

## **Torbay Children's Oversight and Scrutiny**

### **Children's Mental Health**

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## Torbay Children's Oversight and Scrutiny

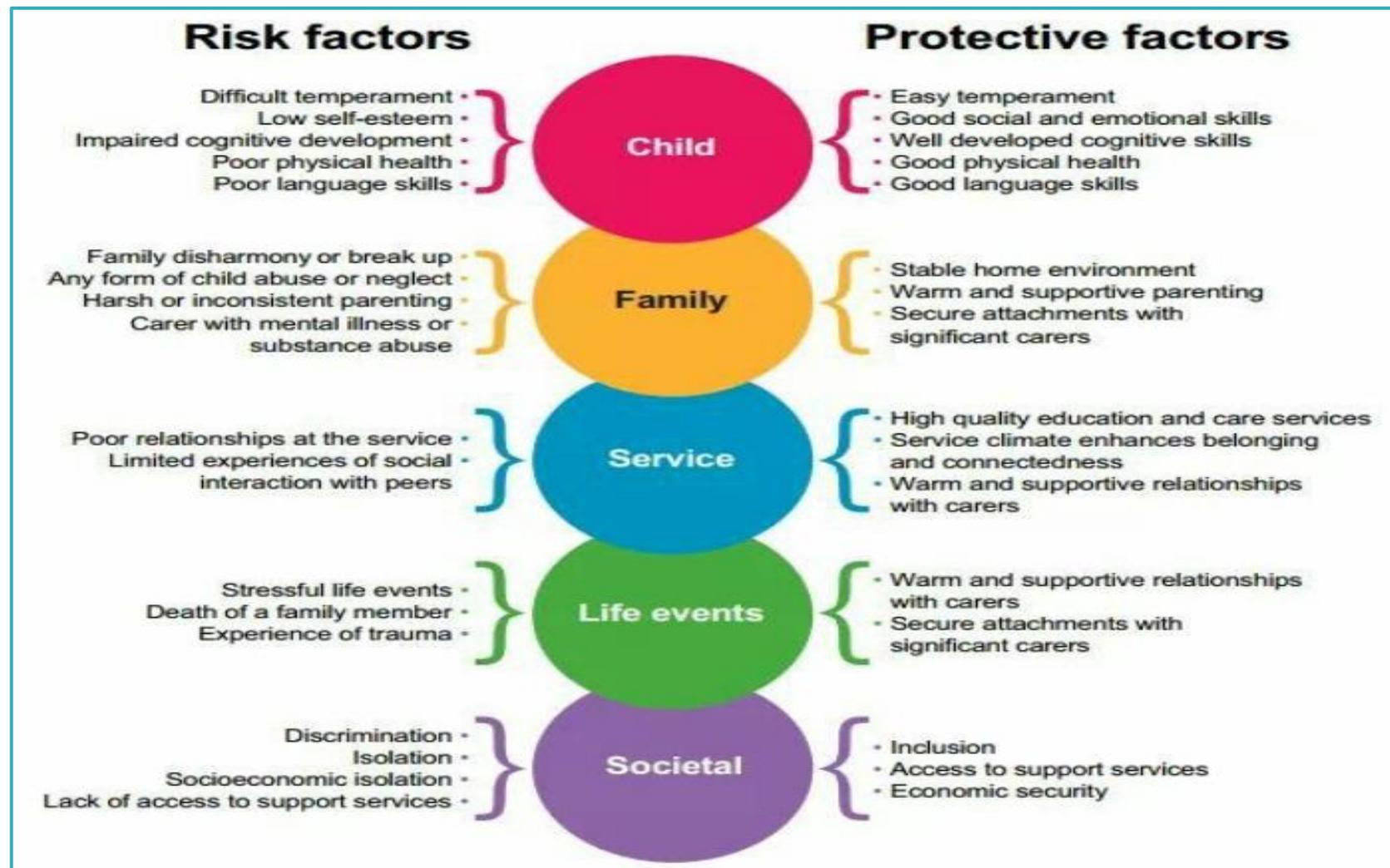
### Key lines of enquiry:

