

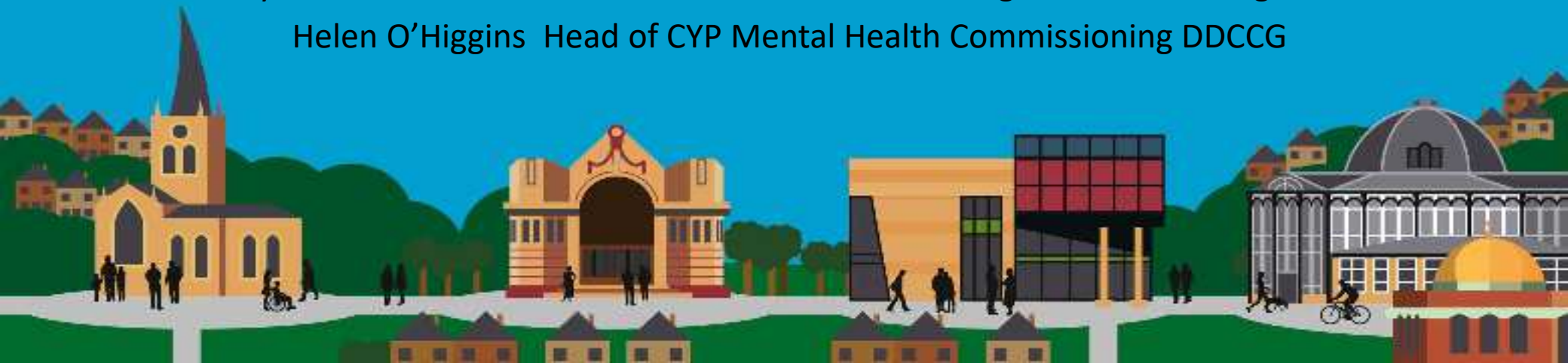
Derby City Children and Young People Scrutiny Review Board 28th March 2022

**CAMHS and Mental Health for Young People Update
(previous reports 19th Oct 2020, 14th Dec 2020,
29th March 2021, 6th Sept 2021)**

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Progress in the last 6 months on our Long Term Plan commitments 2021-2024

1.To enhance our urgent care pathways to ensure CYP get responsive risk support when they need it

Expansion of Crisis, Liaison and Intensive Home Treatment Teams is progressing

- Intensive flexible day offer – to provide alternative safe place for those in highly complex / high risk situations; building renovation survey work underway - completion planned for August
- 64 new posts in total supported across the Derbyshire programme (includes 11 Eating Disorder urgent care posts) 24 of these posts appointed to as of 01/03/22 (Across DHCFT and UHDBFT there are 40 additional posts, 14 in post with 8 working with Eating Disorders)
- Service specification being developed with multi-agency involvement, including Local Authorities and the Provider Collaborative, currently finalising outcomes and operating procedures
- Multi-agency Escalation Process implemented to facilitate step up / step down for complex CYP, with a round table review scheduled 22nd March
- Collaborative approaches to developing sufficiency in the market for accommodation and packages of care; D2N2 service specification development / provider engagement



2.To improve communication and navigation so that CYP get the right support early / at the right time

- School pathway developed as a toolkit with partners, published and circulated to schools – well received (appendix 1)
- Specialist Community Advisors – role reviewed and focus strengthened for professionals to access advice and consultation, specialist training
- Community Triage function ceased found to adding complexity due to IG and getting regular membership from other agencies – more efficient for professionals to contact the SCA directly
- MH2K posters and film published created by young people for young people. Investment for a further 12 months for ongoing coproduction /engagement re transformation agenda with focus on addressing inequalities (appendix 2)



3.To enhance our graduated pathway, developing supportive mental health opportunities for CYP based on needs.

Waiting list initiatives to boost capacity – Commissioned Healios online Cognitive Behavioural Therapies and Post diagnostic interventions for CYP with ASC

- Build Sound Minds: additional 12 month capacity to focus on vulnerable groups

Mental Health Support Teams in schools expansion to 11 teams by 2024. Fair criteria agreed to choose schools including demographic data, an EOI from the school and commitment from school leadership

4. Develop our offer inclusively We are working together across agencies and with CYP and parents, we will ensure we continue to meet the needs of all CYP, particularly those at higher risk

5.Developing our CYP mental health workforce: We are mindful that our biggest risk to delivery is availability of skilled workforce and we are looking at creative ways to train and develop our own workforce particularly utilising the knowledge and skills of those with lived experience, youth workers, recruit to train opportunities.



