

WELLBEING OVERVIEW AND SCRUTINY COMMITTEE

14 February 2018



PLYMOUTH
CITY COUNCIL

Updates requested:

- Emotional and mental health in children
- The transition from children services to adult services
- Pathways to work for people with mental health
- Admissions to hospital due to mental health conditions / self-harm in adults
- Support when someone is discharged from the Glenbourne unit

Introduction

Children's and Young People's emotional health and wellbeing services are in scope of the Integrated Community Health, Wellbeing and SEND Support Services which are being re-procured locally and, at the time of writing this briefing, are about to go out to tender. These services include:

- Child & Adolescent Mental Health Services (CAMHS) - including Severe Learning Disability (SLD)
- Children's Speech and Language Therapy (cSALT)
- Public Health Nursing (health visiting and school nursing)
- Safeguarding and Looked after Children (LAC)
- The Children in Care (CiC) Team
- Associated Clinical and Administrative staff

Please note - Due to the current procurement process, commissioners/officers may be unable to provide the answers to specific questions if they are deemed commercially sensitive at this time.

For further information about the procurement go to:

<https://www.newdevonccg.nhs.uk/children-and-young-people/procurement-102759>

Emotional and mental health in children

- **CAMHS Local Transformation Plan (LTP) refresh**

NEW Devon CCG (Western Locality) has commissioned additional CAMHS capacity in Plymouth specifically to:

- Deliver an Eating Disorder service (staff are currently being recruited)
- Increase access to psychological therapies (e.g. Cognitive Behavioural Therapy)
- Provide additional support to Derriford Hospital (increased CAMHS nursing capacity)

There are significant challenges both locally and nationally in recruiting trained staff to these areas. The CCG is working with Livewell South West (LSW) to address this problem including training staff to meet local needs. In the short term, this has delayed additional service capacity starting as staff are trained and become fully qualified, but the long term benefits will be an increase in capacity across Plymouth.

The LTP refresh is attached at **Appendix 1**.

- **Update on emotional health and wellbeing support in secondary and special schools**

In October 2015, the Schools Forum agreed to fund an emotional health and wellbeing project to provide a core support offer across the secondary and special school system. The total budget allocated for the project was £1,223,664 which will end in August 2019. Schools Forum agreed to all recommendations from the original report, including for schools to enter into a commissioning and procurement partnership with the Local Authority and to develop a finance strategy to consider sustainability post 2019.

Good progress has been made to date and 100% of schools now have a Mental Health (MH) Lead which is in line with the recommendation from Future In Mind. The update report taken to the SEND Steering Group in December 2017 is attached at **Appendix 2** for your information and contains details of achievements so far and recommendations for the future.

The transition from children services to adult services - CAMHS to Adult Mental Health Services

The NHS has annual and biannual Quality and Innovation (CQUIN) scheme. It is intended to deliver clinical quality improvements and drive transformational change. With these objectives in mind, the scheme is designed to support the ambitions of the 'NHS Five Year Forward View' and directly link to the NHS Mandate.

Whilst locally these are no-longer being used as part of the Sustainability & Transformation Partnership (STP) financial plan, there do remain national CQUIN's and for 2017-19 there is a 'Transitions' CQUIN with the following goal:

To improve the experience and outcomes for young people as they transition out of Children and Young People's Mental Health Services.

The initial stages of this CQUIN relate to planning and were achieved by the provider. Commissioners will be seeking evidence that the 'planning' is delivering actions. Further information about national and local CQUIN is attached at **Appendix 3**.

As well as a transition pathway being in place locally, from a system perspective, Plymouth has established a Preparing for Adulthood multi-agency working group. This group is overseeing the local response to the Children and Families Act and Care Act requirements around transition planning. A health and social care focus group (led by the Designated Clinical Officer for SEND) has been established to support the sector with reviewing the alignment of processes to improve the experience for young people and their families. This work will include mental health services and also those young people who are not eligible for transition to adult mental health services.

Pathways to work for people with mental health

Employment Support – this has many different funding streams and whilst not all are specific to Mental Health, people with mental health needs are included in this support offer.

New systems and services are currently bedding in and pathways will need to be revisited to ensure that they are working.

Work and Health Programme – Following changes to the benefit system there have also been changes to the support offer made by the Department for Work & Pensions (DWP).

The Work and Health Programme is the new contracted employment provision that will help people who have a disability, the long-term unemployed (LTU) and specified early access groups to find sustainable work. Providers will tailor their support to meet the individual participant needs and will provide 15 months (456 calendar days) of support.

It will help people who face additional barriers find work. It brings a different and refreshed energy and approach and will:

- utilise the expertise of private, public and voluntary sector organisations to provide targeted support for eligible customers
- deliver high quality support and experience, and utilise contacts to offer unique support to claimants
- have strong links to national and local employers to identify employment needs, carve out roles and provide bespoke training to enable better matching of skills to roles

Big Lottery - Building Better Opportunities

The Big Lottery Fund (the Fund) is matching funds from the European Social Fund (ESF) to provide joint investment for projects in England designed to tackle poverty and promote social inclusion for the most disadvantaged people in England. The Heart of the South West incorporates Devon, Torbay, Plymouth and Somerset, and will receive £13,770,000 of Building Better Opportunities funding. Here are the local projects:

- **Empowering Enterprise 18-24**

A flexible programme to help 18-24 year olds who are NEET (Not in Education, Employment or Training) develop their employability and life skills, giving them the confidence to move into a positive outcome. The programme will engage over 600 of Devon's most socially-excluded young people. Petroc are leading 13 End to End partners to deliver this project across Devon, Plymouth and Torbay. Petroc are also working with Engagement Partners to enable them to identify young people who may be eligible to join the project, and Progression Partners who will work to develop and provide relevant progression pathways for these young people.
[Project outline](#)

- **#Focus 5**

The #Focus5 project provides in-depth support to young people aged 15-18 across the Heart of the South West Local Enterprise Partnership (LEP) area to move towards education, employment and training. Young people will work with a Key Worker to develop their own plan and can also access support from our Specialist Partners on the project. #Focus5 looks at the 5 key employability skills identified by employers as being gateways to employment: communication, customer service, organisation, problem solving, and team work. The project focuses on those who

are defined as most vulnerable and are most likely to become not in employment, education or training (NEET) or are already NEET. [Project outline](#)

- **Positive People**

A project that helps participants manage tough times, get qualified and find work. Participants will receive help to identify their aspirations, master digital technology, search for jobs and access training. Advice is offered on apprenticeships, self-employment, benefits and financial matters. The project will also support participants with personal development, daily life and medical conditions. Services to help participants prepare for work include clubs and work trials to help gain experience. Continued advice and support is offered to participants who have found work. This project helps participants manage tough times, get qualified and find work. Participants receive help to identify their aspirations, use digital technology, search for jobs, and access training. Advice is offered on apprenticeships, self-employment, benefits and financial matters. Work trials help participants gain experience and prepare for work, while continued advice and support is offered to participants who find work. The project will also support participants with personal development, daily life and medical conditions. [Project outline](#) - (Somerset) and [Project outline](#) - (Devon, Plymouth and Torbay)

More information can be accessed via: <https://www.biglotteryfund.org.uk/esf>

NEW Devon CCG

Increasing Access to Psychological Therapies (IAPT) – this service, works with people experiencing mild to moderate depression or anxiety. One of the principle aims of this programme, when nationally initiated, was to support people to remain in work by tackling depression or anxiety early.

The IAPT service offers a range of workshops and one to one therapies. They have worked with some of the cities large employers such as Royal Mail and Bombardier Transport to offer work based sessions.

Last year, the IAPT service also provided monthly employment support workshops which included CV writing, applying for jobs, interview techniques and signposting to other support networks such as Job Centre, Remploy, Working Links and Money Advice Plymouth if clients were managing debt issues. The Provider is currently looking at ways of increasing uptake at these workshops and re-designing them to re-launch shortly.