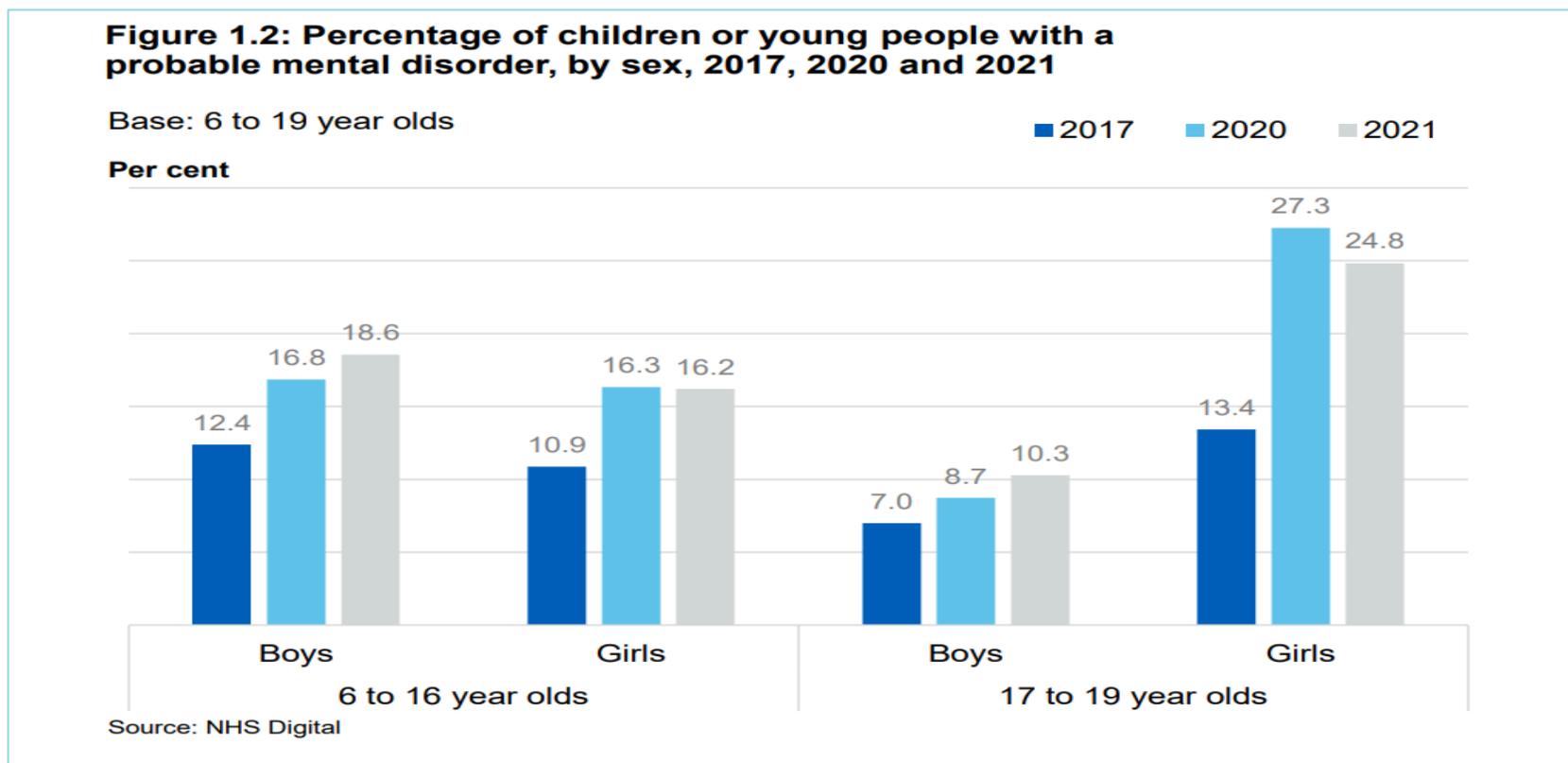
1. Update on CAMHS
2. The action being taken to reduce waiting times
3. Explore options for young people who do not meet the threshold for formal CAMHS referral or support.
4. CAMHS action to resolve the lack of a CAMHS support for the Youth Justice Service to ensure that provision of at least one day a week is provided
5. Access for young people to CAMHS services

- Understanding children's mental health
- Child and Family Health Devon integrated service provision
- Specialist Community CAMHS provision
- Torbay referral data
- Torbay waiting times
- Specialist CAMHS in-patient care
- Services supporting children's emotional wellbeing in Torbay
- Mental Health in Schools Teams
- Support for vulnerable young people
- SEND – EHCPs, partnership working
- Clinical in-reach to Youth Justice
- Service user feedback
- Considerations for the partnership

| Mental health conditions            | What are they?   | How common are they?   |
|-------------------------------------|--|------------------------|
| Emotional Disorders                 | Anxiety Disorders<br>Obsessional Compulsive Disorders<br>Depressive Disorder<br>Post Traumatic Stress Disorder | 8.1% of 5-19 year olds |
| Eating Disorders                    | Anorexia Nervosa<br>Bulimia Nervosa<br>Avoidant Restrictive Food Intake Disorder                               | 0.4% of 5-19 year olds |
| Behavioural Disorders               | Conduct Disorder<br>Oppositional Defiance Disorder   | 4.6% of 5-19 year olds |
| Psychosis                           |  |                        |
| <b>Neurodevelopmental Disorders</b> |  |                        |
|                                     | Attention Deficit & Hyperactivity Disorder (DHD)   | 1.6% of 5-19 year olds |
|                                     | Autism Spectrum Condition (ASC)  | 2.1% of 5-19 year olds |
|                                     | Learning Disability  |                        |
|                                     | Tic Disorders  |                        |

- Adverse childhood experiences are a significant risk factor for good mental health
- Stable home environment, access to support (education, housing, social, community, health) and warm, supportive attachment to significant others are key protective factors





Percentage of children with a probable mental health need is increasing year on year and was significantly impacted by COVID\*

