

## BRIEFING PAPER FOR HEALTH SELECT COMMISSION

1.	Date of meeting:	18 October 2018
2.	Title:	Child and Adolescent Mental Health Services Update
3.	Directorate/Agency:	Rotherham Clinical Commissioning Group

### 4. Introduction

- 4.1 This paper provides an update to the Health Select Commission on the delivery of specialist Child and Adolescent Mental Health Services (CAMHS) within Rotherham and the ongoing review of the Local Transformation Plan (LTP). It also provides an update against specific key themes identified from previous scrutiny reviews.

### 5. Background and context

- 5.1 In May 2015, the Government issued the 'Future in Mind' document, which set out its ambitions for CAMHS to the year 2020. Following the publication, Rotherham Clinical Commissioning Group (CCG) was required to produce a CAMHS Local Transformation Plan (LTP), which would outline the key actions to be taken in Rotherham to implement the recommendations of the report. This was undertaken in conjunction with key partners. The CAMHS LTP was signed off by the Health & Wellbeing Board, submitted in October 2015 and signed off by NHS England. A CAMHS LTP Action Plan was also produced, reflecting the 'Local Priority Schemes' outlined in the LTP, and detailing how these schemes would be implemented.
- 5.2 The CCG produced a refresh of the original LTP in October 2016 and October 2017 and is in the process of preparing a further refresh by the end of October 2018. In addition, the CCG produces a quarterly update for NHS England detailing progress with the Rotherham CAMHS LTP. The CAMHS Strategy and Partnership Group is accountable for delivering the LTP.
- 5.3 In December, 2017 the Government published the 'Transforming Children and Young People's Mental health: A Green Paper'. This outlined three key elements:
- To incentivise and support all schools to identify and train a Designated Senior Lead for Mental Health with a new offer of training to help leads and staff to deliver whole school approaches to promoting better mental health
  - To fund new Mental Health Support Teams, supervised by NHS children and young people's mental health staff, to provide specific

extra capacity for early intervention and ongoing help within a school and college setting

- To trial a four week waiting time for access to specialist NHS children and young people's mental health services.

Rotherham CCG was invited to submit an 'expression of interest' bid to be a 'Trailblazer' site to implement the second two elements (see also 7.1).

## 6. Key issues

6.1 The following represents an update on progress relating to the key themes (Local Priority Schemes) outlined in the Rotherham CAMHS LTP. An update against the key themes agreed by the Health Select Commission is provided at Appendix 1.

- A **CAMHS Intensive Community Support Service** was funded to ensure that children & young people (C&YP) are able to be supported in the community and not have to be admitted to an inpatient facility. The team also facilitates earlier discharge from Tier 4. Incorporated into this team is also an improved crisis response and an Interface & Liaison post which works closely with The Rotherham NHS Foundation Trust (TRFT) to manage admissions. CAMHS consistently meets the target of ensuring that all C&YP admitted to TRFT during normal working hours have a plan in place.
- Following feedback from services and service users, an **Autism Family Support Team** (AFST) was commissioned from RMBC to specifically support families with C&YP who have Autism, in the home environment. This was designed to complement the service provided in the school environment through the Autism Communication Team (ACT). The AFST receive referrals from either the Child Development Centre or CAMHS relating to C&YP with a new ASD diagnosis. In Quarter 1 of 2018/19 the total number of referrals to the AFST were 52. The team provides various workshops and courses for families and has distributed sensory equipment to schools.
- Funding was provided to the **Rotherham Parent Carers Forum** (RPCF) to develop their peer support service. Since it began in January 2016, 153 families have been supported in various ways including by telephone, face to face, email and facebook. The RPCF also actively works with other stakeholders including CAMHS, the CCG and the AFST and holds a weekly drop-in session for families. The peer support service has been recognised as an example of good practice.
- Some funding from the LTP is used to support **Looked After Children** who are placed out of Rotherham and need access to the local CAMHS.
- A **C&YP's advocacy service** is provided by Healthwatch. At any one time this service supports between 10 and 15 clients. This is generally relating to CAMHS, but also covers other services for C&YP.

- Specific funding was identified to support **C&YP affected by Child Sexual Exploitation (CSE)** and this is achieved through direct support to the C&YP as well as support for staff from services who provide support. In quarter 1 of 2018/19, the service provided 13 first contacts and 163 follow-up contacts directly to C&YP and 32 contacts to support staff in other services.
- An **eating disorder service** has been established for C&YP in Rotherham. This is being provided by RDaSH as a 'Hub & Spoke' model across its 'footprint' of Rotherham, Doncaster & North Lincolnshire. The service is being provided in accordance with the NICE Eating Disorder guidelines published in May 2017.
- Funding from the CAMHS LTP is also being used to support the delivery of **Care Education and Treatment Reviews**. These are reviews that are designed to support C&YP with Autism and/or Learning Disabilities who are at risk of being admitted to an inpatient facility (Tier 4). The reviews look at a number of Key Lines of Enquiry including; Can the young person be looked after safely in the community?, Is the use of medication appropriate?, Are family involved in decision making? etc. Seven of these reviews have been undertaken in the last year and more are planned. The CCG works very closely with RMBC in undertaking these reviews and they can relate to C&YP who are placed out of area.
- In 2017/18 the CCG committed to the recruitment of two **Children's Psychological Wellbeing Practitioners (PWPs)** by RDaSH. The training of these PWPs was funded by Health Education England and from 2018/19 the CCG has picked up their funding from the LTP. The posts deliver outcome focused, evidence based interventions to C&YP experiencing mild to moderate mental health difficulties.

## 7. Next steps

- 7.1 Trailblazer Bid – Rotherham CCG worked with partners, including; RMBC, RDaSH and organisations from the third sector, to develop a bid to be part of the first wave of sites to implement the proposals of the Green Paper. The bid was made jointly with Doncaster CCG, in view of the fact that both CCGs share the same mental health provider and also for NHS England to be able to make a comparison between the two CCGs due to slightly different models being proposed for the two areas. In the bid, the Rotherham area will have two Mental Health Support Teams, covering five learning communities, two colleges and two Pupil Referral Units (PRUs). The learning communities will include five secondary schools and their feeder primary schools. The bid was submitted on 17 September and it is expected that a decision will be made by late autumn.
- 7.2 Commissioners and providers across the whole system will continue to work together to develop appropriate and bespoke whole care pathways that incorporate models of effective, evidence based interventions for vulnerable children and young people.

## **8. Actions arising**

- 8.1 That the monitoring of progress against the key themes outlined in Appendix 1 is noted and discussed.
- 8.2 That the general update regarding the delivery of CAMHS services in Rotherham is noted and discussed.

## **9. Name and contact details**

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