

Herefordshire Children and Young People's Scrutiny



Children and Young People's Emotional wellbeing and mental health

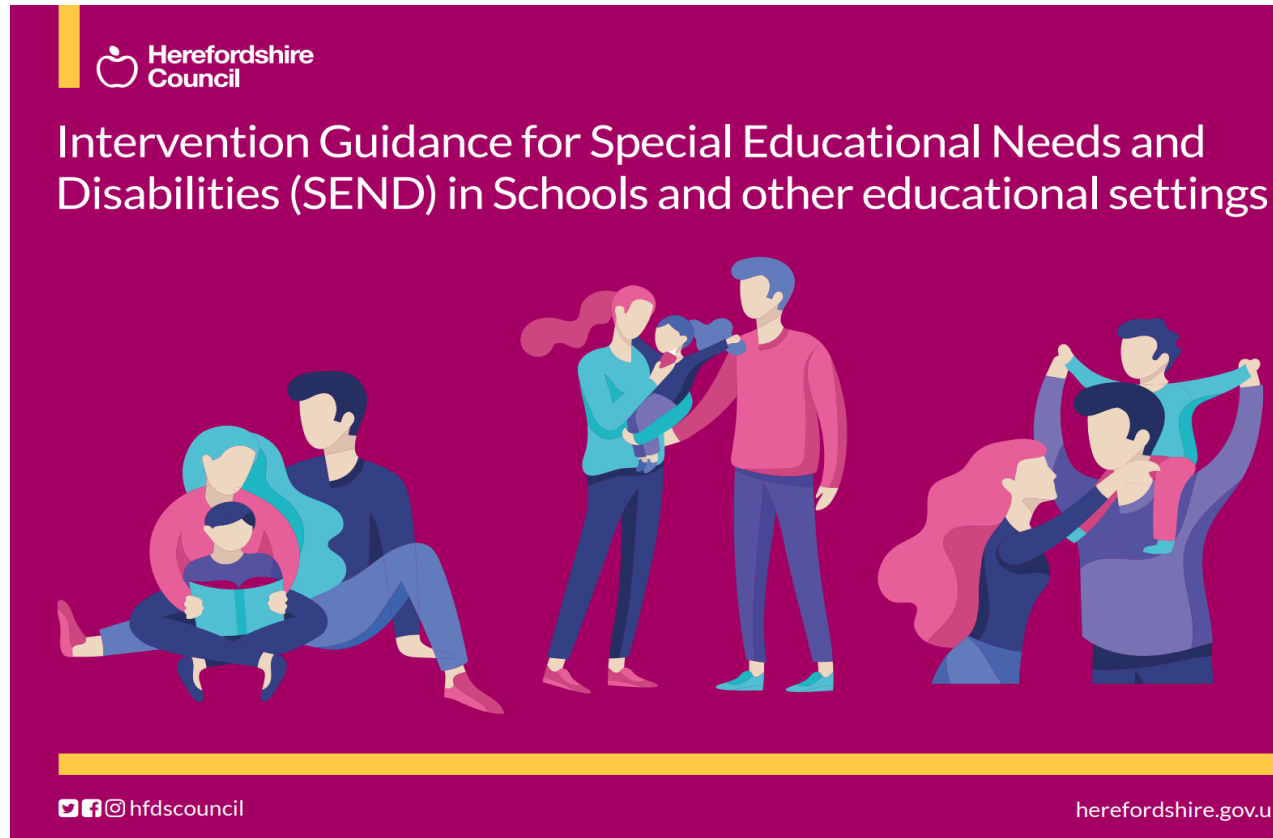
*Joint Presentation by Herefordshire Council Children
and Families Directorate and Herefordshire and
Worcestershire CCG*

22nd March 2022

Growth in social, emotional and mental health needs

- 19% of Children on SEN Support have SEMH needs
- 21% of Education, health and Care Plans are for SEMH – our highest type of need
- The number of pupils on roll at special schools
- Expenditure on Independent School places has tripled in 5 years (mostly for SEMH and autism with anxiety)

