

ROTHERHAM BOROUGH COUNCIL – REPORT TO MEMBERS

1.	Meeting:	Corporate Parenting Panel
2.	Date:	10 th April 2014
3.	Title:	CAMHS for Looked After Children
4.	Directorate:	Children and Young People's Services

5. Summary

This report aims to update members on Child and Adolescent Mental Health Services (CAMHS) Provision in Rotherham.

6. Recommendations

That Corporate Parenting Panel Members:

6.1. Note the contents of the report

7. Proposals and Details

7.1. Background

This is an information report. It aims to update members on the arrangements for delivering CAMHS in Rotherham.

The Child and Adolescent Mental Health Service in Rotherham is lead commissioned by Rotherham Clinical Commissioning Group (RCCG) from Rotherham, Doncaster and South Humber NHS Foundation Mental Health Care Trust (RDaSH) for Tiers 2 and 3. Children and Young People's Services (CYPS) are a partner to this lead commissioning model. NHS England commissions Tier 4 services.

The CYPS allocation of £139,000 towards CAMHS Tier 3 provision is agreed on an annual basis and a decision on the 2014/15 allocation was required from CYPS.

Previously, on-going negotiation and partnership work resulted in an agreement that the CYPS funding for 2014/15 would only be committed on the production of a comprehensive CAMHS strategy encompassing provision from Tier 1 to Tier 4.

Following the creation of a draft CAMHS strategy, the 'Emotional Wellbeing and Mental health Strategy for Children and Young People 2014-19' (attached at Appendix 1) a decision was taken on 25th March 2014 by the Directorate' Leadership Team that the £139,000 funding for 2014/15 would be committed. It is the intention of CYPS Directorate Leadership Team to identify key indicators against relevant actions within the Strategy so as to monitor progress and to inform future Rotherham MBC allocations.

The draft Rotherham Emotional Wellbeing and Mental Health Strategy for Children and Young People 2014-19 has been developed and is attached to this report.

It has been produced by RCCG Commissioners, RMBC Commissioners and RMBC Public Health and draws on national and local guidance, local needs information, surveys of local emotional wellbeing and mental health services and information from key stakeholders.

The strategy includes sections on the scope of the strategy, the needs of children and young people, services in Rotherham, investment, challenges and risks and recommendations. The recommendations are directly linked to national and local priorities and identified need and are as follows:

- Multi-agency pathway development
- Development of family focussed services
- Provision of the most effective services within a reducing financial envelope
- Provision of a 24/7 service
- Training and development of universal/tier 1 services in emotional wellbeing
- Well planned and supported transition from CAMHS to adult services
- A multi-agency single point of access to mental health services
- Improved evidence of outcomes for children and young people accessing mental health services
- Developing the voice and influence of young people and parents/carers
- Reduce the stigma of mental illness
- Reduce the waiting and referral times

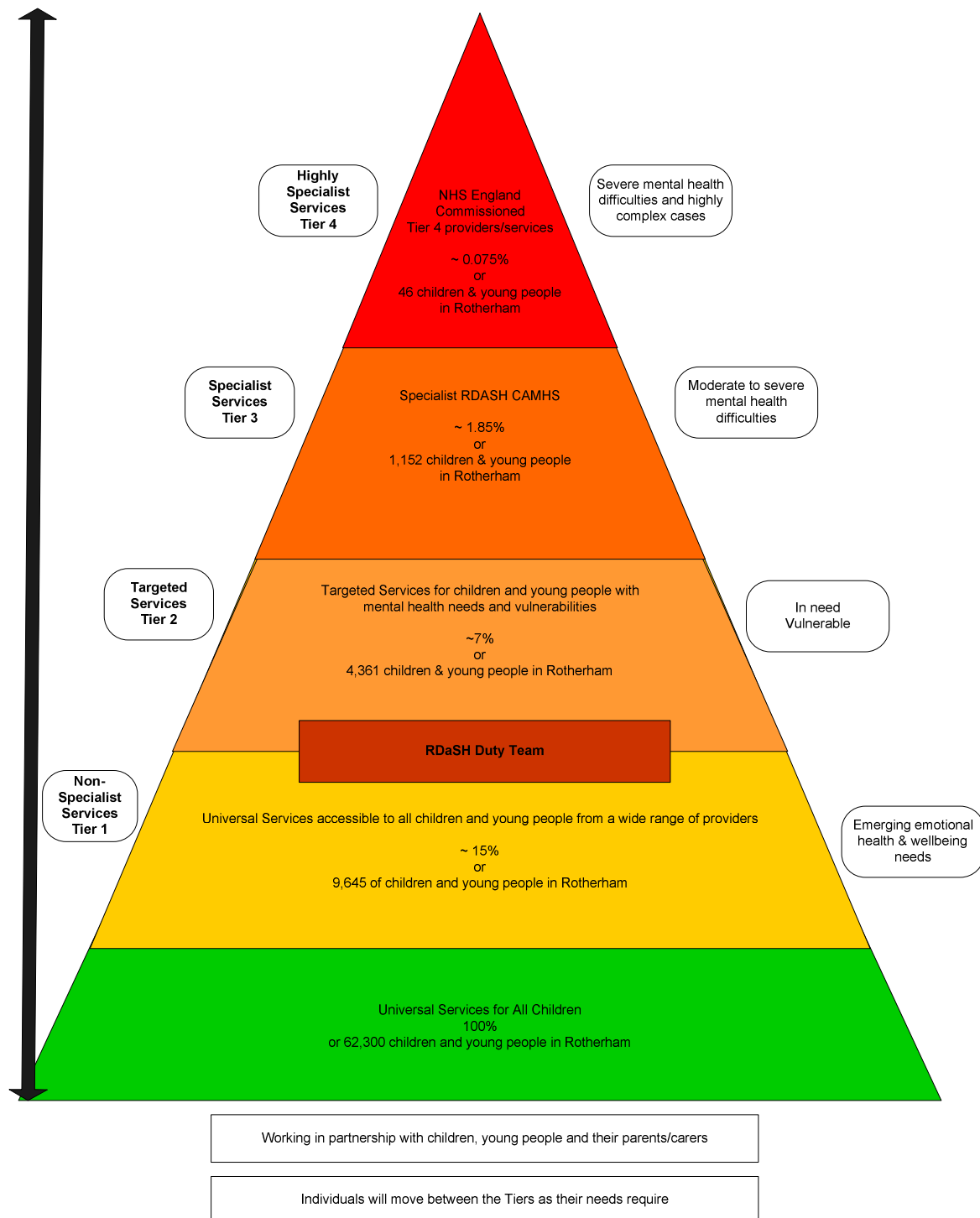
The detailed action plan which addresses these key recommendations is outlined in Appendix 6 of the strategy.

