

Rise - Emotional Wellbeing and Mental Health Services for young people update February 2020 (Updated July 2020)

<p>18-25 extended service offer</p>	<p>Current Offer</p> <p>The Rise service offers an emotional wellbeing and mental health service for children and young people under the age of 18.</p> <p>Areas to be developed further</p> <ul style="list-style-type: none">• To establish an 18-25 transitional pathway for those moving from children/ young people’s service into adult mental health services• Work has been identified and is taking place through the Coventry and Warwickshire Local Transformation Plan (LTP) and Transformation Operational Group (TOG) to plan the next steps and time frame for the extended service.• A newly appointed workstream has been suggested to formulate a plan of action in the development of the 18-25 part of the Rise service.• All stakeholders will be included in engagement through workshops to develop and shape the extended provision.
<p>Community Offer</p>	<p>Current offer:</p> <p>Prevention and Early Intervention</p> <p>The Big Umbrella is an early intervention project aimed at building young people’s resilience and equipping them with the skills to manage and maintain good mental wellbeing.</p> <p>CW Mind deliver the Big Umbrella programme which includes whole school assemblies, resilience workshops, one to one support for children within schools. Workshops and 1:1 sessions are offered to children in year 6 and above.</p> <p>CW Mind also deliver a range of emotional wellbeing group interventions around issues such as anxiety and low mood as well as access to Relate counselling sessions. A number of these groups and sessions are delivered from the community partnership venues.</p>

Rise also deliver a school age incredible years course (14-week parenting course). The course is aimed at strengthening parent and child interactions and attachment. The first sessions delivered in Nuneaton and Bedworth were oversubscribed and now being delivered across Warwickshire.

Mental Health Interventions for School Children (MHISC)

Children accessing Early Help also have access to targeted interventions via the MHISC Framework

- The MHISC framework provides a range of interventions for lower level emotional difficulties
- CWPT work in collaboration with WCC's Early Help team, providers and clinical experts to provide quality, tailored support for Warwickshire's children and young people who have received an Early Help Single Assessment.
- The MHISC is a framework of providers offering a variety of interventions: one to one counselling, Creative Arts Therapy and Play Therapy. The work supports key priorities in the Warwickshire Education Strategy and is highly valued by Schools.

Primary Mental Health Teams

The PMHT implement one to one consultation, training and outreach to families and professionals as a core part of a community offer within all 5 localities across Warwickshire. These community locations deliver a range of bookable information sessions and group work, one to one consultation as well as providing a base for outreach staff to work in the community (including schools) within Warwickshire with an aim to:

- Promote Mental Health Awareness
- Reduce Stigma
- Increase knowledge and skills of universal professionals
- Promote resilience, prevention and early intervention
- Develop community Partnership work

Primary Mental Health Team deliver several workshops to professionals and continue to provide consultation advice and support to professionals concerned about a child's emotional wellbeing and mental health.

	<p>Parents can also access a number of 1-1 bookable consultations with a clinician and/or coffee mornings/workshops on a variety of topics for example</p> <ul style="list-style-type: none"> • Understanding and supporting children aged 3-11years with anxiety • Understanding and managing challenging behaviours in children aged 4—12 years • Understanding and supporting young people aged 12-18 years with self-harm • Understanding and supporting healthy emotional development for children aged 3-11 years • Understanding and supporting children and young people for school refusal. • Understanding Sensory Needs in school aged children • Understanding and supporting Siblings <p>Areas to be developed further:</p> <ul style="list-style-type: none"> • Increasing take up of the Big Umbrella offer to schools across Warwickshire • Increasing and widening the community offer to include drop in's for parent/carers and Children and young people and extended days and hours of operation. • Engagement with local community and third sector partners to further developing the community partnerships and looking at the appetite of replicating the successful South Warwickshire Mental Health Partnership to the North of the county through extended use of the Abbey Centre in Nuneaton. - First initial meeting held with partners to discuss the concept of this and next steps.
<p>Digital Offer</p>	<p>Current offer:</p> <ul style="list-style-type: none"> • CWPT commission HEALIOS to deliver online Cognitive Behavioural Therapy support to children and young people. • Think Ninja app – CWPT have purchased the Think Ninja app for all CYP within the Early Help teams who have access to the Foundation app.

