
To: Health and Social Care Scrutiny Board (5)

Date: 1st March 2017

Subject: Child and Adolescent Mental Health (CAMHS) Transformation Update

1 Executive Summary

- 1.1** Health and Social Care Scrutiny Board 5 received a full overview of the CAMHS Transformation Plan in September 2016. The Plan was developed in 2015 and is now in the second quarter of the second year of delivery. In November 2016 all local Clinical Commissioning Group areas were required to submit an updated transformation plan to be reviewed by NHS England. The Coventry and Warwickshire plan received an overall assurance rating of 'fully confident' from NHS England.
- 1.2** The focus for year two is on fully mobilising and implementing the areas of innovation and transformation outlined in the plan and highlighted in the previous Scrutiny Report, in particular, the integrated CAMHS Looked After Children (LAC) service which is now operational and the new Eating Disorder Service and associated pathways. Other imminent improvements are the launch of the Primary Mental Health Service and implementation of the proposed Autistic Spectrum Disorder (ASD) pathway.
- 1.3** There continues to be a focus on improving initial and follow up waiting times.
- 1.4** The purpose of this report is to provide an update on:
- Key information previously requested by Board relating to:
 - Transitions Pathway
 - Training for professionals
 - Prioritisation for child protection and children in need
 - Progress and challenges in delivering each of the 7 Transformation Plan priorities
 - Milestones for delivery to be completed by November 2017 (end of year 2)

2 Recommendations

- 2.1** The Health and Social Care Scrutiny Board are recommended:
- 1) To note the update of progress against the plan
 - 2) To note the 2016-2017 plan milestones for transforming services
 - 3) To note issues impacting on the delivery of the plan
 - 4) To receive an update on progress in six months

3 Background

3.1 Children and Young People access 4 tiers of CAMHS services:

- Tier 1 - Universal services that are jointly commissioned by Coventry City Council and Coventry and Rugby CCG (CRCCG)
- Tier 2 – Targeted services commissioned by Coventry City Council and provided by Coventry Mind
- Tier 3 - Specialist mental health provision commissioned by CRCCG, and delivered by Coventry and Warwickshire Partnership NHS Trust (CWPT)
- Tier 4 - Inpatient services are commissioned by NHS England.

3.2 A five Year CAMHS Transformation Plan was developed for Coventry and Warwickshire commencing October 2015. This plan was developed in response to The Department of Health and NHS England report 'Future in Mind' (2015). This report set out national plans to change the way CAMHS services were commissioned and delivered and highlighted a range of issues at a national level, which were mirrored locally, in relation to difficulties in access, complex commissioning arrangements, limited crisis response support and limited support for vulnerable young people.

3.3 CRCCG lead the Transformation Plan and report to NHS England quarterly on progress. The Plan is supported by a multi-agency Project Board, recognising it is not within the gift of one agency to address the mental health needs of young people and requires a joint partnership response.

3.4 It was reported previously to Scrutiny Board 5 that a decision was arrived at locally that achieving those priorities for Coventry would best be advanced through working with the existing Providers by means of investing the Transformation funds allocated from NHS England. Warwickshire commissioners have taken the approach of competitively tendering services, a process that remains ongoing.

3.5 CRCCG provide £3.7m CAMHS funding Coventry and Rugby. This has been increased as a result of new NHS England monies available to support the transformation plan. A total of £878K additional funds have been made available to CRCCG for 2016/17 on a recurring basis. Some of the transformation schemes started in year, therefore based on the part year effect for some schemes, the 2016/2017 forecast spend is £444k

3.6 An additional £210K has also been awarded for the financial year 2016/17 for the purpose of reducing waiting lists. This finance was made available at the end of the third quarter of the financial year to be spent by the year end. There are plans to utilise this in particular to address the waiting lists for ASD assessments. In addition, applications have been made to support better access to CAMHS for children who have been detained in the Youth Justice estate or who have accessed Sexual Assault Referral Centres. These services are commissioned by NHS England Health and Justice. If successful, this would bring an additional £52.35K into the delivery plan for the financial year 2017/18. An additional submission for funds to accelerate priorities from the plan have recently been developed which, if successful, would result in another £72.5k to support delivery of local priorities.

