

Find it Out Plus 2019

August 2019

A number of leaders in our local system have been meeting for some time to consider how future support could be shaped, starting with Worthing, including Commissioners (Children and Adults), NHS providers (SPFT), the Voluntary Sector (MIND, YMCA), CCG, WSCC, Adur and Worthing Councils'. This work did stall somewhat due to staff changes, but has been re-ignited, and now has a sense of urgency, particularly given some of the opportunities around a building review (21 Century Community Hubs), systemic work on homelessness and young people in Worthing, and because it is the right thing to do for our young people.

This paper describes a system wide approach in Worthing, to provide holistic support and help to children, young people and their parents / carers in relation to their emotional wellbeing and mental health.

It is being led by a coalition of leaders from across the Councils (both WBC and WSCC), health (commissioners, CAMHS, Adult Mental Health) and the voluntary sector (YMCA and Coastal Mind) and others.

This will effectively start to reshape our approach (through a building and shared workforce) to supporting the emotional wellbeing and mental health wants and needs of children and young people, from 11 and up to the age of 25 years.

Whilst the aim is to start small, through the development of key posts, our ambition is to build and create something larger, meaningful and sustainable, that will make a difference to young people and help them to thrive.

Our shared ambition is to create a place (or places) where young people can **access support and help at the time when they feel able to do so**, in a **youth friendly** environment, which does **not** require a referral, appointment or minimal thresh-hold for help.

This will be a place where **young people are met and greeted by a dedicated worker** to connect with them, undertake a **light tough triage**, and to **support their connection / transition** into the right service / activity to meet their wants and needs.

This place provides an **open and welcoming front-of house** for young people. Behind the scenes there is formalized **co-location of statutory, clinical and voluntary sector providers**, who work alongside each other, with a strong and shared culture, with **good and trusting relationships and strong skill / knowledge sharing**.

The place used will start with Marine Place (where the current Find it Out provision is based) and will then utilise the new Community Hub (at the existing Library site) (due Summer 2020).

The national and local context for this change

A detailed analysis of County-wide needs for CAMHS and emotional wellbeing was conducted as part of the Local Transformational Programme, and a specific review of the needs of young people was conducted by Sussex Partnership Foundation Trust (details of which have been used to shape this paper).

This analysis suggests that approximately **25%** of those young people estimated to need mental health services have access to them. **Early access** to the right support when people first ask for help would **lessen the impact** of mental health problems, by focusing on early interventions and on outcomes that really matter to young people.¹

By 2020/21, at least 70,000 more CYP should have access to high-quality mental health care when they need it. This will require a **fundamental change** in the way services are commissioned, placing greater emphasis on prevention, early identification and evidence-based care.² Figures from the Education Policy Institute show that those young people who do access services are currently **waiting, on average, over 80 days** to start treatment.³ Currently local services to CYP have expanded (and we are meeting initial targets for increasing access to support for CYP) however, further work and greater integration is required.

In West Sussex, the rate of **self-harm** among CYP (aged 10-24) **exceeded the national rate**⁴ The What About YOUth (WAY) survey (2014) examined health behaviours of 15-year olds in England; in West Sussex, 15-year olds responding to the survey had a **lower mean score** (46.8) on the WEMWB (Wellbeing) scale, than the national average (47.6). In adult IAPT, **outcomes are significantly lower (poorer) in the under 25 age group**. Across the service there is a 10% difference in recovery between under 25 and 25+ patients. There is also significant difference in Reliable Improvement which suggests that the disparity in recovery rates is not solely due to severer symptoms. The IAPT provision experiences very **high dropout rates and DNA rates** amongst the under 25's.

Our fundamental challenges for children, young people and families around mental health support and early help are increasingly obvious and include:

- **A lack of timely and holistic access to help and support;** particularly at a time when early intervention and prevention could have greater impact and reduce future difficulties.
- Confusion for professionals about “pathways” to the right help and support. There are **some good services, but these are not joined up**.
- **Services not being accessible** due to location or timing (Find it Out Centres are open three afternoons a week in Worthing) or referral criteria/thresh-holds.
- **Lack of a coherent offer** for children/young people/adults, that starts early enough (10 years?) and follows them through to support transitions (>25 years) and makes the best use of local services and assets.
- **Limited (real) cooperation between services**, and therefore a failure to maximise skill and knowledge sharing.
- **Increasing thresh-holds required** and waiting times for CAMHS resources/adult MH, which mean that YP can be getting worse in order to receive a service.

¹ National Audit Office (2016) Mental health services: preparations for improving access. London

² 5YFVMH 2016

³ Frith E (2017) Access and waiting times in children and young people's mental health services.

⁴ Work is ongoing to clarify coding and increase CAMHS support in acute hospitals.

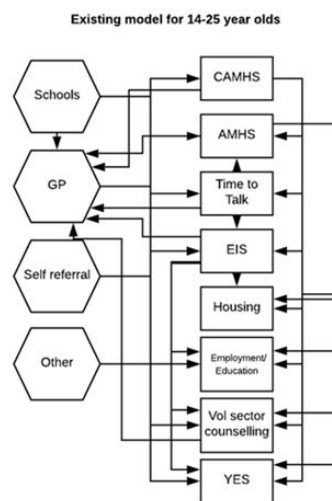
This is not intended as a criticism and indeed we are not alone or unique, although we do have relatively high levels of vulnerability and need. The funding differentials for mental health and the separate funding for children and adults does not help. Our data paints a picture of issues around young people and self-harm, anxiety and depression and system wide intelligence shows a lack of confidence in key access points to manage issues and help CYP to access support.

