

Joint Meeting
Adult Social Care and Health OSC
And
Children and Young People's OSC

26 October 2020

Children and Young People's Emotional Wellbeing and Mental Health Services

Update on The Delivery of The Rise Children and Young People's Emotional Mental Health Service

1. Recommendations:

- 1.0 For members to note the presentation to be given on the following updates in relation to the Rise Service:
- the progress on the Local Transformation Plan (LTP)
 - the response to the Covid19 pandemic and the achievements made, and challenges endured during this period

2. Key highlights:

- 2.1. The key updates on the Rise service at this time are:

- I. Warwickshire Children and Young People's Emotional Well-being and Mental Health Contract is now in year 4 of the 7year contract.
- II. The breadth of services in the Rise offer continue to be delivered.
- III. The 'front door' to the Rise Service has remained open for children and young people throughout the Covid 19 pandemic.
- IV. Rise has implemented and developed new ways of working to support children and young people during the Covid 19 pandemic.
- V. No staff were moved away from working to support the mental health and well-being of children and young people during the Covid 19 pandemic.
- VI. In two consecutive months during the Covid 19 pandemic there has been an increase in the clinical activity of services linked to CWPT in Coventry and Warwickshire which includes Warwickshire Rise.
- VII. The delivery and refresh of the LTP and responding to Covid will continue to be the focus over the next six months.

VIII. There will be an increased emphasis on co-production and engaging children, young people, parent/carers and professionals.

3.0 Local Transformation Plan (LTP)

- 3.1 Coventry and Warwickshire's Local Transformation Plan (LTP) for improving children and young people's mental health and emotional wellbeing sets out how commissioners, providers and partners across the Local Transformation Partnership will work together to ensure that services across Coventry and Warwickshire will be developed and improved to meet children and young people's mental health and emotional well-being needs.
- 3.2 The priorities for 2019/2020 LTP are highlighted below:
- Improve the breadth of access, timeliness and effectiveness of emotional well-being and mental health support available to children and young people 0 - 25
 - Strengthen approaches to resilience, early help and prevention through work both with schools, (as they are often the first point of contact with children and young people with emotional well-being and mental health issues) and family hubs and community partnership venues
 - Continue to develop the eating disorder pathway and services
 - Strengthen the multi-agency approach to children and young people experiencing mental health crises
 - Further develop the CAMHS digital offer to increase access to services and support for children and young people
 - Strengthen support for vulnerable children and young people
 - Strengthen the approach to data collection and analysis
 - Ensure that the voices of children and young people are embedded in CAMHS development.

4.0 Key Updates from Work Streams

- 4.1 **Mental Health in Schools Teams (MHST) (South Warwickshire)**
- 4.2 The Mental Health in Schools Team is a service that has been introduced as part of the national Trailblazer Project for children.
- 4.3 Mental Health in Schools Teams (MHSTs) currently operate across eighteen schools in South Warwickshire (Warwick District and Stratford District), expansion into more schools will continue to reach the original pilot target of 49 schools by the end of this year.

- 4.4 Commissioners submitted an Expression of Interest to NHSE to extend the MHST provision into Warwickshire North. Unfortunately, the bid was unsuccessful. Commissioners will be exploring future opportunities to expand the MHSTs through NHSE funding.
- 4.5 A key partnership between the school and the Mental Health Support Team was due to be enhanced as part of this pilot by a nationally funded training programme led by the Department for Education. This would train a Mental Health Lead in schools via a newly commissioned ten-month training programme. This national training programme has not yet been delivered and we are awaiting the national update as to when this will be rolled out.

4.6 Community Partnerships

- 4.7 The development of Community Partnerships has been impacted by Covid-19. The commissioners and Rise remain committed to the delivery of the partnerships and their expansion across the county.
- 4.8 The Partnerships are a network of children and young people's organisations and give an opportunity to share best practice, advocate on behalf of young people and give young people a voice.
- 4.9 The joint work between Rise and Commissioners has led to the pilot of a new Children and Young Person's Mental Health Partnership in Nuneaton and Bedworth. This aims to improve awareness of children and young people's mental health provision in Nuneaton and Bedworth and maximise local provision through increased coordination and collaboration. Over the next twelve months the focus will be to develop these partnership models in other areas of Warwickshire in collaboration with existing networks and partnerships.

