

**Children's Services
Scrutiny and Performance Panel**

24 February 2015

**Agenda
Item No.**

11

A review of Child and Adolescent Mental Health Services.

Ward(s) All

Portfolios: Cllr B Cassidy Children's Services

Executive Summary:

This report provides an overview of current emotional wellbeing and mental health support for children and young people in Walsall including details of the current provision, access and timescales and future commissioning intentions of all partners.

Reason for scrutiny:

The report was requested by Members of the Children's Services Scrutiny Panel at the meeting held on 13th January, 2015.

Recommendations:

That:

Scrutiny notes the contents of the report and the current commissioning activity to support the emotional well being and mental health of Walsall children.

Background papers:

The following guidance and policy documents outline the duty to provide and commission Child and Adolescent Mental Health Services (CAMHS). This duty is shared across all partners who include Walsall Clinical Commissioning Group (CCG), Education, Public Health, Walsall Council Children's Services and NHS England:

- Achieving Better Access to Mental Health by 2020 – Department of Health and NHS England, outline of five year plan
- Mental Health Concordat – Department of Health, guidance, 2014
- Closing the gap – Department of Health, policy document, 2014
- Preventing Suicide in England. A cross Government outcomes strategy to save lives. September 2012
- No health without Mental Health. A cross Government mental health outcomes strategy for people of all ages February 2011

Resource and legal considerations:

The current budget for the delivery of a Child and Adolescent Mental Health Service is provided primarily through Walsall Clinical Commissioning Group and future delivery will be within existing financial constraints. The duty to provide and commission a Children and Adolescent Mental Health Service is shared across a range of Health, Education and Social Care providers.

Citizen impact:

The delivery of high quality emotional well being and mental health services provision promotes equality of opportunity for children and young people who may face challenges in this area of their life and contributes to the objective outlined in Walsall Children and Young People's Partnership strategic objectives that all children in Walsall will be supported to be healthy and well.

Environmental impact:

There is no environmental impact

Performance management:

The performance of services directly commissioned by Walsall Clinical Commissioning Group and Walsall Children's Services are currently managed via the respective commissioning frameworks of each organisation. Additionally, both the primary provider of Tier 3 Specialist Children and Adolescence Mental Health Services and the commissioners of services report to the Safeguarding Children Board via the Quality Assurance and Performance Sub Committee

Equality Implications:

The Child and Adolescent Mental Health Service provides specific support for those children and young people who experience mental health difficulties and/or challenges with their emotional well being

Consultation:

This report has been prepared collaboratively between Walsall Clinical Commissioning Group and Walsall Children's Service Social Care

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Report

1. Emotional Wellbeing and Mental Health Services and Support for children and young people in Walsall

1.1 Support for the emotional well being and mental health services for children and young people in Walsall comes from a range of sources and is available at a number of different levels dependent upon the intensity of the needs of the child. It is a complex picture covering number different tiers. A pictorial representation of this services is attached in Appendix 1 to support the descriptors below.

1.2 Primary Mental Health Services

Primary support for mental health is embedded within the role of the universal workforce.

Walsall Public Health commissions school nurses, health visitors and the family nurse partnership and has strategic oversight of the implementation of the Healthy Child Programme. Support is also provided through the parenting courses commissioned by Walsall Children's Services.

1.3 Targeted Services

There are a range of targeted services commissioned to meet the needs of children and young people at Tiers 1 and 2 of needing support with their mental health and emotional well being.

Walsall CCG commission two counselling services; one for face to face contact, the other an instant access online counselling service for children and young people from the age of 11 onwards. The annual value of these contracts is £97,000.00.

Walsall Council Children's Social Care commissions therapeutic services for foster carers and adoptive parents to help support them manage behavioural issues and help to prevent placement breakdown. The annual value of this contract is £70,000.

Walsall Council Education provides the Behaviour Support Team for primary schools; this is a traded service arrangement. The service provides advisory support and help to primary schools, to help with children presenting with behavioural social/emotional issues. This service funds a CAMHS nurse during term time to support the team.

Secondary, academy primary schools and independent education providers in Walsall also have a duty to promote the wellbeing of children and young people and have a responsibility to commission support. The duty to promote emotional well being of children by schools is considered by Ofsted during inspection as part of the social emotional aspects of learning which sit within the behavioural part of the Ofsted framework. Walsall Public Health intends to conduct a survey with school nurses to confirm the arrangements in each school.

Walsall Council and Walsall NHS commission an all age bereavement service for people in Walsall.