- **The Rise website** has been redesigned giving it a new look and making it easier to navigate. Service generated video content has been added to give young people accessing the site a better understanding of the service offer.
- Development and updating of the RISE website will remain an ongoing project and link to the refreshed joint WCC and CWPT communication plan. The developments were coproduced with children and young people who continue to engage in further developments and improvements around content and information.
- The Rise website has information and support resources available for young people to support their mental health and emotional wellbeing through links to factsheets, self-help apps, external support websites and a confidential text support service.

<https://cwrise.com/for-young-people>

and for parent/carers

<https://cwrise.com/parent-and-carer-resources>

<https://cwrise.com/for-parents>

- **Dimensions online tool** continues to be utilised across Warwickshire with the website recently being updated and relaunched. The tool provides information, advice, and signposting based on the information provided by the person completing and it is completely anonymous. This provides additional intelligence around the need for mental health and neurodevelopmental conditions in children and young people.

<https://dimensions.covwarkpt.nhs.uk/>

Areas to be developed further:

- CWPT are developing e-consultation services, an online referral portal and exploring digital solutions such chat health working with partners, GPs and children and their families
- Increased offer to include online Chat function, Skype, text messaging, additional information videos and webinars.
- Dimensions tool - data to be uploaded onto the data app dashboard so it can be analysed alongside service activity and population health data, to inform service planning and delivery.

	<ul style="list-style-type: none"> • Increasing access of the Think Ninja app through extra funding application by CWPT
Trailblazer Projects	<p>Current offer:</p> <p>Mental Health Support Teams (MHST) are new services designed to support mental health and wellbeing of children and young people in and around schools and colleges</p> <p>Mental Health Support Teams are based around schools acting as a link with children and young people’s mental health services. The team is currently made up of Emotional Mental Health Practitioners (EMHPs) who are being trained to deliver low-level CBT interventions to children, young people and parents.</p> <p>This means that children, young people and their parents can access mental health earlier and being based in schools means the MHSTs are accessible.</p> <p>The MHSTs will develop models of early intervention on mild to moderate mental health and emotional wellbeing issues, such as anxiety, behavioural difficulties or friendship issues, as well as providing help to staff within a school and college setting.</p> <p>South Warwickshire is one of only twelve areas nationally which successfully won the bid together with Rise to develop both trailblazer programmes:</p> <p><u>Schools named in the NHS Mental Health Trailblazer Project: South Warwickshire</u></p> <p>9 schools have had Educational Mental Health Practitioners (EMHP) trainees - Myton, Coton End, Cubbington, North Leamington, Thomas Jolyffe, Stratford on Avon (Stratford upon Avon schools had trainees, but it didn't fit in with what they wanted so have since decided not to take part), Alcester Academy and Bidford.</p> <p>There are now trainees in Studley, and the following have expressed an interest in having trainees rolled out to them next</p> <ul style="list-style-type: none"> • Wotton Wawen • Champion • Sydenham

- Clapham Terrace
- St John's

Welcombe Hills, Arden Fields, and Salford Priors all withdrew from the trailblazer project.

4 Week Waits (4WW)

The vision is that:

- All South Warwickshire referrals will experience an enhanced triage
- Those requiring a Specialist Mental Health assessment will receive this within 4-weeks
- Building on our current intervention portfolio there will continue to be a range of groups able to support those requiring this level of intervention

What are the consequences of having both Trailblazer projects? There are consequences at different levels:

- For South Warwickshire children and young people, it means the early support of their emotional wellbeing will prevent the deterioration of their wellbeing.
- Where there is an escalation of need that requires a referral to Specialist Mental Health it will mean a shorter time to assessment and in some cases the clinical intervention then need.
- For a Warwickshire child or young person not in South Warwickshire it will mean that there will be more group-based interventions in South Warwickshire they can access, which will shorten the time they need to wait to access this support

Areas to be developed further:

- Wave 3 of providing MHST is being applied for in the North of the county, with the bid closing date of mid-March

Unfortunately, North Warwickshire were unsuccessful in their bid for funding – work will be focusing on lessons learnt from the current offer and how the whole county can benefit.

