Hampshire County Council: Children and Young People's Select Committee, 11 November 2020 Overview of mental health services for children and young people in Hampshire: current performance, challenges and planned service transformation and improvement



2020 – Hampshire CAMHS Overview - End of September 2020

Hampshire CAMHS Overview

- c. (Ass. 1,387, Treat. 1,480) children waiting for an assessment or treatment
- C. 4,174 children on treatment caseload
- 718 children and young people referred to specialist CAMHS
- 7,041children on the CAMHS open caseload
- 28% (of those seen) waiting >19 weeks for an assessment
- 44% (of those starting treatment) waiting >26 weeks for treatment
- 6,921 Contacts per month delivered by CAMHS Service
- Change in Referrals 2019 to 2020 (Same Month) = +42 (+6.2%)



Children's Mental Health services in Hampshire

Overview of services commissioned

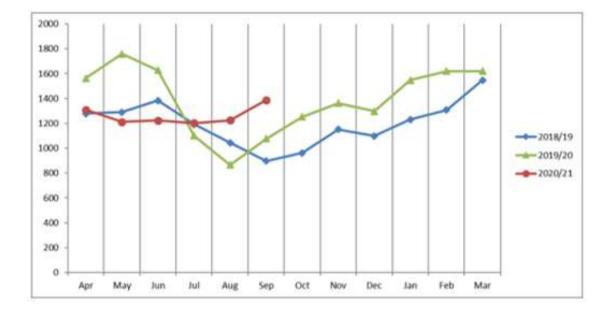
- Specialist CAMHS services (Single Point of Access, core CAMHS, Intensive Home Treatment Team (i2i), Eating Disorders team and Youth Offending Service Team)
- Mental Health Support Teams in Havant and Gosport schools
- 24/7 Mental Health Triage service via NHS 111
- Community counselling services commissioned from community and voluntary sector (Hampshire Youth Access service)
- Embedded support in Willow Team and via Frankie Workers for CYP subject to sexual abuse and/or criminal exploitation
- Community crisis lounges (Safe Havens) in Aldershot and Havant, plus a MH crisis help line (Havant Mind)
- Support for LGBTQ+ children and young people
- Link Programme for schools being rolled out across Hampshire schools
 and college
- Digital support via Think Ninja App

Overview of Assessment Waiting List

Hampshire CAMHS - Assessment Waiting numbers Sept 2019 to September 2020

Sep-19	Oct-19	Nov-19	Dec-19	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20
1,078	1,252	1,362	1,297	1,548	1,621	1,621	1,310	1,212	1,224	1,202	1,225	1,387

Fig 1: Assessment Waiting Lists 2018-19, 2019-20 and 2020-21





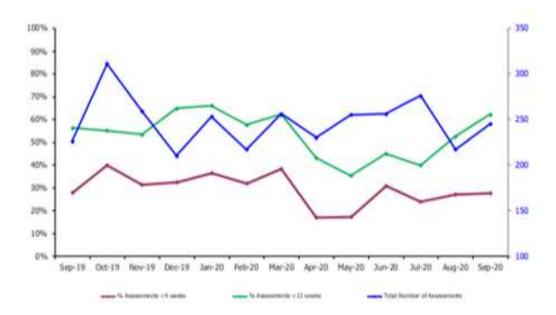
Overview of Assessment Waiting times

Hampshire CAMHS - Assessment within 4 Weeks of Referral

Waiting time to assessment

Month: September 2020

	Month	QTD	YTD
% assessment waited < 4 weeks	27.8%	26.2%	24.0%
% assessment waited < 13 weeks	62.0%	50.9%	46.0%
Total number of assessments	245	738	1,479



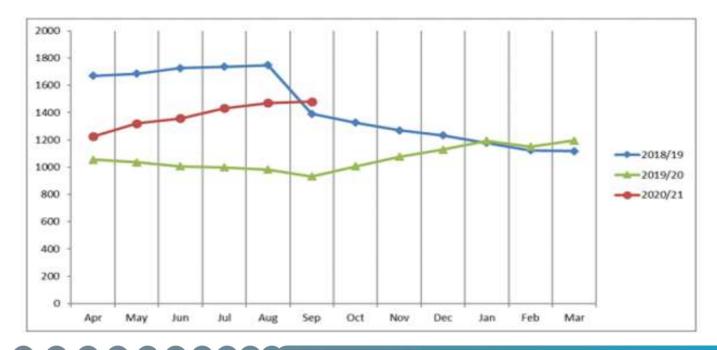
	Sep-19	Oct-19	Nov-19	Dec-19	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20
-	27,9%	39.9%	31.3%	32,4%	36.4%	31.8%	38.3%	17.0%	17.3%	30.9%	23,9%	27.2%	27.8%
													62.0%
-	226	311	259	210	253	217	256	230	255	256	276	217	245

Overview of Treatment Waiting List

Hampshire CAMHS - Treatment Waiting List numbers – September 2019 to September 2020

Sep-19	Oct-19	Nov-19	Dec-19	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20
932	1,006	1,076	1,129	1,193	1,151	1,196	1,224	1,321	1,358	1,432	1,470	1,480

Fig 2: Treatment Waiting Lists: 2018-19, 2019-20 and 2020-21

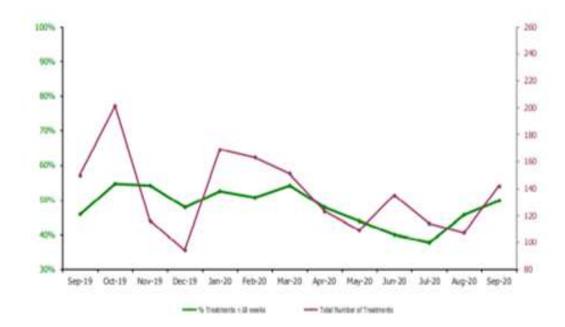


Overview of Treatment Waiting times

Hampshire CAMHS – Access to Treatment within 18 Weeks of Referral

Waiting time to treatment

Month: September 2020)		
	Month	QTD	YTD
% treated < 18 weeks	50.0%	44.9%	44.4%
Total number of treatments	142	363	730



	Sep-19	Oct-19	Nov-19	Dec-19	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20
-	150	201	116	94	169	163	155	123	109	135	114	107	142
-	46.0%	54.7%	\$4.3%	47.9%	\$2.7%	50.9%	\$4.3%	48.0%	44.0%	40.0%	37.7%	45.8%	\$0.0%



Children's Mental Health services in Hampshire

Current key challenges for CYP MH Services:

- Rising levels of mental health problems in CYP
- Investment has not kept pace with rising demand
- Covid-19 / Lockdown have disrupted regular routines, social networks and positive diversion
- Some groups (and families) more affected than others by lockdown, and less oversight of risks
- Rising demand for services of key partners, such as Children's Services:e.g. rising CIC numbers
- Wider pressures on partners and services in primary care and communities



Core CAMHS capacity investment

Core Service Capacity – making agreed investments into core service from 2019 Demand and Capacity review to:

- Get service capacity to where it should have been to cater with previous rises in demand and referrals
- Ensure that more of the children and young people referred into services are assessed and treated more quickly
- Stabilise the CAMHS workforce ahead of a challenging period

Progress on implementation

- £1.3m increase in Core CAMHS capacity over 2020-21 (from 2019-20) baseline
- All posts linked to investment filled



CAMHS crisis investment

- Crisis investment into expansion of CAMHS i2i service to:
 - Enhance the intensive home treatment offer by expanding to a multi-disciplinary team and bolstering weekend support
 - Create new same day community assessment service to divert cases from A&E, review service for open cases, and a duty system for crisis community care (helping to ease the burden on community CAMHS teams)
 - Continue with the hospital-based self-harm assessment service

• Paediatric Psychiatric liaison –

- HHFT Mid and North Hants full approval of costed business case to create in-reach liaison teams in Winchester and Basingstoke hospitals
- UHS Solent West Hants expansion of current in-reach liaison service to offer greater out of hours support and create a multi-disciplinary team
- St Marys Isle of Wight approval of first phase of costed business case to improve support to paediatric inpatients
- QA Portsmouth and SE Hampshire close to approval of expanded capacity



- CYP Eating Disorder (Community) services are hosted in Hampshire CAMHS and Isle of Wight CAMHS
- Both services struggling to meet national waiting time standards and have struggled during Covid-19 Lockdown with a significant increase in referrals, and increasing numbers of young people presenting late, thus more unwell. Larger numbers therefore needing inpatient care
- Service investment has not kept pace with growth in demand with treatment for urgent and routine referrals increasing YOY, as well as complexity of cases since 2018; with trend expected to increase 2021
 - Urgent cases up over 205% April 2018- April 2020
 - Routine cases up over 30% April 2018- April 2020

CYP Autism and neurodiversity investment

Development of diagnosis and support pathway for children, young people and families affected by autism:

- Additional funding agreed to tackle Autism Assessment activity and end waiting lists over next 2 ¹/₂ years
- Funding will also support the wider development of the neurodevelopmental pathway to improve support for children and families whilst awaiting assessment
- Investment and commissioning plans will be overseen by SEND and Complex Care Transformation Board



Learning from Covid-19 – CYP mental health

Public behaviour

- The public have in the main followed instructions to stay at home and contact 111 if in need of healthcare Communications to encourage the use of NHS 111 as a point of referral and access to mental health triage were stepped up
- Potential for unmet mental health demand to emerge later as lockdown is eased

Digital clinical assessments and interventions

- Across the NHS, clinicians are undertaking remote assessments and embracing virtual assessment tools
- Works better when the CYP already has a relationship with the clinician
- Early evidence suggests that many patients have accepted the change which has provided easier access to services and has the potential to reduce DNA rates
- Evaluation underway to compare the effectiveness and productivity of digital mechanisms versus traditional face to face
- Blended model going forward

CAMHS capacity

- Levels of activity have remained as forecast due to the introduction of video and telephone contacts and interventions
- Some elements of ASC and ADHD assessments cannot be done remotely therefore on hold
- National concerns that CAMHS referrals have reduced

Crisis pathway capacity

- Interim pathway introduced at pace across Hampshire to address Covid-19 pressures upon ED whilst keeping CYP in MH Crisis safe
- Single point of access via clinical triage through NHS 111 has been highly communicated and promoted for professionals, GPs and self-referrals
- Alternative sites to ED for assessing adults and children in mental health crisis where appropriate
- Reduction of cases during Covid lockdown but demand is largely back to pre-Covid levels



Preparations for restoration and recovery

- 1. Preparation for two anticipated surges in demand: the first as lockdown eases and the second as many children and young people come to terms with altered circumstances
- 2. Likely causes of psychological distress:
 - Separation anxiety for CYP and parents when children go back to school
 - Mental health anxiety for those children who have welcomed being at home
 - Bereavement
 - Post traumatic stress
 - Lives on hold GCSE's, 'A' levels, junior to senior school transition
- 3. Of the above affected it is estimated that 40% may need a mental health service
- 4. Immediate action: Joint media and communications starting soon to equip children's workforce, prompt early self-help and ward off risks around post-traumatic stress

CYP Mental Health Transformation Plan (Including Service Restoration and Recovery) Associate Director: Tim Davis

Key Work Streams	Key Aims	AD Lead	Project Lead	Completion Timescale
1. Child and Adolescent Mental Health Service (CAMHS) Access and Service	Getting a strong and immediate focus back upon reducing waiting times for access to help for children's mental health and tackling the current backlog	Tim Davis	Ana Brankovic	Q2 2020-21
Waiting Times	Agree changes in expectation and measurement to fully utilise good practice that has been developed in relation to digital contact between CAMHS services and patients			Q4 2020-21
	Confirm and mobilise additional investment in 2020-21 and 2021-22 to ow Sussex Partnership will utilise the 2020-21 investment to increase their performance and make improving CAMHS key and integral to CAMHS transformation			Q4 2021/22
2. Children and Young People in Crisis Pathway	Consolidating improvements in the mental health crisis pathway	Tim Davis	Ana Brankovic	Q4 2020-21
Tatiway .	Addressing the shortcomings around unacceptable discharge risk in the interim COVID-19 model			Q2 2020-21
3. Children and Young People Psychological Well-being (Prevention) Programme	Developing an evidence based whole system approach to support for mental health resilience and emotional wellbeing in universal services for children and young people in schools, colleges, early years settings and the wider community and voluntary sector, supported and informed by children's mental health services	Tim Davis	Ana Brankovic	Q4 2020-21
4. Quality, outcomes and the NHS Long Term Plan	Ensuring commissioning, funding and specialist children's mental health service capacity necessary to deliver mental health investment standard and delivery of headline improvements in access to children and young people's mental health services set out in the NHS Long Term Plan.	Tim Davis	Victoria Ludlow	Q3 2020-21
	Develop commissioning arrangements around the development of the 0-25 CYP and young adults mental health offer			Q1 2021-22
	Facilitate the consistent development and adoption of Routine Outcome Measures into CYP mental health service commissioning and performance frameworks			Q1 2021-22
	Oversee the review and refresh of Hampshire and Isle of Wight ICS CAMHS Local Transformation Plans.			Q4 2020-21

