

Committee	Dated:
Health and Wellbeing Board	11/02/2019
Subject: Mental Health Services for Children and Young People	Public
Report of: Andrew Carter, Director of Community and Children's Services	For Information
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Summary

This report provides a comprehensive overview of mental health provision available for children and young people in the Square Mile, as requested by members.

Recommendations

Members of the Health and Wellbeing Board are asked to:

- Note the content of this report.

Main Report

Background

1. Good mental health has been identified as a priority in the City of London Corporate Plan; in the City Corporation's Joint Health and Wellbeing Strategy; in the Mental Health Strategy; in the Children and Young People's Plan; and by the Adult Advisory Group.
2. At the Health and Wellbeing Board in September 2018, members requested a report that provided an overview of mental health provision for children and young people in the Square Mile, including both residents and non-residents.

A. CCG Funded Services – open to residents

A.1 Community Child Psychology Services (First Steps)

3. Provided by the Homerton, First Steps Early Intervention Community Psychology Service provides a service for children and young people aged 0-18 and their families, who have mild to moderate mental health problems and who are likely to be helped by a brief psychological intervention.

A.2 Child and Adolescent Mental Health Service (CAMHS) Disability Team

4. The CAMHS Disabilities Service is provided by the Hackney Ark Children & Young People's Centre for Development & Disability by Homerton Hospital and East London NHS Foundation Trust (ELFT).
 - A specialist, tier 3 service for children and young people aged 0-19 who have dual difficulties; mental health or emotional needs, which occur alongside a disability.
 - A joint multidisciplinary team provided by Homerton Hospital and ELFT, which consists of clinical psychologists, consultant child and adolescent psychiatrist, play specialist, systemic family therapist, child psychotherapist and specialist autism clinicians.
 - The service provides diagnosis e.g. ASD, ADHD, psycho-pharmacological intervention (medication), therapeutic/behavioural support and interventions and support with emotional response to diagnosis. It also delivers group work around parenting, siblings support groups, Next Steps intervention (MDT) for under 5s, Teen Troubles (ASD), ASD parent support group.

A.3 Specialist Child and Adolescent Mental Health Services (CAMHS)

5. Core specialist CAMHS services are provided by ELFT at Homerton Row. Specialist CAMHS offers assessment and help to children, young people and their families with significant emotional, behavioural and mental health difficulties. The suspected mental health difficulties are urgent, persistent, complex or severe.

A.4 Adolescent Mental Health Team (Specifically targeted work with psychosis)

6. Adolescent Mental Health Team provides an early intervention in psychosis service to offer quick identification of the first onset of a psychotic disorder and appropriate treatment including intensive support, crisis intervention, assertive outreach and home treatment in the early phase.
7. The service also provides assessment and treatment of mental health problems of an acute and severe nature for young people including complex eating disorders, OCD, ASD, Anxiety and Depression.

A.5 Parent Infant Psychotherapy Service (PIP)

8. The PIP Service, provided by ELFT, works with women who have moderate to severe mental health difficulties in pregnancy or within the first year after child birth. These may be pre-existing illnesses or have their onset in the perinatal period.

B. NHS England Funded Services (Specialist Commissioning) – for residents

B.1 The Mother and Baby Unit

9. ELFT provide a family centred mother and baby unit for mother's experiencing mental health problems before and after pregnancy.

B.2 Youth Justice Liaison and Diversion

10. ELFT have historically hosted this post. However, subsequent to CAMHS Transformation Phase one, work is currently underway to collaboratively commission this with City and Hackney CCG.

B3. CYP Improving Access to Psychological Therapies (IAPT)

11. City & Hackney was a wave two CYP IAPT site and the City & Hackney CYP IAPT partnership was set up in late 2012. The original partnership consisted of ELFT specialist CAMHS, Homerton CAMHS and the London Borough of Hackney's Young Hackney service. City & Hackney is part of the London and South East Collaborative linked to University College London and Kings College London. The CYP IAPT programme has also enabled greater participation by children, young people and parents/carers in service design and delivery.