First Episode Psychosis - part of the development for the First Episode Psychosis services is the inclusion of employment support workers using the Individual Placement Support model (IPS). Information on IPS can be found here: <https://www.centreformentalhealth.org.uk/what-is-ips>

The service has recruited an Employment Support Worker who is currently supporting 20% of the people on caseload. The interventions range from helping clients identify what kind of work (paid or unpaid) they are interested in undertaking, compiling CV's, practicing interview skills, finding out about courses and how to apply or visiting work places/placements. He is also support client who are in work to remain in their jobs as described in the case study below.

The Support Worker will complete IPS (Individual Placement and Support) training in March 2018, which is the recommended approach to be used with this client group. Following the training there will be a review of the support offered to ensure that it is in line

with the model but there are already good examples of where IPS has helped people back into work. A case study is available at **Appendix 4**.

Future - Nationally the recommended support for people with severe and enduring mental health conditions is through services which use the Individual Placement Support (IPS) approach and details can be accessed here:

<https://www.centreformentalhealth.org.uk/what-is-ips>

Initial funding is being made available by NHS England (NHSE) through a bidding process only open to areas which have exemplar IPS services. Plymouth is not one of those areas yet but it is anticipated that we will be able to bid in a second wave of funding which will subsequently be made available. We await further information.

Admissions to hospital due to mental health conditions / self-harm in adults

The admission pathway for adults experiencing an acute mental health crisis (including self-harm) starts within the community and involves community services delivering interventions aimed at averting admission and supporting alternatives, wherever possible. Integrated Commissioners have commissioned a community based Crisis Response Service, available from 0900-2100 to support speedy, same day access to assessment for those in crisis. This is being gradually introduced and has unfortunately been delayed because of an inability to recruit suitably trained and experienced staff (a national challenge).

A telephone support and triage service is available out of hours for individuals known to existing services. This is staffed by trained Mental Health Practitioners and manages upwards of 90% of calls without the need to consider referral for inpatient admission. If the risk of admission is higher than this service is able to manage, however, a direct referral to the community based Home Treatment Team can be made. The Home Treatment Team will work with the individual to support them if at all possible at home, but can and will facilitate admission where this is indicated.

Also available as a potential pathway to admission is the Psychiatric Liaison Service based at Derriford Hospital. This is an area that has been prioritised for investment locally and this service will be available to provide an assessment for individuals admitted to the Emergency Department 24/7, from March 2018.

Integrated commissioners are also currently commissioning a further evidence based range of alternatives to inpatient admission, most notably the availability of a 'Crisis Café' from April 2018.

It should be noted that despite an upward trend nationally for out of area placements for individuals requiring acute inpatient treatment, in Plymouth we have reduced the numbers of individuals going out of area significantly over the last 12 months, to the point where 'clinically inappropriate' placements are now a rare occurrence. Should an inpatient admission be required, the service at The Glenbourne Unit provides a range of therapies and treatments and aims to provide evidence based interventions that stabilise the individual's mental health and enables timely discharge. The Glenbourne Unit is one of only four acute inpatient Mental Health units nationally to be rated as 'outstanding' by the CQC.

Support when someone is discharged from the Glenbourne unit

Within Plymouth, a designated Home Treatment Service is available 24/7 to both avoid hospital admission, but also support individuals on discharge from hospital. Support is based on individual needs and risk assessment and is provided dependent on the support package identified. Individuals discharged are followed up within 48 hours of discharge and the CCG sets a 95% target for the Provider for this.

APPENDICES

Appendix 1 – LTP Re-fresh

Appendix 2 - Update on emotional health and wellbeing support in secondary and special schools

Appendix 3 – Local & National CQUIN

Appendix 4 – First Episode Psychosis Service – Case Study

Appendix 5 – Adults in Contact with Mental Health Services

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