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## Report to the Children's Social Care and Learning Select Committee

<b>Title:</b>	Child & Adolescent Mental Health Services
<b>Committee date:</b>	Tuesday 12 April 2016
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<b>Cabinet Member sign-off:</b>	Zahir Mohammed

### **Purpose of Agenda Item For Information**

To provide an update on the Buckinghamshire CAMHS service following commencement of a new contract and service model on 1<sup>st</sup> October 2016. To include changes to the service and use of CAMHS [Transformation funding](#) allocation through Aylesbury Vale and Chiltern CCGs.

### **Background**

The CAMHS contract was awarded in April 2015 to Oxford Health Foundation Trust following a competitive tender process. Representatives of the service attended this meeting in July 2015, prior to the new contract starting and at that time it was agreed that it would be beneficial to provide an update on the new model and progress once implementation had commenced. Through the recommission process it was recognised that the service model needed to change to focus on early intervention and maximising the resources available across the whole system in order to better meet the growing demand for mental health services.

### **Summary**

The service is provided through a partnership between Oxford Health NHS Foundation Trust, Buckinghamshire Barnardos and Beat. With the help of children, young people and their families a new model has been developed that aims to make accessing help from CAMHS much easier with patient experience and participation of central importance in aspects of the service.

The role of the “Article 12” young people’s participation group has been strengthened and a regular forum with parents and carers will be established to ensure that future developments within the service meet the needs of families. The service is also working together to develop a volunteer workforce to support the service as well as exploring opportunities for apprentice roles to help young people into education and work.

There is one integrated service that is delivered county-wide by all partners offering seamless responsive care. The single point of access is the initial point of contact with the service for all. It operates from 8am to 6pm weekdays and is staffed by Barnardos with clinical oversight from Oxford Health staff. The single point of access accepts referrals and queries from families, young people and professionals. Feedback to date has been positive especially regarding the responsiveness and communication.

Barnardo’s staff carry out the majority of the targeted interventions which take up to 6 sessions with the service flexing around the need of the children and young people. The county wide service offers brief, evidence-based interventions, these may include parenting groups/support, family work, individual work and group work. This also includes intervention through Barnardo’s counsellors which includes play therapy for early years and under 11 years.

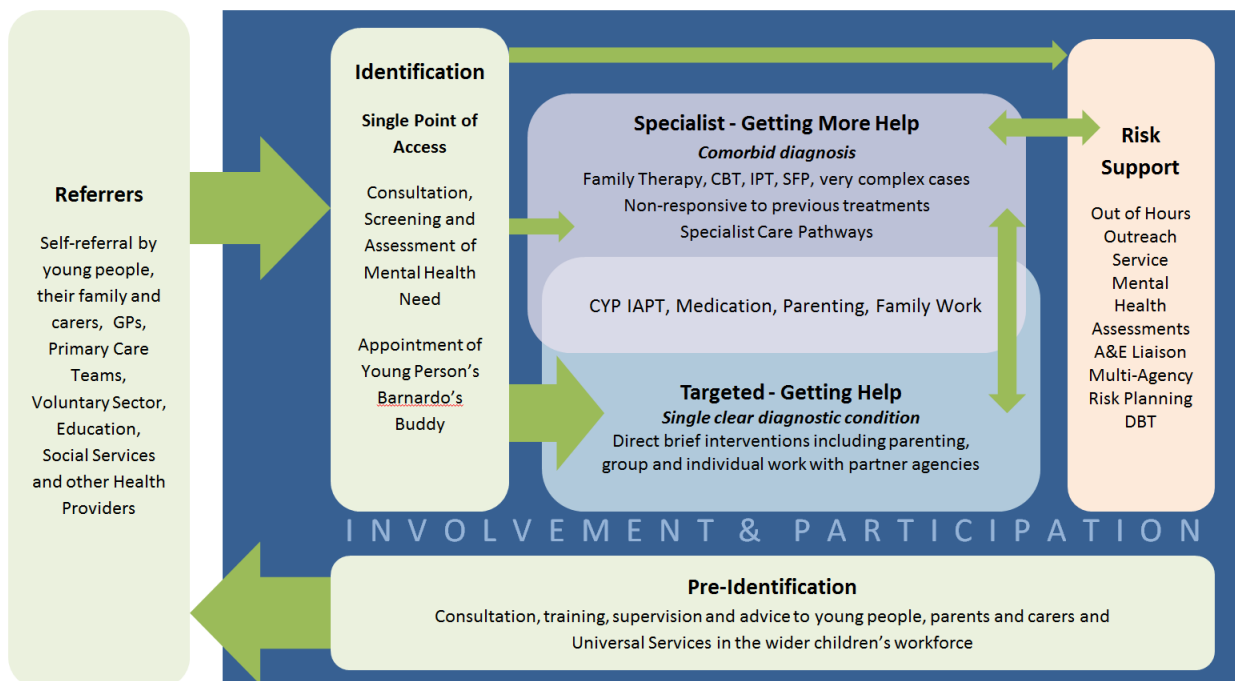
Where more help is needed, for example when a young person has more complex levels of need with single diagnoses or where the young person has not benefited from targeted help and still requires more help to aid recovery, specialist Oxford Health staff provide evidence-based interventions.

