

Ref: FOI/00479/CMICB
18 August 2023

Dear

**Re: Freedom of Information Act 2000
Children & Young People's (CYP) Mental Health Services**

Thank you for your information request indicated in bold below, which has now been considered under the Freedom of Information Act 2000 by NHS Cheshire & Merseyside Integrated Care Board (ICB). I am able to provide you with the following information and responses.

Please note from 01 July 2022, Clinical Commissioning Groups (CCGs) were disestablished, and their statutory functions and responsibilities inherited by NHS Cheshire and Merseyside ICB.

Your Request:

1) In the area you cover, are there services / pathways / arrangements for screening groups of young people with higher risk of mental ill-health, for example:

- children in contact with social care
- care leavers
- children who require support from multiple mental health services, e.g. an eating disorder service and anxiety service
- asylum-seeking children

2) In the area you cover, are there specific arrangements for young people with complex needs, which may cut across multiple services, e.g. NHS mental health services, social care, youth justice, etc.?

3a) Is there a mental health crisis care team for all young people in the area you cover?

3b) Is follow-up care provided after contact with the mental health crisis team is terminated?

4) Do children and young people's mental health services in your area extend to age 25, per NICE guidance?

5) What support is in place for children accepted into NHS mental health services but that are on a waiting list to begin treatment?

6) Which of the following mental health services are offered in your area for children and young people with eating disorders?

- family therapy
- cognitive behavioural therapy
- guided self-help
- interpersonal psychotherapy
- focal psychodynamic therapy

Our Response:

Please find listed below the information held on Children & Young People's (CYP) Mental Health Services in each of the former CCG areas that now make up NHS Cheshire & Merseyside ICB:

Cheshire

1 - 6) Information not held. Please be advised that Cheshire & Wirral Partnership NHS Foundation Trust are commissioned to provide CYP mental health services to the patient population of Cheshire. You may therefore wish to redirect your request for this information to CWP, who can be contacted for Freedom of Information requests via: cwp.foi@nhs.net.

Halton

- 1) Yes.
- 2) Yes.
- 3a) Yes.
- 3b) Yes.
- 4) No. However, work is currently underway to explore options for development of a 18 – 25 year old service.
- 5) Halton currently commission Kooth Ltd to provide online advice and support to CYP at any stage. Information not held on the specific support services offered by the commissioned provider of CAMHS (Mersey Care NHS Foundation Trust*).
- 6) Mersey Care NHS Foundation Trust are commissioned to provide therapeutic interventions. Information not held on the specific therapeutic interventions offered*.

*You may wish to redirect your request for this information to Mersey Care NHS Foundation Trust, who can be contacted for Freedom of Information requests via: FOI@merseycare.nhs.uk.

Knowsley

- 1) Yes. In Knowsley there is no single stand-alone formal screening of vulnerable cohorts. However, the MDT approach for vulnerable cohorts encompasses consideration of every individual's mental health and emotional wellbeing.

CLA and Care Leavers – social workers as lead professional bring cases to a complex panel for personalised packages and commissioning.

In Knowsley there are Mental Health Support Teams in all but 4 schools (this gap to be covered 2023-24) and also there is a number of third sector providers that provide a range of offers to all these cohorts. Schools are the main referrers, also GPs or school health. Knowsley also have a dynamic support database includes these cohorts and collaborative working with local authority services ensures a holistic response. The local authority keep the overview of 3 of these cohorts. Mersey Care Foundation Trust provide an eating disorder service that includes inpatient and outpatient specialist services and mental health services are central to this.

2) Yes, this is via the pathways in Knowsley which are based on multi-agency delivery. Our governance structures across the local authority and NHS receive performance and outcome reporting on which decisions and direction are based. Elected members include mental health on the Committee agenda at least twice a year.

3a - b) Yes, the aim in Knowsley is to transfer CYP to other services following treatment (third sector and universal).

4) Mental Health services in Knowsley are currently on track to extend services to age 25 from April 2024.

5) There are a number of third sector providers in Knowsley that offer support – online, telephone, drop-in face to face support; MHSTs. Additionally, Merseyside Fire and Rescue provide a group offer in Prescott; and a young people's charity (Lee Cooper Foundation) provide open access support across the borough.

6) Information not held. You may wish to redirect your request for this information to Mersey Care NHS Foundation Trust, as the commissioned provider of CYP eating disorder services in Knowsley, who can be contacted for Freedom of Information requests via: FOI@merseycare.nhs.uk.

