

Westminster Health & Wellbeing Board

Date: 17 March 2016

Classification: General Release

Title: **Children and Young People’s Mental Health Transformation Plan Update and Next Steps**

Report of: Steve Buckerfield: Head of Tri-Borough Children’s Joint Commissioning

Wards Involved: All wards

Policy Context: The Government has supported additional health funding of £1.25 billion over five years to support the implementation of the national Child and Adolescent Mental Health Services (CAMHS) Taskforce report, ‘Future in Mind.’

Financial Summary: Central London CCG invests £1,631,347 commissioning young people’s mental health services. Additionally, West London CCG provides a further £607,764 to commission mental health services for young people with a GP in the Queens Park and Paddington area. Total historic CCG funding is £2,239,111.

For 2016-17 the new Eating Disorder Services and Transformation funds for Central London CCG adds £91,557 and £229,176 respectively, plus the 22% adjustment from West London CCG: £25,656 (Eating Disorders) and £ 64,221 (Transformation funds). Total CCG funding for 2016-17 is therefore:

Existing funding:	£2,239,111
Eating Disorder funds:	£117, 213
Transformation funding:	£293,393
Total	£2,649,717

Westminster City Council currently invests **£628,747** in young people’s mental health services.

Young people’s mental health services are predominantly commissioned from Central and North

West London Mental Health Trust (CNWL).

**Report Author and
Contact Details:**

Steve Buckerfield: Head of Tri-Borough Children's Joint
Commissioning
steve.buckerfield@nw.london.nhs.uk

1. Executive Summary

- 1.1 This report outlines progress following the Tri-Borough Children and Young People's Mental Health Task and Finish Group report (November 2014); publication of the national recommendations in the 'Future in Mind' report (February 2015) and the subsequent submission of the Children and Young Person's Mental Health and Wellbeing Transformation Plan (October 2015).

2. Key Matters for the Board

- 2.1 The Health and Wellbeing Board is asked to note the achievements to date, the progress in implementing the Central London CCG and Westminster Children and Young People's Mental Health Transformation Plan and the challenges ahead in realising local ambitions to 'transform' Westminster's emotional and mental health services for young people.

3. Background

- 3.1 For the last two years Central London CCG and Westminster City Council has been working with young people, partner agencies and providers of mental health services to improve children's mental health provision. The direction of travel had been established by the CAMHS Task and Finish work which reported in the Autumn of 2014.

- 3.2 In March 2015 the Government published 'Future in Mind', the report of the national CAMHS Taskforce which made 48 recommendations and led to calls for a complete 'overhaul' of existing services. To support the 'transformation' required additional resources have been pledged by government to:

- a. Establish a dedicated specialist eating disorder service; and
- b. Funding to enable service 'transformation'.

Funds arrived with CCGs in November for 2015-16.

- 3.3 Details of the funding allocation are included in the financial summary above. Furthermore, details of the short term spending commitments made for 2015-16

can be found in Appendix 1 entitled 'Annex B: Central London CCG.' This is the Central London CCG submission which was sent to NHS England to access the new funding as part of the North West London Transformation Plan which was signed off by lead councillors and the Westminster Health and Wellbeing Board Chair before Christmas.

4. Achievements

4.1 The Tri-Borough Children and Young Peoples Mental Health Task and Finish Group made 12 recommendations that were adopted by the Westminster Health and Wellbeing Board. The first four recommendations covered improving out of hours support to young people in crisis; establishing a programme of training 'co-produced' with young people, improved guidance for schools and further work with NHS England to improve treatment for young people with eating disorders

4.2 Over the last six to twelve months substantial progress has been achieved:

- North West London CCGs have increased investment in mental health support for young people out of hours by approximately £1m. As a result CNWL have just launched their new Out of Hours service which deploys mobile psychiatric nurses operating after 5.00 pm and at weekends and bank holidays, who offer direct support to young people in crisis and at risk of admission to psychiatric hospital; AND
- Since the beginning of 2016, Westminster CAMHS can now be contacted through a single telephone number or e mail:

Tel: 202 7624 8605

E mail: westminstercamhs.cnwl@nhs.net

Schools, GPs and families or young people can gain immediate access to the 'on call' CAMHS clinician for advice and guidance or to make a referral. Favourable feedback on the 'single point of contact' has been received from both schools and GPs who have utilised the system;

- Working with local young people supported by Rethink, a co-produced and innovative training offer has been developed and was recently delivered to 70 Education staff in Hammersmith and Fulham. Feedback from schools was very positive and the programme will now be rolled out in Westminster and Kensington and Chelsea;

- The Anna Freud Centre has been commissioned by CL CCG working alongside neighbouring CCGs, to assess training needs and this will include making proposals for a sustainable offer for schools¹, including options on developing written guidance (as recommended by Local Children’s Safeguarding Children’s Board (LSCB)); and
- Future in Mind supported calls for improvements in treatment for young people with eating disorders and recurrent funding has now been committed to CCGs who must collaborate to establish specialist community Eating Disorder Services for young people. Central London CCG, in partnership with West London, Brent, Harrow and Hillingdon CCGs have commissioned local provider CNWL to develop this service².

