



Leicestershire Partnership
NHS Trust

**LEICESTER, LEICESTERSHIRE AND RUTLAND JOINT HEALTH
SCRUTINY COMMITTEE: 27TH MARCH 2024**

**LLR CHILDREN AND YOUNG PEOPLE'S WELL BEING & MENTAL
HEALTH UPDATE**

REPORT OF LEICESTERSHIRE PARTNERSHIP NHS TRUST

Purpose of report

1. This report provides Committee members with an update on the Well-Being & Mental Health support available for Children and Young People across Leicester, Leicestershire and Rutland (LLR).

Background:

2. Wellbeing services focus on promoting emotional resilience and strategies to support early intervention for common mental health problems as well as treatment for more complex and severe Mental Health conditions. These services are offered in schools, in community locations and in NHS facilities.
3. The LLR Local Authorities and the NHS commission different services that work together in a system wide approach. Governance and oversight of this work takes place in our shadow mental health collaborative and our system Children and Young People group (CYP Mental Health Emotional Wellbeing Delivery group). Collaborative system wide working also takes place in our Children and Young People Emotional Health and Wellbeing Provider's Network meeting and Improving Access to Children and Young People's Mental Health Support in LLR meeting.
4. Our services commissioned by Health, Public Health and LLR Local Authorities have been shaped and designed following consultation with children and young people, carers and wider stakeholders, and informed through a Joint Strategic Needs Assessment.
5. The demand for support for children and young people has increased significantly since the Pandemic, and as such Health, Public Health and Local Authorities continue to work both collectively and strategically to manage provision and demand across LLR with an array of planned interventions and programmes.
6. We have recently been involved with the National Children's Commission who are using LLR as a case study within their report. This is due to our success with access to services, in particular the introduction of the online self-referral to Triage and

Navigation for Children and Young People and their parents/guardian/carer to access resources and Mental Health support.

Current Provision in LLR:

Health provision:

7. Since 2019, LLR has invested in services to enable:

- **Expansion of the LLR Children and Young People Eating Disorder (ED) service.**

Implementation of First Steps ED - a charity providing an early intervention resource which targets improvements in young people's emotional health and wellbeing specifically linked to eating disorders and disordered eating. Collaboratively works with CAMHS ED and supports those on the waiting list as well as those discharged from CAMHS ED.

Within CAMHS Eating Disorder Service A Home Intervention Team has also been established to support Children and Young People waiting for Specialist Eating Disorder Inpatient Treatment or to avoid escalation into this pathway. We have also commissioned a Consultant Paediatrician to work jointly with LPT in supporting Children and Young People admitted to the children's ward in UHL with an eating disorder and support staff through additional training. We have also commissioned a Dietitian to support Children and Young People with their eating disorder whilst an inpatient in UHL.

- **The expansion of CYP Crisis services.**

This expansion supports a 24/7 access to urgent mental support in person and via telephone. It has also expanded the Crisis offer at Children's Emergency Departments.

- **The creation of and expansion of the mental health support teams (MHST's) in schools programme.**

This has enabled mental health support to be offered to an increasing number of schools across LLR.

At the end of the 2023/24 academic year, LLR MHST's will have 11 functioning teams covering 129 schools. They provide direct MH support in schools (1:1) group work, workshops, assemblies, staff support/education, signposting).

- **The procurement of a Triage and Navigation Service.**

Effectively triaging referrals for mental health support coming via primary care and more recently self-referral. The Triage and Navigation is the main point of access for Mental Health Support within LLR. Referrals to the service are received from GP's via the PRISM form and also from Children and Young People parent/guardian/carer via the online self-referral. This provides access to resources on emotional wellbeing and Mental Health issues and allows them to refer to Triage and Navigation. The referral is then triaged and referred onto or signposted to the most appropriate service based on their needs. This is a mix of statutory and VCS services within the community.

From 1/4/24 to 25/1/24 the service has received 6,915 referrals

- **Commissioning of Harmless.**

Provides support, information, training and consultancy about self-harm to individuals who self-harm, their friends, families and professionals. Promoting health and recovery, reducing social isolation and distress, and increasing awareness and skill in intervention.

- **Expansion within Specialist CAMHS.**

This has enabled extended opening hours and increase in assessments as well as development of neighbourhood-based practitioners.

- **Expansion of early intervention mental health services provided by a number of VCS partners in local communities.**

Including an expansion of Relate's Early Intervention Service and community chill out zones in local communities and a mental health mentoring programme delivered between LPT and Leicester City Football Club.

