

Evidence session 3: Mental Health and Wellbeing

Cllr Jasmine Ali,
Lead Member for Children, Schools and Adult Care
Genette Laws Director of Commissioning

Southwark Youth Violence Panel

What we will do

1. Policy overview and commissioning
2. Exciting new thinking to revolutionise children and young people's mental health in Southwark

Children and Young People's Mental Health and Wellbeing in Southwark

CONTEXT

Policy Overview 1

- Future in Mind (2015)
 - Promoting resilience, prevention and early intervention
 - Improving access to effective support
 - Care for the most vulnerable
 - Accountability and transparency
 - Developing the workforce
- Five Year Forward View for Mental Health (2016)
 - Improving access to specialist services (35% by 2021)
 - Additional support to improve maternal mental health
 - Reduction in out of area acute inpatient care placements

Policy Overview 2

- CYP Mental Health Green Paper (2017)
 - Incentivise schools to identify a Designated Senior Lead for Mental Health
 - Mental Health Support Teams in schools pilots – 25 trailblazer areas
 - Trial a four week waiting time for access to specialist services
 - Mental health first aid training for schools
- NHS Long Term Plan (2019)
 - Additional funding to increase access to all CYP
 - Mental Health Support Teams in schools 25% national coverage by 2023
 - Extra investment in eating disorder services
 - Extending pathway from 0-25 to address transition issues
 - Improving access to specialist services (100% by 2029)

Mental Illness in Children and Young People 1

- The World Health Organisation defines mental health as:
 - “a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.
- It is influenced by an individual’s experience, in addition to the circumstances they find themselves in, as well as the broader environment or society they live in.
- Children and young people can experience a wide range of mental health problems including:
 - anxiety, behaviour problems, eating disorders and depression, severe eating disorders, persistent self-harm and severe conduct disorder
- One in every nine children has a mental disorder
- Half of all mental health problems are established by the age of 14, with three quarters established by 24 years of age

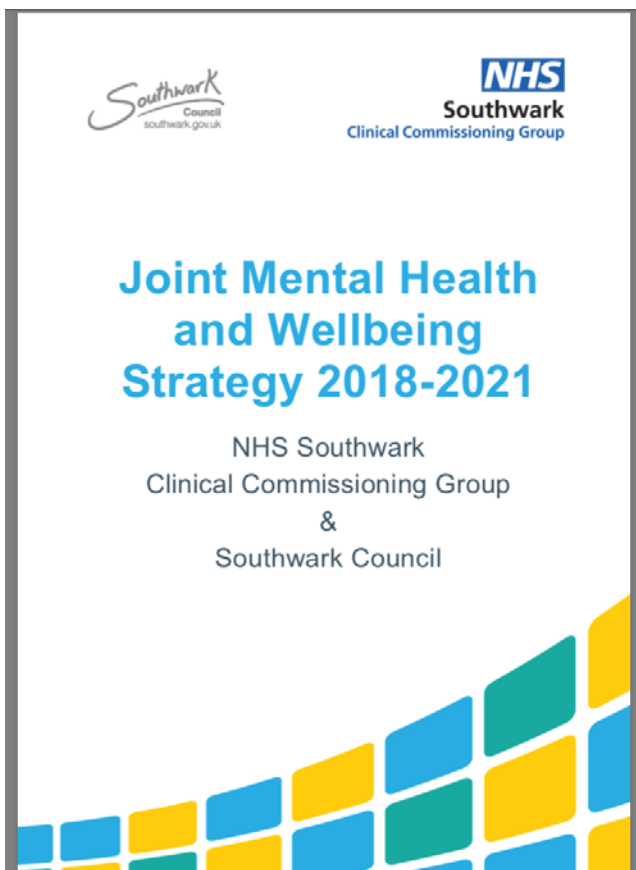
Mental Illness in Children and Young People 2

- Wider determinants can influence a children and young people's vulnerability to poor mental health
- Many of those accessing CAMHS have experienced adverse childhood experiences (ACE) including:
 - Parental separation, parent in prison, sexual and/or physical abuse, neglect and household substance misuse or mental illness
- Children and young people with disabilities, neurodevelopmental and long-term conditions
 - 2.5% of children and young people in the general population has a learning disability and nearly 40% of this group will develop significant mental health needs
- Those in the criminal justice system
- Looked after children, care leavers and adopted children and young people

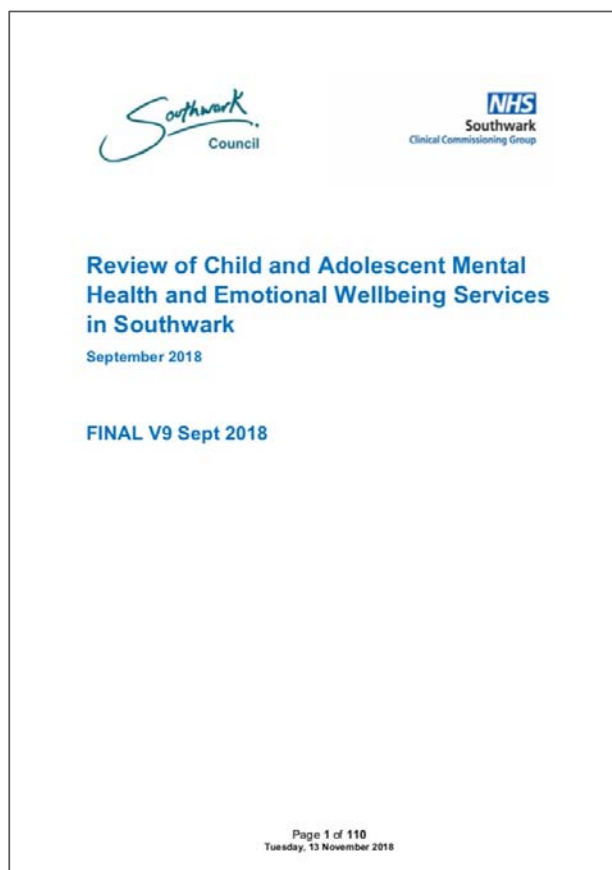
New joint approach to commissioning

Based on populations and two groups have been identified as priorities

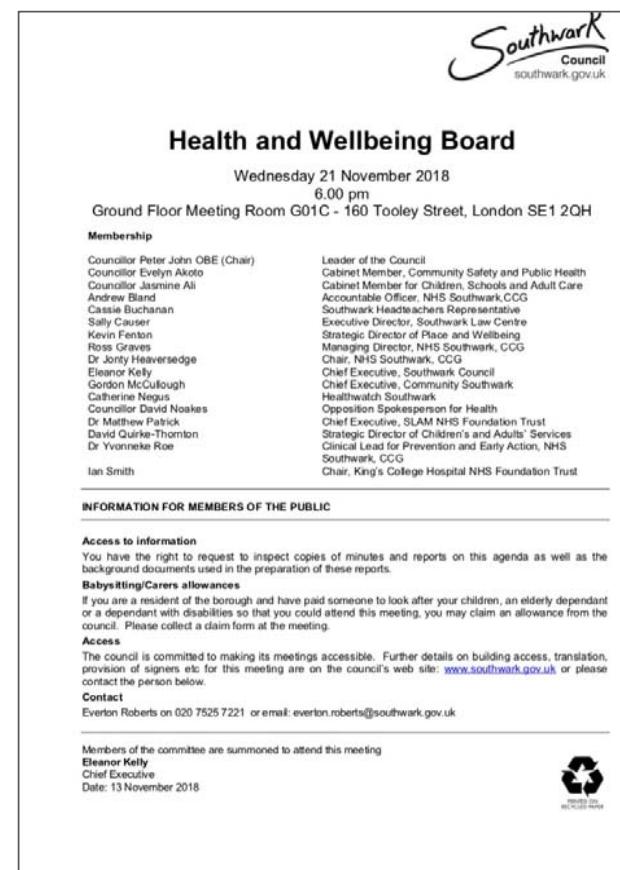
1. Frailty, dementia and end of life
2. Maternity, all children aged under 5 and children up to the age of 18 who live through adverse childhood experiences that could negatively impact on their life chances.



January 2018



September 2018



November 2018

CAMHS journey in Southwark



Joint Mental Health and Wellbeing Strategy 2018-2021

NHS Southwark
Clinical Commissioning Group
&
Southwark Council

- All-age strategy
- Agreed by Cabinet and CCG by January 2018

Action plan relating to CYP includes:

1. Joint review of CYP MH services including early help offer
2. Develop peer support for vulnerable young people who may not engage with MH services

Review of Child and Adolescent Mental
Health and Emotional Wellbeing Services
in Southwark

September 2018

FINAL V9 Sept 2018

Producing the Review involved.....

Audit of accepted and
rejected referrals,
benchmarking against
other areas

Engagement with
parents, carers,
CAMHS service
users and young
carers

One to one conversations with
key stakeholders including
paediatricians, GPs, social
workers, senior managers and
many more (130 respondents)

In depth conversations
with staff at SLaM who
deliver a huge part of
the mental health
services for children
and young people

Created a
survey for
those who
refer into the
service

Intelligence
gathering
including
pathways,
referral data,
service data

Focus group with
headteachers and
safeguarding
leads

KEY FINDINGS

- Evidence of some good and excellent services and good practice in Southwark
- Children, parents and professionals told us that the system is fragmented and complicated to navigate
- There are opportunities to improve access through schools, universal and/or targeted services
- Issues around transitioning between CAMHS and Adult MH services
- High thresholds and long waiting lists
- Funding is focused on specialist services and funding is higher for CAMHS services in Southwark than in neighbouring boroughs

**Review of Child and Adolescent Mental
Health and Emotional Wellbeing Services
in Southwark**

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KEY RECOMMENDATIONS

CROSS-CUTTING ORGANISATIONAL CHANGE

- ✓ System leadership
- ✓ Workforce development
- ✓ ICT and data sharing
- ✓ No wrong door – widening out access in schools, universal and targeted services

SYSTEM TRANSFORMATION

- ✓ Improving access - for triage, assessment and early help
- ✓ Streamlining pathways – so they make sense to families and professionals
- ✓ Improving transition – for those needing on-going treatment, care and support

SERVICE IMPROVEMENT

- ✓ ADHD pathway and service redesign
- ✓ Targeted service for CYP with conduct disorder
- ✓ Accessible support for parents of children of all ages
- ✓ Improving efficiency and opportunities for effective interventions by reducing DNAs

The Southwark Health & Wellbeing Board

- Presentation of the final report to the [Health and Wellbeing Board 21 November 2018](#)
- Voices of young people and parents with experience of CAMHS
- *Adverse Childhood Experience*
- *Access to CAMHS feeling like a competition*
- Key stakeholders reject NHS 35% target
- Motion to Council Assembly November 2018 support 100% of children and young people with mental health needs by 2020

Getting to 100%?

- Established a member & officer policy unit
- Steering group & Reference Group
- Great ideas from Southwark & elsewhere: Hive in Camden / Birmingham
- Digital tools for children & young people
- Prevention in schools £2m from the Council
- Open Access

Key Lines of Enquiry for CYP wellbeing and MH and youth violence

- Profile and diversity of service users
- Social model of delivery
- Community approach to prevention
- Family approach to treatment