

Report for: Children and Young People’s Scrutiny Panel – 7th November 2019

Title: 2019 Child and Adolescent Mental Health Services (CAMHS) Transformation Update including the Trailblazer and Schools Link Programmes

Report

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1. Describe the issue under consideration

- 1.1 This paper provides an update on Haringey’s CAMHS Transformation Programme. This includes some exciting new developments, funded externally by NHS England to develop mental health support teams in schools in the east of Haringey and a project to forge better relationships and communication between CAMHS practitioners and all Haringey schools.
- 1.2 The purpose of this paper is to provide the Children and Young People’s Scrutiny Panel (the Panel) with an overview of current issues, strengths and challenges for children and young people’s (CYP) mental health.

2. Recommendations

- 2.1 The Panel is asked to note:
 - 2.1.1 the key issues, strengths and areas for development outlined in the paper
 - 2.1.2 the new developments within the Haringey CAMHS Transformation Programme, particularly Haringey’s national *Trailblazer* status

3. Background Information

3.1 Haringey’s CAMHS Transformation Programme

- 3.1.1 The importance of good emotional health and the wellbeing of Haringey’s children and young people cannot be underestimated. It is a national priority following the publication of the 2018 *Transforming Children and Young People’s Mental Health Provision* Green Paper¹ and a key strategic local priority in the

¹ <https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper/quick-read-transforming-children-and-young-peoples-mental-health-provision>

2019-2023 Borough Plan which articulates a clear vision for strong families and networks which are resilient and have access to early help and support. This contributes to our aim for children and young people to have the best start in life in Haringey and to lead happy and fulfilling lives.

- 3.1.2 A significant number of Haringey children and young people require mental health support services. The local Joint Strategic Needs Assessment (JSNA) projected that around 4,800 Haringey children and young people aged 5-15 have a diagnosable mental health condition. There are an additional 5,700 young people aged 16-24 years with the same. Approximately 50% of mental health problems (except for dementia) are established by age 14 and 75% by age 24. Risk factors such as having four or more adverse childhood experiences (ACEs) indicate that a person may experience mental health problems. ACEs include homelessness, physical or emotional neglect, physical or sexual abuse or experienced domestic violence. Other risk factors such as having a long-term disability or a diagnosis of autism mean children and young people with these conditions are more likely to suffer from poor mental health.
- 3.1.3 In view of these stark statistics, and the principle of parity of esteem between mental and physical health that is enshrined in law under the 2012 Health and Social Care Act, NHS England has set targets for local areas to improve access to mental health services. Locally, a minimum of 35% of under-18s with a diagnosable mental health condition should be accessing mental health services by 2021. Nationally and locally this is a challenge as recording of activity on the correct system that allows data to be counted by NHS England has proven problematic. Although the partnership is on track to meet this target and is currently achieving access for around 31% of children with a diagnosable mental health condition, many of the simple process redesigns and quick wins have already been undertaken so increasing and then maintaining access figures even by just 1-2% will require significant effort across all local partners. It is a concerning statistic that 65% of Haringey children and young people may still not be accessing the support they need.
- 3.1.4 The Haringey CAMHS Transformation Programme and the associated annual transformation plan outlines the borough's approach to addressing concerns of access and inequality and demonstrates how local partners will work together to make the necessary improvements. NHS England has provided external funding for the five year programme and spend is scrutinised closely to ensure Haringey is delivering its objectives.

3.2 The Trailblazer Project and Four Week Waiting Time Initiative²

- 3.2.1 In 2018, following the publication of the Green Paper on *Transforming Children and Young People's Mental Health Provision*, the government and NHS

² [Trailblazer Pilot](#)

England invited bids for areas to *trailblaze* new initiatives to support improved access to services and the development of mental health teams in schools.

- 3.2.2 Haringey submitted its application and was chosen as a Wave 1 Trailblazer Pilot which included a commitment to deliver a Four Week Waiting Time for CAMHS, one of four London areas. The Haringey pilot involves Open Door and Barnet Enfield Haringey Mental Health Trust. The purpose of the waiting list work is to test various methods aimed at reducing waiting times, particularly for first assessment. The Trailblazer is being delivered through a strong partnership led by the Clinical Commissioning Group (CCG) including: Haringey CAMHS (BEH-MHT); Haringey Local Authority including Early Help, Educational Psychology, Public Health lead Anchor Project; Haringey Education Partnership; Tottenham Hotspur Foundation; Community Links (More than Mentors); deep:black; and Open Door – Young People’s Counselling and Psychotherapy. The Children and Young People’s (CYP) Transformation Executive chaired by the LBH Assistant Director for Commissioning oversees the governance of Trailblazer and the Four Week Waiting Initiative as part of the overall CAMHS Transformation Programme.
- 3.2.3 The pilot work is an exciting opportunity for the borough and enables partners to test new ideas on behalf of the rest of the UK. It has brought over £1 million of much needed investment into the local area and the success of the bid is testament to the strong partnerships that already exist in Haringey.
- 3.2.4 Two multi-disciplinary Trailblazer Mental Health Support Teams (MHSTs) are providing support and interventions. The MHSTs are skill mixed to ensure best use of resource and comprise of a senior CAMHS practitioner, a speech and language therapist, an educational psychologist, two children’s wellbeing practitioners³ and two education mental health practitioners⁴. These professionals are further supported by teams from the council’s highly regarded Anchor Project⁵ and the voluntary and charitable sector including the Tottenham Hotspur Foundation. A booklet which explains the structure and work of the MHSTs is currently under development for publication locally. Each team will cover half of the 36 east Haringey schools (5 secondary, 30 primary and 1 special primary) and will offer interventions including support for mild to moderate anxiety.

