



Lancashire & South
Cumbria Children
and Young People's
Emotional Wellbeing
and Mental Health
Transformation Plan

Lancashire Education and Children's Services Scrutiny Committee

December 2021

 @CYPEWMH1



Overview

- Service Demand
 - Mental Health, Early Help, and Eating Disorder services
- Response to COVID-19
- Lancashire Emotional Health in Schools and Colleges
- Mental Health Support Teams
- Transformation Phase
- Plans Moving Forward



National Access Rates – Rolling 12 Month Position

The 12-month rolling position (August 2020 –July 2021) demonstrates L&SC is achieving a 55% target overall which continues to exceed the National target set for 2020/21 of 35% by 20%.

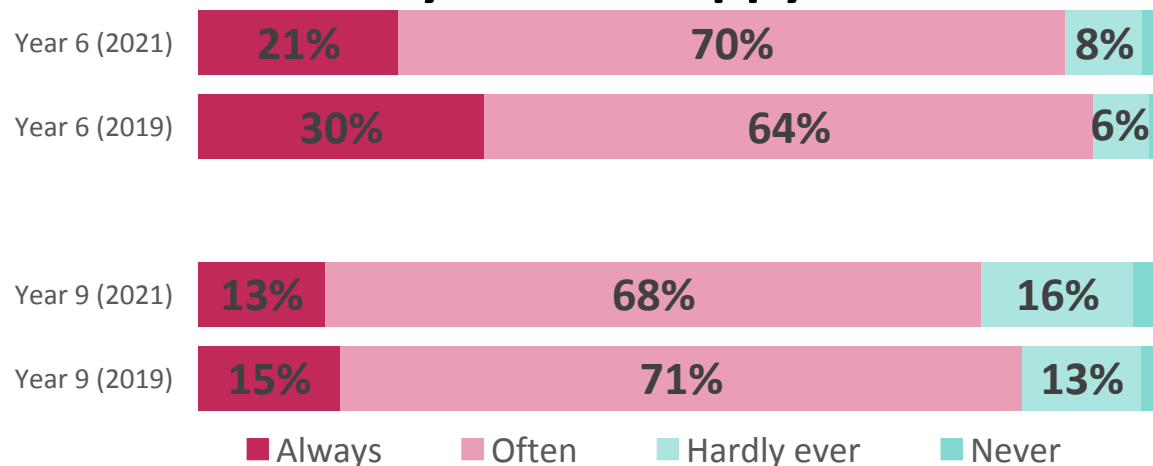
Aug'20 -Jul'21 National Data (All Providers)			
	12 Month National Rolling Position	Prevalence	% Achieved
Blackburn with Darwen CCG	1,960	3,871	51%
Blackpool CCG	1,930	2,952	65%
Chorley & South Ribble CCG	1,745	3,227	54%
East Lancashire CCG	3,750	8,115	46%
Fylde & Wyre CCG	1,885	2,702	70%
Greater Preston CCG	1,860	3,975	47%
Morecambe Bay CCG/Bay Partnerships	3,400	6,084	56%
West Lancashire CCG/WCP	1,450	2,040	71%
Lancashire & South Cumbria Total	17,980	32,966	55%
Central Lancashire	3,605	7,202	50%
Fylde Coast	3,815	5,654	67%
Pennine Lancashire	5,710	11,986	48%

Data source: MHMDS published by NHS Digital
 Number of CYP aged under 18 supported through NHS funded mental health with at least one contact (12 month rolling)



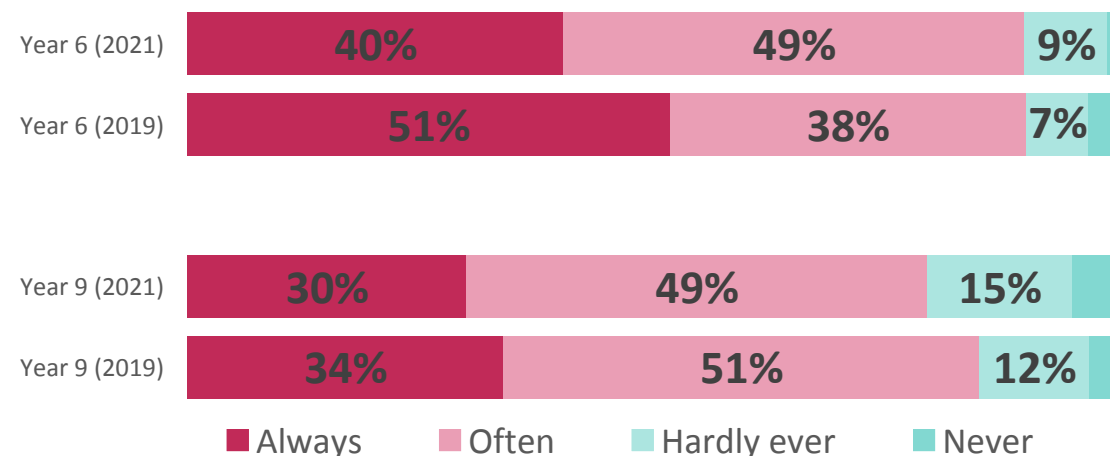
What Children and Young People locally are telling us

