

**Open Report on behalf of Stuart Carlton,
Assistant Director Children's Services**

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| Report to: | Children and Young People Scrutiny Committee |
| Date: | 1 March 2013 |
| Subject: | Child and Adolescent Mental Health Service (CAMHS) Update- Tier 2 Pathway |

Summary:

The purpose of the report is to update the Children and Young People Scrutiny Committee on the performance of Lincolnshire's Tier 2 CAMH Service and to request that Members comment on the contents of the report and make further recommendations as they see fit for the continued development of CAMHS in Lincolnshire.

Actions Required:

Members comment on the contents of the report and make any further recommendations as they see fit for the continued development of CAMHS in Lincolnshire.

1. Background

In 2010, children's mental health services in Lincolnshire were criticised for being difficult to access, and the relationship between the Council and Lincolnshire Partnership NHS Foundation Trust (LPFT), the provider, was strained. Only health professionals could make referrals to Tier 2 services (for children with mild to moderate mental health concerns) even though issues were being noticed by other professionals e.g. in schools, children's centres, youth settings and social care.

Children were often waiting over 3 months (still below national 18 week targets) for a service, risking deterioration in their emotional wellbeing. Inappropriate referrals to CAMHS were very high; a poor understanding of mental health by referrers and unclear guidance were blamed for this. Tier 2 services were only available in certain parts of the county. Young people were being treated for an average of 50 sessions without a successful outcome and discharge or change in approach, and this meant staff could not take on many new cases. Lincolnshire County Council

(LCC) was also facing huge cuts to budgets and the combination of all factors warranted a significant review of commissioning intentions.

Alongside this, Lincolnshire had been delivering a Targeted Mental Health in Schools (TaMHS) pathfinder project since 2008/09 in 4 cluster areas (Skegness, Mablethorpe, Boston and Old Leake). TaMHS in Lincolnshire focussed on up-skilling school staff to better recognise mental ill health at the earliest opportunity and to deliver low level emotional wellbeing interventions to pupils. TaMHS was a great success, demonstrating that early investment in preventative support in schools resulted in a reduced reliance on specialist CAMHS, with young people's mental health concerns being managed more in universal settings leaving specialist services open to those with the most complex needs.

Working with NHS Lincolnshire, LCC formed a pooled budget for Tier 2 services of c£1m p/a. LCC was delegated Lead Commissioner responsibility and in partnership we re-designed Tier 2 provision and other targeted CAMHS for key vulnerable groups. The objective was to establish early access mental health services that were: available as soon as young people began to show concerns, easy to refer to, available countywide, delivered effective treatment and prevented young people's difficulties from worsening; leading them to need specialist mental health services- all for the same cost.

A multi-agency task group was formed inclusive of service user feedback. Workshop sessions were held with CAMHS staff to jointly re-design services for the same cost and using the same staff numbers; this approach massively improved the relationship and understanding of each other's frustrations and issues. The following was delivered:

- LCC commissioned an open access online counselling service called KOOTH.com (run by Xenzone) for those aged 11-25 with emotional wellbeing and mental health concerns that is linked into CAMHS pathways. The award-winning website is open 365 days, out of hours and is a free, safe, confidential and non-stigmatising way for young people to access counselling, advice and support online
- Referrals at Tier 2 were opened to any professional relieving pressure on GPs
- Maximum allowed waiting times for an intervention were reduced to 6 weeks
- Referral guidance was clarified and extensively communicated to stop inappropriate referrals
- Every school/college in the county was given a link Primary Mental Health Worker that would provide free telephone advice, face to face consultation to agencies concerned about a child's mental health, accept direct referrals to CAMHS, deliver mental health therapies in school or other more appropriate venues, run groups for children in schools and provide free training and support on mental health issues
- CAMHS workers moved into LCC Children's Services teams across the county so that they could easily pick up referrals from Social Care and other staff and work in a more integrated way
- The money saved on premises was re-invested into staffing

- New services were promoted to every school in the county, presentations made to every Head Teacher, CCGs, GPs, Voluntary Community Sector groups, and Children's Service teams

The presentation will show in more detail the development journey of Tier 2 CAMHS and the positive impact the new service, launched in September 2011 had during its first year of operation.

Recent Developments

- The remit of Tier 2 and Tier 3 CAMHS have both recently expanded to include working with children and young people regardless of whether there is a diagnosable mental health concern:
 - that are displaying sexually harmful behaviour
 - that have been victims of sexual abuse
 This has previously been a gap in provision.
- The Service was a finalist in the Children and Young People Now Awards 2012 Early Intervention Category and is a finalist in both the Children's Service and Health and Social Care Categories of the Local Government Chronicle Awards 2012.

2. Conclusion

Members are requested to comment on the report and presentation and make any further recommendations as they see fit for the further development of CAMHS.

3. Consultation

a) Policy Proofing Actions Required

n/a

4. Appendices

None.

5. Background Papers

No background papers within Section 100D of the Local Government Act 1972 were used in the preparation of this report.

This report was written by Charlotte Gray, Commissioning Officer, who can be contacted on 01522 553783 or charlotte.gray@lincolnshire.gov.uk.

