

4th November 2021

Report to Corporate Parenting Board on the Child & Adolescent Mental Health Service in Walsall

1. The CAMHS Service

Walsall CAMHS work together with young people, their families or carers to ensure that their lives are as good as they can be. Young people can receive treatment for emotional, behavioral or mental health difficulties and as well as receiving treatment, we also have clinics such as our ASD or ADHD Clinic where by young people may be given a diagnosis to help better explain or understand their difficulties.

Walsall CAMHS aims to provide a specialist service for all young people in the borough. The service has many specialist teams that can meet the needs of young people, whether it be for a young person who is looked after, has a specific diagnosis such as an eating disorder or a neurodevelopmental condition, are needing crisis support or even some short term school based intervention. As well as working directly with young people, we recognise that there are significant others in young people's lives that may need support also or need to understand a young person's difficulties; we also offer support and work for families and networks supporting these young people where it is deemed appropriate. It is important to us at Walsall CAMHS that we include everyone in the journey to make recovery as viable as possible.

Walsall CAMHS are a multi-disciplinary team who have experience of working with children and young people experiencing emotional health/mental health difficulties. There are a number of satellite services which also form part of the CAMHS portfolio of services, each team offers a dedicated service to a specific cohort of young people to ensure they receive the most appropriate and timely service possible and being part of CAMHS allows for step up or step down of cases and when required.

Description of CAMHS 'satellite' teams

Reflexions – Mental health support in schools (Mild) (Tier 1.5)

The Reflexions service is a hybrid model between CAMHS and Educational Psychology which commenced in January 2020. This service is a dedicated service to work with young people in the school settings who are beginning to show signs of 'struggle' with their emotional health, this may be due to bullying, friendship difficulties or even the early identification of neurodevelopmental difficulties through behaviours displayed. In Walsall we currently work with approximately 15 schools (primary, secondary, special and PRU) (please see appendix 1) with this being increased to 30 in January 2022 with a full coverage hoped for by 2025. Each school



has an allocated mental health lead teacher who will identify the young person and refer them into the service; Reflexions work closely with partner agencies to ensure that a young person accesses the right service at the right time and it is made clear to schools that Reflexions is an 'additional' resource to those they are already accessing.

The team will deliver 1:1 interventions if required over six sessions and will also provide psycho-education, assemblies, training and support to teachers and parents where it is needed. Coffee mornings are facilitated with parents and carers where specific subject matters are discussed to ensure they feel contained and able to manage their young person's presentation. There are pathways in place to be able to 'step down' to lower level services or 'step up' to Positive Steps or CAMHS where appropriate.

Positive Steps (Mild to Moderate) (Tier 2)

The Positive Steps Team in Walsall commenced in September 2017 and works in various ways, both individually and in groups with children and young people (CYP) ages 5-18 and their families. The Team work with early onset presentation (in the last 6 – 12 months) of emotional health needs. This means working with pre mental health diagnosis providing early intervention in areas of anxiety, low mood, low self-esteem, anger management in secondary school age young people and low level OCD. This individual work is carried out over 5 to 6 sessions. Under the umbrella of Positive Steps the team have key practitioners (CYP IAPT) who deliver 12 sessions where the need is more complex but is still pre mental health.

Children and young people can be referred into the team via an established pathway, through the GP service or Walsall School Nursing Service. Each individual referral will be screened and a decision made to either see the CYP in an initial Choice Assessment in order to conduct a full holistic assessment of the presenting emotional health needs before commencing the individual sessions.

The Team also work closely with schools in Walsall delivering on an evolving core offer, which currently includes wellbeing assemblies, parent workshops/coffee mornings, teacher workshops and stress workshops. The key element of Positive Steps is about pre mental health early intervention to help prevent the young person progressing on to having a mental health diagnosis.

Learning Disabilities (Moderate to severe) (Tier 3)

Learning Disability CAMHS is a specialist service within the generic CAMHS team. It is comprised of a multidisciplinary team that provides a service to children and young people up to 18 years old, who have a global learning disability and additional mental health difficulties.