How often do you feel happy?



- **91%** of year 6s always or often feel happy.
- **81%** of year 9s often or always feel happy. This is **lower than in 2019 (86%)**.
- **Year 9:** girls, those eligible for FSM, those from a white or other ethnic background, or those in most deprived areas are **more likely to hardly ever or never feel happy**.

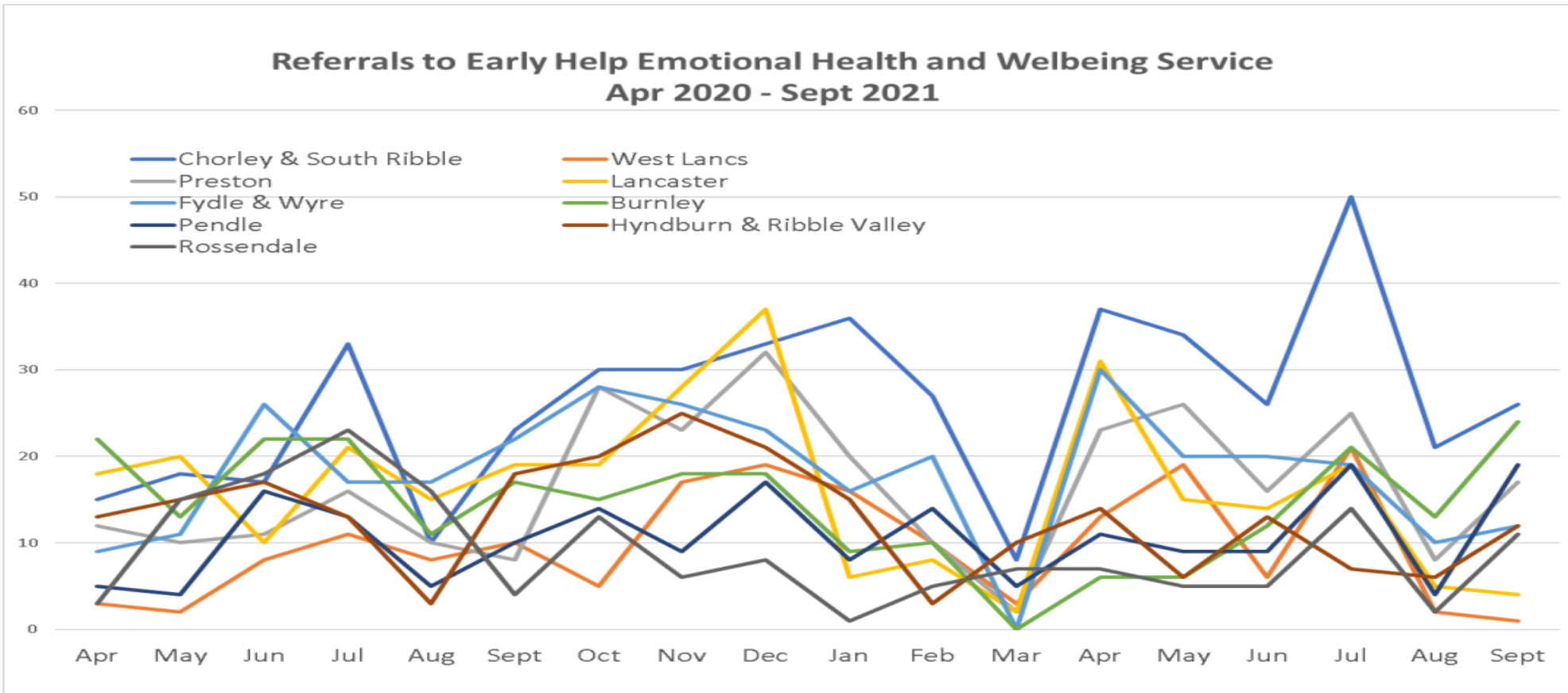
Do you feel hopeful about your future?