Herefordshire's Graduated Response – What we would expect schools and EY Settings to ordinarily do from their resources



https://www.herefordshire.gov.uk/downloads/file/16977/intervention_guidance_for_send_in_schools_and_other_educational_settings.pdf

Covers all types of SEND including SEMH

Contents	Page
■ Graduated Approach in Herefordshire: 4 levels of response _____	2
■ Communication and Interaction _____	4
■ Cognition and Learning _____	16
■ Social, Emotional and Mental Health _____	25
■ Physical and Medical _____	36
■ Hearing Impairment - HI _____	45
■ Visual Impairment - VI _____	56
■ Multisensory Impairment/Deaf blindness _____	64

Social, Emotional and Mental Health (SEMH)

Universal - All Children

Children may periodically display social, emotional, and behavioural difficulties and some children may have a short term mental health difficulty. Some disruptive antagonistic and disaffected behaviour may be evident.

These difficulties may be the result of other underlying difficulties or life circumstances such as a loss or bereavement or period of stress. This may mean they need some short term support but it should not be assumed that the CYP has special educational needs.

Targeted - Some Children

Some children's SEMH difficulties cannot be met by universal whole school or class approaches over a sustained period of time. These difficulties may be displayed through withdrawn or isolated behaviours or through challenging, disruptive or disturbing behaviours. These behaviours occur frequently. The behaviour may be disrupting the child's progress with learning or the learning of other children.

These children will require:

- A graduated approach which draws on increasingly detailed interventions and support approaches;
- Where appropriate specialist expertise in successive cycles of assessment, planning, intervention and review is in operation, ensuring interventions match needs;
- It is essential that strategies for specific pupils are shared across the whole staff team.
- Support at this level drawing on the notional SEN budget of up to £6000.

Specialist - Few Children

Whilst many children experience short term difficulties in response to stress or traumatic life events (e.g. bereavement or family breakdown), relatively few children will have severe and longstanding SEMH difficulties. These children will display some of the following over a sustained period of time: extremely withdrawn behaviour, self-harming or anxious behaviours. Alternatively they may present a serious threat to their own or others safety. They may display particularly challenging, un-cooperative, destructive and disruptive behaviours or respond to peers and adults with high levels of physical and verbal aggression or sexually inappropriate behaviour. They may find it difficult to engage with activities set by adults and have difficulties forming appropriate relationships (and attachments) in school. School life for these CYP should be significantly modified to emphasise emotional regulation and social skills. They will require a high level of adult support to ensure a predictable and structured

Each broad area of SEND includes 3 sections to support schools and settings in what to do (see example below for Intervention and Support)

Assessment and Planning Social, Emotional and Mental Health (SEMH)

Intervention and Support Social, Emotional and Mental Health (SEMH)

Universal - All Children

- Some classroom teaching assistance is targeted for specific tasks/in specific settings e.g. break, assembly, extended writing.
- The use of peer support systems across the school (e.g. peer mediators and playground buddies).
- More time to complete tasks and reduced work targets.
- Time limited and targeted access to small group work/interventions.

Targeted - Some Children

- Support to aid the development of relationships and to allow productive activities with peers e.g. break and/or lunchtime support, buddies, mentors, circle of friends, and an adult to facilitate playground activities for target child.
- A small group support programme using established principles (e.g. social skills, CBT).
- Reduced level of language used in class and for directions;
- Strategies to reduce anxiety (e.g. scaling of feelings).

Specialist - Few Children

- Opportunities for intensive and therapeutic intervention in or outside of school and from other agencies such as CAMHs.
- Identified skilled individual support is available across the curriculum
- A secure, structured and safe learning environment.
- Opportunities for withdrawal to a non-stressful environment to prevent escalation or to provide more intensive intervention e.g. timeout room, Nurture Group for 50% of the day.

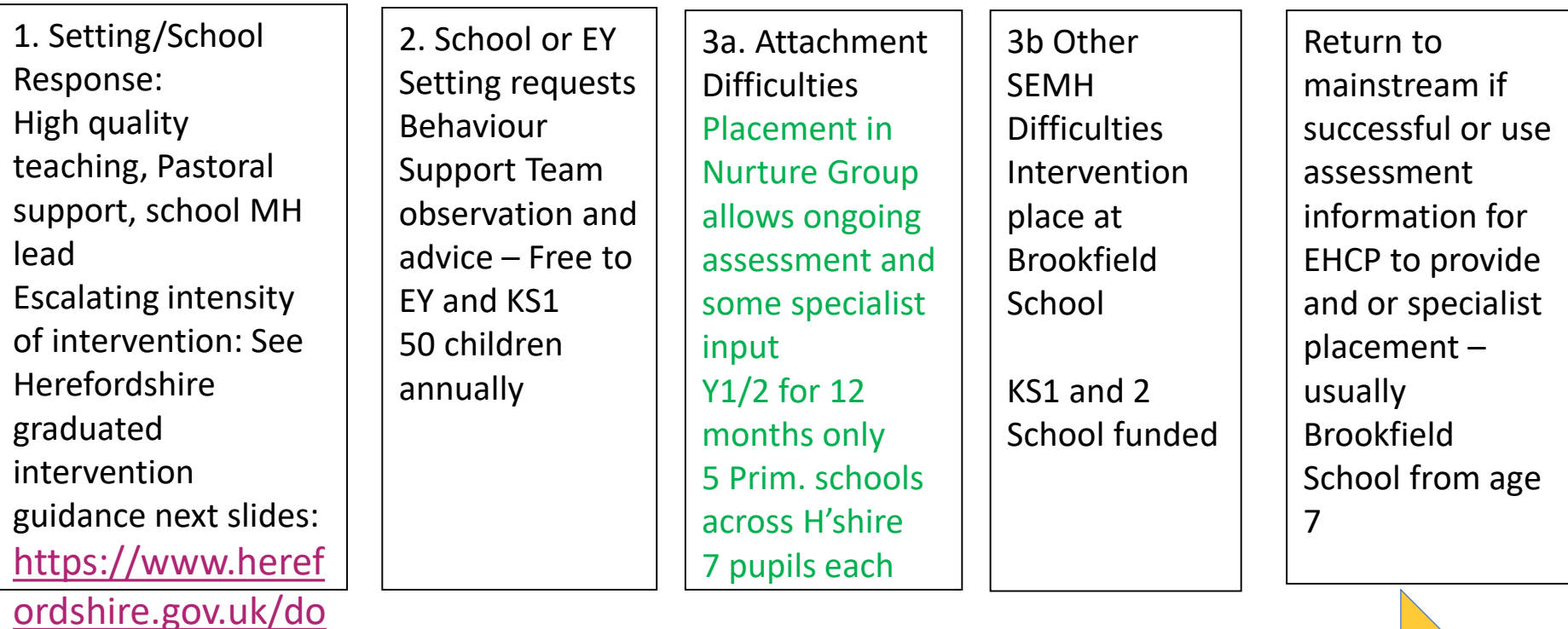
Evaluating Progress and Reviewing Social, Emotional and Mental Health (SEMH)

MHSTs in schools – now called WEST locally

- Mental Health Teams in Schools is a national program aimed at improving the mental health and emotional wellbeing needs of school pupils and the school as a whole.
- The aim in the NHS Long Term plan is to have covered 45% of schools in the country by 2024.
- Wave 3 went live in November 2021 with 4 teams across Herefordshire and Worcestershire covering 57 schools. 1 team in Herefordshire and 3 in Worcestershire.
- The Herefordshire team covers all the secondary schools in the county.
- The teams are based in schools and take referrals for children and young people with emotional wellbeing needs, they are also involved in improving the whole school approach towards emotional wellbeing and mental health, this includes staff wellbeing and work with parents.
- Herefordshire and Worcestershire have been allocated 4 more teams across wave 7,8,9 and 10.
- Wave 7 will commence training in September 2022. The site selection has taken place for this wave and agreed by partner organisations. Wave 7 will be focused on Herefordshire primary schools, with the 20 most in need primary schools being part of the team. These have been selected based on health inequality data and local intelligence.
- A further element in this programme has been to start a mapping exercise to identify and communicate the local Herefordshire offer of MH and EWB support to school and other practitioners as well as YP and their families.

