

**SOUTHEND, ESSEX AND THURROCK (SET)  
Children and Young Peoples (CYP) Mental Health (MH)  
Local Transformation Plan (LTP)**  
*(formerly Open up Reach out 2015/16-2019/20)*

**SET LTP Refresh October 2023**



Hertfordshire and  
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# In partnership with :



# CYP Mental Health – NHSE East of England (EoE) Priorities

## Access

- An additional 345,000 CYP aged 0-25 accessing support from NHS-funded mental health services by 2023/24
- By 2028/29, access to specialist support for all CYP who need it (subject to resources)

## Mental Health Support Teams (MHSTs)

- MHSTs working in schools and colleges – early intervention and whole school approach across 20-25% of country by 2023/24

## Waiting Time Pilots

- Test the feasibility and sustainability of introducing a waiting time standard for access to NHS-funded mental health support

## Digital Therapies

- Develop digitally enabled care pathways for children and young people in ways which increase inclusion

A comprehensive offer for 0-25 year olds integrated across health, social care, education, and the voluntary sector to address health inequalities



## Eating Disorders

- Boost investment in children and young people's eating disorder services to continue seeing 95% of urgent cases within 1 week, and within 4 weeks for non-urgent cases

## Crisis Services

- All CYP experiencing crisis able to access crisis care 24 hours a day, 7 days a week by 2023/24, including via a single point of access through NHS 111

## Whole pathways, including inpatient beds

- Extension of Provider Collaboratives continue to drive integrated pathways

## Wider Commitments

- Additional investment in Youth Justice services
- Reduced waiting times and increased support for CYP with learning disabilities and/or autism
- 6,000 highly vulnerable children with complex trauma will receive consultation, advice, assessment, treatment and transition into integrated services



# SET Local Transformation Plan (LTP) – our journey so far

2015  
Future in  
Mind  
(FiM)

- FiM set the challenge and provided the steer for local service transformation improving mental health care for children and young people.
- The focus was on early intervention, evidenced-based treatment and achieving measurable outcomes for children and young people with mental health problems.
- Five key themes: promoting resilience, prevention and early intervention, improving access to effective support - a system without tiers, care for the most vulnerable, accountability and transparency, and developing the workforce

2016  
Five Year  
Forward View  
(FYFV)

- NHS England published further guidance on improving mental health services; Implementing the Five Year Forward View for Mental Health (MH) which set out the national objectives for improvements to CYP.
- Prioritised children and young people and family mental health to make sure future integrated care systems (ICS) aspired for parity of esteem, as well as aimed to balance the impact of social and health inequalities and local need.
- FYFV for mental health also set new waiting time standards covering the NHS' IAPT services, early intervention in psychosis and children and young people's eating disorders
- The Transforming Children and Young People's Mental Health Provision: A Green Paper (2018) – committed to expanding early intervention support within education settings

2019  
The NHS Long  
Term Plan  
(LTP)

- Confirmed funding for 5 years; the MH Implementation Plan, backed by increased investment of an additional £2.3bn per annum by 2023/24
- The NHS LTP renewed the commitment to pursue transformation and set out key priorities to improve CYP and young adults' mental health care.
- Increasing access to mental health support for an additional 345,000 CYP aged 0-25, a comprehensive offer for those aged 18-25; further expansion of Mental Health Support Teams working in schools and colleges; 24/7 crisis provision, and an investment boost for CYP eating disorder services to maintain access standards.



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# SET Local Transformation Plan (LTP) – our journey so far

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**Integrated Care Boards (ICBs) and Integrated Care Systems (ICSs)** have gained a statutory footing and are in place across the country; **the Health and Care Act 2022** was passed; **Primary Care Networks (PCNs)** have been established and have effectively rolled out the **Covid-19 vaccination programme**

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We are now nearing the end of **Year 5** of the **MH Implementation Plan**; this is an update on how **the NHS LTP mental health** priorities have been progressed across **SET**

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The 3 ICS's covering Essex:

- NHS Hertfordshire and West Essex (HWE)
- NHS Mid and South Essex (MSE)
- NHS Suffolk and North East Essex (SNEE)

Locally our vision has been that all CYP in SET are supported to live well, resilient to life's challenges and have the best possible mental health. The emphasis has been on prevention and early action to avoid more serious problems in the longer term.

Everyone involved in the life of a young person family, school, health and care services, and including the child or young person themselves should have the information and the support they need to play their part.

During the last decade we have been working at a local level with our wider system partners adapting, integrating and planning across children and young people's mental health services to support the improvement and sustainability.



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# SET Local Transformation Plan (LTP) – our journey so far

## Investment in Childrens Mental Health Services across SET

The **NHS Long Term Plan and Mental Health Implementation Plan** built on commitments in the **FYFV** and set out a 10-year plan to address the ongoing treatment gap, with funded commitments to be delivered by the end of 2023/24.

The tables opposite show the additional allocations above baseline funding across **SET** that have been made available for investment. These allocations cover the original **NHS LTP** ambitions investment, **Service Development Fund (SDF)** and non-recurrent **Spending Review (SR)** funds allocated to respond to the impact of the **Covid pandemic** on CYP mental health

All the financial allocations for CAMHS have been **committed and invested in service developments and improvements** as detailed within this LTP refresh

CCG CYP MH LTP Summary 2020/2021								
	Basildon and Brentwood CCG	Castle Point and Rochford CCG	Mid Essex CCG	North East Essex CCG	Southend CCG	Thurrock CCG	West Essex CCG	Total
Eating Disorders Allocation	238,273	162,977	316,889	321,531	170,736	143,589	267,319	1,621,314
CAMHS Allocation	1,052,960	726,795	1,422,361	1,414,588	774,459	642,158	1,188,887	7,222,208
One off CYP MH 0-18 crisis*							73,000	73,000
<b>Total Allocation</b>	<b>1,291,233</b>	<b>889,772</b>	<b>1,739,250</b>	<b>1,736,119</b>	<b>945,195</b>	<b>785,747</b>	<b>1,529,206</b>	<b>8,916,522</b>
*West Essex CCG allocation covering Essex								
CCG CYP MH LTP Summary 2021/22								
	Basildon and Brentwood CCG	Castle Point and Rochford CCG	Mid Essex CCG	North East Essex CCG	Southend CCG	Thurrock CCG	West Essex CCG	Total
Eating Disorders Allocation	240,955	164,911	320,847	326,277	172,866	145,406	270,488	1,641,750
CAMHS Allocation	1,190,907	820,367	1,609,603	1,610,638	875,639	726,599	1,346,311	8,180,064
<b>Total Allocation</b>	<b>1,431,862</b>	<b>985,278</b>	<b>1,930,450</b>	<b>1,936,915</b>	<b>1,048,505</b>	<b>872,005</b>	<b>1,616,799</b>	<b>9,821,814</b>
CCG CYP MH SDF/SR Summary 2021/22								
CYP community and crisis SDF	254,000	151,000	331,000	405,000	245,000	158,000	279,000	1,823,000
CYP community and crisis SR	171,000	101,000	222,000	272,000	164,000	106,000	188,000	1,224,000
Children & Young People's Eating Disorders (CYPED) SR	46,000	27,000	59,000	73,000	44,000	28,000	50,000	327,000
<b>Total Allocation</b>	<b>471,000</b>	<b>279,000</b>	<b>612,000</b>	<b>750,000</b>	<b>453,000</b>	<b>292,000</b>	<b>517,000</b>	<b>3,374,000</b>
<b>Overall Allocation</b>	<b>1,902,862</b>	<b>1,264,278</b>	<b>2,542,450</b>	<b>2,686,915</b>	<b>1,501,505</b>	<b>1,164,005</b>	<b>2,133,799</b>	<b>13,195,814</b>
CCG CYP MH LTP Summary 2022/23								
Place:	Basildon and Brentwood	Castle Point and Rochford	Mid Essex	North East Essex	Southend	Thurrock	West Essex	Total
Eating Disorders Allocation	242,790	166,349	323,686	330,067	174,439	146,717	272,768	1,656,816
CAMHS Allocation	1,453,100	998,853	1,966,029	1,985,890	1,068,536	887,360	1,646,137	10,005,905
<b>Total Allocation</b>	<b>1,695,890</b>	<b>1,165,202</b>	<b>2,289,715</b>	<b>2,315,957</b>	<b>1,242,975</b>	<b>1,034,077</b>	<b>1,918,905</b>	<b>11,662,721</b>
CCG CYP MH SDF Summary 2022/23								
CYP community and crisis SDF	264,704	157,363	344,949	401,000	255,325	164,658	293,000	1,881,000
Children & Young People's Eating Disorders (CYPED)				151,000			605,000	756,000
<b>Total Allocation</b>	<b>264,704</b>	<b>157,363</b>	<b>344,949</b>	<b>552,000</b>	<b>255,325</b>	<b>164,658</b>	<b>898,000</b>	<b>2,637,000</b>
<b>Overall Allocation</b>	<b>1,960,594</b>	<b>1,322,565</b>	<b>2,634,664</b>	<b>2,867,957</b>	<b>1,498,300</b>	<b>1,198,735</b>	<b>2,816,905</b>	<b>14,299,721</b>
CYP MH LTP Summary 2023/24								
Place:	Basildon and Brentwood	Castle Point and Rochford	Mid Essex	North East Essex	Southend	Thurrock	West Essex	Total
Eating Disorders Allocation	244,559	167,751	326,465	333,832	176,047	147,995	275,036	1,671,685
CAMHS Allocation	1,743,828	1,197,715	2,363,121	2,408,052	1,284,222	1,066,559	1,980,006	12,043,503
<b>Total Allocation</b>	<b>1,988,387</b>	<b>1,365,466</b>	<b>2,689,586</b>	<b>2,741,884</b>	<b>1,460,269</b>	<b>1,214,554</b>	<b>2,255,042</b>	<b>13,715,188</b>
CYP MH SDF Summary 2023/24								
ICB:	MSE ICB	SNEE ICB	HWE ICB					Total
<b>Total Allocation</b>	<b>3,051,000</b>	<b>977,168</b>	<b>748,000</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>4,776,168</b>
<b>Overall Allocation</b>	<b>11,769,262</b>	<b>3,719,052</b>	<b>3,003,042</b>					<b>18,491,356</b>



