

Briefing note

To: The Joint Education and Children's Services Scrutiny Board (2) and Health and Social Care Scrutiny Board (5) **Date:** 14 March 2024

Subject: CAMHS system, referral pathways, waiting times and support for children and young people.

1. Purpose of the Note

1.1. The purpose of the briefing note is to provide an update to the Joint Education and Children's Services Scrutiny Board (2) and Health and Social Care Scrutiny Board (5) on the local Children Adolescent & Mental Health Services (CAMHS) offer, referral pathways, waiting times for support for the population of Coventry.

2. Recommendations

- 2.1. The Joint Education and Children's Services Scrutiny Board (2) and Health and Social Care Scrutiny Board (5) are recommended to:
 - 1) Note the children and young people's CAMHS offer in Coventry, what is working well, the current challenges, and the next steps.
 - 2) Identify any additional recommendations for Cabinet Members and/or health partners.

3. Context / Background

3.1. The mental health needs of children and young people have been increasing since 2020. In 2017, NHS Digital undertook a national survey of children and young people examining the mental health of children and young people living in England. Follow up surveys have been undertaken each year from 2020 to 2023. The most recent report has been published by NHS Digital, *Mental Health of Children and Young People in England (2023)*¹ in November 2023. This report evidences the rates of probable mental health disorders have significantly increased from 1 in 6 (2020 survey) children and young people aged 5 to 16 identified as having a probable mental disorder to <u>1 in 5</u> in the 2023 survey. In Coventry, as of 2023, this would equate to around <u>10,400</u> children and young people, which is a significant proportion of our population. The report also

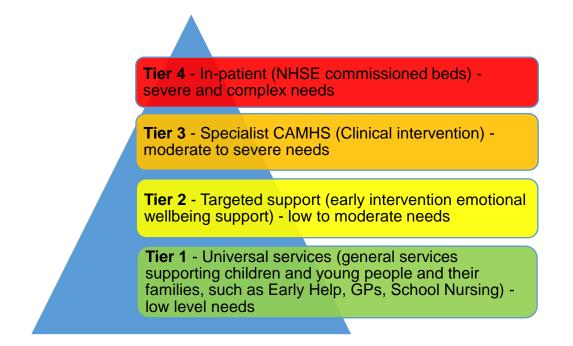
¹ <u>https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2023-wave-4-follow-up</u>

evidences the likelihood of a probable mental health disorder increases as children and young people age, which is likely to affect females more than males. Whilst the survey suggests increased need, national data supports this position seeing an increase of 35% (31,000) in referrals of children and young people into mental health services between April 2019 and December 2023. Locally, there has been an 18% (340) increase in referrals from April 2019 to December 2023

- 3.2. Since 2015, the government has increased NHS funding nationally to support mental health for children and young people through the Service Development Fund (SDF). This funding is used to support and develop the mental health system and has led to the establishment of a multi-agency CAMHS Transformation Board led by the Coventry and Warwickshire Integrated Care Board (CW ICB), and the development of a CAMHS Transformation plan. The plan is designed to drive improvements across the CAMHS system locally and is refreshed and signed off annually by NHS England.
- 3.3. In 2015, NHS England (NHSE) set out the process for Integrated Care Boards to develop a 5-year Children and Adolescent Mental Health Services (CAMHS) Local Transformation Plan (LTP). At the end of the 5 years, NHSE have continued this process requesting ICBs to review and refresh its plans on an annual basis. 14 children and young people and 28 professionals were engaged as part of the LTP refresh to help inform the future priorities, through a survey. This engagement highlighted that accessibility, awareness, and communication were key things that are working well and waiting times was an aspect that required further improvement. The feedback was incorporated into the priorities set out in the Coventry and Warwickshire LTP for 2023/2024, which are:
 - 1. National priority meet the constitutional target set by NHS England (children and young people access rate and eating disorders targets).
 - 2. National priority to develop a children and young people emotional wellbeing / mental health support offer up to the age of 25.
 - 3. Local priority implement a structured framework, such as i-Thrive into the system.
 - 4. Local priority improve the waiting times in accessing services.
 - 5. Local priority develop a system wide dashboard to further understand local needs and demands.
 - 6. Local priority focus on early intervention and prevention, building on the work under the Positive Directions pilot with young worker posts embedded into Children's services teams. This is a trauma informed service supporting children and young people who have experienced trauma and adversity, supporting young people to connect back into activities in their community.
 - 7. Local priority develop the system offer for children and young people in crisis.
- 3.4. Locally, the CAMHS system operates at four levels:
 - Tier 1 (Universal Services): these are services that support / identify emerging / low level emotional wellbeing and mental health needs of children and young people, which includes general practitioners (GPs), primary care services, health visitors, school nurses, schools, and early year's provision. Their role is to promote mental wellbeing, identify developmental or mental health needs that universal services cannot meet, and know what to do when this is the case. Tier

1 services are commissioned / funded by various partners including Public Health, Education and the Coventry and Warwickshire Integrated Care Board (ICB)

- Tier 2 (Targeted Services): these are services that support a low to moderate level of emotional wellbeing needs, through local community services, usually delivered through voluntary and community sector enterprises (VCSE) that support children and young people in the heart of communities, school settings, and other community buildings, through therapeutic interventions. These services are usually there to help prevent escalating emotional wellbeing needs with a focus on preventative measures to help support children and young people and their families to live within their community. These services are usually commissioned and funded by Local Authority, Integrated Care Boards (ICBs) and Education.
- Tier 3 (Specialist Services): these are multi-disciplinary teams of mental health professionals providing a range of therapeutic interventions for children and young people who have complex, severe or persistent mental health needs. This can also include intensive home treatment team for children and young people at risk of admission to in-patient care. This service is usually delivered by an NHS Trust and funded through ICBs.
- Tier 4 (Highly Specialist Services): these include day and inpatient services, and highly specialist outpatient services for children and young people with the most serious problems. It can also include crisis or home treatment services which provide an alternative to hospital admission. These services are commissioned by the West Midlands Collaborative and funded by NHS England (NHSE).



3.5. A detailed breakdown of services and their offer within the tiers is detailed within Appendix 1.

4. Tiers – What's working well?

Tier 1 – Universal

- 4.1. Education partners in Coventry have recognised that promoting good mental health and well-being in children from the earliest age, requires a whole system approach, of which specialist CAMHS is one of many components. The Department for Education (DfE) has provided an offer of support to schools in its guidance document *'Promoting and supporting mental health and wellbeing in schools and colleges'* (June 2021), which sets out a range of initiatives to support education settings around emotional wellbeing and mental health. These initiatives include:
 - A whole school or college approach to mental health and wellbeing
 - Senior mental health leads training
 - Relationships, health and sex education (RSHE): mental wellbeing training module
 - Psychological first aid training
 - Mental health and wellbeing resources
- 4.2. Early intervention and prevention support is a real focus to ensure the right support is available at the lowest level to help reduce the need for specialist intervention. To support this, a new website has been developed, within a multi-agency forum, to help people understand the emotional wellbeing and mental health services available in Coventry, alongside some self-help resources. The aim of the website is to enable stakeholders to find the right service offer available to them to support with their presenting need and improve navigation of the system. The website has recently launched and there are ongoing plans to publicise the pages and monitor its use. The found here: https://www.coventry.gov.uk/childrens-mentalwebsite can be health/childrens-mental-health-1. Initial feedback has highlighted the simplicity of site and the ease of finding the most appropriate service.

Tier 2 – Targeted

- 4.3. Education services within the Local Authority provide specialist services to schools on a traded basis (schools buy the support in). These include:
 - The Educational Psychology Service (EPs): provides assessment, consultation, training, and intervention for all areas of need. The service work closely with professionals in schools and families through a consultative model which empowers families and professionals to work together and jointly agree support plans. EPs use a range of tools to help a young person and their family to make sense of their situation, these include standardised assessment, structured interview and observation. Social, emotional, and mental health difficulties have a high prevalence in terms of referrals and EPs provide individual and whole-school interventions to help the underlying causes of these difficulties.

- The service does not operate a waiting list. EPs and SENCos discuss all children who may require support from an EP as part of a planning meeting at the beginning of each term. Presenting needs are considered on a whole school basis and all children are prioritised for either direct support from an EP, school-led intervention or referral to another service.
- 4.4. Coventry City Council in partnership with Coventry and Warwickshire Integrated Care Board (CW ICB) have commissioned Kooth, an online virtual support offer for emotional wellbeing and mental health, for children and young people aged 11 to 25. This online based support offer provides self-help resources and counselling support, which is accessible to those young people who require further support, via a chat or messaging function. With Kooth being an online support offer, no referral is required meaning children and young people will just need to register / log in to gain access to support and resources quickly. The waiting time to access counselling support is minimal with an average waiting time of around 10 to 20 minutes for instant chat counselling support (messaging support is not an instant response). Access to self-help resources and other aspects of Kooth are immediate. Since Kooth was commissioned in April 2021, a total of 4,375 children and young people have registered on Kooth, with an average recommendation rate of 93.1%. In the last quarter (October 2023 December 2023) 90% of users found immediate access content to be helpful.
- 4.5. Coventry City Council in partnership with Coventry and Warwickshire ICB (CW ICB) have commissioned Compass, to support the emotional wellbeing needs of children and young people in the community, who commenced delivery of the service in December 2022. The service, Compass Shine, supports children and young people aged 5 to 18 (or up to 25 if they have a SEND need or a Care Leaver), offering a range of support including:
 - 1:1 CBT-informed sessions with children and young people (face to face and remote)
 - Group based intervention with children and young people.
 - Face to face and virtual counselling support (virtual counselling is subcontracted to New Beginnings)
 - Digital self-help resources / tools for parent/carers, children, and young people
 - Family based support / consultations.
 - Training offers for professionals.
 - Emotional wellbeing workshops for children and young people

Referrals into Compass Shine can be made through the Council's Early Help service, self-referral, or through the Navigation Hub. The current average waiting time for intervention through Compass is around 18 weeks. In the last two quarters (Q2 July to September 2023 and Q3 October to December 2023) on average, the outcomes of children and young people have improved following intervention, which is measured by using outcome measure tool.

4.6. CWICB fund Mental Health Support Teams, which are an NHS England initiative to provide early support to children and young people within education settings, supporting schools to embed an emotional wellbeing ethos. As part of the MHST roll out, Coventry has been allocated five mental health support teams (MHSTs), of which one team will be implemented from September 2024. MHSTs are made up of Educational Mental

Health Practitioners (EMHPs) who have a new qualification developed by Health Education England. The teams are equipped to provide low level Cognitive Behavioural Therapy (CBT) approaches that can be accessed directly. Each MHST has a pupil coverage of around 8,000 so this support offer is limited. Currently, 42 schools are being supported by the MHST programme, which will be expanded further from September 2024.

Referrals into MHSTs are made directly by the school mental health lead. Should there be a higher level of need above MHSTs then this will be made into specialist CAMHS via the Navigation Hub.

4.7. Positive Directions (Trauma Vanguard Project) is a new and innovative pilot approach to tackling the physical, mental, and social challenges faced by children and young people who have experienced significant trauma. Positive Directions practitioners provide a trauma informed relationship and social prescribing approach for young people that have experienced trauma and adversity, acting as a test and learn site that evaluates and shares the impact of the approach. It provides support for local children and young people in some of the most complex situations, including some of the most vulnerable, who have been subjected to exploitation and other significant trauma. It is recognised trauma is experienced and expressed in many ways. The services need to be responsive at every level of support, using evidence to inform our offer.

The local trauma vanguard is a model of care which has been co-designed with young people. It is a non-medical model which recognises that behaviour is best understood in the context of trauma and connects young people to their communities.

There is a focus to build on the work of Positive Directions to develop local level services to support children before they are at risk of crisis. An initial evaluation of the offer has shown that is has been effective in reducing the number of children coming into care, reducing offending, and attendance at hospital in a crisis.

4.8. There is an early indication that suggests the increased capacity within tier 2 services is having a positive impact on the system, supporting children and young people earlier to help prevent further escalation of need. Whilst this isn't an immediate impact, Compass and Kooth are supporting significant numbers of children and young people presenting with anxiety, self-harm, and suicidal ideation which correlates to the issues of those presenting in crisis. This suggests that children and young people are seeking support in the community which should reduce the future need for more specialist intervention / number presenting in crisis.

Tier 3 – Specialist

- 4.9. Tier 3 services are specialist clinical services for children and young people with moderate to severe mental health and fully funded by CW ICB. CWPT are the NHS Trust organisation who provide the specialist intervention to children and young people. There is a range of services available under 'Rise' umbrella, including:
 - Specialist CAMHS
 - Eating Disorder
 - Crisis and Home Treatment

 CAMHS Children Looked After (in partnership with Compass and sits across both Tier 2 and Tier 3)

All referrals into CWPT will be made via the Navigation Hub, which is a front door to services, managed by CWPT. All referrals are screened and / or triaged based on the information provided and then signposted onto the most appropriate service. This may mean the referrals are passed to Compass for intervention or into specialist CAMHS for a more specialist service.