Graduated Pathway - Children with social, emotional and MH difficulties EY/KS 1

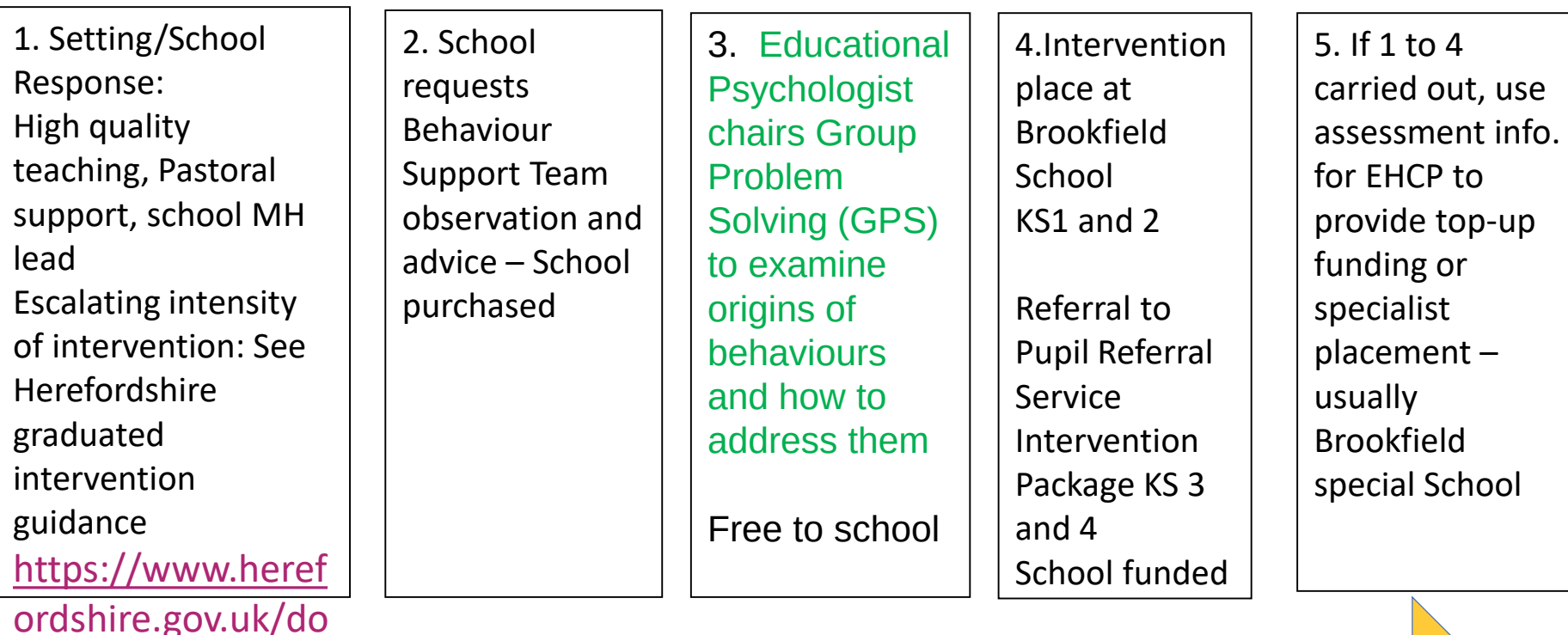
Blue text – yet to be implemented Green text in place less than 12 months



