

Children and Young People Services update

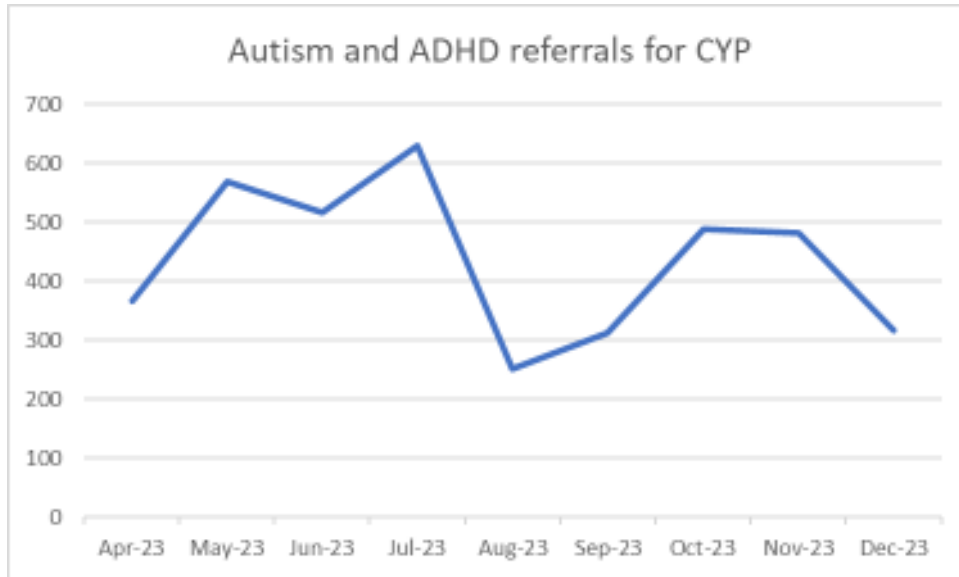
25th March 2024

**Nicky Smith Assistant Director Children's Strategic Commissioning
Derby and Derbyshire Integrated Care Board**

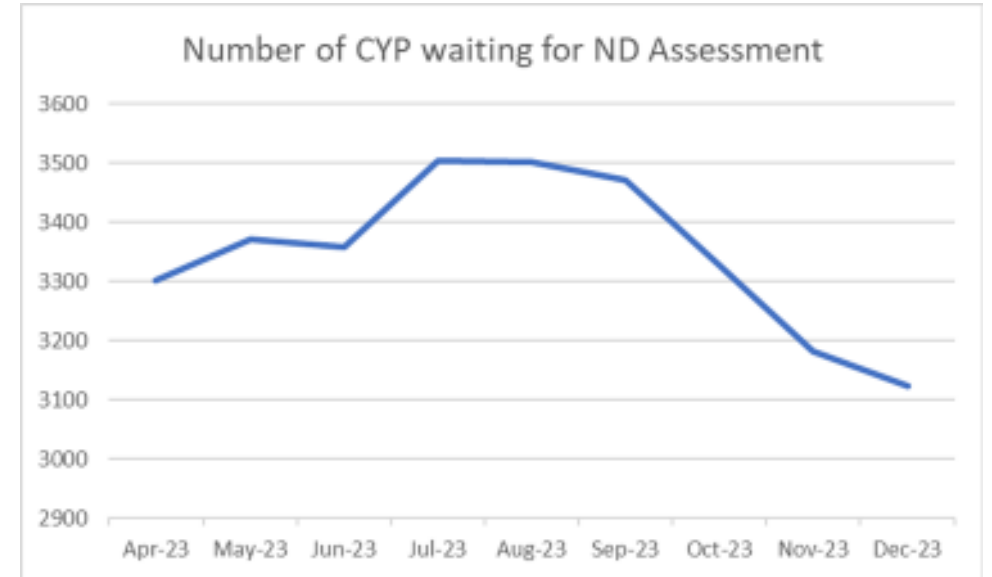


Neuro Development Assessments

What are we starting to see...



