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15 November 2023

To: All Members of the Children and Young People's Scrutiny Panel

Dear Member,

Children and Young People's Scrutiny Panel - Monday, 13th November, 2023

I attach a copy of the following reports for the above-mentioned meeting which were not available at the time of collation of the agenda:

**8. CHILDREN'S MENTAL HEALTH AND WELLBEING (PAGES 1 - 8)**

Yours sincerely

Philip Slawther, Principal Scrutiny Officer

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Children's Mental Health and Wellbeing

## **Haringey Children's Scrutiny Panel**

13<sup>th</sup> November 2023

## Objectives for today



Remind Panel of Haringey's **services to support child mental health**



Highlight some **recent areas of development**



Focus in on an **improved access route** into CAMHS



Welcome a **discussion** with Panel

# NHS / ICB commissioned mental health services for CYP

**BEH** are the main CAMHS provider and see around 1,000 children and young people on caseload at any one time. In addition to BEH services:

- **Open Door** saw **769** children and young people in 22/23 (+ additional 18-25s and parents )
- **Tavistock** had **468** Haringey CYP on their caseload in Aug 23
- **Royal Free** has around **50** Haringey children & young people on caseload at their eating disorder service

<p>Specialist and Local Authority Commissioned</p>	<p>Specialist inpatient mental health care (NCL collaborative commissioned)</p>	<p>CAMHS in Youth Offending Service (YOS), Custody Liaison and Diversion (L&amp;D)</p>	<p>First Step and First Step Plus Looked After Children (LAC) service</p>	<p>Paediatric Mental Health Liaison Team (NMUH)</p>
<p>NHS Providers</p>	<p>Tavistock and Portman – specialist psychotherapy and specialist Autism service.</p>	<p>BEH – Core Community CAMHS &amp; Home treatment team</p>	<p>Crisis and Eating Disorders services (Royal Free) + early intervention eating disorders (Tavistock &amp; Portman)</p>	<p>BEH – 0-5s Early Years Service &amp; Whittington Health’s Parent infant psychology service (PIPS)</p>
<p>Community and online</p>	<p>Open Door – therapy, support to care leavers, pre/post diagnosis autism support and parent programmes</p>	<p>Haringey Shed – young carers drama therapy programme</p>	<p>Kooth – online support and counselling service for 11+</p>	<p>Hope for the Young – mentoring and support for unaccompanied asylum seekers</p>
<p>Schools offer</p>	<p>Mental Health Support Teams in School (“Trailblazer”) delivered via BEHMHT in partnership with others into &gt;40 schools in Haringey</p>		<p>Hope in Haringey – schools-based counselling</p>	<p>Deep:Black &amp; Tottenham Hotspur Fdn: drama therapy and sports outreach</p>

# Insight into needs that are supported

**Open Door** reported in 22/23 that of the CYP they supported:

- Over a third were neurodivergent
- 39% had experienced abuse or neglect, rising to 51% of 18-24 year olds
- 20% of under 18s had had social care input, and 10% of 18-24 year olds were care experienced
- 16% of under 18s had experienced domestic violence, rising to 24% of 18-24 year olds

**BEH** report on primary condition of children on their caseload, shown below.

Primary condition identified	BEH All	BEH Haringey
Autism Spectrum	7.7%	5.7%
Conduct Disorder	1.0%	1.1%
Deliberate Self-Harm	2.5%	2.4%
Developmental Disorder	1.0%	1.2%
Eating Disorder	0.3%	0.2%
Emotional Disorder (e.g. depression, anxiety)	18.7%	18.0%
Habit Disorders	0.4%	0.7%
Hyperkinetic Disorder (e.g. ADHD)	21.0%	9.8%
Learning Disabilities	1.2%	1.0%
Other	44.6%	53.3%
Psychotic Disorder	0.1%	0.2%
Substance Abuse	0.1%	0.1%

## Demand & Access: CAMHS Referrals and Waiting Times

In 2021/22 Haringey CAMHS received 2,170 referrals; in 22/23 the service received 1,946. To September 23, there have been 1,061, an increase on the same period in 22/23. The national picture is that demand continued to rise, but more slowly than in 21/22.



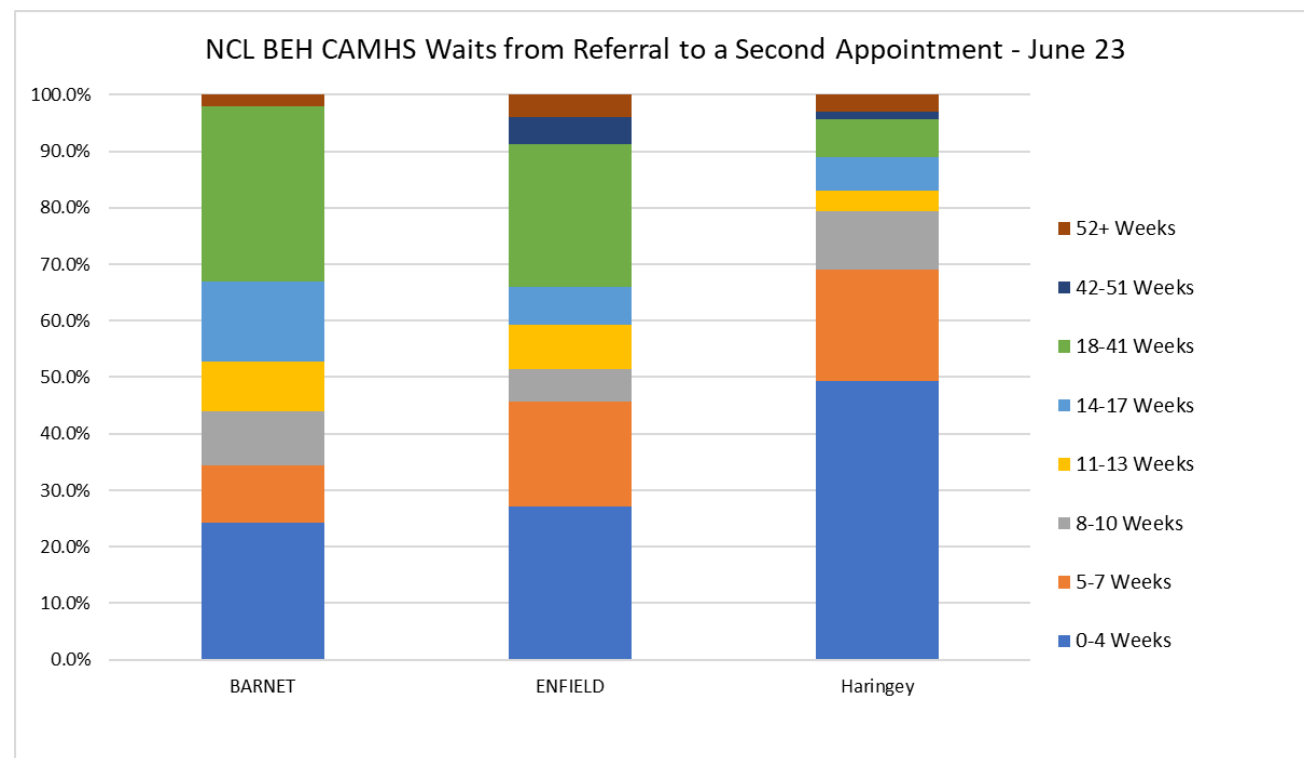
- **47%** of referrals were from GP's, and **39%** were from the local authority
- **95%** referred for "anxiety" followed by self-harm and neurodevelopmental conditions

### In 2022-23

- **87%** 1<sup>st</sup> Appointments attended
- **75%** Follow Up Appointments attended
- **70%** of CYP started treatment within 26 weeks, against a target of 85%

### As of June 2023

- Nearly 50% having a 2<sup>nd</sup> appointment within 4 weeks of referral
- Haringey performed better than Barnet or Enfield



# Haringey Council delivery highlights

## In schools

- Expansion of the **Educational Psychology service** providing assessment, advice and support
- Developing a **emotionally based school avoidance** pathway, with training, parental support, advice, groups and support to professionals
- **Training for Social Workers based in Schools** on Cognitive Behavioural Therapy approaches.

## In communities

- Our **Family Hubs** include significant elements of mental health support to 0-5s and parents, in partnership with a wide range of services
- Including preventative programmes and support in **children's centres and family hubs** including baby massage, Dancing Together, HENRY, parenting programmes and CAMHS
- Extended well-being support throughout our **youth hubs**

## For those at greater risk

- The **Safer Taskforce** programme which focuses on young people at risk of involvement in serious youth violence and includes mentoring and psychologically informed approaches
- An expansion of the support and filling gaps in workforce at the **Youth Justice Service**



# NHS delivery highlights

## Access & Community Treatment

- Development of **Single Point of Access** for CAMHS
- Investment into sustaining shorter waits for treatment
- Roll out of **18-25s transition and support team** in North London MH Partnership
- Expansion of Open Door's 18-25 year old treatment offer funding
- Expansion of our looked after Children's specialist MH team
- New 0-5s treatment team

## Crisis Services

- Sustainment of **2 Crisis Hubs** for face to face support in a crisis in NCL
- **24/7 Crisis telephone line** from local NHS services for CYP, parents and others
- Consistent CAMHS input into acute Hospitals
- **Home Treatment Team** for NCL offering expanded high intensity support to prevent hospital care.

# THRIVE: Getting Advice - Single Point of Access



North Central London  
Integrated Care System

**Barnet Borough**

Integrated Front Door 24/25

**Enfield Borough**

Integrated Front Door 24/25

**Haringey Borough**

Integrated Front Door 24/25



North London  
Mental Health  
Partnership

## THRIVE: Getting Advice BEH SPA 'No Wrong Front Door'

24/7 functionality SPA linked to Crisis Line and NHS 111.

Triage, intake, clinical assessment undertaken quickly to identify needs early to include 1<sup>st</sup> assessment, Extended assessment and up to 6 sessions brief intervention. Specialist ND triage. Advice, guidance and support for CYP, their families and other professionals working with CYP.

Online referral form, integrated with EMIS and with IA technology to support screening.

Signposting to service according to Thrive needs-based grouping. Outcome scores and clear SOP's to inform decision making.

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Getting Help  
Pathways in all 3  
divisions

Getting More Help  
Pathways in all 3  
divisions

Getting Risk  
Support/  
Enhanced Care

Urgent and  
Emergency Care  
In Patient

Tri Borough/NCL  
wide ND  
Assessment  
pathway

### What is new?

Single point of access for all divisions with one contact number aligned to crisis number. Digital referral form, CAMHS Triage team carrying out assessments/Triage/signposting supporting referrers and self-referral. Principle of no wrong front door. Patient facing service delivering assessment and brief intervention. Centralised collation of outcome measures and scoring used to determine pathways in conjunction with Shared Decision Making. New walk-in clinics. Choose and Book.