



Leicestershire Partnership  
NHS Trust

# CYP Mental Health Update



[www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

Child Mental Health = CA ~~X~~ HS = V ~~X~~ ts

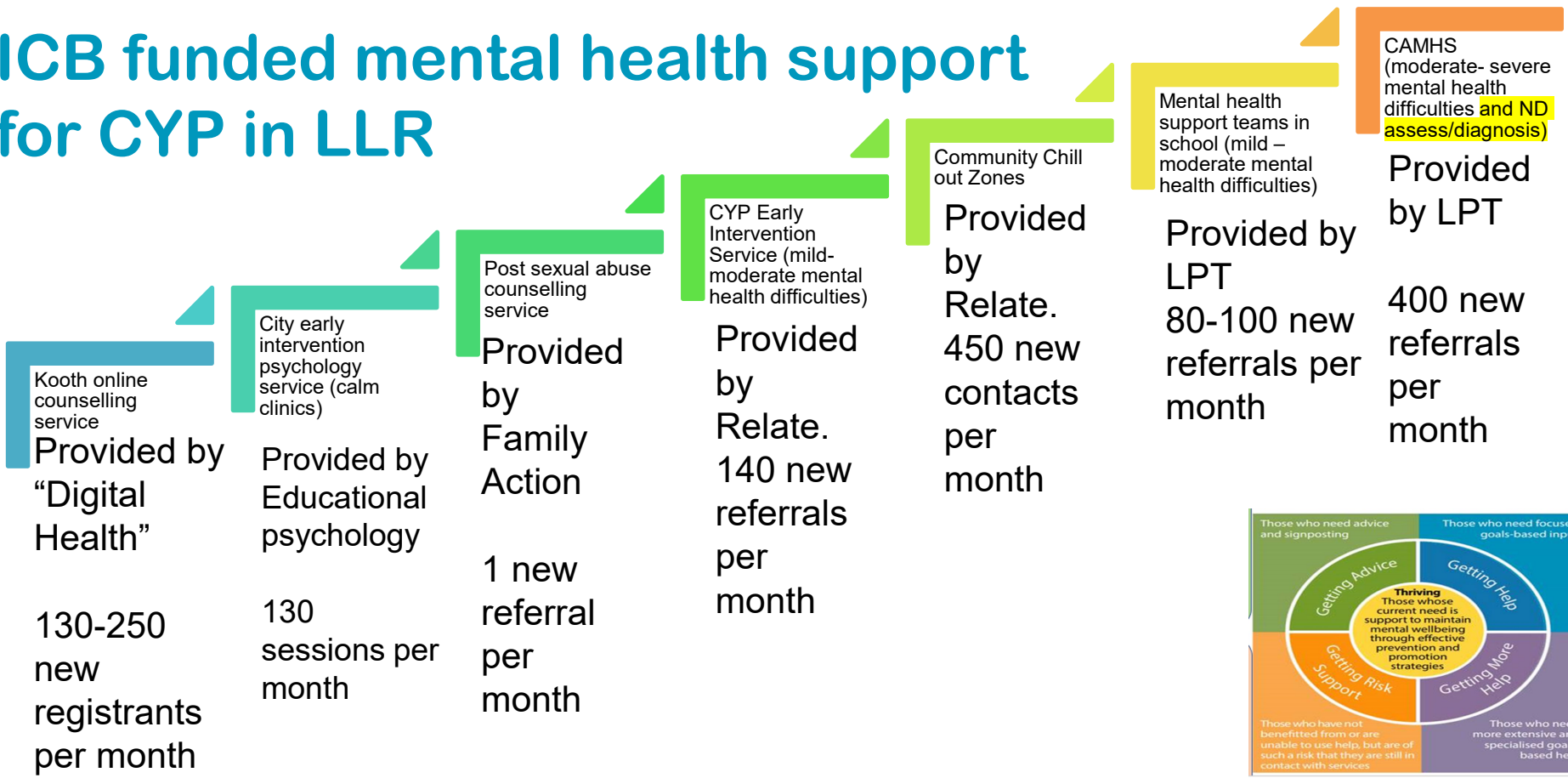


**LATEST NEWS**

Mental health services for children 'increasingly overstretched' new survey reveals



# ICB funded mental health support for CYP in LLR



Triage and Navigation service (provided by DMU)