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# What we have achieved to date

## Access

- ✓ **Improved access to mental health support** for all CYP who need it. SET CAMHS provided in partnership by NELFT and HCRG; service model based on the principles of the Thrive Framework for system change; easily available and accessible, needs-led, outcomes-focused, working together with young people and families through shared decision-making.
- ✓ **Mental Health Support Teams** - building on existing provision providing additional capacity for early intervention. Expansion and roll out of Phase 11 & 12 currently underway
- ✓ **Young adults 18-25** - implementation of a comprehensive service offer for 18–25-year-olds across the SET footprint offered through the 3 ICS's adult MH pathway, supporting transition to adulthood
- ✓ **Progressions** - a transition service for those 16+ who do not meet criteria for adult MH services (Southend and Essex)
- ✓ **Positive Pathways** - offers a community assets or social prescribing/link working approach, enabling YP to access additional resources available locally (Thurrock)

## Prevention, Early Intervention, & Digital

- ✓ **Single Point of Access (SPA)** - one dedicated telephone line, referrals from all sources, self-referral, clinical triage, allocation, consultation and advice, preventative planning, offer of early help, signposting where a CAMHS intervention is not required
- ✓ **SPA Consultation and advice line for schools**, pre-booked consultation slots with educational psychologists
- ✓ **SPA Consultation and advice line for GPs/professionals**
- ✓ **Engagement via digital technology** – traditional F2F contacts, telephone consultations, video consultations; offering Choice, Safety
- ✓ **Kooth Digital for YP** – an online range of counselling and moderated peer group support services
- ✓ **SPOT (Schools Professionals Online Training)** – designed to enable school professionals to help pupils into eating disorder treatment quickly
- ✓ **Therapeutic Apps – MyMind** app preventative support and improved communication for CYP suffering with mental health concerns. **MyLife** is another technological development available to schools. **MindEd** is an NHS resource for parents and professionals
- ✓ **'Place' based service provision** – a range of low-level counselling services delivered by local VCSE CYP MH providers



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# What we have achieved to date

## Workforce and Improving Integration

- ✓ **Health Education England** are now part of the new NHS England. This follows the merger of NHS Digital and NHS England in February 2023, and brings the NHS' people, skills, digital, data and technology expertise together into one national organisation. Although the mental health workforce has increased, staff shortages are still a major constraint, and impact on developing and expanding services. Challenges typically include recruitment and retention, and competition between health and VCSE sector; recent increases in local funding have resulted in the creation of new roles without the staff to recruit, and increased turnover of staff between different mental health service areas.
- ✓ **NHS long ~Term Workforce Plan June 2023** - action to be taken locally, regionally and nationally in the short to medium term to address current workforce challenges falling into 3 priority areas, **Train**, grow the workforce, **Retain**, embedding the right culture and improve retention, **Reform**, working and training differently
- ✓ **East of England (EoE) Provider Collaborative** - Specialised Children and young people's mental health (CYP MHS). Inpatient services and Tier 4 community alternatives - including services for young people with an eating disorder; working with patients and their families to offer the most suitable care and wherever possible to offer care in the community setting, as an alternative to hospital admission.
- ✓ **'72 hour' crisis pathway** - sustained investment in a 3-day inpatient stay/assessment service which could prove effective for a defined cohort of YP in crisis.
- ✓ **CYP MH Liaison nurses in the acute hospital setting** (10 roles) – continued investment in these acute hospital posts throughout 2023/24 to assist paediatric teams to respond to MH needs of CYP
- ✓ **Extended in reach services into acute settings** by community eating disorder and crisis services
- ✓ **Training and development and support programmes** into the acute provider setting
- ✓ **CYP IAPT** training opportunities for NELFT and MHST staff
- ✓ **Southend, Essex & Thurrock Health & Social Care Protocol** sets out the systems, processes and collective accountability across the health and social care system and VCSE sector for the support of children and young people, their families and carers in crisis
- ✓ **Primary Care Networks** – CYP MH PCN roles established; West Essex, 1 WTE, North East Essex, 4 WTE, MSE, 6 WTE, 8 to recruit to
- ✓ **Youth Offending Teams** - CAMHS MH practitioners aligned and embedded within each of the six youth offending teams across Essex;



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# What we have achieved to date

## Specialist Community Eating Disorder Service (CYPEDS)

- ✓ **Sustained waiting time standard 2022/23** - 95%, for urgent cases seen within one week, 98.5% for routine cases seen within four weeks
- ✓ **Continued investment into the following pathways:**
  - **Physical health check monitoring** - ECG clinics, psychiatric appointments, nurse medication clinics, blood testing, dietetic support, re-feeding monitoring
  - **CYPED Feeding team** - To assist CYP and their families in their homes for support around mealtimes. Psychoeducation, managing fear foods
  - **FREED - First Episode Rapid Early intervention for Eating Disorder**, a pathway for 16 – 18-year-olds offering rapid intervention within 24 hours
  - **ARFID (Avoidant Restrictive Food Intake Disorder) Assessment Team** - Comprehensive assessment encompassing dietetic, sensory, and mental health aspects of the eating difficulty, creation of a comprehensive care plan, parent group offering psycho-education and management strategies
  - **CYPED Intensive Support Service (ISS)** - A service to support young people at risk of Tier 4 admission. A day program with groups to support management of emotional distress. Psychiatric and dietetic reviews
  - **Disordered Eating** – new investment in Support Time and Recovery (STAR) workers embedded within generic CAMHS locality hub teams

## CYP Community Crisis and Therapeutic Home Treatment (THT) Service

- ✓ **24/7 Crisis assessment** within A+E and in community settings
- ✓ **24/7 Crisis assessment and brief response** within A+E and in community settings, with CYP offered brief interventions
- ✓ **7 days per week Therapeutic Home Treatment service** aimed at CYP who might otherwise require inpatient care, or who present as high risk/suffering a mental health crisis that exceeds the normal capability of a generic CAMHS community service
- ✓ **24/7 CYP MH Crisis lines - Mental Health Direct** - telephone support for MH help and advice out of hours for CYP, their families/carers and professionals; **NHS 111** for open access crisis services



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# What we have achieved to date

## Learning Disability (LD) and Neurodevelopmental (ND) CAMHS Service (CAMHS LD/ND)

- ✓ Services to support children with **learning difficulties, disabilities, and developmental disorders who need mental health care**
- ✓ **New neurodevelopmental clinical lead role** to enhance the support offer focusing on the needs of young people with ASD and other neurodevelopmental disorders.
- ✓ **LD/ND champions within the generic CAMHS locality hub teams**, supporting colleagues with undertaking effective adaptations to treatments to ensure they are accessible to young people with ASD.
- ✓ **Training and development** for staff across SET CAMHS in ND and the delivery of adapted evidence-based MH treatment approaches
- ✓ **Supervision groups and consultation sessions** across teams to support staff development and best practice.
- ✓ **Co-working complex cases** across clinical teams to support staff skill development and learning.
- ✓ **Signposting** to on-line support offers and information
- ✓ **Psycho-education sessions** that focus on established areas of difficulty for CYP with ASD and their families, with live question and answer sessions
- ✓ **Monthly drop-in sessions** with specialist clinicians for families/young people to access individualized advice/support.
- ✓ **Participation** project around 'communication' to support understanding and access to SET CAMHS for CYP with ND and their parents/carers.

## CYP MH Outcomes

- ✓ **Routine Outcome Measures (ROMs)** - embed the use of clinician and patient reported outcome measures (CROMs and PROMs) across all CYP MH services
- ✓ **The voice of CYP** at the heart of treatment
- ✓ **Feedback tools** – CYP , parents and carers experience of using the service
- ✓ **CQUIN** - incremental improvement in reporting outcome scores, routine monitoring of CYP MH service user outcomes; 23/24 ambition = 50% paired outcomes reporting