NHSE priorities for 2022/23 which further enhance the 2021 CYPMH Transformation Plan

Eating Disorders (significant increase during Covid)

- Implement accessible, physical health monitoring in the community
- Integrated pathways and joint working for Tier 4 step up / step down complement our Intensive Home Treatment model and intensive day offer
- Partnership working to support CYP who present with a suspected eating disorder – enhance our graduated pathway

Eating Difficulties / ARFID – develop a robust pathway with a focus on Avoidant Restrictive Food Intake Disorder



- **Improve data quality** in relation to CYP mental health services
- **Expand digitally enabled pathways** building on work to date
- **Improving crisis pathways** – continue delivery of plans, new initiative - T4DD
- **Improve services for children in care** across the graduated pathway including crisis and targeted early intervention, looking at commissioned services for looked after children and other vulnerable groups i.e. YOS identifying points of connection and integration
- **Young Adults** Continue to develop and improve care for young adults aged 18 to 25 as part of a comprehensive offer to 0 to 25 year olds
- **Addressing inequalities** – Seek a better understand the key characteristics that may be driving a). inequalities b). ability to access services and/or c). ability to get the most benefit from the services.



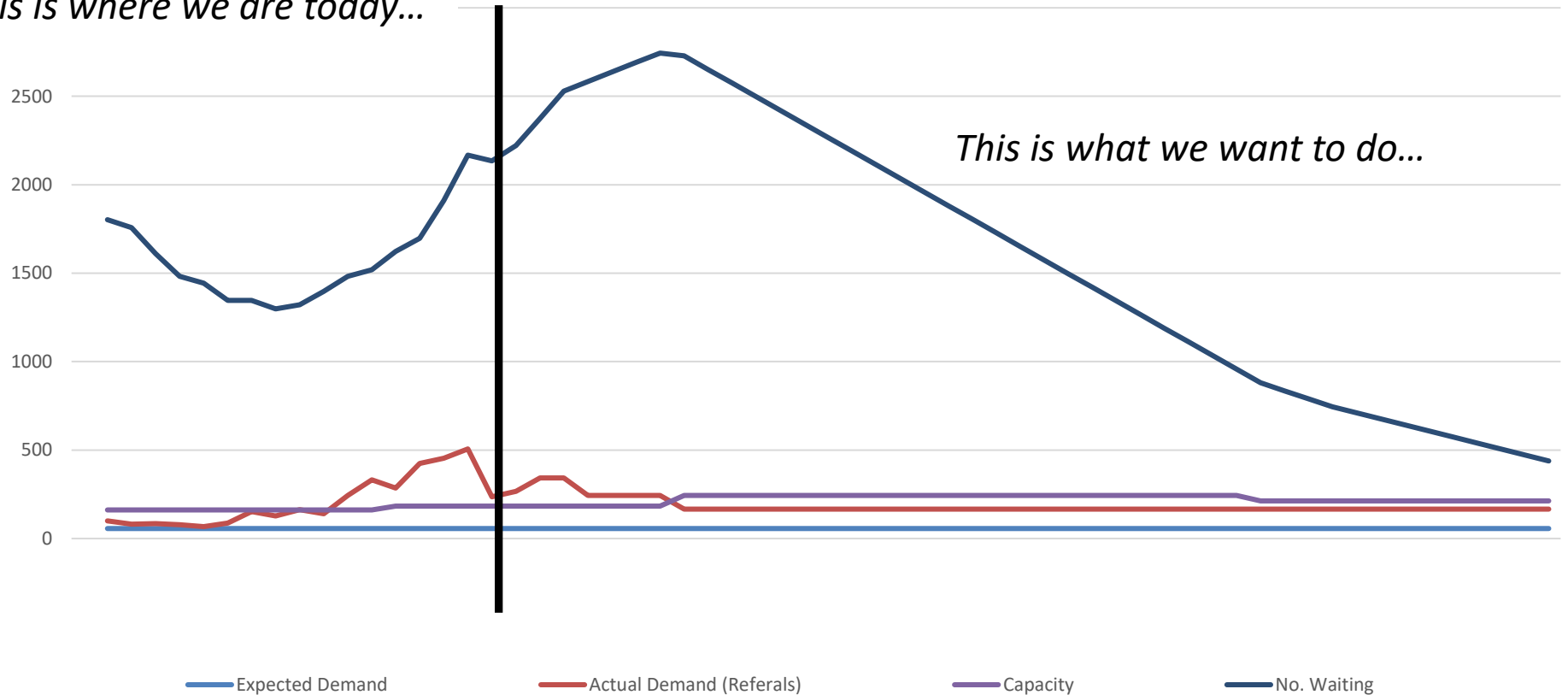
Neuro Development (includes ASD) Plans for next 3 years

- In response to significant waiting lists of over 2,000 children and young people across Derby and Derbyshire and waiting times of up to 8 months for the assessment pathway.
- We have a three year plan.
- Demand for assessments is greater than prevalence tells us it should be
- Families tell us this is where they are pointed to for help



Turning the curve...

This is where we are today...



This is what we want to do...

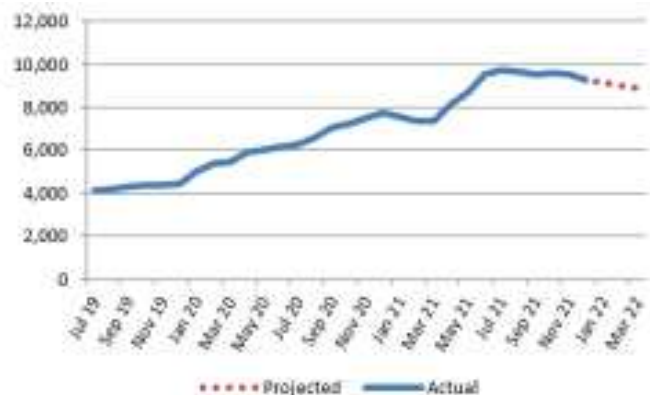
Joined Up Care
Derbyshire

Summary of our plan

- Following a recent poll of children and families waiting for an ND assessment 30% were hoping the diagnosis would enable them to access further support.
 - *deliver reduction in demand for assessments by 30% with SAL, SEND Navigators, and Expert By Experience* to support access / face to face facilitation of the autism portal and associated workshops.
 - *Autism Portal delivers deduction of 5%*
- Development of a triage team **to work with families on the waiting list** to ensure that they have access to the right information / support.
- Piloting ND practitioners under a community hub model to support/undertake the assessment process
- This community hub approach to provide support around the core assessment from LAs and VCSE to create assessment capacity
- Continue current increased capacity through evening and week-end working
- Continue with the provider offering online assessments to CYP over 9Yrs of age and extend this to age 25

Access target: 12-month rolling performance

CYPMH 2 contacts access rolling 12 months
Source NECS / MHSDS



By December 2021 47.8% or 9,298 of all children with a diagnosable mental health condition received 2+ contacts from NHS funded mental health services in the preceding 12 months (source NECS / MHSDS) exceeding the national 36% target.

In 2022/23 the target is changing to first contact with NHS funded MH service, counting numbers, not %. This is a contribution from all providers across the pathway. The first contact is a fairer approach to providers.

In December 2021 11,762 Derbyshire CYP received 1 contact in rolling 12 months.

The targets for Derbyshire are (we are establishing if this includes Glossop) as follows;

13,050 by end 22/23

14,431 by end 23/24

CYPMH 1 contact access rolling 12 months
Source NECS / MHSDS

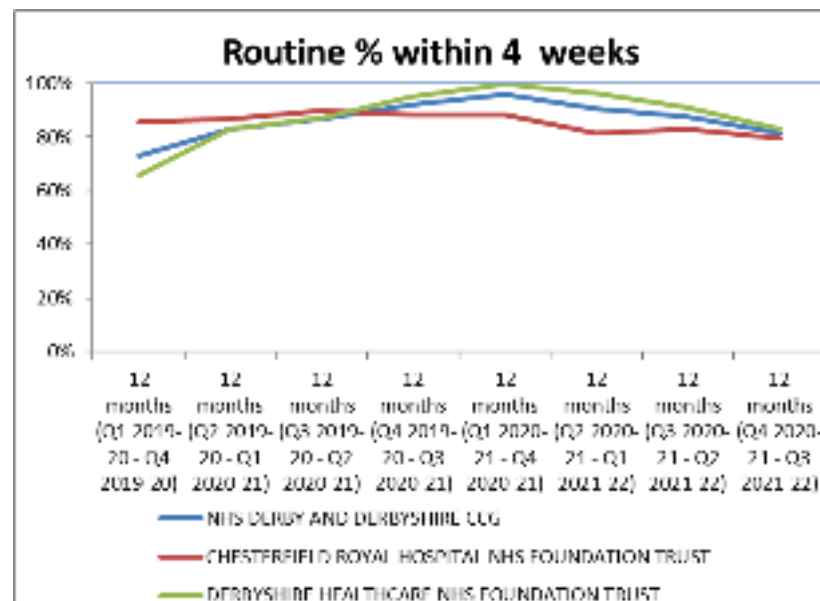
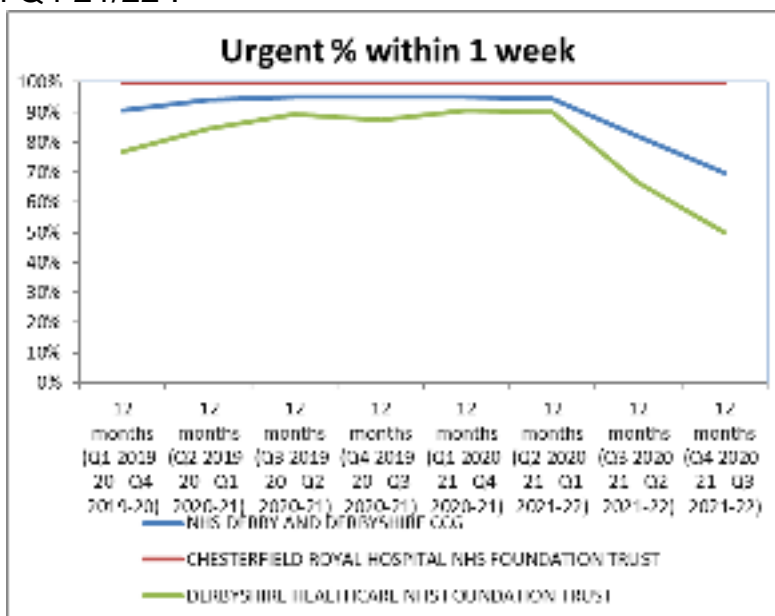


