 9.1 The overall allocation for CYP mental health and emotional wellbeing has increased by 81% from £8.885m in 2020-21 to £16.085m in 2024-25. A detailed overview of funding allocations for CYP emotional and mental health can be found in **Appendix 1**.
- 9.2 The overall funding in 2024-25 for mental health (adults and CYP) has grown slightly in line with previous years uplift allocations. A significant amount of growth allocation was directed towards adult mental health beds this year to target the greatest need across the mental health system. However, some growth funding was allocated for local CYP priorities, which for Lewisham was to expand the GP-

Led Youth Clinic and addressing inequalities around ADHD pathway and waiting time.

- 9.3 Although The [NHS England's Mental Health of Children and Young People in England 2023](#) report noted that between 2022 and 2023 rates of probable mental disorder remained stable in all age groups (8-25 years-old), services are likely to experience increased demand, and future funding is at risk due to economic uncertainty, making it challenge to plan ahead without a secured funding commitment.

## **10. Financial implications**

10.1 There are no direct financial implications arising from this report at the report is for information.

10.2 It is important however to acknowledge potential risks around the services ability to deliver the levels in the event:

- Demand continues to increase.
- Recognising potential issues if one or more stakeholders reduces their share of funding.

10.3 Should this be the case, then a further report would be required noting the impact of either or both risks with mitigations proposed by the service and associated financial implications.

## **11. Legal implications**

11.1 There are no legal implications arising from this report.

## **12. Equalities implications**

12.1 There are no specific equalities implications arising as a result of this report. Reference to the ongoing work to address inequalities is within the body of the report. The CYP mental health and emotional wellbeing programme of work is underpinned by a steadfast commitment to addressing inequality and takes a system-wide approach to reducing inequalities, improving equity in access to services, and improving outcomes and experiences of care for everyone.

### 13. Climate change and environmental implications

13.1 There are no specific climate change and environment implications arising from this report.

### 14. Crime and disorder implications

14.1 There are no specific crime and disorder implications arising from this report.

### 15. Health and wellbeing implications

15.1 The CYP emotional wellbeing and mental health work programme plays a significant role in promoting the health and wellbeing of our children, young people and their families. Emotional wellbeing has been prioritised through the SEL CYP Mental Health and Emotional Wellbeing Plan (2023) and will continue to be prioritised. We will ensure that health and wellbeing outcomes are prioritised through the delivery of services, and that the impact of this provision on outcomes can be measured. The Lewisham Emotional Wellbeing and Mental Health Plan (2025-2027) is in development and will include a refreshed key performance indicator dashboard to track impact.

### 16. Background papers

16.1 Not applicable.

### 17. Glossary

Abbreviation	Definition	Abbreviation	Definition
<b>ADD</b>	Attention Deficit Disorder	<b>ADHD</b>	Attention Deficit Hyperactivity Disorder
<b>ASD</b>	Autism Spectrum Disorder		
<b>ARTS</b>	Adolescent Resource & Therapy Service	<b>BLACHIR</b>	Birmingham and Lewisham African and Caribbean Health Inequalities Review
<b>CAMHS</b>	Children and Adolescent Mental Health Services	<b>CCG</b>	Clinical Commissioning Group
<b>CMSVRP</b>	Community Multi-Systems Violence Reduction	<b>CWP</b>	Child and Young People's Wellbeing

	Programme		Practitioners
<b>EPEC</b>	Empowering Parents Empowering Communities	<b>EWB</b>	Emotional Wellbeing
<b>GP</b>	General Practitioner	<b>ICB</b>	Integrated Care Board
<b>ICS</b>	Integrated Care System	<b>LYPS</b>	Lewisham Young Person Service
<b>LHCP</b>	Lewisham Health and Care Partnership	<b>LLW</b>	London Living Wage
<b>MASH</b>	Multi-Agency Safeguarding Hub	<b>MDT</b>	Multi-Disciplinary Team
<b>MHIS</b>	Mental Health Investment Standard	<b>MHST</b>	Mental Health Support Team
<b>NDT</b>	Neurodevelopment Team	<b>PCN</b>	Primary Care Network
<b>PCREF</b>	Patient and Carer Race Equality Framework		
<b>SDF</b>	Service Development Fund	<b>SEND</b>	Special Educational Needs and Disabilities
<b>SEL</b>	South East London	<b>SLaM</b>	South London and the Maudsley NHS Trust
<b>SPA</b>	Single Point of Access	<b>VCS</b>	Voluntary and Community Sector
<b>Yr</b>	Year	<b>Wks</b>	Weeks

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## **19. Appendices**

Appendix 1 – CYP Emotional Wellbeing and Mental Health Finance 5 Year Summary

Appendix 2 – SLaM CAMHS Lewisham offer

# Appendix 1 – CYP Emotional and Mental Health Finance

## CYPMH Transformation Plan - Summary Lewisham

2019-20 - Not used  
in CYPMH  
Transformation  
Plan

	2019/20 £	2020/21 £	2021/22 £	2022/23 £	2023/24 £	2024/25 £
<b>NHS Provider contracts</b>						
CAMHS	£4,274,096	£5,282,515	£5,819,810	£6,505,540	£7,561,406	£7,913,791
CAMHS Eating Disorder	£233,000	£234,651	£297,918	£394,339	£409,048	£412,320
<b>CAMHS Mental Health block contract baseline - SLaM</b>	<b>£4,507,096</b>	<b>£5,517,166</b>	<b>£6,117,728</b>	<b>£6,899,879</b>	<b>£7,970,454</b>	<b>£8,326,112</b>
CAMHS	£0	£0	£0	£0	£0	£0
<b>CAMHS Mental Health block contract baseline - Oxleas</b>	<b>£0</b>	<b>£0</b>	<b>£0</b>	<b>£0</b>	<b>£0</b>	<b>£0</b>
Perinatal - SLaM	£0	£1,221,176	£1,330,520	£1,717,255	£1,914,230	£1,929,544
Perinatal - Oxleas	£0	£0	£0	£0	£0	£0
<b>Perinatal - Total</b>	<b>£0</b>	<b>£1,221,176</b>	<b>£1,330,520</b>	<b>£1,717,255</b>	<b>£1,914,230</b>	<b>£1,929,544</b>
<b>Contract Budgets Sub Total</b>	<b>£4,507,096</b>	<b>£6,738,342</b>	<b>£7,448,248</b>	<b>£8,617,134</b>	<b>£9,884,685</b>	<b>£10,255,656</b>
<b>Other ICB Spend</b>						
Borough Based Budgets	£216,871	0	0	£52,966	£302,961	£302,000
CAMHS Transformation Funding	£475,200	£212,267	£483,100	£396,735	£275,502	£495,008
Kooth	£0	£80,400	£80,400	£91,833	£76,389	£81,360
ICB Contribution to LA	£0	£0	£0	£0	£0	£0
Empowering People, Empowering Communities (EPEC)	£0	£0	£0	£55,350	£61,350	£74,000
Health & Justice Liaison & Diversion	£86,000	£87,000	£87,000	£87,000	£87,000	£87,000
<b>Borough Budgets Sub Total</b>	<b>£778,071</b>	<b>£379,667</b>	<b>£650,500</b>	<b>£683,884</b>	<b>£803,202</b>	<b>£1,039,368</b>
<b>ICB Recurrent Baseline Funding</b>	<b>£5,285,167</b>	<b>£7,118,009</b>	<b>£8,098,748</b>	<b>£9,301,019</b>	<b>£10,687,887</b>	<b>£11,295,023</b>
Early Intervention and access	£77,464	£0	£0	£0	£0	£0
Service Development Funding - CYPMH, Eating Disorders & Ma	£0	£0	£1,118,496	£832,149	£1,208,000	£1,235,301
Service Development Funding - Mental Health Support Teams	£160,084	£587,943	£939,658	£1,199,885	£1,507,000	£1,920,000
Health and Justice (CSA)	£0	£0	£26,667	£26,667	£6,667	£26,667
Community Violence Reduction Programme	£0	£0	£0	£62,005	£46,090	£120,000
Other Non Recurrent Funding	£0	£0	£0	£0	£0	£0
<b>ICB Non Recurrent Funding</b>	<b>£237,548</b>	<b>£587,943</b>	<b>£2,084,821</b>	<b>£2,120,704</b>	<b>£2,767,757</b>	<b>£3,301,967</b>
<b>ICB Sub Total</b>	<b>£5,522,715</b>	<b>£7,705,952</b>	<b>£10,183,569</b>	<b>£11,421,723</b>	<b>£13,455,643</b>	<b>£14,596,991</b>
Council - NHS and Other providers	£940,000	£940,000	£794,165	£683,600	£790,000	£790,000
Council - Other Grants	£200,000	£239,382	£200,000	£200,000	£705,680	£698,054
<b>Council Sub Total</b>	<b>£1,140,000</b>	<b>£1,179,382</b>	<b>£994,165</b>	<b>£883,600</b>	<b>£1,495,680</b>	<b>£1,488,054</b>
<b>TOTAL</b>	<b>£6,662,715</b>	<b>£8,885,334</b>	<b>£11,177,734</b>	<b>£12,305,323</b>	<b>£14,951,323</b>	<b>£16,085,045</b>