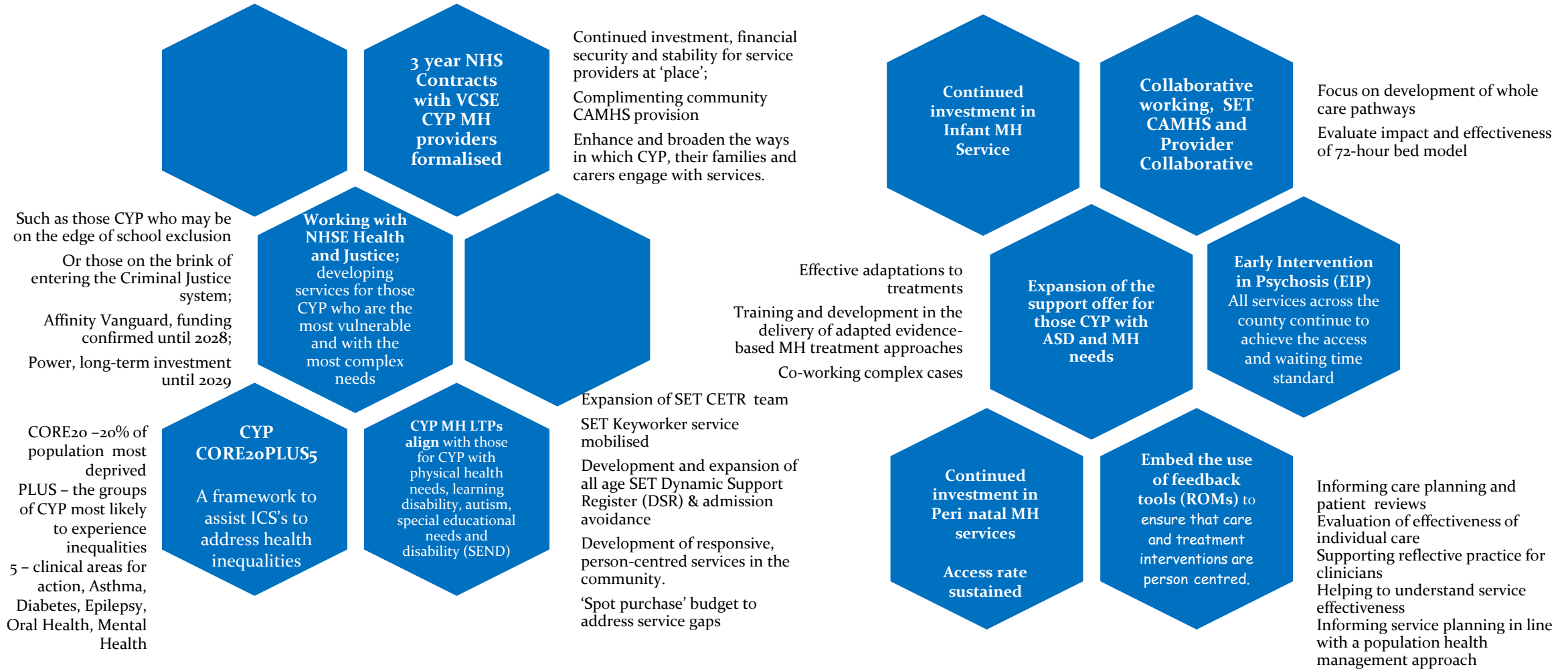


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# What we have achieved to date

## Wider commitments



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# SET CYP MH Services

## Now in the final year of the current Mental Health Implementation Plan. What is the vision for CYP MH services over the next 5-10 years?

Originally published in January 2019, the [NHS Long Term Plan](#) is being reviewed by NHSE and Department of Health and Social Care (DHSC). The focus has been on expanding access to support through local Child and Adolescent Mental Health Services (CAMHS) and education settings (MHSTs). [Future in Mind \(2015\)](#), [the Five Year Forward View for Mental Health \(2016\)](#), the [Transforming Children and Young People's Mental Health provision: green paper \(2018\)](#), and the [NHS Long Term Plan \(2019\)](#) have all been instrumental in influencing at a local level, the transformation of mental health care resulting in an increased mental health support offer for the children and young people and their families/carers across Southend Essex and Thurrock.

The economic climate and health and care landscape is a totally different environment to that of 2019; LTP priorities may need re-aligning to reflect the increase in mental health prevalence, increased demand in the aftermath of the pandemic and subsequent lockdowns, inflation, the cost-of-living crisis, and the financial funding constraints across the NHS.

In April 2022, the DHSC launched a call for evidence seeking public views on what could be done to improve everybody's mental health and wellbeing and prevent suicide. The decision has since been taken to incorporate tackling mental ill health into a [Major Conditions Strategy](#), rather than a standalone Mental Health Strategy to ensure mental ill health is considered alongside other physical health conditions.

In 2022, NHSE consulted on new waiting time standards for all community mental health and A&E mental health services; however, whilst NHSE want to see as many people as possible starting to receive help within 4 weeks, they are not currently setting a waiting time target e.g. % of people who should be seen within 4 weeks, as part of this work. The current focus is on improving data quality, to enable an understanding of current performance, what a future target might look like, and the resources required to get there. It is likely that over the next 5-10 years, alongside expanding access to services, the focus will be on prevention and early intervention, improved community services, reducing inequalities, improving quality, and more of an emphasis on improving outcomes and experience of service for our CYP, families, and carers



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# SET CYP MH Services

## Next steps

Health and care leaders across Southend, Essex, and Thurrock (SET) are working together to further improve the lives of those who live with mental ill health. The vision is to promote good emotional and mental health for everyone, reduce health inequalities and to improve life outcomes for those with mental ill health, enabling them to recover and live well.