Eating Disorder waiting times

National targets

- **95% urgent ED referrals seen within 1 week** - In Q3 Derbyshire reached 70%. This continues a downward trend observed from Q1 (95%) through Q2 (83%).
- **95% routine ED referrals seen within 4 weeks** - In Q3 Derbyshire reached 82%; a similar, though less pronounced, reduction in wait time targets from Q1 (90%) and Q2 (87%)

Derbyshire CEDS continue to experience system pressure following a rise in referrals, and also a rise in the number of complex and high risk, acute cases. Teams are working towards one Derbyshire wide service specification which emphasises more community and home treatment delivery including family support and therapy. The pace of full implementation of this model has been slowed and limited due to Covid however is expected to pick up pace from Q1 2022/3. Additional posts have been recruited to during 2021/22 to particularly enhance the crisis and intensive home treatment offer, impact as staff commence roles expected in Q4 21/22 .



CAMHS Waiting times DHCFT

- Urgent care referrals and assessments are about the same as pre-pandemic levels, with CYP seen the same day in CED
- Referrals overall continue to increase across the County.
- The data indicates however that in routine and supported care activity has gone down in south CAMHS compared to 12 months ago,
- This means that despite a successful waiting list blitz in the autumn, the numbers waiting have returned to previous levels. This appears to relate to areas with vacancies and sickness in the last quarter
- Eating disorder referrals are continuing to increase, with complexity noted as a factor and a reduction in urgent referrals been seen within the one week target noted.



Targeted Intervention waiting times across Derbyshire

Changing Lives: Mental Health Support teams in schools have seen a 74% increase in referrals between Q2 and in Q3 this, this correlates with the new wave 4 teams starting to take referrals and with an engagement and promotion campaign when the schools returned in Sept 2021. It has however resulted in a waiting list of 40 CYP.

Build Sounds Minds are delivering more group interventions via their Blues and Bouncing back programmes. They are seeing more CYP, however they are also seeing increases in waiting times.



Kooth - Derbyshire

	Q1	Q2	Q3	Q4	Total/Average
New Registrations	882	649	1,026	---	2,557
Total Logins	8,026	8,402	7,893	---	24,321
Unique Young People	1,133	910	1,272	---	N/A
% of Young People Returning	72%	76%	68%	---	72%
% of logins out of office hours (9am-5pm Monday- Friday)	66%	65%	72%	---	68%
BAME	10%	13%	12%	---	12%
% of Young People who would recommend Kooth to a friend	92%	97%	95%	---	95%
Worker Hours Utilised (counselling messaging and moderation)	1,413	1,165	1,396	---	3,974

Online Mental Health and Wellbeing resource for children and young people aged 11 to 25, requires no referral. The service provides access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of topics.

There were 1,026 Q3 registrations and 7,893 logins.

There were 1188 commissioned hours and 1396 worker hours delivered.

2022/23 transformation investments

The CYPMH Community and Crisis Delivery Group and JUCD Childrens Board have reviewed the finance plan and anticipate the full allocation will be spent

- Funding commitments already been started in year 1 = £2,305k
- 22/23 NHSE allocations (growth and SDF) = £2,811k.
- Schemes pre-committed for 22/23 = £395k

- Further schemes in situ with temporary funding; for review and continue successful schemes in year - PYE value c.£200k,
- LTP required new schemes e.g. ARFID, reducing inequalities, enhancing digital offer

The programme may over spend in 2022/23, however if there are new funding opportunities we will have projects ready. Any overspend will be managed through the final year of transformation uplift in 23/24

Joined Up Care Derbyshire

Planning future services together
so people can be healthy,
live well and stay well.