Liverpool

1) In Liverpool there are specific services and pathways for the following as part of our integrated CYP mental health offer (0-25 years):

- Social care – dedicated Mental Health Practitioner sessions in social care teams (safeguarding and permanence) for consultation and pre-referral support, identification and training; specific fast track pathways and interventions for Children identified as requiring mental health support in social care (safeguarding and permanence); mental health support for local residential homes; multi-agency gateway and escalation process to identify CYP at risk of admission or going into care. CYP leaving care can also access the CYP mental health offer and a range of services in our main adult mental health provider Mersey Care NHS Foundation Trust.
- Multiple mental health services – NHS Cheshire and Merseyside, Liverpool Place commissions an integrated offer of delivery for Children and Young People with mental health difficulties and their families across a spectrum of

need – prevention, early help and more targeted and specialist support. This is provided by a range of providers across the 3rd sector and NHS who work collaboratively called the Liverpool CAMHS Partnership. Further information about this offer can be found through the following links:

<https://www.liverpoolcamhs.com/about/pathway/>

<https://www.liverpoolcamhs.com/support-category/liverpool-camhs-providers/>

All providers work as one partnership operating a weekly MDT to discuss more complex presentations where CYP require multiple services, step up or escalating.

- Refugee and Asylum seekers - the integrated CYP Mental Health local offer includes a counselling and psychological therapies service (Spinning World) provided by one the 3rd sector partners (Young Persons Advisory Service - YPAS) for refugee and asylum seeking CYP (5-25 years). This includes specific pathways between social care and YPAS.

2) Liverpool place is currently piloting a Mental Health complex needs team as part of the implementation of the Framework for Integrated Care (community) which is commissioned through NHS England/Improvement. The team will be fully integrated with the Local Authorities safeguarding team and will work across multiple systems and partners operating a trauma-based model. This team is also part of the wider MDT outlined in the previous response and gateway and escalation process.

Mental Health Practitioners are fully integrated into the Youth Offending Service team in addition to the dedicated sessions operating across social care teams as previously outlined.

3a) Yes, there is a 24/7 crisis team operating for CYP which includes an intensive home-based treatment offer and intensive support function for CYP with ASD/LD. There is also an alternative to crisis offer provided by one of the 3rd sector CYP Mental Health providers (YPAS).

3b) Yes, follow up support is offered as part of the crisis offer. This may also include additional support offered through the CAMHS Partnership.

4) Yes, the local integrated CAMHS offer is for CYP is up to age of 25 years and their families.

5) Please find listed below the support services in place for CYP patients on a waiting list for mental health services in Liverpool:

Whilst Waiting				
	Online	Text	Telephone	Direct
Information	Kooth.com Liverpool CAMHS website		24/7 Single Point of Access (Alder Hey)	YPAS Hubs
Advice, resources and support	Kooth.com Liverpool CAMHS website	SHOUT	24/7 Single Point of Access (Alder Hey)	YPAS Hubs
Intervention	Kooth.com	SHOUT	24/7 Single Point of Access (Alder Hey)	YPAS Hubs Alder Hey Groups (once assessed)
Crisis		SHOUT	24/7 Single Point of Access (Alder Hey)	AED (CAMHS Liaison/Core 24) YPAS Alternative to Crisis

All patients who have been waiting longer amounts of time are also continually contracted and risk assessed.

6) The below services are available in Liverpool for CYP patients with eating disorders:

- family therapy.
- cognitive behavioral therapy
- guided self help.

Sefton

1) In respect of screening and pre-referral to commissioned mental health services, the local health system:

- Completes Initial Health Assessments for Cared for Children (CfC) which indicate mental health risk
- Youth Justice programme assesses and reviews the mental health support needs of those children and young people (CYP) supported by the service
- Framework for Integrated Care vanguard (for CYP at risk of exploitation) assesses and reviews the mental health support needs of those CYP referred to the service.

