

Agenda

Health Overview and Scrutiny Committee

Wednesday, 19 September 2018, 10.00 am
County Hall, Worcester

All County Councillors are invited to attend and participate

This document can be provided in alternative formats such as Large Print, an audio recording or Braille; it can also be emailed as a Microsoft Word attachment. Please contact Democratic Services on telephone number 01905 844965 or by emailing democraticservices@worcestershire.gov.uk

DISCLOSING INTERESTS

There are now 2 types of interests:
'Disclosable pecuniary interests' and **'other disclosable interests'**

WHAT IS A 'DISCLOSABLE PECUNIARY INTEREST' (DPI)?

- Any **employment**, office, trade or vocation carried on for profit or gain
- **Sponsorship** by a 3rd party of your member or election expenses
- Any **contract** for goods, services or works between the Council and you, a firm where you are a partner/director, or company in which you hold shares
- Interests in **land** in Worcestershire (including licence to occupy for a month or longer)
- **Shares** etc (with either a total nominal value above £25,000 or 1% of the total issued share capital) in companies with a place of business or land in Worcestershire.

NB Your DPIs include the interests of your spouse/partner as well as you

WHAT MUST I DO WITH A DPI?

- **Register** it within 28 days and
- **Declare** it where you have a DPI in a matter at a particular meeting
 - you must **not participate** and you **must withdraw**.

NB It is a criminal offence to participate in matters in which you have a DPI

WHAT ABOUT 'OTHER DISCLOSABLE INTERESTS'?

- No need to register them but
- You must **declare** them at a particular meeting where:
You/your family/person or body with whom you are associated have
a **pecuniary interest** in or **close connection** with the matter under discussion.

WHAT ABOUT MEMBERSHIP OF ANOTHER AUTHORITY OR PUBLIC BODY?

You will not normally even need to declare this as an interest. The only exception is where the conflict of interest is so significant it is seen as likely to prejudice your judgement of the public interest.

DO I HAVE TO WITHDRAW IF I HAVE A DISCLOSABLE INTEREST WHICH ISN'T A DPI?

Not normally. You must withdraw only if it:

- affects your **pecuniary interests** **OR**
relates to a **planning or regulatory** matter
- **AND** it is seen as likely to **prejudice your judgement** of the public interest.

DON'T FORGET

- If you have a disclosable interest at a meeting you must **disclose both its existence and nature** – 'as noted/recorded' is insufficient
- **Declarations must relate to specific business** on the agenda
 - General scattergun declarations are not needed and achieve little
- Breaches of most of the **DPI provisions** are now **criminal offences** which may be referred to the police which can on conviction by a court lead to fines up to £5,000 and disqualification up to 5 years
- Formal **dispensation** in respect of interests can be sought in appropriate cases.

Health Overview and Scrutiny Committee

Wednesday, 19 September 2018, 10.00 am, County Hall, Worcester

Membership

Worcestershire County Council Mr P A Tuthill (Chairman), Ms P Agar, Mr G R Brookes, Mr P Grove, Prof J W Raine, Mrs M A Rayner, Mr C Rogers, Mr A Stafford and Mr R P Tomlinson

District Councils Mr T Baker, Malvern Hills District Council
Mr C Bloore, Bromsgrove District Council
Mr M Chalk, Redditch District Council
Mr M Johnson, Worcester City Council
Mrs F Oborski, Wyre Forest District Council
Mrs F Smith, Wychavon District Council

Agenda

Item No	Subject	Page No
1	Apologies and Welcome	
2	Declarations of Interest and of any Party Whip	
3	Public Participation Members of the public wishing to take part should notify the Head of Legal and Democratic Services in writing or by email indicating the nature and content of their proposed participation no later than 9.00am on the working day before the meeting (in this case 18 September 2018). Enquiries can be made through the telephone number/email address below.	
4	Confirmation of the Minutes of the Previous Meeting Previously circulated	
5	Child and Adolescent Mental Health Service and Wellbeing Work	1 - 26
6	Health Overview and Scrutiny Round-up	27 - 28

Agenda produced and published by the Head of Legal and Democratic Services, County Hall, Spetchley Road, Worcester WR5 2NP. To obtain further information or hard copies of this agenda, please contact Emma James/Jo Weston 01905 844965, email: scrutiny@worcestershire.gov.uk

All the above reports and supporting information can be accessed via the Council's website [websitehttp://www.worcestershire.gov.uk/info/20013/councillors_and_committees](http://www.worcestershire.gov.uk/info/20013/councillors_and_committees)

Date of Issue: Tuesday, 11 September 2018

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HEALTH OVERVIEW AND SCRUTINY COMMITTEE

19 SEPTEMBER 2018

CHILD AND ADOLESCENT MENTAL HEALTH SERVICE AND WELLBEING WORK

Summary

1. The Health Overview and Scrutiny Committee (HOSC) is to receive an overview of the Child and Adolescent Mental Health Service (CAMHS), which will also include wider wellbeing work.
2. Representatives from commissioners and providers of CAMHS have been invited to the meeting. CAMHS is NHS funded and reports through the children's health commissioning team which is jointly funded by the Worcestershire Clinical Commissioning Groups and Worcestershire County Council and services are provided by Worcestershire Health and Care NHS Trust.

Background

3. The Child and Adolescent Mental Health Service provide support to children and families where the young person is experiencing significant mental health difficulties.
4. CAMHS is a multidisciplinary team made up Child and Adolescent Psychiatrists, Clinical Psychologists, Child and Adolescent Psychotherapists, Family Therapists, Dietitian and Mental Health Practitioners (Social worker, Registered Mental Health Nurse, Occupational Therapist) with management and administration support. Taking of trainees and students is positively encouraged within the service. Staffing the service is a challenge especially with the expansion of mental health service provision nationally e.g. Community Eating Disorder services in 2017. A comprehensive training and development programme is in place.
5. There are two specialist CAMHS teams providing a service to North and South Worcestershire. Depending on which GP a person is with, determines which team they would see. The core CAMHS service is provided by locality teams but other more specific elements, including the Community Eating Disorders team, are countywide.
6. The CAMHS Service will see Children and Young People (CYP) up to the age of 18 years following specialist mental health assessments. Anyone who works with CYP and has a concern about somebody's Mental Health can refer in to the countywide Single Point of Access (SPA) for assessment and onwards referral / treatment.
7. Primarily, CAMHS provides evidence based interventions for significant mental health problems such as:

- Depression
- Mood Disorders
- Significant Anxiety
- Eating Disorders
- Post-traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Severe Deliberate Self Harm
- Psychosis

8. CAMHS delivers:

- Assessment
- Evidence based interventions: Family therapy, cognitive behavioural therapy (CBT), dialectic behaviour therapy (DBT)
- Consultation to professionals
- Under 5s' service

9. CAMHS does not deliver:

- Counselling services
- Behaviour management services
- Attachment disorders interventions.

10. Over recent years there has been a strong national focus on the mental health of children and young people, with policy guidance and additional NHS investment identified. Local areas have been required to publish Transformation Plans to identify how they will effectively use the additional funding to respond to priorities.

11. Worcestershire's Transformation Plan for Children and Young People's Emotional Wellbeing and Mental Health was first published in 2015 and has been refreshed and updated annually since. This plan takes in to account local needs assessment; feedback from children, young people, families and other stakeholders; and national policy guidance and best practice. The plan identifies additional investment and developments in the whole of the emotional wellbeing and mental health pathway for children and young people. This ranges from that provided at a universal level (such as providing support, resources and training to schools, support workers and others who work with children and young people) through to increasing the range and capacity of specialist Child and Adolescent Mental Health Services (CAMHS) for those children with the most severe mental health needs.

12. Specific NHS investment in CAMHS has included £287,000 per year to support the development of a community eating disorders service and funding to increase capacity in ward liaison and tier 3+ (intensive community support service) and in core services delivered through locality based teams. A further £310,000 per year has been invested in face to face and online emotional wellbeing services for those whose needs are not severe enough to meet the threshold for specialist CAMHS intervention.

13. An overview of the wider services which run alongside CAMHS to manage emotional problems and support 'Every Child Matters' is included at Appendix 1 – Emotional Wellbeing, Mental Health and Eating Disorders Pathway for Professionals.

Purpose of the Meeting

14. Members are invited to consider and comment on the information provided about Child and Adolescent Mental Health Services, and determine:

- any further information required at this stage
- any further scrutiny work is required

15. In doing so, HOSC members may want to reflect on areas such as:

- access to services
- trends in referrals and mental health needs
- demand for the service, including reports of increased referrals from schools in Worcestershire
- successes and challenges
- preventative work

Supporting Information

- Appendix 1 - Emotional Wellbeing, Mental Health and Eating Disorders Pathway for Professionals.

