

*'It's about our life, our health,  
our care, our family and  
our community'*



**Better care together**  
Leicester, Leicestershire & Rutland health and social care

# Future in Mind

Transforming Emotional, Mental Health & Wellbeing Services  
for Children and Young People

**Leicester - County**

**Elaine Egan Morriss**  
CAMHS Commissioner & Transformation lead

**October 2018**

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**healthwatch**



**Leicestershire  
County Council**

**NHS**

# National Ambition

The Children and Young People's Mental Health and Wellbeing National Taskforce (2014) focussed on how to make it easier to access help and support when needed and to improve how children and young people's mental health services are organised, commissioned and provided

Self-care and Prevention

Early Help/Intervention

Easy Access to Specialist Care

Urgent Care and Crisis Response

# Developing a Local Transformation Plan

- The Transformation Plan has been designed and built around the needs of all children, young people and their families, that have or may develop a range of emotional and wellbeing problems, requiring low level mental health or specialist CAMHS services
- We have considered local intelligence and evidence bases e.g. JSNA
- We have involved Children, Young People and Families in shaping the pathway of services
- We have worked in partnership with stakeholders to develop a pathway that meets all levels of need

# Our Transformation Journey 2015-17

## 2015-16

- Developed LLR Transformation Plan
- Established governance structure
- Reviewed services
- Identified a pathway with 6 schemes of work

## 2016-17

- Designed new services to meet local gaps in provision
  - CRHTx
  - Enhanced Access to CAMHS
  - Eating Disorder Service
- Introduced concept of a whole system pathway

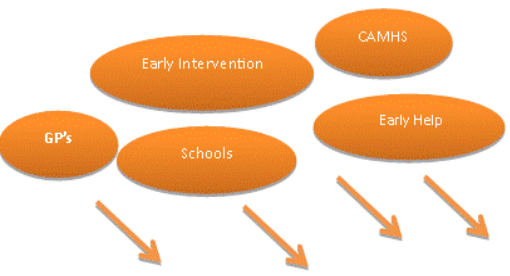
# Transformation Plan 2016



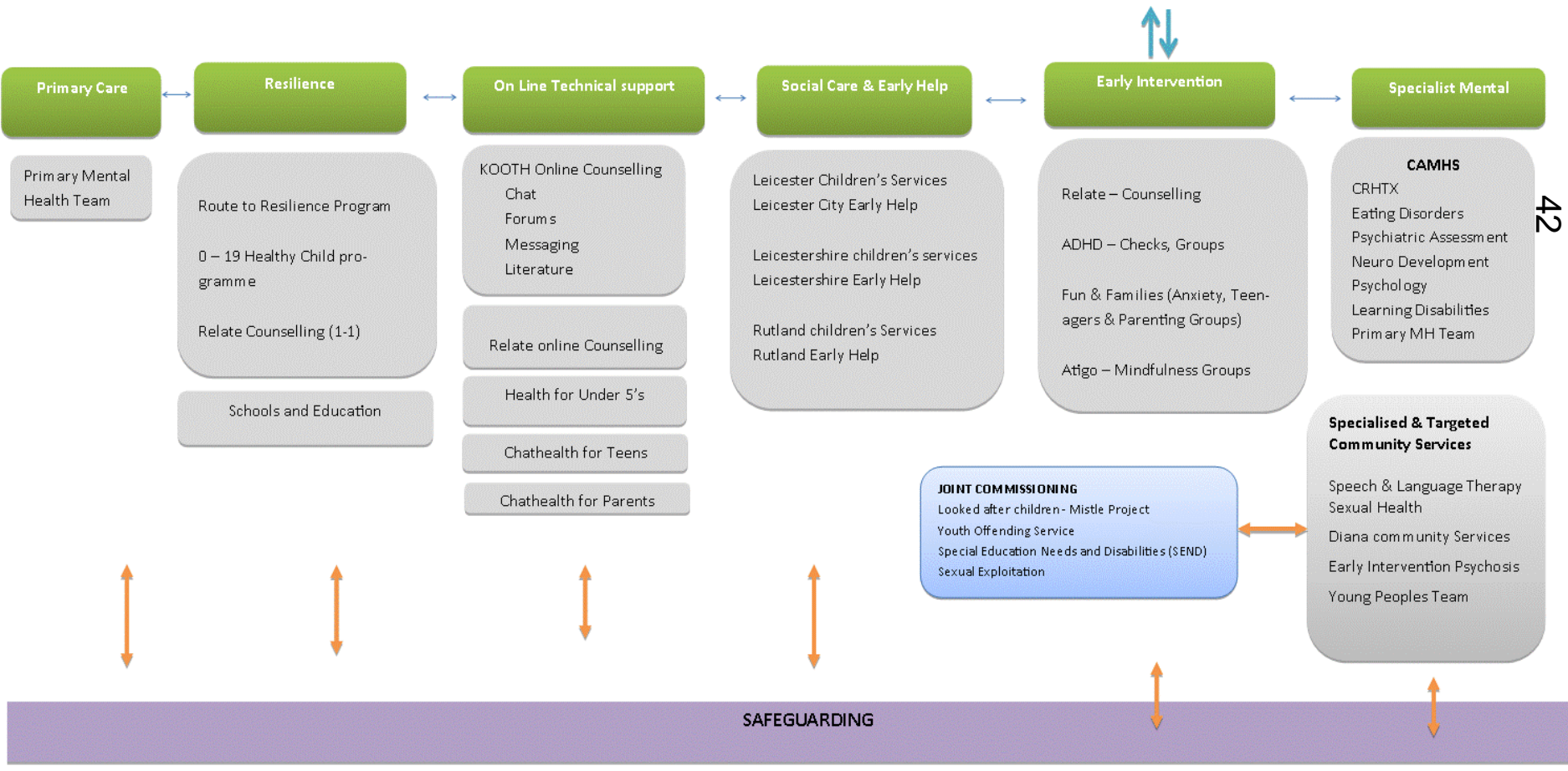
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# System Wide Emotional, Mental Health & Wellbeing Pathway of Services