4 Actions from Scrutiny September 2016

4.1 The previous CAMHS update to this board resulted in a number of actions:

- **Transition** - *A briefing note to be circulated to Members and to the Educations and Children Services Scrutiny Board (2) providing and update on the proposals for working with patients during the transition period from childhood to adulthood.*

This action is resolved by of the attachment at **Appendix 1**. Appendix 1 outlines the Transitions Pathway, describing how there is a process for engaging young people, and family members to confirm whether the young person or adults pathway is the most appropriate to meet needs.

- **Primary Mental Health** - *A briefing note to be submitted to Members providing additional information on the early prevention work in schools, in particular the enhanced primary mental health offer for the 2016/17 academic year, including how progress is to be monitored.*

Appendix 2 gives detail of the training programme and description on progress is addressed in this report.

- **Child Protection and Children in Need** - *The Transformation Board to be asked to consider how better access to the CAMHS service could be provided for children on child protection plans and children in need, including looking at the issue of data sharing between partners.*

The current service ensures all young people receive a comprehensive mental health assessment when they are referred to Specialist CAMHS. At this assessment, the clinician will capture risk factors and other vulnerabilities in order to assess the urgency of intervention. For example, a child with a Child Protection Plan, would be seen as having a significant vulnerability/risk and prioritised accordingly. Depending on the circumstances, the intervention may involve working with parents/carers and other professionals rather than direct work with the child. The timing of any direct work would be made on an individual child basis when clinically appropriate. This action is to be further resolved by inclusion in this year's CAMHS Transformation work plan addressed in further detail in this report. The examples of LAC and ASD demonstrate how partnership working is becoming more integrated.

5 Transformation Update and Key Indicators

5.1 National Assurance of the Local Plan

- 5.2** In November 2016 NHS England reviewed all local transformation plan updates against the national standards for delivering transformation over the five year period (October 2015-October 2020). There were three levels of assurance that could be allocated and on 21st November 2016 NHS England confirmed that the Coventry and Warwickshire Plan was assured as being 'fully confident'.

6 Priority 1 – Reducing Waiting Times

- 6.1** Performance reporting April 2016-December 2016 shows:

- 100% of children requiring emergency treatment are seen within 48 hours
- 100% of Children requiring urgent treatment are seen within 5 days
- Over 98% on average, of children, are seen for treatment assessment within 18 weeks of referral.

- 6.2** Follow up waiting times continue to be a specific focus. The most recently published data (January 2017) shows that there were 6 young people waiting over 12 weeks. Previously this target had been achieved as planned by November 2016. It is anticipated that this target will be consistently achieved from this point forward.

Table 1. Follow up waiting times January 2017: Source CWPT

Number of young people	0-12 weeks	13-24 weeks	25-36 weeks	37-48 weeks	49+ weeks	TOTAL
COVENTRY	33	6	0	0	0	39

7 Priority 2 – Providing a crises response service

- 7.1 The Acute Liaison service based at University Hospital Coventry and Warwickshire continues to operate.
- 7.2 A multi-agency workshop was held on 16th December 2016 to agree short, medium and long term actions to further develop the service. The focus moving forward is on developing a more joined up assessment, recognising that the young people presenting have a whole range of needs, not just related to their health needs.
- 7.3 The target for this priority is that 95% of Children and Young People presenting at hospital are assessed within 48hrs. Between November 2016 and January 2017 (3 months) a total of 55 Children and Young People were referred and assessed. All were assessed within 48 hrs.

