

TRAFFORD COUNCIL

Report to: Health Scrutiny Committee
Date: 1st July 2015
Report of: Head of Service South Area Family Support Team

Report Title

CAMHS Report Health Scrutiny Committee

Summary

This plan sets out how Children & Adolescent Mental Health Service (CAMHS) will work to meet the mental health needs of children and young people in Trafford, and in doing so; reflect the strategic objectives and operational priorities of Pennine Care Divisional Delivery Plan and the Children and Young People's Plan.

Recommendation(s)

For information.

Contact person for access to background papers and further information:

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CAMHS Report Overview and Scrutiny Committee

This plan sets out how Children & Adolescent Mental Health Service (CAMHS) will work to meet the mental health needs of children and young people in Trafford, and in doing so; reflect the strategic objectives and operational priorities of Pennine Care Divisional Delivery Plan and the Children and Young People's Plan.

The work of the specialist Child and Adolescent Mental Health Service (CAMHS) involves the assessment and management of children up to their 18th birthday who present with complex emotional /mental health difficulties and who are registered with a Trafford GP.

Current Service Structure:

- Integrated; specialist CAMHS;
- Multidisciplinary –combined psychology and psychiatry + allied health professionals;
- Emergency response – same day duty rota system;
- 7 day follow ups for deliberate self-harm/ Accident &Emergency presentations; and
- Out of hours – part of Greater Manchester wide response.

CAMHS provides high quality service to children and young people in Trafford. At all tiers within the service there are arrangements and pathways in place to deliver safe, effective, patient focussed care and services to children and families.

In the last twelve months, CAMHS as a specialist service continues to works with children and young people with a range of presentations such as:

- Possible Psychotic symptoms;
- Possible Depressive episodes;
- Threatened or actual self-harm;
- Anxiety Disorders;
- Eating Disorders;
- Obsessional thoughts or rituals;
- Difficulties suggestive of Attention Deficit Hyperactive Disorder; and
- Attachment difficulties.

The success of the service in improving outcomes for children and young people in Trafford is based on a well-developed service structure that is delivered to meet the increasing emotional need and demand of local children and young people. In the next twelve months CAMHS will be using the transformational service review to build on a strong partnership base to identify opportunities for collaboration on the future structure of the service and improving patient experience of the service.

CAMHS are supportive of 'Early Help' because by offering advice, support and intervention on emotional health and wellbeing issues at the early stages and in different settings, there is a greater likelihood of reducing demand later on the service, and improving outcomes for children as escalation is reduced.

The annual activity report in fig.1 & 2 clearly show the annual percentage increase in referrals to CAMHS and the need for the CAMHS service to be aligned to the Early Help agenda if we are to successfully divert children and young people from specialist provision such as CAMHS.

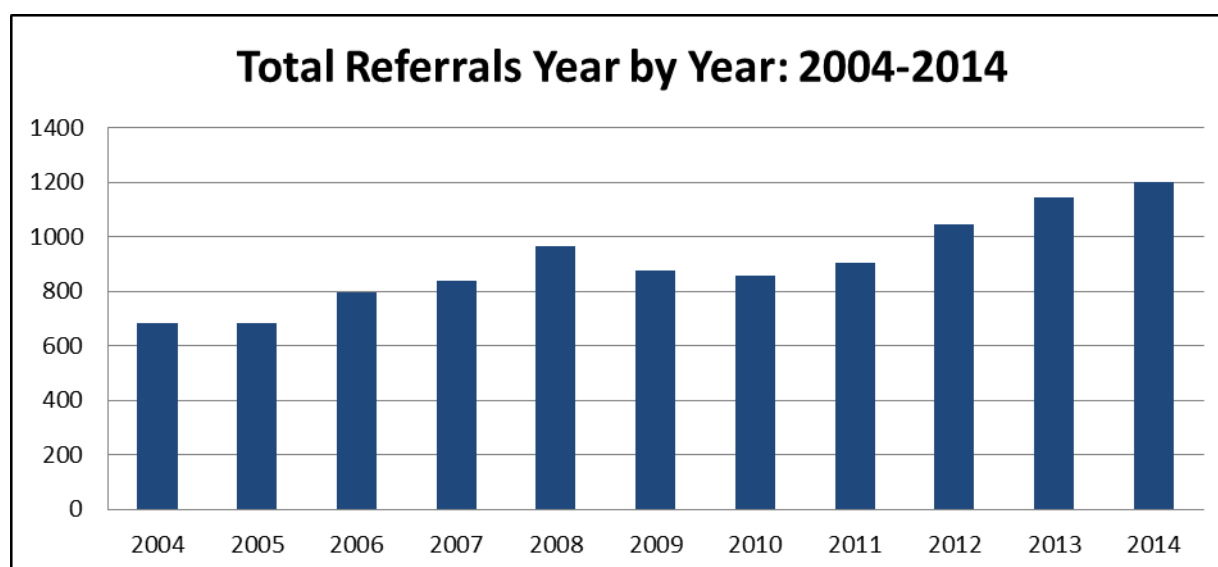
Referrals into CAMHS:

Annual Activity Report 2014

Fig 1

Year	Total Referrals	Percentage Increase (year on year)
2004	684	-
2005	685	0.1%
2006	797	16.0%
2007	838	5.1%
2008	968	15.0%
2009	878	-9.0%
2010	856	-2.5%
2011	903	5.4%
2012	1044	15.6%
2013	1146	13.9%
2014	1199	4.6%

Fig 2



Achievements by CAMHS:

- Trafford now have multi-agency CAMHS partnership, within Joint CYPS and has provided a more strategic focus on service developments;
- Increased confidence to deliver fully comprehensive provision for children and young people with complex needs;
- Significant fall in the number of children and young people waiting to be seen, with shorter waiting times as well;
- Increased % of targeted and dedicated worker teams with a focus on looked-after children and social care;
- Provision of 24/7 on-call services with a CAMHS response;
- Overall increase in the size of the workforce;
- Mental health now identified as a focus of work by a broad range of universal and targeted services; and
- More robust communications regarding more Tier 4 service interfaces that provide alternatives to inpatient care, and more units providing secure Inpatient Mental Health.

Challenges face by CAMHS:

The Committee will be aware of the recent concerns raised regarding the reduction in contribution to CAMHS made by the Local Authority. The Council's contribution to the development of the CAMHS Service in Trafford was partly used to establish a discreet CAMHS provision for the Children in Care Service. The current CAMHS resources in Children in Care will be reconfigured resulting in the retention of the 8B Psychologist and replacing the 8C Consultant with a band 7 Psychologist post. The 8C Consultant Psychologist currently in Children in Care will move to core CAMHS to take on some of the role left by a retiring 8D Psychologist. The 8C Psychologist will retain Consultation response for Children in Care. In reality there will be minimal reduction, if any in the resources in Children in Care.

The review of CAMHS that is currently taking place will provide a more robust view of the delivery of children's emotional health and wellbeing across all service areas and initiatives. There is no doubt that the discreet CAMHS provision in Children in Care is a well-regarded service, as is evident in the recent Ofsted inspection, and whilst any efficiency savings come with difficult decisions, it remains my intention to ensure that the impact on the service is minimised through taking into consideration the totality of the CAMHS resources.

It is also fair to say that the Council has demonstrated its commitment to improving children and young people's emotional health and wellbeing by making significant contributions to other evidence based programmes, which includes staff employed through the CAMHS service.

The transformation review of the service will address other challenges such as;

- The need for better workforce planning and skill mix;
- Still unacceptable variations/gaps/delays experienced by families;
- Waiting too long for interventions/ specialised support e.g. Autism/Family Therapy;
- Sometimes the lack of 'wrap-around' community packages including planned/crisis 'respite' support; and
- Monitoring improved outcomes difficult.

Reason for a Transformational Review of CAMHS:

A transformational review of Trafford tier 3 specialist CAMHS service provision (for those that are registered with a Trafford GP and/or who are resident in Trafford) is being undertaken to ensure that it is able to provide a clinically safe, cost effective and efficient quality service to meet the changing mental health needs of the registered GP and/or resident population (aged under 18) in Trafford.

This includes reviewing current tier 3 specialist CAMHS service provision; clarifying the role of the service within current and proposed future local pathways and arrangements, taking account of national, regional and local developments that could impact or potentially impact on future service delivery models; understanding current (and proposed future) measures and reporting of quality; considering current provision and any presenting capacity or quality issues arising including current waiting times, exploring options around the best use of all available resource opportunities, and to take account of feedback from those that work in the service, service users, carers and other stakeholders and to ensure that the service is able to deliver to the needs of different groups and communities in order to address inequalities.

Key outcomes of the transformation:

While it's not yet known how the future service will look, there are several key outcomes that we need to achieve through the transformation. These include:

- More effective triage processes;
- Improved skill mix for specialist CAMHS staff;
- Improved identification and treatment of emotional and mental health issues – with a particular focus on early identification;
- Improved clarity over the role of CAMHS and other partners – with a focus on working together more effectively;
- Improved engagement with service users, their families and carers;

- Improved self-care knowledge and skills for service users, and their families and carers, to ensure they are empowered;
- Improved patient experience;
- Improved flexible access to services; and
- Improved access to urgent support and psychiatric assessment.

Benefits:

Achieving these outcomes will deliver the following benefits for service users, their families and carers, CAMHS staff and healthcare partners:

- Improved identification of problems at an earlier stage means faster access to advice and treatment and an increased likelihood of successful recovery;
- Improved partnership working will increase the service's capacity to deliver care;
- Children and young people will have clear collaborative goals and outcomes established;
- Reduced waiting times for specialist CAMHS support;
- A reduction in the number of times children, young people and their families have to 'tell their story' to professionals;
- A more efficient service, meaning better use of limited resources;
- Better co-ordination of care;
- A reduction in the number of repeat referrals to CAMHS;
- An increasingly skilled workforce that better meets service users' needs;
- Increased choice for children, young people and families in how, when, where and from whom they receive services; and
- A more flexible access for CYP through weekend and evening provision and 24/7 access to urgent multi-disciplinary team and psychiatry assessment for mentally unwell CYP.

The review should be concluded in March 2016 and a new structure for CAMHS implemented.

Ken McDonald
Head of CAMHS