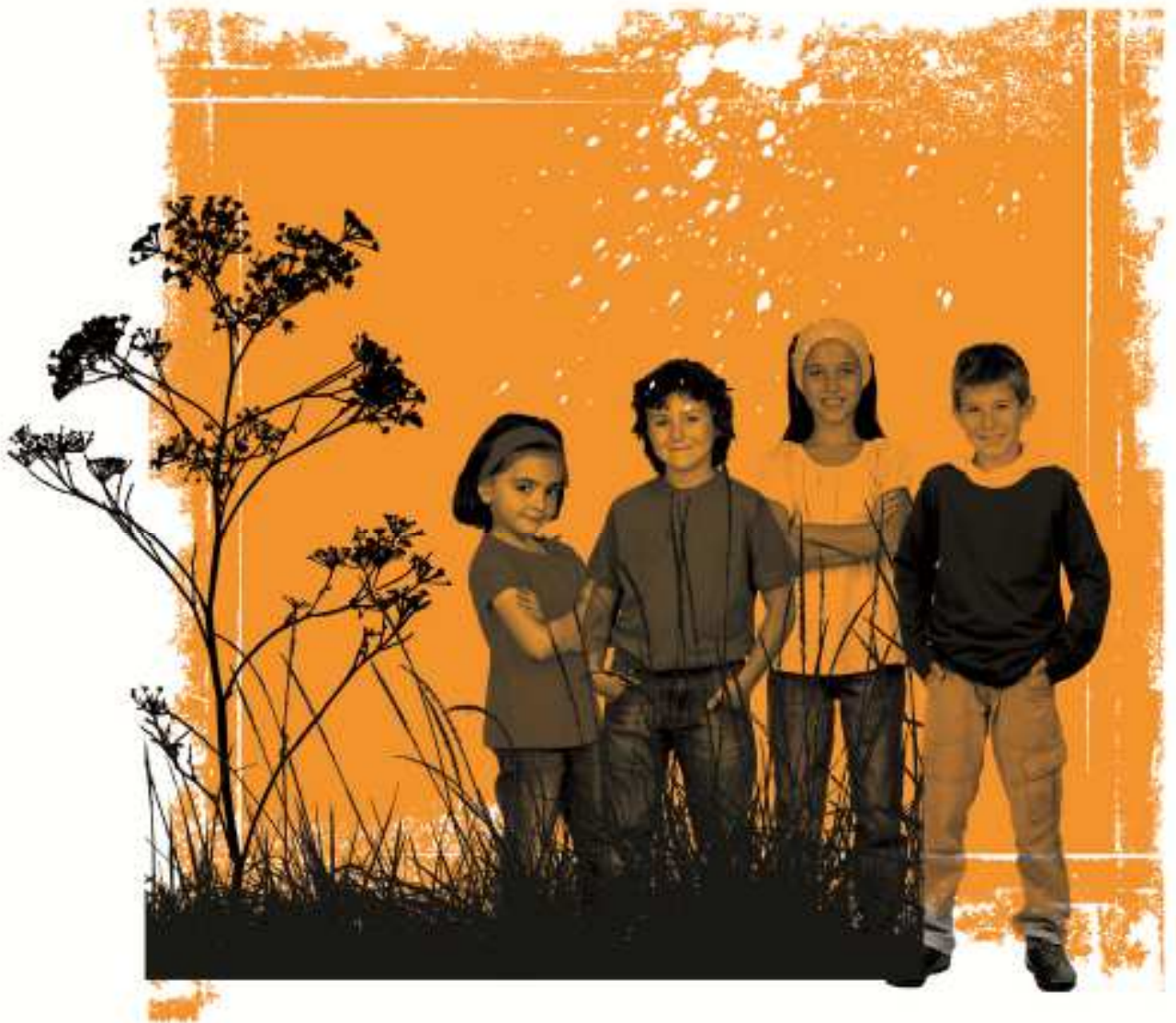


# Child Mental Health Service Pressures – update

Report for Cambridgeshire County Council's Health Committee – 21 January 2016



## **Introduction**

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) are working to address the long waiting times for children and young people within CAMHS pathways both for Core (e.g anxiety, depression/low mood, etc.) and Neurodevelopmental (Attention Deficit Hyperactivity Disorder/Autistic Spectrum Disorder/Learning Disabilities).

There are two main areas of focus:

1. To reduce the waiting times for children and young people for assessment and treatment in CAMH for both the core and neurodevelopmental pathways.
2. Service transformation - for the neurodevelopmental redesigned pathway work is being carried out in partnership between local authority, CCS, CCG and CPFT to ensure that there is a long term sustainable pathway with adequate capacity available to meet the needs of children and young people.

## **1. Reducing the Waiting Times**

### **1.1 Core CAMHS waiting list**

The assessment waiting list within core CAMHS has reduced from 356 to 223 since July 2015. This is a reduction of 133 cases. The waiting list has been targeted at those waiting the longest resulting in a reduction in the number of children and young people waiting more than 27 weeks. We continue to prioritise those requiring urgent assessment. The overall reduction is across all the geographical areas (Peterborough, Huntingdon, Cambridge and Fenland). Those waiting more than 27 weeks have been booked into appointments in January.

Work is ongoing to target those waiting in the 19 – 26 week bracket.

Of those children still waiting there are 175 in total in Cambridgeshire which can be broken down further into 76 waiting in Huntingdon and Fenland and 99 in Cambridge.

There are 2 waiting list blitz's starting in Cambridge week commencing 11 January and Huntingdon and Fenland week commencing 19 January to focus on the longest low risk waiters (note the high risk patients are being seen urgently according to need).

We are on track to reduce the waiting list so that no child waits more than 18 weeks for a first assessment by the end March 2016.



In order to maintain the waiting lists below 18 weeks from 1 April we are introducing Choice and Partnership Approach (CAPA) which is an evidence based approach to managing demand and capacity whilst ensuring active involvement of young people and their families in their care.

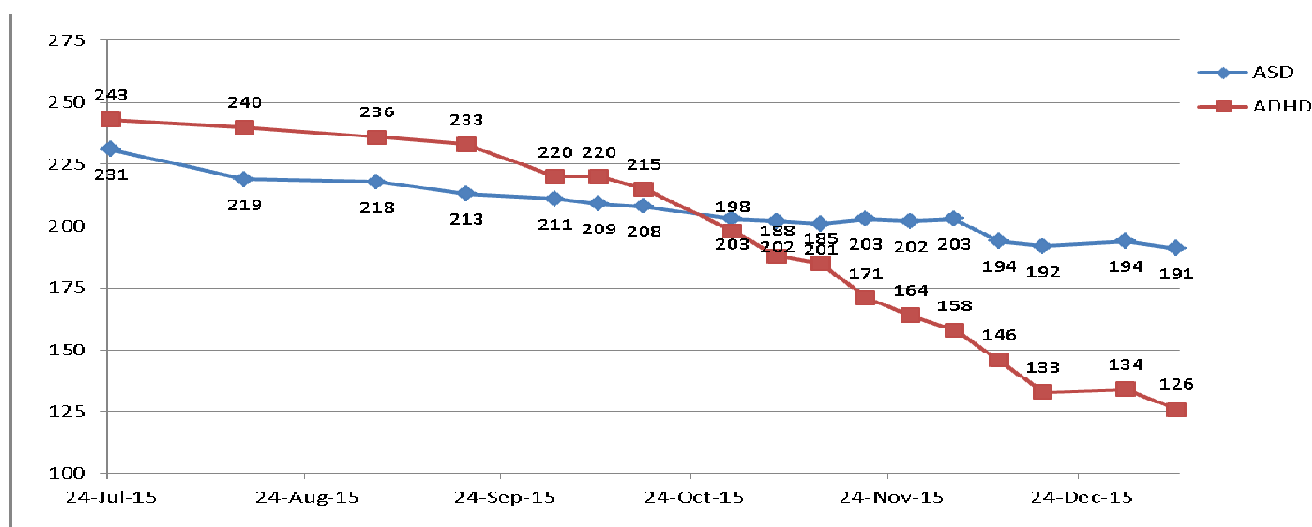
## 1.2 School age Neurodevelopmental services waiting list

There has been an increasing number of referrals to CPFT for assessment and management of Children and Young People (CYP) with possible Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD). This has resulted in a mismatch between demand and capacity. We had to temporarily close our service to new referrals due to lack of capacity. There are also gaps in the service for certain groups (17 to 18 years old young people for ADHD and ASD, 12 to 17 years old young people with ASD in Cambridgeshire - unless the young person also has other mental health conditions).

Since the closure of the service to referrals the CCG, Local Authorities and CPFT have been working hard to find a solution to the very real problem of rising numbers of children and families needing support. From 15<sup>th</sup> December 2015 the waiting list opened to new referrals. In order to ensure a full assessment and to gain access to a wide range of support services including parenting programmes the preferred route is through Family Common Assessment (CAF) in Cambridgeshire.

Following this route will prevent children and families sitting on a waiting list for assessment, with no support and provide the specialist services with further information if a referral is still needed after this initial support.

The graph below shows the current waiting list.



Of those children still waiting there are 104 in total in Cambridgeshire which can be broken down further into 63 waiting in Huntingdon and Fenland for ADHD and 9 for ASD and 27 waiting in Cambridge for ADHD and 5 for ASD.

## 2. Service Transformation

We are currently working with CCS on a pilot integrated multi-disciplinary team with additional clinics being provided in Fenland to focus on the existing long waiters.

There is now a plan to develop a single integrated multi-disciplinary team with services provided by CCS and CPFT working together in partnership. By enhancing the current provision, we will be able to improve the access to assessment and management for this vulnerable group of CYP. An enhanced service be delivered by CPFT as one part of a well co-ordinated pathway with a number of components delivered by other providers including Early Help Service and CCS Child Health Services. The CPFT neurodevelopmental pathway will be provided in a number of localities across Peterborough, Fenland, Huntingdon and Cambridge with sharing of clinic space between CPFT and CCS. The service would provide assessment, formulation and diagnosis, care planning, a range of evidenced-based psychological therapies and medication where needed.

This will also include working in partnership with Pinpoint and Family Voice on Parent to Parent Support & Training Pilot.

Sarah Spall, General Manager, Children's Directorate  
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