HILLINGDON
LONDON

Social Services, Health & Housing Policy Overview & Scrutiny Committee Review Scoping Report 2011/2012

OBJECTIVE

Short title of review

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

Aim of review

To review and recommend improvements to Child and Adolescent Mental Health Services in the Borough.

Terms of Reference

1. To consider existing internal and external arrangements in the Borough with regard to child and adolescent (including looked – after children). mental health services and any improvements that could be made;
2. To review whether the local processes in supporting children and adolescents with mental health issues are adequate, timely, effective, cost efficient and consider the provision and arrangements for children out of the borough.
3. To review the guidance and support that is currently available from the NHS, voluntary organisations and the Council to these individuals and their families and carers;
4. To seek out the views on this subject from Residents and partner organisations using a variety of existing and contemporary consultation mechanisms;
5. To improve awareness and understanding of child and adolescent mental health issues for professionals;
6. To examine best practice elsewhere through case studies, policy ideas, witness sessions and visits; and

7. After due consideration of the above, to bring forward cost conscious, innovative and practical recommendations to the Cabinet in relation to child and adolescent mental health service arrangements in the Borough.

Reasons for the review

The following definition of mental health problems in children and adolescents is taken from the National Services Framework Children and Adolescents Mental Health Service (NSF CAMHS) standard:

"Mental health problems may be reflected in difficulties and/or disabilities in the realm of personal relationships, psychological development, the capacity for play and learning and in distress and maladaptive behaviour. They are relatively common, and may or may not be persistent.

When these problems (conforming to the International Classification of Diseases criteria) are persistent, severe and affect function on a day to day basis they are defined as mental health disorders."

There are issues of stigma around mental health. Stigma is a particular problem and a major barrier to the use of mental health services. Despite the fact the mental health problems of some form may affect as many as 1 in 4 of the population over their lifetime, there are widespread public misconceptions about mental illness. As a result, people with mental health problems may experience isolation, discrimination and a lack of acceptance by society.

Increasing numbers of young people are presenting with mental illness problems owing to a variety of factors (better diagnosis, greater family and societal awareness, drug and alcohol problems and the pace of modern life), which puts pressure on services.

The consequences of failure to deal adequately with young people's mental illness can be seen in rates of suicide for young men and in the prevalence of mental illness among young people and young adults in prisons or on probation. The cost of getting these services wrong falls not just on the young people and their families but also on society.

Mental health services for those up to the age of 18 years come under the auspices of the Child and Adolescent Mental Health Service (CAMHS) London. Local provision includes the Child, Family and Adolescent Consultation Service (CFACS), Hillingdon, which offers therapy services to those aged 0-18 years with emotional, behavioural and other mental health problems and their families, and education services, e.g. educational psychologists.

Central and North West London NHS Foundation Trust (CNWL) is one of the largest Trusts in London, offering a wide range of health and social care services across ten boroughs. CNWL specialises in caring for people with

mental health problems, addictions and learning disabilities, as well as providing community health services to residents in Hillingdon and Camden and primary care services in a number of prisons.

The Child, Family and Adolescent Consultation Service (CFACS) offers services for infants, children, adolescents from the ages of 0-18 with emotional, behavioural and other mental health problems. The service caters for families in Hillingdon and offers family therapy, individual therapy, group therapy and parent/infant therapy.

From discussion with officers at CFACS, some areas of concern that they have with regard to the service are:

- Funding: This was something that CFACS officers acknowledged that all sectors were currently found to be an issue and that it was of increasing concern to them. It was difficult to provide the same service with a tightening budget.

- Parenting: This could be looked at to help parents and also possibly assist in early intervention with regard to children and adolescents mental health.

- Learning Disabilities: The services CFACS offer for children with learning disabilities is limited. Early intervention is crucial to reduce the impact on a child's life at a later stage and reduce the long term cost to a range of organisations. This is an area the Council is in the process of reviewing.

Supporting the Cabinet & Council's policies and objectives

To be determined.

INFORMATION AND ANALYSIS

Remit - who / what is this review covering?

It is proposed this review will look at:

1. understanding the needs and requirements of agencies and children that mental health issues, and the services offered to them and their families and carers;
2. improving awareness and understanding of children's mental health issues for professionals;
3. improvements that could be made with regard to early diagnosis and intervention;
4. how to ensure a higher quality of care/living well for children with mental health issues and their families; and
5. how to reduce mental health-related hospital admissions and unscheduled care costs on the health side and social care admissions on the Local Authority side.

The Committee's recommendations will go to the Cabinet and the Council's partners for approval.

Connected work (recently completed, planned or ongoing)

Mental Health and Emotional Wellbeing for All, a Strategy for Children, Young People and Families in Hillingdon 2008/9 – 2011/12

There are four key drivers underpinning both the need for the Mental Health and Emotional Wellbeing for All strategy and its overall direction. These drivers are:

1. The overarching national vision for CAMHS
2. National and local policy drivers
3. What children, young people and their parents and carers consider is needed for services to be effective
4. Hillingdon's local circumstances and demography

The purpose of the strategy is to set out the vision and structures that will guide and shape the commissioning and delivery of a range of services at Tiers 1 to 4 which will promote and address the mental health and well being of children and young people in Hillingdon.

The strategy reflects the national policy and planning guidance described in the *National Service Framework, The Mental Health and Psychological Wellbeing of Children and Young People (NSF CAMHS*).

It also draws on the findings of the National CAMHS Review documented in "*Children and young people in mind: the final report of the National CAMHS Review".*

It should be noted that the Mayoral charities for 2011/12 are focussed on mental health. The money raised will go to help support the work of MIND; Hillingdon Child and Adolescent Mental Health Services (CAMHS); Woodlands Centre, Alzheimer's and Dementia unit; Riverside Acute Unit. The Mayor hopes to raise awareness of mental health during her time in office and aims to reduce the stigma associated with it.

EVIDENCE & ENQUIRY

Methodology

1. A Working Group would be set up to examine background documents and receive evidence at its public and private meetings from officers and external witnesses.

2. The Committee may also make visits to sites and/or to other Councils with best practice examples.

3. Relevant literature and websites for background reading for Members be researched.

4. A consultation exercise could also be undertaken.

Witnesses

Possible witnesses include:

1. Individuals with mental health issues living in Hillingdon and their carers.

2. Officers from Children and Families, Public Health Team, Youth Service and Youth Offending Team.

3. External partners, e.g. Clinical Commissioning Group (formerly GP Consortium), NHS Hillingdon/Hillingdon PCT and The Hillingdon Hospital NHS Foundation Trust, CQC, Health and Wellbeing Board, CAHMS and CFACS

4. Cabinet Member for Social Services, Health and Housing.

There may need to be some further prioritisation within this list of witnesses in order to make the review manageable and ensure that it is completed within the prescribed timescale.

Information & Intelligence

To be determined.

Consultation and Communications

Consultation could be undertaken with individuals with mental health issues, relevant charities, service departments and outside organisations.

Lines of enquiry

1. Are Residents' expectations and concerns about children and adolescent mental health reflected in local service standards?

2. How are instances currently identified and dealt with across the Borough and how can this be improved and standardised?

3. How have other areas/councils successfully dealt with the issue of children and adolescent mental health?

4. How well developed are local strategies and partnerships with regard to children and adolescent mental health issues?

5. Can you identify the barriers for working?

6. What training is available to staff to properly detect and deal with cases?

7. What information, support and advice is available to those that may need it? How can this be improved?

8. How are children and adolescent with mental health issues involved in their communities and civil society?

9. How good are local awareness, early identification and diagnosis?

10. What information and advice is available locally? What treatment and support services are available?

11. What support is available for the carers of children and adolescents with mental health issues? Is this support sufficient/how could this be improved?

12. How can education and training in relation children and adolescents with mental health issues for professionals and carers be improved?

13. What funding is available and how sufficient is this to meet the needs of the demand of the service required?

14. Balance of the 'nanny state' versus an individual's freedom.

PROPOSALS

To be developed as the review progresses.

LOGISTICS

Proposed timeframe & milestones

Meeting	Action	Purpose / Outcome
31 August 2011	Agree Scoping Report	Information and analysis
Date TBA	Introductory Report / Witness Session	Evidence & enquiry
Date TBA	Witness session	Evidence & enquiry
Date TBA	Witness session	Evidence & enquiry
Date TBA	Draft Final Report	Proposals – agree recommendations and final draft report

Equalities

The Council has a public duty to eliminate discrimination, advance equality of opportunity and foster good relations across protected characteristics according to the Equality Act 2010. Our aim is to improve and enrich the quality of life of those living and working within this diverse borough. Where it is relevant, an impact assessment will be carried out as part of this review to ensure we consider all of our residents' needs.

Risk assessment

The review needs to be resourced and to stay focused on its terms of reference in order to meet this deadline. The impact of the review may be reduced if the scope of the review is too broad.

Equality Implications

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