

By: Andrew Ireland, Corporate Director, Social Care Health and Well-being

To: Health Overview and Scrutiny Committee

Date: 10th October 2014

Subject: Emotional Well-being Services for Children and Young People

Summary: On behalf of the Health Overview and Scrutiny Committee, the Chairman has requested some supplementary information to the CAMHS report from SPFT and West Kent Clinical Commissioning Group.

This report describes the emotional well-being services (tiers one and two) in Kent and Kent County Council's role in the commissioning and development of emotional well-being and mental health services in Kent.

1. Background

- 1.1 The Ofsted review in 2010 found that the outcomes for children and young people in care were inadequate, which led KCC and partners to review all provision including mental health and emotional well-being and establish a framework for early intervention and prevention services. At that time there was disparity across the county with lots of small contracts delivering services that were not appropriately procured, without a quality framework or parity of access. This led KCC to work with partners as part of the Improvement programme to design a suite of services which were complementary and provided a range of services across tiers (or levels) of need. There have been improvements since this time, which Ofsted has recognised. However the service providers and partners continue to realise that there is still work to do to ensure sustainability for the future.
- 1.2 In July 2011, Kent County Council Cabinet Members and NHS Kent & Medway agreed to align funding in order to jointly commission new emotional well-being and mental health services for children and young people. This decision was made in response to significant evidence identifying the need to establish a more integrated system that would enable interventions to be delivered to children and young people in a more targeted and timely fashion.
- 1.3 It was agreed that the new services would take the form of an emotional well-being service delivering support within community settings (Tier 2), alongside a 'Community Child Adolescent Mental Health Service (CAMHS)' model comprising targeted (Tier 2) and specialist (Tier 3) mental health services. Each element of service would be aligned to ensure clear pathways for children and young people between the different tiers. Within this model it was also agreed that there would be a distinct offer for Children in Care (CIC) that could provide additional targeted support to foster carers and the professional network where there were mental health concerns about a child

or young person in care. KCC aligned funding into the CAMHS model to specifically support this aspect of provision for Kent Children in Care.

- 1.4 KCC led the procurement of the emotional well-being service and the NHS led the procurement of the CAMHS service. The emotional well-being service was specifically designed to meet need where mental health services end. Both contracts were awarded in September 2012 for a period of three years. Both contracts are subject to regular performance monitoring.
- 1.5 KCC and NHS commissioning and clinical/operational staff worked together to develop the specifications for both services.
- 1.6 Since then the Division of Early Help and Preventative Services (within KCC's Education and Young People's Services Directorate) has been established to provide integrated support for children, young people and families who are at risk of having poor outcomes.
- 1.7 Emotional well-being and mental health services are currently commissioned at four levels:

Tier 1 – support delivered within universal settings i.e. GPs, schools, youth clubs etc.

Tier 2 – targeted support e.g. accessed through referral including self-referral

Tier 3 – specialist support for complex needs

Tier 4 – specialist support for acute needs

See Appendix 1 for information about tiers of services.

2. KCC's role in developing emotional well-being services

- 2.1 Emotional well-being, like mental health, is everybody's business. As part of the 0-25 Transformation Portfolio, the Early Help and Preventative Services Division is in the process of establishing a new offer to support opportunities for children, young people and families that will assist them in achieving positive outcomes and reduce the demand on specialist children's services.
- 2.2 Four key priorities have been established for early help and preventative services which shape the work of the Division. These are:
 - Safety - keeping vulnerable and disadvantaged children and young people safe without the need of specialist services, providing support earlier so that their needs do not escalate.
 - Health – reducing health inequalities to ensure that we improve physical and mental health outcomes, helping young people avoid substance misuse and risky behaviours,
 - Participation and Achievement – ensuring children participate in education and achieve good outcomes,

- Resilience – helping children and families to be resilient and overcome barriers, promoting good emotional and mental health and able to make informed choices.

3. Current emotional well-being services

3.1 Referrals to Specialist Children’s Services

Last year KCC had 14,304 referrals to Specialist Children’s Services (SCS). Of these 69% went on to an assessment and were related to domestic abuse, emotional well-being or neglect, and 31% did not meet the criteria for a SCS assessment and should be signposted to Tier 1 services.

3.2 Externally Contracted services

KCC are the lead commissioner for the Young Healthy Minds (YHM) service which operates alongside the Tier 2 element of CAMHS. The provider of YHM supports and provides a service to 1,500 children and young people a year. See Appendix 2 for further performance information.

In addition to YHM which is specifically focused on emotional well-being issues, all other external services contracted to provide early help are expected promote emotional well-being as part of their work. Monitoring information suggests that approximately 60% of the issues these organisations address are related to emotional health.

3.3 Children’s Centres

Children’s centres are universal settings that provide a range of support to children aged 0-5 and their families, many of which contribute to emotional well-being. Examples include antenatal and postnatal support groups, healthy lifestyle programmes, peer group support programmes around issues such as breastfeeding and infant care, and access to targeted parenting programmes.

3.3 Schools

Schools also commission a range of emotional well-being support services, which are purchased at an individual school-level and responds to the needs of children and young people within the school community.

4. Finance

- #### **4.1**
- The Children’s Commissioning Unit is currently responsible for services with an annual budget of £5.8m for early help and preventative services, of which £800,000 is for YHM. These services address the wider context of children, young people and families’ emotional well-being. In addition, Public Health support wider community initiatives such as health visiting and Healthy Lifestyles which positively impact upon outcomes for Kent’s children and young people.

5. Emotional Well-being Strategy

- 5.1 As a response to the disparate and unconnected range of provision, services and commissioning arrangements which was identified by HOSC in early 2014, a partnership response has been galvanised as a proactive attempt to fundamentally improve the whole emotional well-being response in Kent.
- 5.2 In April 2014, the Children's Health & Well-being Board approved the establishment of a Task and Finish Group with the remit of leading a multi-agency Emotional Well-being Summit (July 2014). The aim of the group was to set the strategic direction for future delivery of emotional well-being services, including mental health. Following the summit the group is overseeing the development a multi-agency emotional well-being strategy.
- 5.3 The draft strategy, provisionally entitled 'The Way Ahead', has been developed at pace by partners on the Task and Finish Group, guided by the findings of consultation exercises with children, young people and families as well as views expressed at the Emotional Well-being Summit.
- 5.4 The Strategy sits beneath the Kent Joint Health and Well-being Strategy, and forms a key part of the response to two of its overarching outcomes: to ensure that 'every child has the best start in life' and that 'people with mental health issues are supported to live well'. *The Way Ahead* has adopted a complementary approach, and sets out a framework of four key outcomes (with promoting emotional well-being as a fifth overarching outcome, to be delivered across each level of need). The document is currently being developed to adopt the same visual format, emphasising the relationship between the two strategies.
- 5.5 The framework of outcomes within the strategy is as follows:
- Outcome 1: Early Help: Children, young people and young adults have improved emotional resilience and where necessary, receive early support to prevent problems getting worse.
 - Outcome 2: Access: Children, young people and young adults who need additional help receive timely, accessible and effective support.
 - Outcome 3: Whole-family approaches: Children, young people and young adults receive support that recognises and strengthens their wider family relationships
 - Outcome 4: Recovery and Transition: Children, young people and young adults are prepared for and experience positive transitions between services (including transition to adult services) and at the end of interventions.
- 5.5 Promoting emotional well-being is envisaged as a 'golden thread' running each of these four outcomes, and influencing activity at each level of need.

5.6 Part 2 of the strategy will be a Delivery Plan. This is currently in development. This will inform future KCC and CCG commissioning intentions. It will be taken to the Children's Health and Well-being Board for consideration in February 2015, with the aim of implementation beginning at the start of 2015/16.

6. Future commissioning plans

6.1 Contracts for existing commissioned services from Tiers 2-4 (delivered by Young Healthy Minds, Sussex Partnership Foundation Trust and South London and Maudsley NHS Trust) are all due to end in October 2015, with option to extend for up to two years. Decisions will need to be taken within the next few months to determine what actions should be taken in relation to the future of these arrangements. Any decision will be informed by the Emotional Well-being Strategy and forthcoming Delivery Plan. This will be considered by the Children's Health & Well-being Board.

7. Recommendation

Members are asked to

- (i) NOTE the content of the report.

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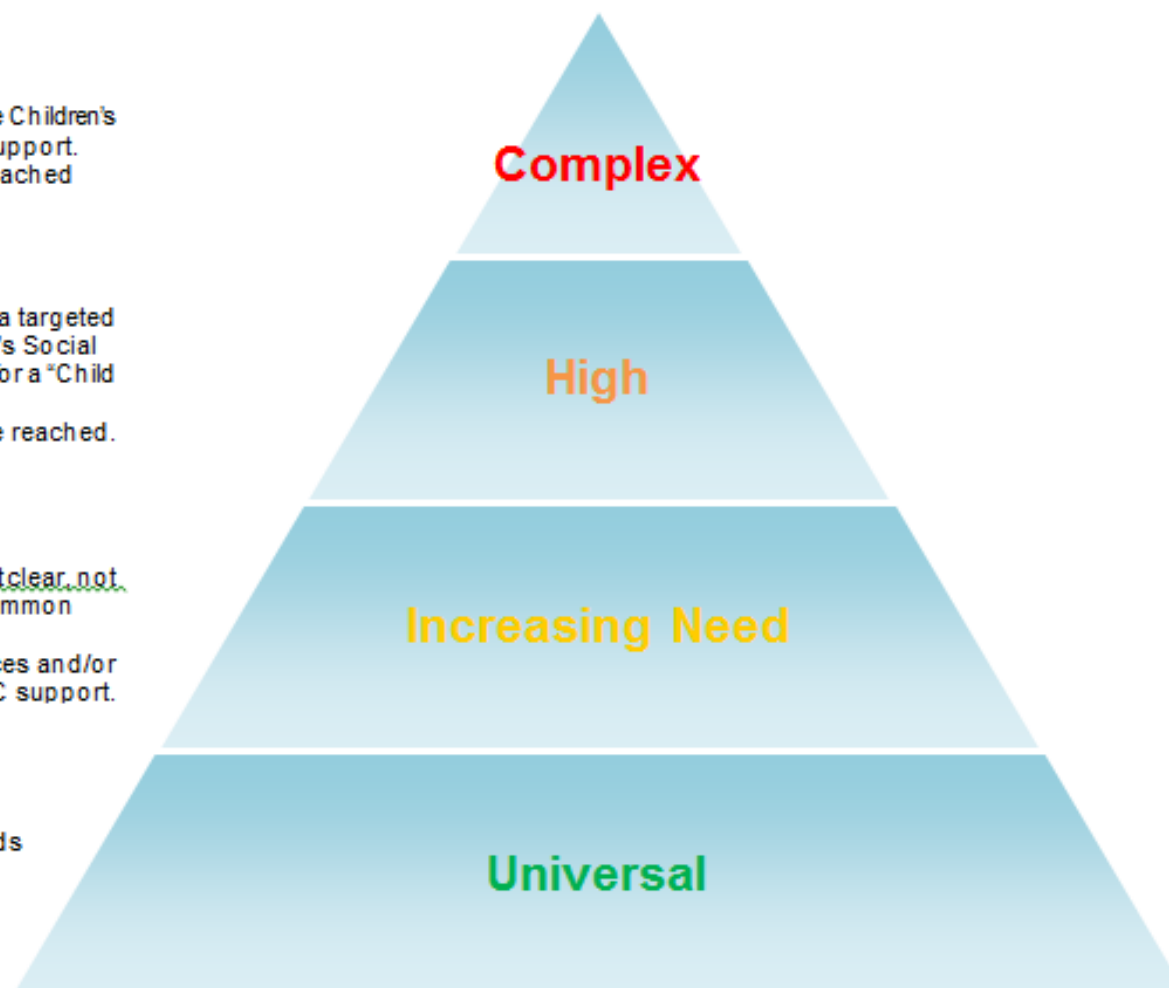
Appendix 1 – Tiers of services

Tier 4
Acute needs requiring urgent, intensive Children's Social Services / Care statutory support.
Threshold for child protection reached

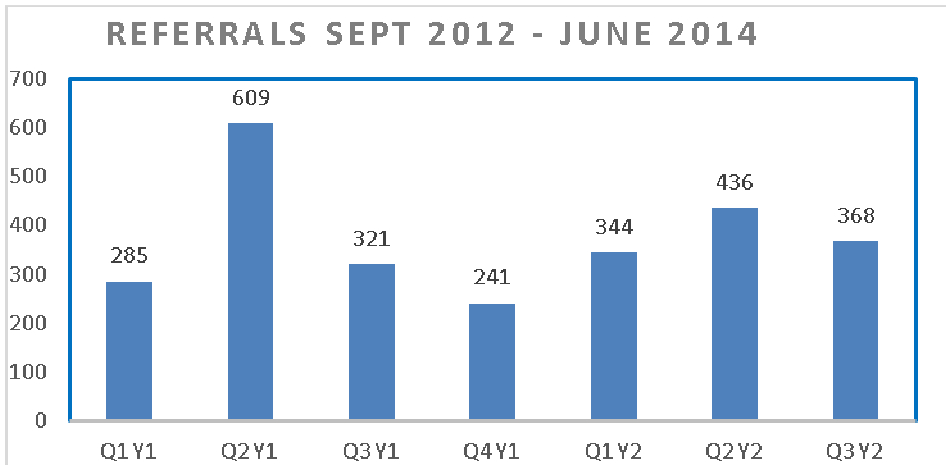
Tier 3
High level complex needs requiring a targeted integrated response from Children's Social Services / Care. This is the threshold for a "Child in Need".
Threshold for child protection may be reached.

Tier 2
Targeted early intervention. Needs not clear, not known or not being met. Use Common Assessment (CAF).
Response is universal support services and/or targeted preventative services and TAC support.

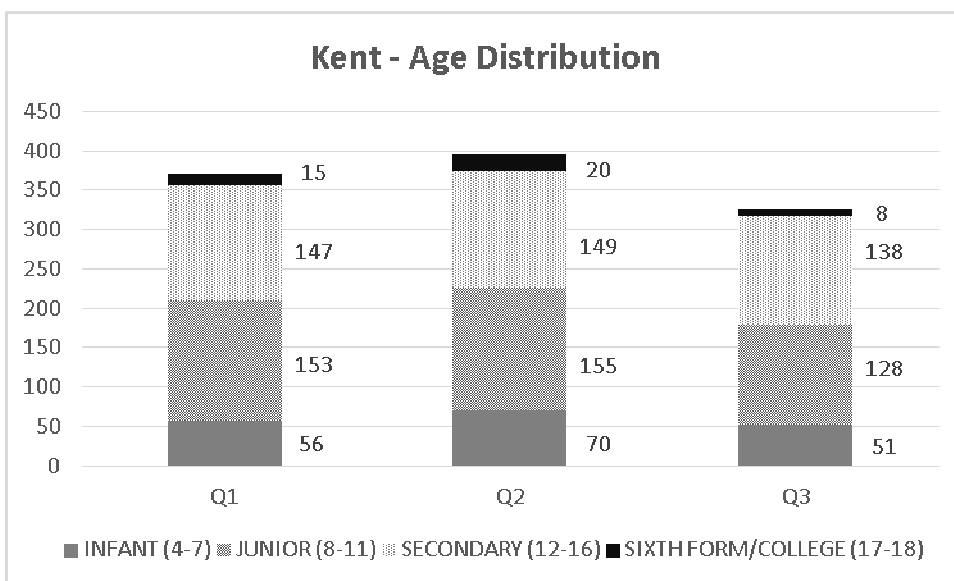
Tier 1
No identified additional needs
No identified risks
CAF not required



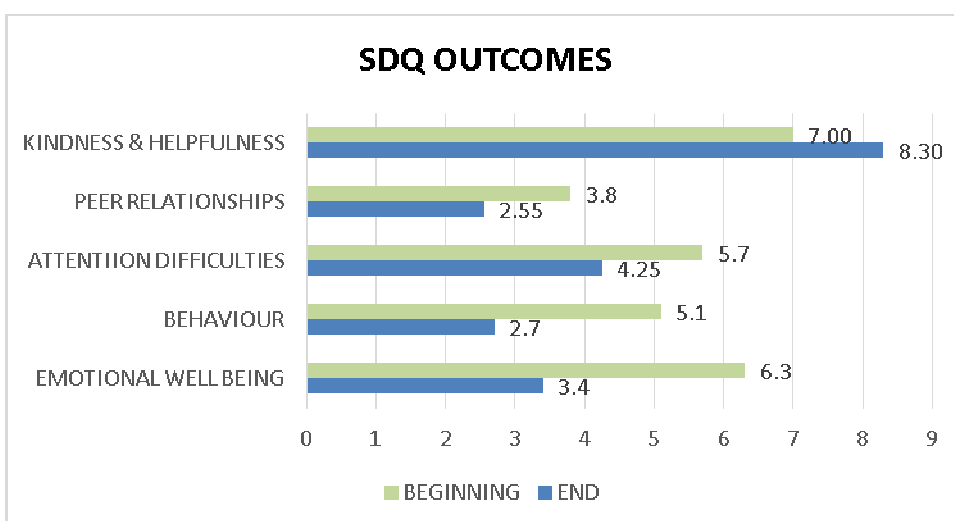
Performance data from Young Health Minds



Appendix 2



The highest incidence of age is 10 (38), followed by 9 (37) then 12 (35) and 15 (35). Primary and Secondary needs are fairly evenly distributed. In East Kent there are marginally more secondary pupils (51%) but in South Kent there are significantly more primary pupils (63%).



The Strengths and Difficulties Questionnaire is used as an outcome indicator. With the exception of Kindness and Helpfulness which is positive if it ends higher, all other scores show **improvement if they are lower**. The blue represents the end in all but Kindness and Helpfulness where green is the beginning and shows improvement if blue is higher.