

TRAFFORD COUNCIL

Report to: Children and Young People's Overview and Scrutiny Committee / Executive
Date: 15/01/2019
Report of: Director of All Age Commissioning (Trafford Council) – Karen Ahmed and the Director of Commissioning (Trafford CCG) – Naomi Ledwith

Report Title

Commissioning Intentions for Children

Summary

This paper provides an overview of Children's Community Health Services, with a particular focus on mental health services. Community services comprise of a wide variety of services supporting children's mental health, health visiting, school nursing and speech & language therapy. Commissioning colleagues continue to work in partnership with our current community provider Pennine Care ahead of the transfer of services to a new provider in 2019. The paper outlines commissioning intentions for these services.

Recommendation

The scrutiny committee is asked to note the contents of this report and to direct/instruct on any actions required.

Contact person for access to background papers and further information:

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Background Papers:

Trafford's Local Transformation Plan for Children and Young People's Mental Health & Wellbeing

Background

This report outlines Trafford's commissioning intentions for its children's community health services. The following areas and services are covered:

1. Children's Mental Health – Wider Projects and Services
 - Local Transformation Plan
 - National & Greater Manchester Mental Health Targets
 - All Age RAID
 - Transforming Care – Care, Education & Treatment Reviews
 - Training
 - Autism & Social Communication Pathway
 - Attention Deficit Hyperactivity Disorder Pathways
 - Early Help Services

2. Children's Mental Health – Healthy Young Minds (CAMHS)
 - Greater Manchester CAMHS Specification
 - Eating Disorders
 - Perinatal/Parent & Infant Mental Health

3. Children's Community Health Services
 - Children's Community Nursing
 - Community Paediatrics
 - Speech & Language Therapy
 - Children's Learning Disability Nursing Team and Trafford Early Development Service
 - Community Nutrition & Dietetics
 - Children's Weight Management Service
 - Health Visiting and School Nursing

Introduction

Children's community health services are commissioned by the Council on behalf of Trafford Clinical Commissioning Group (CCG) under a section 75 agreement. This agreement, clarity on the services to which it applies and associated governance structures will be reviewed as part of the merging of the Council and the CCG.

The overwhelming majority of children's community health services are provided by Pennine Care Foundation Trust. Pennine Care has recently taken the decision to hand back the contract and a procurement process is currently ongoing to find a new provider. Due to the scope and timescales involved, the entire contract will be handed over in full to a preferred provider in 2019. A process of due diligence will be applied in the transfer of services to the new provider, as a result many of the commissioning intentions highlighted below will be unable to be implemented straight away. As well as this, commissioning intentions in 19/20 may be further informed by feedback from the new provider about the various services that come under the contract.

Report

1. Children's Mental Health – Wider Projects & Services

1.1. Local Transformation Plan

The CAMHS Local Transformation Plan is the largest individual piece of work within the children's commissioning portfolio. The Plan details our ambitions for the mental health and wellbeing of our children and young people. The Plan sets out our intentions until 2021 and reports on the transformational changes achieved. It is overseen by the Transformation Implementation Group and commissioners will continue to monitor the implementation plan and associated national targets. In 19/20, Trafford will have to produce the third re-refresh of its Local Transformation Plan in accordance with NHS England's Key Lines of Enquiry and negotiation of annual allocation with Trafford CCG.

1.2. National and Greater Manchester Access & Waiting Time Targets

A national target has been set up by NHS England designed to increase the number of children and young people receiving treatment from community mental health services. By the end of March 2019, localities have been given the target to have at least 32% of children and young people estimated to have a mental health condition accessing treatment. By 2021 this target shifts to 35%. Currently, Trafford is forecast to hit 28.8% for 2018/19. As well as the access targets, there are also two waiting times targets in place for Healthy Young Minds:

- The proportion of children and young people waiting 12 weeks or less from referral to appointment (95% target).
- The proportion of children and young people waiting 18 weeks from referral to NICE concordant treatment (98% target).

As of the end of October 2018, the former target stood at 87.3% and the latter stood at 93.7%. These figures are driven by large numbers of vacancies in the service. The service has been working to rectify these vacancies and has recently recruited to a number of posts, including a Psychology Assistant, Education Lead and Transition Lead.

