

<i>COMMITTEE</i>	<b>HEALTH AND COMMUNITY SERVICES OVERVIEW AND SCRUTINY COMMITTEE</b>
<i>DATE</i>	<b>26 OCTOBER 2004</b>
<i>TITLE OF REPORT</i>	<b>CHILDREN AND ADOLESCENT MENTAL HEALTH SERVICES</b>
<i>RESPONSIBLE OFFICER</i>	<b>Caroline Budden, Support and Assessment Service Manager, Children and Families</b>

## **1 PURPOSE OF THE REPORT**

- 1.1 This report provides members of the Overview and Scrutiny Committee with an overview of the Child and Adult Mental Health Services in Medway. It details existing services and planned developments, focussing particular attention upon the new Tier 2 Service.

## **2 RECOMMENDATIONS**

- 2.1 That members consider and comment on the range of services currently available in Medway.
- 2.2 That officers with colleagues from other statutory and voluntary agencies continue to develop additional services.
- 2.3 That members endorse the new Tier 2 service.

## **3. BACKGROUND**

- 3.1 The Governments Priorities and Planning framework for 2003-06 contains targets to deliver the standards and milestones emerging from the development of the Children's National Service Framework. These include :-

- Improve life outcomes of adults and children with mental health problems through year on year improvements in access to crisis and CAMHS services, and reduce the mortality rate from suicide and undetermined injury by at least 20% by 2010.
- All Child and Adolescent Mental Health Services to provide comprehensive service including mental health promotion and early intervention by 2006.

Additionally, the Green Paper "Every Child Matters" published in September 2003 sets out a framework for improving outcomes for children and young people, in terms of both safeguarding from harm and promoting optimal development to fulfil potential.

A comprehensive service for children, young people and their families would include:-

- People working in universal services who are able to identify early levels of need and offer advice and support.
- Trained mental health workers able to support workers in other agencies.
- Specialist multidiscipline teams able to provide assessment and treatment, and short and long term interventions and care.
- Community based services located in a range of settings, for example Family Centres, Schools etc.
- The CAMHS Strategic Development Group in Medway was established to develop a comprehensive Child and Adolescent Mental Health Service across health, social services and education to meet the needs of the Medway population, taking account and giving consideration of Swale and Kent wide issues by 2006.

3.2 This group is accountable to Medway Children and Young People Strategic Partnership. Membership of the CAMHS Strategic Development Group is wide with members from across the statutory and voluntary sector representing the widest spectrum of children and young people up to the age of 19 years.

#### **4. CAMHS Outcomes**

4.1 Ongoing development of mental health services to build on and dovetail with current resources by ensuring children, young people and their families are directed to the right services to meet identified and /or assessed needs with minimal delay and duplication.

4.2 Care Pathways are developed for children and young people between the different 'CAMHS Tiers' to facilitate the early identification, assessment , treatment and support required for young people with mental health needs.

4.3 For advice and information to be provided in a consistent and accessible way to support primary care of children, young people and families.

4.4 To promote and achieve effective and timely decision making for children, young people and their families through effective care planning between organisations and professionals.

4.5 To consider initiatives to reduce waiting time for access to Tier 3 services.

4.6 To improve and develop services for those young people who require an emergency response from the mental health services.

## **5. Findings from the Review of CAMHS Services in Medway**

- 5.1 The Government has now set out detailed criteria for a Comprehensive CAMHS by 2006.
- 5.2 Acknowledgement that there are a wide range of agencies and professionals delivering services to prevent or treat mental health problems.
- 5.3 Effective commissioning is essential to bring about changes and improvements to services.
- 5.4 Training and support is needed for staff providing universal (Tier 1) services.
- 5.5 Previously a lack of services available at Tier 2; this is to be addressed by new service.
- 5.6 Lack of services for children with disabilities who have mental health needs; this should be addressed by inclusion philosophy of Tier 2 service.
- 5.7 There are no dedicated local beds for children and young people in emergency circumstances; this is an ongoing problem for Medway Maritime Hospital and other professionals.
- 5.8 A more integrated and holistic approach is needed to service delivery.
- 5.9 Information sharing between services needs to improve.

## **6. Current Position**

- 6.1 It is more helpful to consider the current Medway position in terms of Tiers of services, rather than specific diagnostic conditions.

