



Herefordshire Child and Adolescent Mental Health Services

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- Clinically significant mental health conditions in CYP risen by 50% in last 3 years
- 1 in 6 CYP (5 – 16yrs) will have a probable MH condition
- A **Young Minds Survey** in first lockdown – 83% of respondents indicated that their mental health was a bit worse or much worse
- Pressure on in-patient bed capacity – already a limited resource



CYP in Crisis

- Nationally seen an increase in demand for T4 beds, GAU, PICU and ED
- Locally, seen increase in use of T4 beds for CYP with ED
- In 2020, 150 CYP seen at WVT A&E/Children's Ward in crisis, of whom 84 needed ongoing CAMHS support post discharge from WVT
- Nov 2020 n = 31 CYP – significantly higher than we would expect (average for 2020 = 12.5/mth)



National and Local focus – NHS Long Term Plan

NATIONAL

- 345 000 CYP to be supported by MHSTs
- 0 – 25 offer
- Eating Disorder Investment to maintain waiting times
- 100% coverage of 24/7 crisis care for CYP
- Aligned MH plans for CYP with SEND, LD, ASD etc

LOCAL

- 1 MHST in Herefordshire – hope for more teams in 22/23
- On table for discussion
- Significant investment confirmed by CCG for 21/22
- 24/7 Urgent MH helpline; review of crisis provision
- CCG Commissioner for SEND; review of ASD pathway; Keyworker Pilot bid



Herefordshire CAMHS Offer

Eating Disorders

Mental Health Support
Team in Schools

Kooth

CAMHS Learning
Disabilities

CAMHS Duty and
Urgent Care

CAMHS Complex and
Vulnerable CYP

CAMHS Partnership



Eating Disorders

- Significant increase in referrals of CYP experiencing eating disorders both nationally and locally (34% increase in 20/21 without including March 2021 data).
- Increase in acuity of eating disorders and late presentation to service
- Local increase in CYP presenting with very poor physical health requiring admission to WVT Children's Ward for stabilisation
- Local increase in CYP requiring admission to Tier 4 adolescent MH hospital due to serious eating disorder



Mental Health Support Team in Schools

- National programme to create new, non-traditional CYPMH workforce, delivering 1:1, group and parent interventions following evidence based models of care for CYP with mild to moderate presentations
- Also focusing on the ‘Whole School Approach’
- Supporting teaching staff with their wellbeing
- Year 1 is a training year, delivering interventions into 4 schools
- Year 2 (Nov/Dec 2021) widens the provision
- Chance to bid for more teams later 21/22



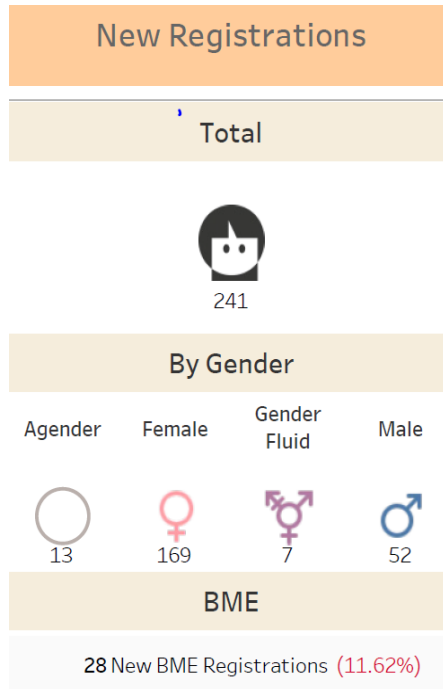
KOOTH

- An online, anonymous wellbeing community, providing forums, articles, text chat and counselling sessions for CYP aged 11-19.
- Contract managed by HWHCT
- Went 'live' in Herefordshire in April 2020 – soft launch due to COVID but lots of support from partners – social media helpful for awareness raising.

