

<b>Title of Report:</b>	<b>Status report on comprehensive CAMHs</b>
<b>Report to be considered by:</b>	The Health and Wellbeing Board
<b>Date of Meeting:</b>	30 <sup>th</sup> July 2015

**Purpose of Report:** To provide an update on the improvement across the comprehensive CAMHs system.

**Recommended Action:**

**2.1** To note the need for rapid improvement of the emotional health and well-being service offer to children and young people in West Berkshire, including the Pre-CAMHS (PCAMHS) improvement plan; and our shared partnership responsibility for these changes. The changes will be made in the wider context of the Health and Well-Being Strategy priorities and the strategic vision for Building Community Together (Brilliant West Berkshire), which all statutory partner agencies have made commitment to.

**2.2** To note the agreement across Berkshire West to develop a shared series of principles, workforce development and outcomes framework for Tier 2 emotional health services to consistently work towards (see Appendix 2).

**2.3** To understand the Clinical Commissioning Group's recent additional investment in CAMHS.

**2.4** To seek the H&WBB's agreement to the Children & Young People's Delivery Group having strategic oversight, monitoring and scrutiny of the emotional health improvement agenda. In this context information will be shared with the Local Safeguarding Children Board to 'ensure effectiveness' of the joint arrangements and their ability to safeguard and protect children.

**2.5** To ensure that up-to-date analysis of need and risk informs the JSNA to ensure strategic oversight and governance.

*When decisions of the Health and Wellbeing Board impact on the finances or general operation of the Council, recommendations of the Board must be referred up to the Executive for final determination and decision.*

<b>Will the recommendation require the matter to be referred to the Council's Executive for final determination?</b>	Yes: <input type="checkbox"/>	No: <input checked="" type="checkbox"/>
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<b>Is this item relevant to equality?</b>	Please tick relevant boxes	<b>Yes</b>	<b>No</b>
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Does the policy affect service users, employees or the wider community and:

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|--|--------------------------|--------------------------|
| • Is it likely to affect people with particular protected characteristics differently?   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Is it a major policy, significantly affecting how functions are delivered?   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Will the policy have a significant impact on how other organisations operate in terms of equality?   | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does the policy relate to functions that engagement has identified as being important to people with particular protected characteristics? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does the policy relate to an area with known inequalities?   | <input type="checkbox"/> | <input type="checkbox"/> |

**Outcome** Where one or more 'Yes' boxes are ticked, the item is relevant to equality. In this instance please give details of how the item impacts upon the equality streams under the executive report section as outlined.

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# Executive Report

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## 1. POLICY CONTEXT

- 1.1 A range of national, regional and local reviews have been undertaken in the last 12 months that relate to CAMHs services. A very good summary of the policy context is to be found in the Commons Select Committee report, published 28<sup>th</sup> October 2014, which says;

*'There are serious and deeply ingrained problems with the commissioning and provision of Children's and Adolescents' mental health services. These run through the whole system from prevention and early intervention through to inpatient services for the most vulnerable young people.'*

- 1.2 The report cites the following reasons for this:

- Rising demand for specialist services that is leading to increased waiting lists at this level. The national reasons for rising demand are unclear. It is thought that this could be due to greater awareness and less-stigma attached to mental health issues. Additionally, the current arrangements are characterised by fragmented care pathways that result in children not accessing universal and targeted provision but going straight to specialist provision. The Select Committee also highlights the increasing influence and prevalence of the digital culture that young people are growing up in as having a significant impact on demand.
- Nationally there has been variation on whether CCGs and partners are prioritising CAMHs services. In Berkshire however there has not been a cut in funding at the specialist level, but there is variation at the universal and targeted service level across the county.
- Nationally there are significant problems with access to Tier 4 inpatient services, with children and young people's safety being compromised while they wait for an inpatient bed to become available. Locally temporary beds are always found and police cells are never used while Tier 4 beds are sourced. However because until May 2015 there were no tier 4 beds in Berkshire, young people have had to be placed out of county and this makes contact with family, friends and local services difficult, leading to longer in patient stays.
- Many of the children's work-force nationally currently feels ill-equipped and lacking in confidence in dealing with mental health issues in children and young people, and that their current training does not prepare them adequately for this.