The team often work with the family or wider system involved in the child's care. They offer assessment of a child's difficulties, diagnosis of developmental disorders; and undertake Psychological intervention and Therapeutic work with individuals, families and groups.

Youth Offending (Tier 3)

This service provides specialist assessment and interventions to children, young people and parents/carers with a range of highly complex emotional, psychological and behavioural problems in order to assess risk and identify mental health needs and appropriate intervention whilst providing advice and support to the Youth Offending Service. The aim is to help improve the mental health of young people involved in the Youth Justice System across all tiers but with a special focus on ensuring young people returning to community from the secure estate access emotional and mental health care. Liaison with Forensic services, Police, Courts and community services is an important aspect of the work completed.

FLASH inc Therapy for Residential Homes (Moderate to Severe) (Tier 3)

The Fostering, Looked-After & Adoption Supporting Hub (FLASH), is a therapeutic service that offers a range of interventions which provide support to children and young people, foster carers, residential Childrens' homes, Transitional Care leavers, adopters, and Adoption/Fostering teams.

The service is for those children and young people up to the age of 18 years of age, and the work focusses on helping adults who are responsible for directly providing care, those adults who are involved in supporting the child/young person (Social Workers/Teachers etc), and the children/young people themselves, with direct emotional/mental health support. The team offer a range of therapies in which to do this.

The work is done via professional consultations to those in the network around the children, where they will discuss how they can support everyone; direct work with children and young people to help them manage some very difficult experiences that have occurred in their lives, and they also work directly with adopters/foster carers to think about the early trauma for children, to develop an understanding of the behaviours children may present in their homes.

The FLASH team offer this support to children who are under the responsibility of Walsall Childrens Social Care only, and up to a 20 mile radius from Walsall wherever those children reside.

They are a small team of dedicated and committed professionals, who listen and think thoughtfully about what children and families need in order to reach their full potential.

Eating Disorders (Moderate to Severe) (Tier 3)



The all age eating disorders team works with young people who may have features of an Eating Disorder, this includes young people who may restrict the amount/types of foods they eat or who binge or make themselves sick. The team give advice to young people about achieving and maintaining a healthy weight, including helping them to gain weight if needed.

The team also provide physical health checks and refer young people for therapy if required, such as Family therapy or CBT. We can also offer support to young people in improving their self-esteem and body confidence which can often be affected in young people with an Eating Disorder. The Eating Disorder team works very closely with other teams, the family and schools to help young people to recover.

The Eating Disorder team is a pan trust service and works across the Black Country allowing consistency of care.

CAMHS Crisis & Home Treatment (Tier 3.5)

The CAMHS crisis and home treatment service can be involved in a young person's care for a variety of reasons:

- **Deliberate Self Harm Assessments** – ICAMHS see young people who have tried to harm themselves in some way or who are experiencing a crisis with regards to their mental health which has requested them to be admitted to A&E. ICAMHS will attend the paediatric ward at Walsall Manor Hospital to complete a mental health assessment once the young person is deemed medically fit.
- **Deliberate Self-Harm Follow Up** – Every young person assessed when seen at Walsall Manor Hospital is offered a follow up appointment within 7 days. This is to re-assess the risk post discharge following an episode of self-harm or crisis and considers either a plan of support from CAMHS, discharge from CAMHS and/or support from other services is required.
- **Priority Choice Appointments** – When a young person is referred to CAMHS and is deemed to have an increased risk to themselves or to others or if early intervention is required for the presenting symptoms ICAMHS will see a young person within 7 days of referral so that an assessment can take place.
- **Appointments and Home Visits** – ICAMHS see young people for appointments at home and sometimes at our offices. These appointments are for continuous assessment, monitoring and management or increased risk behaviours or episodes of mental health crisis that require more intensive monitoring.



2. Interventions provided

The CAMHS services have a variety of treatments and interventions they can offer to a young person, these are usually tailored to suit the need and presentation of the young person, e.g. a young person presenting with anxiety would benefit from cognitive behavioural therapy (CBT) whereas a young person presenting with trauma is more likely to engage through psychotherapy input.