8 Priority 3 – Autistic Spectrum Disorder (ASD)

- 8.1 It was reported previously that Coventry ranks as the highest local authority for rates of children with an autism known to schools in the west midlands. This results in significant waiting times for ASD assessments.
- 8.2 The local position in Coventry in December 2017 was that 628 school age children, and 304 preschool children were on the waiting list for an ASD assessment. The average wait for ASD assessment is currently 87 weeks. Families on the waiting list are given a contact number to call if they have concerns or needs change and is followed up as clinically appropriate.
- 8.3 Waiting times for ASD assessment are also a challenge reflected nationally. Research from City University London published in 2015, sampled 1047 parents and found on average there was a delay of around 3.5 years from the point at which parents first approach a health professional with their concerns to the confirmation of an autism diagnosis.
- 8.4 There is a local plan to address the waiting list and put in place a new pathway that reduces waiting times for new referrals. Making an impact on the current number waiting will need consistent work over a period of 18 months to address the needs of children on the waiting list and to better understand the factors influencing the rate of assessments in Coventry. Work is focusing on:
- Additional recurring finance has been made available to commission increased assessment capacity so that 53 assessments per month can be provided in contrast to a forecast of 46 referrals per month based on the year to date activity.
 - Focussed review of the needs for services in Coventry to scope the reasons for the high levels of referrals and subsequent assessments.
 - A revised ASD pathway has been further developed after engagement with education and feedback from Head teachers to address the local system challenges. The CAMHS Transformation Board endorsed the pathway in January 2017 and it will be considered for clinical sign off at the CRCCG Clinical

Development Group on the 28th February 2017, and subject to approval, proceed to implementation. The key features of the proposed pathway are:

- Mandatory information required from schools to support the triage process.
- Introduction of a joint triage between CWPT and an educational professional from the local authority education service.
- Targeted support for young people, where it is deemed clinically appropriate, they receive support immediately rather than waiting for a full assessment.

8.5 As referred to in section 2 of this report, Coventry received £210k additional funding to address waiting lists. It is proposed that part of this funding is used to clear part of the current waiting list.

9 Priority 4 - Looked After Children

9.1 A new integrated mental health service for looked after children (LAC) is now operational (since 1st February 2017). The 'CAMHS LAC Service' brings together the Mind, Journeys Service (tier 2) and resources from the CWPT CAMHS service (tier 3). The team is going to be co-located with Coventry City Council social care LAC staff at Logan Rd. This is creating a seamless mental health service for LAC and work with social workers and carers to be part of team around the child (TAC).

9.2 Key features of this service include:

- Mental health assessments and diagnosis where required.
- Weekly case consultation drop in meetings with Social Workers
- Telephone advice and guidance for carers and professionals (e.g. social workers)
- Therapeutic interventions where a specialist response is required which may include; counselling, cognitive behavioural therapy, art therapy, protective behaviours, dyadic developmental psychotherapy
- Supporting social workers with therapeutic life story work
- A weekly therapeutic group will be held at Gravel Hill

9.3 A key performance indicator of providing assessments within 4 weeks of referral for LAC has proved challenging. It is anticipated that this target will be met now that the new integrated service is operational and the transformation resource invested.

10 Priority 5 Support to schools

10.1 Over the next year, the Primary Mental Health Service will offer an enhanced provision to a number of primary and secondary schools across Coventry.

10.2 This service will provide school staff with the opportunity to receive advice and guidance that will build their capability and confidence to address and improve the mental health of children.

10.3 Schools will be allocated an accredited mental health professional who will offer consultations, interventions and training for a period of one school term. The following term the team will offer half a day per month for any follow up support that the school requires. Schools will need to make use of consultation time, provide classroom or assembly time for interventions and complete the evaluation measures.

10.4 The first cohort will be start in April and there will be other opportunities for schools to take part in September and January 2018.