Increasing intensity and specialism of intervention and support

Graduated Pathway - Children with social, emotional and MH difficulties KS 2,3,4

Blue text – yet to be implemented Green text in place less than 12 months

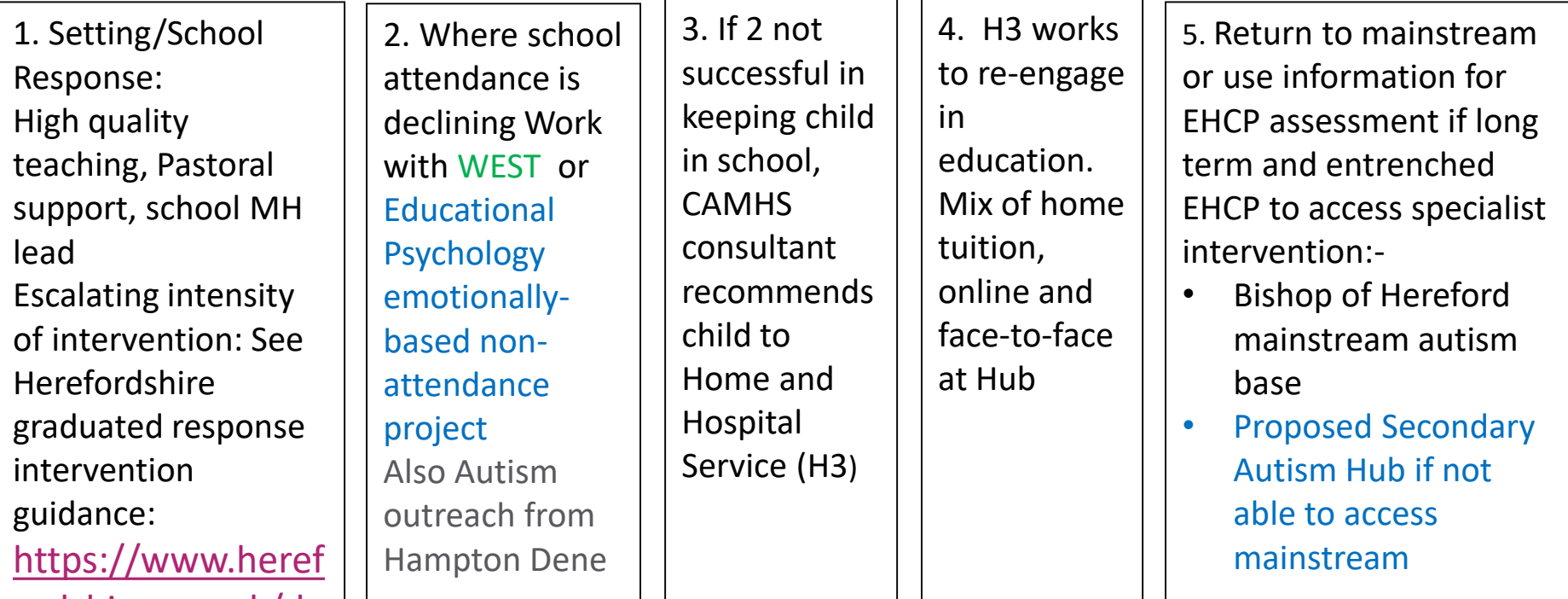


Increasing intensity and specialism of intervention and support

Graduated Pathway – Secondary age with severe anxiety incl. those with autism diagnosis

note that there is a separate multi-disciplinary diagnostic pathway

Blue text – yet to be implemented Green text in place less than 12 months



Increasing intensity and specialism of intervention and support

Training Offer for Schools – a selection

Educational Psychology– school funded

- Emotional Literacy for Support Assistants (ELSA) – Training plus ongoing supervision sessions for TAs. 50 more trained last 12 months
- The Teenage Brain
- Trauma informed Attachment
- Various sessions on autism, ADHD, self-harm

Behaviour Support Team – school funded

- Team Teach – strategies for de-escalation
- Behaviour strategies for schools

Autism Education Trust – Council funded until July 2023

- AET L2 and L3 whole school training on good practice

WEST – CCG funded

- Whole School approaches to MH



Counselling allowed me to express my feelings in a safe and comfortable environment

THE CLD TRUST
CHARITABLE INCORPORATED
ORGANISATION
ESTABLISHED JUNE 1994

- ✓ Providing mental health support and early intervention.
- ✓ Priority 9 – 26 years
- ✓ Member of NHS England's Children & Young Peoples Improving Access to Psychological Therapies programme. (CYP IAPT)
- ✓ Specialist counselling, low and high intensity CBT, Systemic Family Practice.
- ✓ Counselling service is accredited with the British Association for Counselling and Psychotherapy. (BACP)

PARTICIPATION

Local & regional awards received for participation work – involving young people in the design, delivery and development in services that are about them and for them.

- ✓ Herefordshire Wellbeing Ambassadors
- ✓ Strong Young Minds Champions

My counsellor helped me so much in so many ways!

I liked how I was not judged and felt accepted

The counsellor cared about the way I was and made me laugh which made things better

Letting out my feelings I haven't even admitted to myself!

I have an eating disorder & for the first time I have made progress!



The CLD Trust

counselling / learning / development

THERAPY

- ✓ Generally work on Brief Intervention therapy though longer term work is available.
- ✓ Use nationally recognised routine outcome measurements to monitor progress.
- ✓ Evaluation and impact statements used to hear directly from young people about their service.
- ✓ Quality & Professional Practice Managers on duty each day to oversee safeguarding

All staff management supervision



21/22

EARLY FIGURES

★1791 referrals received between 01/04/21 and end February 2022

★1688 met criteria for CCG contract.

Range of presentations including anxiety, relationships, abuse, eating difficulties, suicidal ideation, self-harm.

203 referrals in 21/22 mentioned self-harm as one of presentations.

98% of children and young people referring themselves to Strong Young Minds say their problem is BIG

Early Intervention Programme funded by National Lottery

- ✓ Providing one to one support, mentoring, advocacy, information & advice.
- ✓ Education/Workshops
- ✓ Campaigns & training via Strong Young Minds Champions (young people recruited to raise awareness of mental health & wellbeing in their communities.)



Herefordshire and Worcestershire Children and Young People's Emotional Wellbeing and Mental Health Transformation Plan

- The plan outlines the aims and objectives for improving the emotional wellbeing and mental health of young people across the ICS, it also provides an analysis of local need and current performance.
- The plan is refreshed each year and published on the CCG website [click here](#) – to access the plan
- The transformation plan has a delivery plan which is owned and overseen by the separate Herefordshire and Worcestershire Children and Young People's Emotional Wellbeing and Mental Health Partnership Boards.
- These partnership boards report into their respective Children and Young People's Partnership Boards and Health and Wellbeing Boards and their membership includes public health, children's social care, CAMHS, voluntary sector, schools, early help and acute paediatrics.

Kooth

- An online, anonymous wellbeing community, providing forums, articles, text chat and counselling sessions for CYP aged 11-19.
- Access to text chat and counselling sessions 365 days a year up to 10pm at night.
- Contract managed by HWHCT
- Went 'live' in Herefordshire in April 2020

Summary for Q3

Total			
 205			
By Gender			
Agender	Female	Gender Fluid	Male
9	115	7	74
BME			
24 New BME Registrations (11.71%)			
By Age			
Age			
11	1.95%		
12	8.29%		
13	8.29%		
14	13.17%		
15	40.98%		
16	17.07%		
17	4.88%		
18	4.39%		
19	0.98%		
Age calculated from date of registration			
Heard From Top 3			
1	School	28.80%	
2	School or teacher	23.56%	
3	Others	7.85%	

