SESLIP Lead Members Network: Expert Workshop
4th February 2022

Children & Young People's (CYP) Mental Health

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Workshop Aims

NHS

1. *Orientate Lead Member colleagues to the landscape around children and young people's mental health:*
   - *Policy*
   - *Funding flows*
   - *Architecture*
   - *Shared strategic priorities*
2. *Understand the roles of the NHS and Local Authorities in meeting the mental health and emotional wellbeing needs of CYP*
3. *Identify ways in which Lead Members can support local systems in their strategic planning and provision for CYP mental health and emotional wellbeing*

Workshop Structure

NHS

SECTION 1: Understanding the Context

- Prevalence and impact of mental health difficulties in CYP
- Support for mental health and emotional wellbeing in CYP
- Key mental health policy
- System architecture
- Key funding flows

SECTION 2: Strategic Planning and Integration

- ICS level planning and integration
- Local Transformation Plans for CYPs Mental Health and Wellbeing
- Strategic priorities/burning platforms

NHS

Mentimeter

- How clear do you feel on the landscape regarding CYP mental health and emotional wellbeing?

- How clear do you feel on the roles of the NHS and local authorities in meeting the mental health and emotional wellbeing needs of CYP?

- How confident do you feel in asking pertinent questions in your local system?

Prevalence of Mental Health Difficulties in CYP

Mental health difficulties in CYP have increased over time
- 2005 = 1 in 10 (ONS)
- 2017 = 1 in 8 (NHS Digital)
- 2021 = 1 in 6 (NHS Digital)

Referral rates to NHS commissioned mental health services doubled nationally between 2012-2021 (NHS Benchmarking)

The South-East has seen a 27% increase in CYP mental health service caseloads between 2019 and 2021 – caseloads are 32% higher than the national average (NHS Benchmarking)

The NHS Confederation (2021) estimate that an additional 1.5 million CYP need mental health support as a result of Covid-19 related factors

Possible eating problems have shown a sharp rise between 2007 and 2021, with a 104% rise in demand for eating disorders services

https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2021-follow-up-to-the-2017-survey

Imagine…

Impact of Mental Health Difficulties in CYP

NHS

Mental health difficulties in childhood can have a significant lifelong impact
- Educational attainment and job prospects
- Criminality
- Self-harm
- Addictions
- High risk sexual behaviour
- Mental health in adulthood – 50% begin in childhood, 75% before the age of 18

Compelling moral and economic argument for effective support

Impact across all sectors – everyone's business

Inequalities in CYP Mental Health

NHS

Certain groups of CYP are disproportionately affected by mental health difficulties

- Age
- Sex
- Ethnicity
- Health status (CYP and caregivers)
- Special Educational Needs (including Learning Disabilities and Autism)
- Family functioning
- Low-income households
- Sexual/gender identity
- Victimisation
- Gang violence
- Looked after children

Intersectionality – e.g. 90% of completed suicides in CYP have more than one factor above (NCMD, 2021)

Support for CYP Mental Health & Emotional Wellbeing

NHS

41.5% CYP with probable mental health difficulties had not sought help (NHS Digital 2021)

Imagine…

Support for CYP Mental Health & Emotional Wellbeing

NHS

Thriving

Getting Advice
Getting Help
Getting Risk Support
Getting More Help

http://implementingthrive.org/

Activities that can support thriving and resilience

Lifestyle: diet, sleep, exercise
Positive relationships with adults and peers
Sense of belonging and connectedness
Activities with value and fulfilment
Achieving

THINK! Family

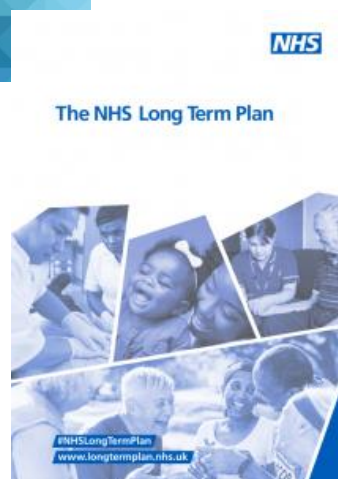# Key Policy Relating to CYP Mental Health & Emotional Wellbeing

NHS

Future in Mind (2015)
https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people

Five Year Forward View (2016)
https://www.england.nhs.uk/five-year-forward-view/

NHS Long Term Plan (2019)
and accompanying
Mental Health Implementation Plan
https://www.longtermplan.nhs.uk/

Headlines

- Equity between physical and mental health
- Whole system transformation and improvement
- Improving access and quality
- Priority areas, including:
  - Integrated working across health, social care, VCSE
  - Mental health in schools
  - Vulnerable CYP/health inequalities
- Led to significantly increased funding for CYP mental health

