

Children's Mental Health - Consideration by the County Council's Young People Overview and Scrutiny Committee on 25th February 2022

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THRIVE Framework



<http://implementingthrive.org/about-us/>

Social and Emotional Health Offer for Children and Young People in North Yorkshire



Tees, Esk and Wear Valleys
NHS Foundation Trust



Early Help
Local SEND Hubs

The Go-To
For healthy minds in North Yorkshire



Demand for services

- Demand for all commissioned services providing support for children and young people's social and emotional health in North Yorkshire has grown over the last 2 years.
- Many services have seen an increase in complexity and acuity.
- There has been an increase in eating disorders in NY (and nationally). The challenges that COVID-19 has placed on the overall health and education system, has impacted adversely on children's mental health services. This includes the closure of schools, and the additional pressure placed on education and primary care which has resulted in limitations to service provision. Furthermore, children and young people's services in NY (and nationally) are experiencing workforce challenges relating to recruitment and retention.
- Services have responded in innovative and responsive ways, in particular adapting quickly to digital ways of working.

The service offer for CYP MH in NY has increased but is unable to meet the demand and in some services waiting times have increased. These are outline on the following slides.

Demand for services

Healthy Child Programme (Emotional Health and Wellbeing Pillar)

- Number of **referrals** in Q2 (July to Sept 21) was **182**. **134** of these were accepted into service and **51** were signposted elsewhere.
- All referrals are screened within **2 weeks** and contact made with parents within this timeframe.
- At this stage parents are given contact details to use should issues escalate and they are made aware of the timeframes for face-to-face service delivery.
- Initial face to face contacts are currently being offered between **8-10 weeks**. There are currently **15** CYP waiting beyond the 8-10 weeks (as of 15.11.21).

Q3

- Virtual contacts are being addressed within **2 weeks**. There are no CYP waiting for this.
- 259 referral's were received in Q3, 62 were declined and signposted to other agencies or given advice.
- Examples of declined referrals are Soiling, Enuresis, ADHD/Autism Assessment.
- Referrals are being screened and sent a reply within 5 working days.

Demand for services – Compass Phoenix data.

Compass Phoenix Waiting Time data Q2 and Q3 2021/22

| Compass Phoenix | Q2 | Q3 |
|--|---|---|
| Number of referrals for direct intervention | 298 | 423 |
| Number of children and young people on the waiting list is | 51 (as of 22/10/2021) | 117 (as of 18/01/2022) |
| Breakdown of the waiting list is as follows: | | |
| - Craven | 2 | 7 |
| - Hambleton & Richmond | 6 | 52 |
| - Harrogate | 16 | 24 |
| - Scarborough, Whitby, Ryedale | 24 | 21 |
| - Selby | 3 | 13 |
| Average waiting time is | 22 days for those young people added to the waiting list from 01/04/2021 to Nov 2021. | 39 days for those young people added to the waiting list from 01/09/2021 to 31/12/2021. |