- **Expansion of the digital offer to support Children and Young People through treatment interventions and resources to access whilst waiting.**

8. The impact of the above investment has been significant and has enabled Health to expand its reach and core offer available to children and young people across LLR. The impacts include:

- A significant increase in the number of Children and Young People accessing Mental Health in the past year (2023/24). The LLR System is currently 5th out of 42 ICB's nationally.
- Strong compliance with the national referral to treatment targets for Children and Young People Eating Disorders and CAMHS Crisis.
- A reduction in the number of Children and Young People requiring inpatient mental health support.
- A reduction in the number of Children and Young People with a Learning Disability or Autism in an inpatient Mental Health unit.

Local Authority commissioned services

9. Local Authority commissioned services across LLR include (not exhaustive):

- ADHD initiatives running within schools.
- 0-5, 5-11, and teen provision in schools focusing on early intervention and prevention, early attachment and parenting issues through to transitioning from primary to secondary.
- Restorative programmes for bullying and promotion of health interpersonal relationships.
- Mentoring programmes.
- Psychological services, SEND provision, Early Help interventions.
- YouHQ app.
- Youth Justice Lead.

- Domestic Abuse support programme supporting children.
- Anxiety Related non-attendance programme.
- School Support Partnership programme.

10. The above illustrates the breadth, coverage and complexity involved with commissioning and meeting the needs of Children and Young Peoples Mental Health provision; noting the important investments being made for both early intervention and prevention interventions across LLR.

Access to Service Performance:

Children and Young People Access performance:

11. In April 2023 our 12-month rolling average of the number of young people supported was 13,490, by December 2023 we had increased the access to support 16,065 young people.

CAMHS access and referral to treatment performance:

12. Since January 2024, 100% of all referrals met the 4-week target; with 86.1% of routine referrals meeting the 13-week target.

CAMHS Eating Disorder urgent and routine referral performance:

13. Since June 2023, 100% of urgent 'referrals to NICE treatment' achieved the 1-week target.

CAMHS Crisis Resolution and Home Treatment performance:

14. In February 95% of face-to-face contacts were made within 24 hours; and 90% of telephone contacts were made within 2 hours, all exceeding targets.

Challenges we continue to face as a System:

15. Following all national trends, there is an increasing number of referrals to CAMHS Outpatients across LLR. In 2022/23 our referrals and the length of time waiting for initial assessment had increased by some 67% compared to 2021/22. Investment across LLR into our outpatient CAMHS provision during this financial year has seen the number reduce significantly.

16. An increasing number of requests for neurodevelopmental assessment has been a significant contributory factor for pressure in the system. CAMHS currently offers assessment for ASD and ASHD for secondary school age children. These referrals have accounted for more than 50% of all referrals into CAMHS in the past year. Again, this is also been recorded as a national trend.

17. As a system we will jointly continue to focus on:

- Improving the referral quality from Primary Care to the Triage and Navigation Service.

- The increasing number of children and young people presenting with neurodevelopmental concerns.
- Supporting communities where access to mental health support offers are not being accessed.
- Workforce challenges around recruitment, retention and development of new roles.
- Availability and effective use of estate space.

Support requested from Scrutiny members:

18. Committee members are requested to:

- Champion the importance of good mental health and well-being across LLR. Public Open Spaces, housing, employment, public safety all make large contributions to good mental health and well-being.
- Recognise and promote the range of providers across Leicester, Leicestershire and Rutland who are able to help Children and Young People with Mental Health needs.
- Support continued partnership working between children's services, education, communities and the NHS to enable helpful conversations that move us from diagnosis to meeting needs.
- Championing national and local discussions on solutions and supporting this increase in demand, particularly for Neuro Developmental diagnosis. Supporting children and families now, makes a big difference for their future.
- Support us in promoting the great work that is done across LLR for Children and Young People.

Recommendations for Committee

19. The Committee is invited to:

- (a) Note the multi-organisational offer for Children and Young Peoples' Well being across Leicestershire, Leicester and Rutland.
- (b) Note the challenges faced in the LLR system

Equality Implications

20. There are no equality implications arising from the recommendations in this report. All provision commissioned has followed due diligence.

Human Rights Implications

21. There are no human rights implications arising from the recommendations in this report. All provision commissioned has followed due diligence.

Officer(s) to Contact

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