\* <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england>

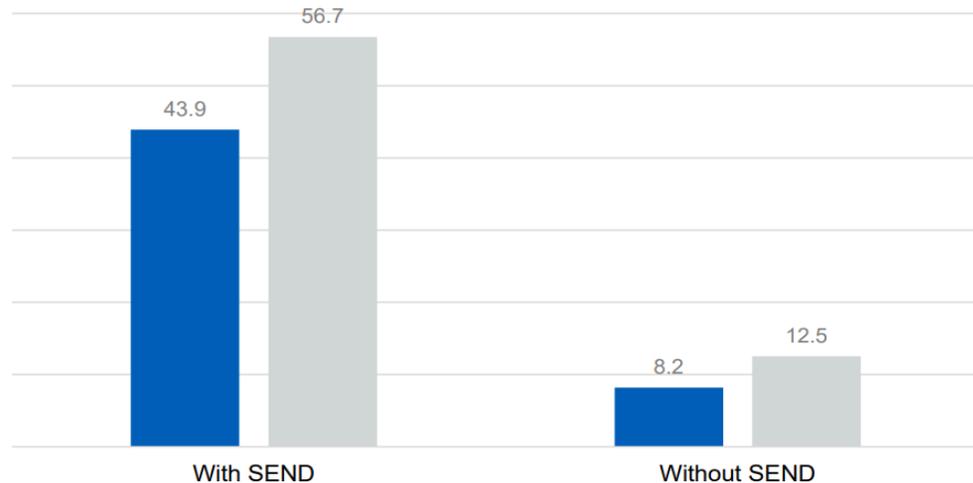
- Children with Special Educational Needs and Disabilities (SEND) are much more likely to have emotional and mental health needs
- COVID-19 had a significant impact on SEND population of children and young people

- Increasing presentation of children with eating problems over last 5 years
- COVID-19 had a significant impact on children and young people experiencing an eating disorder

**Figure 1.4: Percentage of children with a probable mental disorder, by special educational needs and disability (SEND) status, 2017 and 2021**

Base: 6 to 16 year olds

Per cent

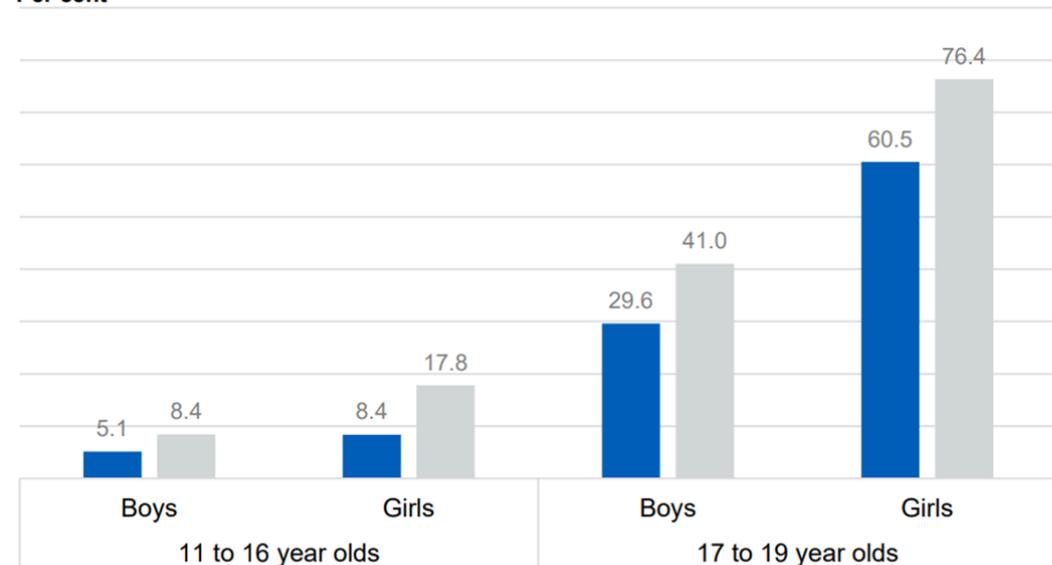


Source: NHS Digital

**Figure 1.5: Percentage of children or young people who screened positive for possible eating problems, by sex, 2017 and 2021**

Base: 11 to 19 year olds

Per cent



Source: NHS Digital

## Services provided include:

- CAMHS
- Children in Care services
- Learning Disability Services
- Occupational Therapy
- Physiotherapy
- Autism Diagnosis
- Speech and Language Therapy
- Childrens' Community Nursing
- Palliative care for children
- Infant and early years

**CFHD Services provided by**  
Torbay & South Devon NHS FT  
Devon Partnership Trust



## Key principles

- Integrated physical and mental health care
- Evidence based interventions
- Locally delivered with county-wide consistency
- Accessible to all who need it across all of our communities
- In partnership with children/young people and their parents/carers

## CFHD response

- Advice
- Consultation
- Signposting
- Group work
- Individual work
- Partnership work with other agencies
- Emergency, urgent and routine
- Community and home treatment

