

Buckinghamshire Transformation Plan for Children and Young People's Mental Health and Emotional Wellbeing Update for 2016/7

Caroline Hart, Pooled Budget Manager

September 2016



NHS
Aylesbury Vale
Clinical Commissioning Group

NHS
Chiltern
Clinical Commissioning Group

Background

In October 2015 Buckinghamshire published its Transformation Plan for Children and Young People's Mental Health and Emotional Wellbeing. The publication coincided with the launch of the new Child and Adolescent Mental Health Service in Bucks, Buckinghamshire CAMHS.

The last year has brought about opportunities for the service to develop and has seen changes across a number of areas. The transformation plans have been reviewed based on previous feedback about the services, areas that have presented as pressures and to continue to provide early advice to reduce the risk of escalation of illness.

Investment and Spend

Finance for CAMHS	2015-16	2016-17
Pooled Budget	£5,423,400	£6,229,562
Additional transformation funding	£806,162	£1,018,000

Time to Talk Youth Counselling Service is commissioned by Bucks County Council with a budget of £270,000 per annum. This will reduce to £200,000 in 2017/18

Resilience training is commissioned by Public Health at a cost of £58,000 per annum; this includes training, all materials to support delivery, emotional wellbeing conference and evaluation of the project. School staff are trained to deliver the resilience training programme in school.

Activity data for 2015/16

Referral Data for CAMHS	Contract year to date (9 months) October 2015 to June 2016	Compared to October 2014 to June 2015
Number of referrals received-All CAMH services	3233	2954
Number of referrals accepted-All CAMH services	2684	2477
Number of referrals signposted	523	441

Time to Talk provide counselling services to 22 out of 34 secondary schools in county. The service received a total of 652 referrals in 2014/15 from a range of sources with the majority from young people, parents and GPs and has an average caseload of 400 young people. With waiting times maintained within 2 weeks. (Figures for 15/16 to be confirmed)

Workforce

Buckinghamshire CAMHS Staffing as at April 2016

Post	Band	wte
A&C	4	6.9
	5	1
	7	1
Consultant Psychiatrist	Consultant	7.3
Dietician	6	0.4
Family Therapist	7	0.5
	8a	1.2
	8c	0.8
Nurse	6	5.6
	7	12.16
	8a	0.5
Primary Hlth worker	5	0.7
Psychologist	7	6
	8a	5.3
	8b	2.2
	8c	2.38
	8d	1
Psychotherapist	7	0.5
	8a	1.2
	8b	0.8
Snr mgr	8a	3.6
	8b	1
	8c	1
Social Worker	6	4
Ass Psychologist	4	0.5
Barnardos		36
Grand Total		103.54

The Time to Talk Service is delivered by approximately 6wte, who support a trained volunteer workforce of approximately 100 staff.

What has changed over the last year?

- A Single point of access (SPA) has been established in Aylesbury and operates between 8am and 6pm Monday to Friday. The SPA accepts referrals and queries from families, young people and professionals. Feedback to date has been positive especially regarding the responsiveness and communication.
- Self-referrals are accepted directly from 16 and 17 year olds.
- The “Article 12” young people’s participation group has been strengthened and the forum with parents and carers has been developed 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.
- A new website designed with Article 12 Young people’s participation group has been developed and launched <http://www.oxfordhealth.nhs.uk/fresh/services/>
- All primary, secondary and special schools in Bucks have a CAMHS link worker who provides a direct link for schools to the CAMHS service.
- Provision of training for people who work with young people with mental health illnesses, 7 training sessions have been provided with 226 attendees. All who completed evaluations said they would recommend the training to a colleague. Further dates are arranged for September 2016 and these events will be ongoing.
- A specialist eating disorder service has been developed in accordance with national guidance that provides assessment within 2 weeks of referral and treatments that are evidence based.
- The Barnados team within CAMHS operate the SPA, provide brief, evidence-based interventions, these may include parenting groups/support, family work, individual work and group work.
- Barnados Buddies support more complex care packages in addition to the Oxford Health CAMHS clinical staff. This may be psycho-education; promotion of wellbeing; linking the young person into support in the community; checking they understand and agree with their care plan; and helping 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 works to break down any barriers.
- Additional capacity has also been recruited to the Outreach OSCA Service who support young people, including outside of core hours, in times of increased need or crisis.
- A new team has been developed to support Children in Care or at risk of going into care.
- Waiting times for most of the pathways has been reduced with most young people seen within 8 weeks.

What are the priorities for 2016/17?

- To work with the services who provide assessment and support to children and young people with autism or autistic traits and their carers to ensure more timely access to services. The waiting times for assessments for autism are currently too long within the paediatric and CAMHS services, with some other support services that need a diagnosis to be able to help. The project aims to look at system wide change to enable more young people to get the help they need as soon as possible.
- To provide training and support to staff supporting young people with learning disabilities in college, who also present with mental health concerns
- To review the pathway for children and young people who have been sexually assaulted to ensure sufficient and the right support and counselling is available.
- To review the needs of young people including those with a learning disability who are moving from CAMHS to adult mental health services (AMHS) to provide a smoother transition at the most appropriate time for the young person.
- To engage in the Transforming Care agenda and its application to children and young people.
- To continue to build relationships across those providing services to children and young people to map services available and provide integrated pathways of care across services.
- To provide increased oversight to looked after children who are placed outside of Buckinghamshire and require mental health services.