

ForwardThinking Birmingham



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Forward Thinking Birmingham: The Vision

To be the first city where mental health problems are not a barrier to children, young people and young adults in Birmingham; resetting the bar for generations to come.



FTB Partnership Members

Birmingham Women's and Children's NHS Foundation Trust

- Lead partner with overall responsibility for service provision
- Provider of specialist mental health clinical services for 0-25
- Employer of approx. 300 staff
- Responsible for providing expertise on children's mental health, governance and safeguarding
- Provider of separate inpatient CAMHS service

Beacon UK

- Employer of access centre staff
- Management of Access Centre & case management and data streams for FTB
- Signposting and liaison with crisis teams

The Children's Society

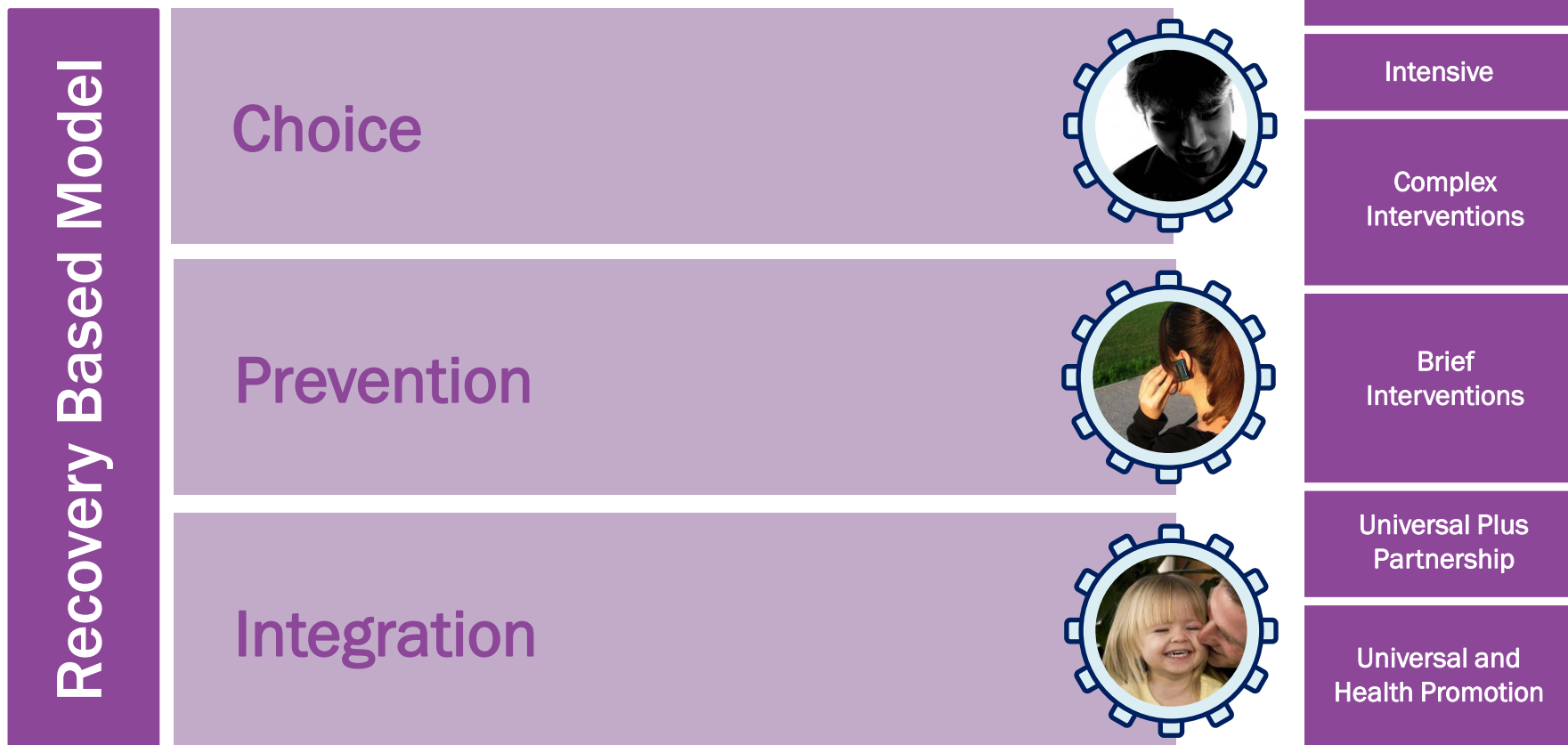
- Management of city centre drop-in service, Pause

Priory Group

- Provider of inpatient services for 18-25



The Care Model



The Service Model





5 Clinical pathways

Emotional
Behavioural

Psychosis and
Bipolar

Eating Disorders

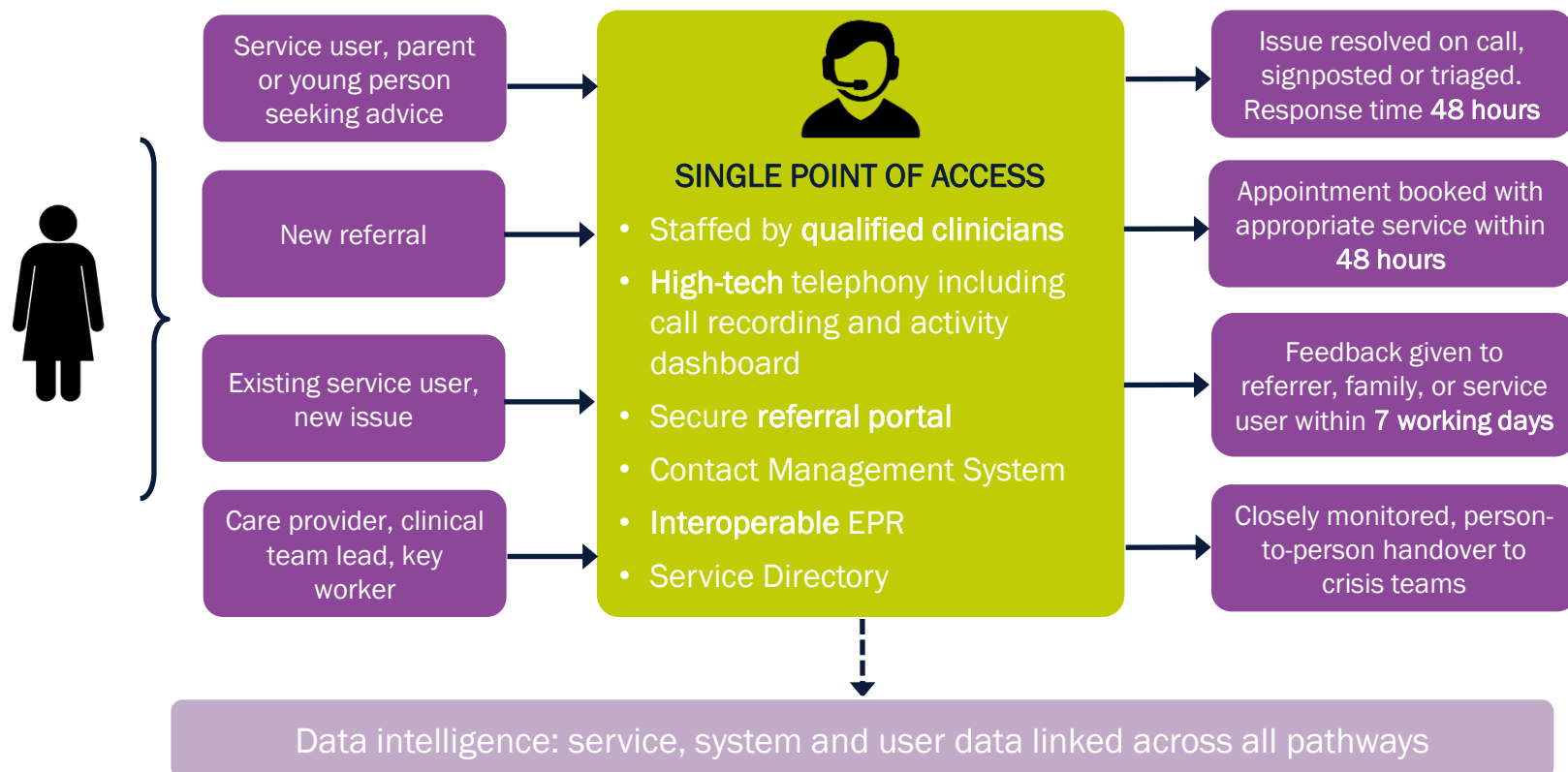
Neuro-
developmental

Suicidality,
Trauma and
Personality
Disorders



Access Centre: simple and integrated approach

Forward Thinking Birmingham's single point of access provides one route for referrers, service users and Carers to access a range of mental health needs, meaning there's no wrong door.



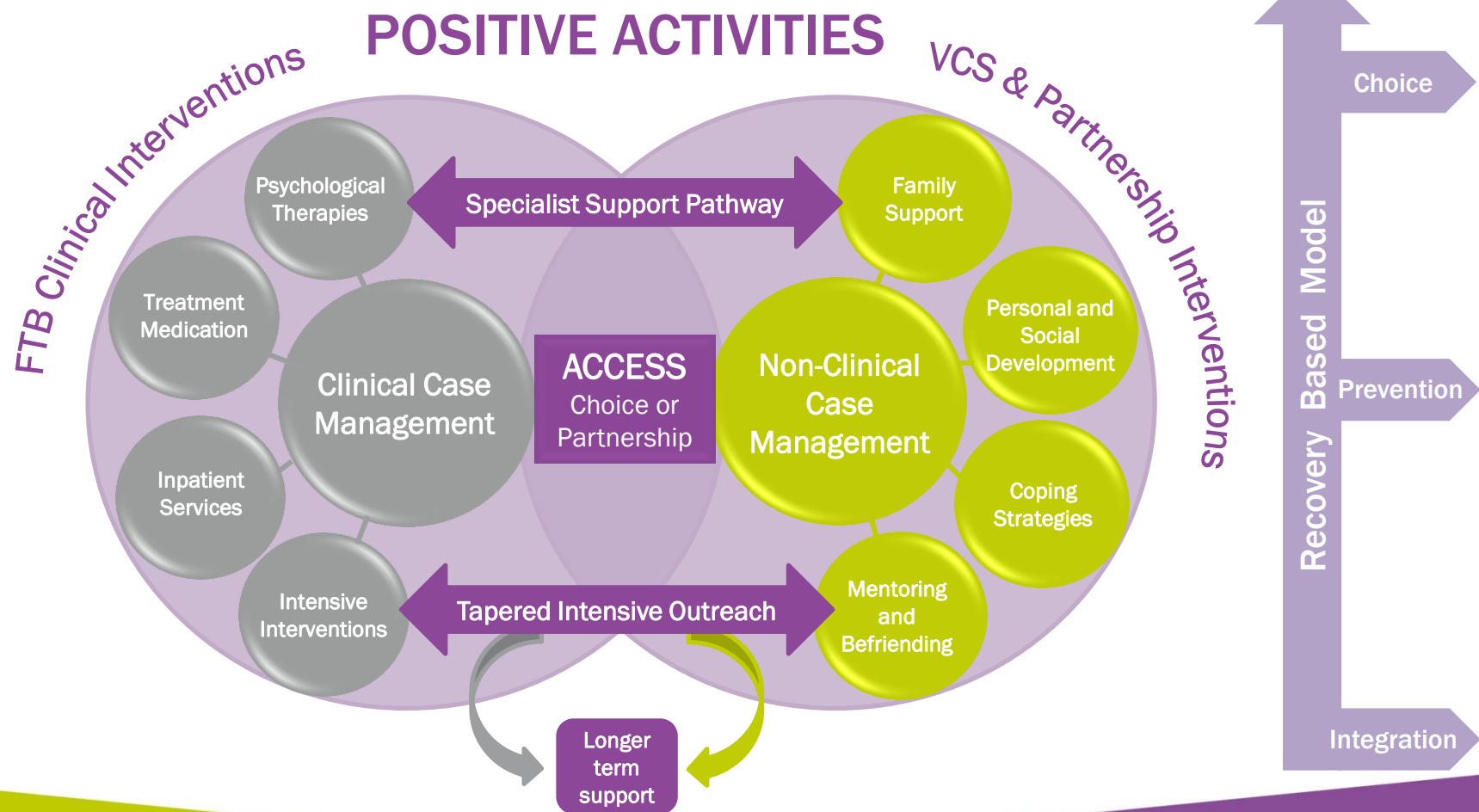


Pause.

- 0-25s mental health drop-in service located at 21 Digbeth
- Available for children, young people and young adults, as well as parents, families and professionals
- Drop-in to discuss concerns and suitable services
- Access one-to-one support, group work and support groups
- Access online information resources about mental health and emotional wellbeing
- Open seven days a week:
 - Monday, Tuesday, Thursday, Friday – 10am – 6pm
 - Wednesday – 12pm – 8pm
 - Saturday, Sunday – 11am – 4pm



Partnership delivery model





Talking Therapies (IAPT)

- Key area of partnership delivery: Improving Access to Psychological Therapies (IAPT) for 14-25 year olds
- Range of therapies including online IAPT
- Tailored package of care
- Aim to offer an appointment within 2-14 days
- Appointments at a range of community locations
- High moving to recovery rates (around 65%)
- Access via usual referral routes – self-referral (telephone or online) or GP referral



24/7 Urgent Care Pathway

24/7 Crisis Team

- An immediate response
- Crisis assessment in most appropriate location
- Out of hours cover
- Assertive and flexible approach to engagement
- Support the stepped care approach
- Collaborative care and relationships

Home Treatment

- Avoid admission to psychiatric inpatient and A&E units
- Promote early discharge from hospital
- Receive care in a setting that is most comfortable and encourages recovery
- Provide 24/7 support for individuals and families under the care of the Home Treatment Team



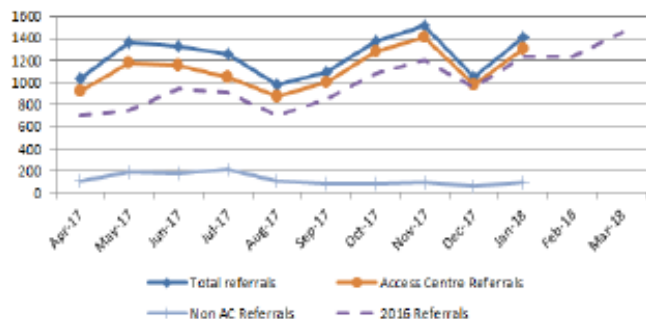
Four Community Hubs





Referral data

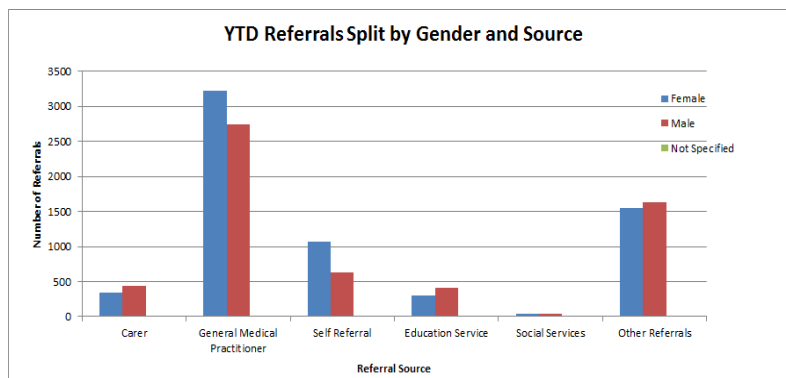
Referrals in Carenotes



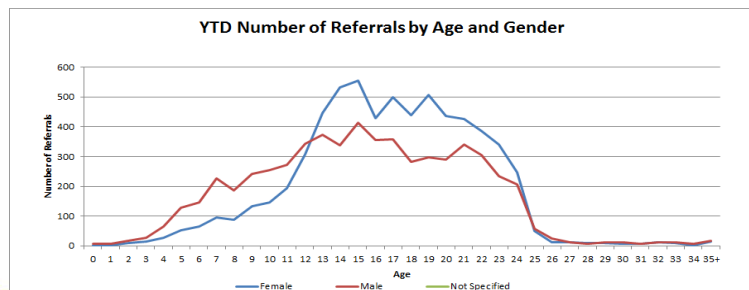
- Referral numbers for April 2017 – March 2018 predicted at 15,000, 30% over our activity target of 12,000 referrals

- We continue to see a higher number of referrals for females via the GP and self-referral routes
- Other referrals includes Police, out-of-area mental health services, health visitors and paediatrics

YTD Referrals Split by Gender and Source



YTD Number of Referrals by Age and Gender

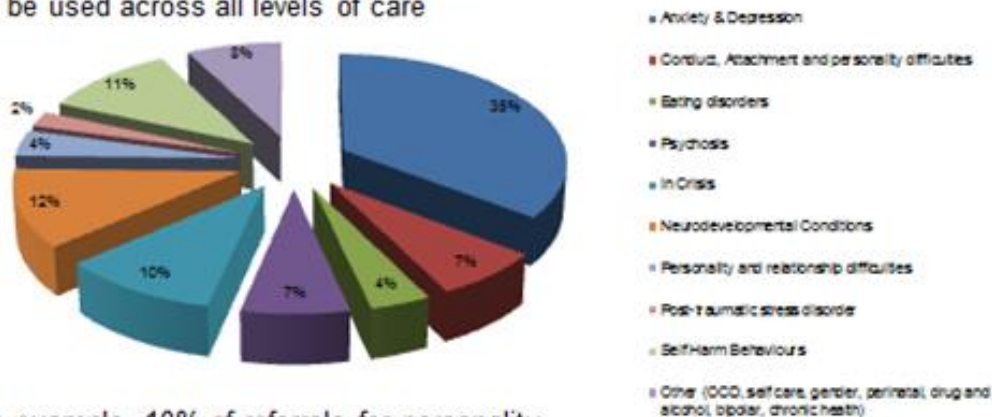


- Referral rates continue to be higher for females
- Peak referral age is 14-15 for both males and females



Access Centre Referral Data

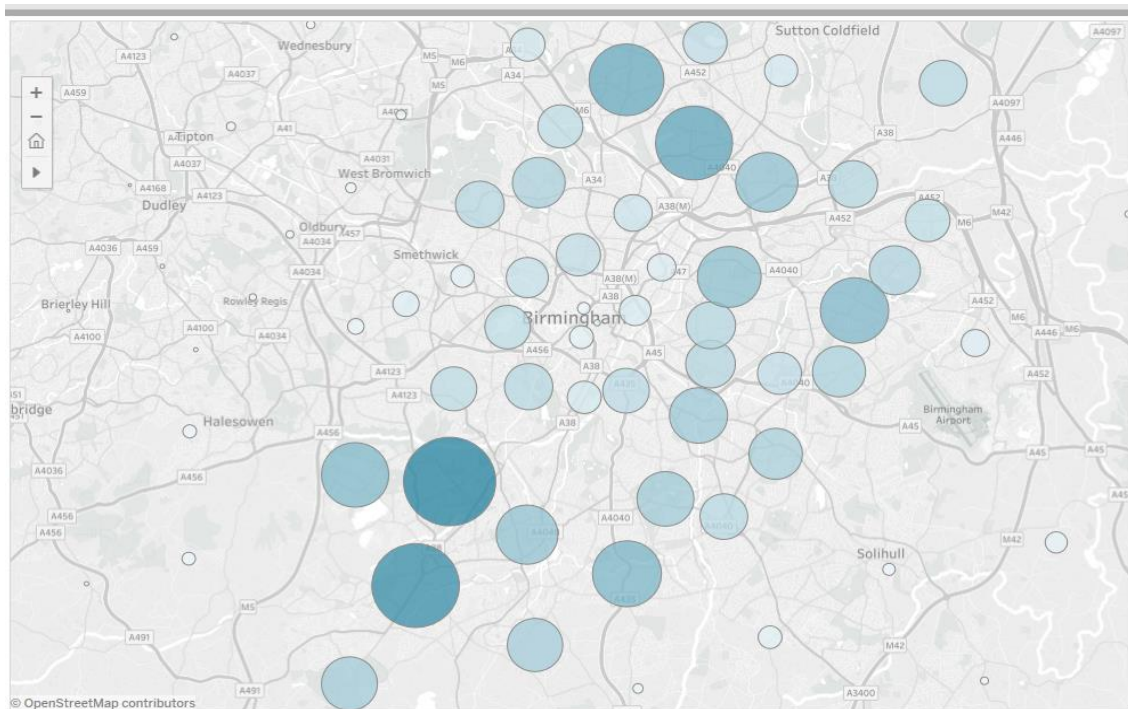
Knowing why people have been referred can influence the staff you employ, how these staff are trained and how resources can be used across all levels of care



One example, 10% of referrals for personality disorder should mean that at least 10% of the staff in FTB should have experience of, or be trained in the assessment and management of personality disorder



Referral data – where?



- Reviewing referral data for year-to-date 2017-18
- Larger/darker circles show areas with highest number of referrals
- High levels of referrals in the north (Stockland Green, Erdington, Kingstanding) and south-west (Shenley Fields, Weoley Castle, Northfield) areas of the city



What else have we achieved

- Dedicated Crisis helpline available between 8pm and 2am, alongside the existing 24/7 Crisis team
- Increased public awareness of mental health, through work with schools, support of wider initiatives including MH2K, social media and online information, outreach work through Pause
- Improved access to low-level interventions through Pause workshops and groups
- Supporting vulnerable young people at risk of sexual abuse or exploitation through work with RSVP and Bernardos



What risks remain?

- **Workforce challenges** – national shortages within some professions, recruitment and retention pressures experienced across the NHS
- **Funding** – current funding does not meet demand for services, NHS as a whole facing financial pressures
- **Demand** – demand for mental health services is far exceeding expectations, demand likely to increase in the short to mid-term given increased awareness of mental health



What next?

- Range of activity as part of the Birmingham and Solihull Sustainability and Transformation Plan, including:
 - Piloting mental health support within Primary Care settings
 - Developing an integrated model of Urgent Care alongside other providers
 - Introducing a dedicated Personality Disorder pathway
 - Launching Crisis Cafes across the city
- Signed Memorandum of Understanding with Birmingham and Solihull Mental Health Foundation Trust to formalise joint working in some of these areas
- Developing a Forward Thinking Birmingham Training and Development Hub
- Improving access to early help for vulnerable children and young people through stronger links and joint-working with children's services



Screening, Training, Intervention, Consultation and Knowledge (STICK)

Team

Erin Docherty



STICK Team

- The team was born out of a transformation bid for an “Early Help” offer from FTB.
- Considering and combining the recommendations from the Five Year Forward View, Green Paper and Transforming CAMHS from the Ground Up papers, the vision grew to include the 5 core elements of the team.
- The team are working with strategic partners including Birmingham Children’s Trust, Birmingham City Council Safeguarding Board, SEMH Pathfinder, Birmingham Educational Partnership and several voluntary agencies.
- The team are committed to increasing therapeutic interventions in CYP, increasing knowledge on trauma and the ACES across professionals in Birmingham and equipping these professionals to appropriately support the CYP’s in their care, preventing their needs escalating to requiring secondary care

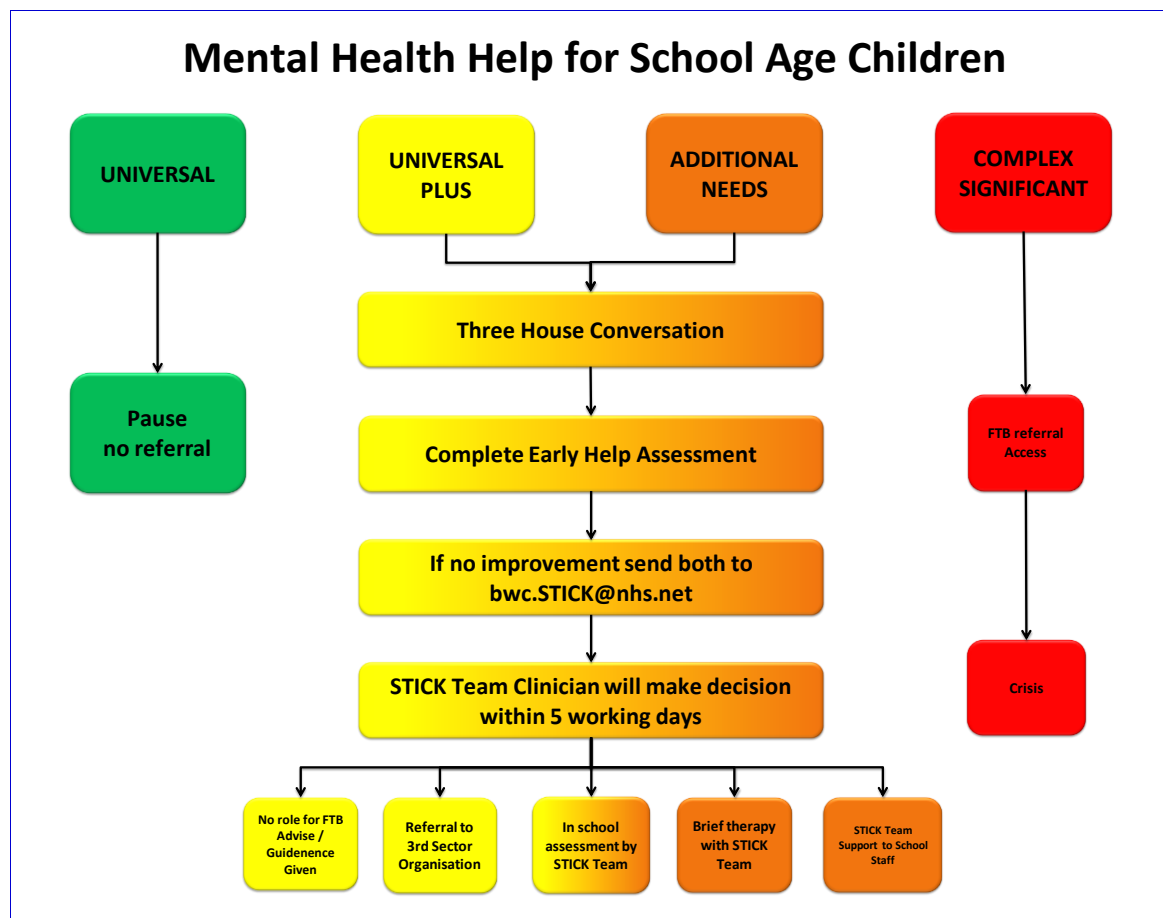


STICK TEAM

- **SCREENING** – Providing assessment and screening of CYP within schools, GP surgeries and family support services to increase early intervention and identify emerging symptoms
- **TRAINING** – Providing specialist training to professionals working alongside CYP to up skill and equip them to provide low level interventions
- **INTERVENTION** – Therapeutic menu of interventions for CYP who traditionally would not have met thresholds for a CAMHS Service
- **CONSULTATION** – Specialist consultation for those working in education, children's services and GP practice – encouraging wrap around care when it is most needed
- **KNOWLEDGE** – Practitioners include nurses, social workers, teachers and youth workers. The combined skill of this team brings a specialist knowledge and a comprehensive service



Service is accessible by all 450+ schools across Birmingham and is aligned with Right Help, Right Time to increase confidence and streamline access to Early Help





STICK Team

Coming Soon.....

- Therapeutic Residential Intervention
- STICK Tool Kit for multi-agency mental health training
- ACE reduction agenda – trauma informed Birmingham
- Building mental health skills within an integrated workforce

CAMHS Local Transformation Plan

- Participation by children and young people and those who care for them
- Prevention – promoting mental wellbeing and resilience
- Care for the most vulnerable
- Developing the workforce
- Improving access including crisis care



How to access our services

- Visit our secure online referral portal via our website – forwardthinkingbirmingham.org.uk
- Call our Access Centre on 0300 300 0099
- Visit our website for information, guidance and self-help materials – forwardthinkingbirmingham.org.uk
- Drop in to Pause, our city-centre wellbeing service, to speak to one of the team, access information or join one of our workshops or groups



Any Questions?