

Appendix E – Provider activity data and finance 2015/16

	Service information
Name	Tier 3 CAMHS Sussex Partnership NHS Foundation Trust
Description	<p>The service accepts referrals via a single point of access with Tier 2 CAMHS and referrals of children and young people with more moderate to severe mental health issues likely to respond to medium to longer term interventions will be directed to CAMHS. The service offers some joint working with Tier 2 CAMHS in the form of groups. The team is multi-disciplinary and includes those from a range of professional background including psychiatry, nursing, psychology, therapists. Young people referred to the service will be seen initially in an assessment clinic (within 4 weeks) and then referred to the relevant professional for intervention as appropriate. Besides the generic pathway for children and young people with mental health issues there are also specialist pathways for:</p> <ul style="list-style-type: none"> • Assessment and diagnosis of autism (over 11s) • Looked after children • Children with Chronic fatigue syndrome • Children with long term health conditions • Children with learning disabilities and associated challenging behaviour • children with neurodevelopmental conditions • Early intervention in psychosis • Young people aged 14-25 who need support with transition or struggle to access the CAMHS service (Teen to adult personal advisors (TAPA service)) <p>There are also:</p> <ul style="list-style-type: none"> • Specialist mental health nurses within substance misuse service and youth offending team • Specialist mental health practitioners in Clermont child protection unit <p>The service also provides:</p> <ul style="list-style-type: none"> • Duty response to paediatric A&E where a young person presents with serious self-harm • Urgent help service for crisis and out of hours response <p>24 hour duty psychiatry advice</p>
what outcome(s) is it aiming to achieve	<ul style="list-style-type: none"> • Reduction in the symptoms of mental ill health including via access to medication as needed • Promotion of wellbeing and emotional resilience • Advice and support to professionals working with children and young people with mental health issues • Support and advice to parent carers and family members in managing the mental health needs of children and young people • Maintaining children and young people in a community setting unless they are acutely unwell and require an inpatient admission (provided at Chalkhill Haywards Heath by SPFT and young people can also access other specialist centres as needed via referral to a specialist funding panel)
Reach / age range	Under 18 years (up to 25 for TAPA Service)

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Service information	
Name	Early Intervention in Psychosis Service
Description	Early Intervention services support individuals experiencing a first episode of psychosis who are typically presenting for the first time to mental health services and who have either not yet received any antipsychotic treatment or have been treated for less than one year ¹ . Diagnostic uncertainty characterises the early phase of a psychosis and thorough assessment is a crucial and key function of the Early Intervention Team.
what outcome(s) is it aiming to achieve	The purpose of this service is to provide a comprehensive, integrated package of care to young people aged 14-35 years living in Brighton and Hove experiencing or suspected to be experiencing a first episode of psychosis.
Reach / age range	14 -35 years

Name	Perinatal mental health service
Description	The service is designed to target antenatal women who develop mental health problems related to pregnancy, women with post-natal mental illness and women with pre-existing psychiatric disorder. The service works with women throughout their pregnancy until one year post childbirth. The team accepts referrals for women who are experiencing severe mental health problems, but will also offer advice, information and signposting for health professionals working with women with less severe presentations.
what outcome(s) is it aiming to achieve	<ul style="list-style-type: none"> • Enhance the experience of women with perinatal mental health problems in getting their needs met and accessing appropriate support; • Enable women with perinatal mental health problems to have clear care plans and to facilitate consistent implementation of care plans. Where appropriate this will involve joint care plans produced by the Consultant Psychiatrist in conjunction with a Consultant Obstetrician based at the Perinatal Clinic; • Facilitate access to appropriate therapeutic activities and expert advice which will help individuals and their families learn more about the condition and how best to manage it; • Improve risk assessments of women at high risk of or suffering from perinatal mental health problems; • Make onward referrals for supporting parenting capacity for women who need support; and • Raise awareness of the service to health care professionals.
Reach / age range	Adults (mothers) and their babies

2015/16							
	No of referrals received	No of referrals accepted	Waiting times (referral – assessment)	Waiting times (assessment – treatment)	Patient information	Workforce (WTE)	Workforce (skills & roles)
T3 CAMHS	2034	974	4 weeks	18 weeks	www.sussexpartnership.nhs.uk	23 WTE	Team leaders Consultants Psychologists Nurses Therapists Admin Management

¹ NIMHE 2008

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EIP	194	191	8.4 days	3.6 days	www.sussexpartnership.nhs.uk	15.58 WTE	Team leader Consultant Psychology Nursing Care Coordinators Admin
Perinatal	207	207	34.9 (average)	5.1 days	www.sussexpartnership.nhs.uk	3.4 WTE	Consultant Psychiatrist Psychology Practitioner and Team Leader

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Service information	
Name	Community CAMHS (tier 2) Brighton and Hove City Council (BHCC)
Description	<p>The Tier 2 Community CAMHS team offers a consultation service to parents, carers and professionals. This is where there is an opportunity to discuss concerns about a young person's emotional wellbeing or mental health before a referral is made. Experience shows that an early consultation can often address concerns and save the need for a referral. If they are not the right service they are normally able to signpost to a more appropriate service.</p> <p>The service accepts referrals via a single point of access with Tier 3 CAMHS and referrals of children and young people with more moderate mental health issues likely to respond to short to medium term interventions will be directed to Community CAMHS. The service offers some joint working with Tier 3 CAMHS in the form of groups and focussed support.</p> <p>The service is a partnership delivered by Primary Mental Health workers employed by BHCC and family support workers from two community and voluntary sector organisations (Safety Net and SCYMCA)</p>
what outcome(s) is it aiming to achieve	<ul style="list-style-type: none"> • Promotion of emotional wellbeing and building of resilience • Reduction of symptoms of mental ill health • Advice and support to professionals in managing the needs of children and young people • Development of self-management and coping skills
Reach / age range	0-18 though most referrals are of school age and upwards

2015/16							
	No of referrals received	No of referrals accepted	Waiting times (referral – assessment)	Waiting times (assessment – treatment)	Patient information	Workforce (WTE)	Workforce (skills and roles)
T2 CAMHS	1873*	406	2 weeks (all referrals offered a telephone assessment within 2 weeks)	Mean average waiting time – 6 weeks (from referral date) **	https://www.brighton-hove.gov.uk/content/children-and-education/childrens-services/child-and-adolescent-mental-health-services-camhs	11 WTE (includes LAC post funded by CCG)	Manager Primary Mental Health Workers Family Support Workers

** Mean waiting times are heavily influenced by clients' choice

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Service information	
Name	E-Motion online counselling - delivered in partnership by YMCA Downslink Group and Impact Initiatives
Description	Counselling available through the medium of email with specially trained online counsellors http://www.e-motionbh.org.uk/
what outcome(s) is it aiming to achieve	<ul style="list-style-type: none"> • Increased coping skills • Increased self-esteem/confidence • Reduce feelings of isolation • Reduced stress and anxiety • Signposting into other appropriate agencies • Assisted to better consider employment, education or training • Reduced drug and/or alcohol use • Improved relationships and ability to communicate with family/ peers • These outcomes result in improved mental health and wellbeing, enhanced access to learning, improved school attendance, improved enjoyment of life and attainment, improved relationships at home and prevention of social disaffection through criminality, teenage pregnancy, NEET and anti- social behaviour.
Reach / age range	13-25 years

2015/16	No of referrals received	No of referrals accepted	Waiting times (referral–assessment)	Waiting times (assessment–treatment)	Patient information	Workforce (WTE)	Workforce (skills and roles)
E-Motion	136	103 (13-25 year olds)	Under 1 week	Under 1 week	http://www.e-motionbh.org.uk/	2 WTE	Counselling

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	Service information
Name	Right Here Project Brighton & Hove
Description	A youth led project that aims to promote the mental health and emotional wellbeing of young people aged 13-25, and provides free resilience building activities. The project supports engagement and participation of young people in service developments, research and publication of resources produced by young people for young people.
what outcome(s) is it aiming to achieve	Right Here aims to prevent young people from developing mental health issues through providing resilience building activities. The project should be seen primarily as a prevention and project, and secondly as an early intervention project. Right Here is not a project that provides interventions or support to young people experiencing mental health issues.
Reach / age range	13-25 years

2015/16							
	No of referrals received	No of referrals accepted	Waiting times (referral – assessment)	Waiting times (assessment– treatment)	Patient information	Workforce (WTE)	Workforce (skills and roles)
Right Here	NA	Mental health related workshops to 1479 young people 4 young Men’s Health Champions consultations			http://right-here-brightonandhove.org.uk/	1 WTE Plus 20 youth volunteers aged 16-25 years	Wellbeing Manager (BA Applied Social Sciences PG Diploma Psychodynamic Psychotherapeutic Counselling (BACP approved course))

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Service information	
Name	Young People’s Centre (counselling) – Impact Initiatives
Description	The Young People’s Centre aims to provide a centre that is an accessible and safe place for young people to meet, access a range of services that meet their needs, develop their skills and broaden their horizons. We provide drop-in sessions that include support, advice and information from staff and volunteers, affordable food, activities and games, a space that facilitates peer support and free access to computers and the internet. These sessions include specialist one-to-one support for young people around mental health, sexual health, education, employment and training issues and are complimented by the counselling service. We provide a range of informal education and learning opportunities.
what outcome(s) is it aiming to achieve	We aim to encourage and facilitate young people’s personal growth, awareness and progression and promote increased confidence, well-being, mental and emotional health. We equip and enable young people to create the changes they wish to make, empowering themselves and developing coping strategies. We work in a person centred way, using action plans, goal setting and advocacy work through one-to-ones, open access sessions and counselling.
Reach / age range	13-25 year olds

2015/16							
	No of referrals received	No of referrals accepted	Waiting times (referral – assessment)	Waiting times (assessment– treatment)	Patient information	Workforce (WTE)	Workforce (skills and roles)
Impact Initiatives	136	103	1 week	1 week	http://www.e-motionbh.org.uk/	2 WTE	Counsellors

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Service information	
Name	Homewood College Psycho-therapist
Description	<p>Homewood is a special school for children experiencing Social, Emotional, and Mental Health Difficulties. The therapist offers a range of interventions including:</p> <ul style="list-style-type: none"> • Contributing to multi agency planning meetings and liaising with other agencies • Providing individual state of mind assessments • Providing weekly therapy sessions with children on site • Working collaboratively with teachers at through small group work • Providing parent/carer and child sessions • Writing reports which help inform planning and interventions for individual children • Providing support to adults working within the school who need to process the impact of their work with very challenging children • Being the link to any CAMHS interventions • Supervising mentors for many pupils on school site • Providing staff group supervision and developing their awareness and expertise in mental health and emotional well being • Advising the senior leaders within the school on the development of a therapeutic approach to working with the most challenging and hardest to reach/teach children and young people attending the school.
what outcome(s) is it aiming to achieve	<p>Homewood College exists to support children in gaining the greatest possible access to learning and achievement in preparation for the responsibilities and experiences of life. To this end our therapist helps individual children, and their families to address issues that are impacting upon their emotional wellbeing and mental health, and preventing successful engagement with school. Some of these are short term interventions whilst others may be longer term depending on each child's particular needs. The therapist works with children and families who have either failed to engage with traditional CAMHS services, or where children cannot access traditional CAMHS for other reasons, such as chaotic families and parents unable to manage their child's behaviour in a traditional clinic.</p> <p>As Homewood develops its work with young people who have very complex needs, and extremes of challenging behaviour (in the past these children would have been sent to residential schools out of the city), there has been an increased need for staff to have greater expertise in mental health and emotional wellbeing. We have found that by skilling the staff group this can impact on more students than solely providing individual therapeutic sessions. Especially where our young people are suspicious of traditional 'mental health' professionals, and take a long time to trust adults.</p>
Reach / age range	Age 7 – 16 years old

2015/16							
	No of referrals received	No of referrals accepted	Waiting times (referral – assessment)	Waiting times (assessment– treatment)	Patient information	Workforce (WTE)	Workforce (skills and roles)
Homewood College	19 (ongoing) 8 (New) Including two families in home	27	No more than 2 weeks	No more than 2 weeks	Available to 11-16 year olds and their families	0.8 WTE	Child and adolescent therapist

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Service information	
Name	Dialogue Community Counselling @ 65 – YMCA Downlink (including outreach in East Brighton)
Description	<p>The Counselling Service at No. 65 occupies the top floor of the building offering free counselling and therapeutic support using a 10 session model for 13-25 year olds since 1995. The service has a Co-ordinator, 2 paid p/t counsellors/supervisors, 1 administrator and 6 Honorary Counsellors. Counselling is also offered in East Brighton. The main issues young people present with are Suicidal thoughts, Self-Harm, Isolation, Eating related behaviour, Bullying, Bereavement/Loss, Family Illness, Domestic Violence, Suicide Attempts, Alcohol & Drug use, Suicide of a friend or family member and Arguments at Home.</p> <p>All paid staff are post-diploma qualified and the Honoraries are either in their final year of training or post-qualified.</p> <p>The service offers clients a meaningful intervention that helps them develop positive coping mechanisms that in turn enables them to address life's challenges with greater self-awareness and resilience.</p> <p>The service is one of only 5 services in Sussex to be accredited by The British Association of Counselling & Psychotherapy to work with Children, Young People & their Families</p>
what outcome(s) is it aiming to achieve	<ul style="list-style-type: none"> • Increased coping skills • Increased self-esteem/confidence • Reduced stress and anxiety • Obtained employment, education or training • Reduced drug and/or alcohol use • Improved relationships and ability to communicate <p>These outcomes result in Improved Health & Well-Being, Enhanced Access to Learning, Improved School Attendance, Improved enjoyment of life and attainment, Improved relationships at home & Prevention of social disaffection through criminality, teenage pregnancy, NEET and anti- social behaviour.</p>
Reach / age range	13 – 25 year olds

2015/16							
	No of referrals received	No of referrals accepted	Waiting times (referral – assessment)	Waiting times (assessment– treatment)	Patient information	Workforce (WTE)	Workforce (skills and roles)
Dialogue	144	133	4 weeks (average)	5 weeks (average)	YMCA SERVICES such as counselling, anger management, Walk and Talk, E-motion, YAC	1.5 WTE plus Honorary Counsellors (volunteers)	Counselling

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	Service information
Name	Safety Net
Description	<p>Safety Net is an independent charity whose aim is to promote safety, resilience and well-being for children, young people and families, at home, school and in their communities. Safety Net delivers a number of its services through a Protective Behaviours Framework; this is a Programme which focusses on increasing safety, resilience and mental health and well-being by building emotional literacy, increased safety awareness and strategies and developing networks of support.</p> <p><u>Safety Net delivers a range of services:</u></p> <p>Support for Families - Holistic support for whole families with children aged 4-12 years old who attend participating primary schools (at present 20 primary schools across the city) Service includes:</p> <ul style="list-style-type: none"> ➤ Outreach/engagement e.g. home visiting ➤ Early help assessment, lead professional and action planning ➤ School based easy access Book in/Surgeries for parents and staff consultation ➤ Family activities/ participation ➤ Direct work with children ➤ Workshops for parents on parenting and related topics ➤ Groups and courses for parents, and parents and children together e.g. Triple p, Protective Behaviors ➤ Family support workers based in the Community CAMHS Team and Parenting workers based in the Engagement Team and with Children’s Social Care <p>Under 5’s - Home Safety Equipment - Safety Net runs a home safety equipment scheme for vulnerable families on low incomes across Brighton and Hove, mainly for children under 2.</p> <p>Feeling Good, Feeling Safe group work for parents across Children’s Centre’s and some nurseries in Brighton & Hove</p> <p>Work with Children and Young People - Safety Net provides 1:1 group work and projects for children and young people in schools and in the community to prevent bullying and abuse, teach children safety and assertiveness skills and involve them in safety issues in their neighbourhoods. Services include:-</p> <ul style="list-style-type: none"> - SNAP Groups (Safety Net Assertiveness Project – group work) - SNAP-ITS (individual work with vulnerable and at risk children and young people) - Playground Buddies - bullying prevention project - Survivors’ Group – Protective Behaviours 1:1, group work and residential for young people aged 13 – 25 who are at risk of or who have experienced sexual abuse or harm - Safety Rocks – personal safety training and consultation for primary aged children - Protective Behaviours whole school approach – training, lesson plans and parent information on Feeling and Keeping Safe - Holiday activities for children that have attended SNAP and SNAP ITS sessions. <p>Support for community and voluntary sector groups – We provide support to community groups to make sure that they have systems in place to keep children and young people safe. We can help with child protection training, policies and procedures and a DBS checking service.</p> <p>Training – Safety Net provides a range of training for individuals, schools, nurseries, groups and organisations who work with children, young people and families. This training includes: safeguarding, Protective Behaviours, mindfulness and attachment.</p>

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what outcome(s) is it aiming to achieve	<p>Improving children and young people’s safety, resilience and mental health and wellbeing at home, school and in the community</p> <p>Working to ‘Every child matters outcomes:’ stay safe, be healthy, enjoy and achieve, make a positive contribution, achieve economic wellbeing</p> <p>Early Help Plan outcomes for family members including; improved health (mental, emotional and physical), behaviour, identity, family relationships, confidence, learning, education and skills</p> <p>Reduction of exclusions improved attendance, housing, employment, finance, social and community relationships, parenting capacity, ability to cope and family resilience</p> <p>Increased involvement and participation</p> <p>For children in particular - increase in children’s assertiveness, resilience and participation leading to a positive transition to secondary school, increased feeling of safety in their community and in schools including safe from bullying, increased protective factors to protect young people from risky and abusive situations</p>
Reach / age range	<p>Most of the services are focussed on primary school age. Assertiveness groups for children up to 13 years</p> <p>Home Safety and Children’s Centre work is focussed on under 5’s</p> <p>SNAP Groups are for children up to 16 years old and Survivors group work is for young people up to 18 years’ old</p>

2015/16							
	No of referrals received	No of referrals accepted	Waiting times (referral – assessment)	Waiting times (assessment– treatment)	Patient information	Workforce (WTE)	Workforce (skills and roles)
Safety Net	NA	376 (transition groups) 890 (personal safety) 75 (SNAP)	NA	NA	http://www.safety-net.org.uk/	6 WTE	Personal safety workers with Participation skills. Personal safety and Protective behaviours skills.

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	Service information
Name	Mind in Brighton and Hove Young People’s Mental Health Advocacy Service
Description	<p>Mind in Brighton and Hove provide independent mental health advocacy service to children and young people aged between 11 and 19 years.</p> <p>The advocate will:</p> <ul style="list-style-type: none"> • Provide general information on treatments, consent, legal rights and service policies and procedures. • Support young people in expressing opinions, concerns and complaints about their care or treatment. • Accompany young people or represent them at decision making meetings such as care planning meetings, case reviews or when they wish to consider all options available to them regarding services. • Liaise with statutory and voluntary sector services on issues affecting young people when given permission to do so from the young person. • Ensure that young people have access to information about services relevant to their needs and to identify gaps in service provision that will influence strategic planning of children and young people’s services. • Provide advocacy for young people on any issue they feel the service can help them with. • Enable young people to participate in the feedback and development of mental health and associated services through the Mind Me Up group
what outcome(s) is it aiming to achieve	<p>Mind in Brighton and Hove Young People’s Mental Health Advocacy Service enables children and young people to communicate their wishes and feelings and participate in decisions about their emotional health and wellbeing. The service works to promote independence and resilience in children and young people with emotional wellbeing and mental health issues.</p> <p>Advocacy is a process of supporting and enabling people to:</p> <ul style="list-style-type: none"> • Express their views and concerns • Access information and services • Defend and promote their rights and responsibilities • Explore choices and options
Reach / age range	11-19 years

2015/16							
	No of referrals received	No of referrals accepted	Waiting times (referral – assessment)	Waiting times (assessment– treatment)	Patient information	Workforce (WTE)	Workforce (skills and roles)
MIND	94	94	NA	NA	http://www.mindcharity.co.uk/services/services-in-brighton-and-hove/advocacy/young-peoples-advocacy-speak-your-mind-advocacy/	0.64 WTE	Advocate

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Service information	
Name	Therapeutic support for children of sexual abuse (BHCC)
Description	Provide therapeutic support for children under 14 years old and the safe caregiver, where sexual abuse is being disclosed or where there are serious concerns about child sexual abuse. To assess and deliver evidence based therapy and interventions for up to 40 children per year (up to 15 sessions each)
what outcome(s) is it aiming to achieve	Provide therapeutic support for children under 14 years where sexual abuse is being disclosed or where there are serious concerns about child sexual abuse
Reach / age range	14 years and under

2015/16							
	No of referrals received	No of referrals accepted	Waiting times (referral–assessment)	Waiting times (assessment–treatment)	Patient information	Workforce (WTE)	Workforce (skills and roles)
CSA	22	18	20 responded to within 24 hours	18 working days	http://brighton.proceduresonline.com/pdfs/ther_supp_fam.pdf	1 WTE	Psycho-therapist

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Brighton and Hove CCG mental health and wellbeing contracts (2015/16)

Specification	Funding (£)
Tier 3 CAMHS (SPFT block contract)	£2,494,940
LD CAMHS (SPFT)	£49,076
Neurodevelopmental psychologist at SSV (SPFT)	£36,000
Early Intervention Psychosis service (SPFT) (aged 14-35 years)	£922,913
Perinatal Mental Health (SPFT)	£191,029
LAC post in T2 CAMHS (BHCC)	£41,000
E-Motion (YMCA and Impact Initiatives) aged 14-25 years	£25,000
Health & Wellbeing Manager (Right Here) aged 14-25 years	£35,000
Young People's Centre - Counselling (Impact) - counselling aged 14-25 years	£38,000
Wellbeing in East Brighton (Impact) aged 14-25 years	£10,500
Psychotherapist at Homewood College	£29,616
Protective behaviours (Safety Net)	£43,000
Domestic violence and child psychotherapy (RISE)	£40,000
Therapeutic support for children of sexual abuse (under 14 years)	£68,320
Youth Advice Centre (YMCA) - counselling (aged 14-25 years)	£56,500

Public Health mental health and wellbeing contracts (2015/16)

Specification	Funding (£)
Tier 2 Community CAMHS	£80,000
Non- recurrent projects costs for work in primaries and in secondary's on self-harm / emotional health and wellbeing	£5,500
Safety Net and Impact of social media – transitions work	£5,000
Right Here	£45,000

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Children’s Services mental health and wellbeing contracts (2015/16)

Specification	Funding (£)
Impact Initiatives- counselling service between 13-19	£19,000
Mind Brighton and Hove- advocacy service between 11-19	£27,596
Safety Net Ltd- family work in community CAMHS	£40,139
YMCA Downslink group- family work in community CAMHS	£67,600
SPFT- art psychotherapist post for LAC	£55,000

