



FAMILIES OVERVIEW AND SCRUTINY COMMITTEE AGENDA

Thursday, 27 April 2023 at 1.30 pm in the Council Chamber - Civic Centre

From the Chief Executive, Sheena Ramsey

| Item | Business |
|------|---|
| 1 | Apologies for absence |
| 2 | Minutes of last meeting (Pages 3 - 8) The Committee is asked to approve as a correct record the minutes of the last meeting held on 9 March 2023. |
| 3 | CAMHS and Impact of COVID - Update (Pages 9 - 22) Report of Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust |
| 4 | Children and Young People's Access to Dental Health Services in Gateshead - Update Report to follow |
| 5 | Work Programme (Pages 23 - 28) Joint Report of the Chief Executive and the Strategic Director Corporate Services and Governance |

Contact: Helen Wade email:helenwade@gateshead.go.uk, Tel: 0191 433 3993

Date: Wednesday, 19 April 2023

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GATESHEAD METROPOLITAN BOROUGH COUNCIL

FAMILIES OVERVIEW AND SCRUTINY COMMITTEE MEETING

Thursday, 9 March 2023

PRESENT: Councillor(s): D Burnett, H Kelly, L Caffrey, B Clelland, P Craig, E McMaster, J Mohammed, A Ord, M Ord, D Robson, R Waugh and D Weatherley

IN ATTENDANCE: Councillor(s): G Haley

F75 APOLOGIES FOR ABSENCE

Apologies for absence were received from Cllr Hall, Cllr McCartney, Cllr Moir, Cllr Davison, Cllr Bradford and co-opted members Rachel Walton and Ayo Akin.

F76 MINUTES OF LAST MEETING

RESOLVED - That the minutes of the meeting held on 19 January 2023 be approved as a correct record.

F77 IMPACT OF COVID ON NEW PARENTS - UPDATE

The Committee received an update report on the impact of Covid on new parents and their babies.

National research has been carried out which gives a good indication of the issues faced by new parents and babies during the pandemic. Findings by Ofsted showed that children's communication and language development continued to be affected, with increased numbers being referred for additional support. There are also many children still lacking confidence in social settings, with some taking longer to settle into nursery than would have been expected prior to the pandemic. In addition, some children are lacking in the development of gross motor skills due to lack of physical activity, including access to large-scale play equipment during the pandemic. There are also issues highlighted by the Ofsted report around recruitment and retainment of qualified staff since the start of the pandemic. It was noted however, that these points cannot be assumed to represent the whole sector but rather to highlight challenges that some providers and children experienced.

A further report was published at the end of 2022 for the First 1001 Days Movement and the Institute of Health Visiting. The findings were highlighted and included; more young children exposed to stresses and adversities at home, the pandemic is having an ongoing impact on children's health and development and many services are struggling to meet children's needs.

It was acknowledged that it will be years until the impact of the pandemic on early development can be truly measured. There have been disparities in terms of

outcomes for young people based on deprivation levels. It was also noted that some children thrived during lockdown due to the extra time at home with family.

Committee was reminded that Gateshead Council is eligible for funding to develop a network of Family Hubs. The main theme areas for these Hubs will be; parent-infant relationships and perinatal mental health support, infant feeding, parenting support and home learning environment to aid early years educational recovery. The funding for these areas is mainly in relation to the start for life offer (100 critical days – conception to age 2). However, the home learning environment funding is targeted at 3-4 year olds whose development has been negatively impacted upon by the pandemic. This will be evidence-based intervention through a number of programmes to support language, literacy, social and emotional development and self-regulation.

Through the Health Visiting Ages and Stages Questionnaire, this will help Health Visitors decide if a referral to the 0-4 Panel is required. The data collected through the questionnaire has shown a drop in communication skills since 2020, however Gateshead still remains above the national average. Currently 84.5% of children in Gateshead aged 2 - 2.5 years are at or above the expected level in communication skills.

The 0 to 4 Referral Meeting is unique to Gateshead and is aimed at those children identified as having additional needs. Developmental checks are carried out by the Health Visitor or key worker at nursery and this allows early identification of any developmental needs and referrals can be made to the 0 to 4 meeting. A number of services will be represented at those meetings and they work in a multi-agency way. The 0 to 4 referral meeting continued to support children throughout the pandemic. During the pandemic resource packs were developed by services to support children in terms of social communication and interaction skills. It was reported that the number of referrals has increased since 2019/20, this may be because of the impact of Covid, however without doing further work into each individual case this can not be confirmed. It was acknowledged that this shows that services are getting better at the early identification of developmental needs.

It was questioned as to when funding will be received for Family Hubs and when programmes will start. It was confirmed that the first tranche of funding was received in January and the second part of the year one funding is expected imminently. The Delivery Plan was submitted in December and Gateshead is the only North East local authority who got approved first time. There are challenges however because the plan was not approved until the end of January so it has been hard to allocate spend as it is quite prescriptive. It was acknowledged that the first requirement of the funding bid was to get delivery of one hub by the end of April, Gateshead will have four by that time.

It was reported that the Baby Box scheme was launched this week, this is a development box for some first time parents which will encourage reading, play and bonding. Work is underway to look at expanding this as part of the Family Hub offer. The Baby Box scheme is initially targeted towards the most deprived families.

RESOLVED - That the Committee noted the content of the report.

F78 REGIONAL ADOPTION AGENCY ANNUAL REPORT 2021/2022

The Committee received a report giving an overview on practice and delivery of adoption services in 2021/22.

Committee was reminded that it is the local authority's responsibility for securing permanence plans for children and young people in its care. Adoption is the transfer of parental responsibility to the adopters. Adopt North East is the Regional Adoption Agency responsible for supporting the authority in matching children to adopters.

The Safeguarding and Care Planning Service is responsible for working with families to progress plans for permanency. Within the service there is a dedicated Support Assistant who undertakes Life Story work with the child and adoptive parents, this will allow the child to understand when and why decisions were made.

It was noted that all adoption decisions are ratified by the Assistant Strategic Director for Children and Families. Decisions for adoption means that there is no other alternative and that all connected persons have been ruled out.

