

Buckinghamshire Transformation Plan for Children and Young People's Mental Health and Emotional Wellbeing Update for 2017/18

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Aylesbury Vale Clinical Commissioning Group
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 service has continued to develop in line with the proposals set out in the original specification, the 2015/16 Transformation plan and the update produced in 2016/17.

This document highlights the developments of the last year and proposals for the coming year and should be read in conjunction with the previous documents available on the Bucks CCGs¹ and Buckinghamshire County Council² websites for a fuller picture of the services provided to support the mental health of children and young people in Buckinghamshire.

The Buckinghamshire CAMHS service produced an annual review for 15/16 which is available to view on the service website.³

This local transformation plan aligns to the overall mental health delivery plan for Buckinghamshire CCGs, which will continue to align to the developing mental health delivery plan for the BOB STP⁴ and Buckinghamshire Accountable Care System (ACS).

Investment and Spend

Finance for CAMHS	2015-16	2016-17	2017-18
Pooled Budget	£5,423,400	£5,423,400	£5,423,400
Additional transformation allocation including Eating Disorder allocation	£886,926	£1,018,498	£1,362,162

Time to Talk Youth Counselling Service is commissioned by Bucks County Council with a budget of £200,000 per annum in 2017/18 which will reduce to £125K in 18/19.

¹ <https://www.chilternccg.nhs.uk/public/your-health/social-help/young-peoples-emotional-health/mental-health-services-for-children-and-young-people/>

² <https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/service.page?id=6peSu41Jd5Q>

³ <https://www.oxfordhealth.nhs.uk/fresh/wp-content/uploads/sites/2/2016/03/Bucks-CAMHS-annual-report.pdf>

⁴ Buckinghamshire, Oxfordshire and West Berkshire Sustainability and Transformation Plans

The Public Health Budget used for specifically supporting the promotion of mental health and emotional wellbeing of children and young people in 2017/18 is £28,000 this is for the provision of training on the evidenced PRP based school staff training programme, the resilience evaluation work, schools based mental health materials and the multiagency emotional wellbeing conference. A further £30,000 is for the promotion of PSHE in schools project which is key in supporting a whole school approach to emotional wellbeing.

Activity data

CAMHS activity data

Referral Data for CAMHS	October 2014 to September 2015	October 2015 to September 2016	October 2016 to September 2017	Change
Number of referrals received-All CAMH services	3726	4078	4814	Increase of 736 referrals This is 18% increase from 2015/16 to same period 2016/17
Number of referrals accepted-All CAMH services	3185	3310	3815	Increase of 505 referrals accepted (on caseload). This is 15.2 % increase from 2015/16 to same period 2016/17

The service offers consultation so referrals not taken onto caseload will have received consultation and/or signposting to another more appropriate service.

Time to Talk offer counselling services to secondary schools in county and provide to over 18 of the 34 schools, with a further 5 waiting to be allocated a counsellor.

Time to Talk Activity Data for 2016/17

Number of active clients:	1351
Number of sessions delivered:	5493
Number of sessions offered:	6693
Number of referrals:	632

Workforce

Buckinghamshire CAMHS Staffing as at October 2017

The CAMHS service through Oxford Health's partnership with Barnados consists of a skill mixed team. The Barnados staff receive training and regular supervision through the Oxford Health staff team. Working with Barnados has brought opportunities to develop a volunteer workforce with an average of 28 volunteers collectively providing 2609 hours support over the last year.

Year	2015/16		2016/17	
POST	Band	WTE	Band	WTE
A&C	4	6.9	3	3
	5	1	4	6.9
	7	1	5	1
Psychiatrist	consultant	7.3	Consultant	7.3
Dietician	6	0.4	6	0.4
Family Therapist	7	0.5	7	0.5
	8a	1.2	8a	1.2
	8c	0.8	8c	0.8
Nurse	6	5.6	6	5.6
	7	12.16	7	12.16
	8a	0.5	8a	0.5
Primary Hlth worker	5	0.7	5	0.7
Psychologist	7	6	7	6
	8a	5.3	8a	5.3
	8b	2.2	8b	2.2
	8c	2.38	8c	2.38
	8d	1	8d	1
Psychotherapist	7	0.5	7	0.5
	8a	1.2	8a	1.2
	8b	0.8	8b	0.8
Snr Mgr.	8a	3.6	8a	3.6
	8b	1	8b	2
	8c	1		
Social Worker	6	4	6	4
Ass Psychologist	4	0.5	4	0.5
PWP			4	4
Barnardos		36		36
Grand Total		103.54		110.54

OHFT have developed a workforce strategy across the adult and children's services they deliver in Bucks. Additionally work is being undertaken across Thames Valley, the STP and Accountable Care System (ACS) areas to review workforce and consider ways to attract employees to the area.

Buckinghamshire faces challenges in recruitment as, alongside a national shortage of qualified staff, its close proximity to London means the area is expensive to live without the benefit of additional allowances for London or High Cost area.

