

Appendix B: Current commissioned children’s mental health provision for Kent’s children

NHS Kent and Medway funds a number of mental health services for Kent’s children. NHS England requires NHS-funded providers to submit activity data to the Mental Health Services Data Set for patients of any age who receive care for a suspected or diagnosed mental health and wellbeing need, learning disability, autism, or other neurodevelopmental conditions*. There were 35,727 accepted referrals to NHS-commissioned children and young people’s mental health services for Kent in 2022/23.

The following sub-sections provide details of some services delivered within Kent that are funded by NHS Kent and Medway.

1.1.1 Health promotion activity and resilience building initiatives (Thriving)

- Fantastic FRED: this primary school wellbeing mobile theatre groups was accessed by over 100,000 primary children in Kent’s primary and special schools.
- Shooting Stars: our current primary school wellbeing mobile theatre groups has been accessed by approximately 31,000 primary children in the past 12 months in Kent’s primary and special schools.
- During children and young people’s mental health voice week (2-11February) NHS Kent and Medway with their local authority partners promoted the animation feeding back on CYP views shared through collective social media and newsletter channels as well as taking part in celebration activities at Dover and Thanet Speak out groups, Whitstable youth hub and the Kent Youth hub and Medway council’s celebration event at the corn exchange.
- 12 district-level children’s mental health networks on a termly basis to support schools to support children.
- Websites, leaflets, participation, lived experience and bespoke workforce development programmes.
- National and local campaigns and programmes to increase access to information, advice, and support.
- Support for parents and carers through a range of interventions in partnership with local authorities through maternity and early year services.

1.1.2 Early intervention, targeted interventions (Seeking advice and Getting help)

In the past 12 months:

- Around 40,000 Kent children aged between 5 – 15 in selected education settings have received an intervention or attended whole-setting activities delivered by a Mental Health Support Team.
- 765 Kent children and young people aged between 13 – 25 have received a self-harm and risk-taking reduction programme called the Mind and Body programme.
- 2,197 Kent children aged between 10 – 25 have received digital counselling called Kooth from Kooth plc.
- Around 600 Kent young adults aged 18+ have received digital counselling called Qwell from Kooth plc (please note: service went live in September 2023).
- 198 Kent children and young people aged between 3.5 – 25 have received specialist bereavement support.
- 745 children and young people in Kent on the Complex and Crisis pathway have received support from the Therapeutically Informed Family Support Service.
- 173 children and young people in Kent have received support from The BeYou Project, which provides peer support and meet-ups for LGBT+ children and young people.
- A number of smaller contracts that specifically target and support unaccompanied children have operated across Kent.

A much wider workforce exists that is funded through primary care (navigators and social prescribing), school and college funded counselling and therapy services, local authority/public health funded counselling services, school nursing, education psychology, youth work and voluntary sector projects funded by grants and national funding bodies.

1.1.3 Specialist mental health (Further support)

North East London NHS Foundation Trust (NELFT), is the incumbent provider of Kent's Children and Young People's Mental Health Service, which is a specialist mental health service.

As part of this contract, NELFT delivers a Single Point of Access, Crisis and Home Treatment Team, Neurodevelopment and Learning Disability Service, and locality mental health teams that cover: Maidstone, Tonbridge, Dartford, Ashford, Thanet, Swale, Canterbury and South Kent. The service supports children and young people with low mood, depression, severe anxiety, self-harm, conduct and behaviour, tics and Tourettes, suicidal thoughts.

In the past 12 months, NELFT have seen 12,144 children and young people in their specialist mental health service and have provided ADHD and autism diagnostic assessments to 2,072 children and young people.

NELFT also deliver the All Age Eating Disorder Service (Please note: this service is not in scope for this procurement).

1.1.4 Acute and inpatient care (Getting risk support)

Inpatient care/ Tier 4: Adolescent hospital units provide support when a child or young person is detained under the Mental Health Act for assessment and treatment of severe mental health conditions. Kent and Medway Adolescent Hospital is commissioned by Sussex Partnership Trust who host the regional provider collaborative for Kent, Medway, and Sussex footprints. Kent and Medway's Health-based place of safety (known as a Section 136 suite) is located within the Kent and Adolescent Hospital.

Forensic CAMHS: This service supports children and young people presenting with severe disorders of conduct and emotion, neurodevelopmental or serious mental health problems. NHS England commissions this service.

All acute hospitals in Kent have paediatric mental health liaison nurses to support emergency departments and wards.