There are three stages to finalise a plan of adoption, the first stage is that a plan is agreed internally as the best way forward. A Placement Order will then be sought and agreed through the Courts, for 2021/22 a Placement Order was agreed for 25 children. Stage three is to seek a match with adopters, there were 21 children in 2021/22 matched with adopters.

It was acknowledged that it is very rare that a decision is reversed once a plan is made. However, there was one case of this happening in 2021, this was due to a family member coming forward with a changed position who wished to care for the child.

It was reported that arrangements with children moving to early permanence arrangements have been very positive at Gateshead. particularly in relation to placing children at birth with expected adopters. Adopt North East have asked the service to provide training for other local authorities on this approach. The benefits of early permanence mean a child is placed at the earliest opportunity, it avoids delay and disruption and allows early bonding. It was noted that there has been a significant shift in early permanence plans, with 13 children placed in Foster to Adopt placements in 2012/22, compared to 4 children in 2019/20.

It was noted that Adopt North East continues to support the service to identify prospective adopters and match children. It also offers training and support post-adoption in terms of links to birth families.

It was acknowledged that the service works closely with all areas of the Council, for example Housing, to ensure prospective adopters are best placed looking at all environmental factors.

It was questioned as to what degree of adoption plans fail. It was confirmed that there is a robust process in place, the authority and adoption agency carry out extensive work to assess adopters and the child. In addition things such as

geography to birth family based on risks will be looked at.

RESOLVD - That the Committee noted the information provided in the report.

F79 NATIONAL TRANSFER SCHEME AND UNACCOMPANIED ASYLUM-SEEKING CHILDREN

The Board received a report on the Unaccompanied Asylum-Seeking Children (UASC) national scheme and Gateshead's progress to date.

It was reported that at the end of 2021 local authorities were served with notice to comply with the National Transfer Scheme. Gateshead was initially given a quota of 0.07%, this has now risen to 0.1%, this equates to 39 unaccompanied asylum-seeking children. This is a rolling total so once the young person reaches 18 they will drop off the total.

From April 2022 to December 2022, 33 young people were allocated to Gateshead. 20 of this cohort now have a new home in Gateshead, 9 young people were withdrawn by the Home Office before they arrived. Work is ongoing to find a foster family or supported accommodation for 4 young people.

It was noted that all the young people allocated to Gateshead were aged between 15 and 18 years old. The majority of the 33 young people were male and identified their country of origin as Iran or Afghanistan. It was reported that all 33 young people are in some form of education and all have an allocated Social Worker. The young people that come to Gateshead have suffered trauma and trafficking.

Gateshead has been identified for a further 4 young people in the next cycle. It is not yet known as to when the next cycle will happen as this will depend on when they arrive into the country. It was noted that there tends to be an increase in numbers across the UK during the warmer weather so that would be when the cycles move quicker.

Once young people are allocated to Gateshead, the authority has five days in which to provide accommodation. It was acknowledged that this is a real challenge. If the authority does not comply with the timescales there is a challenge process from the Home Office. Gateshead has only been challenged once so far.

It was recognised that this is a real challenge for all local authorities in terms of the provision of care. This impacts on the number of children and young people allocated to Social Workers. An additional 39 children in care equates to an extra two Social Workers, based on 20 cases per Social Worker. It was noted that there are financial incentives attached to the scheme, however the challenge remains in terms of a lack of resources.

Foster carer recruitment remains a challenge across the region and Gateshead is part of regional fostering campaign for the UASC programme.

It was questioned how the language barrier is dealt with. It was confirmed that an

interpreting service has been commissioned and often the young people speak English quite well.

It was queried what happens to these young people when they turn 18. It was confirmed that they would transfer to the care experienced service.

It was questioned how the Legal Migration Bill will impact on this. It was noted that services will continue to be planned for young people and nothing will change in that respect. There is a clear view from the Home Office that this is not expected to change anytime soon, therefore the authority's responsibility will not change for the foreseeable future.

It was questioned as to what a flat with support amounts to and what relationship they have with a Social Worker. It was confirmed that a determination will be made under section 20 as to the level of need of each individual young person and what their needs are, based on age and skills. For some of the older young people arriving in Gateshead it has been determined that they can be best supported through supported accommodation. This will be a property with 24/7 support. In addition, the service has commissioned out support around life skills for these young people. The level of need depends on the assessment of need. There is a dedicated Social Worker for these young people, who has developed skills in working with trauma experienced young people and language barriers. Work is underway to look at developing this role further in order to ensure resilience. Social Workers within the team are advocates and there is a therapeutic life story worker to look at the trauma these young people have experienced. The Trauma Informed Service, which is due to be implemented in May, will train staff to develop skills in working with children and young people around trauma.

It was queried how long the assessment of these young people takes and where they are placed in the meantime. It was confirmed that the assessment begins as soon as they arrive in the UK (in Kent), they then pass the assessment to the allocated local authority. Social Workers undertake assessment of need quickly while they are placed in hotels in the South. This is an ongoing assessment and needs continue to be assessed through Child Protection Reviews.

The point was made that the North East Refugee Service (NERS) has rejected the approach of placing these young people in anywhere but families. It is felt that there would not be enough support and potential isolation. It was suggested that the young people would be able to learn and understand more about the country by living with families. It was questioned if they are being placed in supported accommodation is this due to a lack of foster placements. It was agreed that a meeting with NERS would be arranged with the Strategic Director to ensure work is joined up as there is a lot of regional coordination work ongoing to share best practice. It was acknowledged that there is a range of young people coming into the area with a wide range of need and some are very independent and living in a family base would be the opposite of what they want. The aim is to have a wide range of options and choice open for these young people, some would not want to be placed with families. It was noted that placement sufficiency is the biggest strategic priority locally and therefore there is always pressure in that respect.

It was suggested that Ward Councillors would benefit from knowing how they can appropriately and constructively support these young people. It was agreed that more thought needs to be given to mentoring opportunities going forward and potentially invite some of these young people to this Committee if they were willing.

RESOLVED - That the Committee noted the information provided in the report and would receive an update report at a future meeting.

F80 WORK PROGRAMME

Committee received the work programme report which included items requested and deferred for the next municipal year.

- RESOLVED -
- (i) That the provisional work programme for 2022/23 be noted.
 - (ii) That further reports on the work programme will be brought to the Committee to identify any additional policy issues which the Committee may be asked to consider.

TITLE OF REPORT: CAMHS and Impact of Covid - Update

REPORT OF: [Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust \(CNTW\)](#)

SUMMARY

The committee has requested an update following the presentation of a report in September 2022 in relation to the impact of the Covid 19 pandemic on the mental health of children and young people in Gateshead. This report is supported by the presentation that will be delivered to the committee on the 27th April 2023.

Purpose of Report

To update the committee with regards to the work being undertaken in CNTW to respond to the increased demand on Children and Young People's Mental Health services in Gateshead.

Background

The impact of Covid 19 on the mental health of children and young people was discussed with the committee on 8th September 2022. This report offers an update on referrals, waiting times and service development in Children and Young People's services.

Children and Young People's Services (CYPS) is delivered by CNTW as one service across Newcastle and Gateshead. The support provided is delivered through a lead provider model and is divided into two parts – Getting Help and Getting More Help.

The following table sets out the function and make up of the Getting Help Services:

Getting Help Service

The Getting Help Service is a partnership between NHS and VCS organisations working to support children and young people's mental health and wellbeing across Newcastle and Gateshead.

The SPA team transfer referrals to the most appropriate organisation based on that child or young person's needs.

With the exception of Kooth which is an entirely online service, all providers in the partnership offer online and telephone appointments as well as face to face sessions.

Kooth can be accessed directly by young people without a referral from SPA by visiting [Kooth.com](https://www.kooth.com)

KALMER Counselling Services

9-25 years of age, providing Getting Help services for, mild to moderate learning disabilities, Autism Spectrum Disorder, anxiety, self-confidence, low mood, low self-esteem, transition stress, relationship problems and managing independence.

Gateshead only Emotional Wellbeing Team

4-18 years of age, provides a service to help children with moderate behavioural difficulties, low mood, anxiety, depression, bereavement, bullying, eat distress and relationship difficulties.

North East Counselling

4-25 years of age, counselling intervention for anxiety, stress and low mood

Kooth

Kooth.com provides children and young people a safe, online platform available 24/7, 365 days per year, where they can explore and access professional and peer support around their emotional wellbeing and mental health. The service is available for young people aged 11-25 years old across Newcastle and Gateshead.

Barnardo's Orchard Mosaic

For children up to 18 years who have experienced bereavement and have additional vulnerabilities and/or are displaying difficulties in managing grief (6 sessions). For children up to 18 years who have experienced sexual abuse and/or are displaying harmful sexual behaviours (12 sessions).

Newcastle only Tier 2 (Getting Help Team)

Lower level anxiety, reactive low mood, emotional/behavioural regulation, low risk adverse childhood experiences, assessments of school based functioning. Initial assessment, 4-6 sessions to support emotional wellbeing. Signpost if appropriate for ongoing support.

Children North East Newcastle

Provide counselling for mental health support, anxiety, self-harming, low mood and bereavement for children aged 9-25 years of age.

Streetwise Young People's Project - Newcastle

11-25 years of age. Early Help - Counsellors, PWP's and Mental Health Support Workers - anxiety, low mood, anger, stress, bereavement and low self-esteem or confidence.

Barnardos Independence Project

Independence Project - One to one support for 12-18 year old's living in Newcastle. Offering support with the transition out of therapeutic services, as well as aiming to prevent them returning back into Tier 3 Services; through a social prescribing model focusing on emotional wellbeing.

SPA is also able to signpost to other services which are not part of Getting Help such as:

- Early Help Services in Gateshead and Newcastle
- RISE Mental Health Support in Schools
- Incredible Years parenting support
- Breaking The Cycle for children in Newcastle affected by domestic abuse

Whilst some of the providers see young people up to the age of 25, access through SPA and the Getting Help pathway is for young people up to the age of 18.

Getting More Help

The Getting More Help services are divided into four parts: Mental Health, Learning Disability, Eating Disorder and Neurodevelopment.

1) Mental Health Pathway

This pathway supports children and young people who have had a significant deterioration in their emotional wellbeing/mental health. There may be concerns about:

Psychosis, such as auditory and/or visual hallucinations

An increase in the level of self-harming behaviours

Risk to self and/or others

Exploitation (online, in public) (victim or perpetrator)

An increase in level of offending behaviour that appears linked to Mental Health presentation and/or emotional dysregulation

The service offers assessment of moderate to severe mental health presentations. Young People are offered an appointment with community practitioners and following this, community practitioners present their formulation of need within an MDT to support shared decision making.

Treatment includes the allocation of care co-ordinator, medication (if required) and onward referral to specialist therapies via the psychological therapies meeting as appropriate.

This meeting has therapist's supporting decision making with care co-ordinators to ensure the correct therapy is offered. Therapies available are: CBT, DBT (from Jan), psychotherapy, family therapy, art therapy.

2) Eating Disorders Team

The referral criteria for this service are that young people must present with eating disorder psychopathology or behaviours, (restriction, exercise, bingeing & purging) and to what extent each of the behaviours are being observed/impacting wellbeing. Any weight loss and/or stopping of Menstrual cycle. As per the waiting time standards for eating disorders, all appropriate referrals will be assessed within 28 days.

3) Neurodevelopmental Assessment Pathway.

Neurodevelopmental concerns in school age children (e.g. DHD/ASD) is an assessment only pathway – post diagnostic support sits within Getting Help services.

The assessment pathway is designed and functions from the principles of NICE guidance. All neurodevelopmental assessments are multidisciplinary and when appropriate multi agency. Assessments are completed by a range of experienced clinicians. If young people are identified as requiring emotional support alongside the assessment process we work collectively with some voluntary sector organisations, e.g. Kalmer and CNE to provide this service.

If a young person is diagnosed with ADHD, parents are invited to the ADHD session prior to a trial of medication. From Jan 23 this will be offered to all young people prior to an offer of medication. If medication is tried and effective the young person remains under the care of CYPS (with shared care in place) until they no longer require this or if they become an adult. At the age of 17yrs 6mths transition to adult ADHD team begins, with the aim that the young person is handed to the care of adults when they turn 18.