1.4 Specialist secondary mental health services - CAMHS Tier 3

Eligibility to access specialist tier 3 CAMHS is that the child or young person needs to have a diagnosable, or potentially diagnosable, mental health condition. In Walsall, Tier 3 CAMHS is provided by Dudley and Walsall Mental Health Trust (DWMHT) and is funded by Walsall CCG with a contribution from Walsall Council Children's Services. The current service model includes Psychiatry, Psychology, Nurses, Psychotherapy, Family Therapy and Speech Language Therapy. The annual value of this contract is £2.4million. In addition Walsall Council contributes £200,000 plus 1.8 whole time equivalent Social Work posts.

Walsall CCG also commissions a Specialist Learning Disability CAMHS and two services which span early teenage years to adult. These are the Community Eating Disorders service (14 onwards) and Early Intervention for Psychosis (14 to 35 years). The annual value of the Learning Disability CAMHS post is £318,000. The other posts form part of the Adult Mental Health Commissioned provision and are funded from there.

Walsall CCG also commissions and funds a CAMHS Tier 3 + Crisis Response Service which started in January 2015. This service meets a previously unmet need and provides an urgent response to children and young people in mental health crisis. Prior to this, support was limited to that provided through community CAMHS which operates on a Monday to Friday 9 to 5 basis. Tier 3 + operates every day including weekends and bank holidays from 8am to 8pm. The sole purpose of the service is to provide crisis support, assessment and initial primary intervention. The child or young person will access ongoing therapeutic interventions through existing community CAMHS or other currently commissioned services, when they are not in crisis and able to engage with these. When fully implemented the annual cost of this service will be £300,000.

1.5 Specialised Services

NHS England commission and manage the contracts for specialist services on a national basis. Specialist services are commissioned where it would not be viable or practical to commission locally. There is no specialist commissioned services based in Walsall. The nearest tier 4 inpatient CAMHS provision is at Huntercombe, Stafford and Parkview in Birmingham.

For young people needing to access specialist child and adolescent gender services, in the first instance the local Child and Adolescent Mental Health Service would conduct an initial assessment of the Gender Dysphoria and consider possible associated psychological difficulties, such as depression or an autistic spectrum condition. If the child or young person required further specialist services then referral to a nationally funded specific Gender Identity Development Service for Children & Adolescents, currently based in London (the Tavistock & Portman NHS Foundation Trust) and Nottingham GIC would be made.

1.6 Out of area looked after children in specialist therapeutic residential placements:

Walsall CCG, Walsall Council Children's Services and Education work in partnership and share the funding to source appropriate placement for children who need specialist therapeutic residential placements. There are currently 6 children and young people

whose mental health needs mean they are placed in specialist therapeutic residential provision out of borough.

2. Access and waiting times:

There are no national targets for CAMHS waiting times. The CAMHS NHS Benchmarking Network, 2013 conducted some research in 2013 and found that in 2012/13 maximum waiting times for specialist CAMHS averaged 15 weeks across the participating providers. It concluded that the wide range in waiting time performance confirmed differing access arrangements for CAMHS which are not typically seen to such an extent in other healthcare services across England.

In October 2014, Achieving Better Access to Mental Health Services by 2020 was published by the Department of Health and NHS England. This document outlines a pathway from Government to deliver parity of esteem with mental health. It also outlined the first ever waiting time standards for mental health services as part of the Government five year plans. It includes an action to deliver better access to mental health services in 2015/16 by introducing the following access and waiting standards:

- 75% of people referred to the Improved Access to Psychological Therapies (IAPT) programme will be treated within 6 weeks of referral, and 95% will be treated within 18 weeks of referral (Walsall does not have a child IAPT in place – unlike adults IAPT this is not implemented across the whole of the UK).
- More than 50% of people experiencing a first episode of psychosis will be treated with a NICE approved care package within two weeks of referral. An episode of psychosis is deemed a priority within Walsall.

Referral to WPH Counselling can be made by GP, allied professional or self referral. There is a current waiting time of 4 weeks to access the face to face counselling services for adolescents.

Access to KOOTH.com is by self referral. As this is an online webpage there is no waiting time and access is instant. The web pages contain advice, support and signposting. Online counselling can be accessed same day from 12pm to 10pm every day.

Access to tier 3 CAMHS, Tier 3 +, community eating disorders and early intervention into psychosis (for under 17 year olds) is by referral into CAMHS and can be made by GP and allied professionals.

Referrals into Walsall CAMHS are prioritised. The average waiting time last year for routine cases was 7 weeks for initial assessment appointment. CAMHS prioritise cases where referral indicates a higher priority and aim to offer initial assessment within two working weeks.

Children and young people who have self harmed or who are expressing suicidal ideation are admitted to Ward 21 at Walsall Manor Hospital. This follows National Institute for Health and Clinical Excellence (NICE) guidance. Children in these circumstances are now seen by the Tier 3 + Service which provide a same day response. The target response time is a minimum of 4 hours within the hours of 8am to 8pm.