<https://www.myselfreferral-llr.nhs.uk>



# Increasing Investment in CYP mental health over past 5 years

Significant investment and expansion of:

CYP eating disorders

CYP crisis

CYP early intervention

Core CAMHS

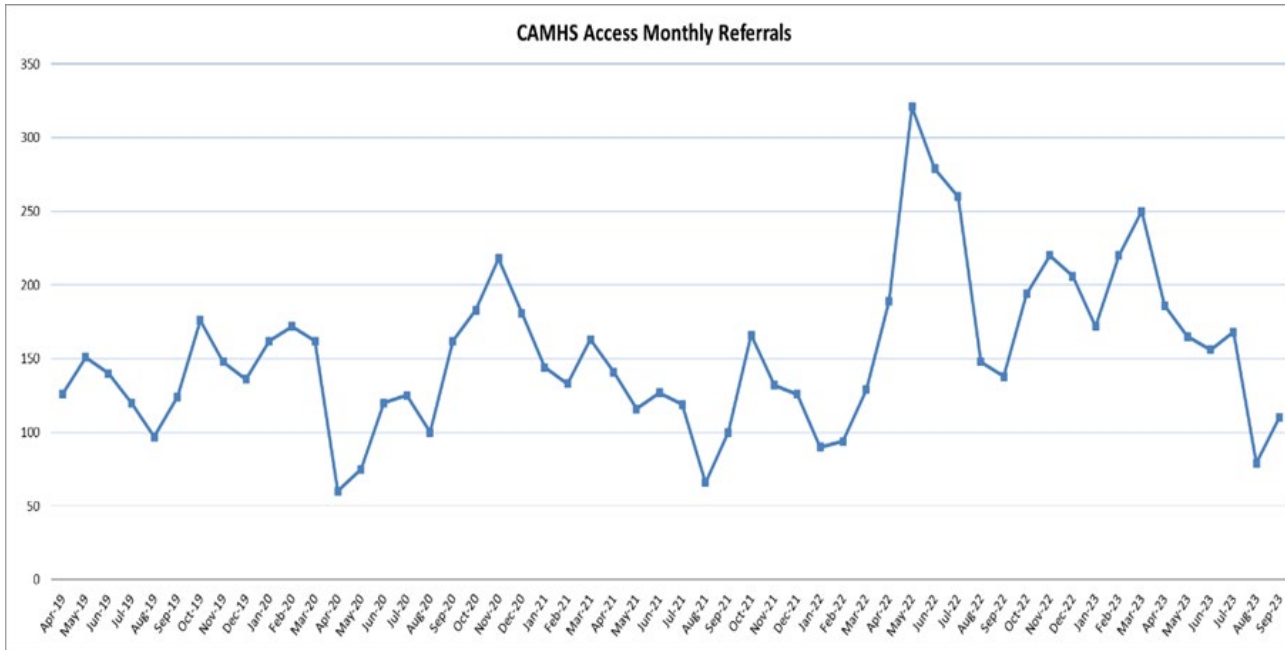
VCS Partners (eg First Steps; Advantage Programme)

Mental Health support in schools

Impact:

- 50% increase of CYP in Leicester City receiving support (2023 compared to 2022)
- Strong national target compliance (Eating Disorders ref. to treatment, Crisis assessments)
- Increased capacity generic CAMHS and coverage of MH in schools and communities
- Urgent care offer expansion with development of escalation pathway – health and LA
- Strong partnership with LCFC, Youth Advisory Board, First Steps ...
- Opening of Westcotes Lodge and Westcotes House site.

# Demand for CAMHS



67% increase in referral rate in 22/23 compared to 21/22

Current waiting lists:

121 City CYP waiting for a routine initial assessment. Longest waiting 24 weeks.

This is predicted to be back within the 13-week target by the beginning of December.

Urgent requests for assessment are compliant with the 4-week target.