4) Learning Disability Pathway

The young person must have a diagnosed learning disability and must be experiencing some degree of psychological distress. This includes children presenting with behaviour that challenges.

LD/PBS team offer the following assessment/intervention pathways:

- Neurodevelopmental assessment pathway
- Complex sleep behaviour pathway
- Emotional difficulties
- Positive behaviour support pathway
- All of the pathways offer a stepped care approach and are supported by all members of the MDT
- Our Psychiatry colleagues support the work of the team with treatment review clinic

Referrals

Referrals into the Single Point of Access have increased exponentially in recent years. The table below shows the number of referrals into SPA from 2019/20 to 22/23 for Gateshead and Newcastle. Referrals increased by 75% from 20/21 to 22/23.

| Referral Received Financial Year Name | Referrals Received |
|---------------------------------------|--------------------|
| 2019-20 | 3,896 |
| 2020-21 | 3,417 |
| 2021-22 | 5,084 |
| 2022-23 | 5,972 |
| Grand Total | 18,369 |

In 2022/23 the service received an average of 498 referrals per month. An average of 239 triages were completed each month for young people from Gateshead.

Getting More Help Referrals

The table below shows the number of referrals into each of the Getting More Help pathways from 2019/20 until 2022/23 (service as a whole i.e. Newcastle and Gateshead).

| Referrals Received Reporting Pathway | Referral Received Financial Year | | | | |
|--------------------------------------|----------------------------------|--------------|--------------|--------------|--------------|
| | 2019-20 | 2020-21 | 2021-22 | 2022-23 | Grand Total |
| Learning Disabilities pathway | 156 | 129 | 164 | 147 | 596 |
| Mental Health pathway | 1,090 | 772 | 901 | 726 | 3,489 |
| Neuro pathway | 834 | 956 | 1,424 | 1,771 | 4,985 |
| Other | 413 | 48 | 21 | 0 | 482 |
| Grand Total | 2,493 | 1,905 | 2,510 | 2,644 | 9,552 |

The table shows that there was a slight decrease in referrals during covid in 20/21 but numbers have continued to rise and in 22/23 were higher than pre-covid levels. The number of referrals into the mental health pathway have decreased slightly, learning disabilities has remained relatively steady but referrals into the neurodevelopmental pathway have continued to rise year on year.

There has been a 112% increase in referrals into the neuro pathway from 2019/20 to 2022/23.

Waiting Times

SPA

The purpose of SPA is to triage referrals and direct them to the most appropriate service within Getting Help or Getting More Help. SPA is not intended to hold a waiting list. However, due to the exponential increase in referrals and the limitations of capacity within the Getting Help Service, there is a growing number of young

people being held within SPA for a period prior to their referral to a Getting Help Provider. During this time families and young people are directed towards Kooth and various other resources to access support and are provided with the Duty team number for additional support or to escalate any changes in risk.

Gateshead Place commissioners have allocated some additional non-recurrent resource for 2023/24 which has been utilised to increase capacity in Kalmer Counselling, North East Counselling Service and Children North East with the aim of reducing the number of people being held in SPA.

The Getting Help Partnership will explore any other funding opportunities such as charitable funds to increase capacity this year. In addition, the partnership will explore opportunities to use existing resource differently such as exploring the use of group work to support a greater number of young people where appropriate.

Getting Help Waiting Times

| | Average wait for assessment (weeks) | Average wait for treatment |
|--------------------------|-------------------------------------|----------------------------|
| STSFT | 11 | 28 |
| CNE | 7 | 19 |
| NECS | 4 | 8 |
| Kalmer | 2 | 12 |
| Barnardos Independence | 0.8 | 0.8 |
| Barnardos Orchard Mosaic | 5 | 9 |
| TTHT | 4-6 to completion | NA |
| Getting More Help | | |
| CYPS MH | 10 | 17 |
| CYPS Neuro | 36 | 38 |
| CYPS LD | 4 | 25 |

Getting More Help waiting times

The table below shows the total number of children & young people within each pathway (**GATESHEAD ONLY**)

| | Waiting for assessment | Waiting for treatment | In treatment | Total in service |
|------------------|------------------------|-----------------------|--------------|------------------|
| Gateshead | | | | |
| CYPS MH | 74 | 89 | 198 | 361 |
| CYPS Neuro | 938 | 83 | 596 | 1617 |
| CYPS LD | 8 | 31 | 85 | 124 |

As context the following table shows waiting times across the service as a whole
(Newcastle and Gateshead)

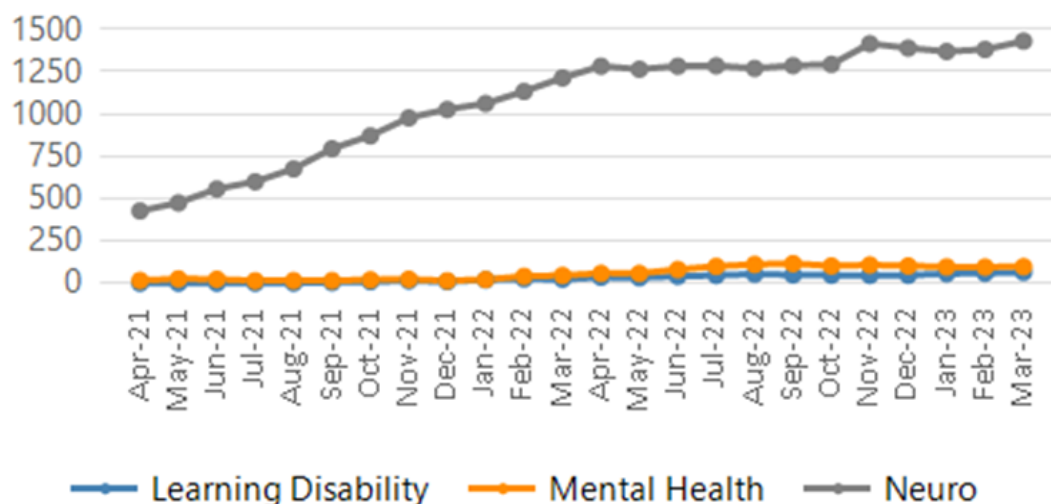
| | Waiting for assessment | | Waiting for treatment | In treatment | Total in service |
|------------|------------------------|--|-----------------------|--------------|------------------|
| CYPS MH | 150 | | 151 | 414 | 715 |
| CYPS Neuro | 2060 | | 176 | 1387 | 3623 |
| CYPS LD | 27 | | 78 | 207 | 312 |

The next table shows the waiting time information for **Gateshead only**

| | Average wait to assessment (weeks) | Average wait to treatment (weeks) | No. of people waiting over 18 weeks for treatment | Longest wait (weeks) |
|---------------------|------------------------------------|-----------------------------------|---|----------------------|
| Mental health | 10 | 17 | 61 | 80 |
| Neuro | 36 | 38 | 646 | 127 |
| Learning Disability | 4 | 25 | 29 | 45 |

The following chart shows the increase in the number of people waiting over 18 weeks for the 3 CYPS pathways from April 2021. It is clear that the main pressure is within the neuro pathway.