- **89%** of year 6s always or often feel hopeful about their future.
- **21%** of year 9s hardly ever or never feel hopeful about their future. This is higher than in 2019 (15%).
- **Year 9:** girls, those eligible for FSM or those from a white ethnic group are **more likely to hardly ever or never feel hopeful about their future**.

Service Demand – Early Help

Referrals to Early Help Emotional Health and Welbeing Service
Apr 2020 - Sept 2021

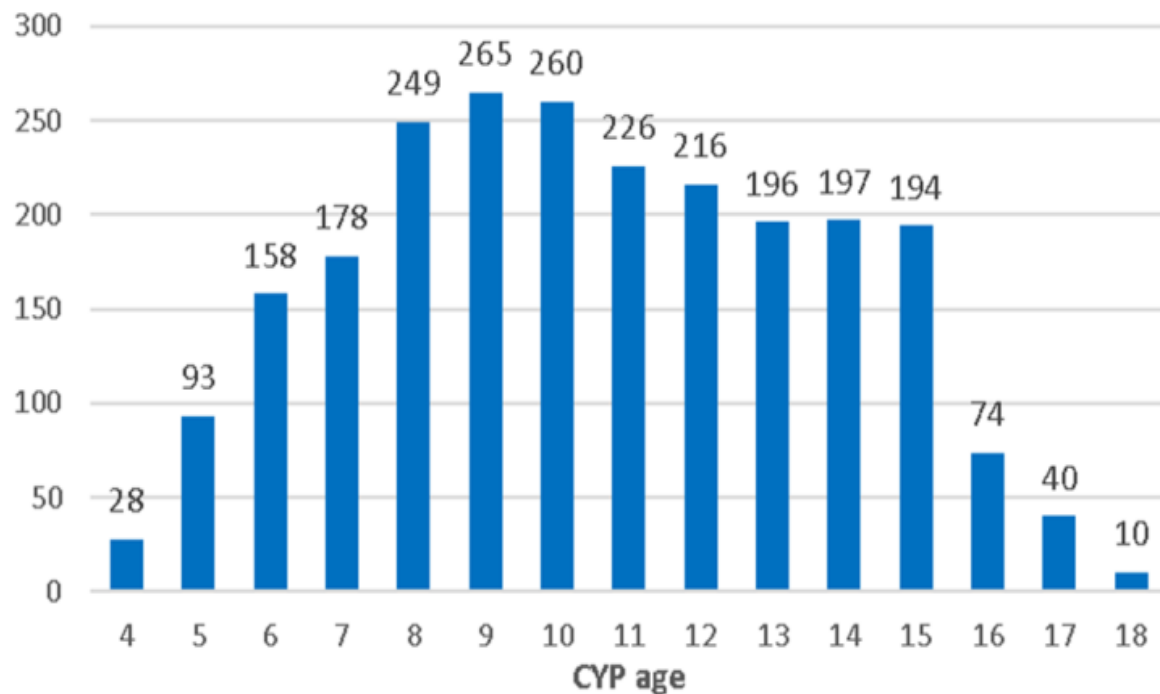


- Dip in Mar 2021 is due to the fact that the annual capacity had been fully utilised by Feb 21.
- Increase of 10.5% of referrals received at Sept '21 YTD compared with Sept '20 YTD.



Service Demand – Early Help

Referrals to Early Help Emotional Health and Wellbeing Service by age Apr 2020 to Sept 2021



- Peak demand for CYP aged 8-10.
- Waiting times greatest across Central Lancashire. Issues affecting waiting times include demand for specialist intervention, family circumstances and staffing issues.
- Referrals are not what would have been traditionally identified as early help. Increasing need for more complex interventions and no low level preventative support delivered under this service.

