

## **Consultation**

### **Proposed changes to emotional wellbeing and mental health services for children and young people in Solihull from April 2015**

2<sup>nd</sup> June – 29<sup>th</sup> June 2014

#### **INTRODUCTION**

Good mental health and emotional wellbeing is fundamental to all our lives and to the communities where we live. It underpins everything that we do, how we think, feel, act and behave.

According to national estimates 1 in 10 children have emotional or behavioural problems, which increase the risk of poor health and wellbeing both in childhood and later life. Half of all lifetime cases of diagnosable mental illness begin by age 14 and three-quarters of lifetime mental illness arise by the mid-twenties. However, 60–70% of children and adolescents who experience clinically significant mental health problems have not been offered evidence-based interventions at the earliest opportunity for maximal lifetime benefits. Mental illness is the largest single source of burden of disease in the UK and has an impact on every aspect of life.

48,000 children and young people live in Solihull and by 2021 this is predicted to increase to 52,000. Behaviour problems are the single biggest reason for referral to Solihull's Child and Adolescent Mental Health Service (CAMHS) accounting for 31% of all referrals, 60-70% of whom were boys. This accords with figures from national prevalence studies which found conduct disorders to be the biggest single disorder. Referrals for self-harm have quadrupled between 2011 and 2013. Autistic Spectrum Disorder referrals have tripled in the same period.

Solihull Clinical Commissioning Group (CCG) and Solihull Council are partners to Solihull's Emotional Wellbeing and Mental Health Strategy for Children and Young People 2011-15. The purpose of this Strategy is to secure comprehensive children and young people's emotional wellbeing and mental health services in Solihull that support the development of emotionally healthy children and young people when they need it, where they need it and how they need it.

Heart of England Foundation Trust is currently commissioned to provide a Child and Adolescent Mental Health Service (CAMHS) for children and young people who have a serious mental illness, but they have given notice that they will cease to provide this service from April 2015.

Solihull CCG and Solihull Council are therefore proposing to change to the way that mental health services are delivered in the Borough to both improve outcomes for children and young people, and get better value for money. We are seeking your views to inform how these changes are made.

## THE CASE FOR CHANGE

There are some good mental health services in Solihull. However service reviews and consultations with stakeholders including service users have told us that the current arrangements do not provide help early enough or join up services so that it is simple for families to get the help that they need. Some of our services also have also not adapted quickly enough to meet changes in demand, or reductions in funding. In particular:

- There isn't enough support for children and young people before they become seriously mentally ill, and universal services like schools and GPs find it difficult to access specialist help for children who they are concerned about.
- There isn't enough support for children under the age of 5, and support for mothers with young children is not joined up across midwifery, health visiting and more specialist support services.
- Some young people find it very difficult to make the transition into adult services and feel poorly supported. The way that services have specific age criteria feels arbitrary and unhelpful.
- Families and the people working with them don't have enough information about what services are available, and the system is difficult to navigate because it feels like it has been designed around service rules rather than the lives of families.
- There is limited support outside of working hours which means that some children and young people end up being admitted to hospital when they don't need to be.
- Support for some of the most vulnerable children and young people don't get sufficient support, including Looked After and Adopted Children, and those who live outside the Borough.
- The workforce needs to modernise: some of the routine work of psychiatrists can be done by specially trained nurses, and there are too many senior clinical psychologists and not enough choice of different therapies for children and young people with different needs.

## CREATING A BETTER SYSTEM

Solihull CCG and Solihull Council intend to use their combined purchasing power to secure more joined up emotional wellbeing and mental health services for children and young people in Solihull.

This means taking a whole system approach, with the following components:

### 1. UNIVERSAL SERVICES

Universal services are the services that are available to everyone, such as GPs, schools, midwifery, health visiting and youth services. These services are the first line of support and education for families and so it is important that they see children and young people's emotional wellbeing as a top priority, are trained to identify mental health needs and understand how to get additional help.

