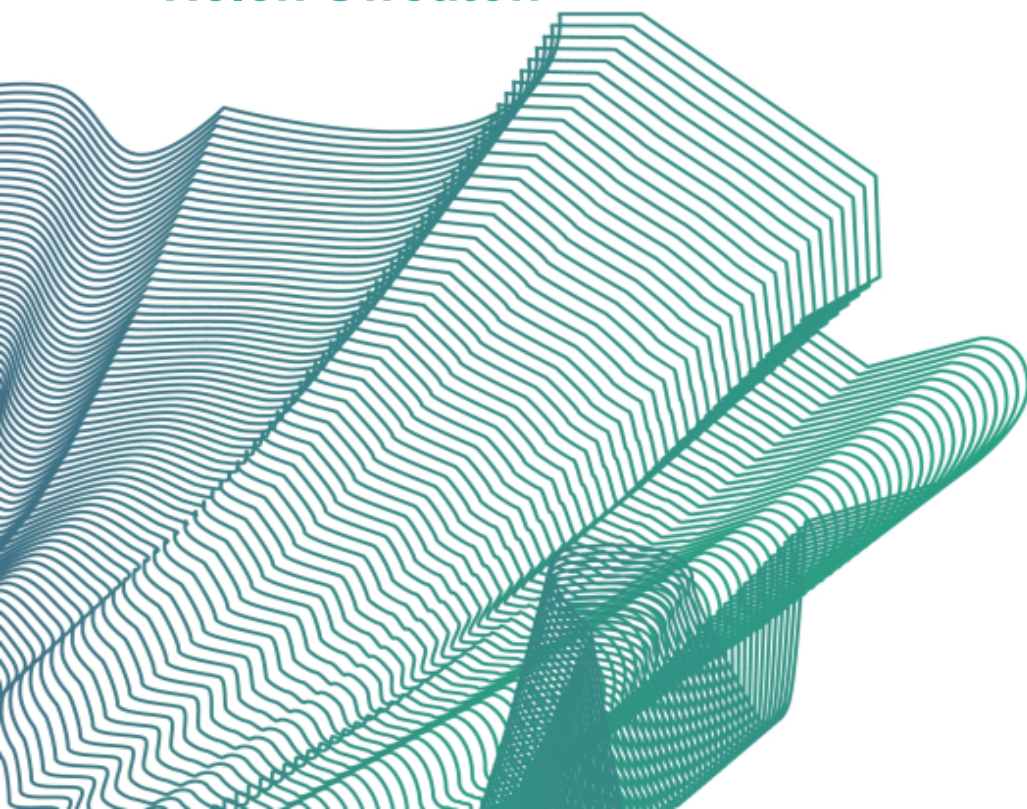


# Rotherham Child and Adolescent Mental Health – Annual Update to Improving Lives Select Commission

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**Rotherham**  
Clinical Commissioning Group

**Rotherham, Doncaster  
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NHS Foundation Trust

**The Rotherham**  
NHS Foundation Trust

**Rotherham**  
Metropolitan  
Borough Council



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# Summary

Improving Lives Select Commission are asked to note the progress made to implement strategies to support children and young people to have good mental health and emotional wellbeing.

- Child and Adolescent Mental Health Service Performance
- Neurodevelopmental Service
- Engagement with families and communities
- Support for Early Years
- Mental Health Support Teams
- Support to young people not in education

# Children and Young People's mental health and emotional wellbeing Support

Rotherham CAMHS use the Thrive model to deliver services.

The THRIVE Framework thinks about the mental health and wellbeing needs of children, young people, and families through different needs-based groupings:



# Children's Eating Disorders Pathway

The pathway provides person-centred care and appropriate care packages. When needed Young People are offered twice weekly appointments and additional telephone or video consultation support alongside therapy (e.g. CBT, Family Therapy).

CEDS accepts referrals from a range of professionals, as well as self-referrals. There are no specific weight or BMI criteria and no long referral form.

An on-duty clinician is allocated each day, with a second to support, with the aim of all referrals being triaged within the 24-hour timeframe and to take any clinical calls.

The service continues to work to ensure young people who need an assessment attend appointments.

# Getting Advice Pathway

The Child and Adolescent Mental Health Services (CAMHS) getting advice pathway provides Single Point of Access (SPA) Consultation and Advice.

Improvement work, underpinned by engagement, has reduced waiting times.

In Rotherham, there are 55 young people awaiting triage and with a longest wait of 4 weeks.



# Getting Help Pathway

## (Getting Help and Psychological Therapies)

Getting Help and Psychological Therapies pathways have merged providing a more resilient and coordinated service.

Significant improvement in wait times with a longest wait of 5 weeks, (9 young people waiting intervention).

The 21 young people waiting to access psychological therapies, have all had previous support from the service.

There are currently 143 open to Rotherham Getting Help and 56 young people open to Rotherham Psychological therapies.

# Transition Pathway

Transitions worker now in post.

All young people 17+ have a transition care plan.

Improved options for 16+ e.g. access to talking therapies.

Peer support embedded.

# CYP Crisis Pathway

24-hour service (accessed through Doncaster SPA). Urgent referrals triaged within 4 hours for an emergency and 24 hours for children and young people with an urgent need.

In over 99% of cases children are seen within expectations, exceptions are carefully monitored and documented.

Caseloads average around 90, there are 10 young people waiting for an initial contact, but nobody is waiting over 4 weeks.



# Neurodevelopmental Service Pathway

- Sustained increased demand
- Continuous service development and improvement
- Multi-agency pathway working well - Improved referral quality
- Improved efficiency and increased assessments
- Increased Capacity
- Positive Service Evaluations

# Neurodevelopmental Service

In 2025 the average referral rate (April to June) is 24.7 per week compared to 17.8 per week last year.

1864 children waiting for assessment, compared to 1759 in July 2024.

75% (1392) have waited longer than 18 weeks compared to 80% (1414) in July 2024.

30% (469) have waited longer than 2 years compared to 34% (602) in July 2024.

The longest wait is 174 weeks compared to 290 weeks in July 2024.

# Engagement with families and communities

Individual feedback indicating positive experiences.

WMIM Ambassadors influencing strategic decision making.

Targeted engagement with young people involved in the service when undertaking improvement/development e.g. getting advice self referral.

New team manager in Neuro service increasing capacity for engagement

RPCF led PINs project enabling inclusive practice.

# Support for Early Years

Baby Packs, Family Hubs based in children centres and 0-19 service initiatives are increasing opportunities for early identification.

Child Development Centre delivering:

1. Diagnostic assessment for autism
2. Best start for Life
3. Early identification of special educational needs and disabilities

Additional short-term investment and review of the pathway in place to increase capacity for assessments and manage sustained increase in referrals to the Child Development Centre (CDC).

# With Me In Mind



**With Me In Mind** (Rotherham's Mental Health Support Team delivery) **work in partnership with education provisions to provide evidence-based interventions for children with mild to moderate mental health difficulties.**

**Four WMIM teams currently work with 59 education settings reaching around 32,000 pupils.**

**Planned expansion in 2026 will create another team to work with another 8000 children in 85% of education provisions.**





# Support to YP not in education

KOOTH is a digital mental health support service jointly commissioned by Rotherham MBC and Rotherham CCG.

Kooth.com is an innovative online counselling and support service which is now available to all young people and young adults across Rotherham aged 11-25.

CAMHs are represented on the Inclusion Panel supporting children at risk of exclusion/ suspension.

Immersive virtual reality based therapy available for children and young with emotional based school avoidance.