1.3. All Age Rapid Assessment Interface Discharge (RAID)

RAID supports people who present in A&E with a mental health crisis. As part of the Greater Manchester Crisis Care pathway, Trafford will be moving from a RAID service for those aged 16+ to one that supports those of any age. Trafford are partnered with Manchester for this project, recognising that Trafford Children and Young People present at A&E in Manchester hospitals as well as the Urgent Care Centre at Trafford General. Young people facing crisis will have access to mental health care 7 days a week, 24 hours a day in the same way that they would be able to get access to urgent physical health care.

Commissioners have recently met with the All Age RAID service leads to discuss the implementation plan and receive assurance on recruitment and timescales for delivery which is expected to be late January/early February for Manchester North, South and Trafford. Commissioners will be closely monitoring the implementation and on-going delivery of the service.

1.4. Transforming Care (Care, Education & Treatment Reviews)

As part of national legislation, Trafford has started to carry out Care, Education and Treatment Reviews for young people with Learning Disabilities or Autism identified as potentially being admitted to a specialist learning disability or mental health inpatient setting. A Dynamic Risk Register has been set up in order to identify those who may be at risk. Work will continue to embed protocols with social care colleagues.

1.5. Training

As part of Trafford's 2018/19 workforce plan, a variety of training has recently taken place, including sessions on anxiety, self-harm, and depression. The response to this training has been incredibly positive, with almost full attendance and attendees rating the training an average of 4.5 out of 5. When asked what they would do following the sessions, most responded that they would be able to actively use their new skills and knowledge in their day to day role. The purpose of the training was to ensure that staff felt comfortable supporting young people presenting with low level mental health needs. Further training has been set up for the New Year on bereavement and solution focussed techniques.

Greater Manchester has been selected as an accelerator site for 'Transforming Care for Children and Young People', funding was allocated from NHS England to support implementation of the Transforming Care model. As a result, training has been made available for Trafford professionals around embedding a risk support model for children and young people with Learning Disabilities and autism. The training has now been organised with the provider (Cheshire Wirral Partnership) and will take place in March 2019.

1.6. Autism and Social Communication Pathway

Trafford's Autism and Social Communication pathway has recently launched. The pathway encourages schools to identify children with suspected autism or social communications issues, address any learning & training needs, and put the appropriate behaviour strategies in place based on the child's needs and without waiting for a formal diagnosis. Three training sessions have been held with school SENCOs, which were delivered by Educational Psychology with support by other clinicians involved in the delivery of the pathway. GPs have been sent an information document on the changes and pathway leads will attend the January GP Learning Forum. Information sessions have been held with other community services, a Plain English version of the pathway has been sent out via the schools' bulletin and further communication will occur over the next few months.

Commissioners have arranged to meet with the pathway leads to understand the current waiting times and any resource implications required in order to address the waiting list for this pathway.

1.7. Attention Deficit Hyperactivity Disorder Pathway

In September 2017 Trafford launched a new Attention Deficit Hyperactivity Disorder pathway for children and young people. The new pathway encourages schools to identify children with behaviour difficulties, address any learning & training needs, and put the appropriate behaviour strategies in place based on the child's needs and without waiting for a formal diagnosis. Commissioners will continue to review and monitor implementation of the pathway in accordance with progress against Greater Manchester standards and stakeholder feedback.

1.8. Early Help Services: 42nd Street, Kooth & Trafford Sunrise

42nd Street provides mental health support for young people aged 13-25. The support includes group and 1-1 sessions and also sits alongside specific 1-1 therapeutic support for those with high functioning Autism. In 2016/17 provision was doubled in 42nd Street in order to support those whose need is not best met by Healthy Young Minds. This doubling of provision has continued every year since 2016/17. Waiting times have recently increased for the service, which is partly driven by young people presenting with an increasing complexity of issues. Commissioners will continue to monitor the service and actions taken to rectify waiting times.

The Just Psychology service, Trafford Sunrise, offers group and 1:1 therapeutic support for 5-12 year olds. There is a mixed model of 1:1 support and group sessions where children can practice their coping skills and make new friends. Trafford Sunrise has been in place for a little over 12 months, and the service has seen large waiting times since its inception. Prior to Trafford Sunrise, there was no therapeutic offer for younger children in Trafford and the larger waiting times seem to stem from the unmet demand in this area. Work will continue around managing the waiting times and ensuring the most appropriate support is available. The contract has an option for a further one year extension, and progress against targets will be reviewed as part of this decision.