4.3 Recommendations 5 to 10 from the Task and Finish report addressed reducing the impact of parental mental illness and recommendations 11 and 12 focused on transitions to adult mental health services. Clear progress has been made but further work is still required.

4.4 Achievements include:

- Contract incentives (CQUIN payments) have been put in place in adult mental health contracts to encourage recognition of parenting responsibilities during assessment and where appropriate a joint response from adult and children’s services;
- Work continues with mental health providers to strengthen data and to move to an outcome focused data set in line with the national expectations of Children and Young People IAPT (Improving Access to Psychological Therapies);
- A contract CQUIN has also been put in place to support transition where required between Adult Mental Health, CAMHS and Early Intervention in Psychosis; and
- The ‘local offer’ has been articulated in the submitted ‘Transformation Plan’ and the implementation process is now beginning to get underway.
- Developing a Young Carers Strategy is a commissioning priority for the local authority.

4.5 Putting Transition and Think Family champions in place in provider Trusts has not been achieved. These recommendations are currently being reassessed with

¹ The training offer will also be applicable to other stakeholders: GPs, social care, community health staff, including school nurses and the voluntary sector.

² CCGs retain the right to ‘market test’ this service in the future.

CCG adult mental health commissioners and this will take into account the recently published NICE guidance on transitions.³

5. Westminster Transformation Plan – improving access and service re-design

5.1 The Westminster and Central London Young People's Mental Health Transformation Plan is constructed around eight priorities and seeks to build on the earlier work summarised above.

5.2 The eight priority areas are:

- Updating the local Needs Assessment to inform future investment and/or de-commissioning decisions;
- Supporting 'co-production' with young people;
- Developing a sustainable training framework for and with schools, health, local authority and the third sector;
- Establishing a specialist community Eating Disorder Service for young people
- Service Redesign – a tier free system;
- Improving support for young people with Learning Disabilities and Neurodevelopmental Disorders;
- Strengthening Crisis Care; and
- Embedding 'Future in Mind'.

5.3 The eight priorities summarise a programme of change and transformation that will be implemented over the next three to four years and which is intended to increase access and embed outcome focused treatment. Work programmes have been started or investments committed against all eight priorities. Some of these are short term to address immediate issues such as waiting times, whilst others look to the longer term.

5.4 The Transformation Plans for Hammersmith and Fulham, Kensington and Chelsea and Westminster were discussed at the Tri-Borough Children's Trust meeting, held on the 8th December 2015. The discussion was informed by input from young people supported by Rethink and the Like Minded team. The plan was broadly welcomed with particular interest in:

- Improving parental involvement in service delivery and development;
- Pursuing cost effective solutions and avoiding service duplications;

³ Transition from children's to adults' services for young people using health or social care services: NICE Guidance 24th February 2016

- Strengthening the training offer;
 - Exploring co-location and multi-agency delivery options;
 - Linking physical activities and voluntary group services to recovery and treatment planning;
 - Exploring the 18 to 25 year service options (joint adult/children teams etc.) to improve transition; and
 - Reviewing current roles to explore how they might contribute to young people's mental health support in a different way in future: social workers, peer mentors, SENCOs, teachers, CAMHS staff, voluntary sector etc.
- 5.5 Following a brief competitive commissioning exercise, the Anna Freud Centre has been engaged to provide short term additional capacity to:
- Update the young people's mental health needs analysis – initial report for June 2016;
 - Map and scope a sustainable training offer; and
 - Support service redesign and transformation – informed by the needs analysis.
- 5.6 Anna Freud staff will be organising Westminster seminars to capture local priorities: March - May for the needs analysis and May - June for service redesign. Contact details for key Westminster stakeholders, including the local authority and the voluntary sector have been forwarded to the Anna Freud team.
- 5.7 In addition to input from Anna Freud, local commissioning staff have been supported by the CCG based 'Like Minded' team, who have been developing the 'Like Minded' North West London Emotional Wellbeing and Mental Health Strategy. The Westminster and Central London Transformation plan contributes to the overall mental health strategy which aims to establish common standards whilst recognising local implementation priorities. The 'Like Minded' strategy work is overseen by the NW London Transformation Board, chaired by Dr Fiona Butler, Chair of West London CCG. The Executive Director for Tri-Borough Children's Services, Andrew Christie, is a board member.
- 5.8 Short term financial commitments relating to each of the priority areas can be found in Appendix 1. Developing the longer term transformation areas for change will be significantly influenced by the work being undertaken by Anna Freud and due to report in the summer.

