

**Report for:** Haringey Joint Adults & Health and Children & Young People's Scrutiny Panel

**Title:** Mental health support and transitions for 14–25-year-olds in Haringey

**Lead Officers:** Tim Miller – Assistant Director of Joint Commissioning, Haringey Council and NHS North Central London Integrated Care Board  
Tina Read – Head of CAMHS Transformation, Barnet, Enfield, Haringey Mental Health Trust.

**Ward(s) affected:** All

## **Report for Key**

### **Non-Key Decision: Non-Key Decision**

#### **1. Describe the issue under consideration**

Young people with ongoing or long-term health or social care needs may be required to transition into adult services. Transition takes place at a pivotal time in the life of a young person, part of wider cultural and developmental changes that lead them into adulthood. Transition of services in health and social care can be challenging due to different thresholds, criteria, approaches and expectations.

Other young people may not need a formal transfer from a Children's to an Adults statutory service, but may instead utilise other forms of support after leaving a Children's service, or move in and out of services based on their needs over time.

Haringey has been enhancing its provision of support to young adults with mental health needs and its pathways for support including to those in transition. This report sets out the current and future landscape for the Panel's information.

#### **2. Recommendations**

For Members to note the report and discuss at Panel.

#### **3. Reasons for decision**

This is an information report provided to the panel for information purposes to support their consideration of young adults' transitions.

## 4 Background information

### 4.1 Children and Young People's Mental Health Services

#### 4.1.1 Barnet, Enfield, Haringey Mental Health Trust (BEHMHT)

BEHMHT and the NCL ICB are transforming Children and Young People's Mental Health Services to meet the national priorities of the Long Term Plan. [NHS Long Term Plan » Children and young people's mental health services](#). The aims and objectives of the plan are:

- By 2023/24, at least an additional 345,000 children and young people aged 0-25 will be able to access support via NHS funded mental health services and school or college-based Mental Health Support Teams.
- Increased investment in Children and Young People's Eating Disorder Services.
- Children and young people experiencing a mental health crisis will be able to access the support they need.
- Mental health support for children and young people will be embedded in schools and colleges.
- A new approach to young adult mental health services for people aged 18-25 will support the transition to adulthood

Specific improvements for children, young people and young adults from Haringey through NHS growth investment include

- Access to an NCL 24/7 Crisis Line for all ages with CYP specialist
- A&E diversion support available from 09:00 -24:00 hrs
- Crisis Liaison service in North Middlesex Hospital A&E and Paediatric Department
- Additional mental health support teams in schools to cover the west of the borough

#### **Thrive**

The Haringey partnership are using the THRIVE framework to shape how we support young people according to their need as a multi-agency partnership approach to delivering mental health support. There are 5 needs based groupings:

- Thriving
- Getting Advice and Support
- Getting Help
- Getting More Help
- Getting Risk Support.

## Appendix d; The \*THRIVE Framework

### \*THRIVE Framework for system change

Universal services focused on early identification and prevention. Available from within schools, GPs health visitors and other universal services

System wide partnership working with shared responsibility and accountability to build capacity to support CYP presenting with a range of complex need and risk. Eg. breakdown of family/ educational placement, engagement with youth justice and frequent MH crises



E.g. - Targeted services/provision: low intensity interventions that can be delivered through universal settings or within VCS services, with provision aimed at identified groups with specific identified needs and/or considered to be vulnerable. Also available online.

E.g. - Specialist community CAMHS provided by various NHS organisations including

- Tavistock & Portman NHS FT
- Whittington NHS FT
- Barnet, Enfield and Haringey FT
- Royal Free NHS FT
- Inpatient CAMHS (facilitated through the NCEL Provider Collaborative)

Haringey's current BEH CAMHS services are listed below

BEHMHT's Haringey Child and Adolescent Mental Health Services (CAMHS) provide multi-disciplinary assessment and treatment of children and young people with mental ill-health or severe emotional and behavioural difficulties. Haringey CAMHS is an NHS service consisting of seven teams which work closely together, with all referrals to coming through a team called CAMHS Access

### **CAMHS Generic Team (including CAMHS Access)**

CAMHS Access provides a central point of referral for professionals to refer young people with mental health concerns. These referrals may then be discussed with the young person, their family, or the referrer in order for the Access team to gather all the relevant information and send the referral to the most appropriate team as quickly as possible, or for signposting for other support in the borough. The team will offer assessments and some brief intervention.

The CAMHS Generic Team provides support to children and young people aged 0-18 years and their families for a range of mental health difficulties. The service offers a range of individual, family and group-based interventions. These services are provided by Barnet, Enfield and Haringey Mental Health NHS Trust with a clinic based at St Ann's Hospital. CAMHS support to Haringey young people is also provided by the Tavistock clinic and by Royal Free NHS Foundation, particularly for young people with eating disorders

### **Haringey CHOICES**

Haringey CHOICES is a self-referral service which provides up to 3 sessions with children, young people and their families in convenient community-based locations. In these appointments, a member of the CHOICES team will help families with emotional wellbeing concerns identify what help is available in Haringey. This could include advice, signposting to other local organisations.

## **Adolescent Outreach Team (AOT)**

The AOT are a multi-disciplinary, community-based, outreach service working with young people 12-18, where there are marked concerns about the mental health and emotional well-being. The AOT is an urgent response service and work with young people presenting with serious mental health needs such as severe depression, repeated deliberate self-harm and attempted suicide. The service is also part of the Early Intervention Service (EIS) pathway for young people where there may be concerns about possible psychosis or other more enduring mental health concerns. The AOT provides self harm assessments at the North Middlesex University Hospital.

## **Child and Adolescent Mental Health Service-Learning Disability (CAMHS-LD)**

Haringey CAMHS-LD provides specialist assessment and intervention for children with moderate to severe learning disabilities, complex medical issues and high levels of challenging behaviour.

## **Health and Emotional Well-being Service (HEWS)**

This is an early intervention service commissioned to work in some GP surgeries, some schools and the Youth Offending Service to provide short term interventions, consultation, advice and training to professionals in these settings.

## **Mental Health Support Teams**

Mental Health Support Teams are currently based in 36 schools in Haringey. They have three core functions:

- To deliver evidence-based interventions for mild-to-moderate mental health needs
- To support the senior mental health lead (where established) in each school or college to introduce or develop whole school or college approach
- To give timely advice to school and college staff and liaise with external specialist service to help children and young people to get the right support and stay in education.

These teams work in close partnership with other partners in schools work as part of a 'Trailblazer' alliance, including the voluntary sector including Open Door, Deep Black, Tottenham Hotspur Foundation, Hope for Tottenham and Haringey Council.

In the Trailblazer, Haringey Council provides enhanced Educational Psychology services and an extension of its innovative, 'whole school' approach to mental health and wellbeing called the Anchor Project.

### **4.1.2. Haringey Council**

Children's Social Care services approach to Transition is set out in section 4.3 below.

Panel may also be interested in mental health support in Education Alternative Provision, for children not being taught in mainstream or special schools, which in Haringey is led by Haringey Learning Partnership.

Haringey Learning Partnership have redesigned their offer using funds from DFE to ensure that there is an investment in therapeutic support and intervention for pupils. They provide a wide range of different professional staff input and therapies as part of their offer during Alternative Provision, which contributes to their much improved success rates of children returning to their main school.

#### **4.1.3 Other Providers**

##### **Open Door**

Open Door provides high quality trauma informed mental health treatment provided by specialist clinicians including Child & Adolescent Psychotherapists, Counselling Psychologists and CBT Psychotherapists, as well as Wellbeing Practitioners.