- 1.3 Berkshire completed a comprehensive engagement exercise about Berkshire Children's and Adolescent Mental Health Services (CAMHs) service during spring 2014. Views were gathered from children and young people, parents and foster carers, staff who work in the service, GPs and others who refer into the service and others with an interest in the service.

The results of this, including the findings and recommendations are available on the Berkshire Clinical Commissioning Groups' (CCGs) websites.

- 1.4 “Future in Mind – promoting, protecting and improving our children and young people’s mental health and wellbeing”, the report of the government’s Children and Young People’s Mental Health Taskforce, was launched in March 2015. <https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people>. The report provides a broad set of recommendations that, if implemented, would facilitate greater access and standards for CAMHS services, promote positive mental health and wellbeing for children and young people, greater system co-ordination and a significant improvement in meeting the mental health needs of children and young people from vulnerable backgrounds. There is a requirement for establishing a local Transformation Plan in each area during 2015/16 to deliver a local offer in line with the national ambition. In order to access specific additional national investment (such as for Eating Disorders) local areas must have a local Transformation Plan in place. A partnership Awayday on 3<sup>rd</sup> July was the first strategic co-ordination of West Berkshire’s Transformation Plan.

## **2. PROGRESS TO DATE**

- 2.1 Tier 2 emotional health and well-being services are currently commissioned by Local Authorities and CCGs also fund some voluntary sector organisations to provide Tier 2 services for children. Tier 3 arrangements are commissioned by CCGs. Tier 4 arrangements are commissioned by NHS England. Please see Appendix 2 for an overview of local Tiers of emotional health services.
- 2.2 The local PCAMHS (Tier 2) offer to West Berkshire children and young people has recently 7th May 15 been made subject to Improvement Plan; little progress has been made on the improvement plan by the provider. In the recent Safeguarding inspection by Ofsted (February 15). CAMHS services were found to be less than adequate and in addition to a range of comments associated with increasing the effectiveness of the service, a specific recommendation followed:
- ‘Ensure that all looked after children receive timely health and dental assessments and that looked after children and care leavers have prompt access to services from Child and Adolescent Mental Health Services (CAMHS).’
- 2.3 Currently Tier 3 performance across Berkshire West (i.e. Reading, Wokingham and West Berkshire areas) is showing;
- 2.4 An increase in referrals compared to the same months last year, but this is rising at a slower rate than was the case in 2013/14.
- 2.5 All urgent referrals are being seen by tier 3 CAMHS within 24 hours.
- 2.6 In addition 77% of referrals classed as needing to be seen ‘soon’ were seen within 4 weeks.
- 2.7 Finally 27% of routine referrals were seen within 7 weeks. The 7 week target is a Berkshire target and is ambitious, as other parts of the country often use up to 26 weeks as the routine referral benchmark. (54% of referrals have to wait 16 weeks plus in Berkshire West).