A significant number of young people have comorbid diagnoses and highly complex needs and need extra help in order to ensure that they have the best chance of recovery. These CYP require a multidisciplinary and at times multiagency approach, involving a range of highly skilled clinical staff. This multi-faceted approach includes: medication; family therapy; individual therapy; and multiagency risk management and planning. These are delivered through our specialist teams which include:

- Looked after Team;
- Re-Connect service (0-2 service)
- Child and Adolescent Harmful Behaviours (CAHBS);
- Learning Disability Team;
- OSCA (Intensive Outreach Home and Community Intervention)
- Eating Disorder Team
- Neuro-developmental Team
- Mood and Stress Team

In the more complex care packages a Barnardo's Buddy also provides psycho-education; promotes wellbeing; link the young person into support in the community; check they understand and agree with their care plan; and help identify goals the young person would like to achieve by the end of their treatment. They will also act a point of contact for family members, checking their understanding of the care being provided, offering support, strategies for coping and diagnosis-specific information. The Buddy helps the CYP build confidence in the Service and work to break down any barriers.

*An overview of the service*



Since October every primary and secondary school in Buckinghamshire now has a link worker Barnardos staff are working with the primary schools (under supervision of Oxford Health staff) and Oxford Health staff are working with secondary and special schools.

In addition the service has received grant funding to develop the CAMHS link worker role to 14 schools in county and also to develop and deliver training on attachment to schools and children's centres working closely with social care.

Improving children and young people's mental health outcomes by 2020 is a national priority that has made CAMHS Transformation funding available via allocation through Aylesbury Vale and Chiltern CCGs.

The additional allocation provided through the CCGs is specifically aimed at



- Addressing Eating Disorder services to provide assessment and NICE compliant intervention within 2 weeks of referral (achieved)
- Enhancing the current service provision to enable increased early support and to increase intensive support to try to minimise the need for hospital admissions (in progress)

Although in its infancy the new model is demonstrating that by working in partnership we can offer a much more responsive and flexible service to children and their families

### **Key issues**

*Increase in demand for Neurodevelopmental assessments.* Work is being undertaken by the CCGs to review the current pathways across organisations to ensure clarity in the process/pathway and that it is NICE compliant.

*Access to mental health services for Looked After Children and Young People placed out of county where Buckinghamshire remains the responsible commissioner.* A process has been established to agree funding for intervention where a provider has been identified but there are still some areas that refuse to provide a service to a young person who is not eligible for their commissioned service which can result in delays in provision. This cost is met by the CCGs and in 2015/16 was approximately £30,000 for 5 out of county cases. Additionally non Bucks Looked after Children placed in Bucks are being offered a service by Buckinghamshire CAMHS but the originating organisation is not always agreeing to meet this cost. This is a recently raised issue and the commissioners have agreed with Oxford Health that they will follow up with commissioning colleagues in other areas where there have been issues with payment.

### **Resource implications**

The CAMHS service has a budget of approx. £5.4m with additional allocation of approx. £800,000 which has been invested by NHS England through the CCGs. The service employs 96 wte and has received 1725 referrals in the period 01/10/15 to 29/02/16. The national review of Child and Adolescent Mental Health services (CAMHS), [Future in Mind](#) (published March 2015) recognised the impact of poor mental health on the outcomes for children and young people in educational achievement, employment and physical health. As well as the impact on the individual child and family, mental health problems in children and young people result in an increased cost to the public purse and to wider society.

### **Next steps**

Launching a training programme across the seven GP localities for all professionals and those in the voluntary sector in June. This will help to challenge stigma that surrounds

mental health and build on the understanding of children's mental health in the wider children's work force

Continuing to work with and develop links with other organisations within Buckinghamshire such as Time to Talk Youth Counselling service and Buckinghamshire Mind to maximise resources and develop a seamless service for children and young people.

Barnardo's are working with the Youth Service to explore the integration of the proposed new Barnardo's emotional wellbeing/ step down programmes and targeted Buckinghamshire Youth services. This would result in provision of a service that will provide support to children and young people who's presentation do not indicate they need an intervention from CAMHS or those who would benefit from step down support. To ensure cost effectiveness, there will be a volunteer based work force who are trained and supervised by appropriately skilled staff

The new service and commissioners have been successful in obtaining further grant funding to develop a training module for schools and children's centres focussed on attachment and are working in partnership with social care to implement this project in May and June.

Continued partnership working with Buckinghamshire Social Care, Buckinghamshire Hospital Trust and CCGs to ensure that the improvement programme for Buckinghamshire is delivered.

Donna Clark,  
Head of Buckinghamshire CAMHS

Caroline Hart,  
Joint Commissioner

