

### Medway Health and Wellbeing Board

<b>Submit to:</b>	Medway Health and Wellbeing Board
<b>Date:</b>	15/01/2024
<b>Title of Report:</b>	Children and Young People’s Mental Health and Emotional Wellbeing Update- Medway
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#### **Current offer for Children and Young People’s Mental Health and Emotional Wellbeing-Medway:**

There is a wide breadth of mental health and emotional wellbeing support for children and young people across Kent and Medway, led by the Kent and Medway Integrated Care Board and Medway Council. The NHS Long Term Plan, Kent and Medway Local Transformation Plan and specifically the Medway Local Transformation Plan lay some of the foundations to addressing:

- Improving access for CYP to MH support
- Reducing waiting times
- Reducing health inequalities
- Increasing access to MH support within education settings
- Local Transformation Plan priorities (Crisis, Eating Disorders, LGBTQ+ and CYP with complex needs)
- Needs led approach to accessing MH support (Thrive model)

Specifically in Medway we support 0–19-year-olds and up to the age of 25 for those with special educational needs. Support is considered and mapped using the Thrive model and approach, which promotes needs led support, care and treatment, sharing a common language, reducing stigma, and a ‘no wrong door’ approach. Within Medway we have created an i-Thrive directory to aid navigation of mental health and emotional wellbeing support. Other frameworks we embed within Medway are Trauma Informed Practice (TIP) and Adverse Childhood Experiences (ACE’s) as these help the wider system better understand the needs of children and young people who present with mental health and/or emotional wellbeing needs.

Therefore, within Medway we have a variety of different services, workstreams and projects that support children and young people with their mental health and emotional wellbeing. Currently, we have available:

Medway Young Person’s Wellbeing Service	Providing specialist mental health support
NELFT’s Eating Disorder	Providing specialist eating disorder support

NELFT's Neurodevelopmental and Learning Disability Service	Providing ASD & ADHD assessment and treatment (for ADHD) for over 11's
MCH Neurodevelopmental Pathway	Providing ASD & ADHD assessment and treatment (for ADHD) for under 11s
Medway Emotional Support Team's	Providing support within education settings, by the end of 2025 50% of Medway's schools will have access to this support
MCH's Emotional Wellbeing Team	Provides emotional wellbeing support to CYP whose school does not have access to Medway Emotional Support Teams
Kooth	Providing a digital support service to CYP 10 years old up to age od 25
QWELL	providing a digital support service to those aged 18+
Short Intervention Therapy Service	Providing brief interventions to care leavers, those with a social worker or children in care
Small Steps	Providing peer and parenting support, long term conditions support and positive behaviour support
EBSA, emotionally based school avoidance	Sits within Medway's Educational Psychology team
Emerge	Support CYP in A&E departments who have attended due to mental health and/or self-harm
Care Leaver's Navigation Pilot	Supporting care leavers within Medway
CED Pilot in Medway Foundation Trust (MFT)	Supporting CYP who present to MFT with mental health needs

In addition, to the above we also chair a Complex Health Funding Panel which supports children and young people who may have needs that go above and beyond that of commissioned mental health services, and often require a multi-agency approach and joint funding considerations with children's social care and education partners.

We also provide Positive Behaviour Training to Medway professionals and parents/carers as well as a Community of Practice, and Expert by Practitioner Network. More recently we have commissioned Dialectical Behavioural Therapy (DBT) for Medway professionals, and we are looking to work with KCC colleagues in the roll out of Compass Training to embed DBT into the wider system within Medway to support CYP with complex needs.

#### **New Service Updates and pilots:**

CYP MH/EW Team have recently commissioned a new service called Short Intervention Therapy Service, provided by North Kent Mind. This service supports children and young people with

emotional dysregulation who are children in care, care leavers or have a social worker. They provide 1-1 and group brief clinical interventions such as DBT, CBT and Creative Therapies.

In addition, Small Steps provided by Family Action (Peer and Parenting Support for CYP Pre and Post Assessment of ASC), are now also commissioned to provide psychological support to CYP with Long Term Conditions such as Asthma, Diabetes, Epilepsy. In addition, they are sub-contracting the Positive Behaviour Support element of the service out to an external provider and this should go LIVE end of January 24.

Within partnership commissioning a new digital online service has been commissioned to support young adults 18+ with mental health and emotional wellbeing called QWELL. This service is provided by Kooth who provide 10–25-year-olds support online for mental health and emotional wellbeing. We are focusing our engagement work on Care Leavers, to develop and enhance the current offer for this cohort of young people.

### **Changes to future Children and Young People’s Mental Health Service Structure across Kent and Medway:**

All children and young people’s mental health contracts with current providers of services are due to expire by the end of August 2025 (excluding All Age Eating Disorders). New contracts will be developed that deliver modernised services that can better meet the needs of the population, enable the implementation of our transformation and deliver services that meet the needs of children and young people and ICS priorities, now and up to the next 10 years.

KMICB are taking the opportunity presented by the procurement process and ensure that new contracts will deliver evidence-based best practice care. We want our services to be targeted at the right time so they can help prevent children and young people becoming seriously unwell and provide specialist care when needed. Therefore, alongside engagement with providers and the market testing activity, we have established a clinical reference group (CRG), comprised of children and young people’s mental health specialists, to develop an evidence-based model of care which will become ‘Our Approach’.

Over recent months there has been a range of engagement including large-scale conference events, workshops and online surveys. There is in place a comprehensive engagement period between January and March 2024 to seek views from a wide range of stakeholders on the proposed new model of care.

The new structure for children and young people’s mental health and emotional wellbeing across Kent and Medway will be implemented August 2025, with three new contracts in place for:

- Education
- Therapeutic Alliance

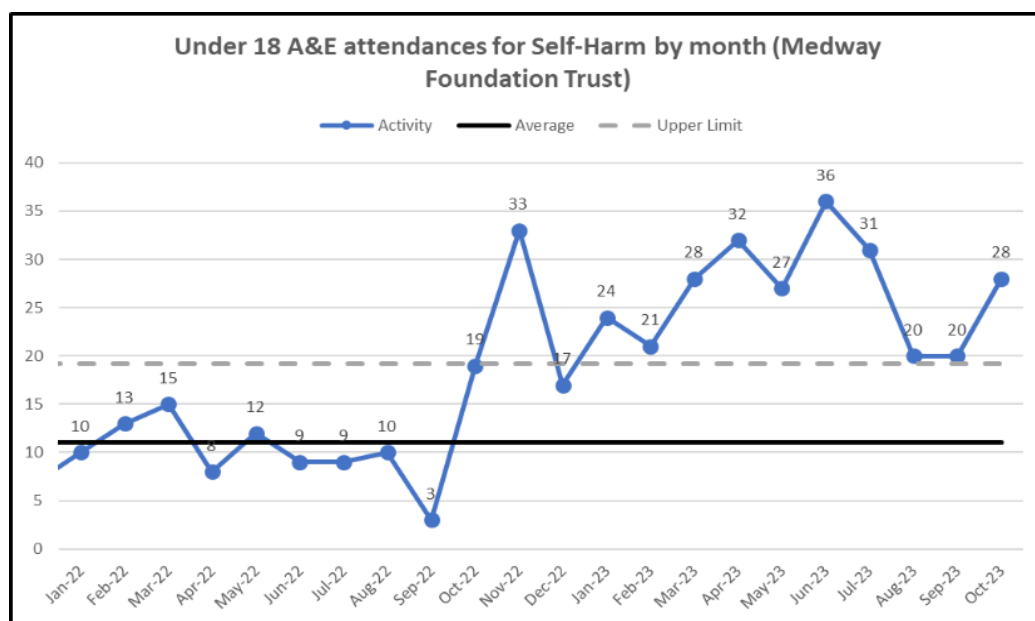
## Specialist Mental Health Service

Evidence based interventions and support will sit within each of the three contracts with a focus on partnership working between all the contracts and providers to ensure a smoother delivery of care and treatment for our children and young people.

### Self-Harm:

Attendances at Medway Foundation Trust for Self-Harm for under 18-year-olds whilst fluctuate, remain well above average with high spikes such as 36 attendances in June 23. These figures are the highest locally, and the data and feedback collated strongly suggests this is an area that needs exploring to better understand children and young people's needs and risks. In addition, there has been an increase in the number of children and young people who have committed suicide across Kent and Medway since 2020.

Diagram 1- Under 18 A&E Attendances for Self-Harm by month (MFT)



There are a number of resources and support in place in Medway regarding Self-Harm and Suicide Prevention. Support and services for self-harm for Medway CYP include:

- Local services such as Release the pressure
- Medway's Safe Haven (for 16+ years)
- Alumina self-harm training
- Kooth
- Calm Harm

-Medway Council's Child Health Team

-Emerge (supporting CYP within Medway Foundation Trust A&E)

-At recruitment stage for the CED Pilot in MFT (to support CYP who present to A&E for mental health reasons)

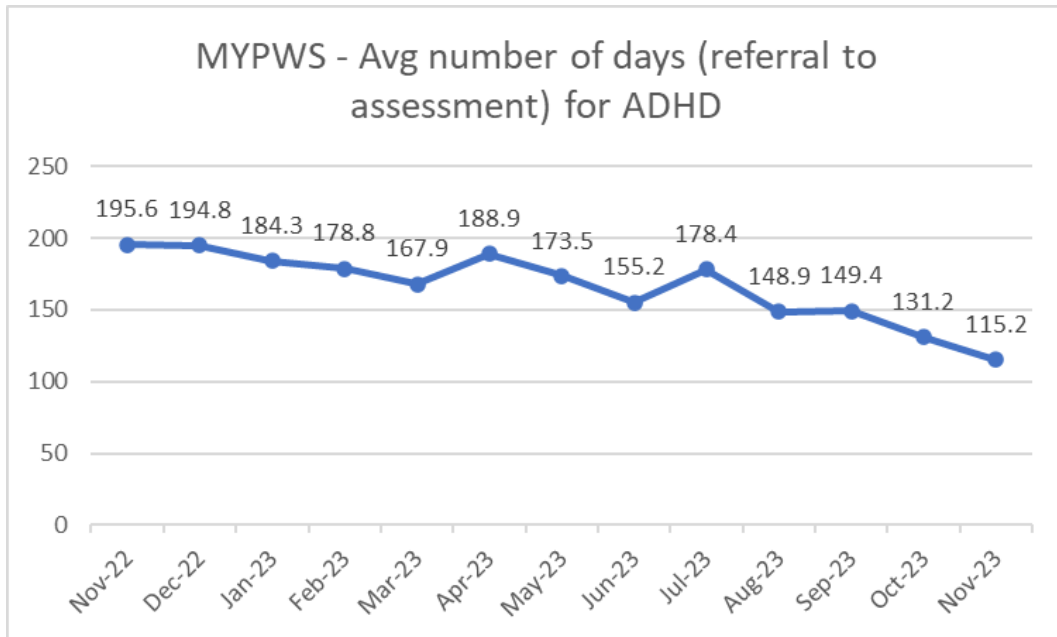
In addition, we work closely with Medway Council's Child Health Team who lead on CYP Self-Harm and Suicide Prevention within Medway, whilst working in collaboration with the KMICB's suicide prevention lead. There are annual suicide prevention conferences which our team attend, in addition to support and resources sent to the wider system around children and young people in Medway via our Medway Local Transformation Plan Board Meeting.

We will be collating and reviewing the data further to better understand trends and needs of YP. We will work closely with Medway Foundation Trust, NELFT's Crisis Team, ICB and Medway Council colleagues to gain a better understanding of need and risk and identify the barriers to accessing appropriate support and any commissioning gaps in services.

There has been shared learning across Kent and Medway in relation to children and young people who have sadly taken their own life; to inform practice and ensure we understand where we need to improve our service provision and support.

**Waiting times within NELFT's Medway Young Person's Wellbeing Service: (improved position):**

Medway Young Person's Wellbeing Service, now provide assessment and treatment for children and young people over 11's in regard to Attention Deficit and Hyperactivity Disorder (ADHD). The number of children and young people on the ADHD waiting list in Medway is smaller in comparison to those on the waiting list in Kent. From the graph below you will be able to see that the average number of days waiting on the ADHD waiting list in Medway has reduced since November 2022, and on average children and young people are waiting around 3 months for an assessment which is well below the NELFT Key Performance Indicator.



In addition to this, the number of children and young people waiting for an initial assessment (first assessment following being accepted to the team), are relatively low as shown below. The number of children and young people waiting over 18 weeks is 1 which shows a huge improvement since the COVID period. This means the majority of children and young people are being assessed under 18 weeks which is their Key Performance Indicator.

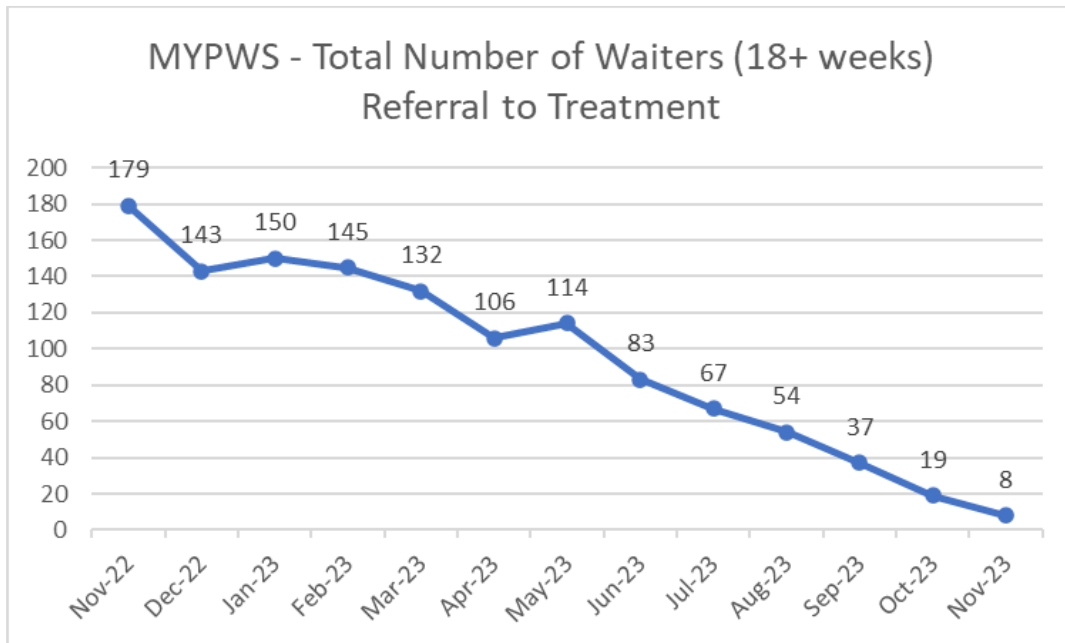
**Referral to Assessment | KPI 1i**  
**Medway CCG - Locality**

01 Nov 2022 to 30 Nov 2023

<div style="background-color: #004a87; color: white; padding: 2px; font-size: 0.8em;">Month end waiters for 0-17 weeks</div> <div style="background-color: #e6f2e6; padding: 10px; font-size: 2em; font-weight: bold; text-align: center;">51</div>	<div style="background-color: #004a87; color: white; padding: 2px; font-size: 0.8em;">Month end waiters for 18+ weeks</div> <div style="background-color: #e6e6e6; padding: 10px; font-size: 2em; font-weight: bold; text-align: center;">1</div>	<div style="background-color: #004a87; color: white; padding: 2px; font-size: 0.8em;">Narrative</div> <p style="font-size: 0.9em;">The team have worked hard to reduce the assessment waiting list as demonstrated by the reduction in 18+ week waiters.</p> <p style="font-size: 0.9em;">Team remain in BCP with high vacancy rate.</p>
<div style="background-color: #004a87; color: white; padding: 2px; font-size: 0.8em;">0-17 weeks - month end positions</div>	<div style="background-color: #004a87; color: white; padding: 2px; font-size: 0.8em;">18+ weeks - month end positions</div>	
<div style="background-color: #004a87; color: white; padding: 2px; font-size: 0.8em;">% of all waiters</div> <div style="background-color: #e6f2e6; padding: 10px; font-size: 1.5em; font-weight: bold;">98.08%</div>	<div style="background-color: #004a87; color: white; padding: 2px; font-size: 0.8em;">% of all waiters</div> <div style="background-color: #e6e6e6; padding: 10px; font-size: 1.5em; font-weight: bold;">1.92%</div>	

For assistance please email: [performance&site@nelft.nhs.uk](mailto:performance&site@nelft.nhs.uk)

This last graph shows the number of children and young people waiting over 18 weeks for treatment which evidences the improvement since November 2022, where 179 children and young people were waiting for therapeutic interventions.



### Challenges:

Within the Children and Young People's Mental Health and Emotional Wellbeing delivery it is important to note the challenges the system is currently experiencing.

- *Workforce- This is challenge locally but should also be noted as an issue regionally and even nationally. Poor staff retention and recruitment puts a strain on current workforce and ensuring CYP are able to be supported in a timely manner which impacts positive outcomes for CYP and increases waiting times. Action: The Kent and Medway Integrated Care Board as well as Medway Council work closely with providers to be solution focused with workforce issues. Within NELFT's Medway Young Person's Wellbeing Service, the recruit to train programme has been implemented over the last few years to improve the number of clinicians trained and employed by NELFT. In addition, we have been successful in securing additional training places via the Mental Health Support Team Programme, leading to an increase in clinicians being trained through this programme to support CYP within education settings.*
- *Volume of referrals- The volume and increase of referrals into CYP Mental Health and Emotional Wellbeing Services, impact waiting times and CYP being able to access services in a timely manner. Action: Procurement of the Short Intervention Therapy Service has enabled more CYP within Children's Social Care to be assessed and provided intervention*

without the need for specialist mental health services. On-going commitment to procure a service for Mood and Anxiety/Self-Harm within Medway to enable CYP to access earlier intervention services. New teams starting in Medway in the Mental Health Support Team Programme, which will increase the number of schools that will have Medway Emotional Support Teams within them.

- *Complexity of referrals- The complexity of referrals is increasing within Medway, and this means we need to ensure that the wider system is robust and equipped to support CYP with Mental Health and emotional wellbeing needs. ACTION: Continue with embedding Complex and Crisis Pathway within Medway, Complex and Health Funding Panel, supporting the DKW programme, and continue attending the Access to Resources and Disability panel. On-going commitment to procure a service for Mood and Anxiety/Self-Harm to enable earlier intervention and preventative support and reduce the referrals into specialist mental health services so that those CYP with complex needs can be seen in a timely manner.*
- *Self-Harm attendances to acute hospital- Medway Foundation Trust continues to see increasing numbers of CYP attend their A&E department for Self-Harm for under 18-year-olds. ACTION: New project officer role to commence in post Feb/March 24 who will take this on as a project. Data will be unpicked with MFT, NELFT's Crisis Team and the K&M ICB, and we will be looking to gain a better understanding of the needs of the CYP attending A&E for Self-Harm and any gaps within the system that may prevent and support CYP Self-Harm and A&E attendances. Medway Council's Child Health Team also take the lead on supporting CYP with Self-Harm alongside our K&M ICB colleagues, we will be looking to expand our Self-Harm offer in addition to the project.*