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| REPORT TO: | Health and Wellbeing Board 22 January 2020 |
| SUBJECT: | Improving mental health and emotional wellbeing in children and young people in Croydon |
| LEAD OFFICER: | Michelle Quinn/Pasquale Brammer |
| PUBLIC/EXEMPT: | Public |
| <p>CORPORATE PRIORITY/POLICY CONTEXT/AMBITIOUS FOR CROYDON:</p> <p><i>Include here a brief statement on how the recommendations address one or more of the Council's Corporate Plan priorities:</i></p> <p>Corporate Plan for Croydon 2018-2022</p> | |
| <p>BOARD PRIORITY/POLICY CONTEXT:</p> <p>Giving children and young people a better start in life is one of eight priority areas in Croydon's joint Health and Wellbeing strategy 2018-2023. This report provides further information about plans to deliver this priority specific to emotional wellbeing and mental health.</p> | |
| <p>FINANCIAL IMPACT</p> <p>There are no financial implications arising from this report.</p> <p>There could be financial implications associated with individual commissioned activity in the future as a result of the work undertaken on the priorities detailed in the report, once identified, these will require the relevant approvals as they arise.</p> | |

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| <p>1. RECOMMENDATIONS</p> <p>The Health and Wellbeing Board are recommended to:</p> <ul style="list-style-type: none"> • Note the additional investment for emotional wellbeing in schools through the Mayor's Young Londoners Fund; • Note the projects that are developing joint working across the council, CCG and mental health service providers to improve delivery of emotional wellbeing and mental health services; • Note the 2019 Refresh of the Local Transformation Plan for children and young people's emotional wellbeing and mental health as required by NHS England. |
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2. EXECUTIVE SUMMARY

2.1 A report presented to the Health and Wellbeing Board in October 2019 provided

an update on the work overseen by the Children and Young People's Emotional Wellbeing and Mental Health (CYP EW&MH) Partnership Board and focused on:

- Progress achieved across the 4 workstreams of the CYP EW&MH Partnership Board, agreed by the Health and Wellbeing Board in 2018/19;
- Introduction to the Mental Health Support Teams in schools trailblazer, an investment by NHS England;
- Progress on the 2019 refresh of the Local Transformation Plan, an annual requirement of NHS England.

2.2 This report provides further information across emotional wellbeing and mental health services for Croydon's children and young people:

- Additional investment in emotional wellbeing in schools via a successful bid to the Mayor's Young Londoners Fund;
- Progress achieved in redesigning services to deliver improved outcomes for children and young people:
 - Emotional wellbeing and mental health to join multi-agency Single Point of Contact (SPOC)
 - Specialist emotional wellbeing team to join Children Looked After service
 - Joint council and CCG contracts for voluntary sector providers
 - Expanding our reach for engagement with children and young people, their teachers and families
 - Planning to deliver a needs assessment specific to children and young people's emotional wellbeing and mental health;
- Review of the final version of the 2019 refresh of the Local Transformation Plan for Children and Young People's Emotional Wellbeing and Mental Health, to be submitted to NHS England.

3. SUCCESSFUL BID: MAYOR'S YOUNG LONDONERS FUND

3.1 In December 2019, it was announced that Croydon had secured a three year £1.25 million grant through the Young Londoners Fund, the Mayor of London's flagship programme tackling youth violence, one of only five boroughs to receive funding this year.

3.2 The Croydon Community Partnership Against Trauma project will be led by voluntary sector partners, including Croydon Voluntary Action, Croydon Drop In and Palace for Life. It will directly address priorities from Croydon's long-term strategy focused on reducing youth violence - building partnerships that bring families, schools and local communities together in an integrated programme that equips young people with the tools to overcome a range of adverse childhood experiences and the skills to achieve their goals. It will drive our commitment to creating trauma-informed school communities.

3.3 Targeting support at the transitional phases between primary/secondary and school/college, the project will extend the alternative provision role in supporting

young people with social and emotional problems into mainstream education and use community-based activities to tackle the root causes of youth violence.

