

# Scrutiny Sub-Committee for Promoting Strong, Healthy and Safe Communities



7 March 2005

## **“Minding the Gap” Mental Health provision for 16-25 Year Olds and their Carers in County Durham: Review Report**

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### **Report of Head of Overview and Scrutiny**

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#### **Purpose of Report**

1. To up-date the Sub-Committee about the first review of Minding the Gap.

#### **Background**

2. A Scrutiny Group, in February 2004, made recommendations about improvements in services provided to young people aged 16-25 years with mental health problems and their carers in County Durham. The main recommendations were grouped into the following areas:
  - Early identification and intervention when mental health problems present
  - Considering young people’s needs when designing and delivering services
  - A greater role for young people in development of services
  - More and better education about mental health issues
  - More support for looked after children
  - More joined up delivery of services
  - Improved support for mental health services for young people through funding and support
  - Better Assistance for Carers
  - Review
3. The review meeting took place on 10 December 2004 and was attended by officers from Social Care and Health, Education Service and the Priority Services NHS Mental Health Trust.

#### **Progress against the Scrutiny Working Group Recommendations**

4. A copy of the Action Plan template showing progress against each of the recommendations is **attached**, together with a note showing progress in the Easington PCT area (which receives 18+ mental health services from the South of Tyne and Wearside and Tees and North

East Yorkshire Mental Health Trusts). Members of the Working Group were also advised of the following additional developments:

- Recommendation 8 (Development of befriending schemes) – A meeting had recently been held with “Re-think” and there was the possibility that some pump-priming funding may be available to employ previous users of mental health services as “buddies”.
  - Recommendation 9 (Suitable accommodation/leisure facilities for young people) – A significant amount of work had been undertaken with Investing in Children to promote this issue. The newly appointed Young People’s Reference Group would also be considering linked issues
  - Recommendation 10 (Employing professional staff who work effectively with young people) – Young people will have an opportunity to be involved in some recruitment processes within CAMHS. There will also be an audit of young people’s experiences of service use which will be published in 2005
  - Recommendation 14 (Opportunities for young people engaging with CDYES to have access to mental health professionals) – The outcome of the bid for additional funding to assist in this progress would be known by March 2005
  - Recommendations 19/20 (Engaging with young people to allow them a say in service development/provision and to provide a sounding board for consultation) – A Young People’s Reference Group had been established in August 2004 consisting of 14 year olds upwards
  - Recommendation 22 (provision of choice for young people) – Work was ongoing to promote this agenda. The SHA also had a working group looking at choice across all mental health service provision
  - Recommendation 31 (Development of joint provider forum) – It was proposed to discuss Minding the Gap at the next Forum meeting in February 2005
  - Recommendation 37 (Representations to be made to the Government about the reductions in real terms of Adult Mental Health Grant) – There has been yet a further reduction in real terms in the most recent grant allocation
5. As part of the Review, we received a presentation in relation to the provision of a transitional service by CAMHS.

### **Child and Adolescent Mental Health Services (CAMHS)**

6. CAMHS has developed a Transitions Service (Time 4 Change) which will:
- Oversee the extension of CAMHS provision to 16-18 year olds
  - Manage the transition to Adult services (developing protocols etc.)
  - Recruit and retain new staff for the service

- Establish and maintain a young people's reference group – putting young people at the heart of the service
  - Develop understandable guidance for young people
  - Develop choice for users of services (appointments etc.)
  - Engage better with young people from YES
  - Expand out of hours provision
  - Provide more support to Colleges
  - Provide training in delivering basic benefits advice
  - Be a fully operational service by March 2005
7. We also received a series of presentations about work in progress which was relevant to our recommendations in relation to early identification and intervention as follows:

### **The Place to Be**

8. Place2 Be enabled therapeutic and emotional support to be provided to younger children in schools. It was based on a practical model backed up by research and was now well established in Durham schools. Hundreds of children had been seen by Place2Be and in 2002/03 over 2000 children had attended P2Talk. Feedback from young people who used the service was extremely encouraging. The challenge would be to roll out provision across the County.

### **Durham Schools' Counselling Service**

9. The Schools' Counselling Service was supported and funded by the County Council, CAMHS and European Social Fund. It provided a school based counselling service supported by the County Council, CAMHS and European Social Fund monies in a number of schools in the County. The service aimed to provide a high quality confidential school based service for students with emotional, behavioural or social concerns to enable them to realise their potential. Between November 2001 to July 2004, 957 students had received support. Of these 61% were female. The majority of referrals were either self-referred or referred by school staff.

### **Webster Stratton Project**

10. The Webster Stratton Project in County Durham aims to assist with early identification, assessment and intervention for pupils with attentional difficulties (including Attention Deficit Hyperactivity Disorder) in order to prevent the development of secondary difficulties including academic failure, social exclusion and mental health problems. Over 163 children have attended "Dinosaur School" programmes and 98 parents have attended "Incredible Years" parent programmes. The programme operates via clinic, school and community based groups. Teacher training is also an important aspect of Webster Stratton. This Intervention will be piloted for the Behaviour and Attendance Strategy in County Durham.

## **Multi-Agency Young-Person Centred Drug Education**

11. This scheme operates from Foundation stage upwards and links as appropriate with Webster Stratton. It involves providing information to young people about making choices, self esteem, decision making and risk analysis. Young people from the Children and Young People's Council are involved in the process. The resource uses an interactive teaching style, offers teacher training and support and involves parents and carers. The project has been well received by both young people and staff. Currently operating in 25 schools, the target is to have this education programme operating in all mainstream schools.

## **Summary of issues raised for further Action/Investigation**

12. Members of the Working Group felt that good progress was being made towards implementation of the majority of the recommendations. It was agreed that a further review be undertaken in six month's time and that the report to the next meeting should (amongst any other matters) include details of progress in relation to the following specific issues:

- Recommendation 5 – Development of befriending schemes
- Recommendation 10 – Feedback from young people about their experience of professional staff and details how such feedback informs the development of services
- Recommendation 14 – Outcome of growth bid for extra resources to ensure that young people who engage with CDYES have the opportunity to access mental health professionals if needed
- Recommendation 15 – Any statistics or evaluation information about use of the "Stressed Out" website
- Recommendation 16 – Provision of clear understandable guidance to young people who are service users and their carers on-line
- Recommendation 17 – Use of suggested checklists when producing information/advice leaflets for young people
- Recommendation 23 – Use of TNEY "Open Up" or "Passionate People" projects in County Durham (including in schools)
- Recommendation 31 – Outcome of discussions about Minding the Gap at the Joint Provider Forum
- Recommendation 39 – Whether any audits to examine if carers needs are being met have been carried out

## **Recommendation**

13. **That a review takes place in approximately 6 months time.** This will provide an opportunity to:
  - Consider information in relation to the issues raised in paragraph 12 above

- Allow ongoing monitoring of progress against the recommendations generally

### **Background Papers**

Action Plan template and presentations from NHS, Social Care and Health and Education officers to the Scrutiny Group.

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## **ATTENDANCE LIST –10 December 2004**

### **Present:**

**COUNCILLOR EDNA HUNTER** in the Chair

### **Members of the Working Group:**

Councillors J Armstrong, Dormer, Douthwaite, M Hodgson, Stradling and Wright

### **Officers:**

#### **CAMHS**

Jo Paul (accompanied by Tabatha Tilley, a representative from the Reference Group)

#### **Social Care and Health:**

Phil Dyson and Frank Whitelock

#### **Education Service**

Lindsay Smith, Keith Hibert, Shirley Woodcock, Liz Jackson, Marysia Holubecki and Patrick Hargreaves