You may also wish to contact Sefton Council who also commission local mental health screening undertaken by early help teams, children's social care and public health. Sefton Council can be contacted for Freedom of Information requests via: ino.information@sefton.gov.uk

2) For this cohort, there are a number of local systems, processes and services which provide a multi-disciplinary team approach (MDT) which includes input/support across sectors/services for young people (CYP) and their families. The list below is not exhaustive, but provides examples which the local health system lead on or support with:

- Key Worker service for CYP/families with learning disabilities and/or autism with high risk presentations
- Gateway system/processes for CYP with escalating mental health and at risk of hospital admission
- Framework for Integrated Care for CYP at risk of exploitation
- Specialist CAMHS Children in Care Enhanced pathways
- Mental health Home Treatment and Intensive Support functions
- Education Health Care Plan systems and processes
- Child in Care meetings and processes, including completion of Strengths and Difficulties Questionnaires (SDQs), Initial Health Assessments (IHAs) and reviews
- Children's Continuing Care and Personal Health Budget systems and processes

3a) Yes.

3b) Yes, follow up assessment, treatment and support is provided by Specialist CAMHS or other locally commissioned emotional health and wellbeing services, as appropriate.

4) No, generally commissioning and provider arrangement for CYP mental health services are for 0 – 18 years old, with the exception of the Kooth online mental health platform which supports patients aged 10 – 25 years old. However, Sefton Place is working with providers and partners across Cheshire and Merseyside to develop local pathways for provision up to 25.

5) Where appropriate, Children and Young People (CYP) are signposted or offered support whilst they are waiting to commence treatment. This can include group work, psychiatry support and access to online support such as Kooth. Cases of high clinical risk and urgency are prioritised for treatment and commissioned services manage and escalate cases as appropriate, as per provider and local policies and processes.

6) Information not held. You may wish to redirect your request for this information to Alder Hey Children's Hospital NHS Foundation Trust, as the commissioned provider of CYP mental health services, who can be contacted for Freedom of Information requests via: FOIRequests@alderhey.nhs.uk

St Helens

1) No direct screening service commissioned.

2) Yes.

3a) Yes.

3b) Dependent on the needs of the patient.

4) Some CYP Mental Health services commissioned extend to the age of 25, but not all of them.

5 - 6) Information not held. You may wish to redirect your request for this information to Mersey Care NHS Foundation Trust, as the commissioned provider of CYP mental health services in St Helens, who can be contacted for Freedom of Information requests via: FOI@merseycare.nhs.uk.

Warrington

1) Yes.

2) Yes.

3a) Yes.

3b) Yes.

4) Currently a 18 – 25 years old offer is being piloted.

5) CYP patients placed on a waiting list have subsequent follow up and contact made whilst waiting. Information not held on the specific support services offered by the commissioned provider of CAMHS (Mersey Care NHS Foundation Trust*).

6) Mersey Care NHS Foundation Trust are commissioned to provide therapeutic interventions. Information not held on the specific therapeutic interventions offered*.

*You may wish to redirect your request for this information to Mersey Care NHS Foundation Trust, who can be contacted for Freedom of Information requests via: FOI@merseycare.nhs.uk.

Wirral

1) Yes, all of the indicators listed would be screened/triaged at point of contact with a service to help determine the appropriate priority and response required.

2) Yes.

3a) Yes.

3b) Yes.

4) All services have transitional social workers for cases where patients are moving from 18 years and below mental health services. There has also been development of an 18 – 25 team who will consult and advise on such patient cases moving between mental health services.

5) Where children are on a waiting list for an NHS mental health service, the family will always be supplied with potential support available whilst they wait. These can include:

- Kooth – online counselling and support service
 - Care Navigators – if waiting for CAMHS support, the care navigators provide support
 - Trusted third sector partners such as Open Door Charity and HATCH who provide peer mentor support and are open access
 - The Drop In – a joint council and health run service for young people to drop in and receive support from youth workers, counsellors and creative teams
- 6) All of the listed therapies are offered to CYP patient with eating disorders under the service provided in Wirral.

Should you require any further information or clarification regarding this response or do not feel that your request has been answered as you would expect, please contact us to discuss.

We also wish to take this opportunity to inform you that, where you are not satisfied with the response to your request for information, a formal complaints and internal review process is available.

This can be formally requested by emailing foi@cheshireandmerseyside.nhs.uk and must be done within a reasonable time period (3 calendar months) from the date this response was issued.

Where you remain dissatisfied with our review under the Freedom of Information Act or the Environmental Information Regulations, you may apply directly to the Information Commissioners Office (ICO) for a review of your appeal decision. Generally, the ICO cannot make a decision unless you have exhausted our complaints procedure.

The ICO can be contacted at;

The Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF
www.ico.gov.uk

Should you need any further clarification or assistance, please do not hesitate to contact us quoting the above FOI reference.

