

Item 4

Report of the Executive Director Core Services and the Executive Director of Public Health & Communities, to the Overview and Scrutiny Committee (OSC) on 18th July 2023

Children and Young People Mental Health Services in Barnsley

1.0 Introduction

- 1.1 Children and Young People's Mental Health Services (CYPMHS) refers to all the services that work with children and young people (CYP), primarily up to the age of 18 years of age who may need help and/or support with their emotional wellbeing and mental health.
- 1.2 The aim of this report is to provide an update to the Overview and Scrutiny Committee (OSC) on the work that has been undertaken since 1st April 2022 up to 31st March 2023 by South Yorkshire Integrated Care Board- Barnsley Place (ICB), Compass Be who is the provider for Barnsley Mental Health Support Teams (MHSTs), Children and Young People's Empowerment Project (Chilypep) and Barnsley Child and Adolescent Mental Health Services (CAMHS) which is provided by South West Yorkshire NHS Partnership Foundation Trust (SWYPFT.)
- 1.3 The focus will be on the following services/areas:
- Mental Health Support Teams (MHSTs)
 - Children and Young People's Empowerment Project (Chilypep)
 - Specialist Child and Adolescent Mental Health Services (CAMHS)
 - Children and Young Peoples Mental Health Contact Point (SPoC/Branching Minds)
 - CYP Emotional Health and Wellbeing Lead in Public Health
- 1.4 Within this report, the current waiting list positions for both MHSTs and CAMHS are provided. The OSC will be able to see the current waiting list positions and how these have changed since last reported in March 2022.

2.0 Background

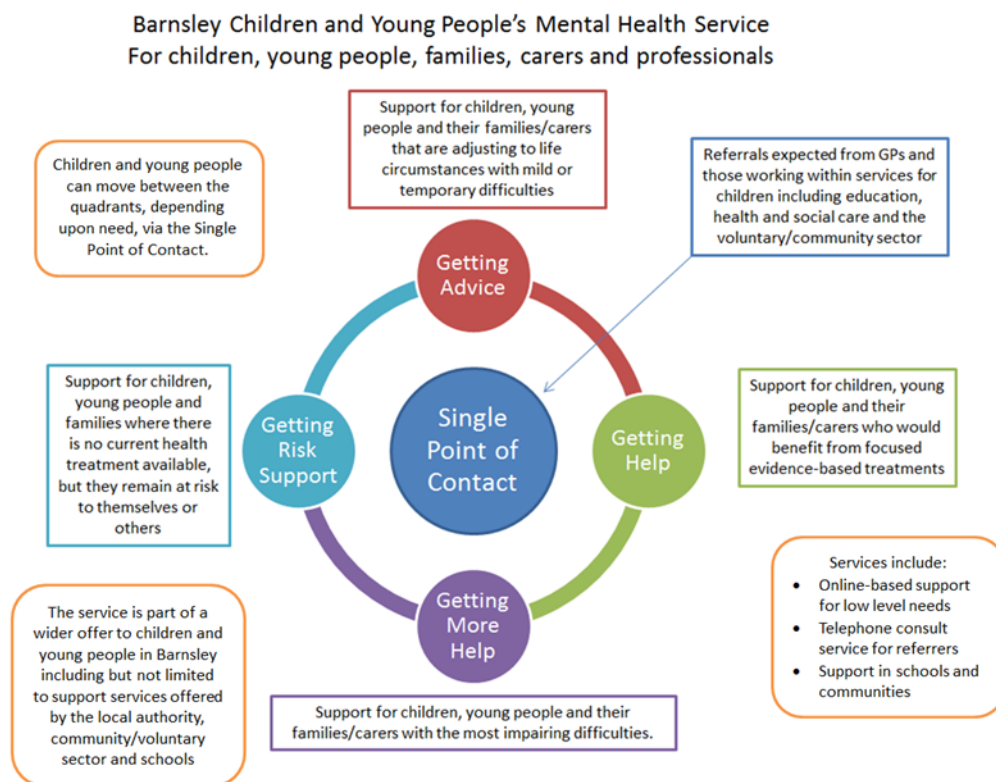
- 2.1 At a national level, The NHS Long Term Plan 2019¹ has committed to expanding mental health services for children and young people, reducing unnecessary delays and delivering care in ways that work best for children, young people and their families. This commitment builds on recommendations from the consultation, 'Transforming Children and Young People's Mental Health Provision: A Green Paper 2017'² and the Department of Health's Future in Mind Report³ which acknowledged that service provision to support CYP's emotional wellbeing and mental health needed to focus on a number of aspects including:

- Promoting resilience, prevention and early intervention
- Improving access to effective support
- Care for the most vulnerable

- 2.2 At the OSC meeting, in March 2022, it was reported that a significant amount of work had been progressed to improve and transform the provision of CYPMHS within Barnsley including the following:

- The imminent launch of the Barnsley Children’s Mental Health Single Point of Contact (SPoC) now known as Branching Minds
- The CYPMH steering group overseeing the commissioned Children and Young People’s Mental Health Services
- Progress of the CAMHS Improvement Programme of Work
- Embedding Compass as the provider for MHSTs
- Continuation of work to improve the CAMHS Waiting List Position
- Strengthening support and focus on CYPMHS by securing the post of CYP Emotional Health and Wellbeing Lead as a permanent position
- Service models based on the principles of Thrive and delivering care through a multi-agency, whole system approach. A commitment to working towards a goal-based approach, that puts CYP needs at the centre and commits to the ethos of getting the right support at the right time from the right service as is the concept of THRIVE (see figure below.)

Figure 1: Barnsley Model for CYP Mental Health



3.0 Current Position - Barnsley Mental Health Support Team (MHST) provided by Compass Be

3.1 As background information, the core functions of the MHST (as set out in Mental Health Support Teams for CYP in Education Manual) are:

- Delivering evidence-based interventions for mild to moderate mental health issues
- Supporting the designated Senior Mental Health Lead in each education setting to introduce or develop their whole school or college approach
- Giving timely advice to school and college staff, and liaising with external specialist services, to help children and young people to get the right support and stay in education.

3.2 Compass Be MHST works with all 11 secondary schools and all 77 primary schools in Barnsley providing group and one-to-one support for all CYP living and/or educated in the

borough. The service went borough wide in April 2022 as the Trainee Educational Mental Health Practitioners completed their post-graduate training. With the increase in school coverage the service reviewed its structure and from April 2023 subsequent re-structure into 5 localities – Central, North, South, West and Dearne. Each locality has a Supervising Practitioner Lead and two designated education/mental health practitioners delivering Low Intensity Cognitive Behavioural Therapy interventions on a one-to-one and group basis.

3.3 Barnsley MHST has seen a 54% increase in referrals between 2022 and 2023, increasing from 261 referrals between April 2021 – March 2022 to 402 referrals between April 2022 – March 2023. The service now consistently receives more than 100 referrals each calendar month. This is in line with the ambitions of the NHS Long Term Plan to increase access to CYP mental health services. Demand for the service from Compass Be has been consistently high in terms of numbers of children and young people supported, with positive evaluations received of the service. However, this, coupled with difficulties recruiting to vacant posts, which is an issue across the region, has had an impact on waiting times with the average waiting time for treatment of 3-6 months depending on what support is needed. However, Compass Be have developed a waiting list protocol to ensure appropriate levels of support/signposting whilst waiting.

3.4 A summary of the key work of the Barnsley MHST during 2022/23 is:

- Direct delivery of one-to-one intervention in primary and secondary schools with CYP experiencing low mood, anxiety, challenging behaviours and other mild-moderate mental health needs
- Direct delivery of therapeutic groupwork in secondary schools including anxiety, low mood, mental health promotion and transition
- An audit of all participating schools as part of the Whole School Approach to identify strengths in the promotion of a mentally healthy school and prevention of mental health problems and associated action planning. This includes the identification of any gaps in support and the creation of a bespoke support plan for each school
- Consultation with CYP in all schools to understand and assimilate young people's views into their emotional health care planning
- Mental Health Awareness raising events including anti-bullying, awareness raising for parents on issues faced by CYP, the importance of physical wellbeing and mental health promotion, school wellbeing assemblies and many more
- Workshops for CYP in primary schools on understanding anxiety, understanding/managing emotions, transition support in years 6/7, esafety/cyberbullying/bullying, healthy relationships and peer pressure
- Workshops for parents/carers (including foster carers) on a range of issues faced by CYP, this includes internet safety, bullying/cyberbullying, child exploitation, supporting a child who self-harms, understanding anxiety and low mood
- Social Media presence on Facebook and Twitter sharing Compass Be work, accessible information, guidance and self-help resources
- Silvercloud offer – an online service, giving CYP access to Cognitive Behaviour Therapy through a range of activities, videos, case studies and resources. It also supports parents/carers who are supporting CYP with anxieties.

Additional roles within the team include:

3.5 Bereavement Counselling, which is commissioned separately through Public Health. Bereavement Counsellors provide specialist counselling sessions on a one-to-one and group basis, and are available via the MHST to provide advice, guidance and training to school staff and wider services across the borough. Counsellors also provide training to schools and parents/carers in helping adults understand loss from a child's perspective, often supporting schools where there has been a child death or death of a school staff member. In 2022 this

training was delivered in 6 primary schools. Support groups are also delivered to support families in managing grief and loss, through this creating peer support networks to continue support once intervention ends.