Number of referrals on the waiting list at 30 Sept 21

District	Referrals received Apr 21	Referrals received May 21	Referrals received Jun 21	Referrals received Jul 21	Referrals received Aug 21	Referrals received Sept 21
Chorley & South Ribble	1	2	4	15	17	20
West Lancs	3	8	6	9	1	1
Preston		1	3	9	4	11
Lancaster	9	7	11	11	5	4
Fyde & Wyre						4
Burnley				2	2	5
Pendle			1	1	1	2
Hyndburn & Ribble Valley					1	2
Rosendale			1	3	0	7
Total	13	18	26	50	31	56



Service Demand – Eating Disorder Services

CCG	Number of New Referrals	Number of New Referrals - Female	Number of New Referrals - Male	Number of Urgent Referrals Received	Number of Routine Referrals Received
Blackburn with Darwen	4	4	0		4
Blackpool	9	8	1		9
Chorley & South Ribble	14	13	1		14
East Lancashire	23	22	1		23
Fylde & Wyre	13	11	2		13
Greater Preston	6	6	0		6
Morecambe Bay	14	14	0	1	13
West Lancashire	13	8	5		13
Total	96	86	10	1	95

- 96 new referrals received in August 2021 (a 61% increase on the previous month) from patients aged under 19 for the Eating Disorder service.
- 1 was an urgent requirement and 95 were a routine requirement.



Service Demand – Eating Disorder Services

2021/22 Aug - Actual

<u>Urgent</u>				
CCG	Target	Aug '21 Actuals (%)	No's Seen Within 1 Week	No's Started Treatment
Blackburn with Darwen	95%	100%	1	1
Blackpool	95%	-	0	0
Chorley & South Ribble	95%	100%	2	2
East Lancashire	95%	100%	4	4
Fylde & Wyre	95%	-	0	0
Greater Preston	95%	100%	1	1
Morecambe Bay	95%	100%	2	2
West Lancashire	95%	-	0	0
Total	95%	100%	10	10

2021/22 Aug - Actual

<u>Routine</u>				
CCG	Target	Aug '21 Actuals (%)	No's Seen Within 4 Weeks	No's Started Treatment
Blackburn with Darwen	95%	50%	1	2
Blackpool	95%	-	0	0
Chorley & South Ribble	95%	50%	1	2
East Lancashire	95%	100%	4	4
Fylde & Wyre	95%	50%	1	2
Greater Preston	95%	-	0	0
Morecambe Bay	95%	100%	3	3
West Lancashire	95%	100%	1	1
Total	95%	73%	11	14



Response to Covid 19

- Lancashire and South Cumbria Healthy Young Minds Website expanded to include COVID-19 specific resources
- New Self-referral pathway to the Child and Adolescent Mental Health Services (CAMHS) across Lancashire and South Cumbria established
- New All-Age Mental Health Crisis Line established 24 hours a day, 7 days a week, staffed by trained mental health professionals
- Newly implemented 'Safe Space' pathway at the Cove to ensure that CYP presenting out of hours at A&E are not placed in a paediatric bed inappropriately
- School Improvement Teams developed guidance promoting positive emotional wellbeing and mental health for schools
- Team Around the School and Settings approach developed for county council footprint
- Lancashire Emotional Health in Schools and Colleges Service – additional resources and support to workforce
- VCFSE partnerships continued to work with young people but much moved online during lockdown, currently gradually increasing face to face access.
- Kooth expanded free access to online support and counselling for young people 10-18 years of age



Lancashire Emotional Health in Schools and Colleges

- Commissioned by LCC Public Health to provide training to staff to support their own wellbeing and the young people they work with, both online and face-to-face.
- Team of clinical psychologists based at Lancaster University delivering to primary, (75%) secondary (90%) and colleges (96%).
- COVID: Online information portal accessed **24,634** times since May 2019
- COVID: Developed bereavement training, parents support understanding mental health
- COVID: Delivering 1-2-1 consultation sessions to school staff (rated 10/10)
- Core areas of delivery: Understanding Trauma, Anxiety Management, Communicating with children in distress, Attachment theory and Low mood
- Senior MH Leads Training (DfE approved) working with LCC Educational Psychologists
- Links to Inclusion and Support Team – supporting school staff to support pupils who have Special Education Needs and Disabilities, also those who are at risk of exclusion.
- ***Feedback making positive changes; I have found the staff wellbeing sessions that I attended extremely helpful and I devised a Wellbeing presentation based on the content and principles you shared, and delivered it to our middle leaders. I got a great response – as they really opened up and it allowed us to make so 'real changes'***



Mental Health Support Teams

- In January 2019 Mental Health Support Teams (MHSTs) started to work within schools and colleges to deliver evidence-based interventions using CBT modality in one to one, group and whole school approach.
- The MHSTs work alongside education settings to support CYP, staff, parents, carers and families.
- Each MHST is additional to existing provisions so as not to create duplication. Site selection has recognised deprivation, need and inequalities:
 - Delivering training, workshops for schools and parents.
 - Improving access to mental health support and services for CYP.
 - Consultations with schools recognising individual and broader issues across the school community.
 - Creating a new Mental Health workforce.