Developing this approach

The early discussion for this work centred on a project in Hastings called IRock (brought to life [click here.](#)) and provided a starting point with the mental health provider (SPFT) commissioning a paper for how such a model could work in West Sussex. It is important to state that West Sussex, unlike the formation of IROCK, does have some services in place to build on and around, particularly with the Youth Emotional Support service, Find it Out and our voluntary sector partners.

It is also important to note that a parallel-pilot for Young People is being commissioned in Crawley where relevant lessons can be shared.

The current model



The current model for [14-25 year olds](#) and their route to support and help was described in a paper earlier this year. Whilst this model does have some inaccuracies (in relation to the referral pathways) and some omissions (Find it Out and YES workers), it does paint a picture of a wholly confusing and complicated scene, that highlights the difficulties young people, their families and professionals have in finding and securing the right help.

This of course is also premised on a system that does not connect children and [adults services](#) in relation to funding.

The proposed model will be called **Find it Out Plus**. Whilst it will start small - possibly opening for a limited time to begin with - the aim is to learn and grow the service and offer.

It will build upon and include some key services across the sector including:

- YES and Find it Out
- MH Pathfinder
- IPEH
- West Sussex Social Care services (adults and children)
- Mental health pathfinders
- Housing providers
- Local education and leisure providers
- Early Help and third sector organisations
- Sussex Partnership NHS Foundation Trust (CAMHS/Time to Talk)

- Sussex Police tbc
- Citizens advice bureau tbc
- Youth Emotional Support
- Dialogue
- CAMHS
- AMHS and 'Time to Talk'
- CGL
- Sexual health services

This service will provide a place, which:

- Is **accessible and easy to access on the day** or time of the presenting issue, with skilled front of house professionals (social prescribing) and no need for a referral;
- Is a **holistic offer** and **tailored to what an individual's needs/wants** are, with clear and coherent pathways to help, and appropriate support pathways with clear understanding of the offer, building on Pathfinder;
- Is integrated, with partners (listed above) being based on a single site, **using distinct roles in a connected way**, to provide support, help and information, to each other and to young people / families. (The opportunities to skills share and learn from cases through reflection is built in);
- breaks down the organisational transition and age boundaries for children/young people/young adults and **works around young people and their life phases**;
- Values 'clinical' and 'social' support and activity, and is premised on the recognition that **early intervention** reduces demand on clinical services;
- Offers help/services in a physical building that is **accessible, open and close** to other service provision and public transport;
- Is **accessible and networked** into other places and provides digital offers, appropriate for the age range and needs;
- Works with and **develops the capacity of the wider system** of services and infrastructure (GPs, Schools, Councils, Voluntary Sector)
- Provide a **broad age offer** from 10 years to 25 years.

Further work is ongoing to detail how clinical support is delivered in conjunction with this co-located model including changes to existing pathways and communication with GPs/schools.

The building and space

Find it Out Plus will provide a building, which is visible, accessible and has other partners working together on site in an integrated way. It will require a space where a person can easily access the centre, which is welcoming, to sit and talk through the presenting issue. It will require:

- **NEW - Team Manager (shared between Worthing and Crawley)** for the provision, to ensure the project is well integrated with partners and managed overall, including reporting, access to the services and that peer supervision is built in with time for reflection between services.
- **NEW - Project Support Worker (part-time, Worthing only)**, to meet and greet those coming in to the provision and connect people into the right activities and services, liaising with other services on site and in the wider community- social prescriber.
- The use and connection to existing IPEH Find it Out staff - TBC
- A commitment to (formal) integrated staff working together at the site in a co-ordinated manner, than enables strong partnership working and a broad offer.
- A building space (Find it Out current) and then the 21st Century Communities Hubs.
- A formalised agreement for officers from nominated services (see below) to be working together, on site.
- An evaluation strategy to support sustainability, building in the system wide approach to this work.

It is proposed that the service initially starts for a small amount of hours and days in accordance with resources.

Leadership and Governance

This work is led by a core Leadership Group including:

- NHS commissioning lead - Aaron Gain
- AW Councils and Coastal WS CCG- Tina Favier
- WSCC:
 - Commissioner Becca Randall
 - IPEH Charlene Hornsey
- Adur and Worthing Councils - Jacqui Cooke
- MH - MIND and Pathfinder Katie Glover
- YMCA Julia Harrison/ **Rachel Toner**
- CAMHS Carly Mendy
- SPFT Ruth.Hillman@sussexpartnership.nhs.uk
- School Nurses - Carol Perry
- CGL Catherine Woodbrook
- GP Practice Manager - Jane DeJong TBC
- CCG - Penny Hawes
- NHS Mental Health Commissioner - Neil Johnson
- Time to Talk siaeda.cullen@nhs.net

Governance for this work is to be confirmed - WS Health and Wellbeing Board ?

Funding and resources

Funding for the posts has been sourced between the Commissioning Team CCG and Worthing Borough Council

WSSC is providing the building and space for the workforce

Indicative Outcomes

Indicative outcomes:

- Reduction in A&E mental health presentations
- Reduction in duplication of triage and assessments.
- Reduction in touchpoints and delay.
- CYP accessing services when they would otherwise not
- Retention/engagement in education and employment
- More effective use of low intensity and/or third sector provision/ self-help
- Greater choice
- No DNA's & improved engagement.
- Timely intervention
- Greater satisfaction
- Immediate reduction in reported distress

END

*Tina Favier, Adur and Worthing Councils
Information used from report by Viki Ashby (SPFT)*