- 3.6 Healthy Peer Relationships (HPR) Practitioner, this service is provided to all schools on a needs basis as a result of the Whole School Approach Audit and/or direct requests from schools following specific incidents, i.e., bullying of a child, sharing of inappropriate images to groups of children etc. The HPR Practitioner delivers one-to-one sessions and workshops to equip CYP to develop skills to build healthy peer relationships, this includes how to deal with peer pressure, resolving conflict and keeping safe online. The HPR Practitioner also delivers staff training in conflict resolution, Prevent, bullying, restorative practice, supporting healthy peer relationships, and understanding a trauma informed approach.
- 3.7 A Family Practitioner is also employed. The aim of this practitioner is to support the parents of CYP open to support from Compass Be. This support aims to equip parents/carers with the skills to better support their child's mental health and/or support the parent to overcome their own emotional wellbeing and mental health difficulties. This includes support around domestic abuse, parent's own negative experiences of parenting and breaking cycles, signposting to appropriate services, and organising training for parents/carers on a range of issues faced by CYP (national and local issues.) A monthly peer support group is also delivered, The Climb, where parents can share experiences and support each other in dealing with the challenges of being a parent today. A Family Practitioner also delivers Fear-less Triple P on a rolling programme, this is another group-based programme for parents/carers to learn ways of managing CYP anxiety and building own emotional resilience.
- 3.8 In addition to work in schools MHSTs deliver a range of workshops in family hubs and other community venues across the borough (including the CYP hub, H.O.M.E.) where CYP and their parents attend as a family unit, promoting resilience and positive emotional wellbeing in families. These sessions run mainly during school holidays on a drop-in basis, all information is publicised through family hubs, social media and through practitioners working on Branching Minds.

4.0 Current Position - Children and Young People's Empowerment Project (Chilypep)

- 4.1 Chilypep in Barnsley deliver a range of early intervention and prevention services, projects and mental health training courses to schools, colleges, charities, local businesses as well as within the wider Barnsley community. In addition, Chilypep is funded to support CYP to have a voice and influence services and support through Young Commissioners. All the work of Chilypep falls within or supports meeting the i-Thrive quadrants of 'Getting Advice' and 'Getting Help' (i-thrive is the implementation of the THRIVE Framework, translating the principles of the THRIVE Framework into local models of care using an evidence-based approach to implementation.)
- 4.2 Chilypep has been delivering the BRV Project (Belonging, Resilience and Vocabulary) which aims to improve emotional literacy within boys and young men and give them a better understanding of themselves. Through it they can learn the tools and techniques to recognise, communicate and manage their emotions, and realise their capacity to become active, empowered citizens.
- 4.3 In 2022/2023 **175** referrals were made to BRV. Of these, **10%** were referred out or signposted to CAMHS or other more appropriate services. **74%** of young people (**131**) referred have been supported though **111** sessions at HOME, **16%** discharged before work was completed.
- 4.4 Referrals to BRV and/or to CAMHS are considered and discussed at the weekly Branching Minds meetings between Compass Be, CAMHS and Chilypep.

- 4.5 In 2022/23, all Chilypep's work was able to be delivered face to face and BRV was able to deliver 115 sessions (190 hours of delivery) which included 32 sessions in schools.
- 4.6 A mental health and emotional wellbeing Hub for young people in Barnsley aged between 11 and 25, has now been established. Helping Our Mental 'Ealth (H.O.M.E) provides open access, flexible support and services, information, and signposting, for young people who are experiencing difficulties with their mental health and emotional wellbeing. The model is a blended model of youth work values and approaches, creative arts and therapeutic, trauma informed practice, delivered in a non-judgmental welcoming, young people friendly, safe space.
- 4.7 H.O.M.E is in its final stage of refurbishment which will be met through the successful Levelling Up Fund 2 bid, led by BMBC, bringing over **£1m** to the building to develop both the YMCA and H.O.M.E spaces and the whole building. The H.O.M.E hub will have much needed new facilities including a kitchen and café space, improved disability access, and improved cost efficiencies such as window and heating replacements and solar energy, reducing the environmental impact of the building. This work will be completed by 2025 and will contribute to the sustainability of H.O.M.E as well as updating and improving the space for young people.
- 4.8 The current service offer at H.O.M.E includes the following:
- A weekly wellbeing programme which includes four age-appropriate sessions.
 - Talk@Home counselling service providing open ended counselling for any young person registered with H.O.M.E. This is provided by a qualified (post graduate level seven), British Association for Counselling and Psychotherapy registered psychotherapist, supported by two placement students (Barnsley College, level four).
 - An IT Suite for young people to access a range of immediate online support as well as signposting information. In addition, young people can access laptops for a range of needs.
 - A range of visual and take away signposting information on services which can further support their mental health and emotional wellbeing.
 - Access to qualified mental health and youth work staff for ongoing support.
 - Co-ordinated delivery of services within the hub including having the Youth Employment Hub (BMBC/DWP) now housed at H.O.M.E. Youth Offending Team, South Yorkshire Eating Disorder Association (SYEDA,) Working Win, Compass-Be, CAMHS and the Substance Misuse team (BMBC) delivering work directly to young people from H.O.M.E (approximately **230** young people accessed H.O.M.E via work with external services in the Hub during 2022- 2023.)
 - Strategic and delivery partnership working with the H.O.M.E Stakeholders Group acting as a strategic planning and oversight mechanism with **22** services across Barnsley represented. The Joint Delivery Partnership works together on an operational level to co-deliver specific workshops, events and programmes to young people from H.O.M.E and has **14** separate services represented and active.
- 4.9 In 2022/23, Chilypep delivered 23 training days across a range of training courses as summarised in Table 1. All training has been promoted through the BMBC Pod. A young person from the Young Commissioners group has been supported to qualify as a Trainer for the Mental Health First Aid England (MHFA) and has co-delivered the MHFA training.

Table 1: Chilypep Training Delivery – April 2022 – March 2023

Training Course	Total attendances	Training sessions delivered	Organisations
Youth MHFA 1 Day	42	4	<ul style="list-style-type: none"> • Holy Trinity School Barnsley • Barnsley Sexual Abuse and Rape Crisis Services • Barnsley Healthcare Federation CIC • Netherwood Academy • YMCA Barnsley, Centrepoint, • Hesley Group Low Laithes • Victim Support • BMBC • Lockwood Primary School • ASYE Fostering Services • Totally Runable • Chilypep staff • Barnsley Hospital • Public Health Nurses (0-19) Barnsley, • South West Yorkshire Partnership NHS Foundation Trust • Barnsley Healthwatch
Youth MHFA 2 Day	59	4	<ul style="list-style-type: none"> • Netherwood Academy (Astrea) • South Yorkshire Police • Barnsley 0-19 Public Health Nursing Service • Spectrum • Barnsley Council • The Hill Primary Academy School • Barnsley College • Reds In the Community
Youth MHFA Aware Half Day	64 (21 are young people)	5	<ul style="list-style-type: none"> • YMCA Barnsley • Berneslai Homes • Greenfield Primary School • Capstone Foster Care • Southwest Yorkshire NHS
Applied Suicide Intervention Skills Training (ASIST) – 2 days	24	2	<ul style="list-style-type: none"> • Mixed group – wellbeing workers, youth workers, community members, college/school staff, hospital • Recovery steps, community members, educational settings, mental health workers
Adult Mental Health First Aider Training – 2 days	50	3	<ul style="list-style-type: none"> • Barnsley Council • Coalfields Regeneration Trust • Berneslai Homes • James Durrans and Sons Ltd • South West Yorkshire Partnership NHS Foundation Trust • Totally Runable

			<ul style="list-style-type: none"> • Uthink People Developing People
Adult Mental Health First Aider Training – half day	34	2	<ul style="list-style-type: none"> • Town wardens, Glassworks, Alhambra etc
Bespoke training: mental health awareness	99	2	<ul style="list-style-type: none"> • Barnsley Council
Bespoke training: Self-harm, self-injury & suicide prevention	10	1	<ul style="list-style-type: none"> • Barnsley Council • Capstone Foster Care • Youth Justice Service
TOTAL	382	23	

5.0 Current Position - Specialist Child and Adolescent Mental Health Services (CAMHS)

5.1 Barnsley CAMHS is one of four CAMHS teams delivered by SWYPFT. The service continues to offer evidence-based treatment for moderate/severe mental health presentations and adopts an approach which places CYP at the core. The service comprises of 6 core teams who specialise in different areas and work together to support CYP and families during their journey with CAMHS.

Key Service Updates for 2022/23

5.2 *Branching Minds* – As reported in the last OSC report (March 2022) one of the ambitions for Barnsley was to create a Barnsley Mental Health Single Point of Contact (SPoC) for Children’s Emotional and Mental Health. CAMHS and Compass Be worked in partnership to create a joint front door whereby existing referral routes to MHST and CAMHS services would be re-routed to the SPoC, the benefits of this being a “no wrong door” policy to support, minimising the need for CYP, families, carers and professionals to have to re-tell their story more than once. In Spring 2022 a participation, promotion and marketing project took place with CYP to rename the SPoC to something which was meaningful to them, and the name Branching Minds was created. Phase 1 of Branching Minds is now complete and Branching Minds receives referrals from professionals, self-referrals from children and young people and from their families/carers. The second phase aims to integrate other relevant services and is in progression having already integrated Chilypep who attend referral meetings once per week. The referral rates and outcomes to support are captured below:

1.1 Total number of CYP requests for support (RfS) received by source

'Ext-Other' includes those received from social prescribing services, police, other NHS Trusts and other sources not captured under any of the listed referral source categories