Demand for services – CAMHS

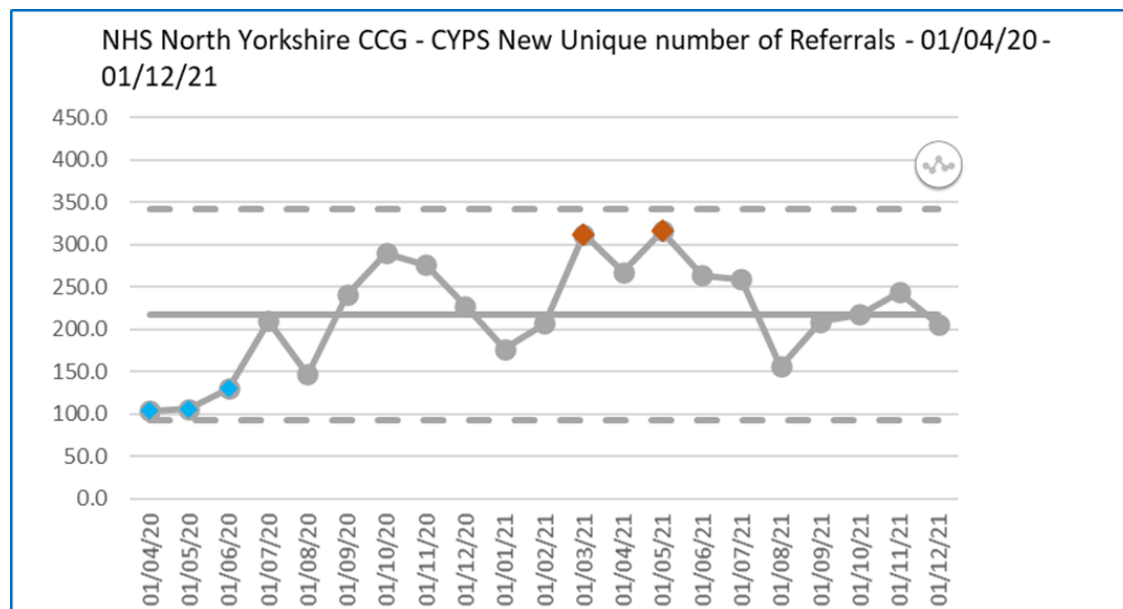
- **Specialist CAMHS, Tees Esk and Wear Valley NHS Foundation Trust (TEWV)**
December Data
- Number of children and young people **receiving treatment** from TEWV NHS Funded Community services is **2,505** (April 2021 – December 2021)
- Percentage of Children and young people with an eating disorder that are classified as urgent and seen within 1 week standard **none reported**, December 21 (year to date is 25% against a standard of 95%)
- Percentage of Children and young people with an eating disorder that are classified as routine and seen within 4 week standard **25%**, December 21 (year to date is 48.57% against a standard of 95%)
- Number of children and young people waiting for assessment by time band (January 2022)

| 0-1 months | 1-2 months | 2-3 months | 3-6 months | 6-9months | Total |
|------------|------------|------------|------------|-----------|-------|
| 94 | 38 | 14 | 2 | 1 | 149 |

Demand for services – CAMHS

SPC chart of the number of new unique children and young people referred during the period of April 2020 – December 2021 to North Yorkshire CCG

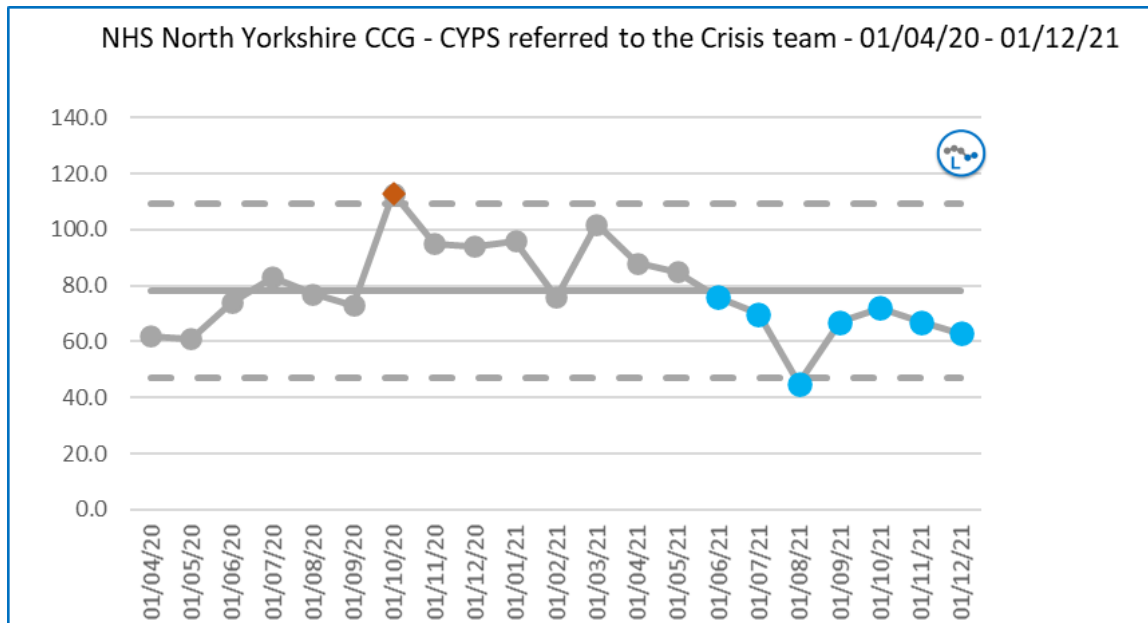
| Metric Name | Performance | Assurance | Latest Value | Lower process limit | Upper Process limit | Mean |
|---|---|-----------|--------------|---------------------|---------------------|-------|
| 1 NHS North Yorkshire CCG - CYPS New Unique number of Referrals |  | | 206.0 | 92.8 | 342.3 | 217.5 |



