

Child and Adolescent Mental Health Services Transformation Update

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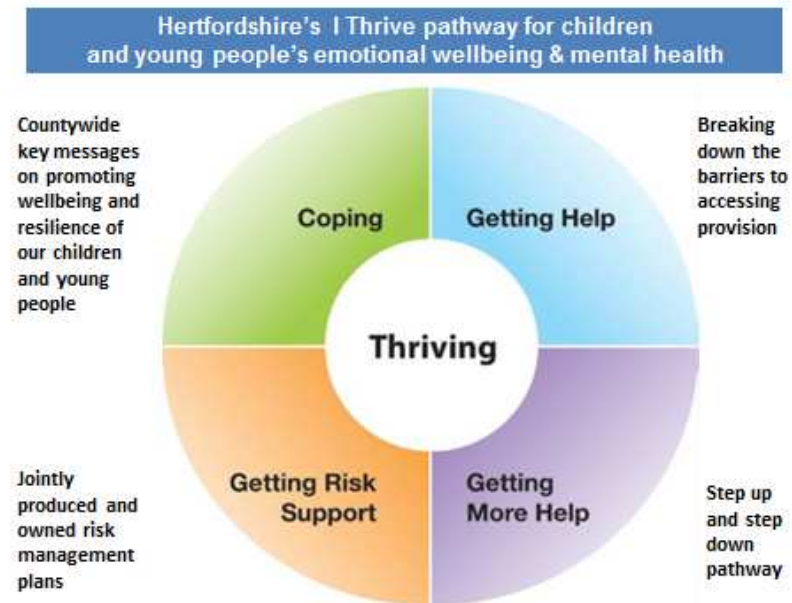
Hertfordshire: An Overview

- Current system has lent itself to reactive crisis management - process of Transformation will deliver an offer that allows for intervention at earliest possible opportunity.
- Hertfordshire is committed to ensuring that emotional and mental wellbeing of CYP is a priority and a responsibility for all partners.
- Aim to increase access for CYP to early intervention and prevention provision across the five years of the programme to 2020/21.
- Ambitions to implement sustainable system wide change.
- Embedding a countywide early intervention and prevention model.
- Continued investment in, and work towards, increasing access to evidence based mental health interventions to help CYP at earliest opportunity; develop support for parents and carers; improve support for CYP experiencing crisis and/or trauma, and engaging in sexually harmful behaviours.
- Perinatal mental health service shortlisted for an award two years running.
- Eating disorder service has received an award and a number of commendations.

Thrive Model

- Thrive model actively adopted in Hertfordshire to meet holistic needs of CYP.
- Ambition to develop needs-led approach for patients and service users.
- Hertfordshire selected as iThrive accelerator site - ongoing evaluation being undertaken by Anna Freud National Centre for Children and Families to assess local pathways and transformation work.
- CAMHS Commissioning Team carrying out review and evaluation of Provider engagement with Thrive model within working practice(s).

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Thrive: The Existing System

Thriving

School CAMHS Link, Schools, Five ways to Wellbeing, Just Talk, Family centre's (Children's Centres), Workforce training MHFA IMHOL, My Teen / Babies Brain

Getting advice

- Healthy Young Minds in Herts website
- Kooth message board
- Empathy project

Getting risk support

- High needs pathway (HPFT)
- ARC, Safeguarding, Targeted Youth Support Team, (Children's Services)
- Crisis and Assessment (HPFT)
- Home Treatment Service (HPFT)

Getting help

- Safe Space (School Counselling)
- Community Counselling
- Step 2 • YC Herts
- Kooth online counselling
- Community Wellbeing Practitioners
- Targeted Parenting Programmes
- School Health
- Targeted service (for CYP known to CS)

Getting more help

- Community CAMHS (HPFT)
- Eating Disorder Service (HPFT)
- PALMS (HCT)

New Care Models

- Hertfordshire successful in second wave of national New Care Models (NCM) programme.
- Aims to offer viable community alternative to inpatient admission, provide care closer to home and reduce lengths of stay through closer integration with community teams.
- NCM pilot will be evaluated up until March 2019.
- Evaluation will include input from NHS England and local partners.

Accessing NHS Funded Support

- Government targets to increase the number of CYP accessing NHS funded support.
- Numbers of CYP who could benefit from help (based on national estimates of prevalence):

	East and North Herts CCG	Herts Valleys CCG	Hertfordshire Total
Number of CYP who could benefit from a CAMHS Service based on national prevalence estimates	10,574	11,125	21,699
30% (Target for 17/18)	3,172	3,338	6,510
32% (Target for 18/19)	3,384	3,560	6,944
35% (Target for 20/21)	3,701	3,894	7,595
Actual number of children and young people receiving support in 2017/18	3,254	3,407	6,661
Percentage	30.77%	30.62%	30.70%

Key Hertfordshire LTP Priorities

Increasing the number of CYP who access evidence based mental health interventions

Developing a Community Perinatal mental health team

Reducing waiting times for CAMHS services

Development of a neurodevelopmental pathway

Better support in crisis, and reducing the number of admissions to Tier 4 inpatient beds

Eating Disorders – strengthening support for CYP with eating disorders

Workforce development to build capacity and ability to manage mental health concerns at all levels

Early Intervention Pathway

Work with schools

Transforming CYP's Mental Health Provision: a Green Paper

- Hertfordshire is one of 25 national trailblazer sites in the first rollout of Mental Health Support Teams (MHSTs).
- Two teams covering East Hertfordshire and St Albans, due to the high numbers of CAMHS referrals seen in these areas.
- Each team will be expected to see c.500 CYP a year - helping CYP with more severe needs to access the right support.
- Delivering evidence based interventions in/close to schools and colleges for those with mild to moderate mental health issues.
- Working with, and within, schools and colleges, providing a link to specialist NHS services.
- Building on and increasing support already in place, rather than replacing it.
- Initial central government funding will fully fund teams until March 2021.
- Expectation that Hertfordshire MHSTs will be fully operational by December 2019.