

Subject:	<i>CAMHS (Child and Adolescent Mental Health Service) Commissioning and Service Developments</i>		
Date of Meeting:	20th October 2008		
Report of:	<i>Director of Children's Services</i>		
Contact Officer:	Name:	<i>Sally Wadsworth</i>	Tel: 295060
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Key Decision:	Yes	Forward Plan No. (CTB 4228):	
Wards Affected:	All		

FOR GENERAL RELEASE/ EXEMPTIONS

1. SUMMARY AND POLICY CONTEXT:

- 1.1 The report is asking the board to agree proposed service developments for 14-25 year olds CAMHS service.
- 1.2 The report also updates the board on the Targeted Mental Health in Schools DCSF Pathfinder Project.

2. RECOMMENDATIONS:

- 2.1 To agree the model of service for 14-25 year olds with mental health needs
- 2.2 To note the progress on the Targeted Mental Health in Schools DCSF Pathfinder Project

3. RELEVANT BACKGROUND INFORMATION/CHRONOLOGY OF KEY EVENTS:

- 3.1 The CAMHS Commissioning Strategy was developed and agreed by the CYPT Board in 2006. Since this time a number of service developments have taken place within the commissioning strategy framework that have either been subject to previous board papers or will be subject to forthcoming board papers.
- 3.2 CAMHS has continued to be subject to continued national scrutiny and the Department of Health and the Department for Children, Schools and Families are in the process of undertaking a national review for CAMHS. An interim report was published in July 2008 and has identified six challenge areas for local CAMHS services:
 - Making the whole system work more effectively for all children and young people, families and staff

- Making a difference – research, effective practice, monitoring and evaluation of the impact of interventions
- Making sure children at risk of or experiencing mental health problems and their families have swift and easy access to effective services
- Workforce development across sectors and across the levels of specialist and non-specialist staff
- Resource deployment
- Cultural change and implementation

3.3 Locally, service developments are being developed within the overarching commissioning strategy as well as aiming to address the above challenges and service developments will be checked against the final national review report which is expected later this year.

