

CYP Mental Health Update

Public Health and Health Integration Scrutiny Commission

Date of meeting: [07/11/2023]

Useful information

- Ward(s) affected: All City
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1. Summary

This report provides an update regarding NHS funded mental health support to Children and Young People within Leicester City

2. Recommendation(s) to scrutiny:

Public Health and Health Integration Scrutiny Commission are invited to:

- Note the multi-organisational offer for Childrens Mental Health in the City
- Note the challenges faced in the CAMHS system, particularly with associated referrals for Neurodevelopmental Disorders
- Note the support offer in place to support Children and young people whilst waiting.
- Accept the recommendations for supporting the children's mental health agenda in Leicester City

3. Detailed report

NHS Funded Mental Health support is provided to Children and Young People (CYP) within Leicester City through a variety of different providers. Further work is required by all system partners to dispel the misnomer that mental health support is only provided by CAMHS services.

Since 2019, there has been a significant increase in mental health investment into health services. Specific areas of investment include.

- Expansion of CYP Eating Disorder services which experienced a significant increase in referrals following the Coronavirus Pandemic, a trend replicated nationally. The investment has enabled funding of the First Steps charity, to support CYP with disordered eating to prevent escalation into a clinical eating disorder. A Home Intervention Team has also been established to support CYP waiting for Specialist Eating Disorder Inpatient Treatment or to avoid escalation into this pathway.
- The expansion of CYP Crisis services to include 24/7 access to urgent mental support in person and via telephone, an expansion of the Crisis offer at Childrens Emergency Department at the LRI
- The creation of and expansion of the mental health support teams in schools programme which has to date enabled mental health support to be offered to an increasing number of schools in Leicester City.

- The procurement of a Triage and Navigation Service to effectively triage all referrals for mental health support coming via primary care and more recently self-referral
- The expansion of early intervention mental health services provided by a number of VCS partners in local communities. This has included an expansion of mental health chill out zones in local communities and a mental health mentoring programme delivered between LPT and Leicester City Football Club

Impact

The expansion of the mental health offer has seen an increase in the number of CYP in Leicester City accessing MH support – by 50% during the past year. The rolling 12 month average for CYP in Leicester City is now nearly 6000 CYP.

Strong compliance with the national referral to treatment targets for CYP Eating Disorders and CAMHS Crisis

A reduction in the number of CYP requiring inpatient mental health support.

A reduction in the number of CYP with a Learning Disability or Autism in an inpatient MH unit.

Challenges

An increasing number of referrals to CAMHS Outpatients in 2022/23 (up 67% from previous year) had seen an increasing number and length of time waiting for initial assessment. Investment into outpatient CAMHS during this financial year has seen the number reduce significantly. As of the 14th October 2023, in Leicester City, there are 121 CYP waiting for an initial assessment, with the longest waiting for 24 weeks. This is predicted to reduce to within the 13 week target by the beginning of December 2023.

CYP referred for urgent assessment by CAMHS are being seen within the 4 week target. As of the 14th October 2023, there were no children waiting over 4 weeks for an appointment.

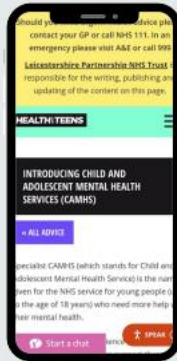
An increasing number of requests for neurodevelopmental assessment has been a significant contributory factor for pressure in the system. CAMHS currently offers assessment for ASD and ASHD for secondary school age children. These referrals have accounted for more than 50% of all referrals into CAMHS in the past year.

As of 23rd October 2023, in Leicester City, there are 241 CYP in CAMHS waiting to start an ND assessment, with 69 waiting over a year.

Supporting CYP Whilst waiting

There is a comprehensive offer for CYP waiting for mental health support in CAMHS. This includes comprehensive signposting and advice to useful resources.

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



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 Doctors, Psychologists, Nurses and other clinician's 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 Health for Teens? [Click here to have a look!](#)



QUICK TIPS

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

RESOURCES THAT MAY BE USEFUL

YOUNG MINDS

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

koath

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

childline

Childline is there to help anyone under 19 in the UK with any issue they're going through. You can talk to them by calling 0800 1111 or by visiting their [website](#).



Anyone needing mental health support for themselves or others can call the [Mental Health Central Access Point](#) on 0806 800 3302, 24 hours a day, seven days a week.

THE MIX

The Mix offers online counselling and a crisis messenger for young people under the age of 25. They have a free, confidential helpline (0808 808 4994).



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

coram

Coram supports children either currently in or been in the care system.

The Decider

The Decider Skills use Cognitive Behaviour 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 emotions and mental health.



CALM has a helpline and a live chat that are open from 5pm to midnight everyday.



ADHD Solutions is a charitable organisation based in Leicester. They help families, and professionals anywhere, cope with the challenges of ADHD.



Chat Autism - a non-emergency text-based support service for autistic people and their families. Send a text to: 07312 277097



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

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

Following assessment, CAMHS operates a duty system to review CYP whilst waiting for further support or assessment.

Feedback

CAMHS actively seeks feedback from service users and their families whilst waiting. Improvements made during 2023 include an extension of Specialist CAMHS Outpatient operating hours to include evenings and a capital programme to improve the accommodation on the Westcotes House site, with the opening of the new Westcotes Lodge in October 2023.

The Future

The CYP mental health providers are increasingly working together to reduce health inequalities and improve access to mental health support in the City.

Continued work across organisations to support CYP with early developmental concerns and to resubmit a business case to support an ND diagnostic service with capacity to meet the current demand.

Support requested

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.