7.2. A Tiered Model of Service Provision

A wide range of services play an important role in the promotion and support of children and young people's emotional health and wellbeing. They work together to deliver a four tier model of Child and Adolescent Mental Health Services (CAMHS) as outlined in *Together We Stand* (Health Advisory Service, 1995). This model is illustrated in Figure 1 on page 3.

Figure 1

Comprehensive Child & Adolescent Mental Health Services in Rotherham (CAMHS)



The following is a definition of CAMHS:

CAMHS (Child and Adolescent Mental Health Services) is commonly used as a broad concept that embraces all those services that contribute to the mental health care of children and young people, whether provided by health, education, social services or other agencies. As well as specialist services, this definition also includes universal services whose primary function is not mental health care, such as GPs and schools, and explicitly acknowledges that supporting children and young people with mental health problems is not the responsibility of specialist services alone.

Looked after children are identified as a vulnerable group – that is, they are considered to be more at risk of developing emotional health problems than others.

The Looked After and Adopted Children's (LAAC) Support and Therapeutic Team provide a dedicated emotional health and wellbeing service for LAAC, giving emotional, mental health and wellbeing advice and support, as well as providing training, advice and support to foster carers and adoptive parents. The service operates at mental health across Tier 2 and Tier 3 and provides direct therapeutic work with young people including therapy, art therapy and family and psychological interventions.

7.3. Tier 3 Provision

Services in Tier 3 are usually provided by a multi-disciplinary team or service working in a community mental health clinic, child psychiatry outpatient service or community settings. They offer a specialised service for those with more severe, complex and persistent disorders.

The RDaSH CAMHS team provides an integrated tier 2 and tier 3 approach to service delivery in order to support a smooth journey for the young person and their family. Tier 3 aspects of service delivery are focussed on more multi-disciplinary interventions and complex cases. The team has specialist workers within the service, which include child and adolescent psychiatrists, art therapy, cognitive behaviour therapy, family therapy and psychotherapy.

The following have been identified as Tier 3 'Future Priorities' in the strategy moving forward into 2014/15:

- Improved access to advice and support from specialist CAMHS worker
- Enhanced monitoring and embedding of routine outcome measures.
- Improved links with other tiers through locality workers and partnership.
- Universal services improved understanding of access and referral processes.
- Further development and establishment of self-referral.
- Out of hours support when in crisis.
- Development of clear multi-agency care pathways.
- Improved accessibility of tier 4 in-patient beds.
- Improved transition to adult mental health services from CAMHS.

7.4. Tier 4 Provision

Tier 4 CAMHS deliver a tertiary level of care and treatment to young people with severe and/or complex mental disorders.

Tier 4 Children's Services deliver specialist in-patient and day-patient care to children who are suffering from severe and/or complex mental health conditions that cannot be adequately treated by community CAMHS and where the risk identified cannot be managed. The purpose of treatment in these specialist services is to reduce risk using a variety of evidence-based therapies, whilst increasing the young person's psychological wellbeing and enabling discharge from the Tier 4 service at the earliest possible opportunity with the support of community services.

Where possible all children and young people should be treated as close as possible to their home area and in the least restrictive environment.