- 2.8 Over the winter the Berkshire West Federation of CCG secured approx. £300k mental health operational resilience funding and commissioned additional services from BHFT to reduce CAMHs waiting times starting with those young people assessed as being at most risk. The short term aim was to reduce the number of young people who reached crisis point. The initiative produced good outcomes and this led to the CCGs investing an additional £1 million recurrently and £500K non recurrently in CAMHs for Berkshire West. The aim is to achieve sustainable shorter waiting times, as well as deliver a high quality, safe, efficient and easily accessible service as part of the local Transformation Plan.
- 2.9 Since September 2014 longer term plans have been agreed between the Berkshire CCGs and NHS England to change the Berkshire Adolescent Unit, based in Wokingham from a Tier 3 unit (with some Tier 4) into a Tier 4 provision. The Unit is now open for 7 days a week, 52 weeks per year. The aspiration is to expand from a 7 bed facility to form a larger in-patient residential unit (12-15 beds) as well as catering for day patients. This unit could also potentially provide some crisis intervention beds. Under this new arrangement a proportion of the funding for commissioning the provision will transfer to NHS England. The remaining Tier 3 resources for the community based Eating Disorders service and Early Intervention in Psychosis is now included within the Tier 3 CAMHs service specification.
- 2.10 A range of work has also been underway at the universal and targeted levels of support.
- Educational Psychology Service increasing the range of mental health interventions to schools, especially a group Cognitive Behavioural Therapy based anxiety programme in secondary schools, video interaction guidance and exam stress
  - Educational Psychology Service increasing training for school staff and other professionals in Emotional First Aid and Mental Health First Aid programmes,
  - PCAMHs offering support and advice to schools and training
  - Time to Talk offering professional counselling in schools and in the community
  - West Berkshire Cruse Bereavement Care offering training and support to schools and professionals
  - Daisy's Dream offering advice and support to bereaved young people,
  - West Berkshire Behaviour Support Team offering advice to schools on social emotional and behavioural issues
  - The Edge offering a confidential service to young people with drug and alcohol concerns
  - Family Resource Team supporting families in conflict to develop relationships
  - Looked After Children's Education Service (LACES) supporting LAC pupils in education and unaccompanied asylum seekers,
  - EMTAS supporting children of ethnic minority backgrounds in school,
  - Children's Centres supporting a wide range of family needs and positive early child development
  - West Berkshire Pre School teacher Counsellors and West Berks Disabled Children's Team focusing on children with Special Educational Needs

- Mencap offering a wide range of support for people with learning difficulties including summer schemes
- Berkshire Autistic Society & West Berkshire Autistic Spectrum Disorder Service
- West Berkshire Youth Offending Team with specialist psychologist input.

2.11 Following a supportive challenge from Berkshire West and East CCGs (Summer 2014) the six Berkshire Local Authorities have begun to discuss ways to work more cooperatively across the emotional wellbeing/ mental health pathways. Subsequently, following a joint presentation by West Berkshire and Reading lead officers; the three Berkshire West authorities have agreed in principle to work with the Berkshire West CCGs to:

- Agree a shared training and workforce development approach; including shared practice/skills building
- Agree a common focus on improving outcomes for children and young people; and subsequently shared strategic objectives and values
- Ensure Tier 2 arrangements work coherently with Tier 3 delivery and the Common Point of Entry

Each area will retain autonomy for local design and delivery of Tier 2 services. It is anticipated that following a period of up to twelve months co-operation around Tier 2 services; conversations about the potential to re-design Tier 3 will follow; it is recognised that these conversations will potentially be more challenging and will inform the local Transformation Plan.

2.12 In West Berkshire, the improvement of Tier 2 services is being progressed in the following way:

- A joint awayday (on 3<sup>rd</sup> July 15) with partner agencies to re-design the Tier 2 emotional health services offer, building on existing strengths in the system. The re-direction of some existing resources will be sought from partner agencies to strengthen the emotional health offer available to children, young people and families.
- In parallel, an analysis of all WBC and Newbury & District CCG and North and West commissioned emotional health and well-being services for children has been initiated and will be mapped. Schools are also being asked to contribute to this mapping exercise. The purpose of this analysis will be to ensure that all available resources at Tier 2 are utilised in the most efficient and effective way.
- A Health & Well-Being Board Hot Focus session on emotional health and well-being services for children and families is scheduled for the 22<sup>nd</sup> October 2015. This session will be co-designed by commissioners from the CCGs, Public Health and the Communities Directorate and will ensure that the learning from the awayday on the 3<sup>rd</sup> July is translated into a co-designed specification for services.
- The Communities Directorate; following advice from Legal Services, will work with leaders in the market through a 'market consultation' to develop an outcomes focussed specification. This will ensure that emotional health and well-being services are available in communities and are outcome-led (in line with the Health & Wellbeing Strategy and Brilliant West Berkshire strategic vision and intent).

- In parallel, we are reviewing national learning in this field and we are giving specific attention to the recent learning emerging from Slough about the application of the 'Thrive' model, which has potential relevance for West Berkshire's Children's Social Care Multi-Agency Safeguarding Hub (MASH)/Triage developments.