2017 - 2018



## Enhanced Access to CAMHS



# Our Transformation Journey This Year....

- Worked in partnership to design services and to take a whole system approach to care
- Pathway revised to include a range of services to meet all levels of need
- Procurement and delivery of
  - Resilience,
  - Online Counselling,
  - Early Intervention

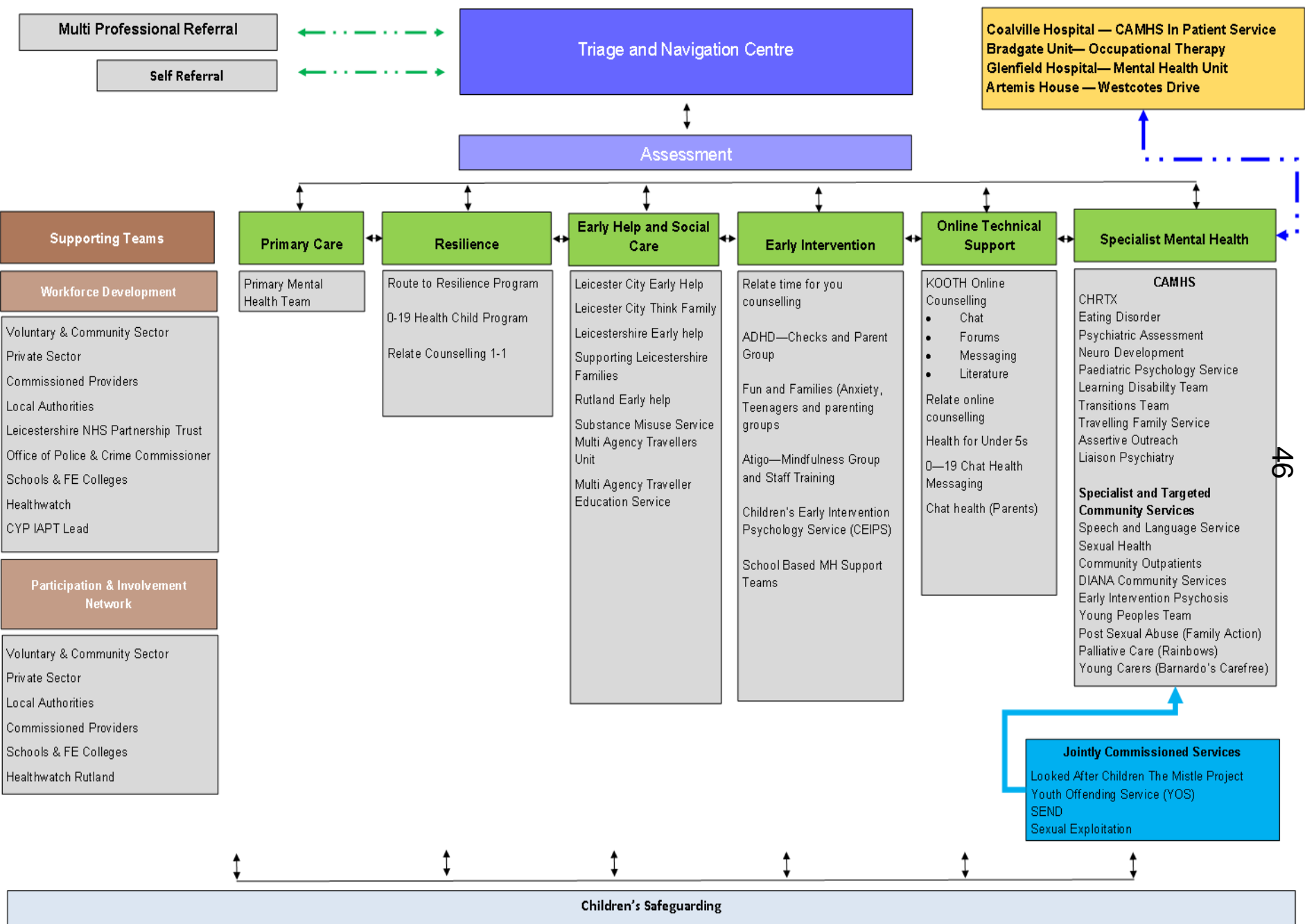
# Our Transformation Journey This Year....

- Established the Workforce Development Partnership Group to oversee delivery of a shared Workforce Development Strategy
- Established the Participation & Involvement Network to improve opportunities for partnership working and engaging Children & Young People
- Established Data Flow group 75% of providers are flowing data onto MHDS



# **The next steps in our Transformation Journey 2018-21**

# System Wide Emotional Health Wellbeing Pathway of Services 2019 to 2020



# Next Steps- Commissioning investments & transforming services

- 1. Transforming Care** - interventions for complex children & young people with Autism with or without Learning Disability
- 2. ADHD** joint commission with shared service specification to reduce service fragmentation
- 3. Triage and Navigation Service** – to reduce inappropriate referrals to CAMHS and to ensure CYP get the right help at the right time.

**4. Trailblazer Mental Health Support Teams –** Partnership Bid to develop wave 1 teams to work with designated school mental health leads.


**5. The Mistle Project-** developing a 'wraparound' service for Looked After Children (LAC) aged 5-18 - [County LA Led](#)

**6. Youth Offending Service (YOS)** - support for children & young people providing specialist trauma focused interventions e.g. those who have been in contact with the paediatric sexual assault referral centre (SARC)

# Our C&YP produced a leaflet to share with stakeholders

**Where can I get help?**

**Resilience**  
0-19 healthy child programmes provided by professionals



**Early Help (is in each area)**  
Youth & Family Support  
Welfare Education  
Connexions Advice  
Children Centres  
Youth Offending

**Early Intervention**  
Relate Counselling Support  
ADHD Solutions, ADHD family support/parenting groups  
Centres for Fun & Families offer group work to help with anxiety

**Online Counselling**  
Anonymous online help & support for Young People  
Chat & Forums  
Messaging  
Information & advice  
Parent/Carers help

**Specialist Mental Health Services**  
Help for children & young people with emotional & behavioural difficulties that need specialist support

**We work with...**

0-19

5-18

11-19

Any age

**Refer...**

Referrals need to be made by Professionals working with Children & Families

Only GPs and CAMHS can refer

Young People can access service directly

Referrals need to be made by a Healthcare Professional

**Getting In Touch With Us**

**Visit our website**  
[www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

**Text ChatHealth**  
Leicester **07520615381**  
Leicestershire & Rutland **07520615382**

- Leicester **0116 454 1004**
- Leicestershire **0116 3050005**
- Rutland  
[www.rutland.gov.uk/education\\_and\\_learning/family\\_information\\_service](http://www.rutland.gov.uk/education_and_learning/family_information_service)  
**01572 722577**

0116 2543011



Kooth.com



Speak to your GP, School Nurse or a Social Worker



# Leicestershire (East & West) Activity Q1



## Early Intervention Service

Activity Q1	Target	Q1 Total	County Total	County %
Total No. Referrals	425	425	242	57%
Source of Referrals	CAMHS	199	96	48%
	GPs	226	146	65%
Total No. CYP Therapeutic Groups		200	130	65%
Total No. CYP Counselling (121)		225	112	50%



## Online Counselling (Kooth XenZone)

Activity July 2018	Total New Registrations	Total Logins	Total Chat Sessions	Out of Hours Logins (%)	Returning Logins (%)
Leicestershire Total	132	1216	80	67%	89%



ROUTE TO RESILIENCE  
IN SCHOOL | AT HOME | FOR LIFE

## R2R in Schools

Activity	Total Schools Engaged (Year 1)	Total Schools Signed Up (Year 2)	Total Faith Schools Signed Up (Year 2)
Leicestershire Total	94	69	24

# CAMHS Activity Q1

Activity	Target	Apr-18	May-18	Jun-18	Total
CAMHS Access Total No. Routine + Urgent Referrals	Increase (Av 210 per month)	244	265	141	
CAMHS Access Referrals seen within 13 weeks (%)	92%	82%	87%	95%	
CAMHS Eating Disorders Total No. Routine + Urgent Referrals	Increase (Av 8 per month)	7	8	15	
CAMHS Eating Disorders Referrals seen within 4 weeks (%)	95%	-	100%	100%	
CAMHS Eating Disorders Referrals seen within 6 weeks (%)	95%	100%	85.7%	84.6%	
CAMHS CRHT Total No. Referrals	Increase (Av 110 per month)	131	158	137	
CAMHS CRHT Total No. Referrals Accepted	Increase (Av 88 per month)	131	158	137	
CAMHS CRHT Total No. Referrals 2 Hour Tel Assessment	Increase (Av 46 per month)	33	41	27	
CAMHS CRHT Total No. Referrals 24 Hours Face to Face	Increase (Av 55 per month)	58	62	24	

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The Commissioner is working with the provider to improve quality of performance data and to ensure this is robust within the contract monitoring. Current CAMHS waiting list for **routine** referrals is up to 6 months. CAMHS is reporting that all **access** referrals are seen within 13 weeks.

We remain concerned about the CAMHS waiting list and the impact on children & young people.

**Any Questions?**