<p>Strengthening support for Vulnerable Children</p>	<p>Support for Children Looked After</p> <p>Direct interventions delivered to children and young people have been in the form of:</p> <ul style="list-style-type: none"> • Counselling and therapeutic conversations; • Play therapy; • Solution-focussed and cognitive behavioural interventions; • Attachment based support for foster carers and adopters; • Therapeutic social work; • Primary mental health interventions. <p>Children in Crisis</p> <ul style="list-style-type: none"> • There have been significant developments in this area over the last year. In response to additional funding from the three CCG's, CWPT have successfully rolled out an enhanced child in crisis support offer. • This includes expansion of the Acute Liaison Team based in hospital ensuring access 7 days a week and the development of the Home Treatment Team. • The aim of these services is to ensure children have timely access to services and to try and prevent admission to inpatient tier 4 beds. <p>Areas to be developed further</p> <ul style="list-style-type: none"> • There will be a focus in 2020 in terms of developing the vulnerable children's offer which includes children looked after. Rise are looking to increase clinical staffing in this area • CWPT/ RISE and the Children and Families Team at Warwickshire County Council are working within the LTP priority to strengthen support for vulnerable children and young people. • Part of this work has been to revisit scoping exercises which took place in 2018/19 where discussions took place regarding what was meant by the term 'vulnerable' and what made individuals more vulnerable. • In addition to this, models of delivery need to be identified and approved.

	<ul style="list-style-type: none"> • Expansion of the Crisis offer to 24/7 in response to PHE and COVID there is now access to a 24/7 crisis support telephone number, the aim is for this continue post COVID restrictions. • The principles of the Support to vulnerable children has been agreed with an action plan now being drawn together.
<p>Engagement Strategy</p> <p>Coventry and Warwickshire</p>	<p>To ensure the voices of children, young people and their families are embedded in service development</p> <p>Areas to be developed further.</p> <ul style="list-style-type: none"> • Coventry and Warwickshire are developing an engagement strategy to further enhance ongoing collaboration with children, young people and their families to re/design and provide the best possible services within their locality • Robust and effective service user and stakeholder engagement is a priority within the LTP, and partners are working to ensure that service users and stakeholders are involved in the development of services going forward. • We will be engaging with children and young people around mental health priorities, commissioned services and Co-production of any required service re-design