- 4.10. The demand on referrals coming into the Navigation Hub has increased by 17% (228) to 1,549 between April and July 2023 compared to 2022 due to the increased need and demand for services across the city. Whilst there has been an increase locally, this has also been seen nationally, with increasing demand for more complex presentation of children and young people. This has meant that the number of children and young people open for intervention within Coventry Specialist Team have increased from 122 in April 2023 to 160 in December 2023 (38% increase).
- 4.11. Graph 1 within Appendix 2 details the number of referrals requiring specialist intervention alongside the waiting times for support. Whilst majority of young people are currently waiting 0 to 12 weeks, there are a small number (7) waiting more than 49 weeks. These children tend to have the most complex needs.
- 4.12. The demand the Eating Disorder Service shows a slight upward trend of referrals with an increase of 3% (5) between July 2022 and January 2023 compared to July 2023 and January 2024. Despite the increase, the services response time has improved significantly from April 2023, with the service seeing children and young people within the response time targets set by NHS England. Graph 2 within Appendix 2 details the Eating Disorder referral and response data against the set targets.
- 4.13. The Crisis and Home Treatment Service has seen a slight reduction in referrals within Coventry. Between January and December 2022, there were 744 referrals into the service however between January and December 2023 there was a reduction of 12% (86) referrals. Whilst there has been a reduction there is increased complexity in presentation resulting in subsequent assessments. Graph 3 in Appendix 2 details the number of referrals per month.

5. Tiers – What are we concerned about?

- 5.1. Tier 1 Whilst there are a range of services available for children and young people across the system there is a need for more clarity as to where people can access support or what each service provides. It is anticipated the new website will help mitigate this and will provide further support to communities on where to go for help, when needed.
- 5.2. Tier 2 Compass Shine are a new service provider in Coventry and have successfully implemented a new service offer into the City, developing clear referrals pathways with system partners, establishing themselves as a provider. However, recruitment challenges have remained an issue which is having an impact on waiting times for support. Compass are putting measures in place to support those on the waiting list to

ensure children and young people such as signposting children and young people to Kooth.

5.3. Tier 3 and Tier 4 – Locally and nationally, there has been a surge in demand and complexity for support for children and young people who are in a state of crisis in both the community and presenting at acute hospitals. Locally, the services established to support these children and young people experienced demand beyond their capacity which resulted in the need to use capacity from elsewhere in the system. Nationally, with increased demand accompanied with a lack of capacity in the NHS England specialist commissioned beds (known as Tier 4 beds) this has resulted in children having to wait in hospital for longer periods of time before moving into a tier 4 bed, when available.

An established multi-agency system protocol has been utilised to escalate and coordinate a multi-agency response to this issue. This system protocol has followed a structure of oversight and decision making via accountable officers in a Gold command supported by a Silver command team, a Bronze command development meeting and a Bronze multi-disciplinary team to ensure that all agencies are engaged at all levels of problem solving. Alongside the Gold, Silver and Bronze command calls, there are also daily multi-disciplinary team meetings to review all the children and young people who are in hospital and to mobilise discharge plans in a co-ordinated way when children and young people are medically fit for discharge.

6. Tiers – What are the next steps?

- 6.1. Tier 1 to continue the roll out of the website, continuing to ensure all schools, professionals, and local population are aware to help support children and young people accessing the right service at the right time, helping to prevent needs from further escalating, thus potentially reducing the draw on Tier 3 and Tier 4 provision.
- 6.2. Tier 2 to continue the roll-out of the Kooth programme to ensure children and young people (aged 11 to 25), parent carers and professionals are aware of the offer, led by the Kooth engagement lead.
- 6.3. Tier 2 Compass Shine have a robust action plan in place which will continue the focus on improving waiting times and the recruitment drive. This includes reviewing alternate ways to open, advertise their vacancies and the continued work to provide support to children and young people whilst on the waiting list e.g., inviting them to bespoke workshop session pertaining to the child's reported needs, with the aim of preventing escalation. Compass will also be signposting those young people on the waiting list to Kooth, to ensure children have access to timely support.
- 6.4. Tier 2 An external evaluation has been commissioned by NHSE on the Positive Directions service, during 2024/2025. It will also consider how to maximise the trauma informed approach across our full range of offer.
- 6.5. Tier 3 work is underway to review those children and young people who are waiting for long periods of time within specialist services, which is a focus within Rise.

Appendices

Appendix 1 - Breakdown of services and their offer Appendix 2 – Waiting times

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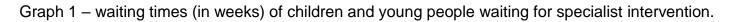
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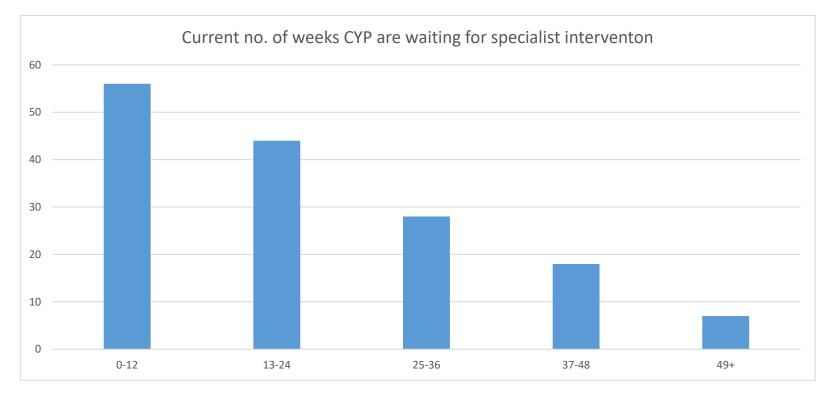
Appendix 1

