

## Leicester City Council Health Oversight Scrutiny Committee (HOSC) 29th April 2025

### Leicestershire Partnership Trust, Children and Young People (CYP) Mental Health Referral Update

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*\*Paper briefing to accompany slidedeck presentation*

#### LLR ICB Commissioned CYP Mental Health Services and Referral Routes

- Triage & Navigation: Single point of entry for MH and emotional wellbeing support. CAMHS is accessed via this route with the exception of some specialist services. Referrals are via two routes: GP or CYP/parent/carer self-refer via My Self-Referral - [www.MySelfReferral-LLR.nhs.uk](http://www.MySelfReferral-LLR.nhs.uk).
- Relate (VCSE): Early Intervention Service – 1:1 counselling, Flourish Groupwork Programme, Prosper Parent Programme for CYP 5-18yrs and their parents/families, and targeted ADHD support (in-house pathway providing support for CYP with ADHD following the closure of ADHD Solutions). Referral via Triage & Navigation (GP or online Self-Referral).
- Community Chill-Out Zones – Mental Health and wellbeing workshops for CYP delivered in schools and community venues (preventative focus). Referral via Triage and Navigation (GP or online Self-Referral).
- First Steps ED (VCSE): Support for CYP 5-25yrs with mild to moderate eating disorder symptoms or poor body image. 1:1 counselling support, parent/carer support, and befriending service. Referral via Triage & Navigation (GP or online Self-Referral) or via website - First Steps ED | Eating Disorder Support & Recovery Charity.
- Tellmi (VCSE): Digital peer support app for anyone aged 11+, pre-moderated with pre-emptive counsellor intervention. Therapy offer (solution focused) for ages 11+. Download the App.
- Mental Health Support Teams in Schools (LPT): Early intervention service, supporting CYP with mild to moderate mental health difficulties. 1:1 interventions, workshops around emotional wellbeing, and parent intervention. Currently in 57 City schools. Referrals via school mental health leads, pastoral lead, SENCO, etc.
- Family Action Post Sexual Abuse Service (VCSE): Specialist trauma informed and attachment focused social work interventions for CYP up to age 18 (support up to age 25 for SEND and LAC) who have experienced sexual abuse. Referral via Triage & Navigation (GP or online Self-Referral) or via website Leicester Post Sexual Abuse Service (PSA) - Family Action
- City Early Intervention Psychology Support (Leicester City Council): Support for CYP via 1:1 and groupwork. Both early intervention and higher threshold of need provided by educational and trainee psychologists. Involvement of parents and

teachers and can be delivered both in schools and home environment. Referrals via school mental health leads, pastoral leads, SENCO etc.

- CYP Directory of mental health services (VCSE): Co-produced and co-designed with CYP, this new directory of services contains both local and national services of mental health services and resources. A QR code was developed for easy access that can be used by CYP, parents/families, and professionals alike to find resources and support for mental health and emotional wellbeing. Currently working with the Local Authority to embed on the Local Offer.

### The Structure of Leicestershire Partnership Trust's CAMHS Services

- CAMHS comprises of one large generic Outpatient Team (which includes Access, Duty, Treatment, Transitions, and Neurodevelopmental) and 7 Specialist Teams:
- Crisis Resolution and Home Treatment - 24/7 service, 365 days, assess CYP with urgent MH need. Intensive Home Treatment 365 days a year (08.00-20.00) for 6 weeks.
- Crisis + - based at urgent care and UHL, assess CYP who have presented at A&E with MH needs.
- Intensive Community Support Team - intensive support for CYP (3 appointments a week) who have had repeat crisis presentations/at risk of DBT service admission (08.00-19.00) + out of hours telephone support.
- Eating Disorders Team - assessment and treatment service for CYP presenting with ED (anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant restrictive food intake disorder).
- Young People's Team – MH assessment and treatment service for CYP who Looked After, Adopted, Unaccompanied Asylum Seekers and YP known to Youth Justice services. Specialist trauma informed interventions, YOS-ACES project (preventative support), indirect training/support/consultation to the network.
- Paediatric Psychology - psychological and family support for CYP with significant physical health conditions who are struggling to adjust/cope with living with their condition.
- Learning Disabilities Team – for CYP with a moderate to profound LD presenting with MH difficulties and/or associated challenging behaviours.

Specialist teams were established to provide targeted services to those CYP identified as being at higher risk, who are more vulnerable/less likely to engage in services, or for whom family stress/burnout is more likely. They are proportionately better resourced which improves access, reduces waits, and provides more targeted support. Resource is directed in a way to safeguard CYP who are at greater risk.

### Wait Reasons and Reduction Interventions (to accompany latest KPI performance data)

The following circumstances impact KPI performance:

- Patient choice, preference, and availability
- Ability to contact patient
- Staff capacity
- KPI may be misleading – 50% may mean 1 CYP out of 2

The CAMHS services have the following wait reduction interventions in place to improve access and reduce waits:

- Increased operational hours in Community Outpatient CAMHS to Monday – Thursday, 8am - 8pm
- Increased workforce offering initial CAMHS assessments
- CAMHS Mental Health Practitioner in City PCN
- Skills mix review of professionals in all CAMHS services
- Collaborative working across all emotional and mental health wellbeing services to provide longer transitional pathway.

### Neurodevelopmental Waits

Neurodevelopmental referrals are triaged by two services:

- Community paediatrics – for CYP under 11 (90% of referrals relate to ND)
- CAMHS – for CYP 11+ (50% of referral relate to ND)

CAMHS:

- Significant increase in referrals to CAMHS has been driven by the increase for ND assessments - the referral rates for ND conditions (autism and ADHD) have increased by 89% since 2020 and now represent 50% of all referral into CAMHS.
- CAMHS receives approx. 51 referrals a month for ND assessments from the City - the Routine assessments are disproportionately for ND queries.
- There are 426 City CYP waiting for an ND assessment within CAMHS.
- The longest wait for a City CYP in CAMHS for ND is 176 weeks.

Community Paediatrics:

- ND conditions are not mental health conditions.
- Increase has also been seen in Community Paediatrics who receive approx. 125 referrals a month for ND assessments from the City (90% of all referrals into Community Paediatrics are ND).
- There are 2277 City CYP waiting for an ND assessment within Community Paediatrics.
- The longest wait for a City CYP in Community Paediatrics for ND is 184 weeks.

What support do we offer CYP who are waiting?

- Urgent cases are prioritised (based on severity and risk) Clear information about how to access urgent mental health support (24 hour urgent mental health line) and what to do in a crisis and how to contact CAMHS should there be a deterioration
- Significant investment in mental health advice and support on Health4Teens and Health4Kids and social media sites
- Digital resource pack with tips/advice and sources of support (Welcome to CAMHS resource, While you are waiting resource)
- Free access to Solihull courses (parenting courses and courses for young people)
- Free access to targeted digital support and workshops (Guidance)
- ChatHealth and ChatAutism text messaging services
- Well established waiting list management system in place managed by a duty team with regular reviews of mental health/ risk – brief intervention offered at these reviews. Internal escalation process if deterioration
- Early intervention offering support
- Improving access- CAMHS mental health practitioners/ CWP's in GP practices- pilot

### Challenges and What We're Doing

CYP Mental Health Services are currently facing the following challenges:

- Increase in demand in all CYP emotional wellbeing and mental health services.
- Increase in demand for ND assessments (autism and ADHD) - national challenge.
- Increase of complexity/acuity of CYP presenting to services across the System.
- Under representation within communities in LLR accessing both CAMHS and ND pathway.

LPT, the LLR ICB, and LLR ICS partners are doing the following to mitigate and manage these challenges:

- Continued roll out of the Mental Health Support Teams in Schools – commitment to be in all schools in LLR by 2030.
- Innovation in the way support is accessed and delivered – self-referral, youth workers, wellbeing practitioners, digital footprint, localised support, and outreach models of care.
- Closer working with communities – CAMHS Community Participation Lead post - working to understand barriers to accessing services/improving access from communities who don't typically access services, engaging with faith leaders and community groups. Shared learning amongst providers/System partners on how access can be improved through this. Utilising the Improving Access meeting to help reduce health inequalities and focus on areas of deprivation.
- Working with all System partners to for transformative change in response to growing ND need – such as PINS and the Change Programme.
- Enhanced crisis pathways – implementation of Crisis+ and ICST.

### Partnership Success Stories.

Partnership working is a core part of our success with the following schemes being particularly noteworthy: Play On with Leicester City Football Club, CAMHS Social Media Account, Our Voice, Leicestershire Police and Violence Reduction Network, and Collaboration with the University of Leicester's media course to create video content on social media awareness.