The Tier 3 + Service also consider referrals where a crisis may be safely de-escalated and prevent inappropriate hospital admission. The pathways for GP's and other allied professionals to refer an urgent case for a same day response is currently being developed and will be fully in place within the next few weeks. The mobilisation of the service initially concentrated on supporting the needs of Walsall Manor Children's Ward 21.

Access to specialist services commissioned through NHS England (such as Tier 4 inpatient beds) are by referral from Walsall CAMHS. Walsall CCG does not have any contract management for tier 4 inpatient CAMHS and therefore information about current waiting times is not monitored by Walsall CCG.

Access to other specialist nationally based services and Walsall CCG do not have contract management for service commissioned by NHS England including the gender dysphoria service. Information about current waiting times to access such services is not monitored by Walsall CCG.

3. Current challenges:

The lack of up-to-date information about service outcomes poses significant problems for commissioners seeking to plan, improve and commission CAMHS services.

Primary care services in Walsall are currently inadequately prepared for addressing mental health concerns in children and young people. Currently there are no dedicated primary mental health workers for children and young people in Walsall and the complexity and variety of presentation by children and young people means that there is no single point of entry into emotional well being and mental health services for assessment and referral to all levels of support.

While Tier 2 counselling and support for children and young people aged 11 and older is available via commissioned services support for children under that age is more difficult to commission. As a result children in the age group need to either access CAMHS tier 3, or be supported through a variety of other services including parenting courses, family therapy, support within educational setting, a health visitor or through the school nursing service.

The current CAMHS tier 3 works with looked after children who meet the criteria for the tier 3 service and have a diagnosable mental health condition. However, this does not include those with conduct disorders or who require therapeutic support to address the psychological impact of some of their early life experiences.

Services which prevent children and young people 'stepping up' and becoming looked after as well as those which can support children and young people 'step down' and return to live within their families need to be developed as part of the LAC programme.

Currently at 17, a young person accesses adult mental health services. Walsall has one provider for both CAMHS and adults. Improving the transition to adult services, which may include increasing the age range to 25, needs to be achieved through negotiated service redesign.

4. Commissioning Intentions - meeting the gaps:

Walsall Health and Wellbeing Strategy contains the action of: *Seek assurance from Walsall CCG, Children's Services and Public Health that, following review and redesign, mental health services for children and young people in Walsall (from universal/primary to targeted and specialist) are fit for purpose to meet the identified need.*

4.1 Walsall CCG Commissioning Objectives 2015

During the current commissioning timeframe Walsall CCG has successfully commissioned an online psychological service and developed and commissioned a Tier 3 + treatment at home services and out of hour's provision.

A review of CAMHS and consideration of the business case to implement a 0 to 25 year provision for CAMHS is currently underway.

Walsall CCG has provided support in developing processes to support the identification and treatment of self harm and suicide. This is an ongoing process monitored through the Children's Safeguarding Board Sub Group Quality Assurance and Performance Sub Committee.

Work is on-going to identify those children placed in out of borough placements who have a need for CAMHS. This is carried out through the current partnership arrangements in place between social care, education and health through the external placement panel.

Walsall Public Health are currently in the early stages of planning a review of Mental Health and Emotional Wellbeing services in Walsall looking at the support and services offered to young people. The review was requested by the Safeguarding Board.

The review will seek to identify what services exist for young people – whether face to face or online, including services for those with severe, complex and persistent needs.

Public Health is leading the process to map all of the current emotional wellbeing and mental health provision available for children and young people in Walsall, consider the services offered and services specifically for vulnerable groups such as children who are looked after, those with eating disorders and those with learning disabilities. This will confirm the current pathway of emotional wellbeing and mental health services in Walsall from universal community based support through to specialist.

The final report will be available in September 2015

4.2 Walsall Council Children's Social Care Commissioning Intentions:

Walsall Children's Social Care currently makes a contribution from Children's Services towards the provision of CAMHS.

Work is well underway in partnership with Walsall CCG to redesign this commissioned service to focus on specifically meeting the needs of looked after children, including those who are on the edge of care. The proposal is that this service will be targeted to work with children and their carers/families that are looked after to support and maintain their placements thus reducing placement break down and the subsequent need for a

change in placement. The new service will include undertaking assessments within the child or the young person's home environment if required and cover the Black Country footprint. It will provide support for carers of children exhibiting maladaptive behavioural problems. Consideration is also being given as to how best provide therapeutic support to address the psychological impact of early life experiences.

This proposal is currently under discussion with Dudley and Walsall Mental Health Trust. Commissioners in Children's Social Care and the CCG are seeking to align the new specification for the refocused service to the contract the CCG has with Dudley and Walsall Mental Health Trust to ensure a single monitoring and performance management arrangement.

The current re-design of early help services includes consideration to appointing a Social Worker with CAMHS experience to support the early identification and delivery of emotional well being and mental health services.

Appendix 1

