

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

Report of the Chief Officer Sunderland CCG.

1. Purpose of this Report

- 1.1 The purpose of this report is to inform members of the current position relating to services to support child and adolescent mental health and provide an outline self-assessment of readiness to meet the requirements laid out in 'The Future in Mind' documents published by DoH and NHS England in 2015

2. Partnership Arrangements

- 2.1 Sunderland CAMHS Partnership have recently refreshed the Mental Health and Emotional Well Being Strategy for Sunderland to reflect National Policy and Guidance including Future in Mind document published by DoH and NHS England in 2015.
- 2.2 The partnership currently reports to the multi-agency Mental Health Programme Board but this will be reviewed as the partnership arrangements for Children and Young People within the City develop.
- 2.3 Partners have recently completed an assessment of readiness to meet the requirements of Future in Mind and this will be presented to the Health and Well Being Board in September 2015 prior to being submitted to the DoH.

3. Service Provision

- 3.1 There are a broad range of services to support Children and Young People (CYP) with mental health needs across Sunderland these are as follows:

National Services

- 3.2 NHS England currently commissions Tier 4 services for children with highly complex, severe or persistent mental health needs (0.075%). These are predominantly in-patient services and are provided by the two major mental health trusts in the region as follows:
- Tees Esk and Wear Valley (TEWV) Regional Eating Disorder Service for Children and Young People
 - Northumberland Tyne and Wear Mental Health Foundation Trust (NTW) Regional CAMHS and Learning Disability Services including intensive care, in-patient and Neuro-Development Disorder Service
- 3.3 NHS England operates a national bed management system and meet with CCG commissioners on a regular basis to monitor activity.

Local Services

3.4 NTW Children and Young Peoples Service (CYPS) Tier 3

3.4.1 Working in partnership with Sunderland City Council (SCC), Sunderland CCG commission NTW CYPS to provide specialist services to support children, young people and their families with severe and complex mental health needs (2% of population).

3.4.2 In addition NTW CYPS have been commissioned to provide a broad range of services that include:

- Intensive Home Treatment Services for children, young people and families with acute or highly complex and severe mental health needs - to prevent hospital admission
- Multi Systemic Treatment Services - to support children, young people and their families with complex behavioural, mental health and social care needs
- Support for children, young people and families in special circumstances with moderate levels of mental health need (Tier 2+) including those:
 - Who have learning disabilities
 - Who are or have been looked After or accommodated including those who have been adopted
 - Who have been neglected or abused or are part of a child protection plan
 - Who have a learning or physical disability
 - Who have chronic, enduring or life limiting illness
 - Who have substance misuse issues
 - Who are at risk of, or have been involved in offending
 - Who are homeless or who are from families who are homeless
 - Whose parents have problems including domestic violence, illness, dependency or addiction

3.4.3 In addition the service offers training, consultation, in-reach, outreach and opportunities for joint working with targeted service providers e.g. Youth Offending Service (YOS) and Looked After Children (LAC), substance misuse services, paediatrics.

3.4.4 The CYPS service have continued to develop their model of care to improve access and waiting Times to meet the increasing demands in referrals.

3.4.5 As a result of this, by March 2016, the maximum wait from referral to treatment will be 12 weeks for 95% of children and young people. In addition at least 50% of children and young people will wait less than 9 weeks. Within this, children and young people with severe and complex needs are seen more urgently, using their

Urgent and Priority guidelines and processes to ensure that urgent cases are seen as set within 24, 72 hours and priority cases within 4 weeks.

- 3.4.6 This compares favourably to the 18 week national target that is currently being proposed for CAMH services to ensure mental health waiting time standards mirror physical health waiting time standards.

3.5 South Tyneside Foundation Trust (STFT) Community Child and Adolescent Mental Health Service (CCAMHS) Tier 2

- 3.5.1 Working in partnership with Sunderland City Council and with some additional funding from SCC, Sunderland CCG commission the CCAMH Service to provide services for children, young people and their families with moderate levels of mental health needs (7% of the population).The service provides:

- Individual and group work, brief intervention, parenting support, talking therapies and counselling
- Training, consultation and joint work to increase the capacity of universal service providers to meet the mental health needs of children, young people and their families.

- 3.5.2 Working with commissioners the service undertakes a process of improvement most recently this has included :

- The successful bid and implementation of the Children and Young People's Improving Access to Psychological Therapies (CYP IAPT) programme.
- The recruitment of a wide range of posts financed via investment awarded as part of the CYP IAPT programme.
- Implementation of electronic care record
- Maintenance of less than 12 week waiting times.

- 3.5.3 In line with the CYPS, the CCAMHS are reporting increasing numbers of referrals which is creating waiting time pressures from 6 – 10 weeks.

3.6 Universal and Targeted Services Tier 1

- 3.6.1 There are a broad range of services that have responsibility for mental health promotion for ALL children, young people and their families (100%) and providing support for children, young people and their families with mild to moderate levels of mental health need (15%) These include:

- Midwifery Services (commissioned by CCG)
- Health Visitor and Family Nurse Partnership Services (commissioned by LA)
- Children's Centres, Nurseries and Early Years Settings (commissioned / provided by LA)
- Schools, Colleges and Training Providers
- Services for young people e.g. youth services (commissioned by LA)
- School Nursing Service (commissioned by LA)
- General Practitioners (commissioned by CCG from April 2015)

- 3.6.2 In addition targeted and specialist service providers have a responsibility to support the mental health needs of CYP these include: paediatric services, strengthening families, children social care and youth offending service.

4. CAMHS Self – Assessment

4.1 Best Start in Life

4.1.1 Current position:

- There are systems in place to identify early warning signs of mental health distress within maternity services with direct access and support from mental health service provision.
- Mental health training and advice is available to early year's practitioners, including midwifery, health visitor, children centre.

Areas for Development

- To gain an understanding of the level of population need.
- To improve perinatal mental health community support.
- To scope the current universal service provision across Sunderland to gain an understanding of the early intervention service gaps.

4.2 Whole school approaches to mental health and wellbeing.

4.2.1 Current Position

- The DfE have produced a range of guidance and funding opportunities for schools to assist them in promoting mental health and wellbeing within their schools.
- The healthy child programme requires school nurses to work at community family and individual levels to support mental health and emotional wellbeing.
- The CCAMS provides a broad range of training and support for schools to meet the mental health needs of children and young people including counselling peer support whole class and group approaches.
- Sunderland successfully implemented the targeted mental health and schools programme with a significant number of schools across the city resourced to provide therapeutic spaces and with identified mental health leads with significant additional training.

4.2.2 Areas for development

- Work in partnership with schools in relation to their responsibility to promote mental health and provide early intervention services. This may include schools commissioning additional services including behaviour support and education psychology.
- Ensure mental health and emotional wellbeing aspects of the Healthy Child Programme are delivered by the school nursing service
- Further develop the mental health lead role within schools aligned to development of link professional within CAMHS.
- Build on current best practice to develop and provide evidenced base programmes including Mindfulness.

4.3 Build upon success of the existing anti-stigma campaign led by Time to Change

4.3.1 Current Position

CAMH services are working in partnership to tackle stigma and raise awareness of mental health issues in children and young people across all agencies.

4.3.2 Areas for Development

- Partners to continue to raise awareness, provide targeted training events and themed activities to promote mental health
- Further develop peer support across a broad range of settings

4.4 Enhance existing maternal, perinatal, early years health services and parenting programmes

4.4.1 Current Position

- DH and NHS England are considering a waiting time standard for mental health services by 2020
- Sunderland offers priority access to psychological therapies in the peri-natal period
- DfE and DH are considering 0-2 year old early interventions pilots
- Sunderland have in place access to a broad range of services to promote attachment and provide evidence based programmes of intervention to parents to improve early years mental health

4.4.2 Areas for Development

- Support for National Programmes as appropriate
- Increase the capacity of the universal work force to appropriately recognise and address identified mental health needs

4.5 Support self care through the further development of new apps and digital tools

4.5.1 Current Position

CAMH Services are beginning to use technology to support engagement and reduce DNA's

4.5.2 Areas for Development

Develop a framework to support the effective and safe use of new apps and digital tools

4.6 Develop models of integrated service delivery based on best practice

4.6.1 Current Position

CAMHS provision has been commissioned to operate as an integral part of services for children. The services currently support agreed referral processes and pathways

including the Strengthening Families model and work collaboratively with other agencies to meet the needs of children, young people and families.

4.6.2 Areas for Development

Models of integrated working to improve all outcomes for children, young people and families need to be further developed across the city. The provision of support for mental health and emotional well-being will need to be integral to integrated models of service provision for children, young people and families.

4.7 Enabling single point of access

4.7.1 Current Position

- CAMH Services participate in the current Strengthening Families Model.
- There is a single point of access into CCAMH Service provision
- There is a single point of access into CYP Service provision
- CCAMH and CYP service work collaboratively to ensure that children and young people receive the most appropriate service to meet their level of mental health need. This prevents referrers having to make a judgement on level of need.

4.7.2 Areas for Development

Partners need to work together to improve pathways across all aspects of service provision for children, young people and families, The CAMH services will continue to work with commissioners to improve access to services including supporting locally agreed referral pathways.

4.8 Improve Communication and Referrals

4.8.1 Current Position

Schools and primary care providers including GPs are able to access CAMH services through telephone contact. There are some named contacts for specific services e.g. Strengthening Families, Looked After Children, Youth Offending Service. However there are currently not named points of contact for all services.

4.8.2 Areas for Development

Establish named CAMHS links to services for children and young people in particular schools, GP practices and all services for children in special circumstances.

4.9 Develop a joint training programme to support lead contacts in specialist CAMHS and schools

This is a national pilot. Sunderland CCG worked with partners including CCAMHS, CYPS, SCC and the voluntary sector to bid to become a pilot site to participate in a joint training programme between CAMHS and schools. Over 30 nursery, primary, secondary, mainstream and special volunteered to become involved in the pilot

4.10 Strengthen links between CAMHS/LD and services for children with special educational needs and disabilities.

4.10.1 Current position

Sunderland CYPS provide an integrated mental health and learning disability service. Both services participate in the development of Education Health Care Plans.

4.10.2 Areas for Development

- Work arising from involvement in the Special Educational Needs and Disability planning process identified the need to improve the diagnostic pathway for Autistic Spectrum Disorders. On completion of this, further work will be undertaken to improve interventions and support for children, young people and their families with Autistic Spectrum Disorder.
- To work with current service providers to ensure that CYP and those with LD are assessed in a timely manner to meet the requirements of the education, health and care planning process and to ensure the delivery of an integrated package of care and treatment to support their needs.

4.11 Support and intervention for CYP in crisis in line with the crisis care concordat.

4.11.1 Current Position

- Sunderland locality has in place a crisis care concordat plan which includes children and young people.
- Children and young people have access to intensive care and treatment services as well as out of hours mental health services.

4.11.2 Areas for Development

Develop innovative models of integrated multi-disciplinary support for children with complex behavioural, mental health and social care needs that include children and young people with challenging behaviours

5. Summary

- 5.1 The planning, commissioning and delivery of services to improve mental health and emotional well-being outcomes for children and young people needs to form an integral part of partnership planning and delivery of services for children and young people.
- 5.2 Sunderland has a broad range of commissioned services to meet the need of children with mental health problems however there is increasing referral pressure on these services.
- 5.3 Some priority needs to be given to developing services to support peri-natal mental health and working with universal and targeted service providers to promote mental health and emotional well-being and deliver support and intervention to children, young people and families with mild to moderate levels of mental health need.

- 5.4 CCAMH and CYP service should continue to work pro-actively to continue to reduce waiting times and improve access to services as agreed with commissioners.
- 5.5 CAMHS Partnership should continue to support the implementation of evidence based interventions with particular consideration given to the potential impact of mindfulness in increasing resilience and supporting mental health.
- 5.6 The development of mental health lead role in schools (and in other services for children and young people) alongside identified CAMHS practitioners to link with schools, GP's and targeted service providers needs to continue to be developed.
- 5.7 Pathways to support children with special educational needs and disabilities need to continue to be developed with CAMH services including diagnostic and intervention pathways for Autistic Spectrum Disorder.
- 5.8 Innovative models of integrated multi-disciplinary support for children with complex behavioural, mental health and social care needs that include children and young people with challenging behaviours

6. Recommendation

- 6.1 That the Scrutiny Committee notes and comments on the current position relating to services to support child and adolescent mental health

Glossary of Terms

CAMHS – Child and Adolescent Mental Health Services

CCG – Clinical Commissioning Group

CYP – Children and Young People

DfE – Department for Education

DoH – Department of Health

IAPT – Improving Access to Psychological Therapies

LD – Learning Disabilities

NHS – National Health Service

NTW – Northumberland Tyne and Wear Mental Health Foundation Trust

SCC – Sunderland City Council

TEWV - Tees Esk and Wear Valley

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