Local Transformation Plans for CYP Mental Health (launched 2015, refreshed annually)

Locally led whole system transformation

Co-produced by health, social care, education, public health, youth justice

Based on robust shared local needs assessment, evaluation of existing provision, and gap analysis

Signed off by local Health and Wellbeing Boards

LTPs should:

- Ensure transparency – are published and publicly available (following assurance sign-off by NHSE/I)
- Demonstrate service transformation
- Improve data and infrastructure
- Monitor improvement of provision

For 22/23 LTPs need to demonstrate alignment with plans for special educational needs and disabilities (SEND), learning disabilities and autism (LDA), health and justice (H&J), and children's services OR be part of an overarching local CYP plan

https://www.england.nhs.uk/mental-health/cyp/transformation/

NHS

PAUSE FOR THOUGHT

Any questions or reflections so far?

Any questions lead members might wish to ask in their local systems?

Architecture in Systems

NHS

Integrated Care Systems (ICS)
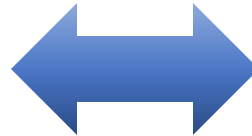
Architecture in Systems

Integrated Care Systems (ICS)

Coordination

Joined up/integrated care

Pooled budgets

Integrated Care Boards

(pending Health & Social Care Bill)

Responsible for NHS functions and budgets

Integrated Care Partnership

(pending Health & Social Care Bill)

Statutory committee bringing together all system partners for health and care strategy

https://www.england.nhs.uk/integratedcare/
https://www.kingsfund.org.uk/audio-video/integrated-care-systems-health-and-care-bill

Examples of NHS England/Improvement Role

- Support ICSs towards self-governance and assurance
- Facilitate join-up between key system partners where needed
- Support understanding of funding streams, planning requirements, and interpretation of policy/deliverables
- Targeted support for system improvement and/or transformation – including facilitating roll-out of best practice
- Facilitate or support programmes of work that are most efficiently "done once" at regional scale
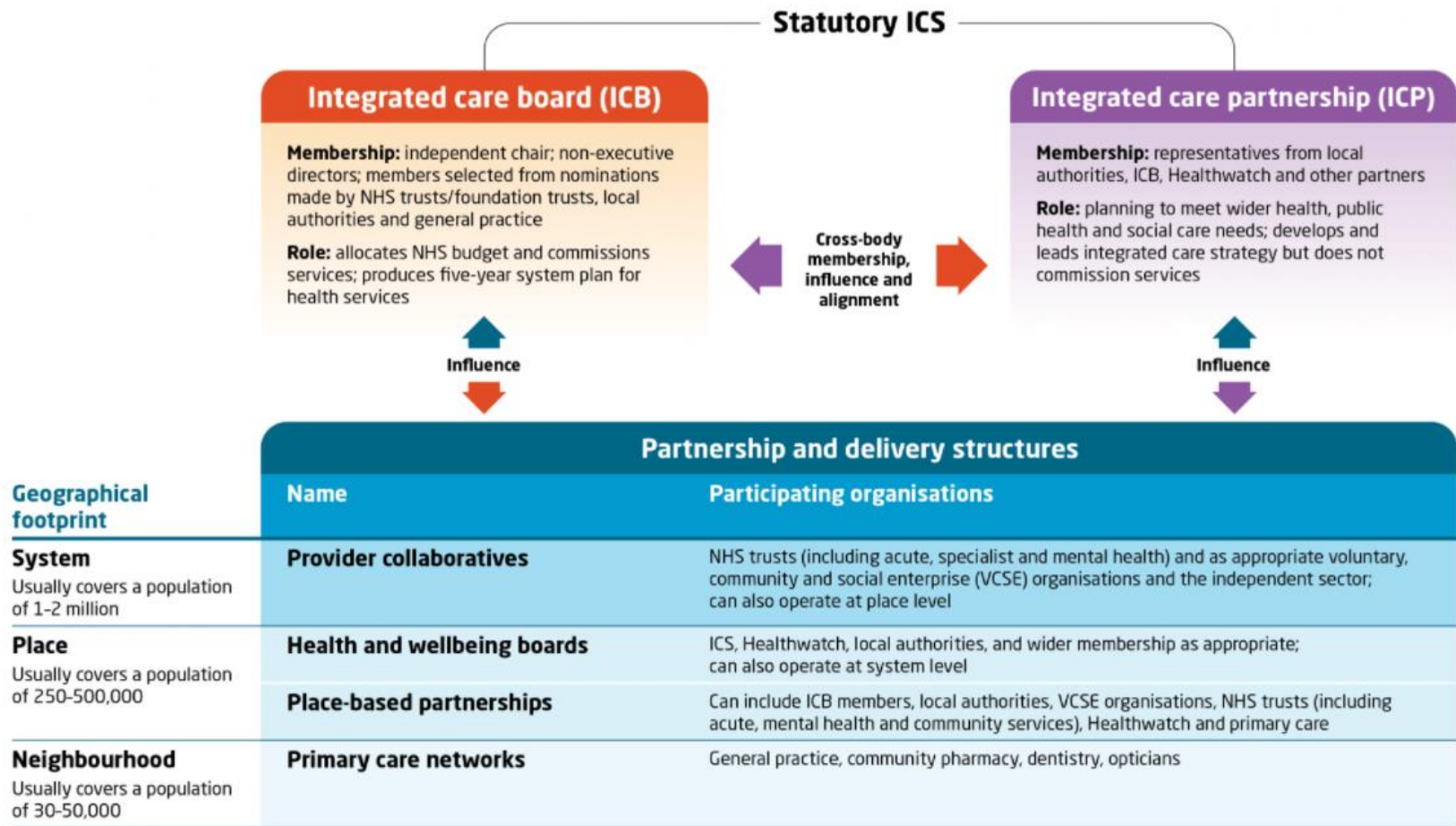- Interface between National NHSE/I team and ICSs