- 3.4 The project will be delivered alongside the Mental Health Support Teams in schools Trailblazer; a centrally funded programme of professionals offering advice, support and brief interventions in schools in Croydon. Work is underway to ensure strong collaboration between these different projects. Sarah Hayward, Director of Croydon Violence Reduction Network, Shelley Davies, Director of Education and Steve Phaure, Director of Community Voluntary Action, have agreed to be members of the Trailblazers Steering Group, and this will support strong leadership with links into the wider Croydon Partnership Early Help Network.

REDESIGNING SERVICES FOR IMPROVED OUTCOMES

- 3.5 There are five projects currently underway or in planning stage that will take forward our commitment to redesigning services in ways that improve outcomes for children and young people.

Single Point of Contact

- 3.6 The project is on-track. From late January 2020, the existing multi-agency single point of contact (SPOC) service will expand to include emotional wellbeing and mental health.
- 3.7 Practitioners from South London & Maudsley NHS Foundation Trust (SLaM) will be co-located at Bernard Weatherill House, joining specialists from social care, early help, health visiting, education, safeguarding, police, and housing services. A new online referral form has been developed with the support of Selsdon Park Medical Practice in testing for usability. All information sharing and user confidentiality concerns have been addressed and a protocol put in place.
- 3.8 Over the next six months, the service will be evaluated to determine how it is working and identify future developments. This may include further training for team members, modification to the pathway flow, or expansion of staffing numbers.
- 3.9 Improved outcomes expected:
- All referrals will be accepted. The team will identify the needs of the individual and pass the referral onto the most appropriate service. This may include: NHS mental health, voluntary sector providers, or early help;
 - A single referral will be sufficient even if several different service providers will need to become involved;
 - Emotional wellbeing and mental health needs will be included in multiagency team discussions about how best to meet the needs of an individual.

Specialist team for Children Looked After

- 3.10 We have re-designed the emotional wellbeing service provision for children who are looked after by the local authority. The project will go live in April 2020.
- 3.11 Taking our growing understanding of the impact of adverse childhood experiences, a small team of specialist mental health practitioners will be co-located with the children looked after social care service at Bernard Weatherill House. This will be an investment of approximately £222,000 in the first instance.
- 3.12 The principle behind this new service is that rather than waiting for a child or young person to display symptoms of significant mental ill health, there should be a focus on early intervention and prevention, thus supporting stability of placements and giving children a stronger foundation for emotional and educational attainment.
- 3.13 Over the next twelve months, the service will be evaluated to determine how it is working and identify future developments. It is anticipated that an expanded team will be required to support all children looked after.

Improving voluntary sector contracts arrangements

- 3.14 We are working to offer increased clarity and stability of funding for two key voluntary sector partners currently delivering emotional wellbeing services for children and young people. Effective from April 2020, Off The Record and Croydon Drop In will each have a single contract that has been jointly developed by Croydon Council and Croydon CCG, that can replace the nine individual smaller contracts currently in operation.
- 3.15 Together, this will align up to £1.1m of funds for emotional wellbeing, tackling some of our key priorities and also supporting the drive to deliver these services in localities.
- 3.16 The innovative joint contracts will include all NHS clinical & service quality requirements, alongside all Croydon Council social value and “Value Croydon” commitments. From the providers’ perspective, the contracts will enable them to focus their energy on delivering outcomes and also offer some security as they move away from a year-to-year funding cycle towards a contracting arrangement that could operate for up to five years.
- 3.17 The services delivered are: support service for Young Carers; face-to-face & digital counselling; emotional wellbeing advocacy & advice; and specialist outreach for excluded groups, including black & minority ethnic (BAME), refugee & unaccompanied asylum-seeking youth.
- 3.18 These changes will create stability in the local market and also in our strategic partnerships as we take forward redesign of the wider emotional wellbeing and mental health landscape, working more closely in localities and with Early Help services.