The service is actively engaged in Improving Access to Psychological Therapy for Children and young people (CYP IAPT) with staff attending training through Reading University. This current year has seen 4 members of staff join the CYP Psychological Wellbeing Practitioner (PWP) accreditation and due to finish in April 2018.

The Time to Talk Service is delivered by approximately 4.5wte staff, who support a trained volunteer workforce of approximately 90 staff.

Buckinghamshire CCGs continue to have a clear priority to ensure that it works with all providers to develop a shared workforce strategy.

This work is supported by the Thames Valley strategic clinical network (SCN) workforce working group, which has brought all key strategic partners together as well as providers and commissioners of children's mental health services.

This has provided an initial benchmark of gaps and issues and some possible solutions. The initial focus of the workforce strategy has been to focus on the key areas of CYP IAPT⁵, EIP⁶, PPEP care⁷ and eating disorders, while the scope of the wider system is being considered (STP & ACS).

Doing this with the SCN will also ensure that this will align to the work being undertaken by the STP and ACS.

⁵ Children and Young Peoples Improving Access to Psychological Therapies

⁶ Early Intervention in Psychosis

⁷ Psychological Perspectives in Education and Primary Care

What has changed over the last year?

Priority Areas from 16/17 plan	Developments through 2016/17	Next Steps to carry forward
<p>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.</p>	<p>The Project is on-going as the demand for diagnosis continues to grow. Waiting times in CAMHS have reduced but for younger children they are still experiencing waits to see a paediatrician. Work remains underway to simplify the referral pathway for Buckinghamshire Young People with a Neuro Developmental difficulty with plans for a single point of access for all neurodevelopmental referrals.</p> <p>The Project also has a group of parents and professionals working on a toolkit for schools that will help them support children and young people in school diagnosed with a Neuro developmental difficulty.</p>	<p>This will continue with the plan for a new pathway to be agreed by April 2018 with implementation through 2018/19.</p> <p>Post diagnostic support will also be explored.</p> <p>Once completed this will need to be promoted through schools and colleges.</p>
<p>To provide training and support to staff working with young people with learning disabilities and Autism in colleges, who also present with mental health concerns.</p>	<p>Links have made between CAMHS, LD services and MacIntyre with training offered and links to the CAMHS SPA. CAMHS are supporting the Macintyre service by offering consultation and training through clinical leads for the service for high-risk young people (CAHBS) and learning disability (LD) service.</p>	<p>Training offer will be extended to SEN teams, Adult LD and Transitions team.</p>
<p>To review the pathway for children and young people who have been sexually assaulted/abused to</p>	<p>CAMHS were successful in securing funding through the NHSE Health and Justice commissioners to offer direct input via the</p>	<p>This project will be monitored through 17/18 to ensure that the needs of those who have been abused are being met and</p>

<p>ensure sufficient and the right support and counselling is available.</p>	<p>Out Reach team (OSCA) into the Sexual Assault Referral Centres (SARCs) and the Swan (CSE) unit, offering assessment and treatment to young people affected by CSE. The OSCA service work closely with RUSafe and the Child & Adolescent Harmful Behaviour Service.</p>	<p>any gaps can be identified and addressed.</p>
<p>To embed the Transitions policy to ensure the needs of young people including those with a learning disability who are moving from CAMHS to adult mental health/Learning Disability (LD) Services.</p>	<p>Transition planning has been improved through regular meetings between children and adult MH services. Initial work is being taken forward within the eating disorder service and complex needs services to develop age inclusive pathways The pathways will ensure that the individual needs of young people are held centrally and adapting any transition process based on clinical need rather than age.</p>	<p>It is anticipated that this project will require time to be agreed and be implemented, so is ongoing.</p>
<p>To engage in the Transforming Care (TC) agenda and its application to children and young people.</p>	<p>The Care, Education and Treatment Review CETR process has been used for a few CYP in Bucks to prevent or plan hospital admissions. CAMHS have appointed administrators to support the CTER process and the LD service are developing the PBS strategy which will eventually will also apply to YP with an autistic diagnosis with challenging behaviour Letters inviting CYP to attend appointments have been adapted to add pictures such as of the staff member and venue. These will also be used for</p>	<p>This has been highlighted as a priority across work-streams for 17/18. Further work to embed the CTR process is required across children's services Positive Behaviour support (PBS) packages and training will be key to the success of the TC Agenda with CYP.</p>

