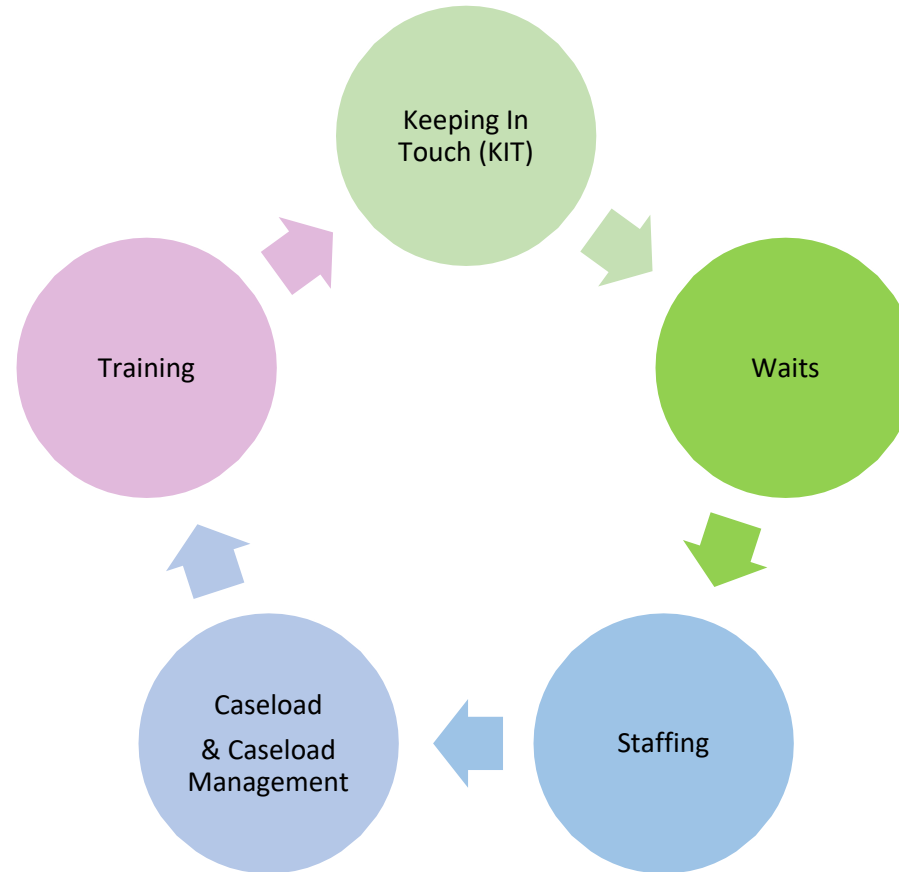




Children & Young People's Services Darlington

Work programme- key areas



Children & young people's services – i-THRIVE



1 in 6 YP have MH needs, of these 30% require advice, 60% require 'Getting Help' and 5-10% require 'Getting more Help' and/or 'Risk Support'

Meetings with external colleagues, including commissioners, VCS/3rd sector providers and some local authority colleagues to co-create and deliver the i-THRIVE framework of care

A whole system and evidenced-based approach in supporting families with their emotional wellbeing and mental health needs

Draws a clear distinction between treatment and support

Children, young people and their families are active decision makers

Children & young people's services - i-THRIVE

- Internal restructure of Tees CAMHS to align against i-THRIVE which commenced operationally in April 2021.
- Roll out of MHSTs to provide school based support, early help and prevention and meet young peoples need at place
- Children, young people and their families get a more flexible access to appropriate services.
- Creates capacity in 'Getting more Help' teams to meet the needs of the more complex and risky cases
- Work planned within the Tees Valley to further expand the 'whole system' of support to better coordinate and maximise efficiency of all available services and resource

In response to CQC concerns:

- Introduced Keeping in Touch (KIT) process which is monitored daily and all staff at clinical and senior management levels have oversight.
- 97% of children (and their families/carers) currently on the Trustwide CAMHS waiting list have had KIT contact within the timeframe in accordance with their risk level.
- Waiting lists are now electronically held giving much greater visibility and accuracy across the Trust.
- Recruiting alternative roles that add value to community CAMHS teams and help meet the increases in demand, including newly qualified nurses, support workers and assistant psychologists.
- Engaged with staff to develop clinically effective solutions, drawn from their expertise, for caseload management.
- Senior leaders hold 3 x weekly huddles to monitor waiting lists & monthly tracking of training compliance.

Waits

Waiting to assessment

- Average 16 days in Darlington (non-neuro referrals)

Waiting to Treatment

- Average 190 days in Darlington
- Strict definition of 'treatment', the support offered by the teams while young people are waiting for medical or therapeutic intervention is considered 'treatment' in other CAMHS services
- Waits for 2nd appointment (nationally recognised metric for 'treatment start') are in line with other services nationally

Waits (Specialist neuro assessment)

- **Waiting to Assessment**
- Average wait is currently 318 days
- Better than national average currently and there is commissioned support via other providers available to families awaiting assessment

Next steps:

- Work with partners to further embed i-Thrive within the whole system to better coordinate all available support services and maximise efficiencies
 - Share practice from proposed pilots with Stockton and County Durham
- Develop 'upstream' offer to families and schools to help reduce demand for specialist neurodevelopmental assessments
 - Needs-led approaches
- Communication plan for schools and public regarding service developments and how to access support
- Link with national team regarding further expansion of MHSTs for schools
 - Work towards 100% coverage
- Embed MH practitioners into Primary Care Networks (PCN's) to further enhance whole system offer