

Nottinghamshire Child & Adolescent Mental Health Services Review Update



Objectives:

- Bring together children, young people, families, commissioners, and professionals to review the current provision of services, undertake gap analyses and propose evidence-based models of future delivery.
- Develop an outcome-focused commissioning framework that is in line with national policy and guidance that will deliver safe, high quality and responsive services within the resources available.
- Inform the development of an implementation plan, a workforce development strategy and a robust performance management framework to monitor progress against the introduction of the pathway.

For more information

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Aim of the review:

To build on the findings and recommendations of the 2013 Nottinghamshire health needs assessment for children's emotional wellbeing and mental health, in order to inform the development of a new commissioning framework for emotional wellbeing and mental health services.

Methodology:

A multiagency and multidisciplinary steering was established to inform and oversee the review. Four structured workshops were held to review current provision, best practice and evidence base and to design models for future delivery.

In addition, targeted engagement was carried out with the following groups which informed the findings and recommendations:

- service users and their families, and other groups of children and young people
- schools, health and social care professionals

Key findings:

The review highlighted areas of good practice but also significant challenges, reflecting the national concerns in relation to CAMHS. In summary:

- Parts of the pathway are at gridlock and there is evidence of difficult processes affecting flow through the pathway
- Children and young people are falling through gaps
- There are artificial barriers for families to navigate
- Children and young people are waiting a long time for a service
- The services are becoming crisis driven and are having difficulty in responding to new crises – this has impacts earlier in the system
- Primary care and universal services, including schools, require additional support and advice

Recommendations:

A new service model has been proposed in response to the findings of the pathway, policy and evidence review. The key changes include:

- Integrating current tier 2 and tier 3 services and contracts
- Implementing the Choice and Partnership Approach (CAPA) operating model and embedding the Children and Young People's IAPT principles into practice
- Integrating or aligning the CAMHS Single Point of Access with Nottinghamshire County Council's Early Help Unit
- Increasing provision for a primary mental health function to provide pre and post CAMHS support to tier 1 and universal services, including primary care and schools
- Aligning service provision with wider children's services to enable integrated care planning and delivery, particularly with education, early help and social care provision
- Investing in a Crisis and Extended Treatment Service that is aligned to an all ages Crisis Response Team

Current position:

- Review findings and recommendations have been shared with and received broad support from CCGs along with the Health and Wellbeing Board, Nottinghamshire Safeguarding Children Board, Children's Trust Board and the Children's and Young People's Committee.
- A 3 year Service Improvement Implementation Plan has been developed and resources secured to support implementation.

Next steps:

- Service transformation business case, incorporating proposed service model, implementation plan and investment proposal developed and to be presented to CCG Clinical Cabinets / Executives and Governing Bodies for approval throughout April 2015.

Version 1

10 March 2015