Architecture in Systems

Integrated care systems (ICSs)
Key planning and partnership bodies from April 2022

NHS England
Performance manages and supports the NHS bodies working with and through the ICS

Care Quality Commission
Independently reviews and rates the ICS

Statutory ICS

Integrated care board (ICB)

Membership: independent chair; non-executive directors; members selected from nominations made by NHS trusts/foundation trusts, local authorities and general practice

Role: allocates NHS budget and commissions services; produces five-year system plan for health services

Cross-body membership, influence and alignment

Integrated care partnership (ICP)

Membership: representatives from local authorities, ICB, Healthwatch and other partners

Role: planning to meet wider health, public health and social care needs; develops and leads integrated care strategy but does not commission services

Influence

Influence

Partnership and delivery structures

Geographical footprint	Name	Participating organisations
System Usually covers a population of 1-2 million	**Provider collaboratives**	NHS trusts (including acute, specialist and mental health) and as appropriate voluntary, community and social enterprise (VCSE) organisations and the independent sector; can also operate at place level
Place Usually covers a population of 250-500,000	**Health and wellbeing boards**	ICS, Healthwatch, local authorities, and wider membership as appropriate; can also operate at system level
	Place-based partnerships	Can include ICB members, local authorities, VCSE organisations, NHS trusts (including acute, mental health and community services), Healthwatch and primary care
Neighbourhood Usually covers a population of 30-50,000	**Primary care networks**	General practice, community pharmacy, dentistry, opticians

The King's Fund>

Architecture in Systems

Which Local Authorities Are Within Which ICS Footprint?

Integrated Care System Area - click on the name for further details of contacts in that ICS area						
Bedfordshire Luton and Milton Keynes	Buckinghamshire Oxfordshire and Berkshire West (BOB)	Frimley Health and Care	Hampshire and the Isle of Wight (HIOW)	Kent and Medway	Surrey Heartlands Health and Care Partnership	Sussex Health and Care Partnership
Milton Keynes	Buckinghamshire	Bracknell Forest	Hampshire (except Hart and Rushmoor)	Kent	Surrey (except Surrey Heath)	Brighton and Hove
not in South East ...	Oxfordshire	Hampshire (Hart and Rushmoor only)	Isle of Wight	Medway		East Sussex
Bedford Borough	Reading	Slough	Portsmouth			West Sussex
Central Bedfordshire	West Berkshire	Surrey (Surrey Heath only)	Southampton			
Luton	Wokingham	Windsor and Maidenhead				

Architecture in Systems

Key Questions for Lead Members

Is there key local authority representation in the ICS boards (ICB & ICP in future) covering your area (including public health)? What are your lines into those representatives?

What is the governance structure in the ICS covering your local authority? Are CYP and CYP mental health visible on agenda of ICS boards?

Is your local Health and Wellbeing Board connected with the ICS governance structure?

