

**Date:** 1<sup>st</sup> April 2021

**Title:** CAMHS and Buckinghamshire Educational Service -Service Update

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**Purpose of Report:** CAMHS – the report summarises the current issues CAMHS and the Education Service is seeing in demands in the service and identify challenges that the H&WB need to be aware of

**Report for information, discussion, decision or approval:** Discussion

**Related [Joint Health and Wellbeing Strategy](#) Priority:** The report relates to the Start Well Action Plan and was requested by the chair of the board

**Recommendations:** It is recommended that H&WB note the report

## Executive summary

### 1.1

This report is for the Health and Wellbeing Board meeting. The H&WB Board has requested a focus on the mental health of school-age children at the April meeting. Oxford Health NHS Foundation Trust in partnership with Children's Services at Buckinghamshire Council have been requested to provide a written report setting the scene, e.g. *'what are the current issues that are being seen, what is happening to demand in the services, what kind of support is available and what are the challenges that the Board need to aware of'*.

## Content of report

### 1.2

#### **CAMHS:**

The Child and Adolescent Mental Health Service (CAMHS) in Buckinghamshire was recommissioned in 2014/15, with a new service model that launched on 1st October 2015. The Service is provided by Oxford Health Foundation Trust (OHFT) in partnership with Barnardo's and is jointly commissioned by NHS Buckinghamshire Clinical Commissioning Group (CCG) and Buckinghamshire Council.

The service was rated as 'Good' by the CQC in 2019 and continues to develop in response to the voices of children, young people and parents, stakeholder feedback and the changing needs of Buckinghamshire residents.

Developments include: the delivery of mental health into schools through a multi-agency team including children's social care, education and Bucks Mind, as well as enabling children and young people to access digital interventions initially through Kooth and Helios. Since COVID-19 we have rapidly moved the CAMHS workforce to remote digital intervention/working for all but essential face-to-face clinical work. There is also now an established 24/7 mental health helpline for CAMHS accessed through NHS 111.

**MHST:**

The Mental Health Support Teams (MHST) into schools service was set up in 2019 as part of the original green paper trailblazer to support the delivery of the Long-Term Plan ambitions for children and young people (CYP). They were set up to ensure all children and young people have access to high quality mental health and wellbeing support linked to their school or college. The MHST support links into more specialist services (within and beyond the NHS) where this is needed.

In Buckinghamshire, our partnership was set up with Oxford Health NHS FT, Buckinghamshire Council and Bucks Mind to deliver the trailblazer to education settings in Buckinghamshire. 32 schools were originally involved. During the pandemic the offer was opened up to any schools within Buckinghamshire who remained open. This opportunity was used to identify additional schools requiring MHST services and an additional 8 schools became part of the trailblazer. 15 additional schools which were part of a collaborative or group have been included, allowing the MHST service to widen the reach from 16.5% to 28% of all young people in Buckinghamshire who attend a state-run education setting.

**Buckinghamshire Council Education Services:**

Within education, children and young people's social, emotional and mental health (SEMH) needs are overseen by the Integrated Special Educational Needs and Disabilities (iSEND) Service. It is expected that all state-maintained settings provide support for pupils' mental health and wellbeing in line with the published *Ordinarily Available Provision* information documents from Buckinghamshire Council. Educational Psychologists, as part of the iSEND Service, provide a range of support services into schools, including regular consultations with school staff, and support following critical incidents.

A SEMH 'Impact Group' has been recently established in Buckinghamshire Council, with the aim of improving provision for children and young people. The group comprises members from a diverse range of Local Authority and Health services, including CAMHS and Educational Psychology. One of the first pieces of work has been to establish a register of Designated Senior Leads for Mental Health in Buckinghamshire schools, following on from the proposals in the 2017 Green Paper.

**Examples of best practice:**

- **Single Point of Access (SPA)** - a core part of CAMHS provision. Any professional or families with concerns regarding a young person's emotional well-being can call into SPA for a consultation with a mental health clinician Monday-Friday 8am-6pm (consent required for this to become a referral).
- **Child Protection and links with MASH** - CAMHS are actively working with Social Care to review processes where a child has attempted to end their own life or caused themselves significant harm. Responding to MASH enquiries and taking part in strategy discussions where appropriate.
- **Links with the Family Support Service (FSS) and the NEET (Not in Education, Employment or Training) solutions panel** - CAMHS attend the multi-agency NEET solutions meetings and work with Buckinghamshire Council's FSS in relation to the NEET offer and developing appropriate multi-agency processes and support. FSS have an identified Lead Practitioner for Mental Health whose role includes strengthening connections between FSS and relevant partner agencies. They are currently attending CAMHS team meetings to introduce this role, learn more about what each other do, and think together about how the organisations can work more closely together.