	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Total
0-19 Service	1	8	9	6	12	4	0	4	1	3	10	8	66
Another SWYPFT Team	5	12	17	11	3	0	0	0	0	2	1	1	52
Children's Social Services	3	4	13	9	6	2	3	3	2	5	3	6	59
Ext - Other	30	43	41	50	66	45	62	27	30	40	32	29	495
Ext - Other CAMHS Team	0	2	4	2	1	3	1	3	4	2	0	1	23
GP	44	71	33	41	33	28	49	27	28	47	46	46	493
Paediatrics & Other Hospital Staff	3	15	4	6	12	14	7	2	3	5	9	2	82
Schools	57	92	54	93	7	45	42	57	37	54	55	82	675
Self-referral	17	50	40	24	38	27	7	8	8	30	17	37	303
Total	160	297	215	242	178	168	171	131	113	188	173	212	2248

1.3 Outcomes following consideration by Branching Minds Team													
	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Total
Advice & support given	4	31	29	10	11	5	5	10	13	16	17	28	179
Barnsley MHSTs to provide support	0	0	0	0	0	0	0	0	15	46	39	31	131
CAMHS to provide support (includes those for initial assessment)	42	64	53	59	35	39	34	24	26	60	45	45	526
No further input required at this time	0	1	2	1	1	0	0	1	0	19	23	19	67
Signposted to other organisations	71	95	56	110	74	83	99	67	25	36	42	47	805
Unable to gain additional information - request for support closed	5	4	2	2	1	1	4	4	1	0	1	10	35
Outcome pending	0	0	0	0	0	0	0	1	7	0	0	5	13
Other	38	102	73	60	56	40	29	24	26	11	6	27	492
Total	160	297	215	242	178	168	171	131	113	188	173	212	2248

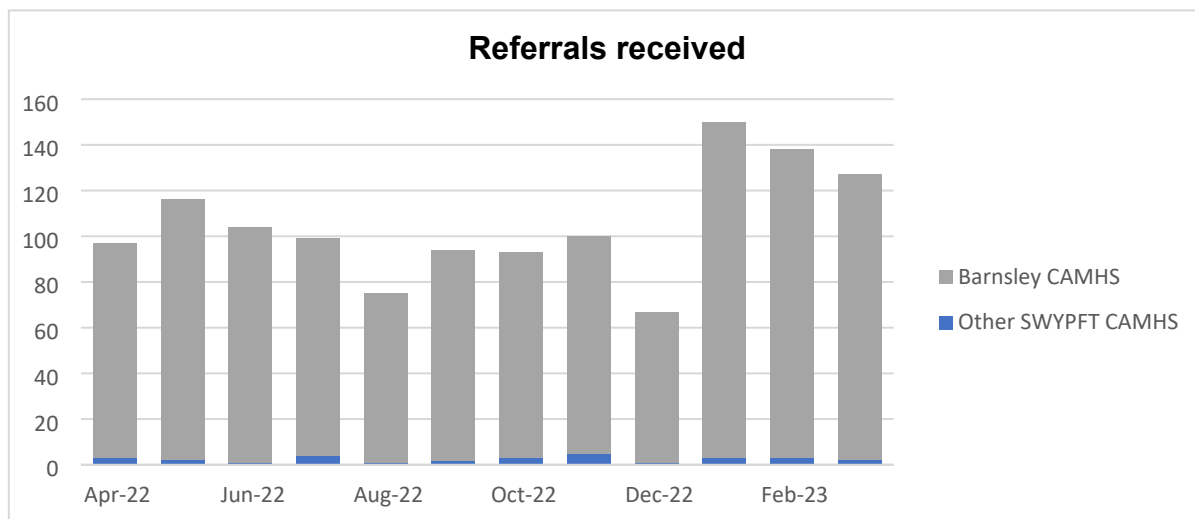
- 5.3 *Crisis and Intensive Home-Based Treatment Team-* As frequently reported in the media there is a national shortage of tier 4 beds for CYP, along with a recruitment challenge into specialist roles. The Barnsley CAMHS crisis team has adapted its approach to be more accessible at the earliest opportunity with a view to get the right support in place as soon as possible to minimise an escalation in risk presentation. A Band 4/5 practitioner now supports Branching Minds, they will triage calls that present with a higher level of risk to ensure appropriate safety planning and services that can manage such risk are in place. Fundamentally this supports the changes to NHS 111 where a person who calls NHS 111 can now press '2' for mental health crisis support and will be routed to their local provider for support. The team was shortlisted for innovation for 'improving access to resources' through SWYPFT Excellence Awards.
- 5.4 *Eating Disorder Team-* The Eating Disorder Team continues to be under increased pressure and in high demand. On a very positive note, the team has developed (in collaboration with the local authority and partner agencies) an Eating Disorder Framework which identifies thresholds for intervention and how each service (from universal up to CAMHS) can play a key role in the early identification and support of eating difficulties aiming to prevent the development of eating disorders. The team have a consultation model with South Yorkshire Eating Disorder Association (SYEDA) in ensuring a robust process is in place to step up ED cases to CAMHS where there is acute need to do so.
- 5.5 *Children In Care Team-* The Children in Care Team is now fully established with a therapeutic offer to work with CYP up to the age of 25. This was a piece of work that involved consultation with CYP who have experience in the care system to ensure that the model was helpful. In line with national, regional and local ambitions, this takes away the 'rigid' transition point of 18 allowing children in care who are within CAMHS to stay with the service (if necessary) up to their 25th birthday and transition at a time that feels most appropriate.
- 5.6 *ADHD Pathway-* The assessment pathway continues to be an efficient process with appropriate waiting times. As of May 23, there are **13** CYP who are waiting for assessment, the longest wait is **4 weeks**. We now have improved shared care agreements where Clinical Pharmacists will hold prescribing responsibility for CYP who are stable on medication. This is due to begin in the coming months, and so will increase some prescribing capacity within CAMHS to manage the ADHD medication waiting list.
- 5.7 *Waiting List Management-* As a service we have adopted the 'waiting well' approach as much as is possible. Waiting list protocols are in place in CAMHS to oversee any changes in presentation and risk. CYP waiting for treatment from CAMHS are contacted by clinicians every 8 weeks, this is well co-ordinated and overseen by the team manager of the specialist pathways. This has been effective in risk management as the service can ensure cases have been prioritised/acted on when a higher level of risk has become known and offer safety advice where necessary. Additionally, clinicians can provide psychoeducation and ensure that support from other services where indicated is in place. CYP can be referred to Kooth (digital platform for mental health) or social prescribing as they wait, so they are receiving meaningful support as they wait for specific intervention. This ensures that as much as is

reasonably possible, CYP are 'waiting well' in accessing all other good options for support as they wait for specialist MH treatment form CAMHS.

Current Picture of Waiting Lists for Barnsley CAMHS

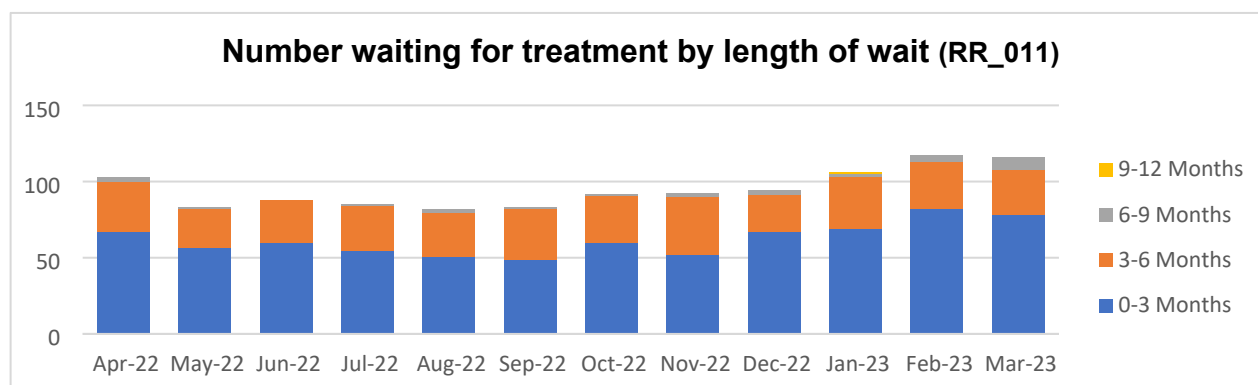
5.8 Waiting times are submitted to the ICB monthly and discussed at the CYPMH steering group meetings to provide additional detail and context to the reports.

Graph 1- referrals coming into CAMHS



	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23
Barnsley CAMHS	94	114	103	95	74	152	90	95	66	147	135	125
Other SWYPFT CAMHS	3	2	1	4	1	2	3	5	1	3	3	2
Grand Total	97	116	104	99	75	154	93	100	67	150	138	127

5.9 The Average Waiting Time for an Initial Assessment in CAMHS is currently **25 days**.



6.0 Strengthening Support and Coordination of CYPMHS

CYP Emotional Health and Wellbeing Lead

6.1 The postholder is funded jointly by Barnsley Council and the ICB and is a member of the CYPMHS Steering Group. Key aspects of work that have been delivered over the last year are:

- Production of an Emotional Health and Wellbeing Scoping Report to undertake a systems analysis of CYP Emotional Health and Wellbeing services (Feb 2023.) The Systems Analysis work will commence in May 2023 and will include a review of the three services

mentioned in this report and the voices of children and young people to inform future provision

- Development of the CYP Emotional Health and Wellbeing Delivery Plan and Plan on a Page from September 2022 which is a multi-agency plan and provides highlight reports to the Mental Health, Learning Disability and Autism Delivery Group (MHLADAG) and Partnership
- Continued development of the Emotional Health and Wellbeing Group
- Leadership of the SPoC Phase 2 Working Group to continue to explore how systems “speak to each other” to ensure holistic support for children and young people’s emotional health and wellbeing
- Securing the commissioning of Kooth, a digital platform for CYP aged 11-25 as an additional support mechanism for children and young people to be piloted for one year from 1st April 2023.

