

# CHILD AND ADOLESCENT MENTAL HEALTH SERVICES (CAMHS) UPDATE

<b>Relevant Board Member(s)</b>	Councillor Philip Corthorne
<b>Organisation</b>	London Borough of Hillingdon
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<b>Papers with report</b>	N/A

## 1. HEADLINE INFORMATION

<b>Summary</b>	To inform the Board of recent activity to develop a joint commissioning strategy to improve services in Hillingdon for children and young people who have problems with their social and emotional wellbeing or mental health.
<b>Contribution to plans and strategies</b>	The report will contribute to the development of the joint commissioning strategy for social and emotional wellbeing and Child and Adolescent Mental Health Services (CAMHS).
<b>Financial Cost</b>	The financial cost of the CAMHS service provided by London Borough of Hillingdon is £397,000. The financial costs of the CAMHS service provided by Hillingdon CCG are approximately £1.5 Million. There are other costs associated with the provision of Early Help services that the Council is providing.
<b>Ward(s) affected</b>	All

## 2. RECOMMENDATIONS

That the Health and Wellbeing Board:

- 1) notes the report and the joint work across the Council, Health and other key stakeholders to develop a joint commissioning strategy for social and emotional wellbeing and CAMHS in Hillingdon.
- 2) receive the joint commissioning strategy for social and emotional wellbeing and CAMHS at the next Board.

## 3. INFORMATION

The level and quality of services in Hillingdon provided to children and young people who have problems with their social and emotional wellbeing or mental health require improvement. As is the case nationally, there is an increase in the rate at which children and young people in Hillingdon are reporting emotional and mental ill health. Recent high profile reports (e.g., Commons Select Committee Report, 2014) and a focus on children's mental health by the media helpfully highlight the level of demand and unmet need for this population group.

Various reasons for increasing demand are speculated including increased pressure on family time and resources, increasing educational pressures and incidence of bullying including by social media. Additionally there has been a national and local baby boom over the last decade and in Hillingdon this equates to the highest rate of children in the population than in any other London borough and nationally at 26.4%. There is a need for commissioners and providers to provide a range of integrated pathways of care across organisations to ensure early intervention and community services effectively prevent behaviours and symptoms escalation into to more acute mental health provision.

### **Definition of social and emotional wellbeing services and CAMHS Tiers 1 to 4<sup>1</sup>:**

- Tier 1:** provided by professionals whose main role is not mental health, including GPs, HVs, school nurses, social services, voluntary agencies, teachers, residential social workers and juvenile justice workers.
- Tier 2:** provided by specialist trained mental health professionals including services commissioned from the voluntary sector working primarily on their own but may provide specialist input to multiagency teams. Help young people that have not responded to Tier 1 and provide consultation and training to Tier 1 professionals. Include clinical child psychologists, paediatricians, educational psychologists, child psychiatrists, community child psychiatric nurses, qualified counsellors and therapists
- Tier 3:** for young people with more complex MH problems. Many Tier 2 professionals also work at Tier 3 in a multidisciplinary team. Include child and adolescent psychiatrists, social workers, child psychologists, community psychiatric nurses, child psychotherapists, occupational, art, music and drama therapists.
- Tier 4:** for children and adolescents with severe and/or complex problems. In residential, day patient or outpatient settings providing a combination or intensity of interventions that cannot be provided by Tier 3, for example in secure units, or services for eating disorders, sexual abuse and neuro-psychiatric problems.

### **Hillingdon CAMHS review 2013**

In the context of anecdotal evidence of high unmet need, the Council and Central North West London (CNWL) Mental Health Trust undertook a comprehensive review of CAMHS which was completed during 2012/13. The review came to a number of conclusions and identified the following gaps:

- Lack of local needs analysis information to inform priorities
- Limited universal and targeted provision across a fragmented system
- Lack of integrated pathways of care across organisations and step up step down processes
- High rate of referral return
- High rate of children and young people being admitted to in Tier 4 provision
- No mental health specialist provision for children and young people with Learning Difficulties
- Withdrawal or decrease of provision to improve communication, behavioural, developmental and education needs (LBH budgets transferred to schools)
- Lack of crisis intervention pathway and Out of Hours pathways needs review
- Gaps in specialist perinatal mental health pathway

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<sup>1</sup> From NSF 2004 and update expectation of good practice (NHS CAMHS Benchmarking Report December 2013)

- Poor transition planning
- Lack of participation structures and mechanisms
- No pooled or aligned budgets

Since the CAMHS review in 2013, there has been limited progress in tackling the gaps identified. Despite the review, there was no comprehensive joint commissioning strategy or action plan developed to maintain improvements in the service. In addition to this, the Hillingdon Healthwatch report (December 2014) further highlighted the level of poor consultation and communication with service users in the Borough.

However, there has been some progress made since the review which can be summarised as follows:

- Public Health have undertaken a CAMHS needs assessment.
- Activity by Hillingdon CCG to develop an Intensive Support (Crisis Management) service and LD CAMHS service via co- production with LBH and CNWL.
- Hillingdon CCG has invested additional resources to develop a specialist perinatal mental health provision. Recruitment successful and in post January 2015.
- Hillingdon CCG has invested in expanded Out of Hours provision following review by NWL health economy.
- Early interventions services developed new programmes for young people, e.g., Swagger, Ichoose.
- Increased DSG investment and range of service provision for children with ASD.
- The Council has funded specialist therapeutic provision for children in the care, post permanency support, children with SEN and post 16 outreach.

### **Current work being undertaken**

Through the Children's Health Programme Partnership, the HCCG and the Council have established a programme across partners and service providers. One of the work streams is *social, emotional well-being and mental health*. This group has coordinated a joint stakeholder event to refresh the work undertaken as part of the review in 2013 and develop a joint commissioning strategy and action plan.

The strategic vision is based on information from the recent JSNA in Hillingdon and is informed by the report by Healthwatch Hillingdon. The intention is to delivery a model identifying how all agencies are required to work together to ensure the holistic mental health and wellbeing needs of children and young people are met. The model will be delivered through three key principals:

#### **1) Universal Promotion and Prevention**

Prevention is viewed as an essential mechanism to minimise mental health and wellbeing problems occurring. A holistic universal prevention and promotion approach incorporates the provision of services to support positive parenting and attachment in the early years, delivering programmes to minimise risk, delivering services in and around schools, and within the community.

#### **2) Early Help and Intervention**

Taking action to tackle problems that have already emerged and will generally provided within a community setting. Services will be developed to ensure they have the knowledge, skills and

competencies, and provide access to the appropriate specialist advice/consultation. Children and young people will be supported earlier to help prevent mental health issues developing. The developed model identifies the importance of 'pathways' in the delivery of specialist CAMHS.

### **3) Specialist Therapeutic Intervention**

Specialist mental health services will ensure that the problem are assessed in a timely way and, where appropriate, diagnosed and treated in order that the child or young person makes a swift recovery and has follow up support to prevent problems recurring. Care pathways will be developed based on good practice and that acknowledge new evidence. The joint stakeholder working group will meet in early March 2015 to develop an overarching three year delivery plan specifying year one priorities for delivery within each of the objective areas:

- I. Universal Promotion and Prevention
- II. Early help and Intervention
- III. Specialist Therapeutic Intervention
- IV. Emergency Assessment and Intensive Community Support/Home treatment
- V. Needs of Vulnerable Groups
- VI. Improved joint working including joint commissioning arrangements

### **Governance and Monitoring of Progress**

The joint commissioning strategy and action plan will be submitted to the Council's and HCCG governance bodies for agreement and sign off. The Social, Emotional Wellbeing and Mental Health Working Group will project manage the plan and it will be monitored at the Children's Health Transformation Programme Group. The Working Group members include representation from HCCG, LBH (Public Health, social care, Early Help), Healthwatch, CNWL and the voluntary sector. Invitations will also be made to Hillingdon Schools to be represented and the group. The group will meet monthly. As part of the monitoring process, it is recommended that regular progress reports will be provided to the Health and Wellbeing Board, Local Safeguarding Children's Board and Children's and Families Trust Board on a quarterly basis.

## **4. EFFECT ON RESIDENTS, SERVICE USERS & COMMUNITIES**

The joint commissioning strategy is intended to improve the effectiveness and quality of services in Hillingdon provided to children and young people who have problems with their social and emotional wellbeing or mental health require improvement.

The Social, Emotional Wellbeing and Mental Health Working Group includes representation from Healthwatch Hillingdon and further community consultation will be planned as part of the implementation of the overarching delivery plan.