Herefordshire

Logins		Usage	
Logins		Chat Sessions	
No. Logins	No. Service Users	No. Chats	No. Service Users
1,243	244	37	20
Out of Office Logins		Messages	
Office Hours 32.98%		No. Messages	No. Service Users
		638	94
Out of Office Hours 67.02%		Articles	
Note: Office Hours are weekdays 9am - 5pm		Number of Records	No. Users
Returning Logins		188	49
30.89% New Login			
		Forums	
		Number of Records	No. Users
		766	107
Feedback			
100.0% would recommend this service			

CAMHS

- CAMHS is a specialist mental health service for children and young people with moderate to severe mental health conditions.
- Herefordshire CAMHS has specialist teams such as CAMHS LD, Eating Disorder Service and Duty Team
- Conditions treated by CAMHS:-
 - Psychosis – first episode and ‘at risk mental state’
 - Mood disorders – depression, bipolar affective disorder
 - Anxiety – including OCD, phobias and tics/Tourette’s associated with anxiety
 - Trauma –PTSD, emotional dysregulation
 - Eating Disorders
 - Neurodevelopmental – autism assessment in the over 10s, ADHD assessment and management in over 7s
 - Intellectual Disabilities – management of comorbid mental health conditions and extremely challenging behaviour

Referrals into Herefordshire CAMHS

Jan 2020 – Feb 2022

Total referrals received	Jan-20	Feb-20	Mar-20									
2019/20	120	110	109									
2020/21	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20	Jan-21	Feb-21	Mar-21
	42	60	72	102	59	106	145	129	116	66	97	130
2021/22	Apr-21	May-21	Jun-21	Jul-21	Aug-21	Sep-21	Oct-21	Nov-21	Dec-21	Jan-22	Feb-22	
	97	121	118	126	66	104	129	162	133	128	119	

CAMHS waiting times

Referral to choice appointment (first appointment)

Choice Waits	2019/20	2020/21	Apr 2021 - Feb 2022
0-3 wks	273/61%	288/65%	235/44%
4-5 wks	44/10%	60/14%	63/11.5%
6-10 wks	59/13%	64/15%	192/35%
11-15 wks	21/5%	2/0.5%	47/9%
16-18 wks	18/4%	2/0.5%	3/0.5%
> 18 wks	30/7%	25/5%	0
Total	445	441	540

% seen within 18 weeks	93%	94%	100%
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Referral to partnership (second appointment)

Partnership Waits	2019/20	2020/21	Apr 2021 - Feb 2022
0-3 wks	63/22%	90/29%	108/31%
4-5 wks	31/11%	54/18%	19/6%
6-10 wks	70/24%	69/22%	93/27%
11-15 wks	49/17%	38/12%	71/20%
16-18 wks	28/10%	16/5%	22/6%
19-26 wks	33/11%	14/5%	26/7%
> 26 wks	17/5%	27/9%	11/3%
Total	291	308	350

% seen within 26 weeks	94%	91%	97%
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Developments in line with NHS Long Term Plan

- There has been significant investment into children and young people's emotional wellbeing and mental health services in order to increase capacity and meet need.
- Crisis

Since the beginning of the pandemic there has been an increase in children and young people presenting in crisis and being referred to Tier 4 beds. There has been an increase in investment in crisis support. There is a 24 hour/ 7 days a week all age crisis helpline that has been operational since April 2020. Funding has been agreed for a 7 days a week intensive home treatment team to keep young people in the community and prevent Tier 4 admissions

- Community Eating Disorder service

The numbers of young people with eating disorders has also increased and especially those presenting who are physically unwell and need admission to Tier 4. Herefordshire CEDS will see the biggest transformation as their workforce is increasing significantly to meet NICE guidance and rising demand. Herefordshire and Worcestershire CEDS are also expanding to include early intervention with the FREED model which will focus on 16-18 year olds experiencing low level eating difficulties.

Developments in line with NHS Long Term Plan (cont)

- Transitions to adult services

Additional funding is being used to develop an innovative team who will caseload young people transitioning from CAMHS to adult services. This team will consist of professionally qualified youth workers who will develop relationships with the young people and work with them to access support in the community and develop their own aspirations