Referral rate is starting to decrease



Number of CYP waiting for an assessment is reducing

What more are we doing about it...

- **ND Assessment Transformation Programme**
 - Creation of practitioner led assessment-based hubs with targeted triage/waiting list teams for North and South
 - ND Research Project
- **ND Community Hubs**
 - Pre and post diagnostic support for CYP and their families
 - Early intervention
- **Autism in Schools**
 - Tailored support packages for 'highly Autistic Children and Young People' transitioning between classes, year groups or schools
- **CYP Keyworker service**
 - Better care and support for autistic CYP or CYP with LD and their parents
 - Reduce pressure on T4 Hospital beds the need for Out of Area Placements
- **Emotionally Based School Absence Project**
 - 12-month pilot to support children across Derby + Derbyshire who are starting to become absent from school due to a psychosocial problem.
- **Mental Health pathway transformation**
 - System wide working group to develop plans to tackle CAMHS and BSM waiting lists
- **Autism Portal on Derby and Derbyshire Emotional Health and Wellbeing Website**
 - 24 hr on-line free resource for parents/families & professionals , providing pre and post diagnostic support including recorded videos with information, advice, website links and strategies to help with concerns about their child's development. Also covers Behaviour support, Communication, Food & Nutrition, sensory needs, Sleep, ND assessment process
 - [Derby & Derbyshire - Emotional Health & Wellbeing \(derbyandderbyshireemotionalhealthandwellbeing.uk\)](https://derbyandderbyshireemotionalhealthandwellbeing.uk)

CYP ND Community Hubs

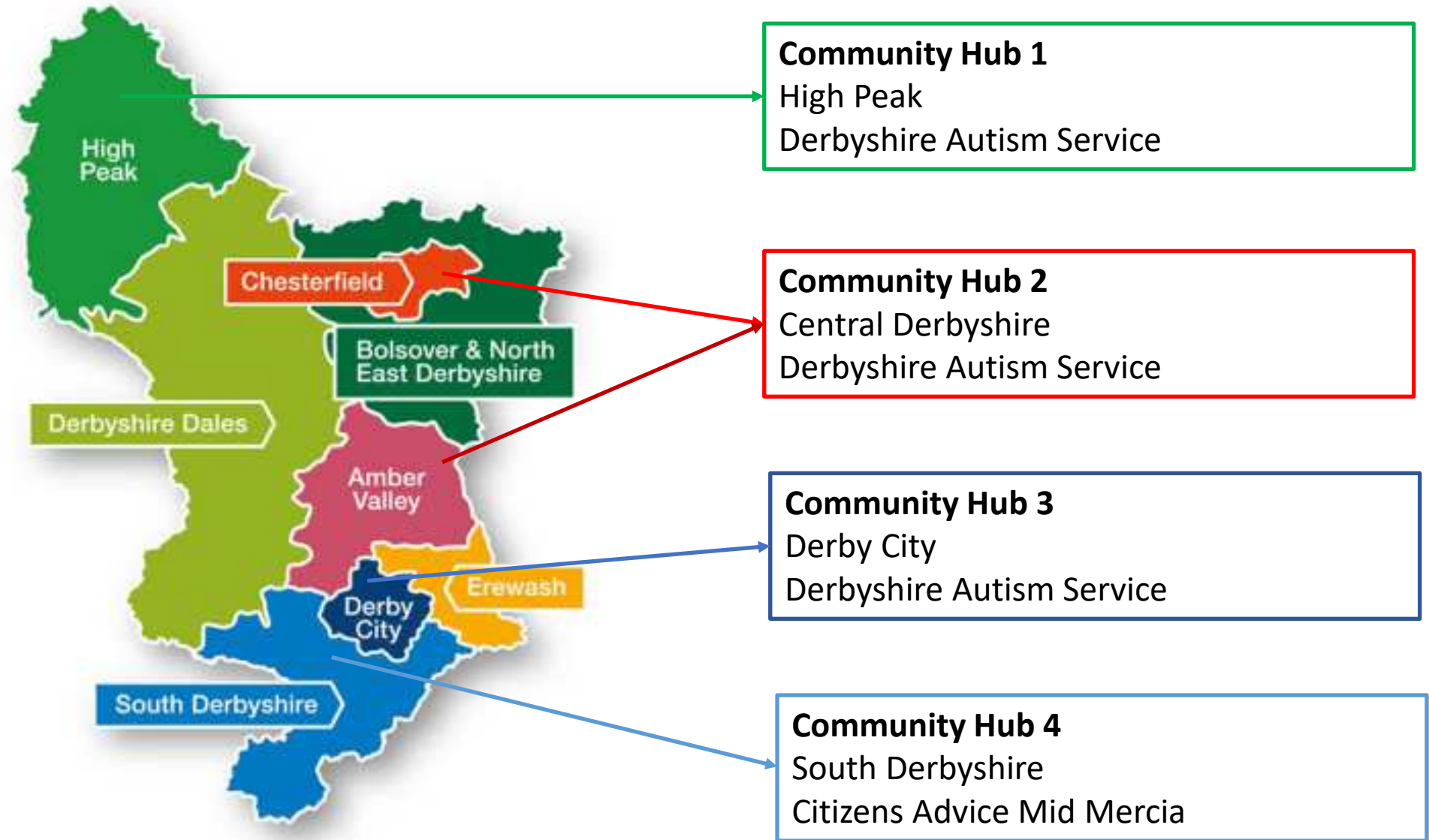
Aim

- To reduce the flow of CYP onto the clinical assessment pathway

Approach

- Investment of £200,000 (£50,000 per hub)
- Establish 4 ND Community Hubs – High Peak, Central Derbyshire, Derby City and South Derbyshire
- Provide support to CYP and their families at the earliest opportunity – pre diagnosis
- Open access so no need for a referral
- Provide an earlier step for Education and Primary Care to signpost to
- Support the clinical assessment process and ensure the right people are in the right place
- Opportunities for post assessment and diagnostic support
- Delivered by VCSE in partnership with Health and Social Care
- Derby City Hub is working with Derby City Family Hubs
- Derby City Hub has a focus on supporting CYP and Families from community groups that are under-represented.

ND Hub Locations



What are we starting to see...

- 113 ND Community Hub sessions have been held in the city since September 2023
- 177 (161 CYP) people have attended Derby City ND Community Hub – this is increasing month on month
- 94% of people who access the Derby City ND Community Hub report they have a better understanding of services available
- 86% of people who access the Derby City ND Community Hub report they feel more supported
- 96% of people who access the Derby City ND Community Hub report that they felt welcome and safe

What's next...

- **Screening and Triage**
 - ND Community Hubs to support with screening and triage of referrals
 - NHS providers working more closely with schools to ensure all pre-diagnosis support has been accessed
- **Redesign the assessment pathway**
 - NHS providers will work more closely with schools to involve them in the assessment process at the earliest opportunity
- **Partnership for Neurodiversity in Schools (PINS)**
 - Strengthening partnerships between parents and schools
 - Develop schools' confidence and expertise in supporting neurodiversity within their classrooms
 - Improve the school environment to address low level needs and allow neurodiverse children to successfully engage in learning
 - Develop an inclusive culture that improves the efficacy of other interventions.



Derby & Derbyshire
Emotional Health & Wellbeing
Transforming Health and Wellbeing for Everyone

Working with children, young people, parents, carers and system partners to improve the emotional wellbeing and mental health of children and young people across Derby and Derbyshire; ensuring they get the right support, delivered at the right time by the right people.



CYP Emotional Wellbeing & Mental Health Offer

Thriving

- Whole School Approach
- Mental Health First Aid
- Chat Health
- Every Mind Matters
- Mental Health Foundation
- Time to Change
- Young Minds

Getting Advice

- Emotional Health & Wellbeing Website
- Derbyshire 24/7 Mental Health Helpline and Support Service
- Early Years
- Specialist Educational Need Development (SEND)
- School Nurses
- School Pastoral Teams
- Health Visitors
- SENCO's
- Kooth

Those who need advice and signposting

Those who need focused goals-based input

Getting Advice

Getting Help

Thriving
Those whose current need is support to maintain mental wellbeing through effective prevention and promotion strategies

Getting Risk Support

Getting More Help

Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services

Those who need more extensive and specialised goals-based help

Getting Help

- Youth Offending Service - Social Prescribing
- Build Sound Minds
- Changing Lives - 8 Mental Health Support Teams
- First Steps
- Derbyshire Emotional health and Wellbeing Service for Children in Care (DECC)
- School Nursing
- Kooth

Getting More Help

- Child Adolescent Mental Health Services CAMHS
- GP
- Care Education Treatment Reviews
- Specialist Eating Disorders CAMHS
- Youth Offending Service CAMHS
- Learning Disabilities CAMHS
- Clinical Psychology
- Derbyshire Emotional health and Wellbeing Service for Children in Care (DECC)

18 - 25yrs

- Secondary Care
- Adult Mental Health Team (AMHS)

Our aim is to enable all children and young people to thrive.

Since 2015, through the CYPMH transformation programme, partners have collaboratively built the offer available to meet the different types and levels of need our children experience.

How to access local CYP mental health support



Children, young people, parents and carers can find information about mental health support and services via

- **Derby and Derbyshire Emotional Health and Wellbeing website.** CYPMH dedicated section. [website here](https://derbyandderbyshireemotionalhealthandwellbeing.uk/)

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- **24/7 helpline and mental health support service** – all age offer CYP trained specialist mental health workers answering the phones to provide information, advice and support with direct routes to specialist clinicians and CAMHS services if required. **0800 028 0077** [website here](https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service#:~:text=How%20do%20I%20contact%20the,mobile%20phones%20should%20be%20free).

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Additionally, professionals can access

- **Derby and Derbyshire Mental Health Pathway Guidance July 2023** written for education staff, a comprehensive resource which outlines all emotional and mental health support available in Derby and Derbyshire [here](https://derbyandderbyshireemotionalhealthandwellbeing.uk/resources/derby-and-derbyshire-mental-health-pathway-guidance-april-2023) (<https://derbyandderbyshireemotionalhealthandwellbeing.uk/resources/derby-and-derbyshire-mental-health-pathway-guidance-april-2023>)
- **CAMHS Specialist Community Advisors** provide consultations to all professionals from statutory, community and voluntary organisations, offering evidence-based specialist MH advice, ongoing support options, guidance, signposting or support to make onward referrals. [South CAMHS SCAs](https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire/im-professional/specialist-community-advisors)

(<https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire/im-professional/specialist-community-advisors>)

Our transformation commitments: meeting the needs of children and young people in Derby



Our key strategic priorities between 2021 and 2024 are:

1. To enhance our urgent care pathways to ensure CYP get responsive risk support when they need it
 2. To improve communication and navigation so that CYP get to the right support early / at the right time
 3. To enhance our graduated pathway, developing supportive mental health opportunities for CYP based on needs.
- Working together across agencies and with CYP and parents, we will ensure we continue to **develop our offer inclusively** to meet the needs of all CYP and particularly those at higher risk and /or with more complex needs
 - We are **developing our CYP mental health workforce**, being 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.

Key progress during 2023/24 – CYPMH Community



- **Kooth** – universal digital support, articles, podcasts, self-help tools and text chat counselling, CYP registrations increased, therefore we increased commissioned capacity [Kooth](#)
- **Compass Mental Health Support Teams in schools (MHST)** – Derby city has MHST centres of excellence in the following school networks – Bemrose, Noel Baker, Kingsmead, Landau Forte [see full list of schools](#) Provides confidential emotional health and wellbeing support for children and young people with mild to moderate emotional health and wellbeing needs, typically low intensity CBT either one-to-one or in a group setting.
- **Early Intervention and Targeted Support Service** Reviewed and recommissioned to compliment MHST offer with a focus provision in areas without MHSTs, currently Action for Children Build Sound Minds, Compass will take on the new contract from 1st June 2024.
- **Early Intervention eating disorders** – In April 2023 [First Steps](#) commenced an expanded offer working to provide care and support to CYP, parents and carers affected by eating difficulties and disorders.
- **Child and Adolescent Mental Health Services (CAMHS) Eating Disorders Service** – By Q3 the expanded CAMHS Eating Disorder team was able to see 100% of urgent referrals within 1 week and 98% routine referrals within 4 weeks.
- **Child and Adolescent Mental Health Services (CAMHS) Routine** – Specialist mental health support for CYP with moderate / severe level needs. During 2023 the service reconfigured to create a triage and assessment team, this approach has reduced average waiting times into the service from 30+ weeks to 16 weeks by December 2023. However, capacity challenges means that there remain internal waits for CYP to access internal teams, specialist interventions and therapies, this is a focus area for us in 24/25.

Key progress during 2023/24 – CYPMH Urgent Care



Child and Adolescent Mental Health Services (CAMHS) Urgent Care Services expanded their offer working alongside partner agencies to enhance support and care around the CYP when they most need it. These services are accessed via professional referral including via 24/7 helpline

- ***Crisis assessment and brief intervention*** for CYP presenting with significant risks related to their mental health available 8am to 11pm. Key aim to identify suitable strategies and support to stem escalation. Up to 72 hr involvement
- ***Intensive Home Treatment Teams*** (IHTT) offer specialist intervention which reduces length of stay in hospital by enabling discharge or prevents admission to CAMHS inpatient tier 4 beds or paediatric units to improve the quality of life of the CYP and to keep them safe in the community. Multiple contacts each week with average 2 weeks duration.
- ***South CAMHS: 7 day intensive Day Service*** offer provides up to daily support from their base at Temple House where CYP with significant and or complex needs can receive individualised support via 1 to 1 and or groups for a number of weeks.

Paediatric unit specialist mental health pilots reviewed, and staff recruited substantively e.g. specialist eating disorder nurses, positive behaviour support team, Discharge Coordinator

Escalation processes / pathway We have strengthened the role of the Complex Case Strategic Facilitator, recruiting additional posts to form an Escalation Team to support and embed our system wide multi-agency escalation pathway which focuses on getting our CYP in the most complex situations the right packages of support and transfer to the best place for them i.e. home, placement or hospital.

Learning Disability and Autism (LD&A) Keyworker service started June 2023 - aims to ensure better care and support for CYP with LD& or Autism, and their parents/carers to reduce pressure on tier 4 CAMHS inpatient hospital beds and the need to use out of area placements

What's next...

Prevention and health equalities are golden threads throughout our transformation, with a specific focus on the needs of children in care, LD&/ Autism. Key areas to address going forward are:

CAMHS long waits for routine care due to the high level of need. We are reviewing the 'flow' of referrals between CAMHS and EITS services, to ensure CYP get to the right service at the right time. We continue to seek investment to build CAMHS capacity further and ensure CYP waiting have access to appropriate help.

Eating difficulties and complex eating problems – we are seeing higher levels of demand for CYP presenting with on specific eating problems. We are developing training and supervision support for staff and scoping the need for additional specialist resources.

Sufficiency of placements for CYP with complex needs. Derby City LA and DDICB are working closely together to find ways to commission packages and residential placements to best support these CYP. We are working up a 'D2N2 specialist beds' offer aiming to provide intensive health support for children with the most complex needs.

Cliff edge of care for those CYP leaving CAMHS who don't meet the thresholds for adult services. A Young Adult Service (YAS) pilot in Chesterfield has shown positive outcomes for 17.5 -25yrs. YAS provides additional support to CYP leaving CAMHS with borderline LD, with autism and social anxiety, socially vulnerable. Investment in a Derby and Derbyshire wide service has been approved and we are about to tender this service with a phase 2 expansion into Derby city commencing early 2025.

Our 2023 JUCD CYPMH transformation plan can be found [here](https://joinedupcarederbyshire.co.uk/your-services/children-and-young-people/children-young-people-mental-health-wellbeing/)

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