Additional Monies into System for CYPMHS

6.2 Additional funding was received in 2022/23 for CYP mental health services. The funding has been invested in priority areas to enhance the eating disorder, ADHD and Children in Care pathways, and to develop H.O.M.E and the BRV (belonging, resilience and vocabulary) project.

7.0 Future Position and Challenges

7.1 Barnsley CAMHS will continue to work with Barnsley ICB with the aim of delivering the full CAMHS service model. This will allow the service to make further improvements on waiting times and key areas. This is subject to additional funding becoming available as was agreed as part of a phased implementation plan.

7.2 Priority areas:

- To continue to build on the improvements already made in Barnsley with offering a timely, efficient, and collaborative service for CYPMHS.
- In line with the NHS long term plan and in collaboration with the ICB, to map the CAMHS service provision to 25 years.
- Work has already started with the development of an ‘all age eating disorder pathway’ to improve the service offer for eating disorders in Barnsley. This is a South Yorkshire- wide project.
- To build on improvements made on the waiting times for CYP waiting for ADHD medication. As of May 23, there are 45 young people waiting for ADHD medication. As a comparative, in July 2022, there were 62 C&YP who were waiting for allocation to a medical / non-medical prescriber for ADHD medication including titration.
- Chilypep are expanding the BRV programme so that more boys can access it across Barnsley and developing further elements of the therapeutic wellbeing programme at H.O.M.E including more focussed group therapeutic models and more open access wellbeing sessions. In addition, Chilypep are looking at the possibility of working with Compass Be and CAMHS to be able to host and develop some Child Wellbeing Practitioner posts at H.O.M.E to step up young people that access the group work

programme who require more focussed 1-1 support but are either not in need of, or not yet ready for the counselling offer.

- Compass Be is currently working with the Local Authority to develop a specialist arm of the service dedicated to supporting children who have experienced Adverse Childhood Experiences (ACEs). We know from research that these children are more likely to suffer from poor emotional wellbeing and mental health in later life without early intervention.
- As a service Compass Be is also creating additional capacity to support children who are not accessing mainstream education, including those Electively Home Educated (EHE), children and young people who are potentially Not in Education, Training or Employment (NEET's) and NEET's post 16.
- The launch of Kooth. Kooth is a website offering a safe and welcoming place to seek confidential and non-judgmental professional help for any mental health concern. Kooth will work alongside the ICB, GP surgeries, schools and community services in Barnsley to promote the service, ensuring that every eligible child and young adult aged 11 and over with concerns about their mental health is aware that Kooth.com is there to help them. Kooth is available seven days per week, 365 days a year and is designed to work alongside other local mental health services. The service will give local children and young people access to one-to-one text-based sessions with experienced counsellors and wellbeing practitioners. Running from midday to 10pm on weekdays and from 6pm to 10pm on the weekend, appointments can be booked in advance or accessed via a drop-in text-based chat. In addition, Kooth will give users 24/7 access to a fully safeguarded and pre-moderated community. It includes a library of content created by Kooth professionals - and contributed by young people on the platform - as well as discussion forums and activities, such as goal setting and journaling. There are no waiting lists or thresholds to meet and does not need a referral from a GP. It is instantly accessible, once the user is registered, through an internet-connected smartphone, tablet or computer.

7.3 Challenges:

- *Health Inequalities*- The ICB is currently working with SWYPFT to review how a Learning Disability provision within CAMHS can be resourced. CAMHS are receiving an increased number of referrals for young people with mental health needs and diagnosed moderate/severe learning disabilities (LD) that require a full Multi-Disciplinary Team (MDT) support package. Other areas in South Yorkshire have specialist CAMHS LD teams and these teams can be accessed by Barnsley young people currently. CAMHS support in navigating to gain entry to the most appropriate service to keep the child at the centre of care planning and to ensure that they will receive the right service to meet need. This issue has been raised in appropriate forums.
- *Increased Complexity and Acuity of Cases*- Reflecting the national picture, since the pandemic there has been an increased volume of complex cases that require CAMHS support. Such CYP have often experienced significant trauma and are exposed to multiple vulnerability factors. Consequently, this can mean that patient flow through CAMHS is not always timely, as CYP may require more than 1 treatment, or often multiple modalities running together. This means that whilst as a service we are seeing CYP much quicker for first line assessment and treatment, there are still 'secondary waits' that we need to manage. Waits for secondary treatment are often for more high-level support, psychology, or psychiatry for example. Branching Minds has a risk management approach in place, including referrals triaged for risk the same day, if highlighted risk needs immediate attention this will be acted on without delay. Branching Minds has dedicated time from the CAMHS crisis team who provide support into Branching Minds on a daily basis and offer urgent appointments that present with higher level of risk. Waiting list protocols are in