# Neurodevelopmental Assessment Diagnosis:

Primary school age  
Community  
Paediatricians

Secondary school age  
CAMHS



Mental health  
concerns (35-40%)

Neurodevelopmental  
Concerns (60-65%)



# ND Challenges:

a national issue needing direction from DHSC

Increased demand (all services)

Lengthy wait complaints/concerns

Private provider : Patient choice

Unsuccessful recurrent funding business case

Unable to use MHIS funding for recurrent investment (ND)

Increasing requests to start CYP medication (privately diagnosed) for ADHD

Quality concerns of private provider assessment / diagnosis / prescribing

## What we are doing:

- ✓ Internal non-recurrent funding to increase capacity; Recurrent business case submitted
- ✓ Benchmark against NHSE National Autism Framework
- ✓ Transformation programme:
  - 1) Set up dedicated ND assessment hub
  - 2) review pathway and increase digitisation (elements of ADHD follow up and support for families)

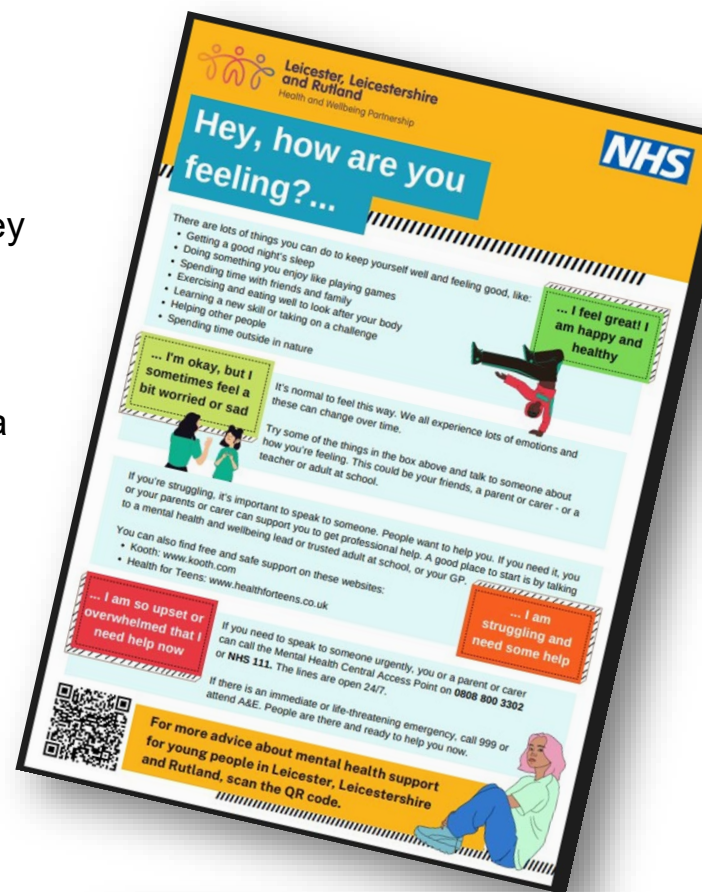
## Further solutions being explored

- ✓ Pre-diagnosis/referral education (Primary Care)
- ✓ Expanding pre-diagnostic support models
- ✓ Revise referral thresholds inc. second opinions
- ✓ Work with primary care to develop new approaches to follow-up and review including medication (shared care)
- ✓ Review of optimal skill mix based on the National Framework guidance e.g. ACP role in Autism

# Avoidable Harm: how do we keep CYP safe whilst waiting?

## Waiting for an initial appointment:

- Cases remain under the care of primary care services until they have been assessed by secondary care
- Urgent cases are prioritised
- Clear information about how to access urgent mental health support (24 hour urgent mental health line) and what to do in a crisis
- Informed of who to contact in CAMHS should there be a deterioration
- Signposted to sources of support whilst waiting
- Significant investment in digital offer with sources of support
- Free access to Solihull online parenting courses
- Health promotion campaign on sources of mental health Support
- Contacted by the service at 13 weeks
- Early intervention offering support
- Improving access- CAMHS mental health practitioners/ CWP's in GP practices- pilot





# New guidance for CYP and families whilst waiting

**MANAGING YOUR EMOTIONS**

**Paying Attention to Positive Events**  
Acknowledge and enjoy positive life events, such as a good exam result or making a new friend.

**Sleeping well**  
A healthy sleep routine is really important for our physical and mental health. [Click here](#) to learn more about the importance of sleep.

**Avoid mood altering substances**  
There are certain aspects of life that we have no control over, like disappointment, pain, and grief. You can't avoid these but accepting them is crucial to maintaining good mental health.

**Share your feelings**  
Such as excessive caffeine including **energy drinks**, **caffeine**, **alcohol**, and **alcohol**. These substances can have unhealthy neuro-psychiatric effects which may alter your mood.

**Eating Healthily**  
While not everyone is a social butterfly, meaningful relationships with our loved ones can greatly enhance our overall well-being. So, even if you only have a small, trusted circle, it's important to share your life and feelings with others.

**Regular exercise**  
Food can have an effect on how you are feeling. Serotonin is a feel good chemical produced by your brain. For this chemical to be produced, you need to provide your brain with the correct fuel. [Click here](#) to learn more about the importance of nutrition and diet.

Exercise helps you sleep better, reduces stress levels, makes you physically and mentally stronger, gives you more energy, improves coordination and more! [Click here](#) to learn more about the benefits of exercise!

**PERSONAL COPING PLAN TEMPLATE**

for when I am struggling to control my emotions

for when I feel stressed out

I feel stressed out when:

I know I feel stressed because:

When I feel stressed, I also feel:

When I am stressed, I can talk to:

If stress could talk, it would tell me I need to:

When I feel stressed out, I like to:

**HEALTH FOR TEENS**

**HEALTH FOR TEENS** is a website that offers a great choice of content and quizzes across all areas of your health, from sexual health to your feelings, growing up, lifestyle and much more. Our Doctor's, Psychologist's, Nurses and other clinicians at CAMHS create lots of content for this website, such as information on **Tics**, **Avoidant Restrictive Food Intake Disorder**, a **Safety Support Plan** (more!)

**DID YOU KNOW?**  
CAMHS has its own section on [Click here](#) to have a look!

**A QUICK GUIDE TO WHAT YOU CAN FIND ON THE HEALTH FOR TEENS WEBSITE**

**QUICK TIPS**  
By clicking on the [green text](#), you'll be directed to their webpage!

**YOUNGMINDS**  
Young minds is a mental health charity for younger people. You can also text YM to 85258.

**Keeth**  
Keeth is a digital mental health service. Their website has a free online counselling service for young people.

**childdine**  
Childline is there to help anyone under 25 in the UK with any issue they're going through. You can talk to them by calling 0800 3311 or by visiting their [website](#).

**Anyone needing mental health support for themselves or others can call the Mental Health Central Access Point** on 0800 800 3302, 24 hours a day, seven days a week.

**THE Mx**  
The Mx offers online counselling and has a crisis messenger for young people under the age of 25. They have a free confidential helpline (0208) 808 4994!

**First Steps**  
First Steps can provide help to anyone who is facing difficulty with mood, anxiety or depression, or is impacting their life. You can refer yourself to this service.

**RESOURCES THAT MAY BE USEFUL**

**coram**  
Coram support children either currently in or been in the care system.

**Decider**  
The **Decider Skills** use Cognitive Behavioural Therapy to teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotional and mental health.

**CALLM**  
CALLM has a helpline and a live chat that are open from 9am to midnight every day.

**ADAPT to**  
ADAPT to is a charitable organisation that helps families and professionals anywhere cope with the challenges of ADHD.