3.3 The Haringey Schools Link Programme

- 3.3.1 In addition to Haringey’s trailblazer status, Haringey has recently been awarded the Schools Link Programme, which is a four year DfE programme to train a member of the Senior Leadership Team as a Mental Health lead within every school in [England](#).

³ <https://cypiapt.com/cwp-services/>

⁴ <https://cypiapt.com/2019/03/13/educational-mental-health-practitioner-2019-update/>

⁵ <https://local.gov.uk/anchor-project-haringey-council>

3.3.2 Haringey will be one of the first Local Authorities to deliver the Schools Link programme which will support the implementation of the CAMHS Transformation Programme. The aim of the programme is to bring together education and mental health professionals so that more children and young people get the help and support they need, when they need it. For Haringey this means 72 schools and colleges will attend two workshops through the existing Networked Learning Communities led by head teachers. The model they use is CASCADE which is a useful method for ensuring there is a whole borough/school approach to supporting mental health needs. This work builds on the excellent work of The Anchor Project which provides educational settings with information, advice and support to strengthen whole-school wellbeing and resilience.⁶

3.4 Some Key Strengths/Achievements to date

3.4.1 A strong Haringey CAMHS Transformation Partnership has brought together all key stakeholders to drive change. The CYP Transformation Executive is chaired by the Assistant Director for Commissioning and supported by Educational Psychology, Children and Young People's Services, the CCG, public health, Healthwatch, a GP, a head teacher and a parent representative. This is leading on the implementation of a whole system approach to thinking differently about emotional health and wellbeing- focussed on early intervention: the i-THRIVE model⁷

3.4.2 The CYP mental health workforce is now able to offer a greater number of evidence-based therapies through appointing new members of staff, implementing further staff training and introducing a better skills mix. As a result, patient reported outcomes (PROMs) have also improved

3.4.3 Excellent work has been undertaken in engaging young people and parents to help redesign and improve services and a parent/carer rep sits on the Transformation Board. Healthwatch children and young people and parent/carer events are taking place from September 2019

3.4.4 Mental Health Support Teams are now present in all East Haringey Trailblazer schools

3.4.5 More Than Mentors (year 7 peer to peer support for 11 year olds transitioning to secondary school has been extended in partnership with 10 schools and Bruce Grove Youth Centre

3.4.6 Deep:black are providing creative arts sessions held at Woodside High School

⁶ <https://www.haringey.gov.uk/social-care-and-health/health/public-health/anchor-approach/anchor-approach-information-schools>

⁷ <http://implementingthrive.org/>

- 3.4.7 Exam stress reduction sessions are being held for young people as part of the Trailblazer
- 3.4.8 A pilot project for autistic young people is now run by the Tottenham Hotspur Foundation to help provide therapeutic interventions while undertaking sports activities
- 3.4.9 Parent training has been held and there are plans to extend training for parents of autistic young people

3.5 Key Areas for Development

- 3.5.1 Continued focus on access targets and reducing waiting lists
- 3.5.2 Roll-out of school and college programme
- 3.5.3 Development of 0-25 services within existing resources. Currently services are fragmented and commissioned and delivered for children and young people 0-17 and then 18+. This does not sit well with responsibilities for SEND (Special Educational Needs and Disabilities) which extend to 25. This will involve bringing together adult and children's commissioners to work differently across a pathway
- 3.5.4 More local support for young people with autism/LD and challenging behaviour to reduce out of borough residential placements. This includes specialist training and evidence-based interventions. Key to supporting young people to stay locally is improved day and overnight respite provision and there is a programme of work planned for respite and short breaks to improve our local offer.
- 3.5.5 Securing investment for the expectations set out in the NHS Ten Year Plan - home treatment, Out of hours, 18-25 year old services and transition.

4 Contribution to strategic outcomes

- 4.1 The CAMHS Transformation, Schools Link Programme and the Trailblazer Pilot work contributes to the delivery of the Borough Plan 2019-2023 *People* priority ensuring Haringey children and young people have the best start in life, a happy childhood and that, 'every young person, whatever their background has a pathway to success for the future'. The aims of the emotional social and mental health work supports outcome 6: educational achievement, school exclusion, first time entrants in the criminal justice system and young people who are not in education, employment or training.
- 4.2 The Trailblazer Project in particular realises a shared ambition to provide early support and responses to Haringey children and young people before escalation of need.

5 Statutory Officer Comments (Legal and Finance)

5.1 Finance

- 5.1.1 The contents of the report do not present any direct financial implications to the council. The projects detailed in the report are directly funded by NHS England, the CCG and DfE.

5.2 Legal

- 5.2.1 The contents of the report do not present any direct legal implications to the council. The projects detailed in the report are directly funded by NHS England, the CCG and DfE.

5.3 Equalities

- 5.3.1 The CAMHS Review undertaken in 2015 by the council and CCG assessed access to and take up of services by GP catchment areas and ethnicity. This data showed that the population of west Haringey was using services far greater than those in the east of the Borough. The variation by ethnicity was not conclusive. This review led to specific, needs led commissioning of mental health provision in the east of the borough and has shaped our CAMHS Transformation Programme. Many vulnerable young people are unable to engage with a variety of services including mental health for a complexity of reasons. The Trailblazer Pilot work was specifically established to overcome such barriers to access by partnering CAMHS practitioners with sports clubs, arts and peer mentors. NHS England has fed back that our pilot bid was successful because of the strength of partnerships with voluntary sector and charitable organisations. The pilot work is aimed at addressing health inequalities in the eastern part of the borough.

- 5.3.2 The Schools Link Programme will benefits all Haringey Schools, alternative provision and Colleges.

6 Use of Appendices

None

7 Background Papers

None