- **Looked After and Adopted Children's CAMHS Team** – a Clinical Psychologist embedded within Buckinghamshire Council's children's homes allows joined up, person-centred care for these young people.
- **Dynamic Support Register** – part of the nationally led transforming care programme for people with learning disabilities and/or autism. A multi-agency group aimed at proactively managing adults, children and young people who are deemed to be at risk of admission. The Clinical Lead for the CAMHS intellectual disabilities pathway attends these meetings regularly and co-ordinates the CAMHS input.
- **Support to schools including special schools** – delivered in a variety of ways, including from our neurodevelopmental and intellectual disabilities specialists, CAMHS and Barnardo's link workers, Kooth and the Mental Health Support Teams (MHST). Buckinghamshire CAMHS has a close partnership with Aspire, the organisation that provides the secondary Pupil Referral Unit in Buckinghamshire. A senior Clinical Psychologist employed by Oxford Health has been seconded to work 27 hours a week directly into Aspire during term time. This post is co-funded between Aspire and Oxford Health.
- **Wellbeing for Education Return** – the Department for Education funded a programme for all school staff, focused on promoting resilience and wellbeing of pupils and adults. The materials were produced by the Anna Freud Centre, with a 'train the trainer' approach to dissemination. In autumn 2020 professionals from CAMHS, Educational Psychology and Aspire staff delivered the programme to designated members of staff from every state-maintained school in Buckinghamshire.

#### **Specialist Practitioner for Neurodevelopmental Conditions within CAMHS:**

This role is community facing with the aim of improving awareness of services for children and young people with neuro-developmental conditions including:

- How to access services and awareness of how to support within mainstream provisions.
- Advice to stakeholders including parents, schools and community services regarding reasonable adjustments, and understanding ways to support children and young people with ASD/ADHD (Autism spectrum disorder/Attention deficit hyperactivity disorder) including those who may not yet have been diagnosed.
- Support with early identification of neuro-developmental needs through raising awareness of indicators including behaviours that challenge.
- Encouraging families and professionals to use proactive measures in line with Positive Behaviour Support approaches; hopefully encouraging longer term strategies to be in place rather than reactive responses resulting in families reaching crisis.
- Promoting a needs-led approach rather than adjustments once a diagnosis has been made.

It is facilitated through consultation with a range of stakeholders and by running training directly to education and other professionals.

**School Link Workers:**

Every primary school and secondary school within Buckinghamshire has a CAMHS link worker who provides:

- Support and advice
- Non-urgent consultations
- Updates within CAMHS
- Information regarding relevant training and services

**Training for schools:**

PPEPCare (Psychological Perspectives in Education and Primary Care) has been designed to help staff in primary care and education to recognise and understand mental health difficulties in children and young people and offer appropriate support and guidance to children, young people and their families using psycho-education and relevant psychological techniques (e.g. using a cognitive behavioural framework). Training consists of didactic teaching, experiential learning, group discussion and DVD material and is delivered by appropriately qualified staff from local CAMHS.

It aims to:

- 1) Enhance primary care consultation skills so that children and young people receive better quality, integrated care and so that health professionals can make more effective use of brief consultation sessions.
- 2) Enhance knowledge and skills of staff working within the school setting to help them more readily identify mental health issues in their students and support them and their families.

We presently provide 15 locality training events a year. On top of this, we provide free training directly into schools as requested (8 bespoke events since February 2020).

Multi-agency training developed by the MHST and Educational Psychology leads, focused on supporting children and young people's mental health, has been delivered remotely in autumn 2020 and spring 2021. The administration for this event was delivered by Buckinghamshire Council staff.

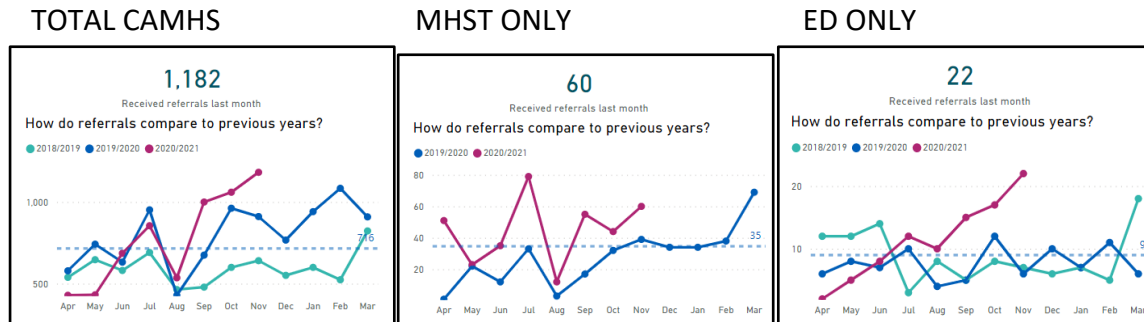
**Support after suicide:**

If there has been a suicide within a school, then support via CAMHS has been provided by the SPA and Crisis Team into the school. This may involve additional training for teachers or offering direct consultations / assessments with young people.

**Current Issues**

Since COVID-19 we have seen an increase in demand in some areas of the service such as Self-Harm and Eating Disorders.