10.5 The offer to schools includes :

- **Consultancy**
Schools will be offered up to half a day per week of consultation time with a dedicated mental health worker. This will support staff to build confidence in supporting young people with low level mental health concerns and have a safe space to explore their own personal needs.
- **Assembly**
The Primary Mental Health team will offer an assembly to cover an introduction of mental health and resilience. This may be delivered as a whole school or to a targeted year group and will last no more than half an hour.
- **Interventions**
Schools will be offered up to half a day per week of dedicated classroom or intervention time to support young people with their difficulties and aim to prevent deterioration in their mental health. This time can be used as a classroom session to teach resilience or used to offer small group / individual interventions. Exploring ways to embed mental health into the National Curriculum is another option available. This will be agreed at the introductory planning session.
- **Training**
Staff will have the opportunity to attend the generic mental health training workshops that the Primary Mental Health Service offers or a bespoke training session for school staff - details can be agreed at the introductory planning session.

11 Priority 6 – Eating Disorder Service

- 11.1** The new clinical pathway implemented reflects the expected treatment interventions and waiting times as defined within national guidance including, Access and Waiting Time Standard for Children and Young People with an Eating Disorder July 2015, Future in Mind: Promoting, protecting and improving our children and young people's mental health and wellbeing 2015 and Eating Disorder NICE guidelines (2004). The focus being working towards the implementation of:
- treatment within a maximum of 4 weeks
 - community based service with support and interventions in the home
 - enhanced family involvement and therapy
 - earlier intervention
 - increased psychological interventions
- 11.2** A formal service launch is currently being planned.

12 Priority 7 – Enhancing access and support through the utilisation of technology

- 12.1** There are currently two websites across Coventry and Warwickshire developed by tier 2 providers and specialist CAMHS service. Both sites provide information on current services to children and young people and their carers. The tier 2 website also provides interactive peer support, self-help and online counselling provision.
- 12.1.1** Partners plan to enhance the way we communicate and provide support to young people by developing a single comprehensive CAMHS website, a milestone for year 2 of the plan.

13 Milestones for delivery by 31st October 2017

- 13.1 The CAMHS Transformation Board has reviewed progress and taken stock as to activity required during year 2 of the plan and to prepare for the milestones in Year 3. Figure 1 represents an overview of the year 2 programme. This is a challenging set of milestones that will require a significant contribution from commissioning and delivery partners.
- 13.2 The delivery of these milestones will be assured through the mechanisms of NHS England annual assurance and accountability and review by the Health and Well-being Board, as part of the overall governance of the transformation plan.

Figure 1. CAMHS Transformation Plan Milestones 2016/17

Transformation Plan Year 2	
Fully Implementation of: <ul style="list-style-type: none">• New Eating Disorder Service (Contract)• Looked After Children's CAMHS services (Contract)• New ASD pathway• Primary Mental Health response for school (Contract)	Develop and deliver: <ul style="list-style-type: none">• New integrated collaborative pathway for tier 4 to support crises, admission, prevention and safe discharge• Review opportunities for further integration of CAMHS with other targeted groups of vulnerable Children and Young people• Evaluate the Dimensions Tool to improve referral pathways• Deliver an improved web based front door for advice, information, referral and help
Further improve : <ul style="list-style-type: none">• Workforce planning and development to deliver the transformation plan• Information and data analysis to shape understanding and planning for needs assessment and supply and demand for services• Acute liaison service social support	

14 Appendices for Information

- Appendix 1 - Pathway for transition from CAMHS to adult Mental Health Services
- Appendix 2 – Primary Mental Health Training Plan

15 Report From

Matt Gilks: Director of Commissioning; Coventry and Rugby Clinical Commissioning Group (CRCCG)