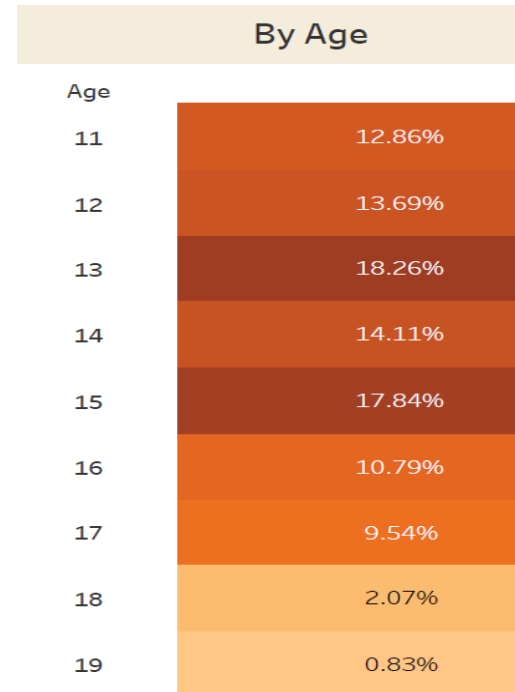


Kooth

- To end of Q3, 512 CYP had registered with Kooth, logging in 3248 times, with 85% of CYP returning.
- In Q3, 75% of logins were outside of 'office hours'



Q3 registrations:
gender and age





CAMHS Duty and Urgent Care

- Offer a same day response/assessment for urgent presentations
- Work closely with WVT Children's Ward to assess CYP who have been admitted with self harm/thoughts of self harm
- Assess CYP in A&E to support flow and least restrictive interventions
- Follow CYP up and recommend next steps
- Manage pathway to Tier 4
- Work closely with families to reduce re-attendance in crisis
- Cover 8am-8pm Mon-Fri, 9am – 5pm weekends and B/H.
- 24/7 urgent MH helpline in place
- National discussions about increasing 24/7 crisis response for CYP