Kooth provides online counselling for those aged 11 to 18. They provide access to counsellors until 10pm each night, every day of the year, as well as peer support via fully moderated forums. As with Trafford Sunrise the contract runs until August 2019, with the option to extend for a further year. Commissioners will continue to review the contract and report back to the Transformation Implementation Group.

2. Children's Mental Health – Healthy Young Minds (CAMHS)

Healthy Young Minds provides a service for the children and young people in Trafford who are at risk of developing or have developed a significant mental health problem. It is a multi-disciplinary team that support around a variety of issues, including attachment disorders, psychotic symptoms, anxiety disorders, eating disorders, depression and self-harm.

2.1. Greater Manchester CAMHS Service Specification

The Greater Manchester service specification has recently been refreshed for 2019-2021, this sets out a minimum core standard offer across Greater Manchester. The specification also enables placed based commissioning to agree additional requirements above and beyond the Greater Manchester offer that focus on the needs of the local population, known as 'section 11'. Commissioners are working the Healthy Young Minds service around the development of this section.

The specification includes a variety of targets for the Healthy Young Minds service that Trafford is not yet meeting. These include a need to operate Monday to Friday 8am to 8pm by 2021 and a workforce target of 45.9 Whole Time Equivalent. The Children's commissioner has worked with the service to undertake a demand and capacity exercise across children's mental health. This work identified a gap of 5.8 Whole Time Equivalent. This supports the gap presented within the new Greater Manchester CAMHS specification which uses the Royal

College of Psychiatry ratios to specify the Whole Time Equivalent required per 100k population. Additional investment in posts to address waiting times and the workforce target has been agreed in principle by the CCG and are awaiting final sign-off. The posts include a Psychiatrist, Cognitive Behavioural Therapist, and Mental Health Practitioners.

2.2. Eating Disorders

Trafford commission a Community Eating Disorders Service on a cluster basis with Stockport, Tameside and Glossop CCGs. The service provides specialist support, assessment, consultation and treatment to children and young people with an eating disorder.

The service is fully compliant against the routine and urgent Access & Waiting Time Standards. For routine cases, the proportion of children and young people with an eating disorder that have waited 4 weeks or less from referral to the start of NICE approved treatment stands at 100% against a target of 90%. For urgent cases, the proportion of children and young people with an eating disorder that wait 1 week or less from referral to start of NICE approved treatment is also 100% against a target of 90%.

2.3. Perinatal/Parent & Infant Mental Health

Commissioning have commenced mapping of the existing community perinatal offer as we move towards the development of an integrated Parent and Infant Mental Health pathway aligned with the THRIVE model. This is needed in order to strengthen Trafford's ability to develop an Early Attachment Service. Fundamental to the development of an Early Attachment Service is the creation of a number of key perinatal posts. These are included within the scope of the workforce expansion planned for the Healthy Young Minds service.

Home-Start has been commissioned jointly by Trafford and Salford CCGs (match funded by Trafford Housing Trust) to deliver a 2 year Parent and Infant Mental Health (PIMH) project known as 'Baby Bond' for pregnant women and families with an infant under the age of 2 in Trafford and Salford. The trainers have now completed their PIMHS training and will commence training of the Trafford volunteers in February in preparation for them to deliver the project with local families.

3. Children's Community Health Services

3.1. Children's Community Nursing

The Children's Community Nursing Team provides home nursing services for children and young people aged 0-16. The aim of the service is to deliver care closer to home for children who have mild acute illness, long term chronic health needs, or complex care requirements. The Children's Community Nursing will be reviewed in line with Greater Manchester developments in long term condition pathways (Asthma, diabetes and Epilepsy). Special School Nursing provision also sits within Children's Community Nursing and needs to be added to a revamped service specification. Further changes to the service include aligning equipment purchasing with Continuing Healthcare and the One Stop Resource Centre.

3.2. Community Paediatrics

Community Paediatrics is made up of specialist children's doctors with training and expertise focusing on the care of vulnerable children and families, children with long-term conditions and child public health. This includes children with developmental disorders, complex health needs, Autism, and ADHD. The service specification for Community Paediatrics will be

updated and consideration will be given to the transfer of initial Looked After Children medicals to the Looked After Children nursing function.