## Transformational change

- Services commissioned differently across Devon and Torbay April 2019
- Change process delayed by COVID
- Clinically led re-modelling of services being mobilised
- 10 new integrated pathways of care

Specialist Community CAMHS is provided as part of an integrated children’s community health service, CFHD. The service is delivered to children and young people from birth up to 18 years.

|   |   |
|---|---|
|   |   |
| Acute mental health needs   | Crisis assessment, including Mental Health Act assessment, intervention, support, assertive outreach and home treatment   |
| Moderate to severe / enduring mental health needs                           | Evidence- based, outcomes informed mental health assessment and treatment   |
| Mild to moderate mental health needs  | Online platforms and Apps – Kooth, Lumin Nova<br>Mental Health in Schools Teams<br>Consultation, support, advice to families and professionals, signposting   |
| Vulnerable children<br><i>Including Child in Need, on CP Plans, in care</i> | Collaborative working with Children’s Social Care including:<br>Joint assessments<br>Specialist mental health consultations<br>Evidence Based <i>Nurturing Attachments</i> Training<br>Fostering Relationships Programme<br>Reflective Practice Groups<br>Specialist foster carer support groups<br>Case discussion groups<br>Attendance at panels / meetings |

## Specialist Community CAMHS Services

Range of professionals

Multi-agency work

Online and in person

Crisis, urgent and emergency response.

Eating disorder and crisis investment

Investment in 7 x Mental Health Support in Schools Teams (3 in Devon; 2 in Torbay)



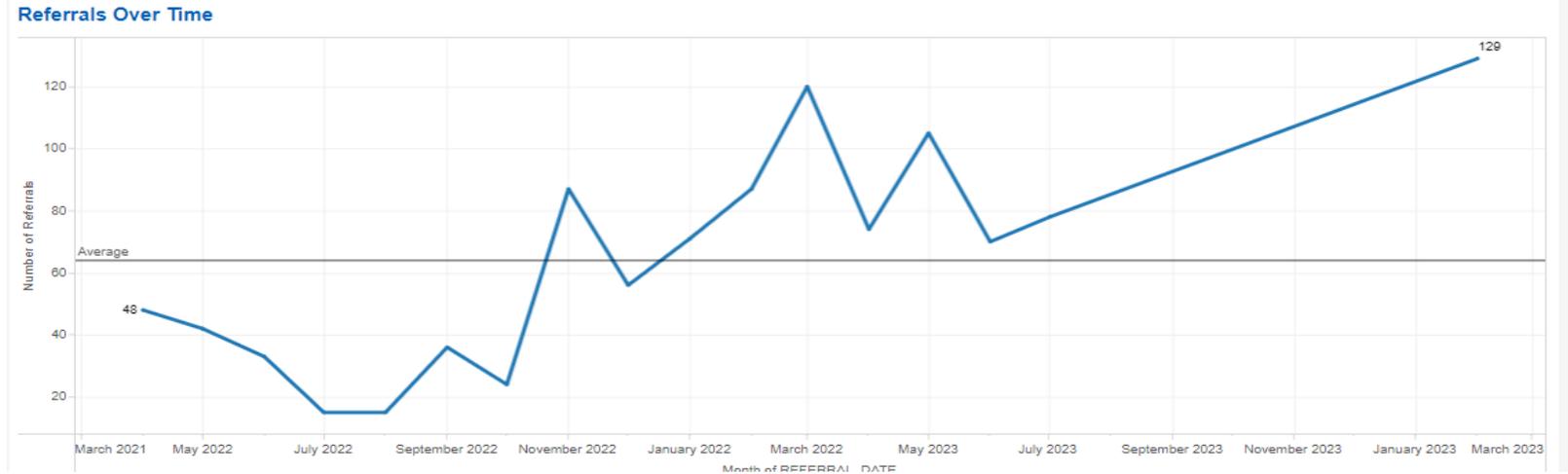
## Specialist CAMHS Inpatient services

Inpatient hospitals for childrens mental health provided in Plymouth, Somerset and Cornwall.