CYPS Central Locality - pathway number of over 18 week waiters



Risks

- Children who are waiting to be seen for assessment may deteriorate in terms of their presentation and not get the help they need at the time that they need it
- If a young person goes into mental health crisis they can be supported by the crisis team. Whilst they are having input from the crisis team their referral to CYPS will remain open. The crisis team will inform the team that they are supporting the young person and the CYPS will respond by reviewing the young person and if required, prioritising them for care and treatment
- The NHS as a whole is facing recruitment and retention pressures for all staff disciplines. There is a particular difficulty in recruitment of nurses due to more leaving the profession and less people taking up the nursing training
- The clinical base in Newcastle has been undergoing renovation works therefore the Newcastle and Gateshead CYPS teams have only been working from one base since March 2022. This has reduced our clinical space
- Global pandemic interrupted education and made it more difficult for children to continue with their social and emotional development. This has resulted in presentations which appear to be born of neurodevelopmental disorder and an exponential increase in referrals particularly for ADHD
- Increase in complexity and acuity of presentations
- Impact and legacy of previous business continuity arrangements
- Adhering to CPA policy in the context of increased waiting time and reduced staffing
- Staffing pressures in the education system impacting on young person health and wellbeing

Mitigations

- Toby Henderson Trust has been commissioned to deliver 187 ASD assessments in 23/24
- Psychiatry UK has been commissioned to deliver 90 dual (ASD/ADHD) assessments
- Place commissioners have allocated non-recurrent funding for additional capacity in the Getting Help pathways for Gateshead young people

- Following review of the neurodevelopmental assessment process and sharing good practice from other services, Newcastle and Gateshead CYPS are now trialling a one-day assessment clinic for less complex cases
- CNTW are developing a competency framework to upskill other clinicians to aid in the diagnosis of neurodevelopmental disorders. The hope is to address the shortage in number of staff who can currently diagnose
- Considering pathways out of the service for those Children and Young People (CYP) diagnosed with ADHD and how these CYP may return to the care of their GP to be monitored following diagnosis and titration on to medication
- Capacity modelling has been undertaken based on the ambition to have 5 neuro pods and this would enable 100 assessments per month
- Due to pressures within the LD pathway CNTW have recruited a Band 7, PBS Specialist Nurse to support with open cases and clinical supervision
- CNTW are recruiting extra staff and a clinical lead to support pressures in the Mental Health pathway
- CNTW are increasing our operational and strategic leadership across the Neuro pathway
- A review of CPA policy is pending and is hoped to release more clinical capacity

Expected impact of mitigations

- Longest waits for neurodevelopmental assessments will reduce with the timely access to diagnosticians and additional capacity from Toby Henderson and PUK
- Referrals into Getting Help will flow through to VCS partners in a more timely manner
- The neurodevelopmental pathway are receiving 120 referrals per month and have calculated that it would take 15 months just to work through the current over 18 week waits
- Reduction in waiting times to allocation and support goal-based treatment pathways for LD
- Increase in caseload management supervision to support safe transitions back to primary care
Employment of the PBS specialist nurse will support robust clinical supervision and appropriate discharges from the LD service

Contact on waiting list

- Patients waiting over 18 weeks receive a letter from CNTW every 12 weeks
- Treatment waiting list phone calls (MH pathway)
- At point of referral into the service signposting and resources sent out for support whilst waiting
- Duty team available Monday to Friday, which is staffed by 2, Band 6 clinicians.
- We intend to reinstate wellbeing and engagement events. Due to delays with clinical base these will start virtually initially. Parents, carers and young people will be required to fill out a form to identify any risks which will then be reviewed and actioned if required. They will have an opportunity to speak to clinicians
- In November 2022 all cases waiting over 8 weeks in the mental health pathway were reviewed and actions have been identified including: discharge

where appropriate, reviewing appointment actions/outcomes or reviewing those who still need to be seen

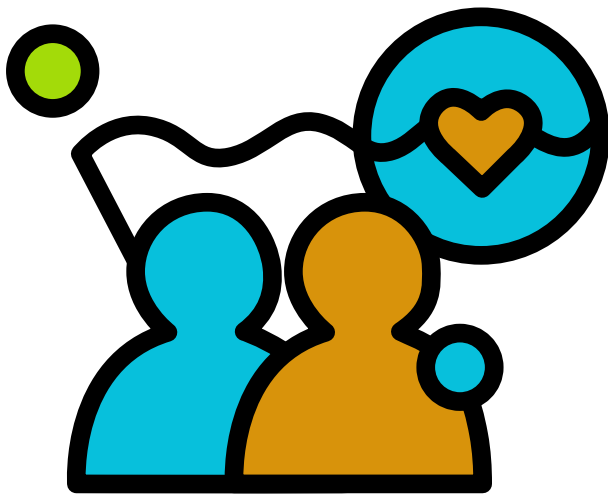
- All open referrals to CYPS pathways for service users that have not been seen in 3,6,12 months have been reviewed by the clinical manager of the service to ensure that a plan is in place

Recommendations

1. The Overview and Scrutiny Committee is asked to note the contents of this report

Contact: Anna English, Group Director CNTW Email: anna.english@cntw.nhs.uk

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Single Point of Access (SPA), Gateshead

