

# Emotional Wellbeing & Mental Health Strategy for Children & Young People – 2014-19

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# CAMHS Commissioning

- More providers than just RDaSH
- More Commissioners than just Rotherham CCG.

# CAMHS Tiered Model of Provision.

## Commissioners

NHS England

Rotherham CCG

RMBC

## Providers

Private Sector

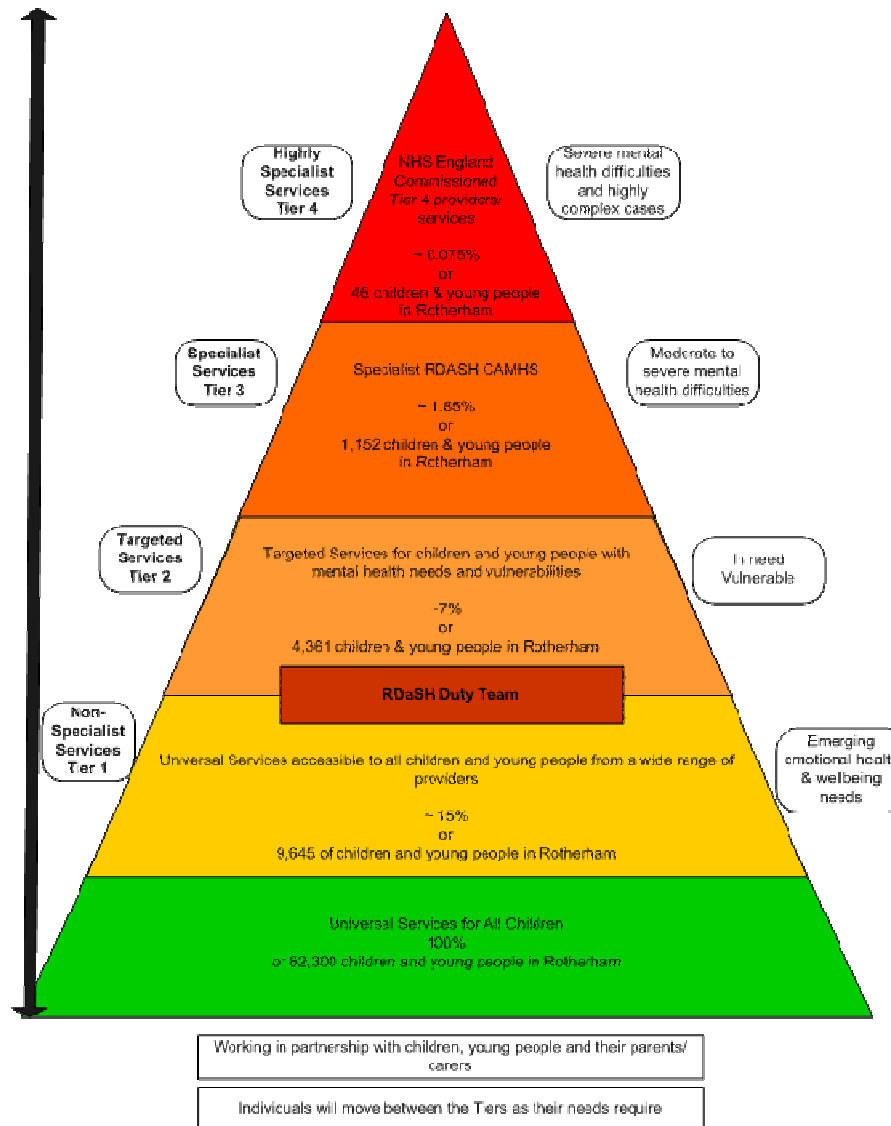
RDaSH CAMHS  
(Sheffield Health & Social  
Care, Nottinghamshire  
Healthcare)