Tier	Description	Service / Provision	Detail of Service offer
Tier 1 - Universal Services	Primary mental health support to address low level issues (mild).	Dimensions Tool	 Free online mental health self-assessment tool developed by CWPT for professionals / parents to complete with a child. Involves several questions which are rated to indicate how the child or young person is feeling. The tool analyses the responses and provides a report of the submitted answers for a professional / parent to use in supporting a child's mental health where necessary. Depending on the young person's score, the tool may signpost on to local relevant services. <u>https://cwrise.com/dimensions-tool/</u>
		GPs	 Support children and young people and their families to complete the Dimensions tool. Signpost children and young people onto appropriate services such as Rise to support their wellbeing.
		Family Health and Lifestyles Service: School Nurses and health visitors Coventry Young Person's Service (Positive Choices)	 Support children's young people's mental wellbeing within schools Undertake survey for children in reception, years 6 and 9 (which include focus on emotional wellbeing) to support early identification of any health and wellbeing needs. Delivering evidence-based approaches and programmes that contribute to improving children and young people's health and wellbeing including. For example, delivery of lessons to support children and young people with anxiety through exam periods. <u>https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-family-health-and-lifestyle-service-0-19-years</u> A free confidential service for young people aged between 5 and 24 to talk about their own drug and alcohol use or if they are impacted by another's substance misuse, unhealthy partner relationships and sexual health. Support is flexible to suit the need of the young person through face to face and online appointments and work one to one and in groups including at the Ecotherapy allotment project. <u>https://www.changegrowlive.org/positive-choices-coventry</u>
Tier 2 - Targeted	Targeted early intervention services to prevent emerging issues from escalating (mild to moderate)	Compass Shine	 A service provided by Compass that provides: 1:1 CBT-informed sessions with children and young people (face to face and remote) Group based intervention with children and young people. Face to face and virtual counselling support (virtual counselling is subcontracted to New Beginnings) Digital self-help resources / tools for parent/carers, children, and young people Family based support / consultations. Training offers for professionals.

			 Emotional wellbeing workshops for children and young people <u>https://www.compass-uk.org/services/compass-coventry-children-and-young-peoples-mental-health-service/</u>
		Youth Offending	 Two dedicated primary mental health workers from CAMHS integrated with Youth offending service that: Support children and young people with their emotional wellbeing who have offended / going through criminal justice. Support assessing and delivering interventions, to young people receiving out-of-court-disposals, to try and prevent further offending. Offer parenting assessments and services and support and the management of parenting orders. Support children and young people with substance misuse / mental health conditions Delivered by CW Mind to provide support to:
		Peer Mentoring Support Service	 Aged 17–18, transitioning through pathways from children and young people's mental health services to adult mental health services. Aged 17–25, who have never accessed mental health services but are at risk of needing a mental health intervention. Leaving care aged 18-25 who are at risk of accessing mental health services.
		CAMHS Children Looked After (CLA)	 A dedicated mental health service for CLA being delivered in partnership between CWPT and Compass, which includes: Case consultations for CLA with social workers and foster carers Therapeutic interventions for CLA, such as Art Therapy Training for (foster carers / residential homes), to increase placement stability. Mental health Assessments for CLA Therapeutic intervention support such as Dyadic Developmental Psychotherapy (DDP) / Art Therapy This service sits across both Tier 2 and Tier 3
Tier 3 - Specialist	Specialist services to address moderate to severe mental health needs.	Specialist CAMHS	 A range of specialist clinical support offers, provided by CWPT, including: Specialist mental health diagnosis and treatment for moderate mental health needs. Specialist Eating Disorder (ED) diagnosis and treatment. Crisis and Home Treatment https://cwrise.com/our-services
Tier 4 - Inpatient	In-patient admissions for the most severe presenting needs	Inpatient hospitals	 Acute hospital admission for children and young people with severe mental health needs (NHS England funded) and require medical intervention

Appendix 2





Graph 2 – No. of CYP being seen within the Eating Disorde service and the number of referrals. Targets ser by NHSE are urgent referrals to be seen within 1 week and routing within 4 weeks.