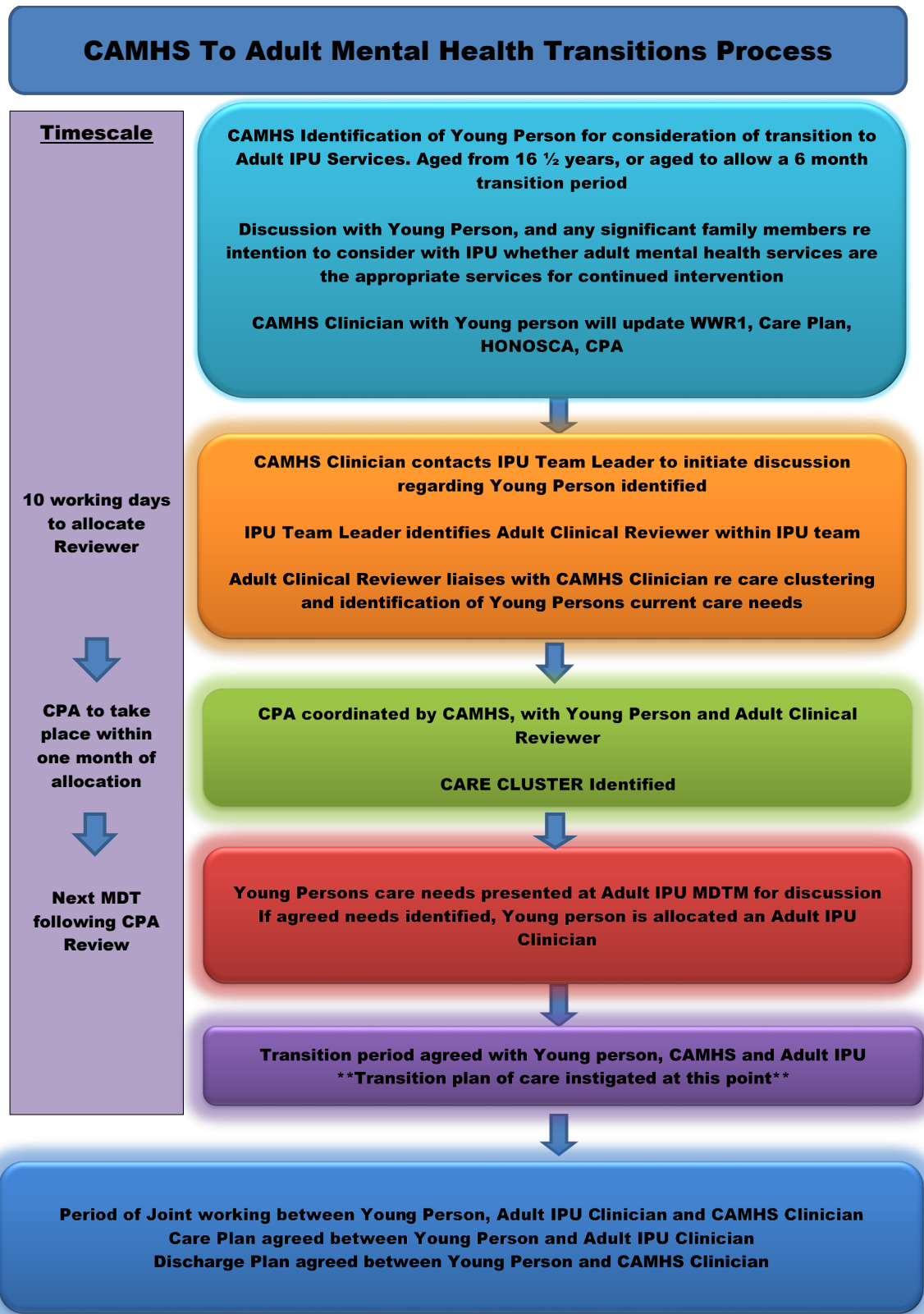
Liz Gaulton: Acting Director of Public Health; Coventry City Council

Contributors:

Jed Francique: Associate Director of Operations (Child & Family Services); Coventry and Warwickshire Partnership Trust

Alan Butler: Joint Commissioning Manager; Coventry City Council/ Coventry and Rugby CCG

Jak Lynch: CAMHS Programme Manager; Coventry City Council/ Coventry and Rugby CCG



