

<b>HEALTH AND WELLBEING BOARD</b>		AGENDA ITEM No. 9
<b>10 SEPTEMBER 2015</b>		<b>PUBLIC REPORT</b>
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## **CHILD ADOLESCENT AND MENTAL HEALTH CHALLENGE (CAMHS) UPDATE**

<b>R E C O M M E N D A T I O N S</b>	
<b>FROM :</b> Wendi Ogle-Welbourn – Corporate Director People and Communities	<b>Deadline date :</b> n/a
1. To note and comment on current challenges in CAMHS services and actions in place to address these.	

### **1. ORIGIN OF REPORT**

- 1.1 This report is submitted to Board following a request from the Corporate Director of People and Communities to provide an update on current issues in Child and Adolescent Mental Health Services (CAMHS) provision, current actions and future plans.

### **2. PURPOSE AND REASON FOR REPORT**

- 2.1 The purpose of this report is to:-

- Outline the current services and issues in CAMHS
- Identify what has already taken place to address the issues
- Highlight future Plans
- To inform the Board on the above and gain the Boards views on the future plans

### **3. Current position**

- 3.1 Key Points

- Waiting times in specialist CAMHS are up to 1 year.
- Waiting lists have been temporarily closed for Autistic Spectrum Disorders (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) referrals where there are no associated urgent Mental Health needs.
- CAMHS Emergency assessments in Emergency Department settings have increased significantly in recent years.

- 3.2 There are significant demand and capacity issues within CAMHS:-

- Emergency assessments in Emergency Department settings have increased significantly in recent years, because there is no specific Psychiatric Liaison service for under 18 year olds, this is causing significant additional demand for specialist CAMHS and puts pressures on Acute settings (Peterborough City Hospital).

- There are not enough inpatient CAMHS beds (commissioned by NHS England) to meet demand. Young people have to often stay in acute settings for a number of days, whilst waiting for a bed to become available. When a bed is available, this could be anywhere in the country.
- General referrals to specialist CAMHS have also significantly increased in recent years (18% in 2014/15).
- With the result that waiting times for non-emergency cases are at unacceptable for Attention Deficit Hyperactive Disorder (ADHD) and Autistic Spectrum Disorder (ASD) cases in particular.
- Patient journeys and Pathways are unclear to referrers and to families.
- Psychiatric Liaison services in acute settings do not cover those below the age of 18.

#### 4. What we have done so far

- Waiting lists have been temporarily closed for ASD and ADHD referrals where there are no associated urgent Mental Health needs.
- Additional resources have been invested into specialist CAMHS for 15/16, (£600k recurrent and £150k non recurrent across Cambridgeshire and Peterborough) which is equivalent to an 11% increase in funding. The primary focus is to clear the waiting list backlog and sustain this going forward.
- A CAMHS Summit was held in March 2015, with good stakeholder attendance to identify the key issues and develop a plan to address these.
- An Action plan was developed to address the key issues raised at the summit and work undertaken to address these areas of concern:-
  1. **Waiting times** – CPFT are leading on work to reduce waiting times to below 18 weeks.
  2. **ASD and ADHD pathways** – work between, LAs, Cambridgeshire Community Services and CPFT is underway to ensure that pathways and processes are effective. A redesigned integrated ASD/ADHD has been agreed between CPFT, CCS and both Local Authorities. ASD/ADHD waiting lists to be reopened in November 2015 after redesigned pathway has been implemented.
  3. **Combined Single point of access for CAMHS and Local Authority services** – work with both LAs is ongoing to ensure that those with additional needs are assessed for a range of services, not just specialist CAMHS. To support this, a CQUIN (Commissioning for Quality and Improvement) Payment with CPFT for 15/16 has been agreed which focuses on development of single point of access for CAMHS and local Authority Services
  4. **Emergency Assessments and support** – A ‘task and finish’ group has been set up to develop proposals for providing Emergency assessment services for Children and Young people. Due to report in Sept 2015

4.1 However, it is widely agreed, that the work above will not fully address the systemic problems and urgent redesign work is required across the whole pathway for Emotional Health and Wellbeing.

- A 9 Month 0.5 WTE Project manager post to lead on CAMHS redesign has been agreed, advertised and appointed. Start date 3<sup>rd</sup> August
- A project brief for CAMHS redesign has been developed and First Children and Young Peoples Emotional Health and Wellbeing Board set up

## 5. What do we propose to do about it?

- 5.1 It is therefore proposed that work on redesigning the Emotional Health and Wellbeing pathway takes place as soon as possible. This will involve services currently commissioned by the CCG and Local Authority commissioned services. The principles behind this will include:-
- Integration of services – including Multi agency teams, single entry point for CCG and Local Authority commissioned services.
  - A single seamless pathway experienced by Children and their families.
  - Over time, shifting resources from specialist to early Intervention and prevention.
  - Appropriate Emergency assessment and support services.
  - Improving communications and information systems.
- 5.2 The work will be overseen by the Children and Maternity Transformation Programme lead to ensure any redesign fits with the general direction of travel for Children’s services. Currently, work is being undertaken to identify specific resources to enable this redesign work to take place quickly and effectively. To support this work, a CCG wide Emotional Health and Strategy Group is being set up to have a strategic overview of all local Emotional Health and Wellbeing work and to be the responsible strategic group for the redesign work.

In recent weeks additional Department of Health funding for CAMHS has been detailed. For Cambridgeshire and Peterborough, the allocations are as follows.

Initial allocation of funding for eating disorders and planning in 2015/16	Additional funding available for 2015/16 when Transformation Plan is assured	Minimum recurrent uplift for 2016/17 and beyond if plans are assured
£429,479	£1,074,527	£1,503,806

- 5.3 A Transformation Plan is currently in development, which will detail our local priorities and proposed investments for 15/16. It is a requirement that our Transformation Plans receive Health and Wellbeing Board approval before funding is released by NHS England. We will be drafting plans by mid September, with final deadline for submission of plans by mid October 2015.

## 6. ANTICIPATED OUTCOMES

The outcome of this work is that we will have a CAMHS which effectively meets the needs of the local population and makes efficient use of current and additional resources.

## 7. ALTERNATIVE OPTIONS CONSIDERED

The alternative option is to invest the additional resource into the current ineffective model which may help in the short term, but with demand for specialist services increasing, will lead to a recurrence of long waiting times and greater demand than capacity in the future.

## 8. IMPLICATIONS

The implications are that with significant additional funding invested locally, we will be able to address some of the key issues in CAMHS and design and put in place services which work effectively and as early as possible to address the needs of children and young people with Emotional Health and Wellbeing problems.

## 9. BACKGROUND DOCUMENTS

### **Future in Mind – National Childrens Mental Health Strategy - 2015**

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/414024/Childrens\\_Mental\\_Health.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf)

### **Local Transformation Plans for Children and Young People’s Mental Health and Wellbeing: Guidance and support for local areas**

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/414024/Childrens\\_Mental\\_Health.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf)