

# **TORBAY COUNCIL**

## **Partnership Response to the recommendations of the Children and Young People's Overview and Scrutiny Sub-Board – Spotlight Review on Children and Adolescent Mental Health Services (CAMHS)**

### **Recommendation 1:**

That the Children and Young People's Overview and Scrutiny Sub-Board acknowledges that it is a multi-agency partnership responsibility to ensure that we meet the needs of our children and young people requiring support for their emotional and mental health needs.

### **Response:**

No response required.

### **Recommendation 2:**

That the Chief Nurse, Integrated Care Board (ICB) and the Head of Service, Child Family Health Devon (CFHD) be requested to provide assurance that all relevant steps are being taken to reduce waiting times for assessment and treatment through Child and Adolescent Mental Health Services (CAMHS) where these are the right services to meet the needs of our children and young people and where CAMHS does not best meet their needs they will introduce them to a service that will meet their needs.

### **Response:**

Please see attached paper to continuous Children's Improvement Board May 2023 – attached as Appendix 2.

### **Recommendation 3:**

That the Chief Nurse, Integrated Care Board (ICB) and the Head of Service, Child Family Health Devon (CFHD) be requested to provide evidence of how children and young people and their families and carers have been engaged in co-designing the services and support available to them and what action has been taken to determine if the current services are still fit for purpose taking into account the impact of Covid-19, cost of living crisis and climate change, ensuring that services offer flexibility to meet the individual needs of the user.

### **Response:**

The SEND Improvement programme has accelerated the way in which we coproduce, codesign and consult with our families; both with children and young people with additional needs and their parents and carers.

Over the last two years the partnership has been working closely with the Torbay SEND Parent/Carer forum, SEND Family Voice Torbay to improve how we work alongside parents and carers. For example, we have coproduced the SEND Partnership Pledge and our SEND Strategy with a large number of children, young people and parents and carers, we have consulted with over one hundred parents on the new Graduated Response Toolkits and hold an annual participation survey for SEND which this year saw a significant growth in responders. We are determined to continue this coproduction with our parent carer forum being involved in other projects such as the Autism Education Trust Training and ASC Family Support programmes projects recently. Our development of a strong children and young people's voice has really accelerated this year with a dedicated participation Officer for SEND and the establishment of our new SEND Youth Forum group who meet monthly. We also have a feedback service for all children and young people, "Point of You", which aims to ensure children and young people's voices are at the heart of everything we do. For example, recently our children and young people have given feedback on videos for the family hub website which explain what an EHCP, Annual Review and Phase Transfer are, they have also helped co-produce a video about Torbay's Graduated Response. The SEND Youth Forum and Special Schools have been consulted on the production of a new SEND version of the Working Together Agreement document and also what the local offer should look like on the new family hubs website. The participation officer is also working with young people on a supported internship to discover what is working well for them and how we could improve for others going forward to ensure better outcomes for our children and young people with SEND.

Our new Priority Groups for our continued improvement work have been reviewed to ensure we have children, young people and parent and carer voices in every one of the five delivery groups as well as the higher decision-making Project Boards and Executive Boards so that the voice of our service users runs throughout all our improvement work.

Wider services will be supported by the Participation Officers within the Council linking across with other partners across health to ensure that this recommendation has been addressed.

#### **Recommendation 4:**

That the Chief Nurse, Integrated Care Board (ICB) and the Head of Service, Child Family Health Devon (CFHD) be requested to provide information and signposting on support that is available immediately to vulnerable children and young people and their families and the different pathways to access this support, such information to be widely shared across various platforms to ensure that the message reaches as far as possible to empower people to seek and access support at an early stage, which may lead to a reduction in the need to access formal CAMHS.

#### **Response:**

At the TSCP meeting held on the 21st March 2024 Louise Arrow (LA) provided the following update:

LA has recommended the multiple actions relating to the mental health of children and young people agenda across Devon are collated, and a way forward is identified. Commissioning plans will also be aligned.....This will provide a coordinated action to share back to the TSCP Executive Group members.

**Recommendation 5:**

That the Chief Nurse, Integrated Care Board (ICB) and the Head of Service, Child Family Health Devon (CFHD), Deputy Director of Commissioning – Out of Hospital, NHS Devon and Director of Children’s Services be requested to review the language used in communications regarding emotional and mental health to use a ‘Plain English’ approach and to consider how the information will be received from those concerned who may be experiencing extreme anxiety and where appropriate include signposting to alternative provision.