Telephone: 0303 123 1147

Email: ngspaadmin@cntw.nhs.uk

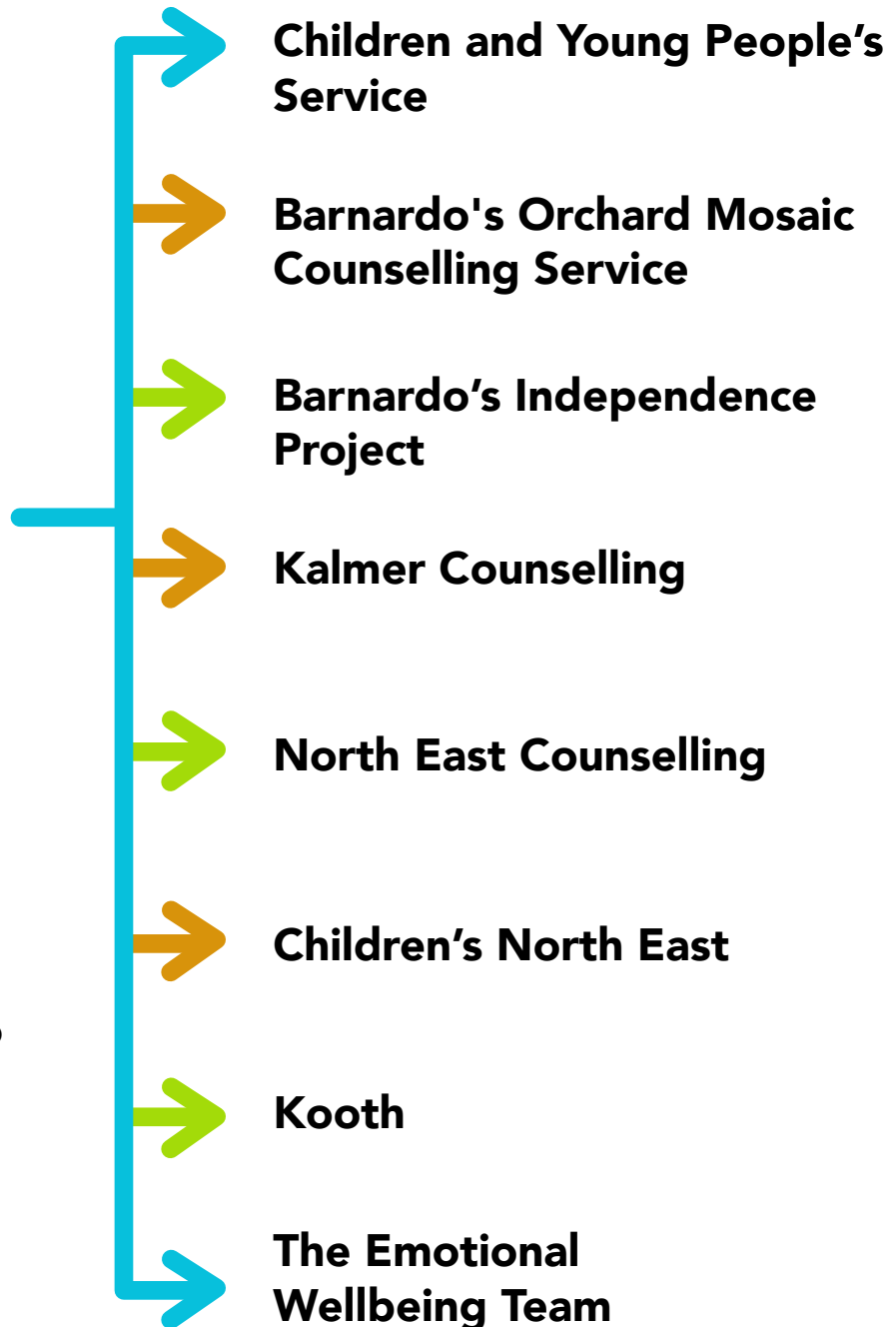
Referral of Young Person (0-18 years old)

Self-referral, referral by a parent, carer, G.P., school or relevant professional.



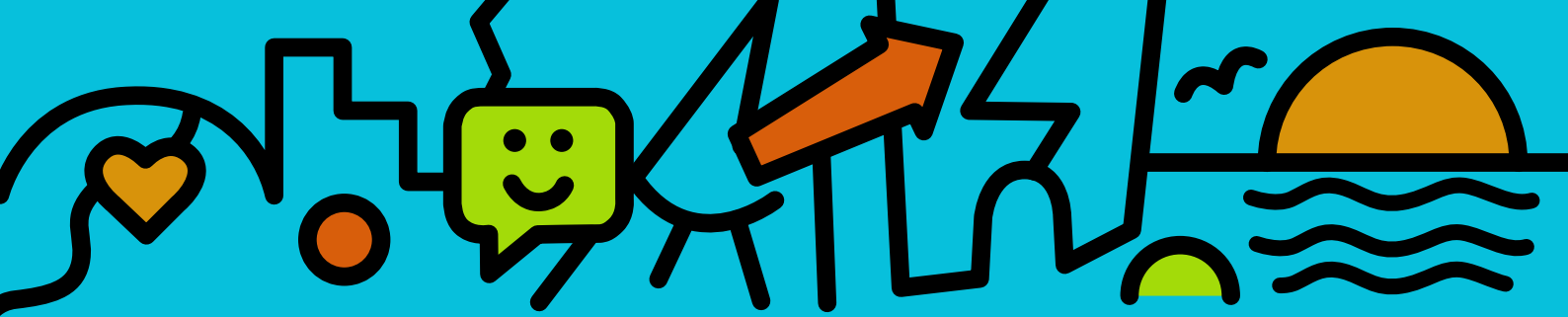
SPA

The Single Point of Access (SPA) is for young people with a GP in Newcastle and Gateshead requiring a mental health assessment or intervention. Referrals will be reviewed and triaged so young people are referred to the right service at the right time for onward assessment and treatment or advice and guidance.



