

JOINT CITY AND COUNTY HEALTH SCRUTINY COMMITTEE
11 OCTOBER 2016
CHILD AND ADOLESCENT MENTAL HEALTH SERVICES (CAMHS)
REPORT OF CORPORATE DIRECTOR FOR RESILIENCE (NOTTINGHAM CITY COUNCIL)

Purpose

- 1.1 To consider the provision of Child and Adolescent Mental Health Services in the community.

2. Action required

- 2.1 The Committee is asked to use the information provided to review the provision of Child and Adolescent Mental Health Services in the community; and identify if any further scrutiny is required.

3. Background information

- 3.1 In May 2016 the Committee received an update on work by Nottinghamshire Healthcare Trust to improve Child and Adolescent Mental Health Services (CAMHS), including development of new outpatient facilities for the City and south of the County with a countywide single point of access; and a new inpatient CAMHS unit with an increased number of beds and a new Psychiatric Intensive Care Unit. As part of this discussion, the provision of community CAMHS was raised including its impact in reducing demand for inpatient CAMHS.
- 3.2 A joint paper from commissioners and providers outlining current provision of CAMHS and transformation plans for improving children and young people's mental health in the City and the County is attached and representatives of both commissioners and providers will be attending the meeting to discuss this with the Committee.

4. List of attached information

- 4.1 The following information can be found in the appendix to this report:

Appendix 1 – Joint report from NHS Nottingham City CCG, Nottingham City Council, Nottinghamshire County Council and Nottinghamshire Healthcare NHS Foundation Trust on 'Children and Young People's Mental Health and Wellbeing'

5. **Background papers, other than published works or those disclosing exempt or confidential information**

None

6. **Published documents referred to in compiling this report**

- 6.1 Report to and minutes of the meeting of the Joint Health Scrutiny Committee on 10 May 2016

7. **Wards affected**

All.

8. **Contact information**

Jane Garrard, Senior Governance Officer
Tel: 0115 8764315
Email: jane.garrard@nottinghamcity.gov.uk

Report to the Joint Health Scrutiny Committee (Nottingham and Nottinghamshire)

11 October 2016

REPORT OF NHS NOTTINGHAM CITY CLINICAL COMMISSIONING GROUP, NOTTINGHAM CITY COUNCIL, NOTTINGHAMSHIRE COUNTY COUNCIL AND NOTTINGHAMSHIRE HEALTHCARE NHS FOUNDATION TRUST.

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING

Purpose of the Report

The purpose of this report is to update the Joint Health Scrutiny Committee on Child and Adolescent Mental Health Services (CAMHS) in Nottingham and Nottinghamshire, including progress in the implementing local transformation plans to improve children and young people's mental health.

Introduction and Context

Since the publication of the *Future in Mind* national taskforce report into improving children and young people's mental health in March 2015, and the subsequent requirement for local areas to produce system-wide local transformation plans outlining how they would improve local provision, there has been significant progress made locally in transforming children's mental health provision. The local transformation plans (summaries in appendices i and ii) for both Nottingham City and Nottinghamshire, include the following priorities:

- a. Promoting resilience, prevention and early intervention: acting early to prevent harm, investing in early years and building resilience through to adulthood.
- b. Improving access to effective support – a system without tiers: changing the way services are delivered to be built around the needs of children, young people and families.
- c. Care for the most vulnerable: developing a flexible, integrated system without barriers.
- d. Accountability and transparency: developing clear commissioning arrangements across partners with identified leads.
- e. Developing the workforce: ensuring everyone who works with children, young people and their families is excellent in their practice and delivering evidence based care.

Both plans are supported by detailed implementation plans, and progress made in delivering the plans to date includes establishing a crisis and intensive home treatment services for young people in mental health crisis to offer crisis assessments in the community and in acute hospital

settings, in-reach support to acute hospital and tier 4 (inpatient mental health) settings, and intensive home treatment to those young people deteriorating into crisis.

Current service pathways and local provision

The current pathways for children in need of accessing support for their emotional and mental health needs can be found in appendix iii. Clinical commissioning groups (CCGs) are responsible for commissioning specialist mental health provision, whilst NHS England commissions inpatient provision for young people with mental health needs. The responsibility for commissioning support for emotional health is shared between local authorities and CCGs.

Nottingham City

In Nottingham City, referrals for emotional and mental health support are made to the Behavioural, Emotional and Mental Health Single Point of Access, hosted by Nottingham City Council. They are then triaged and allocated to the most appropriate service for assessment, or signposted to a more appropriate service.

The CCG commissions a range of services to support children's emotional health, including counselling provision (online and face to face, Kooth and Base 51), a self-harm awareness raising project (SHARP) and a team supporting children with behavioural and emotional health needs (CityCare). The CCG and local authority jointly fund Tier 2 (Targeted) CAMHS, which is provided by the local authority. In 2015/16, the service accepted 1001 cases for assessment. Average waiting time (for Q3 and Q4 only) from referral to assessment was 35 days and from referral to treatment was 57 days. In Q1 of 2016/17, the service accepted 175 cases for assessment, with a further 32 being jointly assessed with specialist CAMHS. Average waiting time from referral to assessment was 39 days and from referral to treatment was 52 days.

The CCG commissions specialist child and adolescent mental health services from Nottinghamshire Healthcare NHS Foundation Trust. In 2015/16, the service accepted 778 cases for assessment. Average waiting time from referral to assessment was 2.22 weeks and for referral to treatment was 5.07 weeks. In Q1 of 2016/17, the service accepted 200 cases for assessment. As at 8 September 2016 (most recent monitoring information available), the average waiting time from referral to treatment was 3.59 weeks.

Nottinghamshire County

Since April 2016, an integrated CAMH service has been in place in Nottinghamshire, accessed through a Single Point of Access within Nottinghamshire Healthcare NHS Foundation Trust. This new service includes services previously referred to as targeted (tier 2) and specialist (tier 3) CAMHS. This means that data is no longer comparable. In 2015/16, targeted CAMHS accepted 3430 referrals for assessment. The average waiting time from referral to assessment ranged by CCG area from 46 to 71 days. The average waiting time from referral to treatment ranged by CCG area from 80 to 136 days. It is against this context of waiting times that CCGs agreed to put additional investment into CAMHS in Nottinghamshire County, with the new funding taking effect in April 2016.

In 2015/16, specialist CAMHS accepted 2426 cases for assessment. The average waiting time from referral to assessment was 3.10 weeks and from referral to treatment was 7.15 weeks.

In terms of the new integrated service, average waiting time for referral to treatment as at 8 September 2016 (1 April 2016 to this date), was 9.36 weeks.

Work is ongoing within both Nottingham and Nottinghamshire to ensure a continued focus on performance monitoring, and to improve the availability and consistency of data across the emotional and mental health pathway, so that resources can be targeted where they are most needed.

Focussing on improving outcomes

One of the key national priorities in terms of improving children's mental health is in ensuring that there is a focus on providing interventions that are evidence based and effective, and that children and their families find useful and supportive. This is one of the aspects of the Children and Young People's Improving Access to Psychological Therapies programme, which all areas across the country are expected to implement. It has four strands:

- upskilling the workforce in evidence based interventions,
- promoting improved access to services including self-referral,
- ensuring that children, young people and their families are actively involved in service developments through co-production, and
- utilising routine outcome measures to assess the impact of interventions.

The promotion of the use of routine outcomes measures stems from research indicating that clinical staff have, in the past, been challenged in accurately detecting client deterioration. The use of standardised routine outcome measures (such as scaling tools) demonstrates that frequent measurements at the beginning and end of therapeutic sessions, leads to improved outcomes, decreases deterioration rates, and reduces the rates of young people not attending sessions. The young person's point of view is most predictive of outcome and therefore extremely important.

Within Nottinghamshire Healthcare NHS Foundation Trust the use of routine outcome measures has been mandatory since September 2015 across many of the teams. These measures are utilised by staff in every face to face encounter and feature within both managerial, clinical and peer supervisions. Nottingham City, has also recently begun to incorporate the use of routine outcome measures within clinical practice. Over the next year, as robust data is collated and aggregated, this will provide intelligence as to the perception of young people of both the effectiveness of their interactions with CAMHS, but also their experiences of the interventions.

Transition to adulthood

A benchmarking exercise has been undertaken to identify the current transition pathways for young people approaching adulthood. The exercise did demonstrate that there were some good examples of a clear client journey from CAMHS to Adult Mental Health Services where there are aligned services. For those young people the transition is well planned and joint working takes place for an identified period of time to allow that adjustment into a new service. But the exercise

also highlighted and demonstrated that there are actions required for those young people that may not meet the criteria for an adult mental health service.

A solution focused task and finish group has been established, with representation from both CAMHS and Adult Mental Health Services, to develop the action plan to inform the pathways for all young people transitioning from the children and young people's mental health services.

Priorities moving forwards

Local priorities for continuing to improve services in support of children's mental health for 2016/17 include focussing on the early intervention strand of *Future in Mind*, as well as ensuring support for vulnerable groups and improving accountability and transparency:

- a. Implementing programmes to develop academic resilience in schools.
- b. Improving the information provided to children, young people, families and professional referrers about referral pathways for CAMHS, including what services offer and what needs they will address.
- c. Developing a multi-agency workforce development offer in relation to emotional and mental health.
- d. Implementing the performance framework for children and young people's mental health.

RECOMMENDATION/S

- 1) That Members of the Committee note the progress in made in transforming services in support of children and young people's emotional and mental health.

For any enquiries about this report please contact:

Lucy Peel

Programme Lead, Children and Young People's Mental Health and Wellbeing

T: 0115 977 3139

E: lucy.peel@nottsccl.gov.uk



What we want to achieve:

- more young people to have good mental health, including those in vulnerable groups such as children looked after, children subject to child protection plans, children with disabilities and young offenders
- more children and young people with mental health problems to recover
- more children and young people to have a positive experience of care and support
- fewer children and young people to suffer avoidable harm
- fewer children and people to experience stigma and discrimination

Our commitment to children, young people and families:

- We will support children and young people to be actively involved in the design, delivery and evaluation of children and young people's mental health services
- We will provide clear information about the range of services available, so that children, young people and families know who does what and how to access help
- We will commission and provide services in a joined up way, so that money is spent well, on evidence based interventions
- We will monitor the effectiveness of services as we strive for continuous improvement
- We will support and encourage the education, training and development of the local workforce
- We will value mental health equally with physical health

Update July 2016

- Children and Young People's Mental Health Executive continuing to oversee progress against the plan
- Nottinghamshire Healthcare NHS Foundation Trust have mobilised the integrated Community CAMHS model, including a CAMHS Single Point of Access and a Primary Mental Health Worker function.
- Evaluation has started on the CAMHS Crisis Resolution and Home Treatment model. Stakeholder feedback is welcome via CAMHSCrisisTeam@nottshc.nhs.uk
- The Children's Society has been commissioned to provide a specialist therapeutic service for children and young people who have experienced sexual abuse and/or exploitation.

Our priorities for 2015-2017:

- Promoting Resilience, Prevention and Early Intervention
 - Provide better information for children and families about how to help themselves and when to seek support
 - Develop online or telephone support for young people who need emotional support
 - Increase the numbers of children and young people able to take part in programmes to build resilience in schools
- Improving Access to Effective Support
 - Have one community child and adolescent mental health service (CAMHS) rather than two separate services, with more practitioners working in it, so children do not have to wait so long to get the support they need
 - Introduce Primary Mental Health Workers to provide advice, consultation and guidance to schools and GPs about children's mental health issues
 - Set up a crisis team to respond quickly to young people who have a mental health crisis
 - Improve the access arrangements for CAMHS so that children in need of support get prompt access to the right service
- Care for the most vulnerable
 - Develop specialist support for children who have been sexually abused and/or exploited
 - Review services for children and young people with learning disabilities and neurodevelopmental disorders
- Accountability and transparency
 - Make sure that we get the most out of the money that is spent on children's mental health and wellbeing, and that services are making a difference to children and young people's lives
- Developing the workforce
 - Improve and make more training available to professionals working with children, young people and families where there are emotional or mental health difficulties.

For more information please contact:

E: lucy.peel@nottshc.gov.uk
T: 0115 97 73139

**Progress Update
28 July 2016**

NOTTINGHAM CITY TRANSFORMATION PLAN FOR CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING 2015-2020

Our vision is to develop and implement a simplified, responsive and efficient pathway that supports and improves the emotional wellbeing and mental health of children and young people in Nottingham

What we want to achieve:

- Children and young will have timely access to programmes to support mental resilience and prevent mental health problems
- Problems will be identified earlier and effective interventions will be in place
- Outcomes will be measured and improved through effective treatment and relapse prevention
- Support will be in place for children and young people with mental health problems; this support will be easily accessible
- The wellbeing, and physical health, of children and young people with mental health problems will be improved

Our Values:

- We will actively involve children, young people, parents and carers, community groups, clinicians, and partners in everything that we do
- We will understand and respond fairly to the changing needs of our diverse population and will promote equality and address health inequalities
- We will continually improve the quality of services through collaborative, innovative and clinically-led commissioning
- We will support and encourage the education, training and development of the local workforce
- We will secure high quality, cost-effective and integrated services within available resources

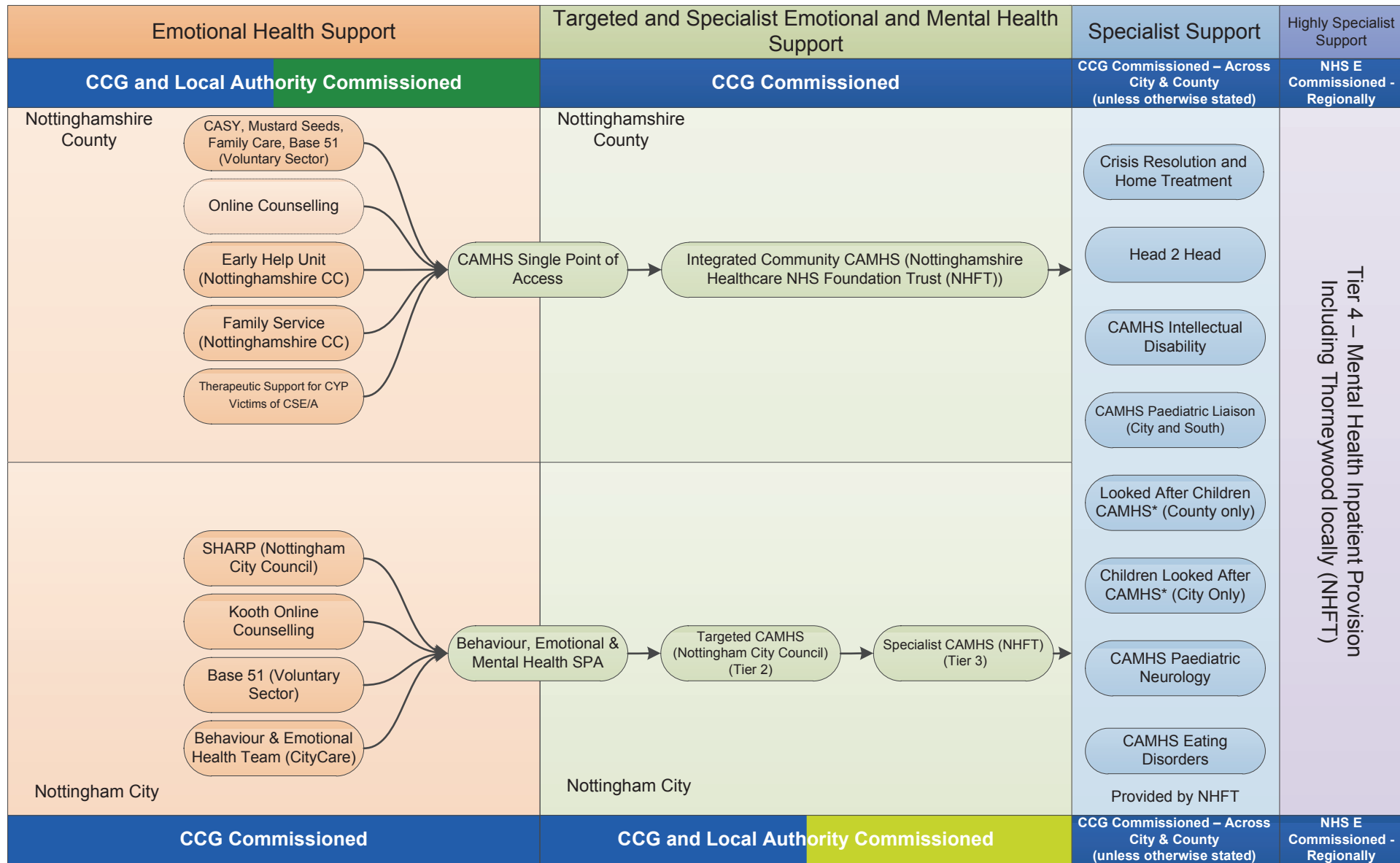
Our priorities:

- Promoting Resilience, Prevention and Early Intervention
 - Provide better information for children and families about how to help themselves and when to seek support
 - Increase the numbers of children and young people able to take part in programmes to build resilience in schools
- Improving Access to Effective Support
 - Increase the consultation, advice and guidance available to schools and health service providers to enable them to better support children and young people with emotional health needs
 - Improve the access to CAMHS so that children in need of support get prompt access to the right service
 - Ensure that different organisations providing mental health services to children and young people work together effectively and that children are effectively supported
 - Set up a crisis team to respond quickly to young people who have a mental health crisis
- Care for the most vulnerable
 - Review services for children and young people with learning disabilities and neurodevelopmental disorders
 - Review access to services for children and young people from minority backgrounds
- Accountability and transparency
 - Make sure that we get the most out of the money that is spent on children's mental health and wellbeing, and that services are making a difference to children and young people's lives
- Developing the workforce
 - Improve and make more training available to professionals working with children, young people and families where there are emotional or mental health difficulties.

Update September 2016

- Evaluation has started on the pilot CAMHS Crisis Resolution & Home Treatment model. Stakeholder feedback welcome via CAMHSCrisisTeam@nottshc.nhs.uk
- Independent evaluation of the Behavioural, Emotional and Mental Health Pathway completed to inform future service provision.

Nottinghamshire County and Nottingham City CAMHS Provision



* Looked After Children teams in both the city and county are integrated local authority and NHFT teams.

- Nottinghamshire's Online Counselling is currently being procured and is not available yet.