	<p>young people with autism. Following parent feedback, appointment letters now invite parents of children with autistic traits, the option to phone and speak to the clinician prior to attending the first appointment.</p>	
<p>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.</p>	<p>The emotional wellbeing group continue to meet to share developments and help identify gaps in services. Buckinghamshire Mind has developed and launched an adult MH directory of services and have been commissioned to repeat this process for services for children.</p>	<p>In line with the proposed Accountable Care System (ACS) and Five Year Forward View (FYFV) the CAMH service plan to be an active agency in the development and planning of integrated pathways for young people in Buckinghamshire. This will include strengthening links with 3rd sector providers such as Bucks Mind and Time to Talk.</p>
<p>To provide increased oversight to looked after Children who are placed outside of Buckinghamshire and require mental health services.</p>	<p>The CAMHS Looked After Children (LAC) team has received additional funding to work more closely with the CYP social care LAC and Adopted children's teams to enable closer tracking of MH needs of LAC placed both in and out of county. They also provided therapeutic work to CYP who have been abused.</p>	<p>Plans are in place to ensure that social workers seek consultation from CAMHS for any LAC with poor mental health as identified through the SDQ, to ensure the needs of this group are being met, and more CYP are able to access an appropriate service.</p>
<p>Development of Bucks CYP Liaison and Diversion service (CYP L&D), currently provided for adults and link with street triage to consider pathways and communication with regards to young people</p>	<p>CYP L&D service is active in Bucks and has established links with CAMHS</p>	<p>Work to ensure this close working remains following the NHSE retender of L&D services</p>
<p>Review demands in the pathways to ensure capacity for effective delivery to support CYP</p>	<p>Links established with BCC working group looking at exclusions from school.</p>	<p>Area for further focus in 2017/18</p>

including those hard to reach CYP such as those not in school. Concern that if not in school the child won't get picked up with health assessments.		
To evaluate possible extended hours of service	Feedback on offer of extended hours has to date not been indicative of the need to extend the hours of service.	
Development of and use of technology in appointment booking and reminders	Online referral form to be available through website.	The facility to use text reminders is being explored.
To work with specialist commissioning in reviewing access to Tier 4 in-patient provision and in any changes to commissioning arrangement such as for Forensic CAMHS services (FCAMHS).	There is some indication that eating disorder pathway has reduced number of admissions and length of stay for some of these patients. CAMHS has been engaged in the	Further work is needed to take this further with NHSE and to seek opportunities to be engaged with New Care Models

Additionally the service has achieved 2 awards:

Oxford Health's Buckinghamshire Outreach Service for Children and Adolescents has achieved accreditation with the Quality Network for Community CAMHS. QNCC is a members' network hosted by the Royal College of Psychiatrists to improve the quality of CAMHS services. They are one of only 10 CAMHS teams in the country to have achieved accreditation against the very high standards.

The ReConnect service has been awarded Highly Commended for the Big Lottery Transgenerational Service category in the Maternal Mental Health Alliance Perinatal Mental Health Awards.

What are the priorities for 2017/18?

Priorities for 2017/18 have been identified through feedback from young people through Youth Voice and Article 12, parents and carers through the Parent Advisory Group and other stakeholders through the Emotional wellbeing group and other informal feedback.

- **Develop resources and skills in universal services to enable improved early support and advice for CYP with mental health concerns.**
 - Further develop PPEPcare skills based training for workforce, to include delivering autism module and working with BCC's Head of Equality
 - Pilot skills based mental health training workshops for parents/carers based on PPEPcare modules.

- Continue to develop website and online resources to include online training modules <https://www.oxfordhealth.nhs.uk/fresh/about/>
 - Deliver “refresh” training on self-harm and self-injurious behaviour
 - Work with West Berkshire to utilise and adapt for Buckinghamshire “The Little Blue Book of Sunshine”⁸ to raise awareness and provide simple strategies to manage mental health
 - Work with Talk Back to consider if this could be adapted for use by adults with learning disability service as part of the transforming care plan
- **Ensuring CYP in crisis have access to timely support to prevent/minimise escalation to more complex needs**
 - Working with adult MH services to develop and implement an all age complex needs pathway
 - Ensure greater awareness of how to access crisis support and the criteria for this
 - Implement an age inclusive eating disorder pathway
 - Working with BCC to support CYP who are at risk of or have been excluded from school or are not in school through school refusal.
 - Continue to work with the inpatient units to reduce admissions and shorten length of stay when appropriate, in line with NHSE New Care Models.
- **Continue to embed whole system working to ensure services delivering to CYP work together to meet the mental health needs of this group.**
 - As part of the Accountable Care System (ACS) , a multiagency delivery board has been established to facilitate shared whole system working
 - The Emotional Wellbeing group continues to meet regularly to facilitate improved sharing of service developments and identification of gaps in provision across services delivering mental health and emotional wellbeing support. This work looks across all levels including promotion of emotional wellbeing and prevention at ‘tier 1’ particularly in the schools setting via a whole school approach. This group feed into the transformation plans.
 - Partnership working to be further explored through the ACS
 - A Parent Advisory Group has been established to provide feedback on the local services and to provide guidance on areas for development

For further information or to get involved in developing mental health services for Children and Young People in Buckinghamshire please contact Caroline Hart, Mental Health Commissioner at Chiltern CCG on chilternccg@nhs.net or by telephoning 01494 586700.

⁸ <https://www.newburyanddistrictccg.nhs.uk/our-work/children/463-the-little-blue-book-of-sunshine>