Appendix 2 – Primary Mental Health Service Training Plan

Coventry and Warwickshire Partnership 
NHS Trust

Primary Mental Health Service

The Primary Mental Health Service are providing **FREE** Mental Health Workshops for professionals. These workshops will address four key areas of child and adolescent mental health (ages 0-18), including **Anxiety**, **Attachment**, **Depression** and **Self-Harm**, and will run throughout the 2016-17 academic year, as follows:

	Anxiety	Attachment	Depression	Self Harm
2016	Tues 13 th Sept	Thurs 3 rd Nov	Tues 10 th Jan	Thurs 2 nd Mar
	Tues 20 th Sept	Thurs 10 th Nov	Thurs 19 th Jan	Tues 7 th Mar
	Fri 30 th Sept	Tues 15 th Nov	Tues 24 th Jan	Thurs 16 th Mar
	Tues 4 th Oct	Fri 18 th Nov	Tues 31 st Jan	Thurs 23 rd Mar
	Tues 11 th Oct	Tues 29 th Nov	Tues 7 th Feb	Tues 27 th Jun
	Thurs 13 th Oct	Fri 9 th Dec	Thurs 16 th Feb	Thurs 6 th Jul
	Fri 21 st Oct	Thurs 15 th Dec	Thurs 8 th Jun	Tues 11 th Jul
2017	Tues 28 th Mar	Thurs 11 th May	Tues 13 th Jun	Thurs 13 th Jul
	Tues 4 th Apr	Tues 16 th May	Thurs 15 th Jun	
	Thurs 27 th Apr	Thurs 18 th May	Thurs 22 nd Jun	
	Tues 2 nd May	Tues 23 rd May		

(All workshops will run from 9.00am to 12.00 noon.

September to December workshops will take place at [City of Coventry Health Centre](#).

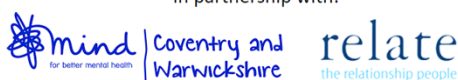
From January to July the workshops will take place at [Paybody Building](#))

Places on the workshops are subject to availability.

To book your place on a workshop or to discuss a bespoke workshop, please call **02476961476** or email Coventry.PMHS@covwarkpt.nhs.uk

(please include: Name, Role, Agency, Choice of Workshop/Date)

In partnership with:



Primary Mental Health Service | Paybody Building | Stoney Stanton Road | Coventry | CV1 4FS
Phone: 02476 961 476 | CoventryPMHS@covwarkpt.nhs.uk

Daniel Duffy 2016

Primary Mental Health Service

Workshop objectives:

Anxiety

- To consider the definition of anxiety - including various types of anxiety
- Explore the physical symptoms of anxiety - what does anxiety look like? What are the warning signs?
- To consider how anxiety develops and is maintained over time
- To consider strategies you can use to support a child or adolescent with an anxiety related disorder
- Understand when & how to access specialist services when appropriate in relation to anxiety

Attachment

- To provide an overview of attachment
- To highlight the difference between attachment difficulties and attachment disorders
- To discuss the consequences of maltreatment, including trauma
- Explore how attachment difficulties impact upon learning, education and social development
- Strategies for working with CYP
- To discuss support available for signposting CYP

Depression

- To gain an understanding of depression in a CYP
- To be able to recognise depression in a CYP - physical symptoms and warning signs
- Risk and protective factors for children and young people with depression.
- To explore strategies to support CYP suffering with depression
- To understand when to refer a child or young person to specialist services

Self Harm

- To develop knowledge and understanding of self-harm behaviour in young people
- To explore the reasons why young people self-harm.
- To understand how to respond to a disclosure.
- To explore alternative coping strategies for reducing self-harm behaviour.
- To identify support available for CYP and when to refer on.

Places on the workshops are subject to availability.

To book your place on a workshop or to discuss a bespoke workshop, please call **02476961476** or email Coventry.PMHS@covwarkpt.nhs.uk
(please include: Name, Role, Agency, Choice of Workshop/Date)

In partnership with:

