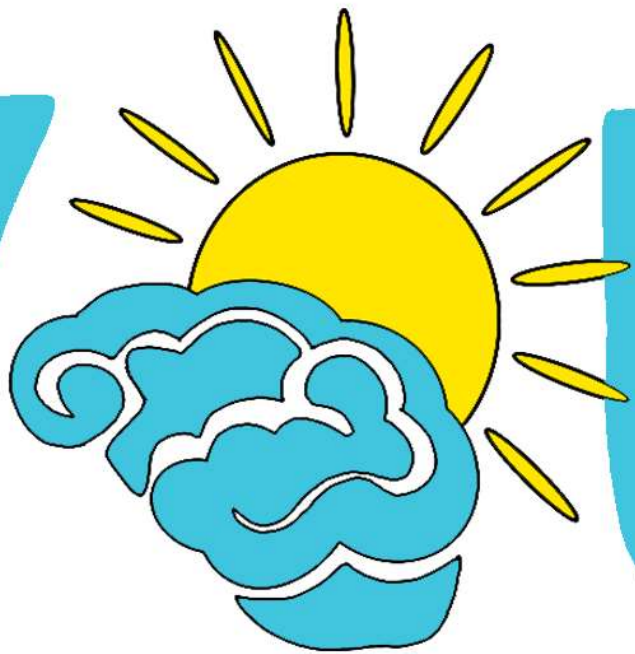


YOUNITED



Background



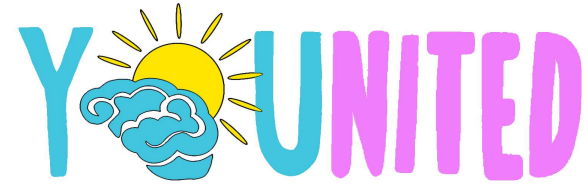
- Nationally and locally – increasing numbers of people seeking MH provision
- In the UK 1 in 10 children aged 5-16 suffer from a diagnosable MH condition – more experience symptoms that while not reaching threshold of clinical disorder are still a distress for YP and families.
- A half of lifetime mental illness start by the age of 15 and 74% by the age of 18
- The evidence is clear that it is the places and circumstances in which people are born, grow, study, live and work that have a powerful influence on their mental health

National context



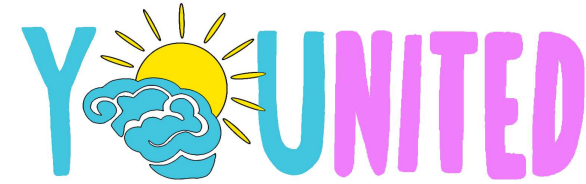
- In the UK and elsewhere there is consensus that redesign and transformation of CAMHS is needed.
- Children and Young People MH Taskforce 'Future in Mind' – interpreted and operationalised locally – Place Based strategy
- Principles of –universally accessible, comprehensive and integrated services – strong multi-agency partnerships that extend beyond health, built around the needs of YP, co-produced, evidence based. Commitment to workforce development and continual monitoring of quality and safety using shared outcome measures
- Numerous reviews conclude CAMHS provide delayed, fragmented and restricted access to support

Locally



- Commissioned capacity for children mild to moderate MH need and above would have to double or triple in size to meet estimated levels of prevalence in Cambridgeshire (JSNA)
- No statutory provision for CAMHS mild to moderate, no overarching model of treatment,
- Feedback from parents and children indicated need for better information and service available

The Partners



Cambridgeshire and Peterborough NHS Foundation Trust

- provides a wide range of services for children, young people and their families: universal child health services, pathways for children and young people with mild - moderate - severe mental health problems and care and treatment for children and young people with developmental problems, physical and learning disabilities

Cambridgeshire Community Service NHS Foundation Trust

- provides a wide range of services including Emotional Health and Wellbeing, Occupational Therapy, Physiotherapy, Paediatrics', Speech and Language Therapy, Community Nursing, School Nursing and Health Visiting Services. It also provides the iCASH sexual health services across Peterborough and Cambridgeshire.

Centre33

- works with young people, supporting them with their emotional issues and their practical needs, providing support, information, and guidance on a range of issues including mental health, impact of caring, housing, sexual health, and money.

Ormiston Families

- provide early intervention service for children, young people and their families between the ages of 0-17 years who are experiencing the early signs of mental health difficulties. They also provide advice, support and training to adults who work with children and young people and are a host organisation for children's well being practitioners

YOUUnited aims



The service aims to address:

Long waiting times and CYP have a poor experience of waiting

Delays in the identification and assessment of needs compromises CYP progress

Confusion about how to navigate the system, services and processes are opaque

Need and family/professional expectations exceed capacity

CYP preferences for how they wish to access services not known or systematically addressed.

Gaps in access to advice and support while waiting and response for those not requiring specialist care but have other needs



Outcome Framework/I-statements

I will know where to go to get help with my mental health

I will get help easily, simply and at the point I need it, which is convenient and local to me

I will be offered choice of how I will be supported and helped

I will get help in a place where I feel safe, from people who are; kind, who really listen, take me seriously, and do not judge me.

I will get introduced to other services if I need them by the people who are helping me.

I will only need to ask once for help, and I will then be offered the right kind of help for me.

I want services that work together so I can get the support I need.

I will know that my family have been supported to help me manage my well-being and mental health needs



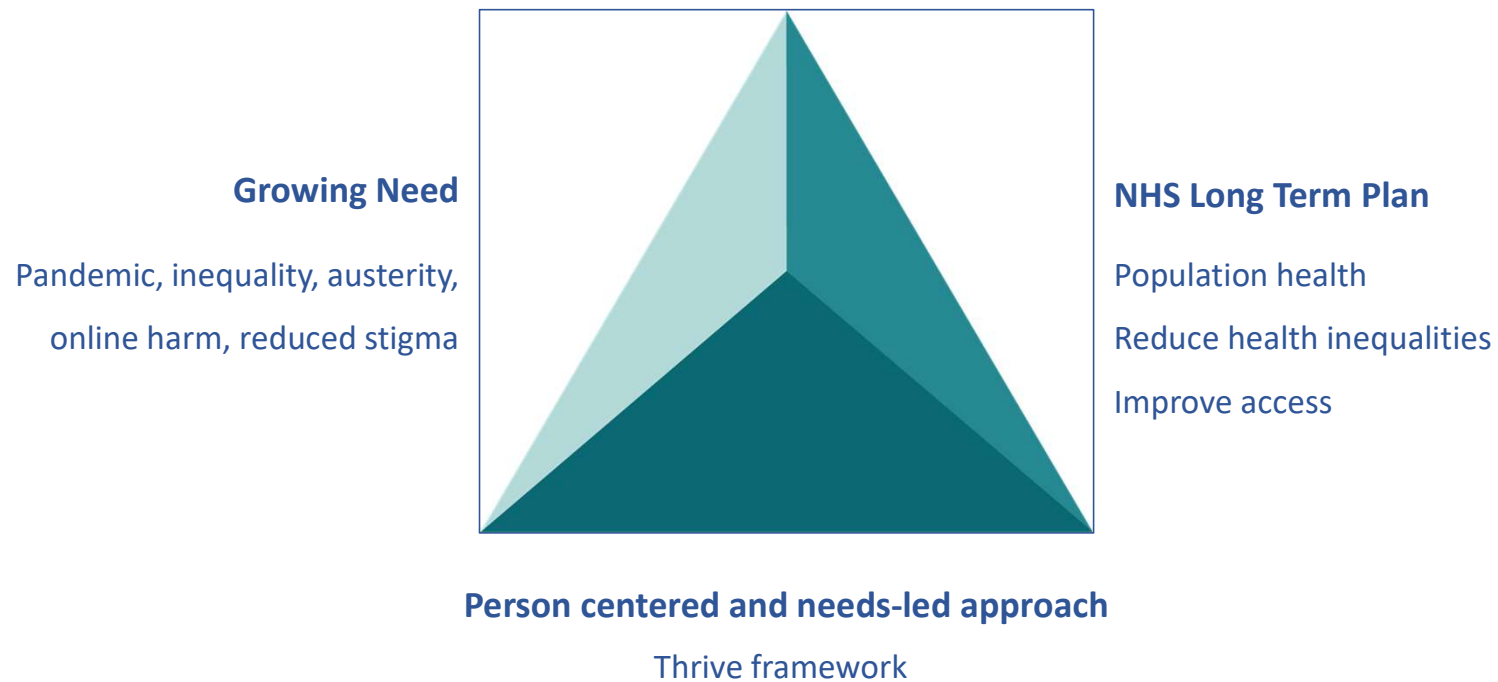
- Developed by engaging with CYP in Cambridgeshire and Peterborough via questionnaire

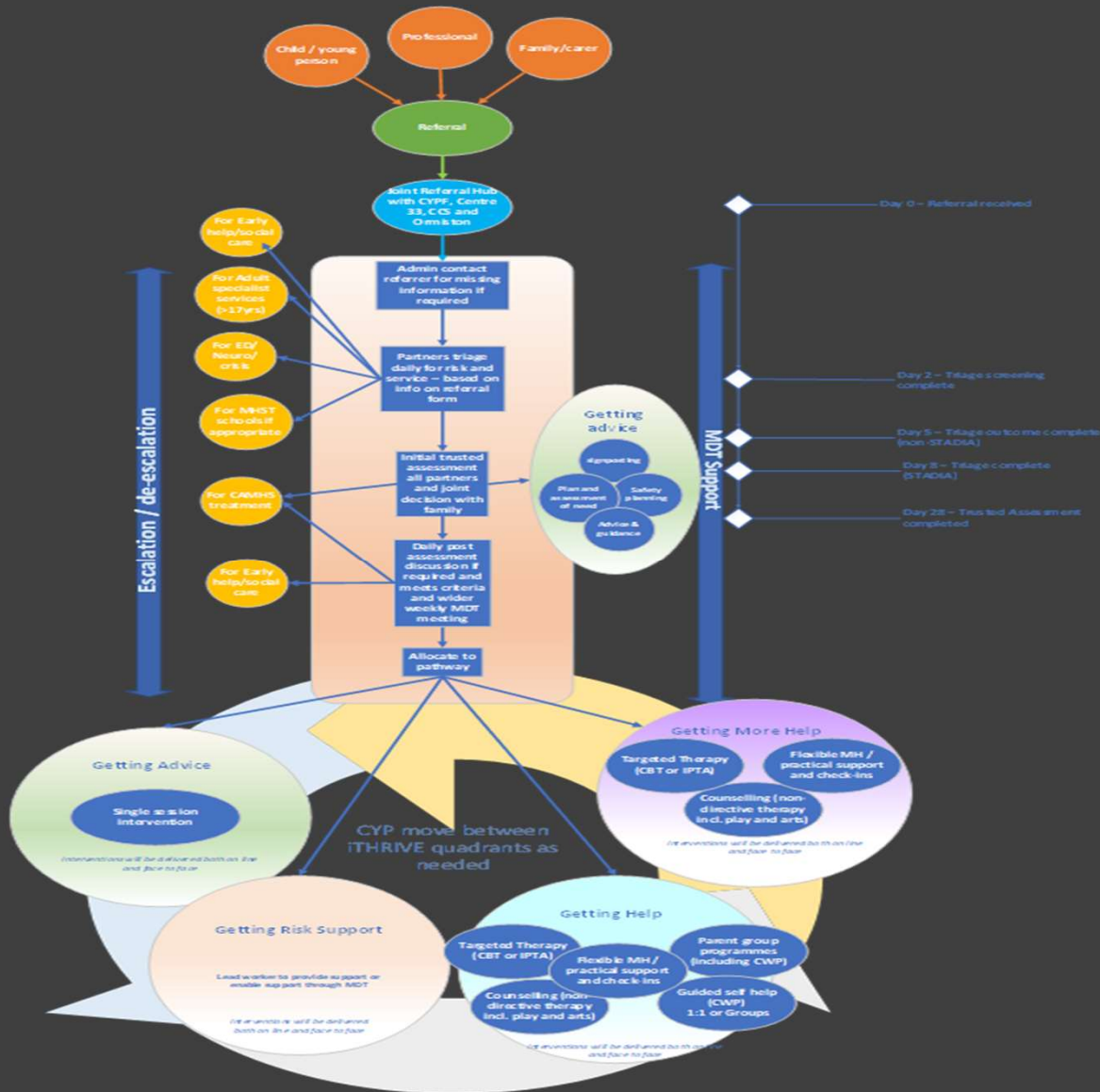
YOUUnited launched 1st July 2021

- YOUUnited offers help to children and young people with their emotional wellbeing and mental health.
- It is available to those up to the age of 25 and offers a range of support including therapies, counselling and guided self-help.
- All referrals are triaged and assessed by specialist staff from YOUUnited who then work with clients, as well as their family or carers if necessary, on the best pathway to support their needs.
- **From 1 July 2021**, YOUUnited will provide emotional wellbeing and mental health help for children and young people aged 0 to 25 registered with a GP in Cambridgeshire and Peterborough.
- Referrals can be made to YOUUnited by a GP or any professional working with children or young people.
- Our integrated hub accepts referrals from all professionals working with children and young people up to the age of 17 or 18 if they have a suspected eating disorder or neurodevelopmental diagnosis



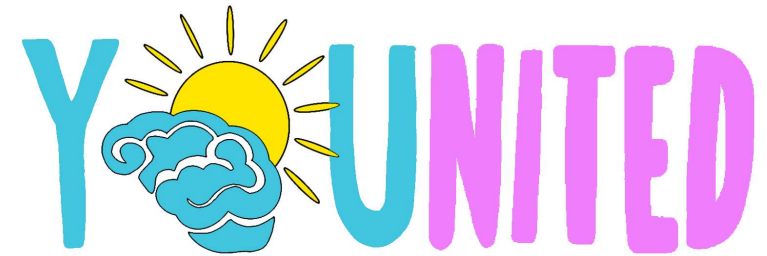
Responding to three key drivers, YOUnited delivers access, outcomes, system integration and effectively delivers across the spectrum in levels of acuity.





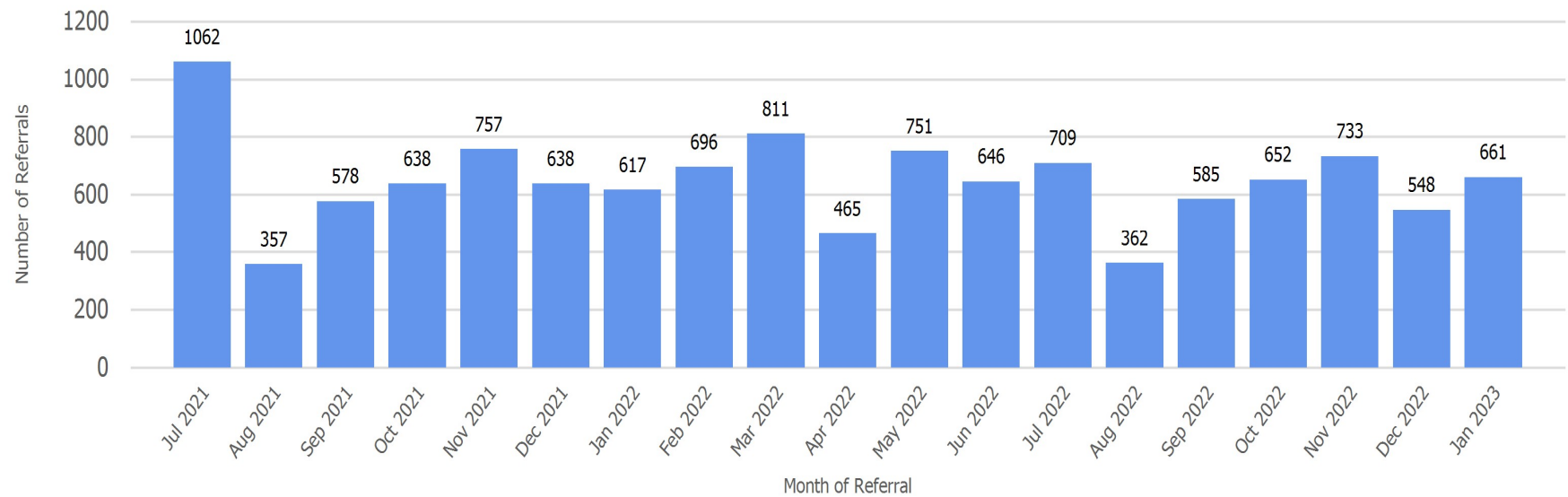
Clinical Model

Referrals



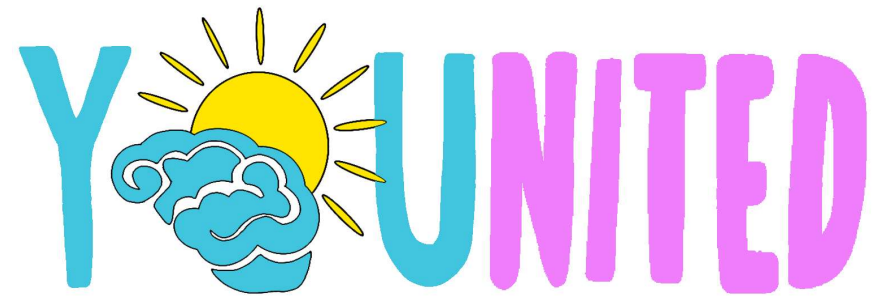
Total
12266
12266

Number of Referrals Received



Key Benefits and Outcomes

- Service spanning the broad spectrum of prevention - Population based interventions – interventions targeting high risk individuals
- unified structures providing clinical governance with shared definitions and outcomes
- Comprehensive CAMHS model with better partnership working between agencies
- Shared priorities



YOUUnited Evaluation Framework – December 2022

Statement 4 - I will get help in a place where I feel safe from people who are; kind, who really listen, take me seriously, and do not judge me

YOUNited Survey . The overall responses from children, young people and parents were positive, with 40% stating 'certainly true' and 23.6% stating 'partly true' for the taking my worries seriously question.

The ESQ -listened to, being treated well and about views and worries being taken seriously. The responses to these questions are extremely positive, with 80% or more of CYP and parents stating 'certainly true' for each of these statements.

- "I had a good connection with my counsellor and she took everything I showed her or told her very seriously"
- "I felt like my counsellor listened to me and wasn't judging me about anything"
- "Everybody was extremely supportive and all wanted to help. It was such a welcoming environment which helped to reduce anxiety about coming"
 - "Definitely felt listened to and not judged"
- "I felt comfortable talking to my counsellor, as i felt it was a safe space and judgment free zone."
 - "i had a safe space to talk"
 - "i felt listened too and wasnt treated like a child"
- "The person I spoke to was very kind and considerate and thus was far easier to open up to than I expected"
 - "the people were kind and understanding of me"
 - "I feel listened to and understood. My counsellor was incredibly supportive."
- "The way I was spoken to felt respectful and kind. Not in any way making me uncomfy talking about my problems"

- "actually listened and took action when thought necessary"
- "the person I was talking to really seemed to understand what I was going through"
 - "very kind and helpful when trying to help my son"
 - "they were helpful and non-judgemental"
- "we really felt we were listened to and given some useful advice and suggestions"
- "caring practitioner who looked into ways of supporting us"
- "I gave my answer because the phone call was extremely comforting an wasn't rushed it was also a very nice experience that didn't push me to say or do anything"

YOUUnited Evaluation Framework – December 2022

Statement - 7. I want services that work together so I can get the support I need

The ESQ has a statement about feeling the people are working together to help. 62% of CYP and 77% of parents felt this is 'certainly true', and another 18% of CYP and 15% of parents felt this is 'partly true'. A proportion felt they did not know whether or not this was happening.

The YOUUnited Survey - working together to help. 34.5% felt this was 'certainly true' and 21.6% felt this was 'partly true'. A proportion of the responses indicate that some were unsure if this was taking place.

YOUUnited Multi Disciplinary Team (MDT) Meetings - Weekly , open to all professionals in system provided the CYP has had a Trusted Assessment Oct- Dec2022 118 CYP discussed.

Case 1 - 15yrs >TA and Intervention with C33 . Increased risk - Urgent allocation to South CAMHS (Oct 22)

Case 2 – 12yrs . TA CAMHS . “Help with Anxious feelings” – Allocation to Ormiston Families CWP (Oct 22)

“I understand the need for confidentiality but I feel it would be beneficial if there was more partnership working between the counsellors and my doctor to help make it easier for all professionals to know how best to support you and what steps to take next”

My counsellor actually being interested and invested so much into me.... reaching out to other professionals to give me their advice...”

I feel that the people I have spoken to are working together and with other services to help me

Outcomes / Impact

Short Term

- Improved quality of life
- Quicker access – the right place-
Community MH response
- Increased mental well-being -
Reduced symptoms & ill health
- Reduction in school absence
- Reduced GP contacts /Reduced
signposting across organisations





Strengths & Opportunities - reflections

- Strengths
 - Working together as a system solution
 - Transition between services
- Opportunities
 - More work on meaningful contacts in a timely way – single session to be part of the solution, explore other solutions
 - Entire systems approach.
 - Cultural change - thinking as a system.
 - Staff training together as a partnership



Weaknesses & Threats - reflections

YOUnited commenced service delivery in the context of services continuing to work with COVID restrictions. A limited mobilisation period impacted the number recruited at contract commencement.

The new partnership approach and bringing together of four organisations with different regulations, cultures and infrastructures was a challenge.

This was further impacted by a waiting list inherited from the previous early intervention provider and the continual flow of specialist referrals for CAMH services.

As a result, YOUnited ability to deliver the level of support required and desired by CYP and their families, the providers, their workforce and by commissioners in the system has been challenging.

Medium term/ Long-term

Reduced MH problems & reduction in MH from child to adult –
reduction in high societal /system costs if treated early

There is a large body of evidence pointing to very long term adverse consequences in adulthood of poor mental health in childhood.

The economic benefits in the very long term of better mental health can be substantial as this is the time in life when education, skills, resilience and emotional capital are being accumulated (71).

Therefore, where effective interventions have a sustained positive impact on mental health, the economic payoffs can be substantial.



Mental health problems cost UK economy at least £117.9 billion per year