To achieve this Solihull CCG and Solihull Council intend to commission multi-agency training on emotional wellbeing, and also invest in emotional wellbeing awareness campaigns to reduce the stigma of mental illness.

### 2. TARGETED SERVICES

Some children, young people and families need additional help which is personalised to their needs. These are known as targeted services, but are sometime referred to as early intervention services, or 'Universal Plus' services. Targeted emotional wellbeing services help children and young people before they become seriously mentally ill, but currently too few children and young people are able to benefit from these services in Solihull.

In response to this Solihull CCG and Solihull Council intend to commission a new Primary Mental Health Service. This Service would:

- Be the single point of entry for mental health services to make it easier for families to navigate the system;
- Offer short-term individual and group interventions (including cognitive-behavioural approaches and counselling) for children and young people with emerging mental health concerns such as anxiety, withdrawn behaviour, or chronic school avoidance coupled with emotional or psychological disturbances.
- Keep in touch with children and young people who have been discharged from more intensive treatment programmes, or who are moving between child and adult services and need extra care. This support would continue beyond the age of 18 where needed, making sure that no young people are left without support due to service criteria.
- Provide advice and training on emotional wellbeing for schools and other universal services. The Service would also contribute to multi-agency 'teams around families'.
- Produce clear information for families and practitioners about what services are available and how to access them, including online services and communities of support.

Solihull CCG and Solihull Council also intend to work with other partner organisations including Schools to invest in a wider choice of therapies.

### 3. SPECIALIST SERVICES

When children and young people have a serious and enduring mental illness they need more intensive and specialist support services. These services can only work if children and young people attend assessment and therapy sessions, and so have to be designed around children and young people's needs. The current CAMHS Service is mainly for children and young people up to their 17<sup>th</sup> birthday which can cause some difficulties when young people make the transition to adult services. The Service is also only available during working hours, and has a workforce which has not changed sufficiently to match current requirements.

Solihull CCG and Solihull Council have to find a new provider for the specialist CAMHS Service from April 2015, and so will use the procurement process to create a more cost effective Service which offers a wider range of therapies up to 18<sup>th</sup> birthday, is available outside of working hours, and continues to provide intensive support for those children and young people most at risk of being admitted to hospital.

### 4. PLACE OF SAFETY

Some children and young people become so ill that they are a danger to themselves or to others, and Solihull provides access to a 'Place of Safety' service to keep these children and young people safe. The current Service, which is provided by Birmingham Children's Hospital, is commissioned until the end of March 2015. The Service is expensive because it has to be available 24/7 whether it is used for Solihull children or not. The Service is only likely to be used between 5 and 10 times a year for Solihull children.

Solihull CCG and Solihull Council intend to re-commission a Place of Safety Service which offers value for money and matches the low demand for this service.

### 5. LOOKED AFTER AND ADOPTED CHILDREN

Children and young people who are Looked After or Adopted are much more likely to have poor mental health and can need specialist and longer-term therapy to help them come to terms with their experiences of dislocation and emotional trauma. Sometimes support is more effective when it is provided to foster carers and adoptive parents who use this to build stronger attachment with the children they are looking after, and reduce the chance of the placement coming to an unplanned end.

Solihull CCG and Solihull Council intend to place support for children and young people who are Looked After or Adopted (and those that are caring for them) within the specifications for Primary and Specialist Mental Health Services as described above.

## 6. INFANT MENTAL HEALTH

Getting emotional wellbeing right means starting well by making sure that parents and very young children get support from universal services such as health visiting and midwifery as well as more targeted mental health services for infants and adults where this is needed.

To achieve this Solihull CCG and Solihull Council intend to commission an infant mental health service, including more intensive therapy such as parent infant psychotherapy where problems are deep rooted. We also intend to re-commission a co-ordinated suite of parenting programmes which is built on the Solihull Approach and is co-designed with parents themselves. These parenting programmes would be available for all parents before their children are born, and at key stages in their child's development. There would also be targeted programmes for parents with particular needs.