### **3. FUTURE OPPORTUNITIES**

- 3.1 Developing further cooperation between local CCGs, WBC and the neighbouring Local Authorities in these key areas
  - Joint commissioning both from voluntary and statutory sector
  - Workforce development
  - Building links between care pathways to create a more seamless journey up and down the system, particularly between Tiers of service and providers
- 3.2 Building collaboration with University of Reading to develop an evidence base for anxiety and depression using a stepped care model.
- 3.3 Using digital technology to increase both access and support e.g. MindFull online counselling; app for self harm, anxiety and depression (Slough pilot); Young SHaRON online support platform for CAMHS users, young mothers and Children in Care; CAMHSWeb, an interactive portal and support tool for children accessing CAMHS across England.
- 3.4 West Berkshire Council has the opportunity to commission School Nursing and Health Visiting to support integrated pathways, universal prevention services and early identification for support. Public Health and Communities Directorate Leadership team are giving specific thought to how the design of the health visiting and school nursing contracts could be further developed to enable a more holistic service offer to children and families.
- 3.5 A "good" CAMHS service has been described in the new national service specification for Tiers 2 and 3 and is described in [www.jcpmh.info](http://www.jcpmh.info) "Guidance for commissioners of child and adolescent mental health services". Berkshire West CCGs and BHFT constantly use benchmarking information and national exemplars of good practice to develop services. For example CAMHS workers at the Berkshire Adolescent Unit are currently being trained in Dialectical Behaviour Therapy which has a good evidence base for people who self-harm. Thames Valley Strategic Clinical Network continues to have a focus on improving CAMHS, transition into adult services and perinatal mental health services in this area.
- 3.6 A number of national pilots are underway to improve transition between child and adult mental health services. Lessons learned could aid in developing local mental health services in the future.

### **4. NEXT STEPS**

- 4.1 Future in Mind recommends that Health and Wellbeing Boards ensure that both the JSNA and health and Wellbeing strategies address the mental and physical health needs of children, young people and their families effectively and cohesively.

- 4.2 For the Health & Well-Being Children and Young People's delivery group to oversee the progress of the Tier 2 re-design of emotional health services and to hold partners to account for their contribution to the design work.
- 4.3 For the LSCB to ensure the effectiveness of those arrangements for the safeguarding and protection of children and young people.

## **5. COMMUNITY ENGAGEMENT AND INFORMATION**

- 5.1 A significant engagement exercise was undertaken in early 2014 which has been fully cited in this report.
- 5.2 The 3<sup>rd</sup> July Awayday provided an opportunity to ensure that the breadth of partner agencies are involved in co-designing and resourcing a Tier 2 emotional health and well-being offer.
- 5.3 Pilot schools and partner agencies acting as community 'anchors' involved in the 'Brilliant West Berkshire: Building Community Together' strategic vision, will be actively contributing to the co-design activity. In turn, children and young people's views will be proactively sought; and where appropriate, children and young people will also be involved in co-designing and commissioning of small projects and services within their school community.

## **6. BACKGROUND PAPERS**

- 6.1 Commons Select Committee report – Oct 14  
<http://www.publications.parliament.uk/pa/cm201415/cmselect/cmhealth/342/34202.htm>

- 6.2 Engagement exercise link <http://southreadingccg.nhs.uk/news/entry/review-of-children-and-adolescent-mental-health-services-camhs-in-berkshire>

- 6.3 Local Offer link  
<http://servicesguide.reading.gov.uk/kb5/reading/directory/results.page?familychannel=6-6&qt=&term=&sorttype=field>

- 8.1 Future in Mind -March 2015  
<https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people>

## **7. Equalities**

- 7.1 This item is not relevant to equality.

## **Appendices**

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Appendix 1 - Acronyms used in the report

Appendix 2 - How emotional health and wellbeing/ CAMHs services are commissioned in Berkshire

Appendix 3 - Comprehensive Mental Health service provision for children and young people in West Berkshire