Engagement with children and young people, their teachers and families

- 3.19 As emotional wellbeing services begin to become more available in our school communities, through initiatives such as, Mental Health First Aider leads, the Mental Health Support Teams in school trailblazer, and the Community Partnership Against Trauma project, we will see a change in the levels of engagement we achieve, and the impact this can have on service redesign.
- 3.20 While Croydon has always had quality engagement with children and young people, finding those individuals able to provide feedback around emotional wellbeing and mental health services has been limited to forums supported by contracted service providers, such as SLAM and Croydon Drop In.
- 3.21 As the new services roll-out across our school communities, we will gain greater insight because our reach will be wider: we will begin to receive insights from young children in infant school; young people transitioning at primary/secondary and secondary/college; teachers supporting year groups undertaking exams; pastoral leads and family members supporting children and young people through life events, such as bereavement. This will allow engagement to reach more people, where only some individuals will have sought support from our contracted service providers.
- 3.22 This ability to engage with and learn from the experiences of young people from very low to very high mental health support needs will shape the long-term services that we design to replace the short-term funded pilot programmes.

Needs Assessment

- 3.23 Understanding the needs of children and young people's emotional wellbeing and mental health is key to supporting transformation of the system and enabling the best commissioning decisions. A Children Looked After Needs Assessment is currently being undertaken due to report to the Children and Young People's Emotional Wellbeing and Mental Health Partnership Board in February 2020.
- 3.24 A wider review will be undertaken as part of the All Ages Mental Health Needs Assessment in the first quarter of 2020. This is currently being scoped and will report to the Children and Young People's Emotional Wellbeing and Mental Health Partnership Board.

4 2019 REFRESH OF THE LOCAL TRANSFORMATION PLAN

- 4.1 The first draft of the 2019 refreshed Local Transformation Plan for children and young people's emotional wellbeing and mental health was submitted to NHS England, as required, on 31 October 2019. An updated version was submitted on 11 December 2019 as required, for review by the quality assurance team.
- 4.2 Further work has been undertaken, and The Plan now includes updates on the 4 priorities identified by the Health and Wellbeing Board in 2018/19, and addresses all 106 Key Lines of Enquiry as required by NHS England.

- 4.3 The Plan was presented to CCG Senior Management Team on 10 December 2019 and all recommendations incorporated into this final version (see appendix).
- 4.4 The document is over 100 pages and addresses the 106 Key Lines of Enquiry. It includes sections on:
- Our local priorities
 - Our achievements in 2018/19
 - Our key initiatives for 2019/20
 - Our action plan for 2020/21
- 4.5 The four local priorities (identified by health and wellbeing board members at workshops in December 2018 and January 2019) continue to dominate our delivery:
- **Engagement** with children, young people, their families, carers and communities. Those who have lived experience of mental health problems and families who support children and young people with mental health needs, to be placed at the heart of services.
 - Working with and supporting **schools and colleges** to promote the emotional health and wellbeing of all their pupils.
 - **Pathways**: navigating through the system with the right access at the right time in the right place. This means that children and young people who have mental health problems such as emotional disorders, eating disorder, autism and many others get the right support and help when they need it.
 - **Strategic join up** and wider work: maximise the resilience of the population through working with non-mental health services, providing information, and through improving wider determinants such as housing.
- 4.6 Achievements in 2018/19, we have:
- Improved support for young people in transition from CYP to Adult mental health services, especially where multiple agencies are involved.
 - Strengthened the working of our Partnership Board for CYP Emotional Wellbeing and Mental Health, supporting representation from across our community, including parent carers, voluntary sector and NHS providers, schools, statutory services, and developing a greater emphasis on discussion through workshops to ensure all voices contribute to our decisions.
 - Further developed the Single Point of Access for emotional wellbeing and mental health referrals across NHS and voluntary sector partners, creating a more streamlined process for referrers and ensuring young people receive appropriate contact as quickly as possible.
 - Worked with colleagues across South East London to ensure Eating Disorder services continued to meet all nationally mandated access and waiting times targets.
- 4.7 Key Initiatives for 2019/20 are:
- Increase Access to Services and Reduced Wait Times – to meet the 2019/20 target that 34% of children and young people with a diagnosable

mental health disorder, have access to services (Five Year Forward View for Mental Health and The NHS Long Term Plan). At December 2019, we remain on-track to meet this year's target.

