

**BACKGROUND PAPER FOR HERTFORDSHIRE CHILD & ADOLESCENT
MENTAL HEALTH SERVICE (CAMHS) TRANSFORMATION PLAN TOPIC GROUP**

*Joint Report of the Director of Adult Care Services and the Director of Children's
Services*

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1. Purpose of the report

1.1. To provide members with background information to the Child and Adolescent
Mental Health Services (CAMHS) scrutiny, namely:

- To summarise current CAMHS services and transformation plans.
- To provide an overview of the two areas under detailed consideration,
namely “early intervention and prevention” and “crisis”.
- To introduce the government’s recent green paper on CAMHS.

2. Background

2.1. The scrutiny was agreed by Health Scrutiny Committee on 12th December 2017.
The scrutiny’s objectives are:

- To assess the progress against the Hertfordshire Child and Adolescent
Mental Health Service (CAMHS) Transformation plan and to evaluate the
local system’s capacity and ability to deliver positive changes in terms of
children and young people’s mental health.
- To consider whether the Children and Young People's Emotional and
Mental Wellbeing Board is sufficiently well sighted on the emerging
challenges to address them over the 5 year lifetime of the plan.

2.2. Members will be seeking information to address the following questions:

2.2.1. How effectively are partners working together to improve outcomes for children
and young people experiencing a mental health crisis:

- a. How do you prevent mental health crises in the community where
children are at high risk of admission?
- b. How do you ensure that good quality services are provided for
children and young people in acute hospitals (i.e. Lister and Watford
General)?
- c. How do we ensure that there are good outcomes from admissions to
CAMHS inpatient services?

2.2.2. How can the CAMHS partners intervene effectively and appropriately to support
children and young people at the early stages of a mental health issue?

2.3. The scope of the review is not the whole of the CAMHS Transformation Plan but two key elements of it - “early intervention and prevention” and “crisis”.

3. Mental Health Services for Children and Young People

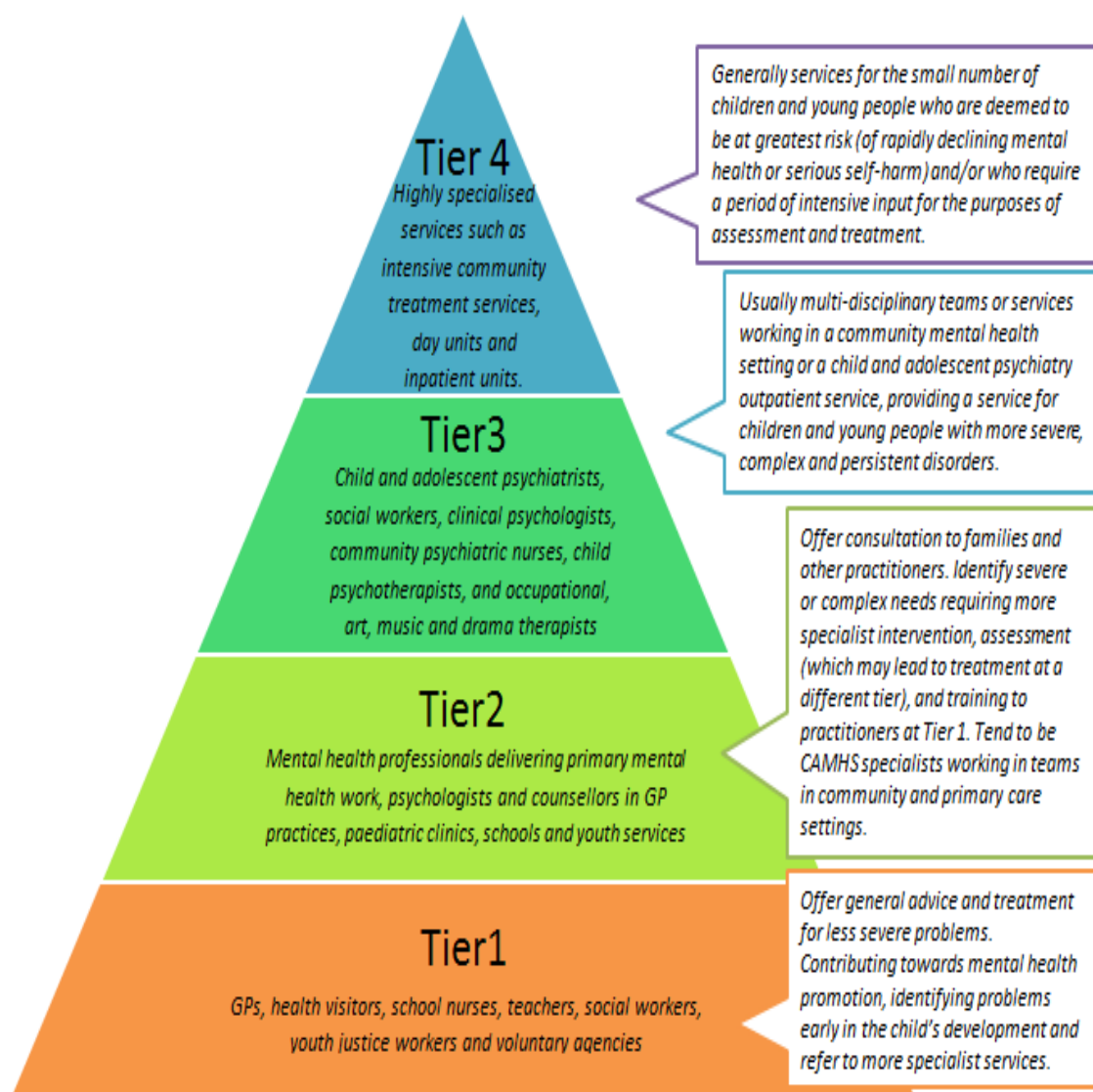
3.1. A local review of CAMHS was presented to Hertfordshire Health and Wellbeing Board in 2015. This was closely followed by the national government report into CAMHS (Future in Mind) and the announcement of £1.25 billion in additional funding for CAMHS over the following five years. The expectation is that this funding would be used to transform CAMHS services across the country.

3.2. In Hertfordshire, our vision and overall aim is that children, young people, their families and professionals can access timely and responsive emotional and mental health information, advice and support through a single multiagency gateway. This gateway will lead to effective triage based on needs rather than presenting issues or diagnosis. This single front door will also provide access to a continuum of emotional and mental health provision through a single trusted referral.

3.3. Hertfordshire’s CAMHS Transformation Plan, which is annually nationally assured by NHS England, aims to increase access for children and young people to early intervention and prevention provision across the five years of the programme to 2020. It also focuses on delivering a seven per cent year on year increase of children and young people with a diagnosable mental health condition receiving treatment. Hertfordshire’s CAMHS Transformation Plan is available at <http://www.enhertscg.nhs.uk/transforming-mental-health-services-children-and-young-people-camhs>

3.4. The Hertfordshire vision moves away from the tiered model of delivery to an empowering nationally recognised Thrive model. This will improve access, join up services, provide a more evidence-based service, and promote transparency and accountability across the system. The traditional tiered model is set out below:

Figure One: CAMHS Tiered Model of Services



3.5. Locally, key services include:

- Tier 4 – inpatient beds historically commissioned by NHS England’s specialised commissioning teams.
- Tier 3:
 - NHS funded specialist community CAMHS services, run by Hertfordshire Partnership University NHS Foundation Trust (HPFT).
 - PALMS – a specialist service for children and young people with Autism / Learning Disability / challenging behaviour run by Hertfordshire Community NHS Trust (HCT).
- Tier 2:
 - Step 2 – early intervention service run by HCT.
 - Community counselling services provided by organisations such as TileHouse, Rephael House Youth Counselling and Young Concern Trust (YCT).
- Tier 1 – universal services where good mental health and emotional wellbeing can be promoted.

3.6. The Thrive model is a needs based framework that enables care to be provided in four distinct groupings, determined by the person's needs and preferences for care as shown in the diagram below:



3.7. Emphasis is placed on prevention and the promotion of mental health and wellbeing. It provides a clearer distinction than before between:

- Treatment and support
- Self-management and intervention
- More systematic integration of shared decision making and routine collection of preference data

More detail on Thrive and how this maps to current services are set out in Appendix A.