Key NHS Funding Flows for CYP Mental Health

NHS

Mental Health Investment Standard (Baseline Funding)

Service Development Fund (SDF)
Supporting transformation and expansion of mental health services to deliver the ambitions of the NHS Long Term Plan

Spending Review (SR)
Ad-hoc £500m in 21/22 but only £150m capital funding to support urgent and emergency care in 22/23

Seasonal Pressures/Discharge Funding
Not guaranteed but generally some additional winter funding each year

Allocated on a "Fair Shares" basis

https://www.england.nhs.uk/wp-content/uploads/2020/02/nhs-allocations-infographics-feb-2020.pdf

Key Funding Flows for CYP Mental Health

NHS

Theme across NHS funding flows

Integrated working and permissive/encouraging approach to flexible use across agencies
Encouraging use of Section 75 pooled budgets/joint funding agreements between NHS bodies and local authorities

Key Questions for Lead Members

Are your local authority and NHS bodies working together on plans against the funding on the previous page (in line with NHS Long Term Plan priorities/deliverables and Local Transformation Plans for CYP mental health)?

Is funding being used in a flexible and agile way to meet need?

Is the funding allocated to CYP being spent on CYP? What proportion is spent on different areas of activity (e.g. prevention, vulnerable CYP)?

Given the i-THRIVE framework shared earlier, what is your local authority's own spend on CYP mental health and how does that compare with other equivalent local authorities?

NHS

Prevention & Early Intervention – e.g. Mental Health Support Teams (MHSTs)

- Headline policy
- MHSTs serve a cluster of schools, with a remit to:
  - Support whole school approaches to mental health and emotional wellbeing
  - Deliver low-intensity psychological interventions for mild-moderate anxiety, low-mood and behavioural difficulties
  - Facilitate timely onward referral
- MHSTs can be hosted by NHS, local authority, VCSE or combination
- By 2024 we will have 98 teams across the South-East, with around 47% coverage – initial ambitions for the programme were 25% coverage
- **Key considerations for local authorities**
  - How closely are MHSTs in your area aligned with local authority provision?
  - Are there opportunities for schools in your area who are not covered by MHSTs to benefit from some of the MHST activity or resources?
  - How well are schools supported (by MHSTs or wider NHS mental health services) to identify, refer on, and continue to support, young people with more severe or complex mental health difficulties?
  - What is the strategy around CYP who have not returned to school following lockdowns?

Crisis Pathways

- Is an NHS Long Term Plan Deliverable and linked with additional funding streams (service development fund, seasonal pressures/discharge funding, spending review funding)
- Is a "burning platform" at present for both health and social care
  - Medically fit and ready for discharge
    - Often those CYP with complexity in terms of special educational needs and disabilities, cross-cutting health and social care needs, or a combination of both
  - Equally CYP in social care placements who are presenting with multiple needs including mental health and/or neurodiversity (e.g. ADHD, autism)
- **Key considerations for local authorities**
  - How effectively are your local health and social care commissioners, and providers, working together (including joint funding) – at both a strategic level and for individual CYP and families?
  - Does this include reactive and proactive (early identification, prevention and support) strategy and planning? Does this include integrated working on suicide prevention?
- Examples of good practice…

Vulnerable CYP

- **SEND**
  - One of worst affected groups from Covid-19 related mental health difficulties and reduced access to support, compounding pre-existing inequalities – some evidence have not shown rebound in mental health that has been seen in other groups of CYP
  - Regional work on procurement framework for autism and ADHD assessment and prescribing **BUT** needs to sit alongside pathway redesign (pre-assessment support; post-diagnosis non-medical support)
  - **Key considerations for local authorities**
    - How coordinated are your local authority and health system around pathway redesign for CYP with neurodiversity (e.g. autism, ADHD)?
    - How aligned is this with SEND and LDA plans?

Vulnerable CYP

- **Children in Care**
  - Again disproportionately affected by Covid-19
  - UASC re-homing across the region
  - Extensive ongoing regional work around children in care
    - Shared ambitions, roles and responsibilities, tariff, good practice guide
  - Ongoing collaboration with SESLIP around in-region placement procurement framework for children in care with complex needs
  - https://www.southeastclinicalnetworks.nhs.uk/children-in-care/
  - **Key considerations for local authorities**
    - What is the local mental health offer for our looked after children – do they have equitable access to services?
    - Is there specialist support/consultation available to your local authority and carers around recognising and meeting the mental health and emotional wellbeing needs of children in care in your area?
    - Are there effective mechanisms for joint planning and funding for children in care (as raised outlined on previous slides)?

Q&A

Workshop Outcomes?

Mentimeter

- How clear do you now feel on the landscape regarding CYP mental health and emotional wellbeing?

- How clear do you now feel on the roles of the NHS and local authorities in meeting the mental health and emotional wellbeing needs of CYP?

- How confident do you now feel in asking pertinent questions in your local system?

- What key points will you be taking away from today?