RMBC

Voluntary Sector

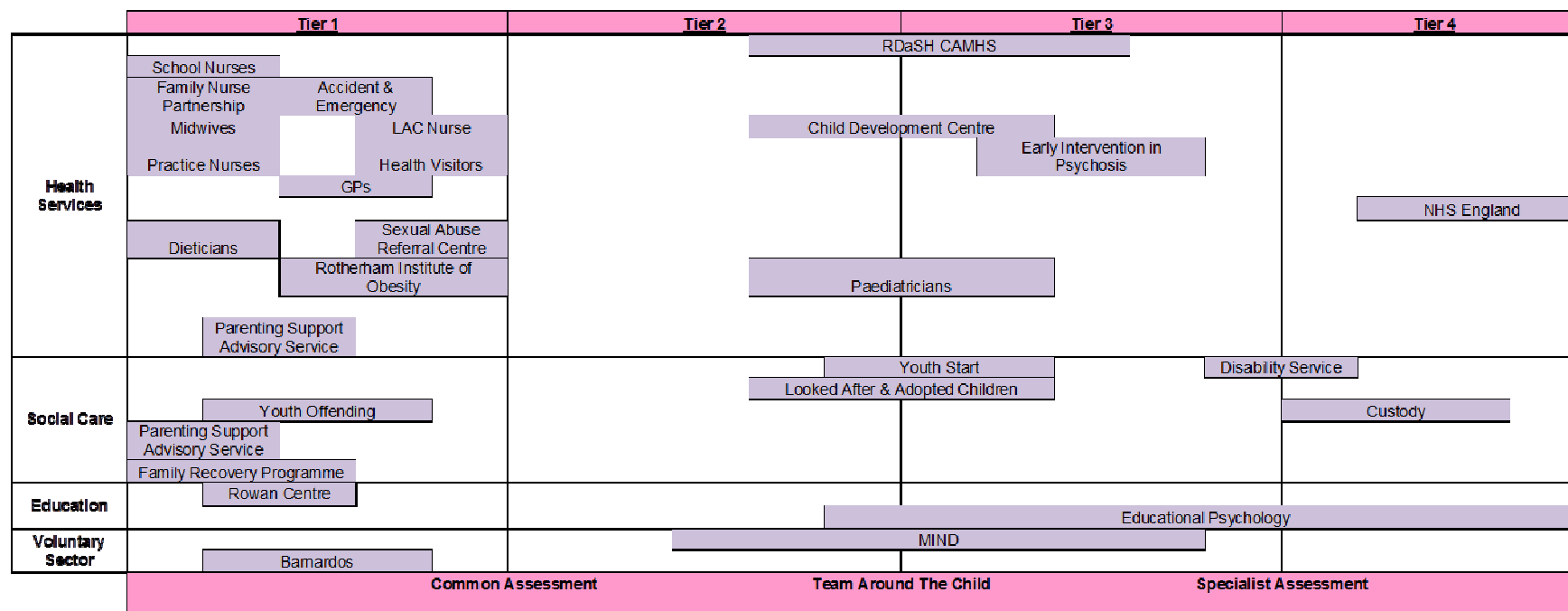
GPs, RFT.

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



# Where key services fit in the Tiered model.

## Mental Health Services for Children in Rotherham - Tiered Model



# Background

- May/June 2013 – Issues with RDaSH CAMHS service
- ‘Contract Query’ process – Oct. 2013
- GP Surveys – Sep & Dec 2013, May 2014
- Universal Workers Survey, Jan 2014
- ‘Top Tips’, Directory of Services, locality workers, GP events & IYSS conference

# Universal 'Top Tips' & Directory of Services

Guidance for Universal Workers and targeted workers on Referral of Children & Young People with Emotional Wellbeing Issues		
Referrals to Universal Services and Routine CAMHS and Urgent CAMHS referrals.		
Issue	Symptoms/presenting problems	Refer to:-
Behavioural Difficulties	• Poor behaviour at Home only	Evidence Based Parenting Programme. For under 5s please contact Health Visiting Team in the first instance
	• Poor behaviour at School only	School (Learning mentor ) Integrated Youth Support Service
	• Severe behaviour in both home & School	Discuss with Health Visitor first, Child Development Centre (CDC) for under 5 years, CAMHS (Routine) for over 5 years.
Eating Disorders	• Eating Issues (Low Level) – Will only eat certain foods	Health Visitor if under 5 or GP if over 5
	• Anorexia: evidence of self induced weight loss and/or fear of fatness • Rapid and sustained weight loss • If BMI under 17 • Bulimia: Persistent binge & purge behaviour. • BMI may be normal	CAMHS (Routine) & also GP (for physical assessment)
	• If BMI under 14. • Obesity	CAMHS (Urgent) Rotherham Institute for Obesity (RIO)
Anxiety Disorders	• Worrying about specific situations	School Nurse, School (learning mentor etc), Youthcare, MIND
	• Severe, persistent anxiety. • Panic attacks. • Attachment disorders • Severe and disabling phobia where it is impacting on a young person day to day life and ability to function s (Social and specific phobias).	CAMHS (Routine)
Mood Disorder or Depression (Refer if symptoms present for at least 2 weeks)	• Low mood, not impacting on daily life and no risk evident (no suicidal thoughts or self harm)	School (learning mentor pastoral support), Youth Start, MIND, School Nurse
	• Persistent low mood. • Physical symptoms – poor sleep (or early wakening) or loss of appetite and weight • Cognitive symptoms inc. pervasive negative thoughts • Loss of interest/Social isolation/withdrawal seen at home and school. • Suicidal thoughts without planned intent (discuss urgency of referral with team)	CAMHS (Routine)
	• Suicidal thoughts with planned intent REFER URGENTLY. • Suicidal thoughts without planned intent (discuss urgency of referral with team) • Previous attempts to end life	CAMHS (Urgent)
	• Avoidance of reminders of the traumatic event. • Persistent anxiety. • Repeated enactment of reminders of the traumatic event. • Intrusive thoughts and memories – e.g. nightmares. • Sleep disturbance. • Hypervigilance.	CAMHS (Routine)
Post Traumatic Stress Disorder – Symptoms Following an event very traumatic to the		

## Emotional Wellbeing Services for Children & Young People Living in Rotherham Directory of Services for GP use

The following services are available for direct GP referral, unless where indicated.

The services are characterised by 'Levels' of need as below:-

- UNIVERSAL** – Primary preventative services aimed at addressing the needs of all children.
- VULNERABLE** – Selective primary preventative services aimed at children with special needs.
- COMPLEX** – Secondary prevention services to support children with multiple needs.
- ACUTE** – Tertiary help or prevention services for children in need of immediate care and protection.

The Rotherham  
NHS  
NHS Foundation Trust

### School Nurses

School Nurses – Age range 5 – 16 years  
Services provided at **UNIVERSAL** and **VULNERABLE** levels  
Professional and self referral

- Tier 1 Support

### Health Visitors

Health Visitors – Age range 0 – 5 years  
Service provided at **UNIVERSAL** level  
Professional and self referral

- Tier 1 Support
- Early Attachment Service

N.B.  
Health Visitors and School Nursing services are based in teams. They can be contacted by mobile numbers (not to be given out) or the landlines by area, as detailed in **Appendix 1**.  
These landlines are DUTY telephone numbers and are for professional queries only. They are manned at certain times during the day, by professionals (see appendix 1). Parents should phone central admin on 01709 423333, Mon-Fri 8.30am to 5pm.

### Family Nurse Partnership

Age range parents under 19 years. Women under 19 years and first pregnancy  
Service provided at **VULNERABLE** Level.  
Professional referral

- Tier 1 Support as part of Family Nurse Programme

Telephone 01709 255804

Review date April 2015

June 2014

### CAMHS Referral Guidelines - Important information to include when referring to the RDaSH CAMHS Service.

It is preferable that referrals to the CAMHS service are made using the designated referral form. Alternatively, referrals can also be made by letter or fax.

Whichever method is used it is essential that the following information is included as a minimum. The referral should also include a Common Assessment Framework form (if available).

#### Basic information

- Child's name, date of birth, address and telephone number (telephone number will support effective triaging, gaining consent to signpost onwards to other agencies and is essential for urgent cases). A lack of telephone contact will delay in decision making and care provided.
- Surnames of parents/ carers if different to the child
- Who has parental responsibility? - is the child 'looked after', what is the child's legal status?
- GP details
- School details
- Consent from the child and/or parent (including consent to contact other agencies)

#### Reason for referral

- What are the specific difficulties that you want our service to address?
- Length of time that the problems have been present
- Is the problem specific or more generalised?
- Your understanding of the problems/ issues involved
- Risks identified

#### Further helpful information

- Who else is living at home? Details of separated parents if relevant
- Other professionals involved
- Previous contact with mental health services or social services. What was the outcome? Was it seen as helpful/ unhelpful?
- Any other things that have been tried
- Details of protective factors (coping strategies, support network etc)
- Any relevant background information, such as family history, significant life events and/ or developmental factors.

# CAMHS Strategy

- Draft format
- Informed by National Guidance & local feedback
- Formalisation of some on-going work
- From issues raised by families, carers, referrers & services

# Draft Recommendations

- Ensure patient/parents/carers input into developing services
- Develop multi-agency care pathways
- Develop family focussed services which are easily accessible and delivered in appropriate locations
- Best value for money for the people of Rotherham
- Flexible working times - not restricted to normal operating hours
- Appropriate training and support for staff



# Draft Recommendations (cont.)

- Transition from child and adolescent mental health services to adult services
- Multi-agency single point of access (SPA) to mental health services
- Services that demonstrate Improved outcomes for children and young people
- Promote the prevention of mental ill-health
- Reduce the stigma of mental illness
- Reduce waiting times and improve access

# Next Steps

- Engagement of parents, carers & young people
- Finalisation of Strategy
- Continuing joint commissioner/provider improvement work
- Opportunities for engagement
- Pathways Event