7.4.1. Accessing Tier 4 Provision

Young people are accepted for admission when it appears that they may have a mental health problem that requires inpatient assessment and/or treatment and there is no appropriate less restrictive option available.

One of the following criteria should be fulfilled prior to a child or young person being considered for admission:

- Competent and consenting to inpatient care
- Under the powers of the Children's Act, or a Court Order
- Admitted under the Mental Health Act 1983 (NB: only young people detained under the Mental Health Act may be considered for Psychiatric Intensive Care Units PICU).

Admission should be with parental consent if the patient is to be admitted to the eating disorders unit and is under 16 years of age.

NHS England Mental Health Case Managers (MHCM) work collaboratively with local services and Tier 4 providers taking into consideration local issues and geographical differences. Where a young person is approaching their 18th birthday case managers will work with local clinicians to ensure the most appropriate pathway is identified.

Assessment addresses:

- Major treatment/care needs
- The best environment/level of service (day/in patient or intensive outreach) in which the care should be provided
- Risks identified
- Level of security required
- The ability of the holding/referring organisation to safely care for the patient until transfer can be arranged

Where after assessment it is agreed the child does not require a Tier 4 CAMHS service a full assessment report is provided including where appropriate advice to the Tier 3 service on future plans/care as soon as possible.

A process is in place for emergency/urgent referrals to CAMHS Tier 4 services.

The RDaSH CAMHS service supports the admission to Tier 4 in-patient units as required. Whilst young people are in hospital they remain in contact with the young person and their family in order to facilitate discharge from hospital in a planned and collaborative approach.

The draft CAMHS strategy indicates that the interface between Tier 3 and Tier 4 services works reasonably well. It does also however recognise that there is a significant shortage of Tier 4 beds locally and nationally.

The strategy suggests that the current on-going national review of Tier 4 CAMHS provision is likely to recommend that there should be an increase in the number of Tier 4 beds.

The local assessment and inpatient provision for Rotherham is the Becton Centre, Sheffield Children's NHS Foundation Trust in Sheffield. This is also the local provision for Sheffield, Doncaster and Barnsley local authorities: Provision here is made up of the following:

- Amber Lodge – Outreach and 8 day care places for 5 to 11 year olds – mixed gender
- Emerald Lodge 9 inpatient beds, day patient and outreach for 10 to 14 year olds – mixed gender.
- Sapphire Lodge – 14 in patient beds day patient and outreach for 15 to 18 year olds – mixed gender.
- Ruby Lodge – 7 in patient beds for 8 to 18 years olds which is an assessment service for children with learning disabilities and mental health problems – mixed gender.

This would be the first choice for Tier 4 provision for Rotherham children

The strategy identifies the following as Tier 4 'Future Priorities':

- Increasing the capacity of Tier 4 provision locally, in order to avoid Rotherham patients being placed inappropriate distances from their homes.
- Continued provision of CAMHS case managers who can continue to ensure an effective interface with CAMHS Tier 3 services and reduce inappropriate referrals.

Where it is not possible to access a service at the Becton Centre, there are other inpatient services in Leeds, Warrington, Cheadle, and Nottingham.

8. Finance

8.1. This is an information report. It makes no proposals but does advise that CYPS Directors Leadership Team have recently committed to provide annual funding of £139,000 for 2014/15 as a contribution to Tier 3 CAMHS provision.

9. Risks and Uncertainties

9.1. There is currently insufficient supply of CAMHS Tier 4 beds. Meetings with NHS England to discuss this issue have been pursued but with no success as yet. Whilst it is felt that the national review of Tier 4 CAMHS provision will recommend that more inpatient beds are provided, any subsequent action to increase provision will no doubt have a lead in time and be dependent on additional funding from the Government

9.2. It is important that CYPS and the RDaSH CAMHS have an agreed understanding about thresholds and pathways for accessing Tier 4 services. These are set out to some extent in the strategy document. Uncertainty here can lead to confusion and disputes about service accessibility and this is unhelpful.

10. Policy and Performance Agenda Implications

10.1. Looked after children are identified as a vulnerable group in the CAMHS Strategy. That is, they are more at risk of developing emotional health problems than others. Rotherham's Looked After Children Strategy has 5 Priority Objectives. Priority 3 is 'to improve the emotional wellbeing and physical health of looked after children'. Provision of sufficient high quality local CAMHS services are essential for achieving on the objective.

10.2. Future Ofsted inspections of services for children in need of help and protection, children looked after and care leavers will explore the provision of services to support and promote children's emotional health and well being. It is important therefore that sufficient local provision is in place and that it is of high quality and effective.

11. Background Papers and Consultation

11.1. Emotional Wellbeing and Mental Health Strategy for Children and Young People – attached as Appendix 1.

11.2. Specialised Mental Health Services Pathway Protocol where Yorkshire and Humber is the Originating Area.

11.3. Rotherham Looked After Children Strategy

Contact Name :

Paul Dempsey,
Service Manager, Family Placements and Residential Services,
01709 823444
Paul.dempsey@rotherham.gov.uk