3.8 In October 2017, Hertfordshire was selected as one of 10 Health and Wellbeing areas to be involved in the CQC's Thematic Review of Mental Health Services for Children and Young People.

3.9 The thematic review focused on what is working and what is not for children and young people's mental health services. The findings from the review fed into the new Green Paper on children and young people's mental health. As part of the review local partners were asked to do an introductory presentation to the inspectors. This presentation is attached as Appendix B.

3.10 Feedback from CQC was positive, the team recognised the progress of our CAMHS transformation programme and in particular our approach to early intervention, our clear educational strategy, the Hertfordshire Community Eating Disorder team, Positive behaviour Autism Learning disability Mental health services (PALMS) and the targeted team. They also commented on the trusted assessment process and our overall approach to mental health, especially our boys' stigma project.

Key outcomes to be achieved by the CAMHS Transformation Plan by 2020

- 3.11 The following are the key outcomes that the plan sets out for delivery by 2020:
1. Children and young people will feel their emotional and mental health is improved and that they are better able to manage their thoughts and feelings and deal with challenges and issues.
 2. Parents/Carers and the professional networks around children and young people feel better equipped to promote positive mental health and well-being, provide support where needed and are able to easily access timely advice and guidance.
 3. Increasing numbers of children and young people will be able to access emotional and mental health support provided by evidence based interventions. (There is a target of 35% of 0-18 population in Hertfordshire by 2020).
 4. Children, young people, parents/carers and professionals will report improved satisfaction with the continuum of provision available to support emotional and mental health and well-being.
 5. In times of mental health, crisis pathways will be clear, relevant service staff will feel sufficiently skilled and supported to respond. Families and professionals will be involved with discharge planning and there will be a clear follow up plan.
 6. The Hertfordshire workforce that help to promote and support the emotional and mental health and well-being of children and young people will have access to regular advice, guidance and training to support the early identification of emerging difficulties.
 7. Schools report improvements in whole school well-being which is supported by the views of children, young people and their families.
 8. Children, young people and their families feel involved, engaged and equal partners in the assessment process, the development of treatment, discharge and risk management plans and feel well informed of their choices.

CAMHS Funding and Transformation Workstreams

- 3.12 Table One below summarises CCG investment into CAMHS services in Hertfordshire. This includes the additional national funding identified for CAMHS Transformation by NHS England. The Cambridge and Peterborough CCG funding covers Royston.

Table One: Total 2017/18 NHS CAMHS Funding

	E&N Herts CCG £'000	C&P CCG £'000	Herts Valleys CCG £'000	Total £'000
HPFT CAMHS	5,035	144	4,731	9,910
PALMS	635	15	640	1,290
Other small contracts	1,256	17	1,265	2,538
Total	6,926	176	6,636	13,738

- 3.13 Of this funding, just over £2.4million was released on a part year basis in 2015/16 and then funded on a full year basis in 2016/17. This was the amount identified as CAMHS transformation funding in the original national funding allocation, although it was not ringfenced. An additional £400,000 has been allocated for 2017/18.
- 3.14 Children’s Services, Hertfordshire County Council places significant value on the well-being of children and young people, currently investing approximately £21m per annum to deliver a range of provision which contributes to supporting emotional wellbeing. This includes provision within the Family Centre Service, Families First, counselling service, YC Hertfordshire, fostering and adoption, 0-25 together and the virtual school.
- 3.15 The key CAMHS Transformation work streams are set out below:
1. Increasing the number of children and young people who access evidence based mental health interventions, in line with the government target that 35% of children and young people who could benefit receive support by 2020/21.
 2. Reducing waiting times for CAMHS services.
 3. Better support in crisis, and reducing the number of admissions to tier 4 inpatient beds.
 4. Workforce Development to build capacity and the ability to manage mental health concerns at all levels.
 5. Work with schools, who are often the first point of contact for children and young people around their mental health.
 6. Early Intervention Pathway – to intervene early and so prevent escalation.
 7. Eating Disorders – strengthening support for children and young people with eating disorders. (National targets for waiting times are now being met, namely urgent referrals seen within 7 days and routine referrals within 28 days).
 8. Development of a community perinatal mental health team.
 9. Neurodevelopment – strengthening diagnosis pathways for autism and Attention Deficit Hyperactivity Disorder (ADHD).
 10. Parent and carer support – ensuring that parents / carers receive the necessary support.
 11. Ensuring that children and young people who are displaying harmful sexual behaviours have access to appropriate support and intervention in a timely manner.
 12. Developing an attachment and trauma service.

4. SUMMARY OF TOPICS FOR DISCUSSION AT SCRUTINY

- 4.1 Two topics will be covered in depth at Scrutiny – firstly “early intervention and prevention” and secondly “crisis”.

Early Intervention and Prevention

- 4.2 Hertfordshire has a whole system approach, across the continuum of need and through collaborative partnerships, to identify, assess and support children and young people with mental health.
- 4.3 At the earliest stage, Children's Services, CCGs, Public Health and CAMHS providers have collaborated to support the development of an early help mental health and wellbeing model to support children, young people and their families at the earliest opportunity, improve outcomes and manage demand on specialist provision.
- 4.4 As part of this model, and through a successful funding application to Health Education England, Hertfordshire has recruited 4 Children's Wellbeing Practitioners (CWP). The recruitment of 3 additional senior CWPs has further strengthened this provision to bridge the gap between lower level and specialist provision, ensuring that children and young people are receiving appropriate assessments and support at the earliest opportunity. This countywide provision, co-located within the Intensive Support Families First Teams, supports children, young people and families with emerging mental health concerns, offering the following interventions:
- Brief parent training for behavioural problems in children and young people;
 - Behavioural treatment for anxiety/depression and guided parent-led self-help;
 - Behavioural treatment for self harming.
- 4.5 The Hertfordshire review in 2015 identified the importance of working with schools to ensure a focus on early intervention and prevention. Hertfordshire made a successful application to be part of the national schools and CAMHS pilot programme. In addition, Hertfordshire's two NHS clinical commissioning groups (CCGs) appointed a link officer in each CCG to support schools and to sustain the interface between schools and local CAMHS services.
- 4.6 Hertfordshire's online Tools for schools, Tools for GPs and Tools for Social Workers include downloadable referral guidance, criteria, multiagency referral forms, 'when to worry' questionnaire for all staff, records for concern and parent consent forms via a password-protected website. Also included is a guide to match interventions to needs and protocols include using the Strengths and Difficulties Questionnaire as a validated measure to screen for, assess and monitor potential mental health difficulties.
- 4.7 Mental Health First Aid training (MHFA) has been rolled out across Hertfordshire to school professionals as well as social workers, foster carers, YC Herts, Families First, Residential Children's home staff, voluntary sector organisations and attendance officers. By the end of the financial year, nearly 1,000 professionals will have received training in the two day evidence based course.
- 4.8 To support a whole-system approach and a skilled and knowledgeable workforce, mental health referral training is available to all professionals,

including GPs, health professionals, social workers and school staff. Professional can also access guidance [online](http://www.healthyyoungmindsinherts.org.uk/professionals/making-referral) (<http://www.healthyyoungmindsinherts.org.uk/professionals/making-referral>).

- 4.9 A single point of access (SPA) handles all mental health and learning disability referrals by telephone, email and post, including child and adolescent referrals. This is run by mental health services provider, Hertfordshire Partnership NHS University Foundation Trust (HPFT). Advisors are specially-trained call handlers and work alongside clinicians in reviewing and assessing incoming referrals. Monitoring systems are in place to ensure Hertfordshire's SPA operates to required standards, e.g. response and waiting times.
- 4.10 Our two key CAMHS providers (HPFT and HCT) have jointly established standards and protocols in assessing children and young people's mental health through a trusted assessment process to ensure that families are accessing the right service. SPA triage uses the Choice and Partnership Approach (CAPA) for Specialist CAMHS, with a target that 95% of choice appointments take place within 28 days of referral.
- 4.11 In December 2017, the government published a green paper, "Transforming Children and Young People's Mental Health Provision: a Green Paper". Early intervention and prevention is a key focus of this paper. Three key proposals are detailed:
1. Each school is incentivised to identify and train a designated senior lead for mental health and wellbeing and have access to rapid advice, consultation and signposting from mental health services.
 2. New mental health support teams are proposed, jointly managed by schools, colleges and the NHS. It is proposed that these teams would be linked to groups of schools, providing interventions to support those with mild to moderate needs and to promote good mental health and wellbeing.
 3. A reduction in waiting times for NHS services, trialling a four week waiting time for specialist NHS children and young people's mental health services.

A link to the green paper is in the background reading section.

- 4.12 Across the system, child protection and safeguarding policies are followed and include Hertfordshire Safeguarding Children's Board guidance and risk assessment offering an informed and systematic approach to addressing the needs of children and young people at risk of self-harm or suicide and ensuring that children and young people gain appropriate support are assessed and referred appropriately.

Crisis

- 4.13 Children and young people experiencing a mental health crisis often present at hospital. The two main acute hospitals in Hertfordshire are Watford General Hospital and Lister Hospital in Stevenage, although there are a number of other hospitals just outside the Hertfordshire border which are also used by Hertfordshire residents. The HPFT Children's Crisis, Assessment and Treatment Team (C-CATT) provides assessments for children and young people presenting at Emergency Departments (also known as A&E) or who are

on paediatric wards. Where appropriate, they provide a range of short term community based assessment and treatment options and provide advice to parents/carers.

- 4.14 If children and young people require a mental health inpatient bed these have historically been provided by NHS England's Specialised Commissioning Team. NHS England have national responsibility for inpatient beds for children and young people. Over the last few years there have been usually around 40 – 45 children and young people from Hertfordshire in mental health inpatient beds. There has been considerable national discussion about this issue with stories in the media of children and young people being placed hundreds of miles away from their families.
- 4.15 During 2017, NHS England ran an expression of interest process for mental health trusts to make a case for taking on the management of these inpatient beds for children and young people in their local area. HPFT were successful in this process and took on management of beds from the start of December 2017. The new model aims to reduce the number of children and young people who require admission to an inpatient bed and, should an admission be necessary, to reduce the length of time the child or young person stays in the inpatient bed.
- 4.16 HPFT's new model is based on an expansion of the C-CATT team to create a Home Treatment Team. The same consultants will be responsible for the crisis, inpatient and discharge services, giving continuity of care throughout this time.
- 4.17 Alongside this we are trialling a model of volunteer support for children and young people waiting in the Lister or Watford General Emergency Departments run with Youth Connexions Hertfordshire. This is known as the Empathy Project.

Background Information

The 'Future in Mind' report national report was published in March 2015. This report is available at <https://www.england.nhs.uk/mental-health/cyp/>

Health and Wellbeing Board Report on local CAMHS review (4 June 2015) – item 7: <http://cmis.hertfordshire.gov.uk/hertfordshire/Calendarofcouncilmeetings/tabid/70/ctl/ViewMeetingPublic/mid/397/Meeting/34/Committee/13/SelectedTab/Documents/Default.aspx>

Transforming children and young people's mental health provision: a green paper. This is available at:

<https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper>

Child and Adolescent Mental Health Needs Assessment (2015, published as part of Public Health led CAMHS review):

https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=5&ved=0ahUKEwia6PuTi63YAhVJL8AKHQH9DQgQFghCMAQ&url=https%3A%2F%2Fwww.hertfordshire.gov.uk%2Fmedia-library%2Fdocuments%2Fpublic-health%2Fjsna-documents%2Fassessment-of-the-mental-health-needs-of-children-and-young-people-in-hertfordshire.pdf&usq=AOvVaw2J_-PziVEbFwi8FcCZYT_y

Appendix A - Quick Reference Guide on Child and Adolescent Mental Health - This helps practitioners identify the level of need according to presentation and gives an indication of services available to support the child or young person.

Appendix B – Presentation on Transforming children and young people's emotional and mental wellbeing in Hertfordshire.