Family Wellbeing Portfolio Services Update – February 2020

<p>Commissioned Services</p>	<p>The School Health & Wellbeing Service offers a range of support:</p> <ul style="list-style-type: none"> • Annual health needs assessments for reception, year 6 and year 9 students. The results of these questionnaires are used to help young people and provide tailored information • ChatHealth text messaging service for young people and parents to be able to access confidential support • Development of Youth Health Champions within schools to work with the service to shape the offer • A specialist Emotional Health & Wellbeing nurse to work in partnership with schools and mental health services. Training and one-to-one support is being provided to staff within schools to empower more professionals and offer support and guidance around emotional health
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	<ul style="list-style-type: none"> • For the year 6 and year 9 annual health & wellbeing questionnaires, young people are asked about whether they have any caring responsibilities in order to offer additional support if required and the service also works in partnership with the Young Carers service to offer additional support. • A Looked After Children’s Nurse has been created and will begin during 2020, working in partnership with the Looked After Children team • A new website with interactive service pages was launched in April 2019 (www.compass-uk.org). The site provides age appropriate information, downloadable digital products and out of hours support • A marketing and digital communications officer has been employed to ensure effective communications and engagement with children, young people, families, schools, commissioners and partners • Following feedback on the health needs assessment by students in year 6 at a primary school, the service worked with the young people to develop a video to prepare future students completing the questionnaire. They developed the storyboards and the content, as well as taking part in the video • The service publishes an annual report, the most recently published report (2017/18) is available here: https://apps.warwickshire.gov.uk/api/documents/WCCC-630-1936 However the report for 2018/19 will be published very shortly. <p>Children & Family Centres</p> <ul style="list-style-type: none"> • The service has been increased to cover children and young people between 0 and 19. The providers are reviewing the offer to ensure there are services for the extended age offer.
<p>Other programmes of work</p>	<ul style="list-style-type: none"> • A self-harm working group, as part of the wider suicide prevention strategy, is working on the following: <ul style="list-style-type: none"> ○ Prevention: Provide appropriate messaging in schools around mental health and wellbeing. For primary schools this should focus on mental health and managing emotions. For secondary schools this should focus on transition points (i.e. Year 6, Year 11, Year 13) to provide positive coping strategies that counters some of what might be heard by children and young people. Link with Warwick and Coventry universities to request support / information to give to schools / young people before they attend university ○ Early intervention: Development of leaflet about self-harm and support that is available for young people. Develop and promote resources / information for parents, families, carers and friends about where to get information, advice and support. Develop and promote resources / information for front line workers about where to get information, advice and support. This should include red flags to look out for. ○ Targeted specialist support: Conduct audits against NICE quality standards. Review NICE guidelines and identify whether an audit should be carried out against the guidelines. Identify areas of workforce where targeted development can take place and identify types of development required. Ensure developments include compassionate responses to people who have self-harmed. Co-produce a self-harm passport for young people to

	<p>use when disclosing self-harm to professionals. Identify appropriate method of distribution to young people (e.g. via schools / GPs). Investigate potential for digital record</p> <ul style="list-style-type: none">• Elected members task and finish group<ul style="list-style-type: none">○ A research project is being undertaken in schools to establish the culture of self-harm, skills and competencies, areas of need, in order to inform recommendations to be made by the elected members.• The Public Health budget contributes towards the annual contract with Warwickshire Young Carers• Annual Youth conference takes place in June and 2020 will be on the theme of Identity. The conference is an opportunity for services to work with young people, listen to their views and feed this back into service design.
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Rise Service Update due to COVID-19

May 2020

Service Area	Updates
Key messages	<ul style="list-style-type: none">• CWPT has not redeployed any staff away from CYP MH/Rise Service into any generic services• The front door/entry point into the service remains as it has always been, referrals and contact are unchanged and can continue to be made through the Navigation Hub• Updated information on the current situation with the service response to Covid-19 can be found on the Rise website www.cwrise.com• Children and Young Person - 24hr 7 days a week Crisis Help Line <ul style="list-style-type: none">• Rise are currently delivering a service in a new way which is being responsive to changing situation on a daily basis• Rise continue to look at understanding the impact as we move forward each week and how this will change the requirements for CYP in their needs, longer term needs and the unknow factor.• All CYP on caseload have been contacted and offered a means of contact or support.• Feedback from families thus far has been very positive and welcome that they have not just been left and the service has maintained a level of contact and communication with them and are not feeling abandoned.• Rise will be responding with school support once back in due to some teachers/support staff and CYP having been out of school since March, looking at giving skills and support to school's staff and CYP/families in managing the new situation.• Rise recognise the impact is wider than just the schools and CYP/families, this will influence everyone's MH & WB and how this is managed through wider support not just key mental health services• Looking at identifying key stress point for CYP and families who are not seeing extended family/estranged family members and losing on family or per support.

