

PARTNERSHIP BRIEFING ON CYP MENTAL HEALTH AND EMOTIONAL WELLBEING TO HEALTH AND WELLBEING BOARD

Plymouth City Council, NHS Devon CCG & Livewell Southwest

I. Introduction

The purpose of this paper is to provide Health and Wellbeing Board with an update on provision and support for children and young people in Plymouth with their emotional health and wellbeing. The Covid 19 pandemic has placed significant strain on some children and young people, with their usual support disrupted and reduced opportunities to be able to connect with peers and professionals, formally and socially.

This paper describes the emerging themes as we move towards and exit from lockdown, the services that are in place and the work that is taking place to adapt and evolve over the months ahead to support children and young people.

The emotional health and wellbeing of children and young people in Plymouth is a key part of our Bright Future vision for Plymouth. This emerging approach is currently in draft form, and will form our partnership approach to meeting the needs of children and young people in the city over the next four years in four priority areas:

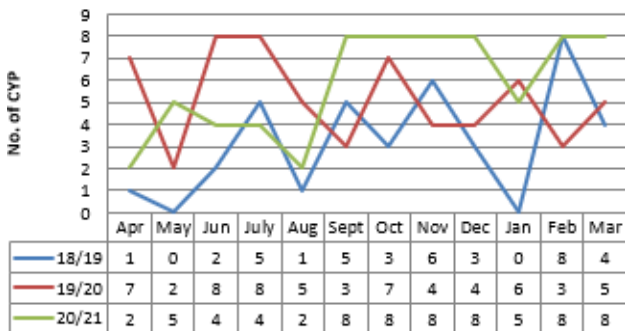
- Healthy and Happy
- Safe
- Achieve and Aspire



2. Current demand data and emerging themes

Given the current COVID-19 pandemic and the increased level of mental health needs being experienced, demand and capacity surge planning is underway. This modelling, in combination with other local intelligence is supporting commissioning decisions and planning.

Comparison of referrals for eating disorders across last 3 years



	Accepted referrals	Increase no.	% increase no.
18/19	38	n/a	n/a
19/20	55	17	48%
20/21	70 (predicted)	15	27%

3. Current services and response during the pandemic

All services are commissioned in line with the THRIVE framework and its underlying principles. THRIVE forms the foundations of the approach to building mental health support to our children and young people. For more information with regard to THRIVE, please use the link: <http://implementingthrive.org/about-us/the-thrive-framework/>



The CCG and PCC fund and manage the contract for CAMHs (provided by Livewell Southwest). In the current COVID19 environment, adaptations to service delivery have been made in line with national guidance. The Camhs contract also includes support specifically for children and young people in the care of the local authority.

As part of the CAMHS contract, the CCG was successful in obtaining funding to pilot a Mental Health Support Team for Plymouth. The focus of Mental Health Support Teams is to work within educational settings to provide support to staff, develop a whole school approach to promoting emotional health and wellbeing and delivery of support to CYPs who are experiencing mild to moderate mental health needs.

The MHST team forms part of early intervention and is an important part of responding to the impact of COVID 19. In January 2021, the team will become operational within a targeted cluster of educational settings (primary and secondary), with a school population of 8,000 CYPs. Whilst funded by NHSE/I monies until September 2021, the CCG has already given a commitment to recurrent funding.

The ability to rollout further Mental Health Support Teams is dependent upon NHSE/I as the programme of training, delivery and roll out is nationally mandated. The CCG is committed to maximising any other national funding opportunities for further Mental Health Support Teams. The steering group for the Mental Health Support Team is a partnership between the CCG, Livewell Southwest and representatives from Plymouth City Council.

In addition, a range of other services support children and young people with their emotional health and wellbeing:

Young Devon provide face-to-face counselling services in secondary schools. All young people currently receiving counselling in schools or the community are being contacted to agree individual care plans. The initial national lockdown (March 2019 – June 2020) and associated school closures in response to COVID-19 impacted on the ability of CYPs to access the counselling service (as schools were closed to the majority of pupils and referral into the service was via school leads).

Young Devon moved at pace during this period to enable referral from CYPs across services e.g. CAMHS, GPs; as well as launching a city wide social media campaign raising awareness of their service, their strap line being, 'we are still here.' This enabled access to services by children and young people and widened the reach across the Plymouth area. Since schools returning in September 2020, Young Devon have received a surge in referrals from schools: 232 CYPs were referred from 13 of the 19 schools. This is essentially a year's worth of referrals in one quarter. The CCG has provided additional funding to support capacity to ensure a timely response.

Kooth provide online mental health support. The Kooth coordinator has been offering virtual training sessions & assemblies to schools since the first lockdown in March last year. This will mostly pause until schools fully reopen and the coordinator has been focusing on growing community contacts. During the initial lockdown period, the number of children and young people accessing support reduced; with the return to schools in September 2020, activity has increased. The CCG has provided additional funding to respond to increased demands.

Progeny provide training to school staff, to help them support children and young people with their emotional health and wellbeing. Mental Health First Aid training is being offered remotely to secondary and special schools. Progeny offer the remote delivery of Targeted Support to schools for young people whom are still physically attending school, which will be organised on a school-by-school basis and over a 4-week period instead of 6 weeks in order to free up capacity within schools. These sessions will be offered face to face to schools for young people in the summer term whom have stayed at home during lockdown.

The government funded **Wellbeing for Education Return** project has offered 2 wellbeing webinars to all education settings in Plymouth. Remote workshops/staff wellbeing sessions are being delivered. Remote Staff and Parent Carer support will also be offered and delivered at the school's request. Remote delivery of workshops for children are also available upon request. Bespoke support is also available for these school communities delivered in partnership with other local providers.

In addition, a range of other partners in the city also offer support to children and families, whether via their primary school (commissioned directly by schools) or via groups for children and parents to enable them to share their concerns in a safe space.

4. Looking ahead

Initial demand forecasting indicates a potential increase in demand of around 77% for children and young people's mental health, across the range of need from emerging issues to more serious concerns. This demand forecasting has been based on a number of known risk factors for mental health (including experience of domestic abuse, sexual violence and other safeguarding concerns, as well as parental mental health and the impact of loss of income). This forecasting is being used to identify additional capacity and resource allocation.

We are now have a full year of information in relation to demand and needs. Priority areas that have been identified with partners include:

- Ensuring early identification and timely access to specialist mental health services for those with an eating Disorders;
- Ensuring a crisis provision which combines crisis assessment, brief response, and intensive home treatment functions
- Ensuring that children and young people have access to support at an earlier point to prevent escalating mental health needs.

Methods of delivery of CAMHS support (e.g. face-to-face, online, groups) are being reviewed so that we can maximise resources available whilst ensuring that CYPs voice and needs are listened and responded.

Livewell Southwest and CCG have provided additional investment to increase capacity across pathways including 24/7 crisis phone line, eating disorder, non-medical prescribing within severe learning disabilities teams, CBT teams, therapies and earlier intervention pathways within CAMHS. Plymouth City Council will continue to support community-based projects to support low level mental health needs, to create additional resilience in early intervention. There are ongoing planning meetings to continue discussions.

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Other useful resources:

<https://www.plymouthonlinedirectory.com/healthandwellbeing/healthandwellbeing/mentalhealth/childrenyoungpeople/directory?p=2>

<https://www.healthforkids.co.uk/plymouth/>

<https://www.healthforteens.co.uk/plymouth/>