For urgent mental health support/advice Contact Children and Young People's Service on: 0800 6522864

For immediate concerns contact ^{Page 19} 999/ attend A&E



Children and Young People's Service

Provided by Cumbria, Northumberland, Tyne and Wear NHS Trust and offers a range of services including:

- Getting Help Service- Provide short-term intervention for low-level anxiety, reactive low mood, and emotional/ behavioural regulation.
- Getting More Help- Specialist Mental Health Support.
- Neurodevelopmental Team- Autism Assessments and ADHD pathways.
- Looked After Children- for children currently in the care of local authority.
- Learning Disability- for children with a diagnosis of a Learning Disability often within a specialist education provision.
- CYP-CEDS- Specialist Community Eating Disorder Team.
- Early intervention Psychosis team (age 16 +)
- At-Risk Mental State (ARMS) Service (age 14 +)

Barnardos Orchard Mosaic Counselling Service

Aims to reduce the impact of abusive or traumatic experiences on children, young people and their families living in Newcastle and Gateshead where the experience is bereavement, loss and or sexual abuse. Our therapy team support children and young people by offering a combination of remote and or face-to-face therapy sessions from the OM building in Jesmond and Schools or Community buildings throughout Newcastle and Gateshead. Contact details: 0191 212 0237 orchardmosaic@barnardos.org.uk

Barnardo's Independence Project

We provide up to 6 months support, to 12-18 year olds living in Newcastle, who are stepping down from Tier 3 Mental Health Services. Offering a young person support with the transition out of therapeutic services, as well as aiming to prevent them returning back into Tier 3 Services.

We can tailor support to young people meeting them wherever they feel most comfortable: school, home or out in community etc. Support concentrates on emotional wellbeing through a Social Prescribing Model. The young person is allocated a worker whom will provide 1-2-1 support to develop an outcome focused plan, specifically tailored to the young person's needs, whilst liaising with other professionals and agencies.

Kalmer Counselling

At Kalmer Counselling we specialise in working with children and young people with learning difficulties and disabilities, with specific expertise in working with those on the autistic spectrum.

We currently have a contract with The NHS to provide counselling to children and young people, aged 9 - 25, with learning difficulties and disabilities who live in Newcastle and Gateshead. Referrals for this counselling provision come through CYPS and SPA.

Autism is a spectrum condition and affects people in different ways, their mental health needs are often complex and greater. It is important that we tailor the counselling we offer to meet the individual needs. We use creativity, personal interests and talking therapy to deliver bespoke sessions.

To find out more about our service go to www.kalmer-counselling.co.uk

Follow us on facebook www.facebook.com/kalmercounsellingnortheast/



North East Counselling

One-to-one expertly trained counsellors, using a variety of therapy techniques. Counselling Service for age 4+ in relation to depression, anxiety, bullying, self-harming, loss and bereavement.

Children's North East

Our One to One counselling service helps you (as long as you are aged 9 to 25 years old) with your mental health issues. Our friendly counsellors are expertly trained which means we can help you by using a variety of therapy techniques. Whatever the issues affecting your life we are here to help. This includes depression, anxiety, bullying, self-harming, loss and bereavement. If you don't want to come to our building then our counsellors can meet you wherever you feel safe and are currently available evenings and Saturday mornings too. Currently, we are able to offer counselling without charge to young people who have been the victim of crime and those referred to us through the NHS.

Kooth

Kooth offer online counselling services age 11-18

- Provide an early response to, and identification of emotional wellbeing and mental health problems, leading to improved well-being, prevention of symptom escalation and provision of the right care at the right time
- Improve CYP participation in service development
- Encourage the use of self-care tools and resources intended to build resilience and self-help
- Remove barriers for more vulnerable/disadvantaged/harder-to-reach individuals
- Promote and improve integrated partnership and collaborative care across agencies, to reduce the demand on specialist children's services, particularly CAMHS and social care
- Improve the knowledge and capacity of schools to identify and address emotional wellbeing and mental health problems through good engagement and promoting a whole-school approach

Emotional Wellbeing Team

Provided by South Tyneside NHS Foundation Trust and is a team of health professionals who work with children and young people aged between 4 and 18 years old experiencing difficulties, which may include:

- Emotional/ behavioural difficulties including low mood, anxiety and depression
- Bereavement and loss
- Bullying
- Eating distress
- Relationship difficulties

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TITLE OF REPORT: **Work Programme 2022-23 and Development of Work Programme for 2023-24**

REPORT OF: **Sheena Ramsey, Chief Executive**
Mike Barker, Strategic Director, Corporate Services & Governance

Summary

This report is set out in two parts. The first part sets out the current work programme for the Families Overview and Scrutiny Committee for the municipal year 2022-23 and the second part details the current position and next steps in the development of the work programme for this OSC for the municipal year 2023-24.

2022-23 Work Programme

1. During 2022-23 the OSC has sought to influence and shape policy development, decision making and performance improvement work.
2. During this period the OSC has monitored Council performance generally, in those areas falling within its remit, at its meetings on 16 June 2022 and 1 December 2022. Cabinet has had regard to the OSC's views when considering Council performance overall.
3. The OSC has also monitored progress in relation to the following specific areas of performance and the OSC's comments have been fed into the improvement work progressed by relevant service areas and fed back to relevant partners;
 - Ofsted Improvement Plan – Progress Update
 - CAMHS and Impact of Covid – Update
 - Annual Report on Complaints and Representations
 - Demand Pressures on Children's Social Care
 - SEND Tribunal Data and Local Offer
 - Safeguarding Children – MASA and Business Plan
 - Ofsted Inspections and School Data around Permanent Exclusions and Elective Home Education
 - Children and Young People's Access to Dental Health Services in Gateshead
4. The Committee's current work programme is set out at Appendix 1 and any changes to the programme have been highlighted in bold and italics for ease of identification.

Development of 2023-24 OSC Work Programmes

5. An initial consultation with OSC Chairs, other elected members and officers, on the proposed priority issues for the new 2023-24 work programmes, was carried out between 13 February and 24 February 2023.
6. It was highlighted that any suggestions for the work programmes should focus on priority issues that would support the Council's Thrive agenda and add value, taking account of the priority areas outlined in the budget consultation; the Council's Performance Framework; the Gateshead Strategic Needs Assessment and the Council's Health and Wellbeing Strategy.
7. At this OSC meeting on 27 April 2023 there will be an opportunity for the OSC to comment on and discuss emerging issues for this OSC and to put forward any additional issues for consideration.