**Response:**

Children’s language that cares is being rolled our participation team and will be taken to one of the participation groups to review the information that we are aware of relating to emotional and mental health and provide a child friendly response for the Integrated Care Board (ICB) to consider.

**Recommendation 6:**

That the Chief Nurse, Integrated Care Board (ICB) and the Head of Service, Child Family Health Devon (CFHD), Deputy Director of Commissioning – Out of Hospital, NHS Devon and Director of Children’s Services be requested to explore other options for alternative provision to traditional CAMHS such as offer from the community and voluntary sector or the scheme run by Cornwall Council).

**Response:**

It has been agreed that Penny Smith will undertake a review of the above as part of the ongoing discussions regarding the reconfiguration of Section 75 funding.

**Recommendation 7:**

That to help address the inequalities that emerge in the early years, the Director of Children’s Services be requested to work with our partners to develop a dedicated mental health offer for families around early years which draws on support offered through parenting programmes health visiting, perinatal mental health services, and Family Hubs.

**Response:**

Within the family hubs there is an established peri-natal parent and infant mental health offer including 1:1 Emotional Wellbeing offer available to expectant and new Mothers and Dads/Co-Parents, Newborn Behaviours Observation’s, Building Babies Brains, Tripple P, Video Interactive Guidance (not an exhaustive list) all available universally for families via the Family Hubs. Access is available via the Family Hub

website, connection to services via parent connectors, health visitors and sign posting from partners such as Early Years providers, Early Help and Social Care.

### **Recommendation 8:**

That the Director of Children's Services be requested to work with the Chief Nurse, Integrated Care Board (ICB) and schools to develop a more co-ordinated approach to care for children and young people who need mental health support.

### **Response:**

The national Mental Health Support Team (MHST) programme enables a joined-up approach between schools and mental health services. The funding for this programme is provided nationally and the programme is limited to the number of schools. However, Torbay has been successful in securing two waves of this funding. There are currently 20 schools within Torbay that have a MHST offer in place. The schools that receive this service cover 74.4% of the eligible school aged population. The teams are fully recruited to with 21 operational staff actively working across the schools. There are two teams made up of Child Wellbeing Practitioners and Mental Health Practitioners. The offer that is provided and linked to schools is below:

#### **Child and Young Person Focused Support**

- 1-1 CBT interventions- 9 individual options
- Group interventions
- Decider skills groups
- Understanding and managing low mood workshop
- Exam stress workshop
- Resilience and dealing with change workshop
- Sleep hygiene workshop
- Participation and engagement (Mental Health Ambassador training) + refresher/top-up
- Understanding and managing anxiety workshop
- Transition workshop
- 10 a day workshop
- Assemblies
- Stands at sports days
- Bullying workshop- in development
- Body confidence workshop
- Drop in sessions
- Digital offer of Lumi Nova (primary) SilverCloud (secondary)

#### **Education Staff Support**

- Staff awareness of mental health workshop
- Introduction to our service
- Time to reflect supervision space
- Consultations
- Spotting burnout and stress reduction workshop
- General Staff Wellbeing and 10 a day workshop
- Promoting a mentally health environment

-Exam stress support workshop

**Parents/Carers support:**

- Understanding children's mental health
- Supporting transitions
- Understanding and managing anxiety workshop
- Parents evening strand/ transition stand/ open evenings
- 10 day workshop
- Supporting your child through exam stress
- 1:1 and group parent led interventions

**Recommendation 9:**

That the Director of Children's Services and Chief Nurse, Integrated Care Board (ICB) be requested to develop a Joint Strategic Needs Assessment on children and young people's mental health and wellbeing, in order to better understand and respond to children and young people's mental health and wellbeing needs in Torbay and that this data is used to inform the design of services and that relevant performance indicators be developed to enable the Children and Young People's Overview and Scrutiny Sub-Board to monitor progress of delivery against the targets.

**Response:**

Please find attached at Appendix 1 a compilation of information from the Torbay JSNA 2023/24, the SEND JSNA, and information collated for the Overview and Scrutiny Spotlight Review December 2023.

**Recommendation 10:**

That an update on the recommendations in 2 to 9 above be presented to the Children and Young People's Overview and Scrutiny Sub-Board meeting on 22 April 2024.

**Response:**

This update has been presented to the Sub-Board on 19 February 2024.

**Recommendation 11:**

That the Children and Young People's Overview and Scrutiny Sub-Board will design a spotlight review as part of the 2024/2025 Work Programme to hear the voice of children, young people and their families.

**Response:**

The Director of Children's Services has agreed to work with the Sub-Board to determine the best way to carry out this review.