	<ul style="list-style-type: none"> All services (not just MH) will need to be looking at ways to support in the new environment moving past the here and now with adjustments.
Acute Liaison Service	<ul style="list-style-type: none"> ALT function fully operational. Core Team based at Whitestone (Nuneaton) and will undertake urgent assessments there, in Orchard House (Leamington) and in Coventry via home visits or at Coventry Family Hubs
Tier 3.5/Crisis/Home Treatment	<ul style="list-style-type: none"> Working to extend hours to 8am to 8pm 7 days a week. Adult Crisis Team take calls from 8pm - 8am for initial triage with support of Children's crisis team on-call arrangements, with support from CYP MH Leadership and CAMHS on call consultant. Cover started from 10.04.2020.
Navigation Hub	<ul style="list-style-type: none"> Maintaining staffing numbers Referrals and triage work remain unchanged and in place as usual being the first point of reference for all referrals and professional advice, information and consultation. Telephone contact remains as normal with all professions though the Nav Hub providing advice and support. Parent consultations via the PMHW within the community locations are not taking place currently due to lack of digital resources CWPT are exploring all platforms for accessing support and contact with CYP and their families through digital and virtual support. - Laptop loan is being sourced through WCC support to support virtual support.
Eating Disorder Service	<ul style="list-style-type: none"> Emergency cases taking priority - Staff continue to offer urgent assessment activity and utilise crisis and locality hubs to support urgent assessment. All other CYP will be prioritised on individual case and how each individual can be maintained. If not able to be physically maintained. - at triage stage a clinician will look at all areas not just weight, presenting behaviours will also be taken into account in terms of urgency of support. -Staff continue to provide support via facetime video and continue interventions where appropriate.

	<ul style="list-style-type: none"> • Does have staffing challenges in this service but prioritising workflow. • Being creative with resources due to ED specialist service and will have the ability to tap into adult ED service for consultation. • ED teams are trailing using What's App but still are in need of digital devices to fully roll the IT infrastructure is on place and devices available
<p>Core CAMHS</p>	<ul style="list-style-type: none"> • All active caseload has been contacted since outbreak either by phone or where that has failed letters have been sent. • Increased on-line presence for information and advice, supplementing Dimensions. • Planned roll-out of ThinkNinja self-manage app to agreed cohort of CYP. • All teams have established daily urgent MDT for urgent cases and decisions about face to face contact and referral to home treatment. • All services operated support of the bank holidays to reduce the potential for escalating issues. Each area continues to run a duty desk. • Priority will be given to Crisis/emergency cases initially. • Lower needs cases are being reviewed – and will either continue with contact, be provided with a review date, or paused/put on hold, provided with resources. – this is to protect capacity to respond to urgent/crisis cases. Capacity throughout the service needs to be maintained to pick up these cases therefore the lower cases are being reviewed and evaluated based on need. • No groups being provided but telephone contact is being maintained. – this may need to change over time due to changing in capacity and urgent/crisis needs. • Looking at other platforms that can support contact with CYP - Waiting on the ability to provide virtual/video support but still need to navigate the logistics on this. • Telephone support is being offered in place of group work – though some of this may be extended or paused based on need to respond to urgent cases. • Can book into low level support that is still within NICE guidelines. • All professionals can maintain contact and consultation through the Nav hub as previously when working with a CYP/family • Making sure that within the contact that the teams are having with CYP/families the service they are receiving now is what they need to have within what is available through the current working ability.
<p>Primary Mental health Teams</p>	<ul style="list-style-type: none"> • Cases reviewed, booked face to face consultations converted to telephone. • Further consultations being booked via the Nav Hub