Next Steps

8. Partner organisations will be consulted on the emerging issues for each OSC for 2023-24, with a view to OSC's considering any feedback and endorsing its respective work programmes at June 2023 OSC meetings. At which time Committee will be asked to refer its new work programme to Council for agreement.

Recommendations

9. The Committee is asked to:-
 - a) Note the work programme for 2022-23;
 - b) Comment on the emerging issues for this OSC's 2023-24 work programme and highlight any additional issues for consideration.

Contact: Rosalyn Patterson

Ext: 2088

| Draft Families OSC Work Programme 2022-23 | |
|--|---|
| 16 June 2022 1.30pm | <ul style="list-style-type: none"> • Performance Management & Improvement Framework – Year End Performance 2021-22 • Breastfeeding and Tongue Tie (to focus on targets and support available) • Implementation of Mosaic (the new Children’s Services ICT system) how it is improving processes etc and provide a demonstration to Committee • Results of Covid 19 Survey • Work Programme |
| 8 September 2022 1.30pm | <ul style="list-style-type: none"> • Ofsted Improvement Plan – Progress Update • CAMHS & Impact of Covid – Update (to focus specifically on the waiting lists – what are the timescales, reasons for referrals etc and what are the interim arrangements which are being put in place given the reported length of the waiting list.) • Annual Report on Complaints and Representations – Children • Work Programme |
| 20 October 2022 5.30pm | <ul style="list-style-type: none"> • Youth Justice - impact of SALT • Poverty Proofing Schools / affordability of school uniforms • Mockingbird Programme – Progress Update • Children’s Social Care /Early Help– Demand pressures, children in care and child protection • Work Programme |
| 1 December 2022 1.30pm | <ul style="list-style-type: none"> • Performance Management and Improvement Framework – Six Month report? • SEND Tribunal data (to focus on the number of Tribunals that are taking place and highlighting any themes arising and the outcomes) & Local Offer – SEND – Update (to include figures / information on Haskel Special School / the Jewish community) • Safeguarding Children – MASA and Business Plan • Inclusion in Mainstream • Work Programme |
| 19 January 2023 1.30pm | <ul style="list-style-type: none"> • Performance of Secondary Schools • Ofsted Inspections / School Data – progress update • Permanent Exclusions / Suspensions and Elective Home Education – Update (to include the practice of “informal” suspensions).? • Work Programme |

| | |
|---------------------------------------|---|
| 9 March 2023 1.30pm | <ul style="list-style-type: none"> • Impact of Covid on new mothers – Update • Regional Adoption Agency Annual Report • National Transfer Scheme and Unaccompanied Asylum-Seeking Children (new report added) • Work Programme |
| 27 April 2023 1.30pm | <ul style="list-style-type: none"> • Children and Young People's Access to Dental Health Services in Gateshead – Update • CAMHS – Progress Update • Work Programme |

Issues for next year's work programme (2023/24) –

- Outreach Youth Work – targeted and universal
- The benefits arising from the changes to the music service
- Children's Services approach to poverty
- Family Hubs (raised under Youth Justice report)
- Demand Pressures on Children's Social Care
- Lack of critical paediatric beds in the region and the step down process / beds
- **Improvement Progress Report: Ofsted Inspection** (deferred from January 2023 meeting to allow outcome of annual conversation to be included)
- **Annual Conversation with Head Teachers of Special Schools** (deferred from March 2023 meeting)
- **Trauma Informed team update** (deferred from March 2023 meeting)
- **Corporate Parenting Board - Annual Update** (deferred from April 2023 meeting)
- **Safeguarding Children – GSCP – Emerging Priorities** (deferred from April 2023 meeting)

Training identified

- SEND – Training on the process and the statutory responsibilities of the local authority (for Families OSC only)
- Adverse Childhood Experiences (for OSC and other members of the council)

Families OSC – Potential Issues for Draft 2023-24 Work Programme

Strategic Vision – Making Gateshead a place where everyone thrives

Five Pledges

- Put people and families at the heart of everything we do
- Tackle inequality so people have a fair chance
- Support our communities to support themselves and each other
- Invest in our economy to provide sustainable opportunities for employment, innovation and growth across the borough
- Work together and fight for a better future

OSC Remit

- Education
- Social services for children and young people
- Health services for children and young people
- Children in the Council's Care

Emerging Issues:

- **Trauma Informed Team Update** – (rolled forward from 2022-23 work programme)
- **Outreach Youth Work – targeted and universal** (requested by OSC and rolled forward from 2022/23 work programme)
- **The benefits arising from the changes to the Music Service** (requested by OSC and rolled forward from 2022/23 work programme)
- **Children's Services approach to poverty** (requested by OSC and rolled forward from 2022/23 work programme)
- **Impact of Family Hub Development**
- **Impact of Strategies to Reduce Demand for Children Entering Care**
- **Childhood allergies: trends, treatment and management in school**
- **School Performance** (to include Ofsted outcomes / school data and performance / Special School information from Headteachers)
- **Preventing Youth Crime and Serious Violence** (to include Strategy; impact and outcomes)
- **Outcome of Youth Justice Service Inspection with Action Plan**
- **LADO Annual Report**
- **CDOP Annual Report**
- **Annual Progress Update on Children's Social Care Improvement Plan**
- **Regional Adoption Agency Annual Report**

- **Gateshead Safeguarding Partnership Annual Report**
- **Reducing Childhood Obesity**
- **Child Poverty**
- **Healthy Child Programme**
- **Early Years Sufficiency**
- **SEND – Progress Update on Delivery of new SEND Strategy** (to include updates from 4 workstreams and Local Offer – feedback from families, quality and timeliness of EHCPs. Understanding the cohort of children – diversity issues / transitions and preparing for independence. Development of Alternative Provision Strategy / pathways into Education, Employment and Training for those with SEND)
- **Development of Therapy Services and Strategy to manage waiting time (Community Health and CAMHS)**

Issues where OSC has asked for continual updates/ specific issues (which are not covered above):

- Performance Framework
- Corporate Parenting Board Annual Update
- Annual Report on Complaints and Representations – Children

It is proposed that these issues are retained as items within the OSC work programme