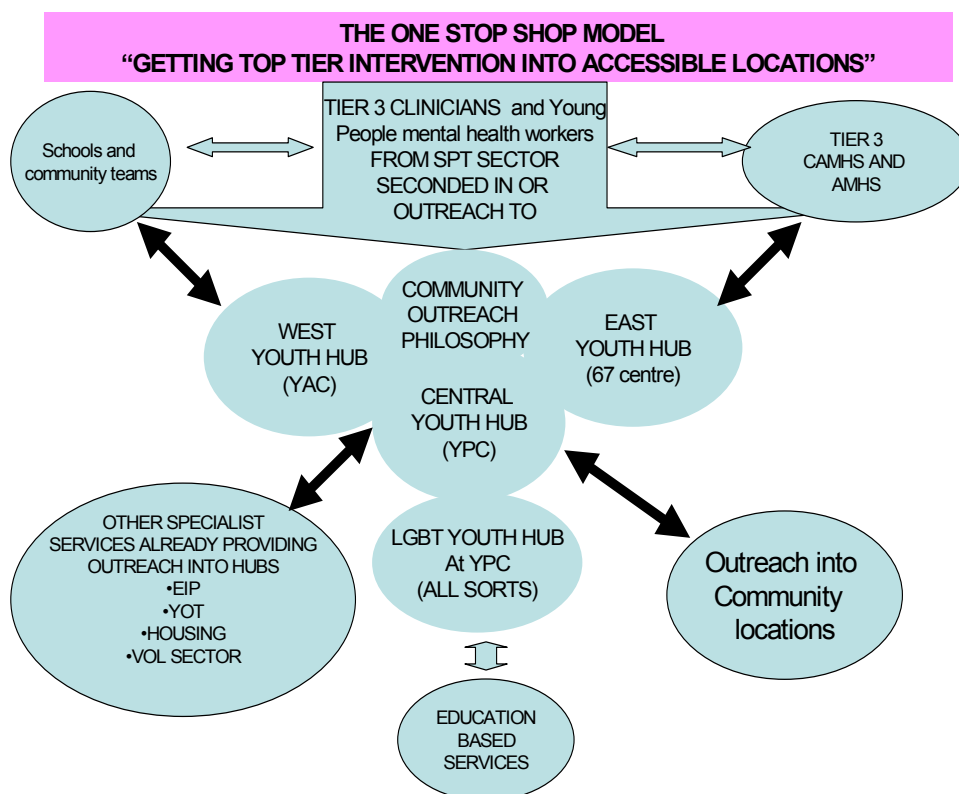
3.4 **14-25 Year Old Service**

The CYPT CAMHS Strategic Implementation Group commissioned a sub group to scope and provide recommendations for a 14-25 year old mental health care pathway within Brighton and Hove.

The sub group have recommended the following model, the aim of which is to develop better access to services and earlier intervention for young people with mental health problems by linking CAMHS, EIP (early intervention in psychosis) and AMHS (adult mental health services) into Youth hub development as part of Targeted Youth Support in the community.

Young people's mental health workers will be employed to work in Youth Hubs where young people present for a range of problems and issues thus reducing stigma of presenting with mental health issues. A menu of support will be provided to meet needs. The service will link with specialist CAMHS, EIP and AMHS across transition for older teenagers. Sessional time will be made available from EIP and AMHS to support the care planning for young people with enduring mental health needs who will require these services as adults.

The model is illustrated in the following diagram:



The benefits of the model include:

- Accessible and acceptable services for young people leading to better engagement and fewer young people failing to access or dropping out of services
- Earlier intervention, better outcomes, preventing crises and relapse and reducing level of need for long term support
- Links between youth services and mental health services will improve quality of interventions through improved skill mix
- Greater integration of CAMHS, AMHS and Youth services to ensure care plans deliver improved outcomes
- Transitional care planning and lead professional/care coordinator identified for 16 year olds who are likely to need ongoing support in adulthood
- An integrated approach to meet range of needs including dual or multiple diagnoses by the designated lead professional/care coordinator for each young person ensuring links with specialist services, including substance misuse, learning disability, social care, housing and supporting people to make sure a comprehensive care plan is delivered
- Access to psychological therapies (IAPT) for young people as well as adults
- Youth workers become more mental health aware and can support young people better

- CAMHS, AMHS and EIP workers more approachable to young people and youth service aware
- 3.5 As agreed with the board previously, to update the board on the progress of the Targeted Mental Health in Schools DCSF Pathfinder Project.
- Steering group meeting dates set for the coming academic year
 - School 'group' meetings held once per half term in each of the four areas ('groups' are made up of each secondary school with its two feeder primaries). It is intended that the work will develop in these groups and each group will have an action plan with individual tasks and service level agreements for each school.
 - Project plan, implementation plan and risk register written, submitted to DCSF and agreed.
 - Training for schools commissioned for Silver SEAL (Healthy Schools Team), sociograms (University of Sussex), mental health awareness (Experience in Mind – Hove YMCA) and Triple P family support
 - Meetings in individual schools to undertake the audit covering baseline data and information on existing school systems and processes to identify and support children with emotional and mental health needs. Baseline data includes attendance, attainment, exclusion and other data. This outcome data will be used to track progress and impact over the three years of the project.
 - Contract for the local evaluation has been sent out to tender, September '08
 - Plan outlined to cover the intervention strand of the project. The plan involves the creation of two primary mental health worker posts to work alongside the schools in the project. Time and remit of existing staff such as educational psychologists, family therapists, clinical psychologists and school counsellors will be enhanced to allow for the trialling of evidence-based therapeutic interventions and good and successful practice will be identified through the local evaluation and rolled-out across staff teams working with all schools in Brighton and Hove.

Plan for next 5 months:

September	October	November	December
School group meetings – action plans to be written and agreed	CAF training – plan to embed CAF	Triple P training	Quarterly monitoring
Draw up schools service level agreements	Steering group meeting	School group meetings – whole school development support and planning	Experience in Mind training
Silver SEAL training (small group work)	Behaviour and attendance consultation support for secondary schools	Plan consultation work with parents and young people	All staff delivering interventions in post
Progress report to DCSF	SEAL and whole school developments consultation for primary schools	Sociogram training part 2 – including support from educational psychologists	
Recruit staff to deliver interventions	Sociogram training part 1		

4. CONSULTATION

- 4.1 For the 14-25 year old service review there has been extensive consultation by MIND in Brighton and Hove. 50 young people have either filled in a questionnaire or attended focus groups and their views are being incorporated into the recommendations of the review.
- a. A parent/carer consultation was also undertaken which has provided valuable insight into their views about access to services for their children. 35 parent/carers contributed to the findings
- 4.2 The targeted mental health in schools pathfinder is being developed following a successful bid to the DCSF. The project plan includes ways of involving parent/carers and young people in developing the next stages of the Pathfinder
- 4.3 The other service reviews have been commissioned following the production of the 10 year commissioning strategy which was written following consultation with staff, young people and parents

5. FINANCIAL & OTHER IMPLICATIONS:

Financial Implications:

- 5.1 In 2008/09 for CYPT the total grant funding due is £419k and now forms part of the LAA/ABG. It is important that the overall funding is regularly reviewed to ensure that there are no additional costs to the council. The Young People's Mental Health Worker posts are to be funded by the PCT.

Finance Officer Consulted: Paul Brinkhurst

Date: 30/09/08

Legal Implications:

- 5.2 Within the body of this report explanation is provided as to the background locally and the scrutiny of the DH and DCSF leading to identification, at an interim stage of six challenge areas. A Model is proposed which is informed by central government thinking in this area. The Local Authority has statutory duties to safeguard and make provision for vulnerable child and adults. The Model proposed fits with these statutory duties. A comprehensive consultation exercise is described involving relevant and interested parties.

The improved outcomes which is intended for young people through the application of the Model and consultation process described provides for compliance with the Human Rights Act 1998.

Layer Consulted: Sandra O'Brien

Date: 29/09/08

Equalities Implications:

- 5.3 Improved access for all groups is part of the commissioning intentions for CAMHS, particularly for disadvantaged groups such as Looked after children and LGBT young people. These groups are covered in this report.

An Impact Assessment will need to be incorporated in the implementation plan for the young peoples mental health service.

Sustainability Implications:

- 5.4 No adverse effect on environmental sustainability

Crime & Disorder Implications:

- 5.5 Earlier intervention in working with young people with mental health needs will assist in the reduction in crime

Risk and Opportunity Management Implications:

- 5.6 Real opportunity to positively contribute to the national policy drivers for CAMHS

Corporate / Citywide Implications:

- 5.7 Plans are city-wide plans

6. EVALUATION OF ANY ALTERNATIVE OPTION(S):

- 6.1 No action, but young people's views are driving change and Targeted Mental Health in Schools is a national project

7. REASONS FOR REPORT RECOMMENDATIONS

- 7.1 Changes in young people's services need Board approval because there are implications of how services are organised and delivered
- 7.2 Recommend that the report be approved as there will be improved access to services and positive outcomes for young people.

SUPPORTING DOCUMENTATION

Appendices:

None

Background Documents

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| <ol style="list-style-type: none">1. NICE National Institute for health and clinical excellence and Social care institute for excellence, Public Health Guidance Draft scope, The physical and emotional and wellbeing of looked after children and young people 25th June 20082. CAMHS Review, Improving the mental health and psychological wellbeing of children and young people, National CAMHS Review interim report 29th July 2008 |
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