## 7. TRANSITION TO ADULT SERVICES

Like other areas Solihull wants young people to get the mental health services that they need whether they are 17, 19 or 23 and recognises that the current arrangements do not always provide consistent support for young people as they become adults.

To address this Solihull CCG and Solihull Council are proposing to create a primary mental health service to provide information and advice for families around transition and support young people beyond the age of 18 where this is needed to support effective transition to adult or primary care services. This would mean that young people could continue to have support from someone that they know, and who is familiar with their care into their early 20s.

We also intend to extend the upper age to which the specialist mental health service will work with young people from 17<sup>th</sup> birthday to 18<sup>th</sup> birthday. At the same time we will review the specification for adult mental health services to make sure that from April 2015 no young people fall between service thresholds and are left without the support that they need.

We also intend to publish a transition protocol, working with mental health service providers for adults and children, GPs, and other community providers. This protocol will set out the standards expected of mental health services for young people in transition, and their parents or carers, and the practical arrangements for how organisations will work together.

We will monitor the effectiveness of our new system for young people who transition, asking them about their experiences using a tool called Viewpoint.

## 8. MEASURING OUTCOMES

A common way of measuring outcomes for children and young people across different services, and a routine way to collect feedback from children, young people and families about their experience of the system of mental health services.

To achieve this Solihull CCG and Solihull Council will include identified measurement tools as part of service specifications, and use the electronic customer feedback system 'Viewpoint' to follow the journey of the child through Solihull's mental health services.

More detail is available in separate documents to support the case for change, including:

- An assessment of need for children and young people in Solihull.
- A description of the current arrangements for emotional wellbeing and mental health services in the Borough.
- A summary of the key messages from published guidance and best practice.
- Frequently Asked Questions.

These documents are published on both the Council and CCG websites.

**1. Do you agree with the rationale for change to the current arrangements?**

YES                      NO                      DON'T KNOW

What other issues should Solihull CCG and the Council take into account?

**2. The main changes proposed are listed below. Please rate them for importance on a scale where 1 means not important and 5 means very important.**

	1	2	3	4	5
<i>Tick one number in each row, for example</i>			✓		
Multi-agency training					
Emotional wellbeing awareness campaigns to reduce stigma					
Primary mental health service					
information for families and practitioners about what services are available					
A wider range of specialist therapies					
Specialist support available outside of working hours					
Services for looked after and adopted children integrated within primary and secondary mental health services					
Infant mental health service					
Parenting programmes					
Support for young people in transition beyond the age of 18					
A consistent way of measuring the difference that services make, and collecting customer feedback					

Please comment further:

3. **Solihull CCG and Solihull Council are particularly concerned that the new arrangements will be effective for young people in transition to adulthood. Do you think that the proposals will make a difference to the experience of support for young people in their late teens and their families?**

YES                      NO                      DON'T KNOW

Please comment further:

4. **What role should Educational Psychology play in the new arrangements, particularly a primary mental health service?**

5. **Do you think that the proposed new arrangements will be more effective in meeting the needs of children, young people and families in Solihull?**

YES                      NO                      DON'T KNOW

What other issues should Solihull CCG and the Council take into account?

6. Please tell us a little about yourself:

GENDER: FEMALE MALE

AGE: UNDER 18 19- 25 OVER 25

ETHNICITY: .....

ARE YOU: A child or young person  
A parent or carer  
Working for a mental health service  
Working for a children's service  
Other: .....

Have you (or someone you look after) ever used mental health services for children and young people in Solihull?

YES, currently YES, previously NO Prefer not to say

If you would like to be involved further in the changes to emotional wellbeing and mental health services in Solihull please put your name and email address below.

You can also contact Ben Lewing, Strategic Commissioner for Children and Families by emailing him at [blewing@solihull.gov.uk](mailto:blewing@solihull.gov.uk).