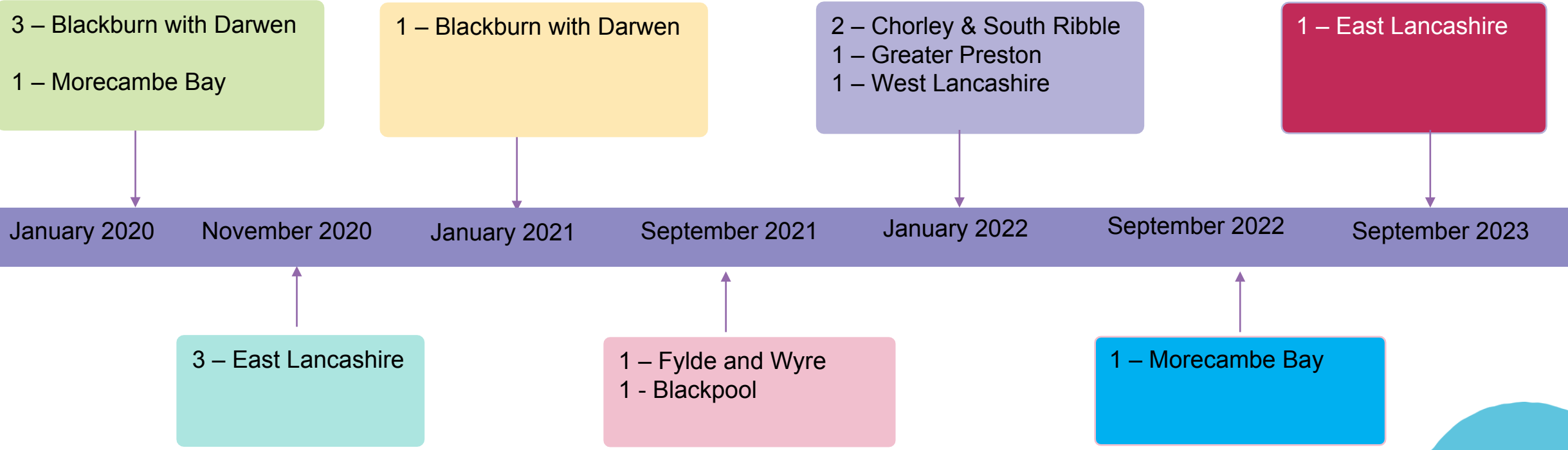


Mental Health Support Teams

- January 2019 - the first MHST teams were trailblazers and teams consisted of 4 or more education mental health practitioners (EMHPs) with a supervisor and management structure.
- September 2019 (Wave 1) an MHST was formalised to the financial structure of 4 EMHPs, training in the first year alongside two band 6s, one band 7, 0.5 band 8a and a 0.5 band 4 administrator. The senior positions must include two supervisors per team and a management structure.
- It is essential that every team has 4 EMHPs. A new workforce in the NW of 260 EMHPs will have been created by 2023/24.
- Supervision in a CBT modality is required for the EMHPs (this can be a challenge within some localities and the structure allows for variability to achieve this).
- Whole school/college approach should be created to enable each education setting to gain a wider insight into mental health, support, reduction in stigma, family parent/carer engagement, teaching staff and the wider school/college team.



MHST Training Timeline



Training takes 12 months to complete before MHSTs are fully operational



Transformation Phase

- ICS wide review of current and future capacity of mental health services for children and young people undertaken by Niche Health and Social Care Consulting. A robust statistical modelling exercise was completed and translated into a sustainable financial model across the ICS with an additional £10.8m investment over the next 3 years agreed to meet capacity and demand across all ICP areas.
- The Strategic Commissioning Committee approved to progress a large-scale transformation programme within an agreed financial envelope in April 2021.