Demand for services – CAMHS

SPC chart of the total number of CYPS referred to the NYY Crisis team for NY CCG during the period April 2020 – December 2021

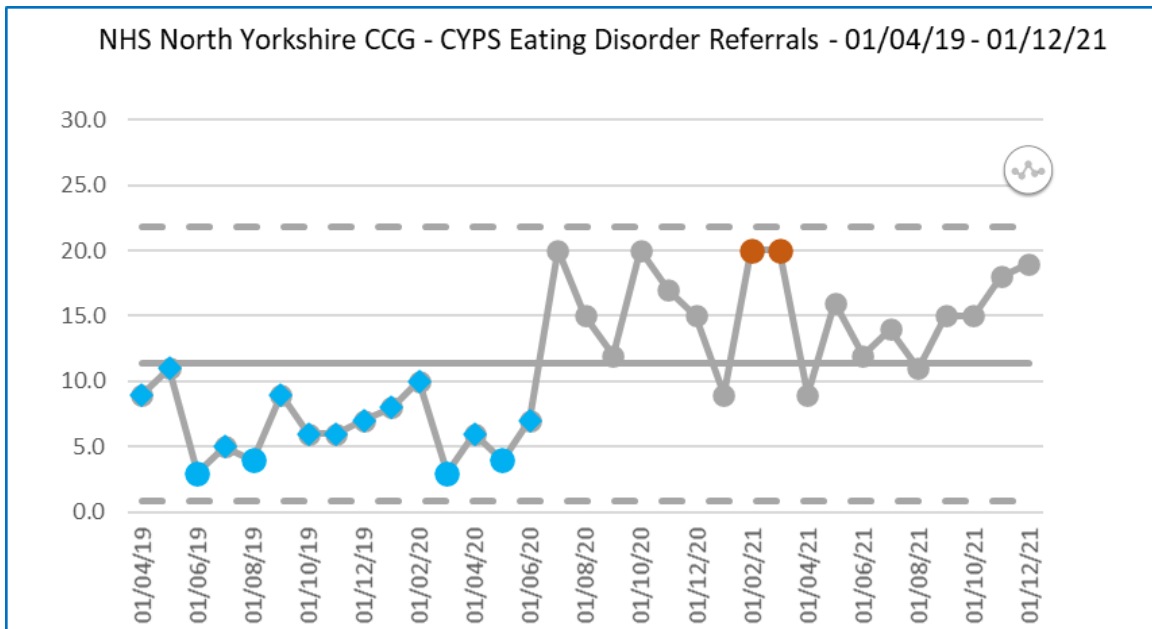
| Metric Name | | Performance | Assurance | Latest Value | Lower process limit | Upper Process limit | Mean |
|-------------|--|---|-----------|--------------|---------------------|---------------------|------|
| 1 | NHS North Yorkshire CCG - CYPS referred to the Crisis team |  | | 63.0 | 47.1 | 109.0 | 78.0 |



Demand for services – CAMHS

SPC chart of the number of CYPS referred to the NYY Child Eating Disorders service for NY CCG during the period April 2020 – December 2021

| Metric Name | Performance Assurance | Latest Value | Lower process limit | Upper Process limit | Mean |
|-------------|-----------------------|--------------|---------------------|---------------------|------|
|-------------|-----------------------|--------------|---------------------|---------------------|------|



Support available for CYP whilst they are waiting to access services

Where children and young people are waiting to access a service, services have their own governance procedures in place. These include:

- RAG rating client's presenting risks at point of screening
- Conducting regular check-in calls and signposting to support and information.
- Compass send a self-help support pack to clients as part of the screening process : <https://www.compass-uk.org/wp-content/uploads/2021/07/Compass-REACH-self-help-support-package.pdf>
- All young people and families have access to free digital support which includes [Kooth](#) online counselling, [The Go-To](#) signposting website and Compass [BUZZ Us](#) text messaging service
- Clients on the Compass waiting list receive a welfare call, the frequency of this is based on the RAG rating (Amber receive weekly welfare calls and Green monthly welfare calls). Any concerns are escalated to the clinical team leader / service manager.
- Caseload monitoring and management is being scrupulously and meticulously applied to ensure the most effective allocation of caseload.

Growing up in North Yorkshire Survey (GUNY) 2020

- The survey is carried out with pupils in Year 2, 6, 8, 10 and 12 and pupils in special schools.
- The County report and District reports can be accessed [here](#)
- **The data from 2020 shows a decline in children and young peoples positive responses to the emotional health and wellbeing questions**

| Emotional Wellbeing questions from GUNY | 2016 survey | 2018 survey | 2020 survey |
|---|-------------|-------------|-------------|
| Year 6 High/max wellbeing score | 47% | 45% | 35% |
| Year 8 High/max wellbeing score | 26% | 24% | 21% |
| Year 10 High/max wellbeing score | 24% | 19% | 17% |
| Year 6 Low wellbeing score | 5% | 5% | 10% |
| Year 8 Low wellbeing score | 4% | 4% | 7% |
| Year 10 Low wellbeing score | 5% | 8% | 8% |
| Year 6 High resilience score | 35% | 37% | 27% |
| Year 8 High resilience score | 45% | 44% | 39% |
| Year 10 High resilience score | 39% | 33% | 30% |
| Year 6 Low resilience score | 17% | 18% | 19% |
| Year 8 Low resilience score | 32% | 33% | 30% |
| Year 10 Low resilience score | 38% | 34% | 36% |

Growing Up in North Yorkshire Survey

In 2020 Year 8, 10 and 12 pupils were asked for the first time about self harm and suicide.

| Self harm and suicide thoughts | Year 8 Yes in the last year | Year 10 Yes in the last year | Year 8 Yes this term | Year 10 Yes this term |
|--|-----------------------------------|------------------------------------|-------------------------|-----------------------------|
| Deliberately harmed yourself | 13% | 16% | 8% | 10% |
| Thought of taking your own life | 16% | 21% | 10% | 13% |
| Have you ever tried to take your own life | 4% | 6% | 2% | 3% |

| Self harm and suicide thoughts | LGBT pupils | Children in care | Free School Meals (FSM) | Forces families | Young Carers |
|---|-------------|------------------|-------------------------|-----------------|--------------|
| Deliberately harmed yourself in the last year (NY average Year 8 = 13%, Year 10=16%) | 27% | 31% | 22% | 24% | 25% |
| Thought of taking your own life in the last year (NY average Year 8 = 16%, Year 10=21%) | 32% | 29% | 25% | 25% | 26% |
| Have you ever tried to take your own life in the last year (NY average Year 8 = 4%, Year 10 = 6%) | 14% | 15% | 10% | 7% | 11% |
| I didn't tell anybody (NY average 49%) | 50% | 44% | 48% | 57% | 39% |

Body Image and Eating Disorders GUNY

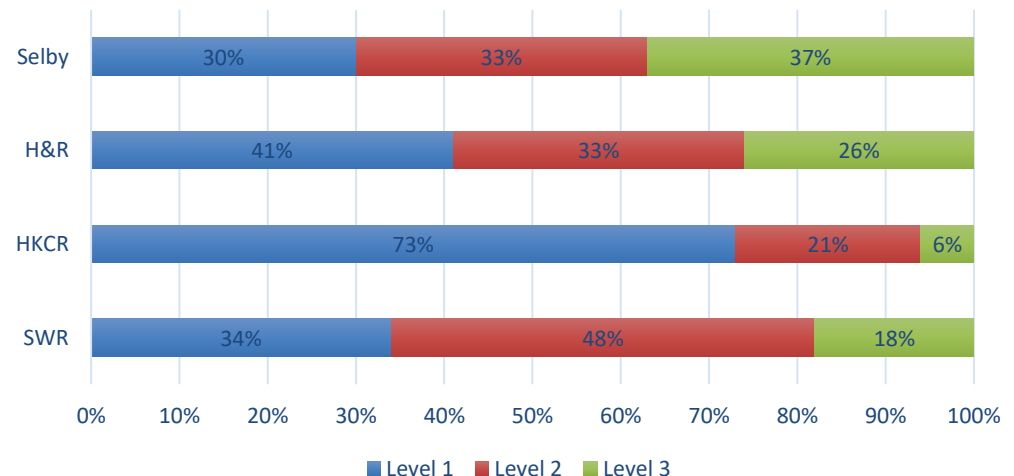
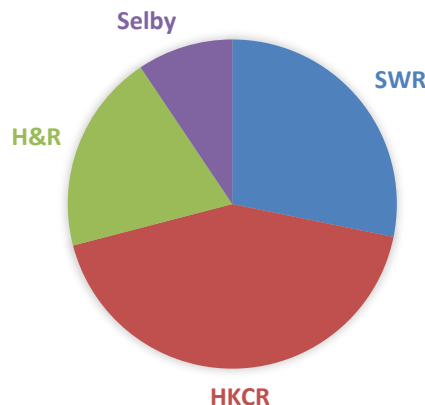
Year 8 and 10 pupils (2018 data in brackets)

- 35% (32%) said they have regularly made themselves sick, dieted to an extreme degree or done an unusual amount of exercise to lose weight at some point;
- 10% (8%) said they have done so this term

SEND Hubs from September 2020

- The SEND hubs consist of a range of specialist support and provision delivered by highly qualified and experienced staff who support families, schools, Early Years settings and post 16 providers to effectively and holistically meet the needs of children and young people who have SEND.
- The SEMH network work across the four locality SEND hubs to support schools in meeting the needs of children and young people with social, emotional and mental health needs through offering advice and guidance, assessment and intervention for children referred to the service to improve outcomes for CYP with SEMH maintain their placement within a mainstream school wherever possible.
- During the academic year 2020 – 2021 the SEND locality hubs supported a total of 351 children through the SEMH pathway. Below is an illustration of the % of casework by locality and level for 20 – 21.

OVERALL CASES BY LOCALITY



What have we done?

Suicide Prevention and Self-harm.

- Refreshed and relaunched the self-harm and suicide ideation pathway.
- A template self-harm and suicide prevention policy shared with all schools.
- Promotion of Headfirst public health website which provides available training for all multi agency staff.
- Task and Finish Group as part of the child death overview process.
- Ongoing Links into NYCC Suicide prevention task group.
- Increased awareness and communication of suicide prevention and self harm

What have we done?

Strategic Work

- Mental Health Summit - Senior Leaders from CCG, LA, TEWV and VCS committed to development of system wide service transformation in response to the identified increased demand and pressures.
- Commissioned Scoping Project – to review demand, capacity and pressures. (Report to be completed by end March 22)
- Joint Commissioning of Compass – Between CCG and LA using S75 arrangement
- Re-established strategic and operational partnerships across NY
- Establishment of the NYCC Section 75 partnership agreement with HDFT to deliver the 0-19 service, prioritising Emotional Health and Resilience Service for 6-19 yr olds

Operational work

- Communication plan – to support staff working with CYP to refer more easily
- Threshold work – to support staff working with CYP to refer more easily
- Anna Freud Project – Schools and Mental Health leaders working together to improve access to services.

What have we done?

Dfe Return to Schools Grant

- Funding has been provided to LAs to support schools with the wellbeing of the school community on their return to school after lock downs and covid.
- The funding has enabled:
 - **Wellbeing return training** for all schools to access. 55% of schools accessed this training and 99% of attendees found the training provided them with useful information on mental wellbeing in relation to covid-19
 - **Enhance the directory of local CYP wellbeing and mental health services** on the Go To website for Healthy Minds in North Yorkshire' <https://www.thegoto.org.uk/>
 - A range of support for **staff wellbeing** in schools
 - A **project officer** to support the implementation of the SEMH / EHWP delivery group managed across NYCC and CCG's
 - **ASK suicide training for professionals** who work with children and young people aged 5-15
 - Webinars to support schools **manage school refusal due to anxiety**
 - **Commissioned BEAT for a year to provide a range of support for schools to raise awareness about eating disorders** , due to start in March 2022
 - **Targeted support for pupils in PRUs**

Any questions ?