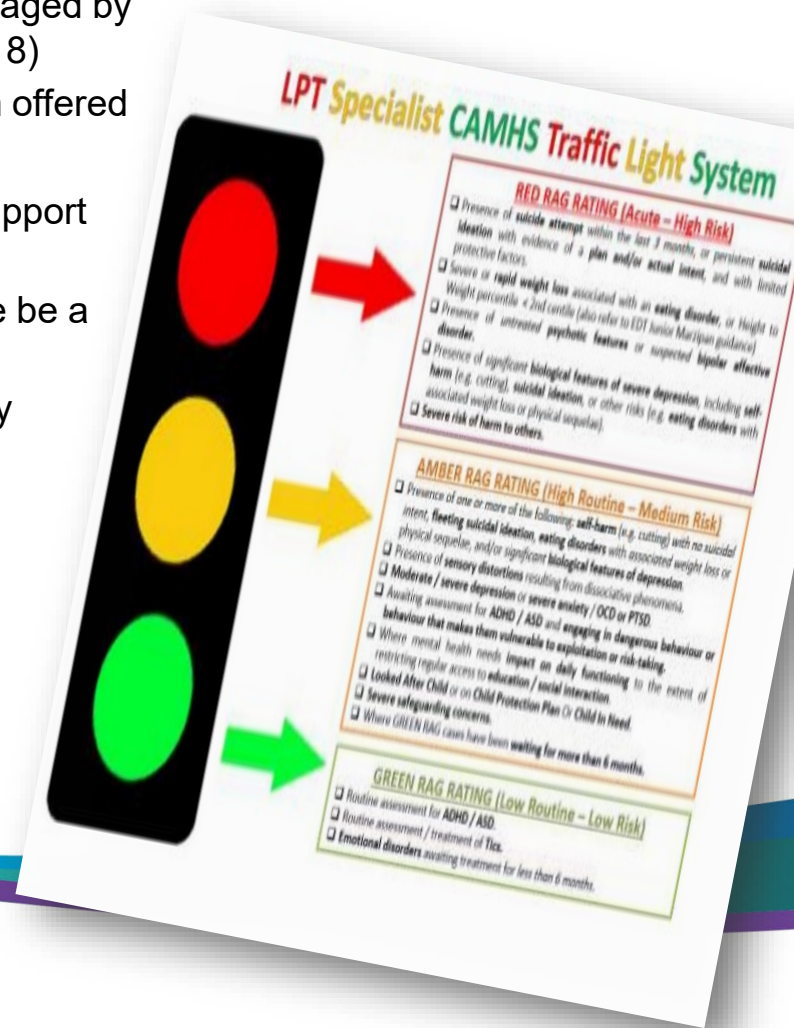
**ChatAutism**  
ChatAutism is a non-emergency text-based support service for autistic people and their families. Send a text to: 07312 270787

**START Support**  
Start a Conversation offer advice and support to those who have been bereaved or affected by suicide.

**For even more resources, [click here!](#)**

# Waiting internally within CAMHS for further assessment / treatment

- Full mental health & risk assessment completed at initial assessment
- Urgent cases for treatment (based on severity of mental health presentation and risk) are prioritised – acute allocation
- Well established waiting list management system in place managed by a duty team (shortlisted for national patient safety award in 2018)
- Duty reviews – review of mental health/ risk – brief intervention offered
- Internal escalation process if deterioration is noted
- Clear information about how to access urgent mental health support and crisis support
- Clear information about who to contact in CAMHS should there be a deterioration
- Access to universal and targeted digital support – including “My Guidance” if indicated
- Signposted to other sources of support
- Daily acuity call
- Attendance at strategy meetings



# Feedback

We actively seek feedback from CYP and their parents/carers who are waiting and being managed by our duty system

In April – May 2023 we received 34 responses

26 from CYP

5 from parent/carers

3 unknown

70% on the waiting list for a neurodevelopmental assessment

85% said they had been told about the waiting times

41% stated the wait was much longer than they expected (18% “a bit longer” and 41% “what I expected”)

60% stated they were happy with the information they had been given about how to contact CAMHS/other services/ sources of support whilst they were waiting

The image shows a sample of the CAMHS 'WHILST YOU ARE WAITING FEEDBACK FORM' for young people and service users. The form is titled 'CAMHS - WHILST YOU ARE WAITING FEEDBACK FORM' and 'YOUNG PEOPLE / SERVICE USERS'. It includes sections for 'PERSONAL INFORMATION' (Name, Gender, Age, Address), 'YOUR FEEDBACK IS REALLY IMPORTANT TO US AT CAMHS', and a 'LIKERT SCALE' for various service aspects. The Likert scale uses a 5-point rating system (Strongly Dislike, Dislike, Neither Like/Dislike, Like, Strongly Like) for categories such as 'Waiting times', 'Information given', 'Support given', and 'Contacting services'. The form also includes a section for 'Comments' and a 'Thank you' message.

# How you can support us?

- ✓ Champion the importance of good mental health and well-being across the city. Public Open Spaces, housing, employment, public safety all make large contributions to good mental health and well-being.
- ✓ Recognise and promote the range of providers across Leicester who are able to help CYP with MH needs – there is so much more than CAMHS
- ✓ Support continued partnership working between children's services, education, communities and the NHS to enable helpful conversations that move us from diagnosis to meeting needs.
- ✓ Championing national and local discussions on solutions and supporting this increase in demand, particularly for ND diagnosis. Supporting children and families now, makes a big difference for their future.
- ✓ Support us in promoting the great work that is done within Leicester City for Children