- Expansion of delivery by our voluntary sector partners:
 - Digital / online counselling services, including text chat and video sessions has been expanded with an additional £30,000 investment;
 - Counselling services for unaccompanied young refugees and asylum seekers have been enhanced by £26,500 investment
 - Review of key pathways have been undertaken providing:
 - Understanding of how the Neuro-Developmental Pathway works; with particular focus on assessment for autism spectrum disorders and attention deficit hyperactivity disorder, and how these may be further evolved;
 - Review and streamlining of SLAM pathways for eating disorders and early intervention for psychosis;
 - Redesign of the offer for Children Looked After to focus on an early intervention model that recognises and addresses the impact of multiple adverse childhood experiences on emotional wellbeing, placement stability, and long-term physical and mental health outcomes
 - Redesign of the CAMHS Single Point of Access (SPA) to join the multi-agency children and young people's Single Point of Contact (SPOC) based at Bernard Weatherill House
- Implementation of the NHS England funded Mental Health Support Teams (MHST - trailblazer) to create three MHST's across 35 schools and one college: to work with teachers, children and young people, and their parents to develop whole school approaches to improving support for emotional wellbeing and mental health; a two year investment of approximately £1.6m;
- Training of 'Young Commissioners' through a contract with the National Youth Agency; these new recruits have contributed to the recommissioning of the Council's Community Fund for community providers;
- Engagement of young people in the design and content of the easy-read version of the LTP through workshops and an art competition with Year 7 & 8 students. This has helped to further understanding of emotional wellbeing and mental health, the causes, and the services available, and given insights into how best to raise awareness in the school setting;
- 2 Croydon young people were successfully appointed as members of the UK Youth Parliament, following Croydon Council re-joining the British Youth Council in 2019;
- Close working with providers and wider stakeholders to agree a longer term view of our priority investment and service redesign needs for 2020/21.

4.8 Action Plan for 2020/21

An action plan for the coming year is included within the document. This is a living document and will continue to be reviewed and updated throughout the year, as actions are completed and new actions identified.

4.9 NHS England undertakes quality assurance of the submitted document and provides a scorecard based on responses to the 106 Key Lines of Enquiry. A

draft version of the updated plan was submitted to NHS England in December 2019.

- 4.10 It is a requirement of NHS England that the Local Transformation Plan is presented to the Health and Wellbeing Board. This version is then made available to the public on the CCG website.

4. CONSULTATION

- 4.11 This report is an update on progress of activities undertaken by the Children and Young People's Emotional Wellbeing and Mental Health Partnership Board.
- 4.12 As described in section 3 of this report, consultation and engagement with children, young people, their families and carers, will form part of our ongoing delivery.
- 4.13 The 2019 refresh of the Local Transformation Plan has been developed in consultation with members of the Partnership Board, NHS and voluntary sector service providers, public health, adult mental health commissioners, SEL and SWL commissioner networks, CCG finance, youth engagement, youth offending team, education and school colleagues.
- 4.14 The Children and Young People's Emotional Wellbeing and Mental Health Partnership Board is designed to support joined up delivery. One of the four key workstreams is 'strategic join up'.
- 4.15 The changes planned for the voluntary sector provider contracts will support joined-up delivery, moving from nine individual contracts to just one for each provider. This will create joint council and CCG contracts with full alignment of budgets.

5. FINANCIAL AND RISK ASSESSMENT CONSIDERATIONS

- 5.1 There are no direct financial implications arising from this report. There could be financial implications associated with individual commissioned activity in the future as a result of the work undertaken on the priorities detailed in this report, once identified, these will need costing and require the relevant budget approvals.
- 5.2 The Children and Young People's Emotional Wellbeing and Mental Health Partnership Board, which covers Croydon Council, Croydon CCG, and South West London Health & Care Partnership, will contribute to develop any investment proposals arising from this report.

- 5.3 The NHS England investment for the Mental Health Support Teams in schools trailblazer will be paid directly to the mental health service providers, SLaM, Off The Record and Croydon Drop In.
- 5.4 The Mayor's Young Londoners Fund investment for Community Partnership Against Trauma project will be paid directly to the lead mental health provider, Community Voluntary Action.

Approved by: Kate Bingham (Interim) Head of Finance (Children, Families and Education), Croydon Council on 7/1/2020

6. LEGAL CONSIDERATIONS

- 6.1 The Head of Litigation and Corporate Law comments on behalf of the Director of Law and Governance that the statutory basis for the establishment of the Health and Wellbeing Board and the parameters of the Board's legal powers are set out in the Health and Social Care Act 2012. The Constitution, at Part 4L sets out the terms of reference of the Health and Wellbeing Board which mirror the statutory requirements for functions of the Board. In view of the statutory functions of the Board and the terms of reference, the Local Transformation Plan is presented for the Board's final comment as a culmination of the Board's involvement in commenting on the Plan.
- 6.2 Any potential legal implications arising from and associated with the Local Transformation Plan will need to be appropriately considered and addressed as individual actions or commissioned activity are taken forward. This will include ensuring that, where relevant, appropriate procurement advice is sought and implemented and that Data Protection implications are appropriately addressed.

Approved by: Sandra Herbert, Head of Litigation and Corporate Law on behalf of the Director of Law and Governance & Deputy Monitoring Officer

7. HUMAN RESOURCES IMPACT

Approved by: Deborah Calliste, Head of HR for Health, Wellbeing and Adults on behalf of the Director of Human Resources

8. EQUALITIES IMPACT

- 8.1 This report asks the Board to review progress against priorities chosen to improve the mental health and wellbeing of children and young people in Croydon. Evidence shows that many people with protected characteristics are disproportionately impacted by poor mental health. In addition, children and young people with poorer mental health are more likely to be overweight, achieve poorer educational outcomes and engage in risky behaviours. Delivery of these priorities will therefore provide more intense support to those with

protected characteristics and improve the outcomes for children and young people experiencing low mental health.

8.2 A range of health inequalities are addressed through the delivery of the priorities for example a key element of the school trailblazer funding focuses on targeted work with children and young people that are looked after or are part of the youth justice system. A number of programmes are commissioned to provide additional mental health support for vulnerable young people such as unaccompanied young refugees and asylum seekers. A summary of key achievements are listed in section 4.6 of the report.

8.3 Equality Analysis will be undertaken for key initiatives to be delivered in 2020/2021 to ascertain any potential impact on groups that share protected characteristics.

Approved by: Yvonne Okiyo, Equalities Manager on 2/1/20

9. ENVIRONMENTAL IMPACT

N/A

10. CRIME AND DISORDER REDUCTION IMPACT

N/A

11. DATA PROTECTION IMPLICATIONS

11.1 **WILL THE SUBJECT OF THE REPORT INVOLVE THE PROCESSING OF 'PERSONAL DATA'?**

NO

11.2 **HAS A DATA PROTECTION IMPACT ASSESSMENT (DPIA) BEEN COMPLETED?**

NO

11.3 The Director of Commissioning and Procurement comments that there are no personal data processing requirements through the delivery of this report. Any personal and sensitive data processing implications associated with individual commissioned activity in the future, as a result of the work undertaken on the priorities detailed in this report, will be considered as they arise.

Approved by: Michelle Quinn on behalf of the Director of Commissioning and Procurement

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APPENDICES TO THIS REPORT

Appendix 1 – Children and Young People’s Emotional Wellbeing and Mental Health:
Croydon’s Local Transformation Plan 2019/20 Refresh

BACKGROUND DOCUMENTS:

None