4.10 Vulnerable Children's Offer

- 4.11 There has been ongoing work to address the support needed by those with additional vulnerabilities. The plan currently aims to achieve delivery by July 2021.
- 4.12 The plan will continue the work a delivery of support and intervention to support those Children and Young People where these are factors:
- Self-Harm and Suicide Prevention
 - Those in Crisis
 - Those in the Youth Justice System
 - Children Looked After and those in Residential Care in Warwickshire
 - Unaccompanied Asylum-Seeking Children

4.13 18 – 25 Offer

4.14 The Current Rise contract delivers services for 0 – 18. Within the Local Transformation Plan and the Rise contract there is a commitment to deliver an 18 – 25 Offer for young adults. This work stream has set a delivery time scale between September 2020 and September 2021, subject to resource allocation.

4.15 Crisis Offer

4.16 A priority is to further enhance the system approach to supporting Children in Crisis. The developments made during the Covid period have accelerated some aspects of the NHS Long Term Plan such as the provision of 24/7 crisis line, and expanded hours of operation. These changes will be subject to review in October 2020.

4.17 A Mental Health Transformation Bid was submitted in September 2020 to fund an engagement project with children, young people and families to understand their needs and how the crisis response should be developed. This will assist in providing an understanding of how their needs may have changed since the Covid 19 pandemic and help identify what support mechanism will have the maximum supportive impact. It will provide examples of how these can be implemented e.g., text, chat, drop in etc. will also form part of this work stream.

4.18 Pears Site

4.19 A work stream led by Warwickshire County Council is in progress to explore the opportunity for Rise to work with social care and education to develop a holistic, multi-agency offer, utilising the Pears site including:

- Emergency short term residential provision
- Residential assessment service (potentially shared care with families)
- Social Care Support and Care Co-ordination
- Therapeutic interventions
- Family interventions
- Outreach into people's homes
- Education provision
- Outreach into families, other providers and community (Foster carers/ residential care/hospital)

4.20 Digital Offer

- 4.21 Rise will continue to develop and increase the use of digital face-to-face support during the challenges of the pandemic. Rise are continuing to roll out and expand the use of Attend Anywhere which is the NHS digital consultation platform. Rise can continue to support children and young people while also working within the NHS and Covid safe guidance.
- 4.22 Rise have worked to create digital training platforms for schools as part of the primary care offer to allow the education and training experience that was delivered in face-to-face settings to still be accessed on a virtual training platform. The first programme went live in September 2020 and further training programmes are in development. This easy access method of staff training is a cost-effective and time efficient way to support schools given the additional pressures they now face

4.27 National 4 Week Wait Pilot (Trailblazer)

- 4.28 The Rise Team will re-establish work with the Children and Young People's Mental Health National Team at NHSE with regard the trailblazer work on waiting time/meaningful clinical contacts and the future investment needed for children and young people's mental health. This work was paused during the Covid 19 incident as members of the National Team were redeployed for the emergency response.

4.29 Eating Disorders Services

- 4.30 The national picture for eating disorders is one of rising referral numbers; this was recognised in previous NHS Long Term Plan from 2019.
- 4.31 The Covid 19 Incident has had a significant negative impacted for those at risk of an eating disorder and those at risk of developing a disorder.
- 4.32 The Health Care Partnership Delivery Board has identified eating disorders care as a priority area. Further workforce and pathway modelling will be undertaken to inform the delivery aspirations set out in the NHS Long Term Plan.