Open Door are participating in pathway planning for transitions and as a key partner to BEHMHT. Open Door are already working with Hestia, who are commissioned by BEH, and are meeting regularly with the new Primary Care Mental Health Team, IAPT, MIND in Haringey and NAFSIAT to improve the mental health and wellbeing offer to young adults. They also meet regularly with BEH CAMHS to review referrals/signposting of young people approaching 18.

Young adults' feedback about their experience of treatment at Open Door is overwhelmingly positive. Open Door work closely with other partners and providing new initiatives, including

- work with autistic young adults at the Councils' #actuallyharingey Autism Hub
- a partnership with the Tavistock and Portman and the Council's Young Adults Service to enhance support available to care experienced young adults in Haringey
- with the London Vanguard Violence Reduction Unit project led by BEHMTH in partnership with Mind in Haringey and Haringey Council focusing on a trauma informed approach to violence reduction with young adults at risk

Open Door had to close their main young adults service waiting list in 2022 due to the level of demand. It has historically been charitably funded and not part of the locally commissioned services. The ICB have made available funding for the service to be expanded which is now going through the contracting process.

##### **Tavistock and Portman**

The Tavistock are a specialist organisation, who developed the Thrive framework in partnership with others. For Haringey, they offer a number of important services:

First Step provides psychological health screening and assessment for all looked-after children and young people in Haringey. We also provide a family rehabilitation service to help children and their families when they go back home to live with their birth parents after a period of time in care. This is a unique service in the UK insofar as it takes an overview of the emotional, psychological and mental health needs of the entire looked after child population, including babies and young children, children with neuro-developmental atypicality, unaccompanied asylum-seeking young people (UASC), young people leaving Care and those with undiagnosed learning needs.

Fostering, Adoption and Kinship Care provides help to looked-after children and young people with emotional and behavioural problems.

Finally, the Tavistock also provide some general CAMHS services to Haringey children, working in partnership with BEHMHT.

## 4.2 **Adult Mental Health services**

In Haringey, Community Mental Health Services are Transforming to meet the vision and goals of the NHS Community Mental Health Long Term Plan: (<https://www.england.nhs.uk/wp-content/uploads/2019/09/community-mental-health-framework-for-adults-and-older-adults.pdf>).

Services which may be used by young adults up to 25 are set out below.

Three Core Teams are now in place (East, Central & West), aligned with the seven Haringey Primary Care Networks, to provide a place-based, multidisciplinary service across health and social care.

The Core Multi-Disciplinary teams consist of Psychiatrists, Nurses, Psychologists, and Peer Support Workers supporting Haringey residents with mental illness. The integrated Core Teams have Haringey Council Social Workers embedded within each team, whose role is to undertake statutory Local Authority work, including Care Act assessments, care planning, reviews and safeguarding functions.

New investment over several years has allowed Haringey to provide additional services from within its Core Teams:

<b>Transformation Focus Area</b>	<b>Role and Impact:</b>
<b>Primary Care Interface</b> Primary Care Mental Health Practitioners working directly into GP Practices across Haringey	Increased capacity to support more residents with new or existing mental health needs. Closing the gap between NHS Talking Therapies for anxiety and depression, and secondary mental health care.
<b>Community Engagement</b> Voluntary sector provision of recovery focused interventions	Provided by Hestia who have staff embedded in the integrated Core Teams.



<b>Transformation Focus Area</b>	<b>Role and Impact:</b>
	They reach into communities, support points of transition and help with step down from specialist treatment. They provide interventions addressing social determinants of mental ill-health
<b>Physical Health</b> Health-checks and interventions	Increased capacity to undertake physical health checks and interventions, in partnership with Haringey GPs, the Haringey GP Federation, and Mind In Haringey
<b>Individual Placement &amp; Support (employment support)</b>	IPS services provided by Twining's offering evidence-based support to help people with a severe mental illness into work.
<b>Community Occupational Therapy</b>	Community Occupational Therapists undertaking OT assessments and interventions at a person's usual place of residence.
<b>Trauma Informed Care</b>	Senior Clinical Psychologist leading on embedding 'Trauma Informed Care' into Core Community Teams
<b>Core Psychology</b>	Additional roles clinical psychology roles introduced into Core Teams to improve access to Core Psychology.