place to oversee any changes in presentation and risk. CYP waiting for treatment from CAMHS are contacted by clinicians every 8 weeks overseen by the team manager of the specialist pathways. This has been effective in risk management as the service can ensure cases have been prioritised when a higher level of risk has become known and offer safety advice where necessary. Additionally, CYP can be referred to Kooth or social prescribing as they wait, so they are receiving meaningful support as they wait for specific intervention.

- *Access to Tier 4 Beds*- This remains a nationwide challenge that the panel should be aware of due to the impact on services when beds cannot be sourced in a timely manner.
- The Bereavement Counsellors within Compass Be are employed on a fixed term basis, owing to none-recurrent funding, it is hoped this will be made permanent in the near future for this much needed service.

8.0 Invited Witnesses

8.1 The following witnesses have been invited to answer questions from the committee:-

- David Ramsay, Deputy Director Children's Services, South-West Yorkshire Partnership Foundation Trust (SWYPFT)
- Laura McClure, Service Manager Barnsley CAMHS, SWYPFT
- Jamie Wike, Deputy Place Director (Barnsley) South Yorkshire ICB
- Lucy Hinchliffe, Commissioning & Transformation Manager, South Yorkshire ICB
- Alicia Sansome, Public Health, Barnsley Council
- Teresa Brocklehurst, Public Health, Barnsley Council
- Lesley Pollard, Managing Director, Chilypep
- Vick Hanley, Service Manager, Compass

9.0 Possible Areas for Investigation

9.1 Members may wish to ask questions around the following, including the first two questions which have been provided by young people:-

- What is being done to ensure that all children & young people in Barnsley can lead happy, healthy lives free from harm?
- What is being done to improve the waiting time for treatment for CYPMHS and the deficit between the service offer 16-18yrs (Children's to Adult Services)?
- What evidence do you have that you are successfully improving outcomes for children and young people?
- What does quality look like and is it being achieved? How do you know?
- Where do you consider to be the gaps in current provision? What more needs to be done?
- What more needs to be done to ensure services are equipped to appropriately deal with young people in a crisis in a timely manner?
- What is being done to understand the root causes of poor mental health in children and young people in Barnsley?

- What is being done to prevent future harm to the wellbeing of children and young people?
- How effective is the current support for children and young people in schools? How do you know?
- Does Compass Be have sufficient resources to address the significant increase in referrals in a timely way?
- What value has the BRV project added? How do you know?
- How do you engage with young people who are hard to reach or do not want to engage with services?
- Can you give examples of how young people and their parents/carers are involved in shaping services?
- How do you support parents who have children with poor mental health?
- What work is done with young people who are in the Youth Justice System?
- What support is available for young people who self-harm?
- Given that the configuration of the system has changed several times over the years, how confident are you that future service provision will be more effective? What are the challenges and what are the opportunities?
- When do you expect an effective solution to be in place to support those with a Learning Disability?
- What considerations were given when allocating the additional funding to specific pathways?
- What can elected members do to support this work?

10.0 Background Papers and Useful Links

10.1 ¹NHS Long Term Plan

<https://www.longtermplan.nhs.uk/wp-content/uploads/2019/01/the-nhs-long-term-plan-summary.pdf>

² UK Government - Transforming Children & Young People's Mental Health Provision Green Paper <https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper>

³ NHS England/Department of Health 'Children in Mind' https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

11.0 Glossary

ADHD	Attention Deficit Hyperactivity Disorder
BRV	Belonging, Resilience and Vocabulary
CAMHS	Child and Adolescent Mental Health Service

CHBTT	Crisis and Home-Based Treatment Team
Chilypep	Chilypep – Children and Young People’s Empowerment Project
CYP	Children and Young People
CYPMHS	Children and Young People Mental Health Services
ED	Eating Disorders
EHE	Elective Home Education
EHWB	Emotional Health and Wellbeing
H.O.M.E	Helping Our Mental ‘Ealth
HPR	Healthy Peer Relationships
ICB	Integrated Care Board
MDT	Multi-Disciplinary Team
MHFA	Mental Health First Aid
MHLT	All Age Mental Health Liaison Team
MHSTs	Mental Health Support Teams
NEET’s	Not in Education, Training or Employment
OSC	Overview Scrutiny Committee
SPoC	Children and Young Peoples Mental Health Single Point of Contact
SWYPFT	South West Yorkshire NHS Partnership foundation Trust
SYEDA	South Yorkshire Eating Disorders Association

12.0 Contact

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28th June 2023