	£0	£0	£0	£0	£0	£0
Council Baseline - Oxleas	0	0		0	0	0
Council Baseline - Other	£840,000	£840,000	£694,165	£583,600	£690,000	£690,000
Contributions from other Council departments (Designated Schools Grant)						
Council Other	£100,000	£100,000	£100,000	£100,000	£100,000	£100,000
	<b>£940,000</b>	<b>£940,000</b>	<b>£794,165</b>	<b>£683,600</b>	<b>£790,000</b>	<b>£790,000</b>
Pupil Premium Grant	£200,000	£200,000	£200,000	£200,000	£200,000	£200,000
Dfe Wellbeing for Education	£0	£39,382	£0	£0	£0	£0
DoE - Family Hubs and Parent Infant Relationships	£0	£0	£0	£0	£505,680	£498,054
<b>Total</b>	<b>£1,140,000</b>	<b>£1,179,382</b>	<b>£994,165</b>	<b>£883,600</b>	<b>£1,495,680</b>	<b>£1,488,054</b>

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## Appendix 2 – South London and Maudsley Lewisham Community

### CAMHS Offer

Community CAMHS (excluding inpatient and some outpatient services) is commissioned by the CYP Joint Commissioning team on behalf of both the NHS South East London Integrated Care Board (Lewisham Health and Care Partnership) and Lewisham Council. Services are delivered by South London & Maudsley (SLaM) NHS Foundation Trust. Specialist community CAMHS support is available to all children and young people up to the age of 18 (up to 21 for care leavers) where significant mental health concerns have been identified. It is delivered through six core teams plus some additional services and clinical posts funded by the Local Authority:

- **Horizon** – generic team covering the whole borough which supports young people who have significant mental health problems (providing a ‘front door’ for the wider CAMHS service)
- **Adolescent Resource & Therapy Service (ARTS)** – supporting young people who have offended or are at risk of offending and have mental health problems. This team is co-located in the Youth Justice Service
- **Symbol** – supporting young people who have been in care or will remain in care for the foreseeable future
- **Neurodevelopmental Team (NDT)** – supporting young people with a diagnosed moderate to severe learning disability and/or a complex neuro-developmental disorder e.g., autistic spectrum disorders
- **Lewisham Young People’s Service (LYPS)** – supporting young people with severe mental illness or acute problems, including psychosis, repeated self-harm, personality disorder and acute depression
- **Orbit Team** – provides emotional support to Children Looked After and the network around them, this is specifically to help a child when their mental health is affecting their learning
- **Mental Health Support Teams (MHSTs)** - deliver interventions to children and young people in education settings, with mild to moderate-needs, with a focus on behaviour, anxiety, depression to support during primary to secondary school transition.
- **Child Well Being Practitioner Team (CWP)** - provides early intervention and waiting list support to better address emerging mental health needs. Address the current gaps

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that exists in accessing support for mild to moderate mental health and wellbeing difficulties, with a particular focus on disadvantaged groups.

- **Lewisham CAMHS crisis team** - Lewisham CAMHS Crisis service provides swift response to Children and young people in Lewisham presenting in Crisis and presenting at UHL Emergency Departments (A&E).
- **VCAMHS** – The Virtual School CAMHS team is a joint venture between Lewisham Virtual School (LVS) and Lewisham CAMHS which aims to bring a CAMHS perspective to improving emotional wellbeing and engagement with education for children who are Looked After. The team is designed to be as flexible and responsive as possible, working with young people and the adults supporting them to identify potential barriers to education in relation to emotional wellbeing. We then work with networks to apply trauma-informed perspectives to understanding these barriers, with the goal of increasing accessibility and maintenance of education.