In addition to the Core Teams, there are a number of Intensive Haringey-wide Services supporting residents with more specialist or complex mental health needs;

#### **Complex Emotional Needs:**

Within the Complex Emotional Needs service comprises psychological treatment pathways that provides specialised treatment programmes for Haringey residents with Personality Disorders (PD), Complex Post Traumatic Stress Disorder (cPTSD) and complex difficulties associated with mood and anxiety.

#### **Early Intervention in Psychosis:**

This integrated community mental health service works with Haringey residents who have developed a first episode of psychosis. The focus is on providing intensive community care and treatment to reduce the impact of the psychosis and support recovery.

#### **Community Rehabilitation Team:**

This integrated service works with Haringey residents with complex or treatment resistant schizophrenia/psychosis who experience multiple needs who are resident in supported accommodation. The team provides a specialised rehabilitation pathway, included Social Care assessments and interventions from Haringey Council Social Workers.

### **4.3 Transitions Support and pathways**

*The Children and Families Act (2014) and the Care Act (2014) place duties on local authorities to promote better choice and control over care and support for young people and families.*

*The Children and Families Act introduces a system of support which extends from birth to 25, while the Care Act deals with adult social care for anyone over the age of 18. Both pieces of legislation ensure that people aged 18–25 will be entitled to support, placing the same emphasis in outcomes, personalisation and the integration of services. The acts are also aligned with a range of other policies and guidance relating to transitional care. The importance of joined-up working, and the integration of services is prioritised, and the requirement to operate in response to need and to provide continuity is also reflected in statutory guidance.*

*That said, the plethora of statutory frameworks that a young person might encounter across social care, health, benefits, housing and other areas is challenging to navigate and do not always align in terms of their thresholds, accessibility or the levels of support and care that might be provided when moving from one to another.*

### **Pathway**

Over a 3 ½ year period (Apr 2019 – Jan 2023), the number of young adults discharged from Haringey CAMHS at age 18 was 344. Of those, 96 (28%) transitioned into Adult Mental Health Services.

### **Numbers transitioning from BEH CAMHS to BEH Adult Mental Health**

2019- 2020	2020-2021	2021-2022	2022-23 Jan	Grand Total
25	28	25	18	96

63 (18%) young people were discharged and did not require further support from services. 185 (54%) discharged from CAMHS were subsequently re-referred as adults into Adult Services within 4 years of their discharge.

In 21/22, Open Door saw 850 young people (ages 12-24), parents and carers. Of those, 224 were young adults (18-24), an increase of 36% over the past 3 years. As they work through 18 years of age, there's not the same Transition process required.

Tavistock's support for looked after children similarly works through after 18 so no transition may be required. As 81% of our Looked After Children live out of borough, they may have transfers from a local CAMHS service to a local Adult MH service which is not captured in this data.

As part of the long-term plan implementation in North Central London, Haringey Adult Mental Health services have now implemented enhanced 18-25 year olds support.