During 2023 organisations from across a complex geography have been working together in partnership to develop a brief and practical all-age Mental Health Strategy setting out the vision and principles we will work to across the SET footprint and the outcomes to be achieved over the next five years. The strategy builds on previous work and aligns with the local strategies produced by the three Integrated Care Systems, covering:

- Mid and South Essex (Mid and South Essex ICS)
- North East Essex (part of the Suffolk and NEE ICS)
- West Essex (part of the Hertfordshire and West Essex ICS).

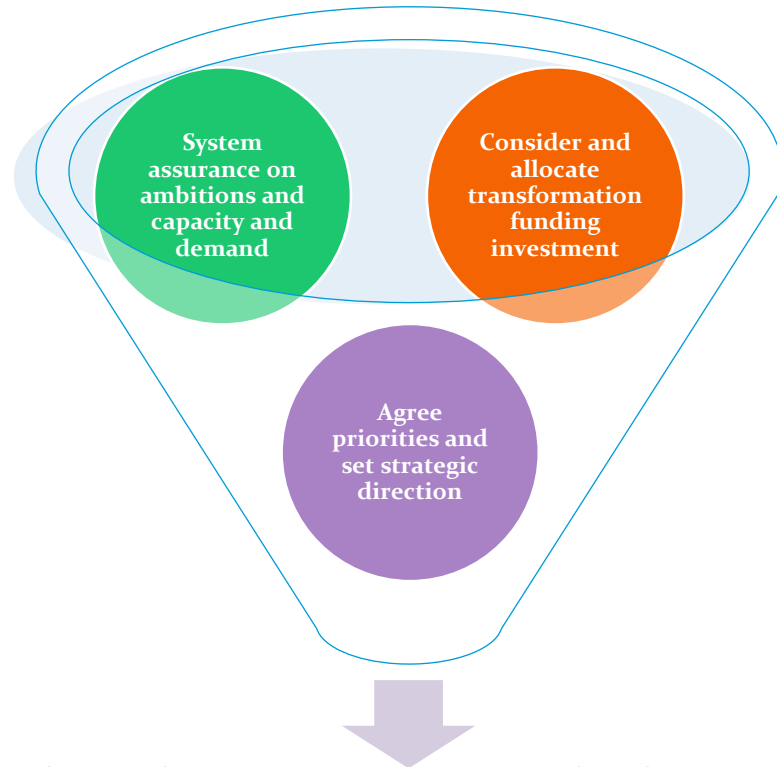
Implementation of the strategy will be overseen by a Strategy Implementation Group of senior leaders across the SET mental health and care system, now mobilised to oversee and co-ordinate delivery. The **SET CYP Mental Health Local Transformation Plan** will be an integrated component of the SET all-age mental health strategy. Work and progress on the CYP component will be reported in next years LTP.



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# SET CYP MH Services



**Integrated, multi-agency approach, driving shared responsibility & decision making for the SET CYP MH System**

*Primary Care, Secondary Care, Social Care, Public Health, Education, ICB, VCSE, Commissioning*



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## Conclusion

There are clear pressures in relation to **CYP MH; referrals (demand), acuity and severity** and the impact of this across SET, including the increase in CYP MH and wellbeing needs following the **COVID pandemic**. A whole system approach is needed to harness effective **prevention and early intervention** initiatives. **Health inequalities** are influenced by economic factors, relational influences, individual and family health and wellbeing, and environmental factors.

Across SET we will continue our promise to **increase access and equality, build capacity and capability in the system, and build resilience in the community**. We will prioritise **prevention, early intervention** across education, health and care and VCSE pathways and **continue to transform services to deliver better outcomes and more resilient CYP**.

We will continue to **maintain and build on our achievements over the last 5 years and improve mental health services** for the children and young people of Southend Essex and Thurrock.