

**CAMBRIDGESHIRE AND PETERBOROUGH NHS FOUNDATION TRUST – CHILD AND ADOLESCENT MENTAL HEALTH SERVICE PRESSURES – UPDATE**

**To: HEALTH COMMITTEE**

**Meeting Date: 21 January 2015**

**From: Lee Miller**

**Electoral division(s): All**

**Forward Plan ref: Not applicable**

**Purpose:** The purpose of this report is to:-

- Outline the current services and issues in Child and Adolescent Mental Health Services (CAMHS)
- Identify what has already taken place to address the issues
- Highlight future plans
- To inform the Board on the above and gain the Board's views on the future plans

**Recommendation:** The Committee is asked to note the report and comment on future plans outlined for CAMHS.

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## 1. BACKGROUND

### Key Pressures

- Waiting times in specialist CAMHS have been up to one year.
- Waiting lists were closed temporarily for Autistic Spectrum Disorders (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) referrals where there were no associated urgent Mental Health needs.
- CAMHS emergency assessments in Emergency Department settings have increased significantly in recent years.

### CQC report

CPFT also received an overall rating of Good from the CQC on 13 October, with all points classed as Good except for 'Are Services Safe?' which Requires Improvement, in part with regard to staffing for children's mental health services, which had knock on effects for waiting lists and observation.

However the report stated the trust had "met its targets required under the Department of Health's 'Positive and Proactive Care: reducing the need for restrictive interventions' agenda. There had also been a decreasing level of restraint and seclusion over the previous 12 months. [...and] The trust demonstrated an improving picture of satisfaction during the 12 months before our inspection."

(From p6 and p12 of the CQC report, dated 13/10/15 and available at: [http://www.cqc.org.uk/sites/default/files/new\\_reports/AAAE1951.pdf](http://www.cqc.org.uk/sites/default/files/new_reports/AAAE1951.pdf))

## 2. MAIN ISSUES

### 2.1 There are significant demand and capacity issues within CAMHS:-

- Emergency assessments in Emergency Department settings have increased significantly in recent years; this is causing significant additional demand for specialist CAMHS and puts pressure on acute settings (Addenbrooke's and Hinchingbrooke Hospitals).
- There are not enough inpatient CAMHS beds (commissioned by NHS England) to meet demand. Young people have to often stay in acute settings for a number of days, whilst waiting for a bed to become available. When a bed does become available, this could be anywhere in the country.
- General referrals to specialist CAMHS have also significantly increased in recent years (18% in 2014/15).
- The result of this increase in referrals is that waiting times for non-emergency cases are at unacceptable levels, for Attention Deficit Hyperactive Disorder (ADHD) and Autistic Spectrum Disorder (ASD) cases in particular, but also for 'Core CAMHS'.
- Patient journeys and pathways are often unclear to referrers and to families.

### 2.2 What we have done so far

- **Strategic Group** – an Emotional Health and Strategy Group has been set up to have a strategic overview of all local Emotional Health and Wellbeing work, and to be the responsible strategic group for work across Cambridgeshire and Peterborough. This group is chaired by The Corporate Director: People and Communities, Peterborough City Council.

- **Transformation Plan** – A Cambridgeshire and Peterborough CAMHS Transformation Plan has been developed to detail our proposed work on emotional health and wellbeing. The development of such a plan has also been a requirement of each CCG area and needed to be assured by NHS England before additional national resources for CAMHS were released; as such our plan was assured in November 2015.
- **Additional resources** have been invested into specialist CAMHS for 2015/16. £600k recurrent funding and £150k non recurrent funding was invested by the CCG in April 2015 to increase capacity in local specialist services and address long waiting lists. In addition, a national uplift in CAMHS funding has become available to the CCG, since the Transformation Plan was assured (as above). For 2015/16 and subsequent years the additional funding for Cambridgeshire and Peterborough is £1.503m. In total, this represents a 30% increase in available CCG funding for Emotional Health and Wellbeing services.

### Specific Short Term measures

- **Waiting lists** were temporarily closed for ASD and ADHD referrals where there were no associated urgent mental health needs. Work has been undertaken to reduce waiting lists and develop a more integrated pathway, so that Local Authority, Community Paediatric and CAMH Services work more effectively together to support children and families. However waiting lists were reopened in December 2015 and additional resources have been invested (£340k), with the intention of reducing the ASD and ADHD waiting times to below 18 weeks by the end of March 2016.
- **Combined single point of access for CAMHS and Local Authority services** – work with both LAs is ongoing to ensure that those with additional needs are assessed for a range of services, not just specialist CAMHS. To support this, a Commissioning for Quality and Improvement (CQUIN) Payment with Cambridgeshire and Peterborough Foundation Trust (CPFT) has been agreed for 2015/16 which focuses on the development of a single point of access for CAMHS and Local Authority Services.
- **Emergency Assessments and support** – A ‘task and finish’ group was set up in July 2015 and developed proposals for providing emergency assessment services for children and young people. An enhanced CAMHS crisis service was recommended and an additional £360k per annum identified to provide additional capacity. The detailed model is currently being agreed with providers to ensure coverage of times of peak demand and additional crisis support.
- **Eating Disorders** - £429k per annum of the CAMHS Transformation Fund was ringfenced to address those under 18 years old with eating disorders. A new model of care, based on strong evidence, will be implemented to provide intensive support in the community, with the aim of reducing the numbers of young people requiring inpatient admission.
- **Early Intervention** – for 2015/16, CAMHS Transformation Funds have been invested in a range of programmes including: Training on early intervention for Health Visitors and School Nurses; Parent Training programme development; support for Centre 33 to open additional facilities in Fenland; and developing parent support groups through Family Voice and PinPoint.

### 2. 3 Emotional Health and Wellbeing redesign

It is widely agreed that the work above will not fully address the systemic problems, and urgent redesign work is required across the whole pathway for Emotional Health and Wellbeing, which we have begun.

This redesign includes services currently commissioned by the CCG as well as Local Authority commissioned services. The principles behind this include:

- Integration of services – including multi-agency teams and a single entry point for CCG and Local Authority commissioned services
- A single seamless pathway experienced by children and their families
- Over time, shifting resources from specialist to early intervention and prevention
- Appropriate emergency assessment and support services
- Improving communications and information systems.

The work is being overseen by a Children and Maternity Transformation Programme lead, employed by Cambridgeshire and Peterborough CCG until the end of March 2016.

To support this work, Cambridgeshire and Peterborough have successfully applied to be an ITHRIVE NHS Accelerator site (one of 10 nationally). ITHRIVE provides a framework for emotional health and wellbeing services and we are locally receiving support from the ITHRIVE team to develop our new model for Emotional Health and Wellbeing services. The latest version of the ITHRIVE programme framework can be found here: <http://www.annafreud.org/media/3048/thrive-elaborated-2nd-edition25112015.pdf> (as detailed in the Source Documents).

A design group is in place involving a wide range of stakeholders, including specialist CAMHS, the voluntary sector, education, local authority staff, parent representatives, YOS, GPs and Early Years professionals.

A Young Person's Reference Group has also been put in place to input into the process and is being led through Healthwatch Cambridgeshire and Peterborough

## 2.4 Conclusion

Our additional investment has been focused initially on addressing waiting lists and gaps in our current service provision (such as ASD/ADHD, emergency and crisis support, eating disorders and early intervention). However, partners are taking this opportunity to redesign Emotional Health and Wellbeing services, so that they more effectively meet the needs of the population, are effective and efficient.

Source Documents	Location
THRIVE Elaborated; a second version revised framework and summary of the ITHRIVE programme (November 2015)	<a href="http://www.annafreud.org/media/3048/thrive-elaborated-2nd-edition25112015.pdf">http://www.annafreud.org/media/3048/thrive-elaborated-2nd-edition25112015.pdf</a>
CPFT CQC report, October 2015	<a href="http://www.cqc.org.uk/sites/default/files/new_reports/AAAE1951.pdf">http://www.cqc.org.uk/sites/default/files/new_reports/AAAE1951.pdf</a>