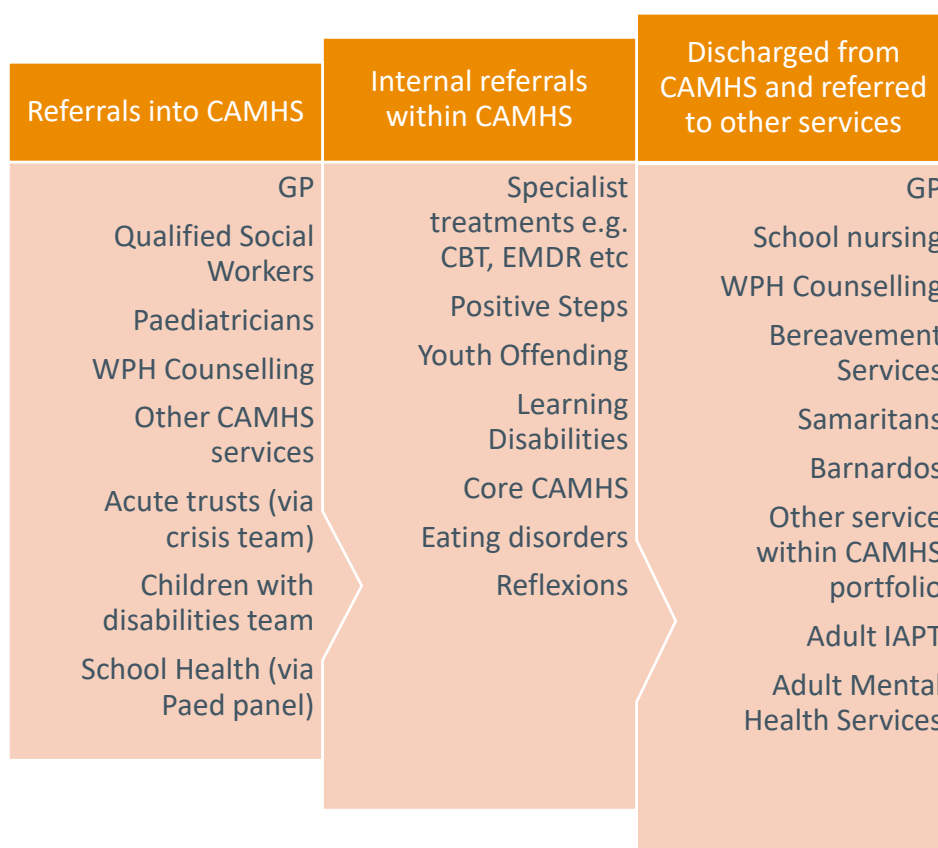
It is usual for a young person to move around within the service and be offered various interventions until the most appropriate one is identified but also on some occasions a young person may be 'held' on the caseload of more than one service at a time, this is typical if we think about a young person who has been referred for the autism spectrum disorder (ASD) clinic who as part of their journey with CAMHS may benefit from dialectical behavioural therapy (DBT) due to their high risk behaviours for example. A perfect example of this is when a young person may be referred into the FLASH team as they are on the edge of placement breakdown and through consultation and 1:1 work with the young person it is identified that family therapy is required, this would be an internal referral into that service and the young person and family/carers are offered a dual service.

3. Pathways

The CAMHS service operates within a network of other services and has pathways for referral into and out of the service as well as internal referral pathways to ensure a young person accesses all interventions required.

The diagram below demonstrates these pathways:





It is important to note that wherever possible the CAMHS service will not reject referrals from GP's but help to filter them into the most appropriate service. The majority of referrals that do not progress into CAMHS are taken to the paediatric panel for discussion and allocation, families are then notified of the service they will be accessing hence providing them with the most streamlined service.

4. Processes (including priority pathways)

Referrals received into CAMHS are screened by the duty worker(s) on a daily basis and the family are contacted to 'opt in' to an initial assessment appointment. This appointment has a national target date of 'within 18 weeks of referral' and this has a 96% compliance rate in Walsall CAMHS, there have been a total of 602 referrals received since April 2021 with only 25 not been seen within the 18weeks timeframe however these are due to 'did not attend' (DNA) or patient cancellations. On occasions we may have to manipulate the demand and capacity framework in which the team works to be able to offer more initial assessments than treatment slots and vice versa but this ensures we keep within the targeted timeframe.



Following the initial assessment it may be appropriate to offer an additional appointment to gain further information otherwise an outcome will be given, usually resulting in their suitability for the service. Where they are not suitable the CAMHS service will link with paediatric panel to ensure smooth transfer to another service however those that are suitable will then be added to the 'partnership' list (waiting list for treatment).

Presently waiting times are very long, these are attributed to by various factors:

- Impact of Covid
- Staff vacancies
- Increase in young people being referred for neurodevelopmental investigation
- Lack of other services in the Walsall locality
- Lack of post diagnostic support for ASD

In Walsall there is a particular difficulty around the lack of support for young people who have been given a diagnosis of ASD. Without support young people experience high levels of anxiety and other subsequent emotional problems which lead to them being re-referred into CAMHS for support. It was anticipated that covid would have a massive impact on young people and their social communication with others and this is an issue the CAMHS team can only forecast as deteriorating further.

There are few services available to young people with early emotional health difficulties in Walsall therefore their presentation tends to deteriorate which ultimately leads them to accessing CAMHS, many young people particularly with an autism diagnosis have gone into crisis during the pandemic and have needed to access crisis support. Once a young person is assessed for crisis they require priority allocation of a keyworker which again has an impact on the waiting list. The CAMHS team work closely with GP's in Walsall to ensure they refer into the priority pathway rather than send the young person to the Manor Hospital for assessment; only if the young person has taken an overdose or has severely self-harmed where stitching is required should referral to the acute trust be made.

Figures indicate that where the CAMHS team have priority pathways in place they have been able to deflect 43% of young people from presenting at the Manor Hospital. It is anticipated that through further communications and collaborative working with schools this percentage may increase further.

The CAMHS crisis team will respond to any deliberate self-harm referral received from the Manor Hospital and if the young person is not known to the service they are allocated in Core CAMHS unless they are a child looked after at risk of placement breakdown where they will transfer to



FLASH, a young person known to youth offending, or with a learning disability or a young person who requires lower level intervention where in this case they will be referred to the most appropriate team such as Positive Steps, CAMHS Learning Disabilities or the youth offending practitioner.

5. 24/7 Helpline

The Black Country 24/7 Mental Health Helpline is a free telephone-based service which is open 365 days of the year with no referral being required. The service has referral pathways set-up into Primary, Secondary and Third Sector voluntary organisations.

The Helpline is open access for people of all ages, available 24 hours a day, 7 days a week, providing immediate access to advice, emotional support, triage, referrals, and signposting. The service provides emotional support to callers in distress, in need of reassurance or at those times when people need to be listened to.

The introduction of this service has been very successful especially for young people who need immediate access to support, and the de-escalation skills of the staff help to alleviate any further crisis. Since April 2021 the service has received 230 telephone calls from young people or their families requiring support. Where the young person is known to the CAMHS service they are directed through to their usual CAMHS worker where the risk is of lower level or to the crisis team if they are considered higher risk. If the young person is not known to services they are referred through to CAMHS and risk assessed for urgency of treatment and allocated appropriately.

6. Future service developments

CAMHS is very much a spotlighted service mainly due to the consistent long waiting times and lack of resource. A national target of 35% of the children population accessing mental health services was applied to all health funded mental health services for young people in 2019 which has meant existing resources have been adapted to incorporate the additional demand as well as new developments have been planned for future years. The landscape is ever changing and with demand for services increasing the need for new ways of working and additional pathways is required.

- Standard service specifications have been agreed across the Black Country to reduce variations in service offer. This will include a standardised referral process and defined inclusion and exclusion criteria, standardised pathways.
- Expansion of the crisis intervention/home treatment model across the Black Country to incorporate 24/7 support and use of the section 136 suite at Penn Hospital



- A daily situation report of service users within acute settings to be developed for early escalation and monitoring. Crisis service manager will escalate any concerns
- Joint CAMHS/Adult Mental Health Services (AMHS) clinical model agreed and phase one of transition workforce is currently in development
- Multi-agency and multi-disciplinary weekly meetings commenced, hosted by acute hospitals for shared risk and decision making. Weekly catch-ups with acute wards, shared training, development of policy group
- Increased short breaks for service users and pilot residential facility
- Commence development of one front door to emotional wellbeing and mental health for CYP within the Black Country (single point of access)
- Mental Health Support Teams in schools will be embedded in schools and colleges
- Increase investment in all age model and access targets for eating disorders service
- CYPF Intensive Support Team (IST) mobilisation for CYP with autism and/or learning disabilities
- Enhancement of the Age-range in Dudley and Walsall CAMHS Core Services

7. Conclusion

The expansion of mental health services for young people is always needed however it cannot only be through the increase of staffing, the need to adapt and change the pathways and provisions in place already sometimes is required. The needs of young people also change over time and with the increase in neurodevelopmental referrals it is clear that services need to be able to manage the ever changing landscape, especially since the start of the covid pandemic which we are now starting to experience the 'fall out' from and the need for emotional/mental health support will only increase.

It is considered vital to have one system that is equitable and responsive across the Black Country that will deliver an emotional mental health and wellbeing service that accommodates the individual needs of young people and through the planned developments and adaptations this can be achieved for our families throughout the region.





Black Country Healthcare

NHS Foundation Trust

Appendix 1

Walsall	Dudley	Sandwell	Wolverhampton
Chuckery Primary School	Hawbush Primary	The Phoenix Collegiate	Castlecroft Primary School
Bluecoat Federation inc Bluecoat Infants Bluecoat Juniors	Wrens Nest Primary	Bristnall Hall Academy	Uplands Primary School
Delves Federation inc Delves Infants Delves Juniors	Jessons Primary	Harvills Hawthorn Primary School	The King's CE School
Shortheath Federation inc Lane Head Nursery Rosedale infants Shortheath Juniors	St Mary's RC Primary	Old Park Primary School	Woodthorne Primary School
The Ladder School	Queen Victoria Primary	Brickhouse Primary School	Smestow School
Shelfield Ormiston Academy	Ellowes Hall	Ormiston Forge Academy	St Anthony's Catholic Primary Academy
Grace Academy	St James Academy	Timbertree Academy	St Michael's Primary School
Phoenix Academy	Link Academy	Ferndale Primary School	St Judes CofE Primary School
Ryders Hayes Primary School	Pegasus Academy	Springfield Primary School	St Edmund's Catholic Academy
Lower Farm Primary School	Beacon Hill Academy	Westminster School	Oak Meadow Primary School
Fibbersley Park Primary School	Old Swinford Hospital School	Hargate Primary School	Ormiston New Academy
Pheasey Park Farm Primary	Cherry Tree Short Stay School	St Gregory's Catholic Primary School	Wednesfield High Academy
Cooper & Jordan Primary School	Dudley College	Crocketts Community Primary School	Perry Hall Primary School
	Sycamore Short Stay School	Perryfields High School	Rakegate Primary School
	Netherton CoFE School	Virtual School	Elston Hall Primary School
	Thorns Primary	Langley Primary School	Christ Church CofE Junior School
	Bromley Pensnett	George Salter Academy	
	Priory Primary School	Albright Education Centre	
	Dingle Community Primary School	Lodge Primary School	



Together with you to achieve **healthier, happier lives**



Black Country Healthcare

NHS Foundation Trust

	St Marks CofE Primary School	Galton Valley Primary School	
	Brockmoor Primary School	Shireland Collegiate Academy Trust / Tameside Primary Academy	
	Rufford Primary School	The Holy Trinity	
	Wallbrook Primary School	Tameside Primary School	
	Dormston School	St James CE Primary School	
	Windsor High School	Wodensborough Ormiston Academy	
	Bishop Milner Catholic College	Lightwoods	
	The Kingswinford School & Science College	Perryfields Primary School	
	The Sutton School & Specialist College	Summerhill Primary School	
		Jubilee Park Academy	
		Joseph Turner Primary School	
		Health Futures UTC	
		Q3 Academy Great Barr	
		Glebefields Primary School	
		Tividale Hall Primary	
		Hall Green Primary School	



Together with you to achieve **healthier, happier lives**