C. City of London Services

C1. Enhanced CAMHS – for children who are looked after by the City of London

12. The City of London Corporation public health and children's social care teams have commissioned an enhanced CAMHS scheme for the looked after children under the care of the Corporation. Under this service, all looked after children and care leavers receive a CAMHS assessment. These are undertaken in the placement and include the mental state of the child or young person. All relationships are assessed. All assessments include diagnosis of common conditions such as ADHD, and Autistic Spectrum Conditions can be screened for and diagnosed if appropriate. Support is also given to foster parents and carers for crisis management on a case by case basis, as is teaching and training to foster parents and carers.

C2. Prospects – for all children

13. Prospects is commissioned to run IAG and Youth Participation.

C.3 City of London Schools Services – for all children

14. City and Hackney are part of the Anna Freud CAMHS School link programme and we are currently undergoing a CAMHS transformation to embed an integrated school model into our maintained school. Staff have received mental health training as part of the transformation and will now have a CAMHS link worker based at the school for a proportion of the week. They are also embedding a wellbeing support framework (Wellbeing and Mental Health in Schools) and have completed a survey of emotional wellbeing and mental health as part of this work. This work is overseen by the CAMHS alliance schools steering group which the City Corporation sits on. In addition, the school has:
 - Counselling services by psychotherapist
 - First Steps programme for parents in children centre
 - First steps work with whole school including visits to staff meetings to discuss individual cases

15. Young Hackney is commissioned to deliver sessions in schools or community centre, for 5 to 13 years old and 9 to 19 years old, one of which is called Emotional Wellbeing. The session equips young people with the necessary skills to manage their emotional responses, cope with stress in a healthy way and maintain a sense of perspective when under pressure.
16. The maintained and private schools within the City provide a huge number of services and interventions for pupils attending, regardless of whether they are resident or non-resident in the City. See appendix 1 for the full list.

D. Voluntary Sector Provision

D.1 Family Action – Well Family Plus

17. Family Action provides the 'Well Family Plus' service, which supports primary care by seeing cohorts of patients, who may experience unexplained symptoms and / or frequent attenders thus relieving some of these known pressures on primary care.

D.2 Off-Centre at Family Action

18. Off Centre provides therapeutic services to children and young people experiencing difficulties such as bereavement, substance misuse, abuse, unstable accommodation in a young person friendly setting. Off-Centre have recently been commissioned to provide the 16-25 transition service as part of CAMHS Transformation.

E. Other mental health services not specifically directed at children and young people:

19. The City has a pilot social prescribing service commissioned from Family Action by the City and Hackney CCG which allows GPs to refer patients with social and emotional needs to a wellbeing co-ordinator.
20. *Fusion* provides subsidised leisure facilities and classes in the City, including Golden Lane Sport & Fitness which offers a wide range of indoor and outdoor sports and activities.
21. ELFT runs a number of health services for City residents including the 24-hour mental health crisis helpline.

F. Upcoming services

22. A Mental Health centre for over 18 years old is estimated to open summer 2019 on Middlesex Street and offer long term mental health therapies that are not widely offered through the NHS for people living and working in the Square Mile. There will be subsidised treatment for those who are not able to pay the full cost for sessions.
23. Mental Health first aid training (MHFA) for City schools is being organised with Mental Health First Aid England.

24. An awareness raising campaign for safeguarding children and young people in schools and education settings in the academic year 2018/2019 is currently being developed. It will focus on raising awareness on a range of the identified needs in the context of safeguarding, particularly focusing on those more vulnerable pupils with mental health and wellbeing concerns.

- The campaign will include a full training programme around the identified topics that will be available to all staff in the City Education settings, including those independent and sponsored Schools.
- A conference is also being planned, primarily for schools, early years and other education settings and staff.

Corporate & Strategic Implications

1. The Mental Health Strategy supports the City of London Corporate Plan's aim to provide modern, efficient and high quality local services within the Square Mile for workers, residents and visitors and to provide valued services, such as education, employment, culture and leisure, to London and the nation.
2. It also supports the following priority from the Department of Community and Children's Services Business Plan: Priority Two – Health and Wellbeing: Promoting the health and well-being of all City residents and workers and improving access to health services in the Square Mile.

Conclusion

25. There is good provision of Mental Health Services for Children and Young people in the Square Mile, both for residents and children who attend schools in the City. The provision is constantly being reviewed by officers, the commissioning team, through the CAMHS transformation plan, the Children Partnership Board and the Joint Mental Health Strategy with the London Borough of Hackney and the CCG.

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