

Overview of Mental Health Services for Hull Health and Care Scrutiny Committee



EXECUTIVE SUMMARY

The purpose of this paper is to update the Hull Health and Care Overview and Scrutiny Committee on the current position of services managed by Humber Teaching Foundation Trust (HTFT) which serve the emotional and mental health needs of children, young people and Adults living in Hull. These include Neurodiversity services, Child and Adolescent Mental Health Services (CAMHS) other children's supportive services of mental health and Memory Assessment Services (MAS).

The paper will discuss the current challenges faced by the population of Hull and outline the way the Trust is transforming services to meet these, whilst ensuring service users are kept central to care delivery and offered personalised interventions. Of paramount importance to us as a care provider is that all Humber services are easily accessible, work in a trauma informed way when supporting identified need, reduce health inequalities and integrate with the wider support services across Hull to promote long term independence, resilience and recovery. These core values ensure Humber TFT works strategically as a major systems leader for emotional and mental health services across Hull.

The paper will outline the current position of both the children's and adult's services waiting lists and the many actions and service transformations being undertaken to support mental health whilst waiting. It will also demonstrate the growing demands coming into services and the important actions to mitigating any risks to patients whilst they wait.

As requested by OSC, the paper will also outline the current position with regards the Memory Assessments Service and the work the service has delivered to reduce wating times following the pandemic to deliver the "Diagnosing Well" component of the pathway.

INTRODUCTION

Emotional well-being is just as important as physical health. Good mental health helps people develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults to lead happy and fulfilling lives.

Emotional well-being and the mental health needs of the population in Hull is changing and evolving rapidly with demand and complexity of need increasing. The long-term impact of the pandemic is still not fully understood, this coupled with the effects of financial austerity have created an environment of significant challenge for services. There is, however, opportunity, if we look at and understand the wider determinants of mental illness and develop shared goals which align with service user need then our core values will enable us to do things differently, provide innovations and keep ahead of the challenges.

Humber Teaching NHS Foundation Trust is a multispecialty health and social care provider which delivers services in mental health for adults, children and young people, children's services, learning disability services, community services, and primary care across Hull, East Riding, North Yorkshire and North Lincolnshire.

Trust staff work hard to deliver high quality care to the people of Hull. Data indicates that 10.8% of the adult population within Hull had contact with Mental Health services. This is the highest proportion of patients accessing mental health services within a population in England, where the mean is 6%¹.

The correlation between poor mental health and deprivation is well documented, with the wider determinants of health such as socioeconomic factors, physical environment and health driving demand. Examples include poverty due to unemployment or low paid work; poor housing, obesity and poor physical activity, all of which contribute to poorer physical and mental health outcomes for people.

Hull is the fourth most deprived local authority in England and the unique challenges facing the people of Hull are well documented, with 28% of children living in relative low-income families (England mean 20%), 20% of families experiencing fuel poverty (England mean 13%), 19% of adults are smokers (England mean 13%) and 72% of adults classified as overweight or obese (England mean 64%)².

The consequences of these wider determinants of health have a stark impact on a person's quality of life and places strain on their families and statutory and non-statutory services. Diagnosis rates in Hull for some conditions, for example Severe Mental Illness (SMI) (0.93% vs 0.96%²) and dementia (1,979 against an estimated 2,867 prevalence³) are lower than the national average, however it is felt that due to them both being higher in areas of deprivation, these conditions are underdiagnosed within the city.

SMI is linked to premature mortality, which in Hull is 160% higher for people with a SMI diagnosis than without a SMI diagnosis (Under 75 years). Hull has a greater incidence of hospital admissions due to self-harm (149 vs 126/100,000 population) and suicide (mortality rate is 21% higher than the national average).

Children and young people in Hull have a higher-than-average rate of hospital admission for a mental health condition (166 vs 100/100,000 population). Hull also has a higher-than-

¹ [Mental health statistics: prevalence, services and funding in England - House of Commons Library](#)

² [Key Facts for Hull](#)

³ [Primary Care Dementia Data, September 2023 - NHS England Digital](#)

average rate of children in care (128 vs 71/10,000 population).

Children's Neurodiversity

There has been a large increase in the demand for neurodiversity services and in particular Autism (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) assessments in children. This growth is both local and national and although there is little historical data on the number of ADHD referrals for assessments, there is national research that tells us that between 2019/20 and 2022/23 there has been a 51% increase in prescribed medication for ADHD and although it may not be as high as 51% there is a surge in medication requests in Hull.

The number of children and young people on the neurodiversity assessment and treatment waiting lists in Hull continues to grow, affecting their waiting time. The increased waiting time being noted in these areas is caused by demand outstripping capacity and the steep increase in the number of referrals which require clinical expedition due to the child or young person being 'Looked After' or at risk of family breakdown or school exclusion.

The funding available to these services does not meet the demand or allow for recovery of the waiting list. These issues have been communicated to Hull's Special Educational Needs & Disabilities (SEND) Board and the Humber and North Yorkshire Health Care Partnership. Examples below demonstrate this:

- Autism referrals are coming on to the waiting list at a monthly average of 144; the commissioned capacity of the service is an average of 57.
- ADHD referrals are coming on to the waiting list at a monthly average of 83 the commissioned capacity of the service is an average of 35.
- The service currently has a waiting list of over 3,663 children and young people.

Diagnostic Assessments

Chart 1 below illustrates the predicted number of diagnostic assessments in Children's Autism coming into the service. Based on current referral data.

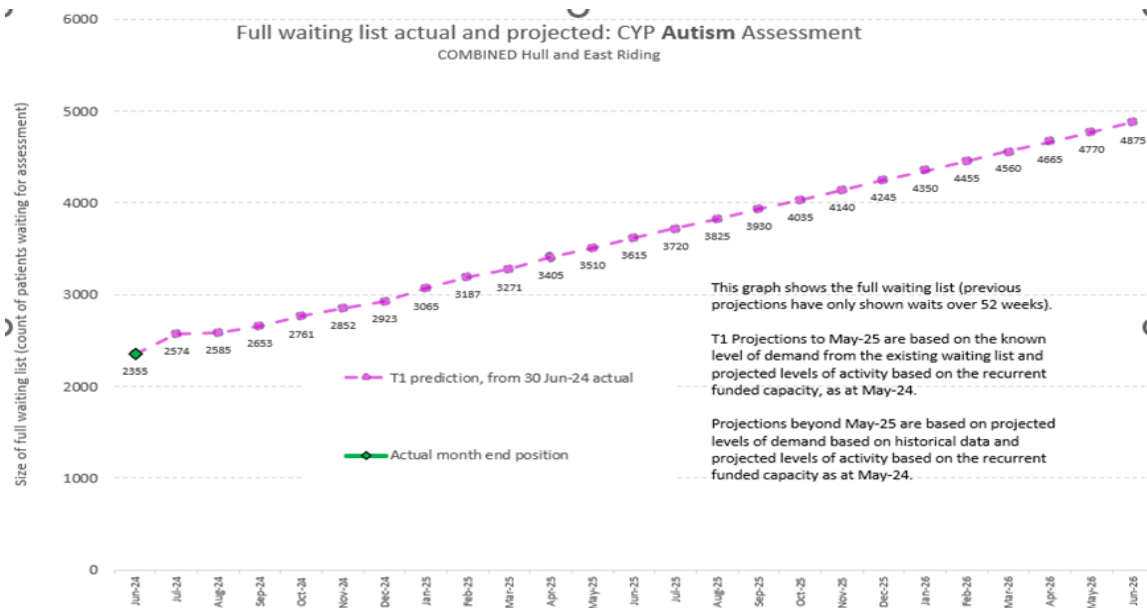
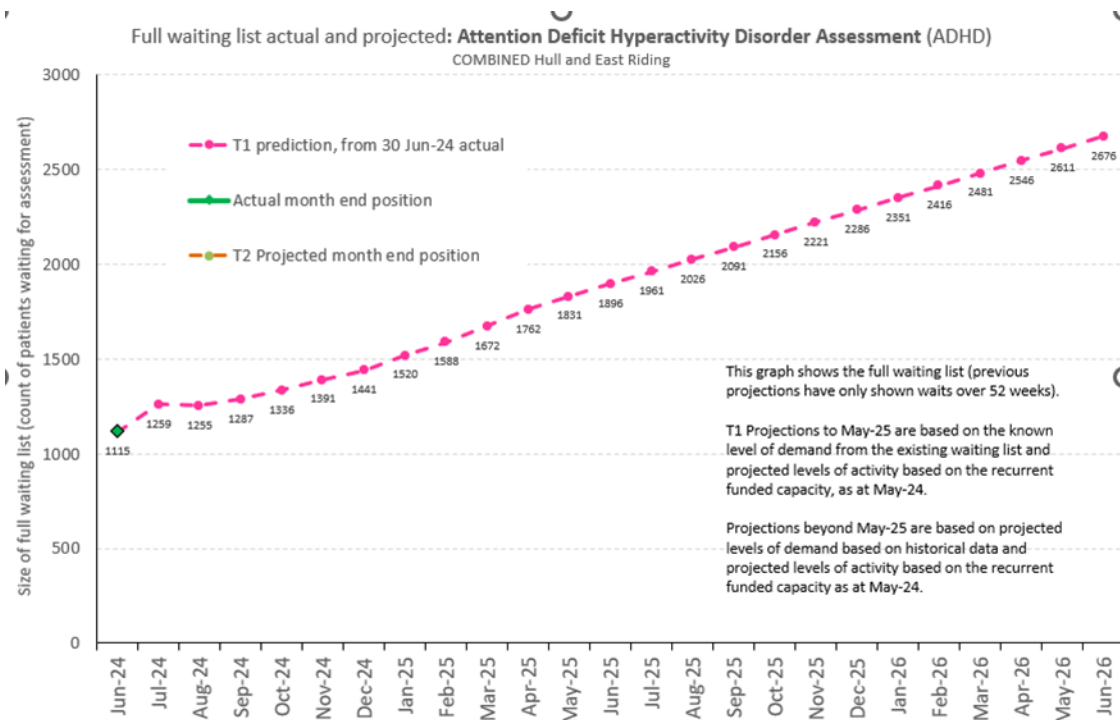


Chart 2 below illustrates the predicted number of diagnostic assessments in ADHD coming into the Children’s service. Based on current referral data.



Transformation of Neurodiversity services

A transformation plan to support recovery and manage the increased demands has been developed to support children and families whilst they wait for assessment and ADHD treatment. This plan is underpinned by knowledge that providing support at the earliest

opportunity is crucial to deliver the best outcomes for children and young people. The plans anticipate a potential diagnosis and consider common comorbid and coexisting conditions that enable a well-informed offer of support and advice to children and young people, parent carers, education settings and other key stakeholders.

The plans also mitigate the effects of the increased demand and longer waiting times by making access easier and appropriate to the child's developmental age. Examples included below:

An early year's (under 5's) Autism pathway has been developed to provide early identification and support to children and their parent carers. The early years pathway involves input from health visiting, the sensory service and the local authority- early years services. The pathway is centred around ensuring the children have their social communication needs addressed with speech and language services. Therefore, in addition to the universal offer, the child will receive a specialist speech and language assessment and support regarding social communication needs which enables children to access speech and language resources and assessment/intervention as part of their journey pre autism assessment.

The Front Door service enables support to be provided at the earliest opportunity. The Front Door team offers consultations to Special Educational Needs Co- Ordinator's (SENCO's) in Hull schools on a bookable basis. This triage ensures that a pre-referral consultation is held between a clinician with experience in neurodiversity and a referring professional. When appropriate, other clinicians including social prescribers, MHST workers or educational psychology can also be involved. This aims to enable the clinician to make decisions regarding the child's need for an assessment and allow accurate information from SENCO's and family. This consultation aligns with and support the local authority rollout of the Progressive Provision Levels (PPL's) and the Ordinarily Available Inclusive Provision (OAIP). The triage provides timely support and advice for young people and enables education settings and services to identify, understand and better support children and young people who may have autism or ADHD at the point of referral.

Transitions pathway

A particularly important area of care is apparent during the transition between the child to adults' service. The mental health services have developed a transition pathway process which supports care delivery. The neurodiversity team have been particularly adept at this, and services will work alongside each other to plan and support care. This makes the

experience better for adolescents who may prefer an adult approach or vice versa if there is any developmental delay.

Further highlights of Transformation undertaken for Children's Autism, ADHD and Learning Disabilities

- The Matthews Hub contract has been modified to provide and offer post-diagnosis support for autistic children and those with ADHD. Matthews Hub also supports psychosocial education workshops for families and young people who feel would be helpful. Already, it has been appropriate and safe to remove some children from the pharmacological waiting list. However, this offer is time-limited (March 2025) and requires some additional funding to continue.
- A criterion has been adapted for the ADHD intervention service (pharmacological intervention) to better manage the appropriateness of referrals and support clinical need.
- A bid is being developed to change service delivery to strengthen support for children and young people Not in Employment Education or Training (NEET) seeking a diagnostic assessment, as this need currently accounts for 50 % of the expedited waiting list.
- A new service successfully bid for and mobilised late 2024 called the Partnership Inclusion for Neurodiversity in Schools (PINS) project is underway. It includes support for the selected schools from educational psychology, KIDS, Matthews Hub, PCF, and Humber FT children's services.
- Work continues to review the access of autistic children to mental health services and to ensure neuroinclusive services. Meetings with early intervention and core CAMHS teams have taken place to support children and young people to move between pathways seamlessly. Following Health Watch evaluation and in-service feedback, a quality improvement plan based on the Autism Trust Strategy is in development to support this work and is co-produced with Hull the Parent Carer Forum.
- **'Connect'** - A new Children's and Learning Disability website was launched which offer a health literacy approach and search functions to help Children, Young people and families to navigate the services and support available whilst on a waiting list.
- In response to the increasing waiting lists a potential bid has been developed for additional resources to enhance triage and offer a non-pharmacological ADHD service.

- The well-being while waiting offer document has been written and currently being reviewed by the Youth Parliament. It will then be shared with the Hull Special Educational need & Disability (SEND) delivery group and PCF for additional information and comments.
- The Humber Neurodiversity service was awarded a Health Service Journal Award in the 2024 Digital Awards for enhancing the accessibility to care pathways category for the development of a multi-agency digital platform.

Support for children and young people whilst waiting.

There have been many initiatives put in place to maintain contact and support to families whilst they wait for a neurodevelopmental assessment.

- The Neurodiversity Front Door is a new service from 2022-3 which offers immediate support to children, young people, and parent/ carers. Any risks identified in new referrals are addressed immediately by involving the family and a safety plan is put in place if required or a consultation with CAMHS. The front door service is available for families to contact for support or advice, Monday to Friday 9am -5pm as is the duty phone line for families who are on the waiting list. This duty line acts as a contact point for families or professionals to notify the service of any changes in a young person's circumstances and clinical presentations.
- The Autism service sends 12 weekly texts to all families and young people on the waiting list to update on the waiting time and contact details for supporting agencies.
- A dedicated Neuro Board was created which was chaired by the Deputy Chief Operating Officer to track individual waiting times for children and families and to ensure the waiting list reduced. This is still in operation to oversee the emerging position.
- Matthews Hub, a specific autism charity has been commissioned as waiting list support. They are a specialist voluntary agency who can be directly contracted through Humber Teaching NHS Foundation Trust to offer waiting list support to young people aged 13+ and parents of all-age children. This support currently involves one-to-one sessions with a peer mentor; topics are needs-led; training sessions for young people and parents; school training, a youth club and small group sessions on specific issues (as identified by young people), for example, emotional regulation, daily living skills.

- A sensory service for children and young people with sensory needs such as Autism. The sensory processing service is a unique service offering consultation advice and psychosocial education with or without a diagnosis and can be accessed directly by parents themselves. A Wellbeing Whilst Waiting programme aims to support people and their families while waiting. This includes an improved duty system, Coffee and Chat in Hull, meetings with Health Watch, Collective Voices, the Autism Partnership Board, SENCOs, and various training offers. Additionally, this includes an improved website and SEND mapping of what is available whilst maximising connections of other neurodiversity services, including children's Learning Disability and sensory.

Sensory Processing Service

The sensory processing service provide consultation to CAMHS practitioners and work with children and young people who are receiving input from CAMHS to understand how their sensory processing differences are impacting their mental health and function. They provide advice and support to the child/ young person and their families to identify regulating strategies and environmental considerations to be able to access the daily activities that they want and need to do. They provide training to upskill practitioners across the Trust. The sensory processing service also contributes to the monthly Avoidant Restrictive Food Intake Disorder (ARFID) multi-disciplinary meetings and provides consultation for cases open to CAMHS or eating disorder services when sensory processing differences appear to be contributing to limited food intake.

Child and Adolescent Mental Health Services (CAMHS)

Child and Adolescent Mental Health Services (CAMHS) assess and treat young people with emotional, behavioural or mental health difficulties. The demands across all CAMHS services nationally have increased over the last few years and there has been a lot of investment in both the early intervention and crisis sides of the services which supports the Hull adopted Thrive framework. This is a need's led model of providing emotional and mental health support to children, young people and families which helps the system to navigate and identify the right support from the right service at the right time.

In general, CAMHS is continuing to see higher numbers of referrals with noticeably greater acuity and complexity, and a high proportion of these have significant safeguarding and/or social issues which need resolution by joined up working and an integrated approach

Contact Point (Front door CAMHS)

Contact Point is the front door for accessing emotional health and wellbeing support for children and young people in Hull. It triages referrals for the city to identify the most appropriate service. This can include MIND Counselling, Early Help, Emotional wellbeing practitioners in the Local Authority. Due to the number of referrals received in to Contact Point there is a small backlog of routine referrals at 18 weeks. This is in part due to the volume of referrals and to temporary workforce issues. An action plan is in place and this situation is being actively managed by drafting additional staff in to support. Future planning for routine cases includes mobilising a multi- disciplinary panel which consists of Early Help staff to support the children, young people and families whose support needs could be dealt with by other services as they do not require a specialist mental health intervention.

There is currently work in progress to better understand the needs of children young people and families and to ensure timely access to the most appropriate service. This is part of the emotional health and wellbeing access programme and a Hull initiative in partnership with other stakeholders.

CAMHS Crisis

CAMHS Crisis service is seeing increases in acuity and complexity, so that most cases require greater input, placing greater demands on service capacity. All urgent cases are triaged within 4 weeks and the service continues to support young people with increasing acuity operating a 24/7 crisis service and 7 days a week intensive home treatment offer. The Intensive Home Treatment element of the service is supporting young people and families both at home and at Hull Royal Infirmary with the CAMHS Paediatric In-reach service. This offer prevents inpatient admissions wherever possible and promotes early discharge from CAMHS inpatient or Acute Hospital (Hull Royal Infirmary) setting wherever possible. The crisis intervention pathway is joined up with the CAMHS inpatient team, so admissions avoidance is maintained as much as possible.

The increasing challenge for the majority of the young people using this part of the service is the increased social care needs alongside their mental health which challenges resources within the local authority. Safe Space is a safety planning offer run by MIND and is being utilised to support these young people and prevent an inappropriate referral to CAMHS inpatient units.

Core CAMHS

Core CAMHS waiting lists are moving in a positive direction with the current management that has been put in place. Post covid additional staff have been dedicated to working on the long waits and there are now no young people waiting over 52 weeks in Hull. Where there are some over 18 week waits it is due to service capacity to provide certain types of specialist therapy such as Family Therapy. For most children and young people referred for mental and emotional health support the waits are within target of 18 weeks compliance or just over depending on any emerging demand. This target is set to reduce to 4 weeks by April 2026 and work is in place to enact this. Cognitive behavioural therapy (CBT) clinics are running both digitally and face-to-face as required and according to need. The chart below shows the steep decline in over 52 week waits.

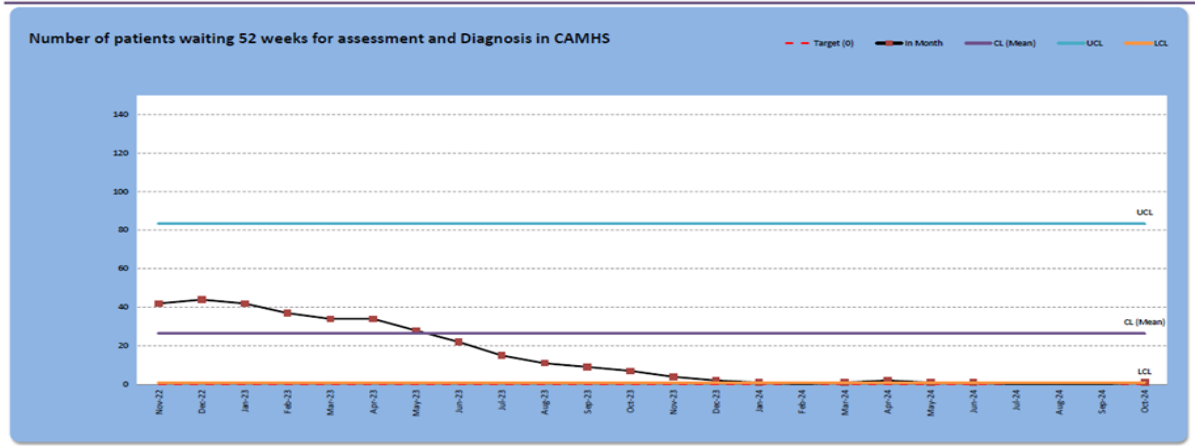
PI RETURN FORM 2024-25

Goal 2 : Enhancing Prevention, Wellbeing and Recovery

For the period ending: **October 2024**

Target: Amber: 0
Current month stands at: 1

Indicator Title	Description/Rationale	Executive Lead	KPI Type
52 Week Waits - CAMHS	Number of patients who have yet to receive treatment in CAMHS and have been waiting more than 52 weeks (excluding paediatric ASD/ADHD)	Lynn Parkinson	OP 22



The Core service has been undergoing a scheme of transformation to reduce waiting times, to improve access and make the service more family focussed. The scheme was facilitated by the national Clinically Lead Workforce and Activity Redesign (CLEAR) programme which supports clinicians and organisations to deliver transformation and workforce redesign projects to enhance patient care. In addition to aligning the Core CAMHS Hull and East Riding services, a new model of care has been developed to transform the Core CAMHS service. Capacity and demand work is concluding to support the workforce plan for the new model which has been modelled on the recent demands coming into the service.

The improvements identified through the CLEAR service review include the development of a 'passport' for service users and to achieve this an App is currently in development that will

hold key information for the young person. The clinic and therapy rooms are going through a programme of redesign and these designs are being co-produced with service users. The service has introduced a text reminder service for appointments to reduce missed appointments and help improve waiting times which is successfully reducing missed appointments and offering patient choice.

Further actions which have been implemented into Core CAMHS team to strengthen the support available for families which includes:

- Actively pursuing options around AI technology to reduce administrative documentation time to improve the efficiency of the assessment and therapy processes. Examples include CLEAR notes and Lexicom (AI dictation support).
- A Systemic Family Approach pilot is currently underway in Hull to review management of referrals to integrate families into the treatment process.
- Autism training for all CAMHS staff including 2 Experts by Experience is being rolled out across the service.
- A CAMHS passport has been introduced which includes care when transitioning into adult services and offers enhanced care planning. This prevents young people having to tell their story over and over to different professionals.
- Engagement with the Humber Youth Action Group and Recovery College to give young people a wider representation on service developments and the introduction of engagement activities whilst waiting or being discharged.
- Offering a Keyworker when young people are accepted into the service to care coordinate.
- There has been a recent action plan pulled together by the core team after a national request to offer a mental health assessment for children and young people who are seeking gender realignment. All children on the waiting list will be offered this service in Hull by March 2025.

Children's Looked After (CLA) Team

Hull City Council and the Trust's CAMHS Children's Looked After (CLA) Team have partnered to give psychological support to some of our most vulnerable children. The partnership has enabled us to bring 27 children home to our city with vital support in place in our nine new children's homes. As a result of the partnership, CAMHS successfully engage with 34 children with complex needs, 300+ staff are supported with the highest level of training so they can care for children who have experienced significant trauma, and we have saved more than £2 million and been shortlisted for a LGC award.

Eating Disorder Intensive Treatment Team (EDITT)

The EDIT Team is a newly mobilised service which works alongside the Eating Disorder Team offering an increased frequency of interventions and meal support (usually at home), for those young people at risk of hospital admission or to reduce the length of stay. The EDIT Team (as of September 2024) have had seventeen children and young people on their case load, out of this nine are receiving ongoing treatment. Eight have been discharged back to their respective community eating disorder teams and in all these cases it is evident that an admission to a CAMHS inpatient unit has been prevented.

Comparing data from January – July 2023 and January - July 2024, it is evident that there has been a significant increase (44%) in the referral rate to the Hull and East Riding Community Eating Disorder Team (73 vs 105 CYP). It would have been expected that the consequences of this increase would be higher admission rates, however this has not been the case as EDITT has provided the necessary buffer to prevent admissions. In January - July 2023 there were 72 CYP admitted, compared with 67 in the same time frame in 2024. Alongside this there has also been a significant decrease in CYP needing to access out of area beds.

Mental Health Support Teams (MHST)

The Trust works together with NHS Humber and North Yorkshire ICB, Hull Health and Care Partnership and Hull City Council to deliver Mental Health Support Teams (MHSTs). The teams, provided by our Trust, have been fully operational since 2022 and support many primary, secondary and special schools across Hull. The Mental Health Support Teams are integrated into the already well-established city-wide Hull Thrive model and compliment the many excellent teams and services out there to further enhance the early help and intervention offer.

Humber provide MHST support to 13 High schools, 31 % of the primary schools (21 in total), all the special schools and one alternative provision. MHST is a manualised model supporting the prevention and early intervention of mental health and wellbeing.

We are currently enhancing the offers to promote visibility and responsiveness of the services available for children, young people and their families. Working closely with our local partners to consider creative approaches to mental health and wellbeing awareness, education and group activities, alongside the 1-1 work. A major focus of the MHST offer aims to enhance community capacity to ensure families feel equipped to manage the needs

of their developing young people alongside creating peer support for young people who may feel isolated due to their wellbeing needs. The service offers consultation, advice and school-based discussion to enhance the knowledge of school staff alongside bespoke training packages to focus uniquely on emotional health needs within a school community.

Finally, there is a communication plan with resources ensuring schools, families understand the offer available in the city and how they can access it. The service has a strong online presence and send out termly school updates and are working closely across our CYP Prevention and Early Intervention systems to map key themes and promotion weeks and targeting communications to communities where we are identifying themes and trends in health needs/behaviours.

New Website

The Children's and Learning Disability Division within the Trust launched a new website in October marking a milestone in delivering cohesive, user-friendly digital services - <https://connect.humber.nhs.uk>. The website was created specifically for young people and their families and developed to centralise service information, making it easier to find and navigate. Historically, information about services for children and adults with learning disabilities was fragmented across various platforms which created barriers for users. Over 17 adults with learning disabilities and 70 young people contributed to coproduction, ensuring the website resonates with its audience.

Coproduction and engagement

Youth Recovery and Wellbeing College and (YRWC), Humber Youth Action Group (HYAG)

The Youth Wellbeing & Recovery College is a unique person-centred service which puts those aged 11–18 at the heart of its provision, development and delivery. There were several drivers behind the development of the YRWC, including:

- Young people identified a need for an empowering offer of self-care and self-management so that they can better manage their wellbeing and journeys (prevention).
- The impact of the pandemic and escalating family stressors from the cost-of-living crisis led to many young people experiencing increased levels of worry and anxiousness as well as social anxiety, feelings of isolation and helplessness.

- Young people reported that they felt there was a disconnect with traditional educational and mental health services.
- Many young people's services had been developed based on models for the adult population and did not meet their needs.
- A need was identified for preventative and creative support (reducing need for future use of services), reducing risk of declining wellbeing whilst on waiting lists (waiting well) and maintaining wellbeing (joined up discharge pathways).

The Humber Youth Action Group (HYAG) goes from strength to strength enabling the voice of young people to filter into service developments across all children's services. As well as face to face sessions there is also a strong digital offer that operates as a platform for instant access to the provisions offers such as the creative sessions available, online bitesize learning course, podcasts (lived experience) and resources as well as accessibility support features (session location pin drop, tags to pre-empt attendance worries). The thread of coproduction runs through the service, meaning it is fluid and responds and reacts to the needs of young people, who feel a part of its ongoing development. Young people also have access to volunteering and skills development opportunities such as training modules available. A lot of emphasis has been placed on 'what is on in your local community' and encouraging young people to get involved so they feel integrated.

The Youth Practitioner has also been working with identified young people in schools and colleges as well as home educated, who are outside mainstream provision, via community outreach work. They have also worked jointly with the Child Looked After team and various CAMHS teams. They have supported discharge pathways by in-reach into Inspire and support transition through into the community.

The YWRC has recently expanded its digital offer to reach more young people with the creation of an engaging, youth-focused podcast series called "On the couch with...". The first episode was recorded at Stockwell Academy in Hull with students and practitioners working with the school. The podcast features an engaging conversation that highlights the pivotal role the pupils of Stockwell Academy had on shaping and coproducing the practice of the Mental Health Support Teams across our local area.

Humber NHS Cadets Programme

In September 2024 we saw the second launch of the Humber NHS cadet programme with 45 young people attending the first session. The engagement team have focussed on promoting the programme through our own children's services and encouraging staff to

come and talk at the sessions about their own career journeys and the variety of roles within the NHS.

Walker Street Waiting Room Area

In October 2024 we launched the new Walker Street waiting room area. This work was in collaboration with our staff, young people and their families, Health Stars, Estates, and the Engagement Team. The newly designed waiting room will truly enhance the experience of children and young people utilising this space. Its clever design has brought what was a small, clinical looking, blank area into colour, and has brought the newly designed gardens indoors to make a calm, relaxing and welcoming space for all. The use of inviting colours, curved walls, specialist seating, soft lighting, sensory walls, and privacy areas, offer young people and their families a safe and comfortable place. It also has engaging activities for those who would like to utilise them, taking into consideration a broad spectrum of sensory needs, as this was a priority for the young people involved in its creation. The space also has an interactive projector, which displays on the floor in the centre of the room providing entertainment for all ages.

0-19 Integrated Public Health Nursing service (IPHN)

A further service which contributes to the emotional and longer-term mental health and wellbeing of children includes the Integrated Public Health Nursing service (IPHN). This service has gone from strength to strength since it came across to Humber TFT in 2022. Highlights of this service's contribution to children's mental health includes the increased number of Health Visitors available to families in Hull to support their Best Start in Life. The recruitment of three specialist posts in SEND, peri natal mental health and infant feeding support. This targeted support has improved breastfeeding rates across the city and seen the city be awarded the prestigious UNICEF Baby Friendly Gold Award which is the highest accolade that be achieved.

The service has also been asked to undertake a project supporting the mental health and development of infants on behalf of the Royal Foundation. The Alarm Baby Distress Scale. The service has been a pioneer and learning is being relayed back to the Institute of Health Visiting who are compiling the study results.

A recently mobilised service available to all parents and teenagers in Hull is Chat Health a texting support service which individuals can contact the service to discuss any health issues affecting them with a health visitor or school nurse. This is regularly used and communicated

across school and communities.

ADULT NEURODIVERSITY

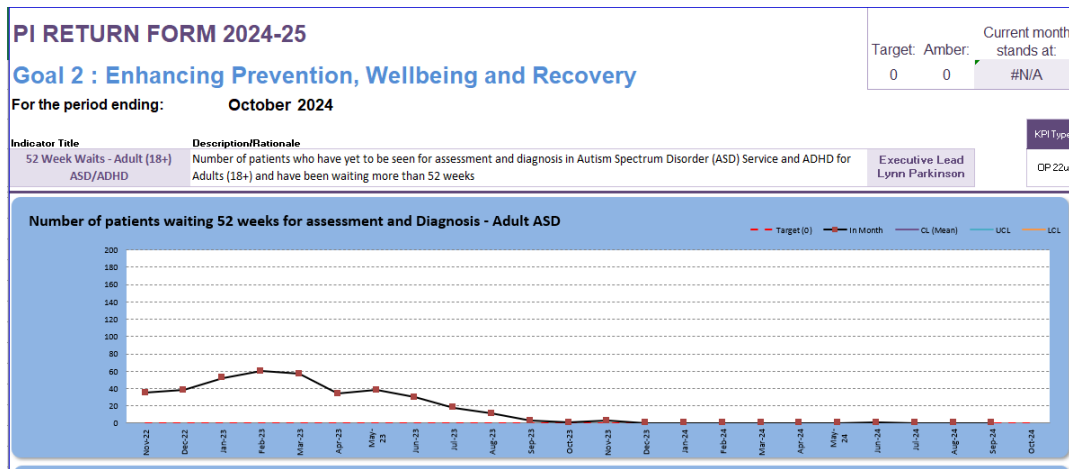
The Trust is commissioned to deliver Adult ADHD and Adult ASD assessment services and a limited ADHD assessment and treatment (up to 6 sessions) for Hull only.

Service	Responsible Division	Commissioner	Service Commissioned
Adult ASD	Children's and Learning Disability Division	Hull Health and Care Partnership East Riding Health and Care Partnership	Pre-Assessment, Assessment and Post Assessment for adults 18+
Adult ADHD	Mental Health (Planned) Division	Hull Health and Care Partnership	Diagnostic assessment & pharmacological intervention (limited to 6 treatment sessions for Pharmacology following assessment)

Humber Adult Autism Diagnostic Service (HAADS)

Historically, there had been long waits experienced for the Adult ASD service (HAADS) with referral rates increase by 380% from pre covid levels i.e. 2019 to current date. However, the service has focussed on an improvement programme to streamline the assessment pathway and maximise on efficiencies. This has enabled the eradication of any 52 week wait patients as indicated in table below, and the service are working to further improve their waiting times to achieve a maximum 18 week wait despite continued high levels of demand. The service has positively reduced the number of patients who are waiting over 52 weeks and there have been no patients waiting over 52 weeks since December 24. It is anticipated that the longer

waits within Children’s ASD will impact on the waiting list for adults as these children transition to adulthood.



The service introduced a new referral assessment process which will identify patients that will not benefit from an adult ASD assessment at the point of referral and re-direct them to the most appropriate service.

Further consideration is being given to strengthen the process for non-returned information, that supports the assessment process, to consider quality and safety implications whilst also improving efficiencies. Referrals into the adult autism service remain consistent at an average of 72 per month which is significantly above the number of referrals anticipated during the development of the funding model which was 76 per year.

As with Children the Trust has successfully operated a pathway with Mathew’s Hub for 7 years. Matthew’s Hub is a support service for autistic people and those with ADHD without a learning disability aged 13 or over, living in Hull or East Riding who have, or are waiting for a diagnostic assessment.

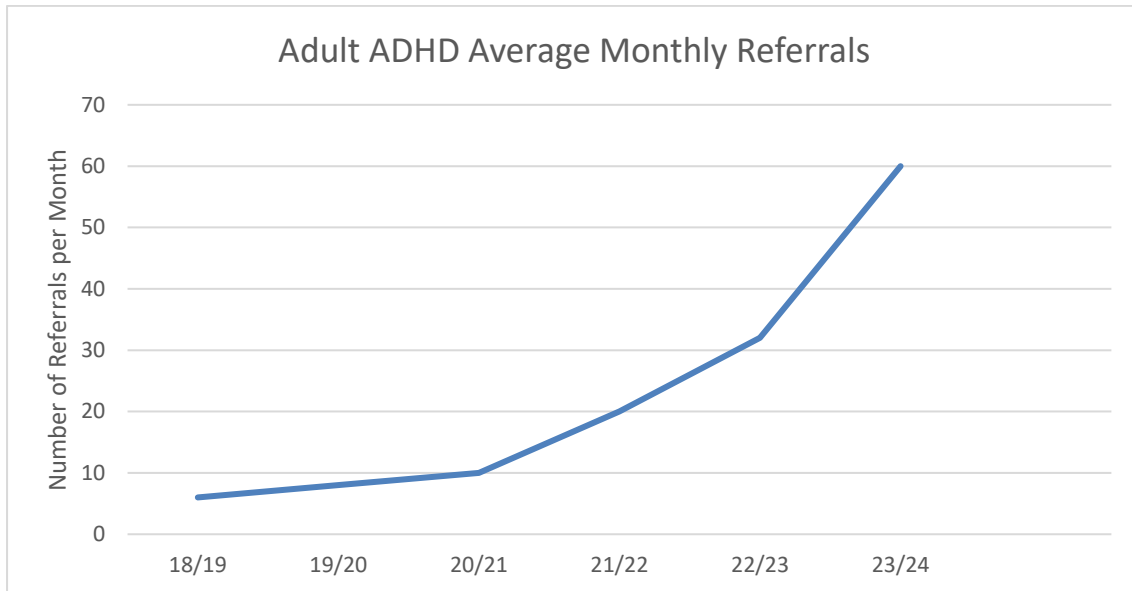
The HAADS team have recently been given money to mobilise a new service to support adults and older teenagers who may have an Autism diagnosis or are awaiting one. This service sits within the mental health crisis teams and supports neuro inclusive care by upskilling the staff in the management of sensory and emotional regulation needs specific to Autism.

Adult ADHD

Both nationally and locally, the demand for Adult ADHD diagnostic assessments and ongoing management are increasing significantly. This demand is expected to continue at least for the short term and at present, services are not able to respond to this increased demand.

Significant work has been undertaken to fully understand the current position, mutually agree to a short-term mitigation for this position and develop a sustainable model for the longer term.

The table below demonstrates the significant increased demand profile over the last 5 years:



A decision was taken to pause Adult ADHD referrals in October 2023 due to the extensive waiting list, length of wait, shortfall in capacity and absence of clearly defined commissioned service and funding arrangement.

The waiting list has reduced significantly over several months following an initiative that ensured that individuals were reminded of their “Right to Choose” and where requested, they were referred to alternative providers.

This has reduced the number of long waiting patients on the waiting list significantly since August 24.

The Trust have developed a Pharmacy led model for those patients waiting for treatment as an interim arrangement until a refreshed model of care is developed by the ICB.

Dementia

Memory Assessment Services (MAS)

The Trust provides a dementia diagnosis service for people over the age of 18 years to improve the lives of patients who are experiencing problems with cognition whilst supporting their families/supporters.

The service promotes independence and care in the community wherever possible, always

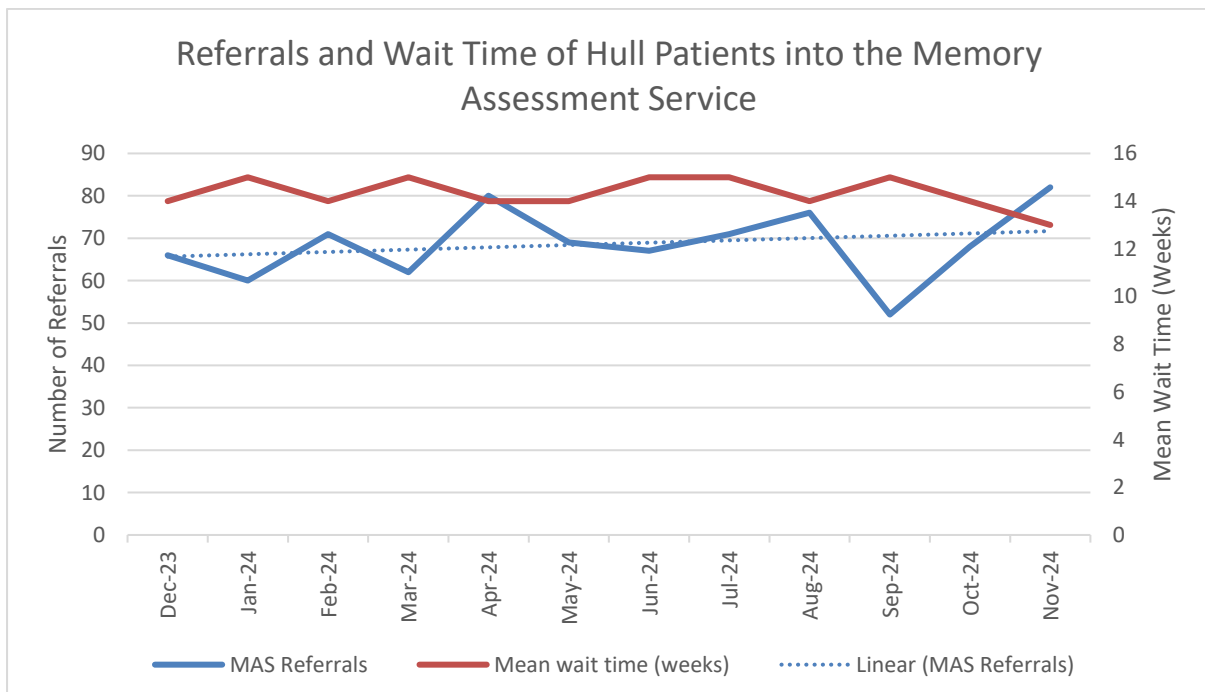
considering the needs, wishes and advanced statements of patients and carers. The primary role of the service is to “Diagnose Well” and provide an individual care plan to support the person living with Dementia and their supporters on transfer from the team.

The service is a comprehensive assessment of health and social care needs allowing shared interventions and treatment that are agreed collaboratively with patients, in their best interest and in the least restrictive manner. Where a social care need is identified, the patient is referred to social services for a comprehensive social care assessment.

“Diagnosing Well” necessitates timely, accurate diagnosis, care planning and review within the first year. The standards are:

- Diagnosis
- Memory Assessment
- Concerns Discussed
- Investigation
- Provide Information
- Integrated and Advanced Care Planning

The assessments undertaken within the MAS were severely curtailed during the pandemic due the frail nature of the patients as patients could not be brought into clinics and a majority could not be managed on-line. Since then, the service has undertaken significant demand and capacity work and subsequently remodelled their delivery model in response to findings.



Comparison with peers indicates that referrals into the service are at the lower quartile, which supports other evidence that there is underdiagnosis within our region.

However, at present the Dementia Diagnosis Rate for Hull is currently 67.5% which is above the 66.7% expected prevalence for the city. Very often the longer waits are due to patients who are in hospital or who have cancelled feedback sessions several times.

There are also challenges with acute partners who undertake the CT scans and deliver the associated interpretation of these scans. These reports are vital in delivering a diagnosis and create a bottle neck in the process when there are delays. This is work that the ICB/Provider Collaborative is focussed on as it is a regional/national issue.

The MAS team are currently recruiting to a post with Sustainability and Development Fund monies to support demands.

RECOMMENDATION

The Hull Health and Care Overview and Scrutiny Committee are asked to note the contents of this paper.