Following recommendations from a 2017 joint Ofsted and Care Quality Commission inspection, a Designated Medical Officer was appointed after it was felt that the previous arrangement of the functions being undertaken across Community Paediatrics and officers within the CCG was unstable. The post sits within Community Paediatrics, because a third of the function was already undertaken by the Paediatric Consultant with a special interest in Special Educational Needs & Disabilities. Feedback from the service is that Designated Medical Officer is struggling for capacity to carry out the requirements of the post, and this will therefore be reviewed.

3.3. Speech & Language Therapy

The Speech and Language Therapy service supports children and young people with swallowing/ feeding difficulties and/ or speech, language and communication needs. They do this in a variety of locations, including children's centres, clinics and schools. An updated service specification has been written and needs to be signed off. Implementation of the new pathways associated with the service will be reviewed and monitored.

3.4. Children's Learning Disability Nursing Team and Trafford Early Development Service

The Children's Learning Disability Nursing Service provides support services for Children and Young People up to the age of 18 who have significant learning disabilities with additional and complex needs such as challenging behaviour or complex health needs. Trafford's Early Development Service is known as TEDS and supports families through developmental play sessions at home, in Early Years settings or in targeted group sessions. They support pre-school children who have a significant developmental delay in 2 or more areas of their development.

Unlike the wider children's Community Service offer, which has been provided by Pennine Care Foundation Trust, both Children's Learning Disability Nursing Team and Trafford Early Development Service are provided by Manchester Foundation Trust. These services will be reviewed and redesigned. The Children's Intensive Behavioural Support Service is provided by Pennine Care, but sits within the Children's Learning Disability Nursing Team so there will be a review to see how these services can be brought together. This will be linked to a wider review of Trafford's behaviour offer.

3.5. Community Nutrition & Dietetics

Trafford's Community Nutrition & Dietetics service is an all age service that supports people who have dietetic needs. A number of potential changes have been discussed in relation to creating a more sustainable model:

- Reviewing the spend on consumable equipment.
- Exploring the link with Health Visiting service re weaning/allergy classes.
- Alleviating pressure on the Learning Disabilities pathway by commissioning a dietician to sit in the multi-disciplinary Community Learning Disability Nursing Team
- Reducing the amount of contacts in some pathways (e.g. Irritable Bowel Syndrome, nutrition support pathway).

- Upskilling residential staff on early identification of adults at risk of malnutrition
- Moving the service to enteral feeding only. Associated risk to be clarified by service.

As with all the Pennine contracts, this is subject to feedback from the new community provider.

3.6. Children's Weight Management Service

The Children's Weight Management Service forms part of Trafford's Healthy Weight pathway and supports those whose weight is at the 98th centile or above. The service currently supports children to maintain or reduce their BMI through a series of 1:1 clinic appointments with their parent/carer.

A review of commissioned weight management services for both children and adults took place in 2017. The children's review concluded that the current delivery model should move towards group provision to facilitate the inclusion of physical activity within the session, facilitate peer support and bring the service in line with NICE guidelines. Commissioning are unable to change the delivery of the service or its specification at this stage but intend to implement the changes as recommended in the review as soon as possible in line with the transfer of services to a new provider.

3.7. Health Visiting and School Nursing

The Health Visiting Service delivers the 0-5 programme, beginning in pregnancy and continuing until the child begins school and is transferred to the care of the School Nursing service. Health Visitors advise on feeding, safety, physical and emotional development and other aspects of health and childcare. The School Nursing Service leads and delivers the 5-19 model of the Healthy Child Programme. They promote the health of school-aged children via information, advice and support.

Reviews have recently been carried out for both services to determine the effectiveness of the current models in meeting the needs of 0-5 and 5-19 year olds. The cost effectiveness of the models and ability to improve outcomes and reduce inequalities have all been examined. Once the review reports have been finalised, recommendations will be set out around the future service offer and delivery to meet the changing needs of Trafford's children, young people and their families, whilst ensuring best use of resources. The aim will be to design an overarching 0-19 Children and Young People community Public Health specification and update service specifications for the Health Visiting and School Nursing service as part of this.