

TITLE OF REPORT: **Gateshead Children and Young People Mental Health Services WaitingTimes Position paper**

Purpose of the Report

1. To seek the views of the Health & Wellbeing Board on a position paper (attached) on Children and Young People Mental Health Services Waiting Times.

Background

2. Focused work is underway to understand the pressures on services from both new referrals and waits for treatment and specific therapies. An initial review was undertaken on 21st February 2018 by NTW and South Tyneside Foundation Trust and reviewed referrals from residents of Newcastle and Gateshead. The waiting list data at this stage does not include VCS commissioned services and further work is underway to provide a comprehensive picture of demand, capacity and resources.

Recommendations

3. The Health and Wellbeing Board is asked to consider the attached position paper.

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Gateshead Children and Young People Mental Health Services Waiting List Position paper

3rd April 2018

Focused work is underway to understand the pressures on Children and Young People Mental Health services from both new referrals and waits for treatment and specific therapies. An initial review was undertaken by NTW (Northumberland, Tyne and Wear NHS Foundation Trust and STFT (South Tyneside NHS Foundation Trust) who provide CYPS services in Gateshead to understand the number of children and young people waiting for 1st appointments and residents of Gateshead. The waiting list data at this stage does not include VCS commissioned services and further work is underway to provide a comprehensive picture of demand, capacity and resources.

As of 3rd April 2018 there were 464 children and young people waiting for 1st appointment. These referrals are allocated to 3 differing pathways shown in Chart 1 below

Chart 1: Number of Gateshead residents on waiting list for 1st appointment by pathway

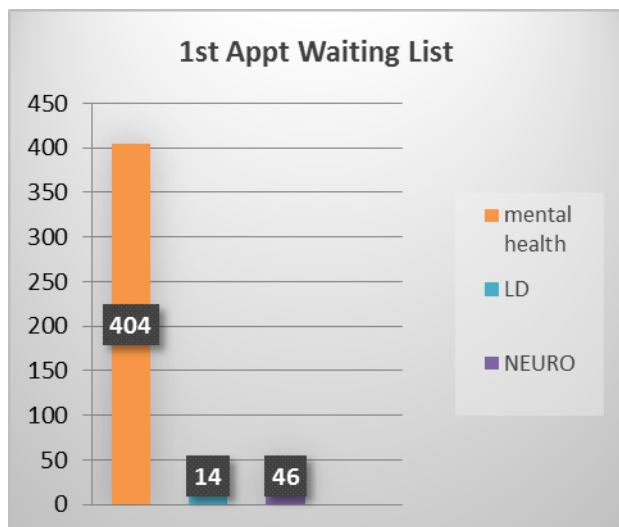
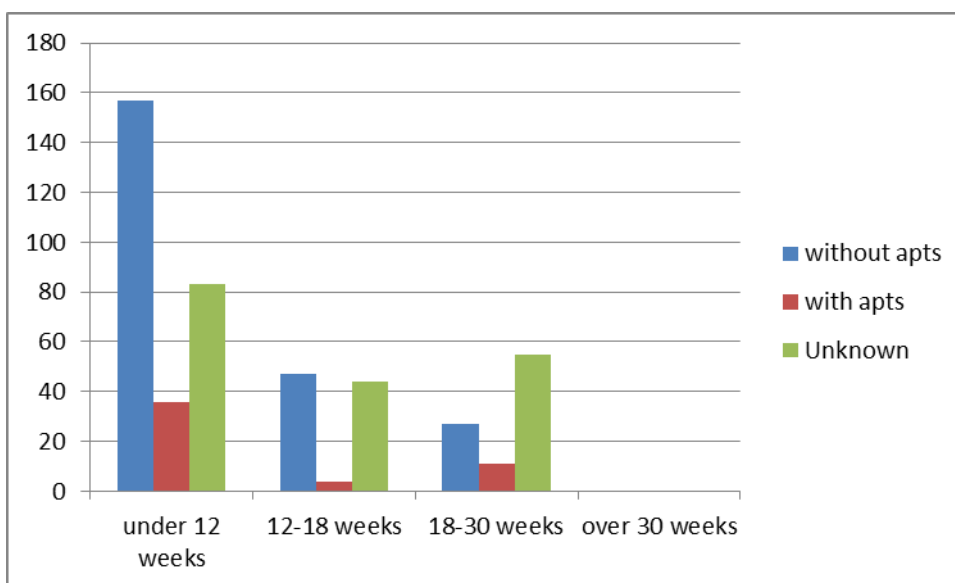


Chart 2 shows the number of children and young people waiting for 1st appointment split by those who have received an appointment, those still awaiting an appointment. STFT were unable to provide data at the time of this paper on status in terms of appointment, these patient waits are categorised as unknown within in Chart 2. Of the 464 patients currently waiting, 60% of patients have been waiting under 12 weeks, 36 of which have a confirmed appointment, and 20% have been waiting 18-30 weeks, 11 of which have a confirmed appointment.

Chart 2: 1st appointment number of weeks waiting split by those with and without appointment



The looked after population children that attend NTW service are recognised to be one of the most challenging and vulnerable groups. There are currently 64 Gateshead looked after children within the service. The service provides dedicated time from a clinical lead and a psychologist to these young people either directly or by supporting their care coordinators.

As a service, NTW provide psychotherapy, EMDR, trauma focused CBT, dialectical behaviour therapy and play therapy for young people. In addition to direct clinical work we provide drop in clinics for social workers to access and discuss cases and provide training for foster carers aimed at increasing awareness of complex trauma manifestations in children.

In addition to new service models of Getting Help and Getting More Help including the launch of Single Point of Access, further work on developing a waiting list initiative is underway which includes establishing examples of good practice in other areas which have experienced similar pressures on services. Below some examples

- CYPS Steering group provides the platform for the governance of changes needed to support, among other things, waiting times
- Kooth to be launched May 18 as an online counselling and emotional wellbeing service for children and young people aged from 11 years up to 19th birthday and up to 25 years old for those in the looked after system.
- Workforce planning group which will scope whole current and future workforce models and demand. This will include training, skill mix and CPD.
- Task & Finish Group set up that will identify children who have been in NTW service the longest and support formulation around recovery
- Processes established to identify all children who are under school years with the view to establish whether specialist services are the correct service to meet their needs

- Task & Finish Group set up to identify and support decision making around those who are 17 years and over to determine most appropriate service
- Neuro - developmental pathway will be reviewed with a view to implement different ways of working including assessment processes.
- New Psychology pathway staffing structure implemented with the view to support the treatment and supervision of treatments.
- Audit underway to understand why people Do Not Attend appointments (DNA)