

HEALTH AND ADULT SOCIAL CARE OVERVIEW AND SCRUTINY COMMITTEE

14 JUNE 2022

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH (TRANSITIONS)

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Summary

The paper summarises the Children and Young People's Mental Health transition arrangements currently in place as well as planned development areas.

1. Budget and policy framework

1.1. The NHS Long Term Plan (2019) renewed the national commitment to improve and widen access to care for children and adults needing mental health support. This included boosting investment to address clear ambitions for improving access to Mental Health services for children and young people, including:

- Investing in expanding access to community-based mental health services to meet the needs of more children and young people.
- Boost investment in children and young people's eating disorder services.
- Children and young people experiencing a mental health crisis will be able to access the support they need.
- Mental health support for children and young people will be embedded in schools and colleges.
- A new approach to young adult mental health services for people aged 18-25 will support the transition to adulthood.

- 1.2. During the pandemic, in April 2020, the eight Kent and Medway Clinical Commissioning Groups (CCGs) merged to become the NHS Kent and Medway CCG. While Medway had historically worked closely with Kent, the merger provided a greater opportunity to focus on making sure children, young people, young adults, and their families receive a consistent offer, regardless of where they live in Kent and Medway.
- 1.3. Locally the national ambitions are delivered through the Local Transformation Plan (LTP). The latest version of the LTP is a single plan across Kent and Medway, away from the previous Medway only LTP. The refreshed Kent and Medway LTP was published in October 2021, (Appendix 1) and focuses on delivering the NHS Long Term Plan. There is a specific workstream for young adults to develop clear transition pathways.
- 1.4. The Constitution stipulates that this Committee is the lead on scrutiny of health insofar as it relates to the transition between childhood and adulthood or where consultation by relevant NHS bodies or relevant health service providers bridge services for children and adults, with participation by representatives of the Children and Young People Overview and Scrutiny Committee when such matters are discussed. Accordingly, representatives from the Children and Young People Overview and Scrutiny Committee have been invited to the meeting for this item.

2. Background

- 2.1. While significant changes in the brain are a fundamental development phase of adolescence, these changes also continue into the mid to late 20s. During this time young adults are also confronted with physical, emotional and social changes which can contribute to the emergence of mental disorders including anxiety, depression, eating disorders and personality disorders. We know that one in four men and two in five women aged 17 to 22 years have a possible or probable mental disorder (NHS Digital, 2020). The Adult Psychiatric Morbidity Survey (2014) shows that estimated mental ill health is higher among 16- to 24-year-olds than the general adult population for many conditions; notably for self-harm, suicidal thoughts and suicide attempts (NHS Digital 2021). Between the ages of 16 to 25, young adults that move from a child-mental health system to an adult-system can find the process and change challenging and difficult to navigate. In many cases there is lack of advice and support as young people transition into adulthood. For some groups of young adults this is made much more difficult by the nature of their situation, for example care experienced children, children with disabilities and those from vulnerable groups.
- 2.2. The Medway Young Person's Wellbeing Service provided by the North East London NHS Foundation Trust (NELFT) has been operational since 2017 providing services for children and young people up until their 19th birthday. Medway Young Persons Wellbeing Service (MYPWS) provides local delivery of four clinical pathways: 1) Mood and Anxiety; 2) Behaviour and Conduct; 3) Substance Misuse (subcontracted to Open Road); and 4) Sexual Trauma and Recovery. Two services within MYPWS: neurodevelopmental and learning

disabilities for children over 11 years, and Crisis and Liaison Team are shared services across Kent to enable additional and more senior expertise to be available to Medway children and families.

- 2.3. Kent and Medway NHS and Social Care Partnership Trust (KMPT) offers specialist mental health support for people aged 18 years onwards
- 2.4. In Kent and Medway there is a commitment in the LTP towards developing an offer that is conceptualised, designed and led by young adults themselves. It is not the ambition to simply extend the current children and young people's mental health services up to the age of 25. A more dynamic offer will be developed which contributes to the Community Mental Health Transformation programme (adults mental health transformation) and delivers the principles of: being young adult led through employment, peer group approaches and participation, and growing the voluntary sector offer so that young adults can access more flexible and innovative support.

3. Advice and Analysis

- 3.3. During 2020/2021 the foundations for developing a comprehensive offer for young adults in Kent and Medway were laid down. Led by our understanding of local needs, inequalities and best practice, the following key approaches were taken:

- Expanding existing services through additional investment and Covid response work
- Commissioning new services
- Focused work with expert providers
- Work across agencies to improve transitions
- Increase access to evidence-based interventions

- 3.4. Expanding existing services through additional investment and Covid response work.

- 3.4.1. Responding to need three additional services were expanded across Medway:

- Porchlight "Be You" Project launched in Medway in 2021 to support people aged 13-25 years who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity. They offer a safe, welcoming and non-judgemental space where young LGBT+ people can explore their identity, get advice about coming out and family relationships.
- Mind and Body was commissioned in May 2021 to support 18–25-year-olds in Medway who may be self-harming or struggling with their mental wellbeing. They provide group-based work to encourage positive ways to manage difficult thoughts.

- Live Well Medway Live Well Kent and Medway provides free mental health support for people aged 17+. Young people can then choose to access support in person, online or over the phone.

3.4.2. The above services expand on the already existing offer below which reach across the traditional transition from young people into adulthood:

- K&M Mental Health Matters 24-7 helpline which is part of the Live Well contract and where Medway has a lot more activity than other areas. Although a fairly small proportion are calls from teens and twenties most of the callers are not asked their age, so it is not possible to establish the true number.
- Kooth provide anonymous and personalised mental health support and counselling for CYP aged 10 to 25 in Kent. The website provides online counselling as well as communal safe places for children and young people to communicate.
- METRO Stand Out is a group for lesbian, gay, bisexual, trans, non-binary, queer and questioning young people in Medway. It is for young people aged between 16 and 25, living in Medway identifying as LGBTQ+ or be questioning their sexuality or gender identity.

3.5. Commissioning new services

3.5.1. New demand through Covid led to a need for specialist bereavement services (CHUMS) and suicide bereavement service (Amparo) (all age) across Kent and Medway.

3.5.2. CHUMS offer specialist bereavement support to children and young people from 3½ up until their 26th birthday in Kent and Medway. Specialist support is needed when a child or young person is experiencing complex grief or traumatic bereavement. Referrals can be received from a variety of sources but to date parent and school referrals are main source. There has been a much higher than predicted demand for the CHUMS service, with referrals exceeding service capacity due to a combination of recruitment issues, complexity, and sheer numbers. CHUMS services are working with the CCG to support the increase in demand and reduce current waiting list times.

3.5.3. Amparo offers practical and emotional support for anyone bereaved by suicide in Kent and Medway. Amparo's local Liaison Workers aim to make initial contact within 24 hours of a referral being made. Support can be provided one-to-one, to family groups, groups of colleagues or peers. Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters such as: dealing with police and coroners; helping with media enquiries; preparing for and attending inquest and helping you to access other, appropriate, local support services.

3.6. Focused work undertaken with expert providers

3.6.1. Medway Council and the CCG carried out a range of insights work to build our understanding of the needs of Kent and Medway's young adults and their experiences of services.

3.6.2. A comprehensive review of mental health and well-being services and young people's experience of transition was undertaken by an independent social research company in 2021 (Tonic). This review consulted with over 600 Kent and Medway young people and families and professionals involved in their care. 19% were representations from Medway.

3.6.3. 82% of the young people we spoke to in Medway told us they had experienced difficulties with emotional wellbeing or mental health in the past and had sought help from or accessed from friends and family, GP, School, mental health services, helplines, A&E and online support.

3.6.4. In total 1 in 3 young people from Medway were currently accessing mental health support from a service.

3.6.5. Key finding for what "good" looks like in mental health services included: putting young people and their families at the centre of their care, identifying clear pathways out of children's services especially for those not eligible for adult services and improving the data processes for recording and monitoring progression for 18–25-year-olds.

3.7. Working across agencies to improve transition

3.7.1. A key part of the partnership working, and support provided by both MYPWS and KMPT is for a continuity of care for all who require their ongoing mental health needs met as they transition from a young person into adult's services. A transition lead hosted by KMPT was recruited to bring about developments across transition pathways. To achieve this MYPWS and KMPT teams have created dedicated link workers who oversee the transition of young people to adult services.

3.7.2. The joint transition planning now begins at 17.6 years and aims to be completed by age 18 years when the young person will be fully imbedded in an adult service, if needed. However, in some cases this can be extended dependent on the young person's needs should they need to remain in MYPWS for longer.

3.7.3. To initiate the transition process, a monthly locality transitional meeting is held with the multi-professional team comprising of social care colleagues (children and adults), education, primary care mental health worker, mental health link-workers and other specialists with vested interest in the young person's care. Decisions from this meeting are included in the transition care plan to which the young person and their families contribute.

3.7.4. For 6 months the link-workers will be joint working with the young person and their families, preparing them for adulthood within the mental health setting.

3.7.5. A clear escalation process has been created and a dedicated team called the Integrated Clinical Group established for complex issues pertaining to transition.

3.8. Increasing access to evidence-based interventions

3.8.1. Moving Forwards Pilot Project: this is intensive support provided through care navigators specifically for care leavers. This 12-month pilot project went live in Medway in January 2022 and there are currently 22 Medway care leavers being supported by the project. There has been good engagement, support, and a number of referrals received from the Medway 16+ team within Social Care. Care leavers are supported to access health and other support and taught how to navigate services.

3.8.2. Kent and Medway Young Persons Project: Intensive support for those leaving the criminal justice system. This 12-month pilot project went live in March 22 and is fully staffed with a project manager and 2 workers covering Elmley and Swaleside prisons. Following a phase of networking, marketing and communication with the prisons and probation, the service is starting to receive referrals. This pilot project is being supported by colleagues from The Violence Reduction Unit, NHSE/I Health & Justice, and Probation.

3.9. Future Developments for 2022/23

3.9.1 These are based on the feedback from young people throughout the reviews and areas under consideration for 2022 include:

- Dedicated drop-ins for 16–25-year-old. The drop-ins will provide a safe, confidential, and non-judgemental space and opportunity for young people to talk with empathetic staff about any issues that they present with. They will provide prevention and early intervention support, advice, and guidance. This may be as a one-off session or, dependent on their needs and wishes, and with the young person's consent, could introduce a choice of relevant support from other agencies.
- A dedicated 16 – 25 digital directory of resources which is easily accessible, and which will rapidly and effectively connect young adults to community services, organisations, resources, and groups that best suit their needs and preferences. The platform will link to existing digital resources and services. This will improve access and increase flexibility for young people.
- A bespoke training/workforce development package for those working with young people. The aim is to develop an evidence-based training package for professionals to support their work with young adults in mental health services. The training will be designed and developed in

response to the specific needs and gaps present in Kent and Medway, whilst drawing on peer-reviewed research and evidence from the wider field of young adult mental health.

4. Risk management

- 4.1. The LTP risks are associated with meeting the NHS Long Term Plan targets held by the CCG. Due to Medway's Partnership Commissioning arrangements, these risks are shared.

Risk	Description	Action to avoid or mitigate risk	Risk rating
Impact of Covid	Not being able to meet the needs of children and young people due to the impact of COVID-19 on services and their capacity to meet demand, increased complexity, and acuity of need.	We will continue to review emerging evidence to make sure our response is aligned with what the evidence is telling us, as well as listening to our young people, families, and workforce.	B2
Workforce	Not being able to recruit to proposed pilots or activity due to workforce shortages.	With an increase in programmes comes a pull on the same Mental health workforce. Need to consider options for training and build on capacity.	B2
Medway's Voice	Ensuring Medway's young people and stakeholders are heard.	Ensure Medway is an integral part of any decision and ensure we enable opportunities for voices to be heard. Ensure breakdown of participation represents Medway.	B2

6. Consultation

- 6.1. Kent and Medway CCG have commissioned a full time 16-25 Lived Experience Lead to work closely with young people and empower them to make real change to mental health and wellbeing services. This role represents the voices of young people in the Community Mental Health Transformation Framework, Transition Pathways and all other areas of young adult service development.
- 6.2. Young persons' engagement and consultation events are taking place in a number of ways, formally and informally, based on general mental health topics or more focused issues as required. We have access to a wide range of young people through our commissioned services and networks. There is currently a live survey aimed especially at young people who have experience of crisis services (<https://www.porchlight.org.uk/news/mental-health-survey-gives-young-adults-a-voice>)

7. Financial implications

- 7.1. The LTP money is held within the CCG and is accountable to NHS England. Medway's Partnership Commissioning across the CCG and Council oversee Medway contributions. There are no specific financial implications associated with this report.

8. Legal implications

- 8.1 The Equality Act 2010 places duties upon local authorities to ensure equality of access and outcomes and the Health and Social Care Act 2012 sets out local authority duties with regard to reducing health inequalities. Reduction of such inequalities is central to transformation work and the LPT plan details how the local authority's duties under these two Acts have been taken into account.
- 8.2 The NHS Constitution Standard, Access and Waiting Time Directorate details standards for waiting times for patients, who should wait no longer than 18 weeks from referral to time of first treatment. NHS England is committed to developing access and waiting time standards in mental health services across the whole life course and publishes standards of access targets for CCGs and across the Strategic Transformation Partnership footprints.

9. Recommendation

- 9.1. Members are asked to comment on and note the developments to date.

Lead officer contact

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Appendices

Appendix 1: Kent and Medway CCG Local Transformation Plan 2021

http://www.kentandmedwayccg.nhs.uk/application/files/1016/4362/1497/KM_CYP_MH_Plan_2021_V10.pdf

Background papers

References:

NHS Digital (2020)

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