Key Aims

Ensuring commissioning, funding and specialist children's mental health service capacity necessary to deliver reductions in delivering the timely assessment and treatment

Key steps and timescales	Lead	RAG
Review of impact of CCG investment in each CAMHS service across HIOW and additional investments needed to reduce inconsistencies in waiting times	Tim Davis	June 2020
Develop and implement plans for use of confirmed investment around reducing waiting time variability for decisions by CCGs including Covid impact	Tim Davis	July 2020
Develop costed business case for each CAMHS service relating to resolution of historic waiting lists for assessment and treatment	Tim Davis	Sept 2020
Progress costed business cases through relevant HIOW CCGs (including Cities) in relation to resolution of waiting times	Tim Davis	Dec 2020
Develop and confirm costed proposals for tackling Covid-19 surge in CYP mental health and historic waiting lists ahead of 2021-22	Tim Davis	March 2021
Confirm with CCG Finance teams Eating Disorder NHSE/I LTP ring fenced allocations for 2020-21 and future years	Tim Davis	Oct 2020
Key risks to delivery		Severity
Duration and wider impact of COVID-19 on BAU delivery of CAMHS services, proneed for specialist CAMHS support, and diversion to support of business critical		
Success of specialist CAMHS services in recruiting / growing into additional wor	kforce	
Implications for neighbouring CAMHS services in terms of workforce and recrui newly funded / expanding services as each service expands	tment into	
Additional investment not yet confirmed for 21/22 to address waiting times		

Benefits for CYP	Performance Indicators	RAG DoT
Faster access to assessment of mental health needs for those eligible for CAMHS services	Average wait for CAMHS Assessment (Hampshire) <4 Weeks (15 weeks)	1
Faster access to treatment for those assessed as needing CAMHS services	Average wait for CAMHS Treatment (Hampshire) <18 Weeks (29 weeks)	1
Improved contact capacity to tackle new and waiting list CYP awaiting CAMHS assessment or treatment	Monthly contacts offered in Hampshire CAMHS (6,921 contacts)	1

Workforce/infrastructure required	Financial implication	RAG
Confirm full implementation of 2019 Demand & Capacity review in 2020-21	£1.3m above April 2019 base line (HC)	
Additional investment to tackle additional new demand and historic waiting lists	Additional investment of £2.4m	
Investment plan for Eating Disorder CAMHS services(HIOW ICS wide)	£277k in 2020-21 £628k in 2021-22 (HIOW CAMHS)	

Key Aims

Ensuring that children and young people in mental health crisis are supported in accessing appropriate and timely care to meet their presenting physical and mental health needs. Ensuring an appropriate whole system approach to assessing and treating the needs of children and young people in mental health crisis outside of hospital where this is safe to do.

Key steps and timescales	Lead	RAG	Benefits	Perfor	rmance Indicators	RAG
Effective communication of new CYP in crisis pathways to key partners	Tim Davis	Q3 20	faster access to CYP in mental NHS 11:		r of CYP accessing 1 for support with sis >100pm (120)	\checkmark
Integration of Crisis pathway up to 24/7 MH Triage services through NHS 111.	Tim Davis	Q4 20	Better community CAMHS	Numbe	r of CYP accessing	\uparrow
Mobilisation of investment in i2i service expansion	Tim Davis	Q4 20	support for CYP in Mental	·	community from	1
Mobilisation of investment into HHFT paediatric psychiatric liaison	Tim Davis	Q4 20	Health crisis i2i <20			
Mobilisation of investment into St Mary's IOW paediatric psychiatric liaison	Catherine Barnard	Q4 20	to CYP in mental health crisis electiv		YP admitted as non e care patients for health crisis <180	\downarrow
Mobilisation of investment into UHS paediatric psychiatric liaison	Phil Lovegrove	Q4 20	Admissions for MH Crisis (202 (2019			
Mobilisation of investment into QA paediatric psychiatric liaison expansion	Stuart McDowell	Q4 20	Workforce/infrastructure required		Financial implication	RAG
Effective evaluation of pathway effectiveness, patient experience and learning	Tim Davis	Q1 21	Investment in community crisis (i2i) CAMHS capacity		£1.33m p.a (full year effect)	
Work with adult commissioners and all providers to develop a robust all-age psychiatric liaison pathway in all hospitals	Tim Davis	Q4 20	Impact of new pathway upon NHS MH Triage Team (future planning		To be determined through evaluation.	
Key risks to delivery		Severity	Introduction of paediatric Psychia	itric	£322k p.a. full year effect	
Some children and young people will still need ED treatment for physical injury or self-harm, including inpatient admission even with these arrangements in place			Liaison service in UHS hospital Introduction of paediatric Psychia	tric	£1.26m pa - full	
Patient safety during mobilisation of new services during continued Covid surge			Liaison service in HHFT hospitals		year effect	
Failure to create an integrated all-age psychiatric liaison pathways			Introduction of paediatric Psychia Liaison service in St Marys Hospita		£430k p.a. (full year effect)	

Review of digital resources wanted in the

Participation CCG and CAMHS led

Prevention programmes costed and developed for CCG consideration

HIOW offer (Inc. Cities)

Review planned Q4

Review planned Q4

Review planned Q3

Key Aims

Developing an evidence based whole system approach to support for mental health resilience and emotional wellbeing in universal services for children and young people in schools, colleges, early years settings and the wider community and voluntary sector, supported and informed by children's mental health services.

Key steps and timescales	Lead	RAG	Benefits for CYP	Perfor	mance Indicators	RAG
Proposed arrangements for the mobilisation and roll-out of mental health support teams (MHSTs) in schools where awarded.	Tim Davis	Q3 20	Better access to early help around mental health issues in schools and colleges	and Lin	covered by MHSTs k programme development)	
Continued working with NHSE/I to secure additional MHSTs to benefit Hampshire and Isle of Wight CYP as part of enriched prevention/early help offer	Tim Davis	Jan 2021	Better access to digital and self help resources	Number	rs of CYP accessing esources /	
Development of ICS wide proposals for roll-out of Link Programme to Hampshire, IoW, Southampton and Portsmouth schools and colleges over 2020- 21, 2021-22 and 2022-23.	Tim Davis	March 2021		evaluati develop	evaluation (under development)	
Develop plans for CCG commissioning of additional prevention and partnership and CYP workforce development from CAMHS and other providers for 2021-22		March 2021			s in place and rs accessing (under oment)	
Improve engagement of take-up of trauma and attachment training across the CYP mental health, education, care and early help workforce	Tim Davis	Mar 2021	Offenders, CE and CSE at risk, Children in Care etc.			
Review and plan future commissioning intentions for T2 community counselling	Tim Davis	Apr 21	Workforce/infrastructure rec	quired	Financial	RAG
Develop and review commissioning intentions for Safe Havens and targeted outreach MH provision for vulnerable groups of children and young people	Tim Davis	Dec 2020	MHSTs workforce dependent up investment and funding	implication is workforce dependent upon NHSE ment and funding		
Key risks to delivery		Severity	Link programme delivery CCG le	b	£60k p.a. (2021/22)	

Key risks to delivery	Severity
Success rate in attracting MHSTs into Hampshire and the Isle of Wight (including Cities)	
Affordability of required investment in new services, training and programme	
Resilience of schools, colleges and other children's workforces (and CYP) post lockdown	
Securing buy in from wider children's workforces into CYP MH prevention opportunities	

Key Aims

Ensuring commissioning, funding and specialist children's mental health service capacity necessary to deliver mental health investment standard and delivery of headline improvements in access to children and young people's mental health services set out in the NHS Long Term Plan.

Key steps and timescales	Lead	RAG	Benefits for CYP	Perfo	ormance Indicators	RA G				
More systematic use of Routine Outcome Measures across CYP MH services (T3 and community)	Victoria Ludlow	Apr 2021	Improved access to NHS funded mental health services	health services accessing		% CYP with MH needs accessing NHS service >35% (54%)				\uparrow
Transformation of timeliness of access to Eating Disorder Services	Tim Davis	Mar 2021			nal take-up of MH	NYS				
Commission sufficient NHS funded services at T2 and T3 to combine achievement of this target with meeting local U18 population needs.	Tim Davis	Mar 2021	Mental Health services for 18- services l		Mental Health services for 18- services by 18-25 year of		s by 18-25 year olds	113		
Commission additional NHS funded services at T2 and T3 to combine achievement of this target with meeting local 18-25 population needs.	Tim Davis	Mar 2021	Improved timeliness of access to CYP Eating Disorder services	% Urgent CYP ED referrals seen < 1 week >95% (76%)		1				
Demonstrate progress on delivery of crisis care and 24/7 access in HIOW	Tim Davis	Mar 2021	for urgent and routine referrals	% Routine CYP ED referrals seen <4 weeks >95% (67%)						
Clarify digital offer in relation to CYP mental health offer in HIOW CCGs	A Brankovic	Apr 2021	Workforce/infrastructure required Financial		RAG					
Refresh Hants / IOW / Portsmouth & Southampton CYP Mental Health Local	CCG Leads	Mar 2021	implication18-25 aspects of 0-25 delivery of LTP remain unclear in commissioning termsReview planned Q3 2020-21		implication					
Transformation Plans					NYS					
Ensure continued reporting by commissioned NHS providers into NMHDS	Providers	Mar 2021								
Ensure flow of ROM into the NMHDS by commissioned providers	Providers	Mar 2021	Delivery of required improvements in Review planned Q2							
Key risks to delivery		Severity	waiting times probably not deliverable2020-21from MH Investment Standard2020-21							
Affordability Delivery of the NHS LTP commitments for CYP aren't achievable through just meeting the Mental Health Investment Standard alone and given other CYP MH priorities.			New CAMHS care models deriving from COVID-19 may prove game changing once evaluatedReview ongoing for 2021-22 service plans24/7 Access may need further development as use of it developsReview planned Q3 2020-21							
COVID-19 has seen temporary suspension of NHS LTP monitoring and delivery, will need to rebase where we are around this as we return to BAU										
Changing reporting arrangements with CAMHS and other CYP MH providers as required will be challenging whilst normal CRM activity and reporting is suspended.					2020-21					

Overview of HIOW CCG / WHCCG / NEHF CCG planned investments in CYP Mental Health



Service	Activity	Part Year Spend – 2020/21	Full Year Spend 2021/2022
 Core Hampshire Specialist Community CAMHS currently 2,867 children waiting for either assessment or treatment at end Sept 2020 Currently 4,174 children open to treatment at end Sept 2020 	 Current headlines: Waiting List for assessment -1387 children waiting ave 16 weeks Waiting List for treatment – 1480 children waiting ave 42 weeks Referral capacity - 643 Current contacts - 6921 	 £1.3m above 2019-20 budget base is the 2020-21 investment agreed. SPFT have been receiving £650k of this to date in 2020-21. A further £350k is needed to bring this up to the total maximum spendable by SPFT on deliverable service. 	2020-21 investment is recurring Additional £2.4m being sought to deliver backlog and accelerate core service capacity to respond to Covid/ Lockdown associated growth in demand for CYP MH services.
 CAMHS crisis investment Crisis – Agreed (SPFT only Paediatric Psychiatric liaison – HHFT – Mid and North Hants UHS – Solent West Hants St Marys – Isle of Wight QA – South East Hants 	 Current headlines: Current monthly contact capacity in i2i - (250) being overwhelmed and support for crisis is Proposed monthly contact capacity following investment 750 	Community Crisis – (Hampshire CAMHS) £332k (confirmed Q4) Psych Liaison • HHFT - £297k (Q4) • UHS - £80k (Q4) • St Marys - £121.5k (Q4) • QA - £110k (Q4)	Community Crisis £1.327milion (confirmed) Psych Liaison • HHFT - £1,189k (confirmed) • UHS - £320k (confirmed) • St Marys - £486k (confirmed) • QA - £243k (confirmed)
 CYP Eating Disorders CYP with Eating disorders not meeting national waiting times and have struggled during Covid-19 Lockdown. CYP Eating Disorder (Community) services are hosted in Hampshire CAMHS and Isle of Wight CAMHS Service investment has not kept pace with growth in demand. 	 Current headlines: Additional 212 Eating Disorder clinical contacts per month (Hants) 160 Referrals per year (Hants) Waiting list of 18 with average wait of 3.4 weeks for assessment and treatment (Hants) 74.5% against 95% standard ((1 week) 	 Hampshire CAMHS Eating Disorders - £247k (M8-12) IOW CAMHS Eating Disorders - £31k (M8-12) 	 Hampshire CAMHS Eating Disorders £568k (confirmed) IOW CAMHS Eating Disorders - £61k (confirmed)
CYP Autism and neurodiversity: development of diagnosis and support pathway for children, young people and families affected by autism in Hampshire CCGs	 1,620 children on waiting list waiting on average 35 months (nearly 3 years). (conversion rate = 97%) 1070 referrals for assessment per year (historically commissioning 700 assessments. 	£1.86m in 2020-21 (to fund additional autism / attachment based assessments and develop wider neurodevelopmental pathway)	£2.1m (for 3 years (includes back log)) then levels down to £1.5m per annum for autism and neurodiversity assessment, review and support