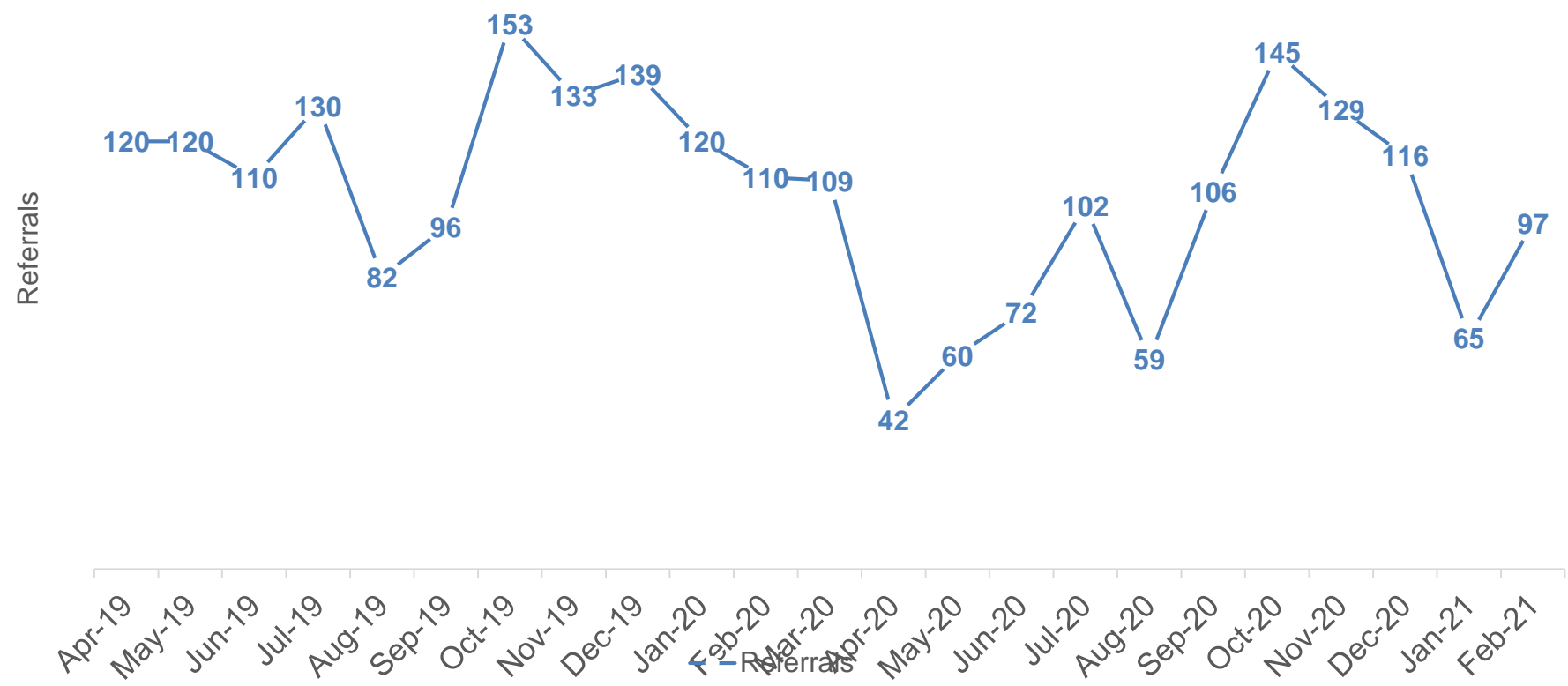
Activity

Herefordshire and Worcestershire
Health and Care
NHS Trust

- Waiting times – consistently meet our contacted waiting times for routine care (18 weeks for assessment, 26 weeks for treatment), urgent care and Eating Disorders (7 days for urgent treatment, 28 days for routine treatment – 1 breach)
- Access rates – above national expectation
- Increase in clinical contacts due to digital sessions – nationally and locally CAMHS services are highest users of digital technology



REFERRALS TO THE HEREFORDSHIRE CAMHS SERVICE





Referrals during COVID

- Most referrals to Herefordshire CAMHS from GP or schools, so changes in their delivery directly affects our referral activity.
- Significant dip April 2020 (65% less than April 2019), and again in January 2021 (45% less than Jan 2020), coinciding with national lockdowns. Mirrored national trends.
- Prior to the 2nd lockdown referrals almost fully recovered.
- Expected will exceed previous years activity from March onwards.



CAMHS delivery during COVID

- Moved to HWHCT on 1st April – so contending with a new organisation and COVID at the same time!
- 1st wave; some staff were redeployed to support the set up of the 24/7 Urgent MH helpline
- Very swift reorganisation of ways of working; entire caseload reviewed and re-prioritised
- Move to delivery of assessment and therapy online where clinically appropriate – *maintaining this mode of delivery for families who it suits better (travel/time/access)*
- CYP referred urgently were seen face to face throughout
- CYP referred with concern about Eating Disorders were seen face to face throughout
- Physical health monitoring continued
- Changed working patterns to provide broader coverage (8am-8pm)



CAMHS delivery during COVID

cont...

- Worked closely with partners to ensure vulnerable CYP were visible
- Increased multidisciplinary meetings internally to ensure good quality handovers/awareness in case of staff need to isolate
- Reduced number of staff in buildings; easy access to PPE
- Increased access to advice via Duty team covering 8am-8pm
- Staff 'check-ins' and focus on wellbeing
- NVR (Non Violent Resistance) interventions increased virtually to support families



New developments

- NVR as a model to provide support to families
- Consultation model to support the network around Children who have Care Experiences
- Significant investment into Eating Disorders service
- Medication discontinuation/reduction for CYP (where indicated) who are on a number of different types of drug
- Bid for more MHSTs in Autumn 2021

THE CLD TRUST 20/21

In March 2020 The CLD Trust quickly brought forward plans to offer face to face therapy via secure video conferencing. This was made available in May '20 and is now available for any young person who wishes to use it.

In May face to face service resumed with Covid Safety measures in place and the service has remained open throughout subsequent lockdowns.

The majority of young people chose to wait to see their therapist in person.

Referrals in 21/21 have been slightly lower 1,230 received up to the 5th May. This may be due to the fact that young people have been unable to see their GP.

273 young people self-referred through Strong Young Minds.

Additional presentations have been noticed in young people's self-referrals this year with young people describing Trauma, feeling violent, social isolation, bereavement, sleep difficulties. Nightmares, PTSD and hearing voices in addition to presentations normally seen in service.

86% of young people self-referring described their problems as *"a big issue for me"*.

One quote from a young person *"I feel that my life is ending before its got going. My plans have to change but I don't know how to do it. I'm worrying constantly and everything is closing in on me. I'm spending more time alone and I can't control my thoughts. My mum and dad are totally stressed with everything"*



Strong Young Minds Champions have launched an Express Yourself Art Exhibition which is taking place in Hereford this week and next.

Herefordshire Wellbeing Ambassadors are working on a project looking at young people's experiences as they transition from CAMHS services.

