

HEALTH AND WELLBEING BOARD		AGENDA ITEM No. 4
23 MARCH 2017		PUBLIC REPORT
Contact Officer(s):	Dr Penny Hazell, Clinical Psychologist & Clinical Lead, CAMHS Eating Disorder Pathway	Tel. 01480 445281

UPDATE ON THE DEVELOPMENT OF THE CAMBRIDGESHIRE AND PETERBOROUGH CHILDREN AND YOUNG PERSON'S COMMUNITY EATING DISORDERS SERVICE

R E C O M M E N D A T I O N S	
FROM : Dr Penny Hazell, Clinical Psychologist & Clinical Lead, CAMHS Eating Disorder Pathway	Deadline date : N/A
The Health and Wellbeing Board are asked to note the contents of the report.	

1. ORIGIN OF REPORT

- 1.1 This report is submitted to the Board from Cambridge and Peterborough NHS Foundation Trust.

2. PURPOSE AND REASON FOR REPORT

- 2.1 The report was requested in order for the Board to receive an update regarding the development of the Children and Young Person's Community Eating Disorders Service (CYP-CEDS).
- 2.2 This report is for Board to consider under its Terms of Reference No. 2.2 To actively promote partnership working across health and social care in order to further improve health and wellbeing of residents.

3. BACKGROUND

Eating disorders are serious mental health problems that can have severe psychological, physical and social consequences. They are characterised by severe disturbance in eating behaviour, and in perception of body weight or shape. They are often complex, chronic problems that may occur with other mental health difficulties alongside, and children and young people may present with significant medical and/or psychiatric risk. Eating disorders typically occur in adolescent girls and young women, though they can also occur in younger children and in males.

It is vital that children and young people with eating disorders, and their families and carers, can access effective help quickly. This can improve recovery rates, lead to fewer relapses and reduce the need for inpatient admissions. However, service provision for children and young people with eating disorders is variable across England, with inconsistent access to appropriate treatment. The availability of dedicated community eating disorder services has been shown to improve outcomes and cost effectiveness. Such services help avoid disruptions caused by transitions in care, and are generally preferred by children, young people and their families. It is considered good practice to offer a 'stepped care' model, with more intensive support for those who are more severely unwell.

An inquiry was carried out by the Health Select Committee in 2014, due to significant concerns about provision of children's and adolescent's mental health services (CAMHS) from prevention and early intervention to inpatient services. This led to a national drive to see improved outcomes for young people with eating disorders. Funding was announced in the Autumn Statement 2014 to improve the consistency and quality of eating disorders services, provide enhanced community care, ensure staff are adequately trained and supervised in evidence-based treatment and ensure the best use of inpatient services.

In Cambridgeshire, specialist inpatient support for children and young people with the most severe eating disorders is provided by the Phoenix Centre. Until recently, community interventions for children and young people with eating disorders in Cambridgeshire and Peterborough have been provided by specialist workers in core community child and adolescent mental health teams for children and young people up to their 17th birthday. From 17 years onwards, young people were supported by the Adult Eating Disorders Service. Last year, Cambridge and Peterborough NHS Foundation Trust secured funding to develop a dedicated children and young people's eating disorder service, to provide specialist assessment and community treatment for children and young people with eating difficulties up to the age of 18 years.

In line with recent guidance, this service aims to provide a single county wide service offering timely access to appropriate evidence-based treatments, delivered in local clinics. The service will provide family based treatment approaches that directly address the eating disorder and specifically adapted cognitive behaviour therapy for eating disorders. The service aims to treat children and young people in the community where this is possible and to work closely with our local specialist inpatient unit (the Phoenix Centre) when high levels of risk necessitate inpatient admission. In reach to the acute hospitals is provided as part of the current CAMHS duty system.

Progress

- The children and young person's community eating disorders service went live on 1st January 2017.
- The service is now taking referrals for children and young people up to 18 years of age.
- Close liaison with clinicians in the single point of access (SPA) ensures all referrals are processed and seen for assessment as soon as possible.
- New team members in post from 1st December 2016. However, there is some continued input from core clinicians, with recruitment continuing to appoint to permanent specialist posts.
- Weekly assessment clinics are being offered in local clinics (Cambridge, Huntingdon and Peterborough) rather than centralised clinics. Regular follow up appointments are also provided locally.
- Liaison with core team clinicians regarding complex cases, offering shared care or joint review and consultation for children and young people in core child and adolescent mental health teams.
- Close links with local specialist inpatient unit and adult eating disorders service, including supervision, consultation and shared training opportunities.
- Training provided regarding eating disorders to Anglia Ruskin University (health visitors and school nursing training) and local schools.

Next Steps

- Whole team to attend training in family based approaches, being provided as part of national children and young person's improving access to psychological therapies (CYP-IAPT) training.
- Service clinical lead to provide training and supervision for staff in cognitive behaviour therapy for eating disorders.

- Continuing to build links with other local partners and provide training.
- Increased early intervention and preventative work to be established as part of CAMHS transformation plans.
- Audit the use of specialist resources across the county, to consider how best to utilise these in order to provide high quality services to all children and young people with eating disorders in Cambridgeshire and Peterborough.

4. CONSULTATION

None

5. ANTICIPATED OUTCOMES

The board is requested to note the content of the report.

6. REASONS FOR RECOMMENDATIONS

The Board is asked to consider the report content and ask any questions regarding the service developments.

7. ALTERNATIVE OPTIONS CONSIDERED

N/A

8. IMPLICATIONS

N/A

9. BACKGROUND DOCUMENTS

Used to prepare this report, in accordance with the Local Government (Access to Information) Act 1985)

- *Key documents guiding the development of the CYP-CEDS:*
- National Collaborating Centre for Mental Health (2015) Access and Waiting Time Standard for Children and Young People with an Eating Disorder: Commissioning Guide, Version 1.0.
- National Institute for Clinical Excellence (2004). Core interventions in the treatment and management of anorexia nervosa, bulimia nervosa and related eating disorders. NICE guidelines (CG9).

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