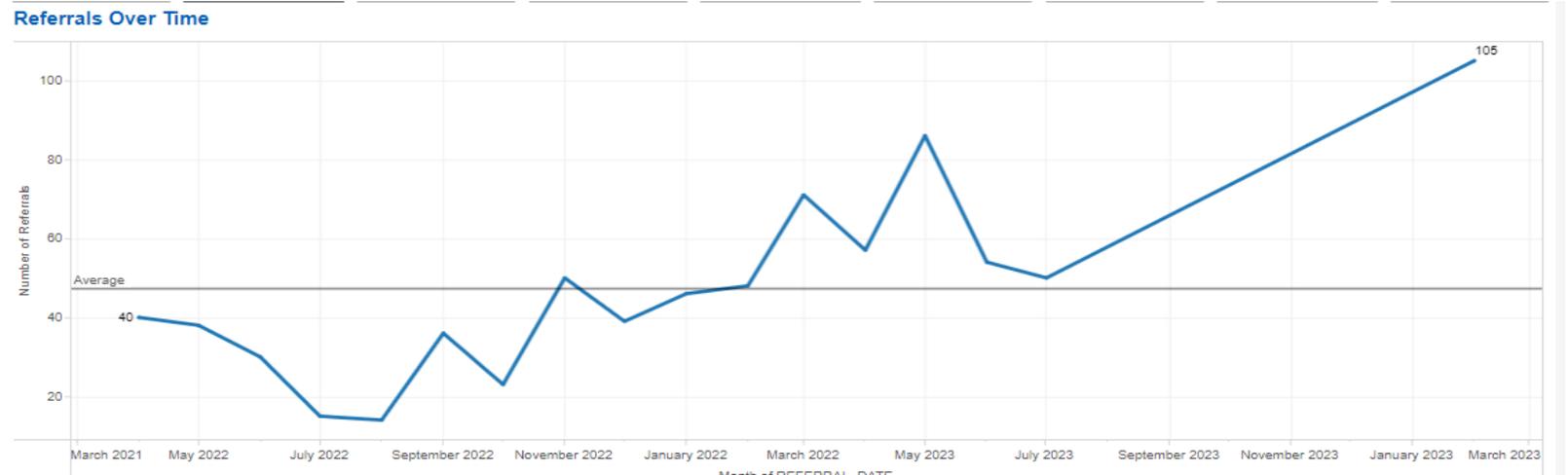
CFHD CAMHS: Lowest user regionally. Intensive community support services prevent hospital admission

- Referrals to Torbay CAMHS have increased over time.
- Referrals accepted by Torbay CAMHS have increased over time

## Torbay CAMHS Referrals Received



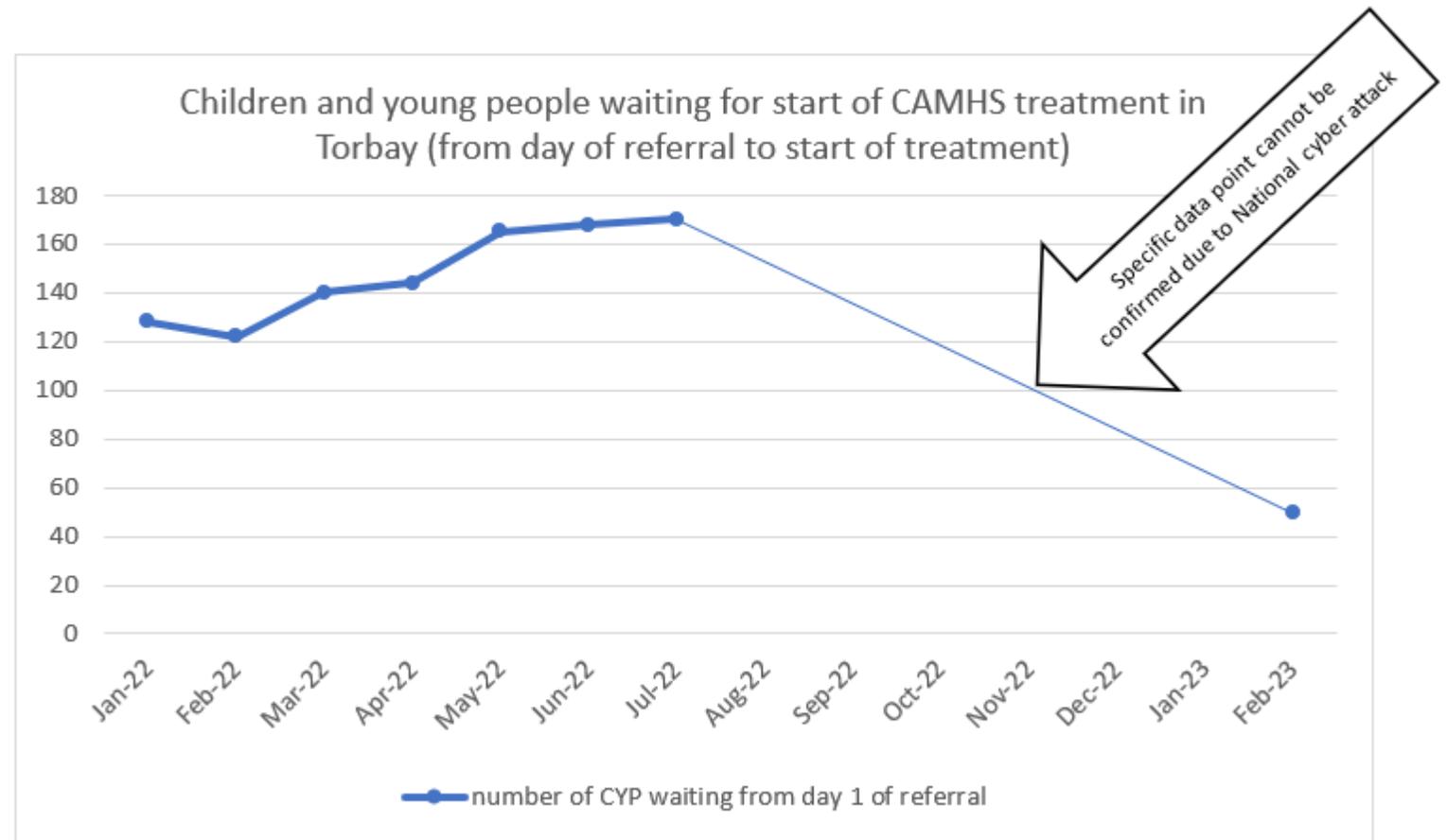
## Torbay CAMHS Referrals Accepted



- Number of children and young people waiting for start of treatment in Torbay CAMHS has decreased over time.
- 80% of children and young people are seen within the 18 week waiting target with recovery of 92% target predicted by August 2023

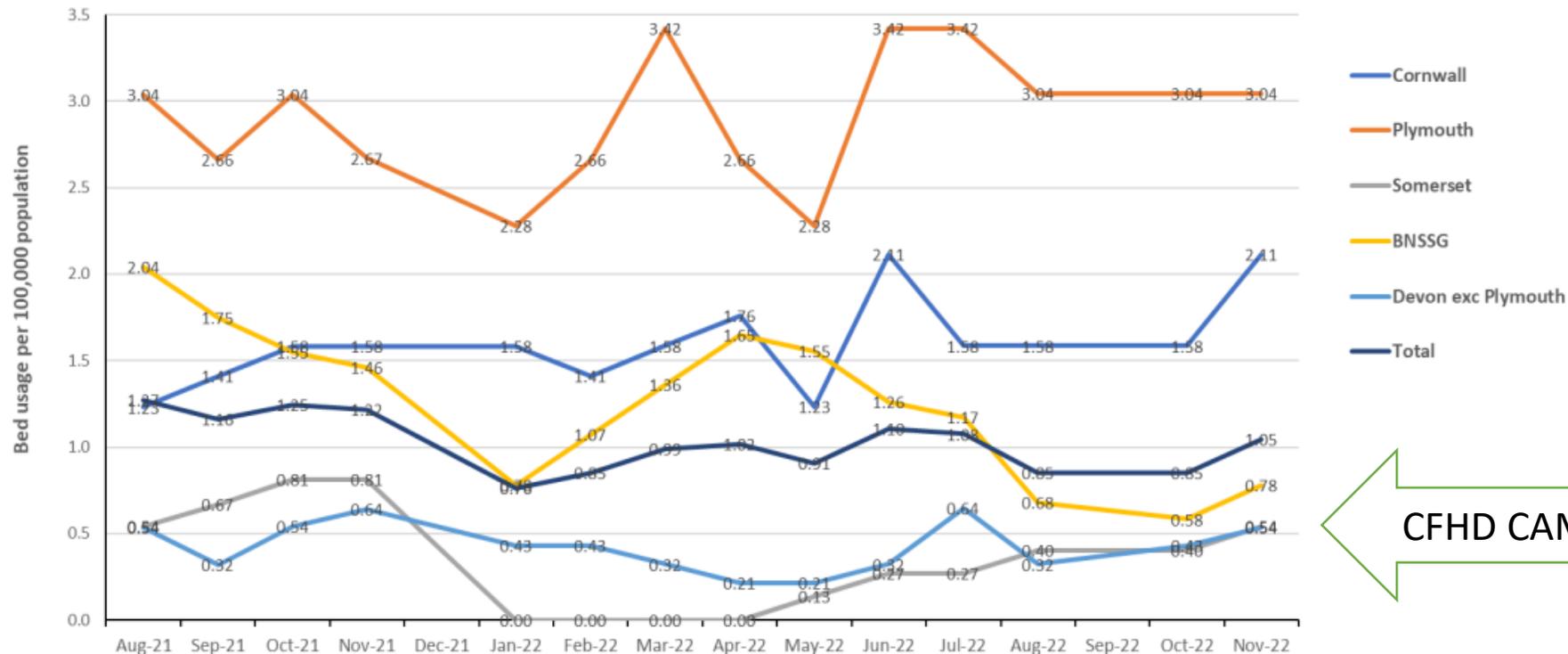
Improvements in waiting times have been achieved in the following ways:

- Increase in staff including agency staffing
- Improvements in caseload management
- Improvements in waiting list management
- Increased supervision
- Improved care planning and discharge planning
- Re-establishment of groups, for young people and parents/carers, that were stood down through COVID
- Partnership working to improve quality of referrals and multi-agency approach



There is strong evidence indicating that children and young people’s outcomes are improved by receiving care for acute mental health needs within their communities. Preventing hospital admission enables young people to remain in their communities, families, education and receive support from their social networks.

In Devon and Torbay children and young people receive community treatment that reduces use of Tier 4 inpatient treatment. Lowest use of inpatient care across the region ensuring children receive care as close to home as possible, with community care that is shown to have the best long term outcomes.



CFHD CAMHS

Children's Social Care, Public Health Nursing, Children's Centre's (Action for Children) Education (Schools, Colleges, Education Psychology)

|   |  |
|---|--|
| Kooth online counselling services <a href="http://www.kooth.com">www.kooth.com</a>  | On line moderated chat room, advice, forums, counselling   |
| Lumin Nova <a href="#">Lumi Nova: Tales of Courage</a>  | App for anxiety management   |
| Torbay Well-Being Centre - Checkpoint (Children's Society):   | counselling, early help, drug and alcohol work, CSE/post sexual abuse work   |
| Space* <a href="https://spacepsm.org/">https://spacepsm.org/</a>  | Youth work, early intervention, targeted support, self esteem and confidence building projects.  |
| TDAS (Torbay domestic abuse service)  | support for individual and families, including helping hands - An preventative action programme for children aged 7-11 years               |
| Play Torbay:  | A social and support group for children and young people on the Autism Spectrum Condition (ASC) and their parents/carers and families      |
| Sendiass <a href="http://sendiasstorbay.org.uk/">http://sendiasstorbay.org.uk/</a>  | Information, advice and support for young people & parents/carers of children with special educational needs and/or disabilities aged 0-25 |
| South west Family Values<br><a href="https://southwestfamilyvalues.org.uk/">https://southwestfamilyvalues.org.uk/</a>                       |  |
| Children and Families in Grief<br><a href="https://www.childrenandfamiliesingrief.co.uk/">https://www.childrenandfamiliesingrief.co.uk/</a> |  |
| Childline <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>   |  |

- Mental Health Support Teams are funded nationally
- CFHD CAMHS have funding to work into 35% of schools across Devon and Torbay. 50% of Torbay Schools have MHST teams (proportionally higher level of service).
- MHST support includes whole school activity, mental health workshops, parenting workshops, and training and consultation for education staff, as well as individual low intensity CBT work (mild to moderate needs) with children and young people.

## MHST Torbay activity September 2022 – February 2023

|  |  |
|--|--|
| Workshops for children and young people        | 84 workshops<br>1,271 children attended  |
| Workshops for parents/carers                   | 8 workshops<br>110 parents/carers attended   |
| Workshops for education staff                  | 151 workshops<br>518 attendees   |
| Individual consultations for teaching staff    | 62 consultations   |
| Individual work with children and young people | 226 children seen<br>1 young person currently waiting (has not responded to invite). Longest wait 3 weeks. |

## Schools with MHST teams in Torbay:

Paignton Academy BRC  
 Brixham College  
 Torquay Boys Grammar  
 Mayfield School Torquay (Specialist)  
 The Spires College  
 St Cuthbert Mayne School  
 Torquay Academy  
 South Devon College  
 Kings Ash Academy  
 Curledge Street Academy  
 All Saints, Babbacombe School  
 Roselands Primary School Paignton  
 Oldway Primary School  
 Shiphay Learning Academy  
 Torre Academy  
 Watcombe Primary School  
 St Marychurch CofE  
 Furzeham Primary School  
 Sherwell Valley Primary  
 Homelands Primary School

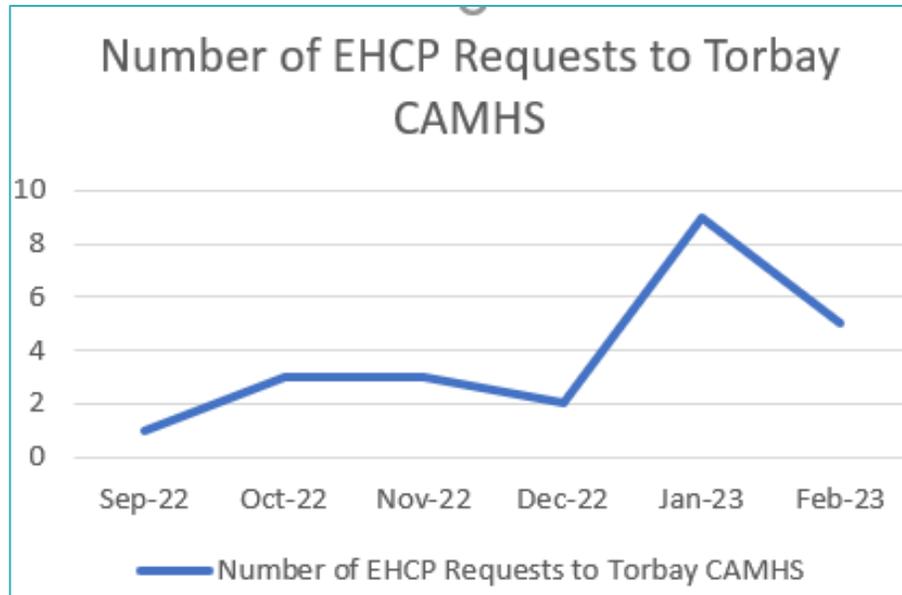
## Therapeutic Wellbeing Service

- *Collaborative work between Children social care and CFHD to redesign the offer*
- *Based on Torbay's need (children, carers & staff)*
- *Promotes joint working across agencies to manage the diverse and complex needs of these vulnerable group*

### Service Provision

- Provision for Children in need (CiN) and children subject to child protection plans (CP)*
- Provision for children identified as looked after by the local authority - children in care (CiC).*
- *Joint assessment - CAMHS and Social care colleagues working collaboratively together to assess need.*
- *Facilitated reflective groups, case discussions on specific areas of practice*
- *Specialist foster Carer support*
- *Fostering relationship programme: 3-6 therapeutic sessions to CiC & carers*
- *Evidence based nurturing attainment training – 18 sessions evidence based group*

- Number of EHCP requests to Torbay CAMHS ranged from 1 – 9 per month in the last 6 months
- No current EHCP requests outstanding.



CAMHS attendance at partnership meetings focusses on meeting the needs of children with complex, high risk needs or vulnerabilities as well as focussed system development pieces of work. Some of the regular meetings attended include:

- Education medical panel meeting (fortnightly)
- Education care and management board (weekly)
- Education Quality Effectiveness Group (6 weekly)
- Prevent Panel (monthly)
- MACE meeting (monthly)
- Acute Paediatric meetings (monthly)
- Place of Safety and SWAST meetings (monthly)
- First Steps Project (monthly)
- Transitions meetings (monthly)
- SEND WOSA working groups and oversight group

CFHD contribution to Youth Justice Services in Torbay comprises 1 x full time Senior Mental Health Practitioner and 1 x part-time Speech and Language Therapist. In Devon, CFHD contribution to the Youth Justice Service consists of 2.2 x Senior Mental Health Practitioners and 1 x full time Speech and Language Therapist.

There has been a long standing Senior Mental Health Practitioner vacancy for Torbay YJ. This has been addressed in the following ways:

- Recruitment progressing externally, internally, through agency staff search and bank staffing
- Consultation and advice with named CAMHS clinician linking to YJT team (half a day per week)
- Prioritisation of referrals from YJT into Torbay CAMHS team
- Assessment and intervention in place for children and young people in Torbay, from Exeter based, specialist YJT Mental health staff 1 – 2 days pw as required.

CFHD whole-service transformation has developed a Vulnerable Children's pathway of care, within which Youth Justice staff will be managed going forward. YJT health staff have been involved in a formal consultation process about this which was concluded in February 2023. This will achieve the following:

- Improved, centralised health management of youth justice staff (mental health and speech and language therapists) and development of their specialist practice
- YJT health staff embedded in a multi-disciplinary team, increasing access to multi-disciplinary CAMHS professionals, including Clinical Psychology, Consultant Psychiatry, Family Therapy, CBT practitioners, Trauma focussed practitioners, specialist nursing.
- Greater ability to prioritise the needs of children and young people, involved with the youth justice system, across Devon and Torbay, using specialist YJT staff capacity accordingly.
- Increased resilience to manage specialist healthcare YJT vacancies, and periods of staff absence, across the Devon and Torbay area.
- Senior, professional, clinical and operational leadership focussed on youth justice healthcare service provision across the county.

*"I am not sure how to say thank you for 4 years worth of support and advocacy. Thank you for believing in me, fighting my corner and for being there for me. I always thought leaving CAMHS would be a scary and unsettling thing, however, whilst I know it will be difficult saying goodbye feels right and natural. I'm so proud of how far I've come and I'm looking forward to where I am going. I think the quote below feels very apt for today 'may I always remember how long I have dreamed of where I am today' and without your support, it just wouldn't have been possible".*

*"You probably don't remember me, but you used to counsel me about 9 years ago when I was a teen. I basically just wanted to say that those meetings were pivotal to my mental health and probably saved my life. I later went to university and became the happiest I've ever been, and I have just finished a Master's degree which is something I never thought I'd ever reach, so thank you very much".*

*"We just wanted to give everyone who has helped us over the past 1/2 years a quick update and highlight our huge appreciation of your efforts on our behalf we couldn't have got here without you".*

*"XXXX is now up and out of the house 5 days a week! His attendance is 100% and for the last few weeks has been on time or sometimes even early!!!".*

*"Huge thanks to CAMHS who thank goodness we met at the right time and the right place, who through their constant kindness, humour, firmness and confidence in xxxx have encouraged him to believe he can be well again. Thank you also for choosing the right team to work 1:1 with XXX. We can't thank you all enough".*

*"Thank you and your team for everything you have done for L and our family over that last 2 years. I have really appreciated your professionalism, perseverance and skill during our time under your team. I am very aware you probably do not get a lot of appreciation from patients nor satisfaction in seeing them once recovered as they move on. So all the more respect for doing what you do. Thank you again for all your support".*

*"I'm so glad that it was a happy last session! HE said when we hung up that he's going to miss you! As his mum I cannot thank you enough for helping us through the last few months – at one point I had no idea how to help but now we have a bit of a plan, he has wats to help himself and he feels so much better in himself, thank you so much".*

*"Thank you for everything you've done for me over the years. I know I haven't always been the easiest of patients but you've really helped me in so many ways. Thank you for never giving up on me and for supporting me even in my lowest times. I am forever grateful to you".*

*"We are grateful for all the time, expertise and support you have given XXX and our family. Especially thank you for showing that you care about XXXX as an individual and always showing her compassion. We will certainly miss you".*