- Information charts for CAMHS TOTAL, Mental Health Support Team & Eating Disorders (for 2020 April – November) and Benchmarking Data (year ending March 2020)



National benchmarking data shows clear upward trend in referrals to CAMHS (more than double the rate recorded in 2012/13 when figures were first collected). There has been a significant increase in Eating Disorders referrals during the COVID-19 pandemic.

For referrals assessed during November, median waiting time in days are as follows: Getting More Help 30, Targeted 27, MHST 17, Eating Disorders 28.

The CAMHS Access Indicator is also showing increased demand/activity with Buckinghamshire exceeding the 35% target at 44.5% (this includes Kooth Counselling which is commissioned by CAMHS). Please note this is waiting for national verification which is confirmed quarterly.

Since the 1<sup>st</sup> Lockdown we have seen a significant increase in Eating Disorder referrals:

- Caseload increased by nearly 60% Dec 19 v. Dec 20.
- Increase of 32% (Bucks) Apr-Oct compared to same period last year.
- Acute paediatric assessment/admissions increased by 50% (Bucks) Apr-Oct compared to same period last year (marker of acuity of presentations).

Buckinghamshire CAMHS have increased the resources into the Eating Disorder Service to manage the increased demand, and work is continuing to understand the ongoing demand for children and young people with an eating disorder in collaboration with NHS England.

We have seen an increase in young people attending Accident and Emergency with self-harm or suicidal ideation. We have carried out data analysis looking at both our care notes recorded data and data recorded by our Psychiatric Liaison service at BHT. The data are somewhat unclear: although looking at the time period in question there is an increase in presentations via A&E (29.5% in same period 2019 v 2020), looking at the pattern of referrals for the last 3 years there have been similar peaks throughout this period of time. There has been an increase (67%) in presentations reporting suicidality which may offer some indication of why this particular peak is generating concern. It is also important to acknowledge the data we have will not pick up increases that are not seen in A & E or generate a new referral.

### Next steps and review

The following indicates the present challenges across the CYP MH System:

- Service are under significant pressure.
- Referral numbers have increased overall and as such so has the complexity of staff caseloads.

- We think this is because the seriousness (acuity) of young people's MH conditions has increased, which means that they need more intensive support and treatment, and this takes longer which is reflected in the referral rates and capacity challenges.
- Waiting times for a neurodevelopmental diagnosis are long; we are working with commissioners and Buckinghamshire Health Care Trust to try to address this.
- Historically CYP MH Services have not been funded adequately to meet the need, and therefore there remains an imbalance between demand and supply. Forward planning and continued transformation is looking to address this issue going forward.
- Work has started with Buckinghamshire Children's Services to develop joint care plans, but it is not embedded in practice yet, this is partly due to the resources within the services.
- There are significant issues with the availability of in-patient psychiatric beds or specialist residential placements for children and young people. This means that they are often placed out of county.
- Work is under way with Buckinghamshire Safeguarding Board, CAMHS and Education to create a county wide self-harm and suicide prevention initiative.
- Increase in children and young people with difficulties sleeping.

#### **Work completed so far**

- Increased staffing for Crisis and Eating Disorder services to respond to increase in demand and acuity.
- We reviewed the MHST service and to enable us to increase the offer to hard-to-reach vulnerable children working with other 3<sup>rd</sup> sector providers.
- We have continued to offer assessments and CBT (Cognitive Behavioural Therapy) intervention through an online partner service.
- We have a member of staff working directly into A&E within Stoke Mandeville Hospital to expedite assessment following admission due to self-harm or suicidality.
- We are working with SMH and SC (Stoke Mandeville Hospital and Social Care) staff to strengthen the partnership process for managing deliberate self-harm presentations and referrals into the Multi-Agency Safeguarding Hub.
- We are proactively working with partners around the SEND improvement processes around SEMH and autism and learning disabilities.

- We have been working collaboratively with Buckinghamshire Healthcare Trust to provide services for children who present a neurodevelopmental concern.
- We are working with our commissioners to look at securing further funding for some additional Mental Health in Schools Teams.

### **Work that is to be completed**

- Buckinghamshire has secured funding to trial keyworkers for our most complex young people and their families with autism / intellectual disabilities. This will offer enhanced care packages through OH (Occupational Health) and the Local Authority.
- Further development working in partnership with Social Care to expand the Looked After Children's Teams, specifically looking at the needs of asylum seekers and children leaving care.
- Prioritise any investment to permanently increase staff for the CAMHS Eating Disorder Service - initially to meet the present increase in demand, and – on the basis this reduces – subsequently to provide a service for children and young people who have Avoidant Restrictive Food Intake Disorder
- We are working to implement the FREED model (first episode and rapid early intervention in eating disorders). This service is designed to minimise barriers to early treatment and recovery amongst young people with eating disorders for those aged 16-25 years.
- We will be working with our partner agencies to look at the needs of children with autism and ADHD to ensure their needs are met by the best service.