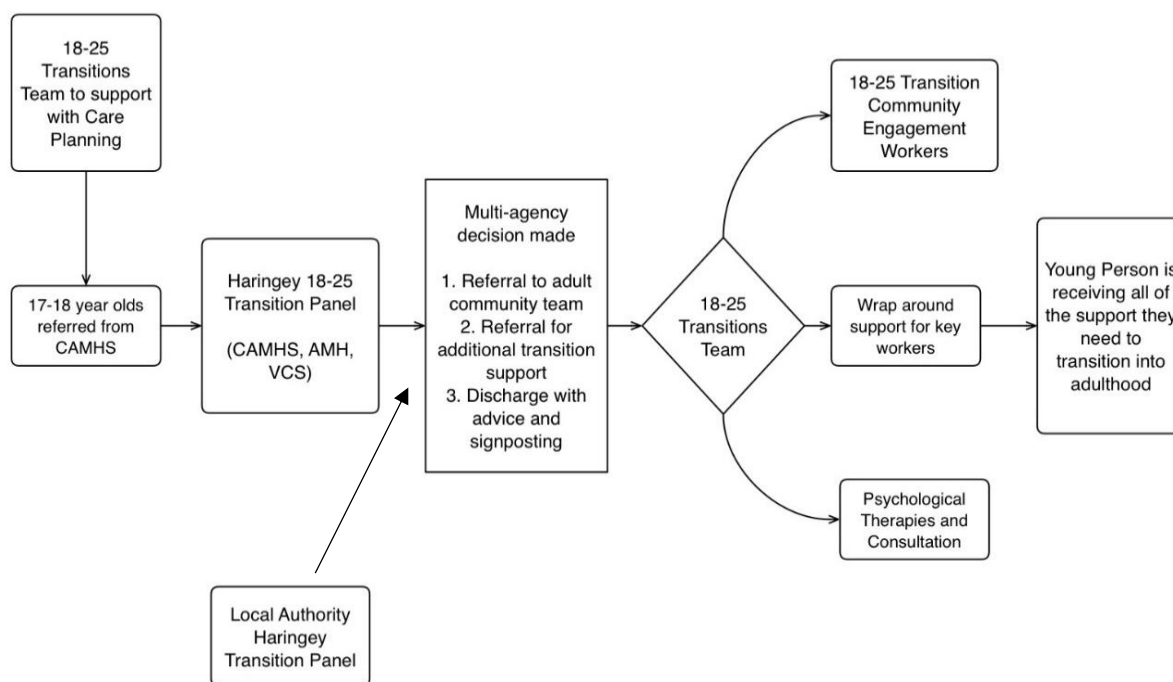
These are new, dedicated clinical roles in-reaching into CAMHS to jointly develop and implement transitions planning in the Core Team. This will increase the



number of young people transitioning to adult services and improving the transition experience.

There are also dedicated 18-25s roles in the Hestia service integrated into the Core Teams, supporting young adults seeking or using treatment, which again will improve their experience of treatment and ensure their social and other needs are better identified and solutions found to support them.

Below is a process map for the new transition pathway in Haringey mental health services. The Transition Panel takes place monthly and the core membership includes adult mental health services, CAMHS and VCS partners. There are strong links with the Haringey Council Transition Panel for young people accessing or needing Social Care in either Children's or Adults services.



In the last 3 months, **22 young people have come to the BEHMHT Transition Panel** for discussion and the Transition Key Workers are currently supporting **10 young people**, 2 of whom are in inpatient settings.

Transition protocols are in place in services and as services develop this will be updated to reflect the new ways of working.

### Transitions in SEND and Social Care

Haringey's *Preparing for Adulthood Strategy* has recently been launched as part of the SEND work in the borough following our SEND strategy in 2021. The Preparing for Adulthood action plan sets out how we will improve the journey for SEND young people into adulthood, and specifically addresses areas relevant to mental health. Specifically, it commits us to implement the new transitions pathway and the 18-25 offer. However, it also more broadly identifies action in

relation to housing, employment and community life which we know are major drivers of mental ill-health and poorer outcomes if not effectively addressed.

The Disabled Children's Team in partnership with colleagues from Education, Adults and Health leads the Children's Social Care Transitions process. There is a monthly meeting of the Transitions panel. The purpose of the panel is to consider children and young people aged between 14 and 17 years old who are referred for transition as part of their preparation for adulthood and discuss and provide direction on the pathway for the young person's assessment of need. Of the 98 children and young people referred in 21/22, 33 were accepted by Haringey Learning Disabilities Team HLDP for assessment, 20 by the adult First Response Team, and 10 accepted by the adult Mental Health service. 35 of those referred were signposted to other areas such as the SEN service, as they have an EHC plan and wanting to continue their education, or on to universal mainstream services.

A young person referred through the panel must have a diagnosed disability such as: Learning Disability, Physical Disability, Complex Health Conditions, Sensory Impairment or be Autistic.

Where the young person has a mental health condition that this is secondary to a disability, they will be assessed accordingly.

The panel will discuss whether the young person is eligible for services with regards to the Care Act 2014. Once accepted by adult services for assessment, the young people are consulted along with their parents to understand their aspirations and future plans. The young person's wishes and feelings are vital to inform any decision making post-16 [in line with the Mental Capacity Act 2005] and we seek to maximise their potential through relevant support and intervention post-16.

The relevant adult's team will discuss the young person, agree an assessment, allocate a worker who would complete a Care Act assessment and consider the proposed care plan at their relevant panels.

The focus of the work age 16 to 18 years will be preparation for adulthood. This will involve working with the young person, their families, carers and professionals to explore existing support in order to facilitate the achievement of the young person's aspirations and shape the support moving forward. This will involve, wherever possible, attending all statutory meetings relating to the young's persons development and ensuring that need is defined and provision to meet need is linked back to the young person's aspirations and the shared outcomes across health and education.

A Joint Transitions Team between Children and Adults is now coming into place as part of the Preparing for Adulthood Plan implementation. The joint Transition team will have a team of staff from Children's and Adults' Social Care Services, line managed by Adult Social Care, and will draw on other professionals including NHS colleagues as needed to support each young person.

The goal of the joint Transition Team is to provide a centralised and jointly resourced team. It aims to achieve seamless support, smoother transition, cost effective packages, early planning and good co-ordination for Haringey residents and their families. This will improve outcomes for young disabled children transitioning into adulthood.

There are currently 22 young adults with adult social care funded packages in Haringey with a primary mental health need.

## **Employment Support**

Haringey Works has a specialist youth advisor (not specifically focussed on mental health, but who will refer on where appropriate). They also have a specialist advisor supporting people with substance misuse issues.

The Council have also commissioned a programme of mentoring for young people, which is particularly targeted at young people from minority backgrounds who have mental health issues. It is delivered by Twining's, and it is aimed at young people's whose mental health may have been impacted by Covid etc, and could benefit from mentoring support, confidence raising, to help them cope with life challenges.

The ICB and Council commission employment specialists who are co-located in adult mental health teams and provide effective, personalised support into work. It is an all age programme, but does support young adults including in the Early Intervention in Psychosis service.

As part Haringey's Employment and Health programme led jointly by the Council and NHS partners, we have a number of initiatives supporting employment outcomes for people with health conditions. Whilst not specifically mental health only, the following are benefiting young people who may also have mental health and wellbeing needs:

- An autism and learning disability specialist employment advisor supporting people into work, with good links to the Autism Hub
- An organisational called Drive Forward providing additional support to care experienced young adults to help them into work
- Supported internships programmes for young adults with SEND

## **Housing Support**

Haringey Council commission accommodation for 90 people at any time in a range of specialist young people's housing services to support those with housing and other needs, amongst whom mental ill-health is an important area of support. These include: -

- A Tri-Borough LGBTQ+ Service for 18-25 year olds
- A Complex Needs service for 16-25 year olds
- An Unaccompanied Asylum-Seeking Minors service for 17/18 years +
- A Care Leaves and Young People visiting support service
- A Young Women's service for 18-25 year olds
- A 'Housing First' scheme for care leavers aged 18-25

**5. Statutory Officers comments (Chief Finance Officer (including procurement), Assistant Director of Corporate Governance, Equalities)**

**5.1 Finance**

Not required; as no decisions are requested, there are no financial implications arising from the report

**5.2 Procurement**

Not required; as no decisions are requested, there are no procurement implications arising from the report

**5.3 Legal**

Not required; as no decisions are requested, there are no legal implications arising from the report

**5.4 Equality**

Not required; as no decisions are requested, there are no equalities implications arising from the report