NICHE capacity available through funding envelope	BTH FT	ELHT	LSCFT	Total
WTE	15	31	88	133
£000	£991	£2,023	£5,784	£8,798

- Year 1 2021/22 is focussing on improving access to services, implementation of SPoA, phased implementation of RAIS and Risk support Clinical Lead Recruitment

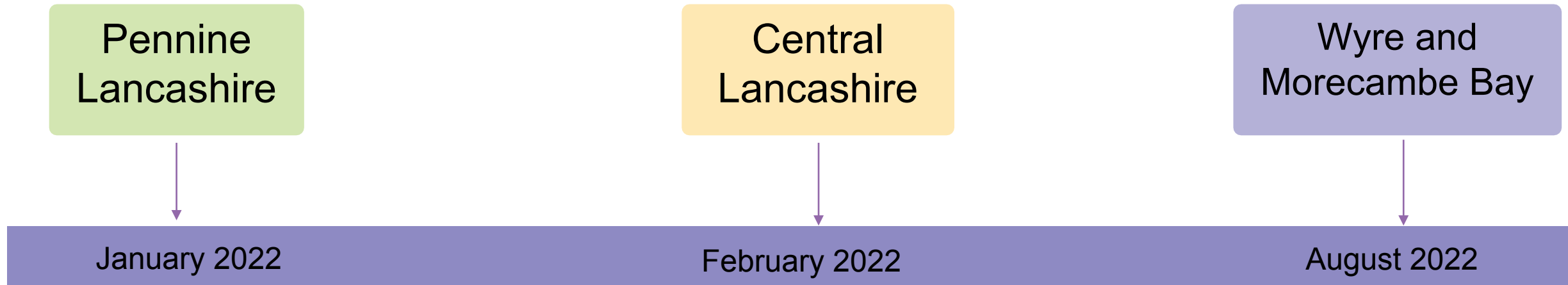


Transformation Phase

- The ICS Provider Collaborative Board in July 2021 approved LSCFT hosting the ICS C&YP transformation as Senior Responsible Officer.
- An ICS pathway redesign project plan aligned to the THRIVE model is in development to monitor delivery against Year 1 agreed priorities:
 - increase access to CYP services through an all-age Front Door (Initial Response Service) incorporating the plans developed during the THRIVE redesign to strengthen our Single Point of Access (SPoA) for all children and young people's referrals.
 - Development of a crisis, risk support and home treatment offer at Place
 - Implementation of the workforce model which will deliver the transformed new model of care
 - Enhance the Voluntary, Community, Faith and Social Enterprise (VCFSE) through investment and partnership working
- A transformation team has been endorsed to include representation from each NHS provider and a Programme Manager who will be accountable for delivery to the ICS.
- The transformation programme governance structure has been agreed with a CYP Transformation and Delivery Board to be established which will report into the newly formed All-Age Mental Health Transformation Board.



Initial Response Service (IRS)



- 24/7 responsive single point of access for urgent and routine requests for help and advice through a single triage based trusted assessment model
- Once triaged if an urgent face to face is required there will be a 1-hour response



Plans Moving Forward

- Further mobilise resource to meet demand – in line with NICHE modelling
- Develop plans for Year 2 and Year 3 of the NHS funded Child and Adolescent Mental Health Service (CAMHS) THRIVE service redesign.
- Continue to commit to increase £ with VCFSE partners year on year
- Mental health support for children and young people embedded in schools and colleges
- Meet new national waiting time standards for all children and young people who need specialist mental health services.
- Investing in early and appropriate interventions, to prevent escalation in to crisis
- Investing in approaches which will build and maintain resilience in young people and the workforce
- Greater focus on the longer term development of digital services.
- Co-production with children and young people, including of primary age and those in more vulnerable groups
- Clear signposting so people know what's on offer and how to access it



If you need help

- Information on services and self-help resources is published on the Lancashire and South Cumbria Healthy Young Minds Website <https://www.healthyyoungmindslsc.co.uk/home>
- Lancashire and South Cumbria NHS Foundation Trust (LSCFT) Mental Health Crisis Line. www.lscft.nhs.uk/Crisis | Telephone: 0800 953 0110 | Available: 24 hours a day, every day of the year
- Chat Health is provided by school nurses in Lancashire for young people age 11-19. This facility provides a confidential service which can be messaged for support and advice on many topics including emotional wellbeing, self-harm and other issues - 077507330510
- For advice on local authority early help services email talkzone@lancashire.gov.uk or contact your local children and family wellbeing service.