CAMHS is a term which encompasses services which include a whole range of activity from non-specialist 'universal' services which can only identify early need and provide general advice to specialist mental health services and residential care for those with severe problems eg:

Tier 1 – A primary level which includes interventions by non-specialists such as GP's, teachers, health visitors, social workers.

Tier 2 – services provided by professionals such as clinical child psychologists, paediatricians and educational psychologists to deal with severe or complex needs which require more specialist interventions. A new dedicated Tier 2 Service, with a multi disciplinary team, is currently being established in Medway.

Tier 3 – a specialist service for the more severe, complex or persistent disorders, usually provided by a multi disciplinary team, including child and

adolescent psychiatrists, clinical psychologists and community psychiatric nurses. (In Medway this service is provided by Canada House).

Tier 4 – Tertiary level services such as day units, highly specialist out patient teams and in-patient units for older children and adolescents who are severely ill or at suicidal risk.

Funding for improvements and developments local CAMHS services is delivered from Government Grants to the LA and PCT. These two sources of income have been pooled to provide the CAMHS Grant which is dedicated in Medway to fund services across all four tiers. In Medway the CAMHS Strategic Planning Group which reports directly to the CYPSP, is responsible for recommending and overseeing developments over all tiers.

In real terms Medway's Grant is funding a mix of new developments, mainstreaming of services, supporting invest to save as well as supporting community consultation.

Examples of this are:

- New dedicated Tier 2 Service
- New Tier 3 Social Worker for Looked After Children.
- SIBS project – specialised assessment and treatment for sexually abusive young people.
- Invest to Save – EBD Education provision.
- Supporting and mainstreaming children's fund projects
  - Place to B
  - Early Intervention Counselling
  - Young carers support
- Public and professional consultation
- Individual therapy
- Further development of Tier 4 resources
- Improved CAMHS Out of Hours Services

## **7. Specific Examples of Some of the CAMHS Projects and Multi Agency Working:-**

Please refer to attached appendices.

## **8. Conclusion**

- 8.1 CAMHS Grants are expected to continue to be increased for the next two years to help Local Authorities, Primary Care Trusts and others to achieve government targets.

Medway is in a good position to meet these targets having made the decision to dedicate the funding to improve and expand it's mental health resources across all Tiers.

There remain areas of difficulty which require intensive maintenance support such as ADHD and children with disability. However the inclusive Tier 2 service will provide additional resources to support GP's, Paediatricians and other community providers whilst allowing the 'on-going' gap in services to be more easily assessed. This will improve future planning and should direct further investment.

## **9. Financial Implications**

- 9.1 At this stage there are no financial implications additional to the ongoing commitment of the CAMHS Grant.

## **10. Legal Implications**

- 10.1 There are no legal implications at this time.

## **11. Background Papers**

- Child and Adolescent Mental Health Service (CAMHS) Grant Guidance 2003/4.
- Every Child Matters (cm 5860.2003)
- Children's National Service Framework Emerging Findings (DOH 2003/)
- Medway's Children and Young People's Strategic Plan.
- A Comprehensive CAMHS – Child and Adolescent Mental Health Services in Medway 2004.

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## Appendix A

### CAMHS Consultation

A marketing plan was developed to promote the CAMHS service in Medway and support the early identification, assessment and treatment for children and young people with mental health issues but also to remove some of the mystery and stigma attached to this 'basic' health need. The marketing will also aid the much needed sharing of information between services by promoting CAMHS to all statutory and appropriate voluntary agencies in Medway.

Consultation with children and families began a few years previously through a 'needs analysis' undertaken by Children's Fund Medway, which demonstrated a lack of support for families and particular one to one professional support for children across the tiers. More recent consultation has been conducted through the Health Promotion Service in Medway via a comprehensive young persons Lifestyle questionnaire. The marketing plan provides for continuous and ongoing consultation with users of the CAMHS service, both past and present but also those who have not yet accessed the service. Front line workers and professionals will also be asked for their comments.

Since 2002, Children's Fund Medway has commissioned a number of services to support the Tiers 1 and 2 needs of children and young people aged 5 –13 years in Medway. These services include:

- The Place to Be\* – therapeutic and emotional support through qualified volunteers in the Medway hub of 10 primary schools
- Gillingham Partnership Early Intervention Counselling\* – one to one professional counselling for children within 15 primary/ secondary schools
- Young Carers Support worker\* – outreach support, respite and activities for 100 young carers aged between 5 – 13 throughout Medway
- Fathers Support – day contact centre offering opportunities for facilitated contact between non-resident fathers and their children in a safe and independent setting
- Home School Support Pilot – Community workers based in 6 schools giving direct support to children and their families enabling normal participation in school and home life
- Positive Pastoral Support – a comprehensive range of support for children at Brompton Westbrook Primary School to aid social inclusion and education attainment
- Parenting Education Programme – an agreed model of parenting education covering the whole range of issues to be delivered in various mediums throughout Medway in 2005/6

\* Receives some support from the CAMHS grant

## **Appendix B**

### Psychology and Inclusion

#### *Introduction*

Psychology and Inclusion consist of 9.6 full time equivalent Educational Psychologists, the Inclusions Manager, the Inclusion's Information Officer, three targeted Connexions Personal Advisors and 1.5 full time equivalent teachers with a responsibility for Looked After Children

#### *Educational Psychology Service*

The Educational Psychology Service provides psychological consultations in schools and in the wider community; carries out statutory and non-statutory casework with pupils with additional education needs, their teachers and families.

The service also provides training in schools to promote the effective use of psychological research supporting learning, models and applications; and takes a role within the LEA's strategic planning process. As appropriate, the service undertakes multi agency planning, liaison and joint work. An overarching rational or purpose for most of the work undertaking is to support the psychological health and promote the emotional well being of the young people within our schools enabling them to achieve their personal best.

Traditionally, Educational Psychology Services are seen as working exclusively to support pupils with special educational needs. This is a part, but by no means the totality of the work. During the year 2000, the DfES commissioned report into the future directions of Educational Psychology Services was produced. This made it clear that services were to develop their role within the organisational (LEA) and whole school levels. The work was seen as needing to be more interventionalist and less about assessment.

In Medway the Educational Psychology Service will work with groups of pupils in schools in areas such as anger management or social skills training. Individual ongoing therapeutic work using a Brief Therapy framework or Personal Construct Psychology model may be undertaken.

All Educational Psychologists are psychologists who have also trained as teachers. They are trained in Organisational Psychology and will therefore support a school in thinking about changes and how they will impact on staff and pupils.

The 'whole school' work can be regarded as being at Tier 1 and supports the school in developing their capacity to meet the needs of the majority of pupils. Individual pupil work where there are concerns about the young persons behavioural and emotional development are best seen as a Tier 2 intervention.

## Inclusions Team

The Inclusions Team have a central role to play within the LEA supporting the practical and the legal sides of exclusion. The Inclusions Manager has a high profile with Medway schools and takes the LEA role at governors' discipline committee meetings. He helps parents understand the legal framework and may act as a 'challenge agent' at Discipline Committee hearings/ appeals.

The Inclusions Team collect and analyse the data around exclusions – permanent and fixed term – and provision, in a way which enables the LEA to report on performance indicators as well as to identify positive/ negative trends.

The team also contains two teachers dedicated to the support of Looked After Children. The Key Stage 2 teacher has a focus for targeting year 6 pupils in order to raise attainment and giving advice to foster carers. The Key stage 3-4 teacher has a more strategic role and for example, works to develop the guidance and training given to Designated Teachers in schools.

A major 'new' role for the EPS is with Looked After Children. The service now has a responsibility for managing the LAC teachers and for analysing data and monitoring trends.

From May 2004 a decision was taken to recruit and place three targeted Connexions PAs within the team. The following groups are to be supported:-

- LAC and pupils educated at home
- Pupils at risk of permanent exclusion
- Pupils on role at the PRUs

The majority of the cases held by these Connexions workers will be pupils who have emotional needs. With that in mind people were recruited who had experience of supporting young people with such difficulties. Within this Team, Connexions work fits into Tier 2.

The Inclusions PAs have case supervision from the Educational Psychologists.



## **Appendix C**

### Tier 2 Service

The purpose of this new service is to provide support and advice to the families where there are emerging difficulties with children's emotional behavioural, psychological or mental health.

The service will take a proactive role in promoting positive mental health amongst children and adolescents in Medway. Through earlier intervention and support services. It is envisaged that the team will increase year on year as identified by the steering group and project manager.

It has been targeted for the service to start early 2005. Initially offering services to families not currently receiving assistance from other statutory agencies. Alongside this a consultancy service will be available to Tier 1 professional colleagues.

The initial format of the team will be:

- 1 project manager
- 1 paediatrician (0.6)
- 1 psychologist
- 3 specialist primary mental health workers
- 1 administrative assistant

The Tier 2 team will be based at the Strood family centre in Darnley Road but the staff will work at various venues within local communities in Medway.

Referrals for all children and adolescent mental health services will be through one referral point. This should dramatically speed up referrals and reduce waiting times for services. All referrals will be processed and no family will be turned away without being offered some service. The Tier 2 service will offer short term intervention.

The service is completely grant funded.

## **Appendix D**

### Tier 3 Service, Canada House

The team at Canada House provide a specialist mental health service to the children and adolescents of Medway and Swale. The service is available for age 0 to 18 years, although very young children are usually best suited to primary care services, and when appropriate older teenagers may be transferred to adult services.

The service runs from 9-5, Monday to Friday, with telephone advice to professionals available 24 hours/day from a CAMHS manager and a Consultant Psychiatrist.

As a tier 3 service we are explicitly commissioned to work with cases whose level of difficulties have a complexity requiring a multi-disciplinary approach. There are, therefore, usually two or more clinicians working with each referred case.

The current team compliment is 16.2 WTE representing 20 staff from disciplines including child psychiatry, community nursing, specialist social workers, clinical psychology and family and individual therapists. 3.5 WTE are currently funded by Medway Council.

There are in the region of 1000-1200 new referrals in to the service each year. Included in this are over 100 emergency referrals made each year, which are seen within 48 hours (the only exception being if the person presents to services after hours on a Friday, as they would be seen on the following Monday).

In addition to the direct work with service users the team offer consultation to other professionals, working across the tiers, in order to identify and ensure the best and most appropriate care.

The dedicated tier 2 service that is currently being developed will work closely together with Canada House once it is established. There is a current process under way to design a single referral system to cover both services, this will avoid the inevitable confusion to referrers of which service is most appropriate for their client.

Finally it is worthy of note that, in recent years, barriers between children's services in Medway have been reduced. This is evident in the collaborative way that Medway Council and Medway PCT have sought to make use of grant funding, working with all relevant agencies to ensure best planning and implementation.

## Appendix E

### CAMHS - Tier Four

This appendix provides a brief overview of Tier Four services in Medway and Kent and Medway initiatives to improve services.

#### *Background*

Tier Four services provide for highly specific and complex problems that cannot be managed within Tier Three services because of complexity, risk or persistence. NHS services include in-patient psychiatric provision, specialist eating disorders, or day provision. Tier Four services are also provided by Social Services and Education to meet the needs of children with very complex or specialist need. Tier four services are part of a continuum of provision.

In Medway the key concern is the waiting time for assessment and access to tier four services. Although the number of young people is small their management is highly complex requiring skilled intervention.

#### *Current Initiatives*

##### 1. A Kent & Medway wide approach

Tier Four services have been identified as a priority area for strategic development between partner agencies, education and social services and education. Kent and Medway Strategic Health authority is facilitating this work and has recently set up a Tier four CAMHS Commissioning Group. The approach will:-

- Scope the Tier 4 spend across Health, Social Care and Education
- Acquire robust information about the Tier 4 services that are currently being funded
- Identify the process by which Tier 4 services are accessed
- Adopt a 2-pronged approach to strategic development:
  1. How do we get more efficient about how we commission and utilise Tier 4 services
  2. To what extent we substitute the way we meet Tier 4 needs – developing local an flexible, possibly multi-agency Tier 4 provision and reinvest at Tiers 1/2/3.
- Develop proposals for parallel improvements in Tier 4 commissioning and services utilisation and building local and better co-ordinated capacity.

Medway CAMHS SD & P Group has representatives involved in this work.

##### 2. Emergency Care Admissions to Medway Maritime Hospital

A very small number of individuals are admitted to the children's ward each year with very disturbed behaviour associated with a mental illness requiring a Tier four

service. Occasionally the management of an individual within the ward environment has caused concern; this has been exacerbated during 'out of hours' periods and when a tier four placement has been protracted.

A small working group has been established involving; Canada House CAMHS, Acute Paediatrics', Social Services and Medway Primary Care Trust. The group are working together to find practical solutions associated with the risk management of these individuals until access to Tier four services is easier.