6. Young People's Mental Health Prevention and School Health

- 6.1 Preventative activities and co-ordination of work in schools is important in realising the aims of the Westminster Transformation Plan.
- 6.2 Preventative mental health and emotional wellbeing work with young people in Westminster has been pioneered by innovative engagement with schools and early years settings championed by the Healthy Schools and Early Years Partnerships led by David Millard and Anna Brennan-Craddock.
- 6.3 72% of Westminster's schools and a growing number of early year's providers have joined the Healthy Schools and Early Years Partnerships. These partnerships encourage settings to demonstrate how they deliver a whole school approach to: healthy eating; physical activity; emotional health and wellbeing and personal, social, health and economic education.
- 6.4 The Healthy Schools co-ordinators are actively engaged with CCG CAMHS commissioners planning sessions for schools and preparing to contribute to the Anna Freud work on local needs, training and service redesign.
- 6.5 Furthermore, the CAMHS joint commissioner⁴ has contributed to Public Health re-commissioning of school health services. The school health service is now subject to re-procurement and the revised service specification includes clear expectations in relation to school health and young people's mental health.
- 6.6 Appendix 2 has the detail from the 'new' school health service specification which includes appropriate references to NICE Guidance, required training and clear pathways to CAMHS. School health staff will also be able to take advantage of the 'sustainable training offer' which is being developed as part of the Westminster Transformation Plan. CAMHS commissioning staff will also contribute to Public Health's tender evaluation for the new school health service.
- 6.7 Additionally, Tri-Borough Public Health colleagues have contributed to developing the Westminster CAMHS Transformation Plan and will continue to be involved in implementation to ensure joined up planning, delivery and evaluation.

7. Ambitions, Challenges and Whole systems

- 7.1 The Westminster and Central London Young People's Mental Health 'Transformation Plan' is deliberately ambitious. It seeks to improve and change local services, ensuring that young people are the heart of the operation, improving access for families and where appropriate, joining services up.

⁴ Jacqui Wilson: Children's Joint CAMHS Commissioner and now replaced by Angela Caulder

- 7.2 As part of the 'transformation' ambition, commissioners have contacted Birmingham South Central CCG⁵ to find out more about the launch of *Forward Thinking Birmingham* which in April 2016 will introduce a new 0 to 25 year service, with the potential to substantially resolve 'transition' issues. Initial enquiries suggest that a coalition has been formed between adult and children's mental health providers, the local authority and the voluntary sector to provide an age crossing integrated service for Birmingham's young people and young adults.
- 7.3 The Transformation Plan also articulates the desire to regain local control of in-patient beds for young people, currently commissioned separately by NHS England. This could substantially improve admission and discharge planning, co-ordination with Social Care and schools and enable further development of the fledgling Out of Hours service.
- 7.4 Furthermore, local ambitions also include addressing the maxim that there is 'never enough money.' With tightening local authority and NHS budgets, rising demand and expectations, ensuring that the right young people are matched with the right services and resources is crucial.
- 7.5 With this objective in mind CCG and LA staff will be exploring a 'whole systems' approach to services for vulnerable young people: looking at where local authority and currently CCG funded services can work together, aligning or integrating their efforts to provide support to families, GPs, primary care and schools. This will include evaluating where there are opportunities for mental health services to be delivered through school sites in combination with Early Help staff or from a young person's service hub.
- 7.6 This 'whole system' approach to joint commissioning and service delivery is at an early stage in relation to young peoples services, but collaborative planning of local authority and CCG budgets, estates, services and strategy is now urgently required to maintain quality services for young people in Westminster.

8. Options / Considerations

Option 1

- 8.1 The Westminster Health and Wellbeing Board to note and support the work being undertaken in relation to transforming mental health services for young people.

Option 2

⁵ Contact officer: Karmah Boothe: Karmah.boothe@nhs.net 07964 821173

8.2 The Westminster Health and Wellbeing Board does not support the CAMHS Transformation work as summarised above.

8.3 It is recommended that the Westminster Health and Wellbeing Board supports Option1.

9. Legal Implications

9.1 There are no legal implications for Westminster City Council in this report.

10. Financial Implications

10.1 The 'new' recurrent eating disorder funding for 2016-17 will be released to CCGs subject to NHS England assurance processes in quarter 3. CCGs have been informed that the transformation funding committed for five years has been added to baseline allocations for 2016-17.

10.2 Westminster City Council funding for CAMHS will be reviewed in 2016-17 as part of the authority's austerity and efficiency plans and currently can only be guaranteed to April 2017.

10.3 The Health and Wellbeing Board is asked to note the current expenditure available from the CL CCG and WCC, which may be subject to change, depending on as yet to be defined, future service delivery possibilities.

**If you have any queries about this Report or wish to inspect any of the
Background Papers please contact:**

Rachael Wright Turner - Director of Tri-Borough Commissioning, Matthew Bazeley-
Managing Director Central London CCG and Steve Buckerfield - Head of Children's
Joint Commissioning

Email: steve.buckerfield@nw.london.nhs.uk

Telephone: 0203 350 4331

APPENDICES:

Appendix 1. Children & Young People's Mental Health Transformation Programme Update

Appendix 2. Extract from the new School Health Service Specification

BACKGROUND PAPERS: