

Report for Cheshire East Scrutiny Committee

March 2022

1. Introduction

This report provides Cheshire East Scrutiny Committee with an update on CWP's progress with service provision in the following two areas:

- Mental health support for Military Veterans
- Mental health support for children and adults with Eating Disorders

2. Mental health support for Military Veterans

The Trust is very aware of the potential impact of the current conflict in Ukraine on military veterans. The work described below pre-dates the current conflict, which has highlighted why this work is so important.

2.1. Veteran Aware Status

In 2021, the Trust was re-accredited as a veteran aware organisation. The accreditation status lasts for 3 years. The following provides an update on the progress and development which has enabled the successful re-accreditation:

- The CWP Veterans Network has been established. The inaugural meeting was held on Friday 23rd July 2021. The network is the main conduit for discussion and co-production to inform and shape the veteran aware workstreams.
- A Veterans and Reservists intranet site has been established and is the central information portal and evidence repository for all things relating to veterans and reservists. Access is available to all staff.
- Dedicated veteran awareness training has been developed. The intention is to make the basic awareness training mandatory for all staff and new employees via induction to promote veteran awareness.
- Our clinical champion has completed the SERVES training (Armed Forces Mental Health Awareness and Suicide Prevention Training) in August 2021 and this will be incorporated into the offer of training on the CWP Virtual Academy following recruitment of staff who are able to complete the 'Train the Trainer' Course.
- CWP has piloted "veterans passports" with our primary care practices. This pilot is a prelude to establishing the passport across all primary care sectors.
- The recording and reporting of veteran aware status and dependents are being extended to include all physical health services. This went live on 1st November 2021. The ambition is that all services will be enabled to record and report on veteran status.
- A dedicated Reserve Forces Training & Mobilisation Policy is to be developed to support our Silver Defence Employer Recognition Scheme submission in 2022.
- We have linked with Operation Courage, which is a high intensity user service for veterans across the north of England. This enables us to be able to refer patients for specialist support as required. CWP has undertaken an internal relaunch around this to ensure staff are aware that this offer is available for veterans to access.

- CWP encourages all its employed veterans to register their veteran or reservist status to enable a baseline measurement to monitor future progress.
- We encourage our clinical teams to ask the question: are you a veteran or a dependent? This will enable improved recording and reporting of veteran and dependent access to all CWP services.
- Further development of our veteran recruitment approach will be explored to support our Silver Defence Employer Recognition Scheme submission in 2022.
- Veteran aware has been embedded into the Trust's suicide awareness training.

In pursuit of these aspirations, The Trust works closely and is supported by our colleagues at Stockport NHS Foundation Trust and the University of Chester.

2.2. Armed Forces Covenant

The Trust has re-signed the Armed Forces Covenant, re-affirming its pledge to the principles and commitments of the covenant, and to our veterans and their families. Crucial to fulfilling this pledge, the Trust is required to publicise these commitments through its literature and its public facing website, setting out how we will seek to honour them and inviting feedback from the Service community and our customers on how we are doing.

2.3. Defence Employer Recognition Scheme

Currently, the Trust has a Bronze status accreditation with the Defence Employer Recognition Scheme. It is the ambition that the Trust achieves a Gold standard, although we aim to move through Silver Status first. Our key milestones for achieving Silver status are:

- Expression of interest for the Defence Employer Recognition Scheme – Silver Status (January 2022).
- Submission of evidence for the Defence Employer Recognition Scheme – Silver Status (July 2022)

3. Eating Disorder Services

3.1. Support for Children and Young People

3.1.1. Cheshire Eating Disorder Spoke teams (community offer)

- CWP's Eating Disorder Spoke teams are based in the local community CAMHS teams and work with young people aged 8-18 years with eating disorders. Across Cheshire, there are three Eating Disorder Spoke teams, two of which contribute at place to East (Central Eating Disorder Spoke team and East Eating Disorder Spoke team).
- Each Spoke team is made up of Eating disorder therapists and a dietitian. The Eating Disorder Spoke teams link in closely with the CAMHS teams to access psychiatry support where needed.
- The Eating Disorder Spoke teams are commissioned to see young people with eating disorders within 1 week for urgent referrals and 4 weeks for routine referrals in line with nationally defined targets. The teams will make contact quickly following receipt of a referral to arrange a date for an assessment appointment. This assessment appointment is an opportunity for the team to understand how things are for the young person and their family and how the eating disorder is affecting and impacting on their day-to-day life. Towards the end of this assessment the teams will develop a care plan with the young person and their family identifying next steps for support based on their clinical presentation and need.

- Our Eating Disorder Spoke teams offer psychological therapies clinically indicated for people with eating disorders and are recommended by NICE guidelines. The teams offer individual, family and group therapy, depending on what would be most beneficial for presenting need. Young People will also be offered appointments with our specialist dietitian.

Accessing Spoke teams

- The spoke teams in each place are accessible via the local community CAMHS team.
- Professional referrals should be sent via the local CAMHS team process. The local Eating Disorder Spoke team will review all referrals that indicate, or the specialist CAMHS staff suggest has eating disorder concerns.
- Referrals are screened by Duty Professionals in East Cheshire or the Well-Being Hub in Central Cheshire.
- Eating Disorder Spoke team members make contact within one working day to undertake a telephone triage of information to ensure we have a full picture of the young person's presenting need.

Impact of Covid on referrals

- Since the Covid-19 pandemic there has been a significant increase in demand in referrals and severity of presentation. This increase in demand and risk across Cheshire East mirrors what is happening on a national level. To be able to meet this increased demand, to be able to continue to meet requirements of national targets and in anticipation of this increase in demand being sustained, additional posts have been introduced into each Eating Disorder Spoke team to bolster existing capacity.

3.1.2. Cheshire Eating Disorder Specialist (CHEDS) outpatient service (hospital admission avoidance)

- The Cheshire and Merseyside Adolescent Eating Disorder Service (CHEDS) is a specialist outpatient team that offers assessment, treatment and support to young people aged 13-18 with a broad range of complex eating disorders like anorexia nervosa, bulimia nervosa, binge eating disorder or atypical eating disorders. The service is based in the Countess of Chester Health Park at Churton House and is aimed at hospital admission avoidance.
- Outpatient treatment is less disruptive to social and family life in comparison to inpatient treatment (e.g. staying in a hospital for young people experiencing mental health difficulties), so this is encouraged as much as possible.
- The service offers individual, parent, family and group therapy, depending on what would be most beneficial for the individual. People accessing the service are also offered appointments with a Specialist Dietitian and additional 1:1 sessions with an Assistant Psychologist.
- The service offers twice yearly Multi-Family Therapy Workshops, which are 4-day long intensive family therapy courses involving up to 6 families at a time. Due to limited spaces, this course is only offered if the team it would be beneficial to an individual at that point in treatment.
- If it is felt that inpatient treatment would be beneficial to an individual, CHEDS works closely with the paediatric ward at the Countess of Chester hospital, and the children and young people's inpatient services at Ancora House in Chester, to provide hospital care for young people with eating disorders.

Accessing CHEDS

- Referrals are currently accepted from Children and Young People's Mental Health Services across Cheshire and Wirral Partnership, including the Spoke teams based in Crewe, Winsford and Macclesfield. In order to be assessed by CHEDS, the child/ young person must first be receiving treatment from one of these teams.
- Once referred, the team will see someone within 7 days (if it's an urgent referral) or 28 days (if it's a routine referral). The assessment will be with both the young person and their parents and takes place in Chester. Once the assessment is complete, the team will consult with the multi-disciplinary team and provide the individual with the outcome of the assessment as soon as possible. If it is agreed that the individual will benefit from treatment with CHEDS, the service aims to organise an appointment within 2 weeks of the assessment. During that time, support packs from CHEDS will be provided, and the individual will be asked to engage in a call which ensures treatment is person-centred and adjusted to individual needs.

3.2. Support for Adults with Eating Disorders

On 1 October 2021, CWP took on the Lead Provider Collaborative role for the provision of Adult Eating disorder services across the North West. This means that the following organisations are working together, and with people who use services:

- NHS Lead: Cheshire and Wirral Partnership NHS Foundation Trust
- NHS Providers:
 - Greater Manchester Mental Health NHS Foundation Trust
 - Lancashire & South Cumbria NHS Foundation Trust
 - Mersey Care NHS Foundation Trust
- Independent Sector Providers: Priory Health Care

The Lead Provider Collaborative (LPC) has had significant engagement with stakeholders including community and private sector partners and, following a co-production exercise, is known as EmpowerED.



There is a robust governance structure which delineates between the provision and commissioning of services and CWP as host LPC has a separate commissioning function to oversee the clinical and operational delivery of services across the partnership. In line with the community mental health transformation, CWP has prioritised investment to develop Eating Disorder Services across Cheshire and Wirral.

Key developments have been:

- introducing the FREED model with additional clinical posts
 - FREED is the acronym for the **F**irst episode **R**apid **E**arly intervention for **E**ating **D**isorders model. It is a service model and care package aimed at 16 – 25 year olds who have had an eating disorder for three years or less (anorexia nervosa, bulimia nervosa, binge eating disorder, or another eating

disorder). FREED helps young people to access specialised evidence-based treatment quickly. The goal is for treatment to start within 4 weeks of referral to an eating disorder service.

- FREED also attends to the specific needs of young people in the early stages of an eating disorder. It emphasises early, pro-active engagement; early symptom change; family involvement; attention to the effects of eating disorders on the brain; attention to social media use; and attention to transitions (out of school, to university, into work) and 'emerging adulthood'.
- FREED operates as a 'service within a service'. It complements, rather than replaces, existing eating disorder services and treatments.
- working alongside BEAT (the UK's eating disorder charity) to deliver the "Momentum" programme
 - Momentum is a guided self-help programme for people with Binge Eating Disorder, which includes eight telephone support sessions delivered over 12 weeks by Specialist Advisors using the NICE-recommended guided self-help book.

In line with the LPC commissioning team, the LPC are scoping out a full needs assessment to consider future commissioning intentions aligned with population health needs, transition of children into adult services and consideration of community models and investment.

4. Conclusion and Recommendations

Support for military veterans and people with eating disorders has been prioritised and improved over the past 12 months.

Cheshire East Scrutiny Committee are asked to:

- note the progress made
- identify any areas for further discussion or prioritisation