Youth Justice Service	<ul style="list-style-type: none"> • Staff maintaining roles in YJS to support critical activity. • All activity converted to telephone or online. • No staff are being redeployed out of this service and will continue to offer mental health care support.
Children Looked After Services	<ul style="list-style-type: none"> • Face to face interventions for urgent issues only. Activity has been converted to telephone and continue to provide support to routine cases. • Rise practitioners have made contact with every YP/family/SW/FC on the caseload and has been case reviewed • Maintaining virtual contact with S/W- FC and offering advice, information and support • Looking at the nurturing and attachments groups and what can be offered as an alternative • CLA 6 monthly review meetings chaired by the Independent Reviewing Officer are still taking place through virtual systems. • Prioritisation list identified, working alongside Social worker, provide advice and support where needed
Mental Health Schools Teams	<ul style="list-style-type: none"> • Staff not being redeployed out of CYP MH services • Warwickshire MHST workers are maintaining contact with CYP they are currently working with. • MHST staff have also been in contact with other schools not part of the pilot to offer support. • Will still be maintaining links with schools. • Maintaining input to key cases that were open prior to lockdown and remain in contact with placement schools and others. • Qualified EMHP are using some capacity to support other Crisis activities and Core Rise activities that would have been delivered by groups. • Unqualified EMHP are supporting the development of online resources and support to schools.
Education/Schools	<ul style="list-style-type: none"> • School nurses responding to the chat health messages and providing health checks through what's app. • Educational Psychologists are looking at a number of areas of work with CYP/Families: <ul style="list-style-type: none"> I. Bereavement support and separation anxiety. II. Emotional difficulties with CYP having been away from their extended families/estranged families for some time and how this can be supported III. Emotional needs of CYP transition from primary to secondary schools with not having an end point/closure on the previous school and now having to attend a new school with little preparation and support. • How Rise can support schools in training and consultations once back due to their need to catch up and potentially not have viability to attend face to face as they had previously - alternative formats and looking at different strategies of what can be delivered.

<p>CWMind</p>	<ul style="list-style-type: none"> • Service is working to offer alternative provision. • Contacting Parents/Carers on waiting list to check in and see what support they need. • Tailoring digital support to needs • Designing and developing online resources. • Re-adapting the emotional well-being resource/work booklet for young children. • Development of Webinar resources. • 1:1 telephone support to CYP <ul style="list-style-type: none"> • Contact being made to all parents/carers on the waiting list and actively working with to offer digital support, advice, and guidance. RAG rating is in place. - Phone Assessments using BACP (British Association for Counselling and Psychotherapy) guidance are still offered and being completed. • 1:1 work online with CYP, Parents/Carers: Video Link working/telephone consultations/primary mental health work/counselling adaptation/carer support etc, in line with BACP ethical guidance/framework. • Parent/Carer training sessions: Webinar or streaming options to deliver training remotely. Possibly use Eventbrite for bookings. Possibly offer additional sessions or greater numbers of participants. Train staff to use technology & support with management of online sessions. Receiving feedback from other CYP services before development • Adopted parent/carer training development: Collaboratively develop Strengthening Relationships single seminar/webinar. <p>Development of digital offer:</p> <ul style="list-style-type: none"> • Design and develop online resources. • Re-adapting the emotional well-being resource/work booklet for young children. • Develop a CYP survival Kit to email out- Incorporate relevant links, clips, training etc • Development of resource pack/booklet re anxiety management and containment to provide to adopted parents/carers following contact if required. • Development of Webinar resources specific to needs as they present.
	<ul style="list-style-type: none"> • In order to comply with social distancing guidelines, all face to face activity to undertake diagnostic assessments and deliver post diagnostic interventions has stopped.

Neurodevelopment Services	<ul style="list-style-type: none">• Where possible, diagnostic assessments for those already referred to the service may be completed via E-consultation. However, should this not be feasible there may be a decision to put the assessment/intervention on hold until a time where the child/young person/family can be seen face to face.• Referrals for diagnostic assessments and post diagnostic intervention can continue to be sent into the Navigation hub: Address: Navigation Hub, Ground Floor, Paybody Building, Stoney Stanton Road, Coventry CV1 4FS• Virtual support online will continue accessed via the dimensions tool, the RISE website and on the telephone.• Specialist expertise in the neurodevelopmental service is also being redirecting during this time to support essential and crisis services, with a particular focus on ensuring the needs of people with neurodevelopmental conditions are met. This includes support into the 24/7 mental health crisis helpline for young people and into the intensive support service, which continues to operate as a priority service.• CWPT are working closely with the MIND in relation to the community outreach offer for young people with autism and their families to ensure the offers are joined up.
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