4.33 Co-production/Engagement Strategy

- 4.34 There will be significant emphasis on co-production in order to develop a number of the above service elements. The existing stakeholder group will be developed to include service users, parents/carers and professional to represent work streams within the Local Transformation Plan

5.0 RISE Service Offer during Covid-19 incident

Key Messages

- 5.1 The Covid-19 Incident demanded rapid and immediate changes to the delivery of services in Rise. Critical services and functions were identified, and plans were made to ensure that access and engagement for children and young people needing mental health support remained open and clear.
- 5.2 Rise did not close any of the front door routes and very much made sure that children and young people, their families and professionals were able to access immediate support and advice from the Navigation Hub, Primary Mental Health team and of course the crisis team.
- 5.3 No children and young people's clinical staff were redeployed to other mental health services; Rise were able to deploy their skilled workforce to address the presenting needs of children and young people. Included within this was increasing capacity for the children and young people crisis team as well as the access for triage and for those children, young people and families awaiting interventions.
- 5.4 The impact of a national lockdown, re-prioritisation of schools and their access criteria, and the limitations placed on the face-to-face contact resulted in a raft of changes and modifications to service delivery

6.0 Challenges

- 6.1 The most significant challenge over the last six months has inevitably been the size and scale of the changes to delivery needed as a result the Covid 19. Transitioning in a rapid way to new ways of working whilst managing an increasing demand and increasing complexity of case presentation alongside the complexity of service delivery in an appropriately infection-controlled way.
- 6.2 There will be an ongoing challenge to capture and understand the new picture of need and to be sure that services across the system remain positioned to meet these needs and the earliest point in line with over all aims of the Rise model.
- 6.3 Gathering outcomes from children and young people for the interventions via digital means has been challenging. The service is trialling various methods to attain the outcomes.

- 6.4 The implementation of the Local Transformation Plan (LTP) was impacted by the outbreak of Covid. There are now comprehensive plans in place to develop these areas of work during the pandemic. Rise and Commissioners are committed to delivering the LTP in partnership with all stakeholders.
- 6.5 Capacity to meet the demand of increasing referrals and increasingly complex cases remains a challenge, with identified pressures in the Crisis Team and Eating disorders Service.

7.0 Achievements

- 7.1 During the last nine months the changes to Rise delivery has to be held as a significant achievement. In this there are some additional highlights which include:
 - Headteachers forums delivered in partnership with Early Help.
 - Rise and CWPT delivered self-harm and suicide prevention webinars across five dates during July, August and September with at least 1000 people attending. These webinars were targeted at teachers, parent/carers and professionals working with young people.
 - On 10th April 2020 the 24/7 crisis line was implemented for children and young people.
 - The Rise Service digital offer has been enhanced with the addition of the NHS platform Attend Anywhere, there are increased resources available on the website including the further roll out of Healios and the ThinkNinja App.
 - The front door to Rise has remained open throughout the Covid pandemic. The service and its staff have worked tirelessly to ensure that support for children and young people continued. No staff were redeployed away from children's and young people's services and new ways of working were established in a short space of time in order to meet the needs of children and young people.
 - The Community Offer has been in development and produced a school's audit tool and partnership agreement to establish a baseline of what support is being accessed and where the gaps are.
 - The child's voice has been sought and fed through various networks.
 - A package of training has been developed through Primary Mental Health Team and sent out to the network. The e-learning platform to schools is now in operation with further modules in development.

8.0 Financial Implications

- 8.1 Year four of the contract involves a payment by results element linked to the achievement of the outcome KPIs. The payment by results element constitutes a total of 10% of the Rise contract budget. The implementation of this has been delayed due to several factors, including being unable to baseline all the outcome KPIs and data sources. Commissioners and Rise are working to resolve these issues for this to be implemented by the end of the year.

9.0 Environmental Implications

- 9.1 None

10.0 Next steps

- 10.1 Next steps for 2020/2021 include:

- Development and implementation of the 18 – 25 offer
- Implementation of the Vulnerable Children’s Offer Delivery Plan
- Continuing to pilot the Community Partnership in Nuneaton and Bedworth and scope to expand across Warwickshire
- Implementation of KPI payment by results
- Expansion of Mental Health Schools Teams in South Warwickshire
- Further enhancement of the RISE digital offer

Supporting Documents

None

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