Contact Points

Specific Contact Points for this report

Emma James / Jo Weston, Overview and Scrutiny Officers, Tel: 01905 844964 / 844965

Email: scrutiny@worcestershire.gov.uk

Background Papers

In the opinion of the proper officer (in this case the Head of Legal and Democratic Services) the following are the background papers relating to the subject matter of this report:

- Agendas and Minutes of the Health and Wellbeing Board on 5 December 2017 – available on the Council's website [here](#)
- Agendas and Minutes of the Children and Families Overview and Scrutiny Panel on 25 June 2015 – available on the Council's website [here](#)

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Emotional Wellbeing, Mental Health and Eating Disorder Pathway for Professionals

CAMHS CAST - Consultation, advice, support and training - offers advice to all **professionals** working with children and young people - to find your local CAST worker:
www.hacw.nhs.uk/our-services/childrens-community-health-services/camhs/cast

Eating disorders:

Worker thinks that the child or young person may be suffering from an eating disorder or is at risk of developing an eating disorder.

What should you do?

Complete a CAMHS referral form (GPs should complete the eating disorders section including height, weight and relevant tests that have been undertaken). At CAMHS SPA the referral will be passed to the new CEDS-CYP (Community Eating disorder service for children and young people) team. The referral will be triaged within 1 day and contact made according to level of need. **Contact SPA: 01905 768300**

Suicide risk?

Follow WSCB guidance
'What to do if you believe a child or young person is at risk of suicide'
westmidlands.procedures.org.uk/local-content/ykjN/suicide-prevention

Mental health needs:

Worker thinks that the child or young person is suffering from a significant mental health need preventing them functioning within the norms of their age. These may be persistent and of a moderate to severe nature, causing significant difficulties with their relationships.

What should you do?

Complete CAMHS referral form
Speak to CAMHS Single Point of Access (CAMHS-SPA) regarding referral if necessary:
www.hacw.nhs.uk/camhs **Tel: 01905 768 300**
If out of hours follow Worcestershire's Children and Young People's Urgent Mental Health Care Pathway: worcestershirecs.proceduresonline.com/pdfs/mental_health_pathway.pdf

Reach 4 Wellbeing (R4W)

NHS service for face to face emotional wellbeing support:
www.hacw.nhs.uk/starting-well/reach4wellbeing

Emotional wellbeing needs:

Worker thinks that child or young person has emotional wellbeing needs. These will be starting to cause difficulties with their school work, friendships or family relationships. Needs cannot be met solely within universal services.

What should you do?

Discuss **Reach 4 Wellbeing** service with child/young person and/or parent/carer: this service offers face to face group work or individual support for 5-19 year olds with low level anxiety or depression. Make a referral, or suggest self-referral.
Discuss **Kooth** with child/young person and/or parent/carer and give them contact details for self referral.
Discuss **Worcestershire Healthy Minds**, which supports people, aged 16 and over, who are experiencing problems such as stress, anxiety, low mood and depression.

Kooth.com

Self-referral for on-line emotional wellbeing support and counselling:
www.kooth.com

Worcestershire Healthy Minds

Self or professional referral, referral form on healthy minds website:
www.hacw.nhs.uk/our-services/healthy-minds

Safeguarding concern or other support needed:

If you are worried a child is in immediate danger contact the Police on 999. If you are concerned a child or young person may be in need of protection or safeguarding complete a cause for concern form. www.worcestershire.gov.uk/info/20383/are_you_a_professional_worried_about_a_child
Out of office hours (5:00pm to 8:30 am weekdays and all day weekends/bank holidays) contact the Emergency Duty Team (EDT) on 01905 768020

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Overview of Worcestershire CAMHS and Emotional Wellbeing

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Sue Harris, Director of Strategy (WHCT) and STP Comms and Engagement Lead

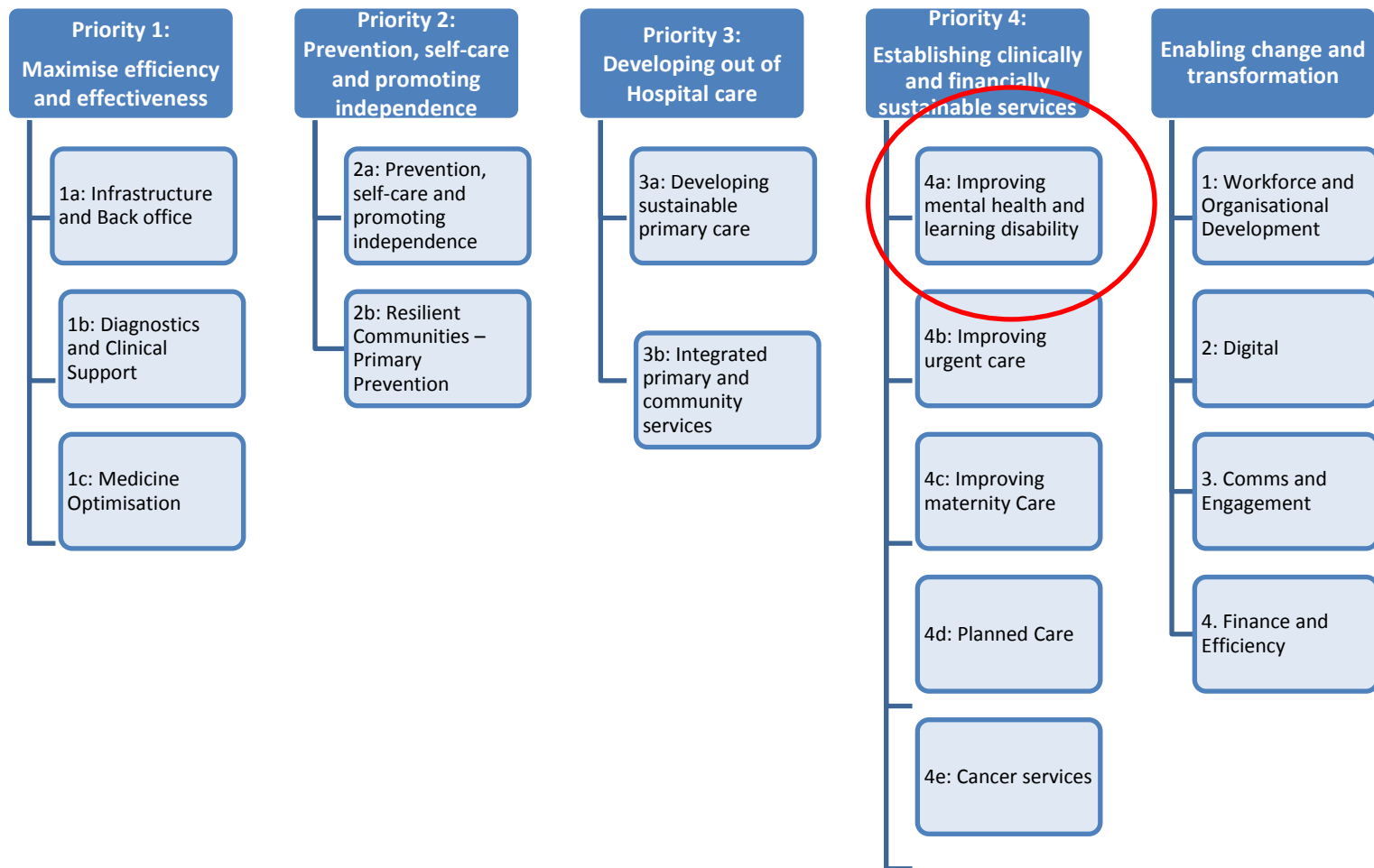
Sally-Anne Osborne, Service Delivery Unit Lead (WHCT)

Stephanie Andrews, CAMHS Service Manager (WHCT)

Philippa Coleman, Lead Commissioner – Early Health (WCC)



Priorities and Programme



CAMHS and Emotional Wellbeing history

- Child & Family Service – Psychiatric Consultant Led service – 2005
- Started to involve wider disciplines – working with ‘worries and muddles’ seeing children as a part of a system
- 2002 – Health Of the Nation 4 tiered model of mental health care for CYP

Current Context

Future in Mind - transforming child and adolescent mental health services

- Tackling the problems to create a system that brings together the potential of the web, schools, social care, the NHS, the voluntary sector, parents and of course children and young people.
- Promoting resilience, prevention and early intervention
- Improving access to effective support
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce

Transforming Children and Young People's Mental Health Green Paper

- Senior leads in schools and mental health support teams
- Improved access
- Evidence base

Significant Investment - new pathways and ways of working



Emotional Wellbeing, Mental Health and Eating Disorder Pathway for Professionals

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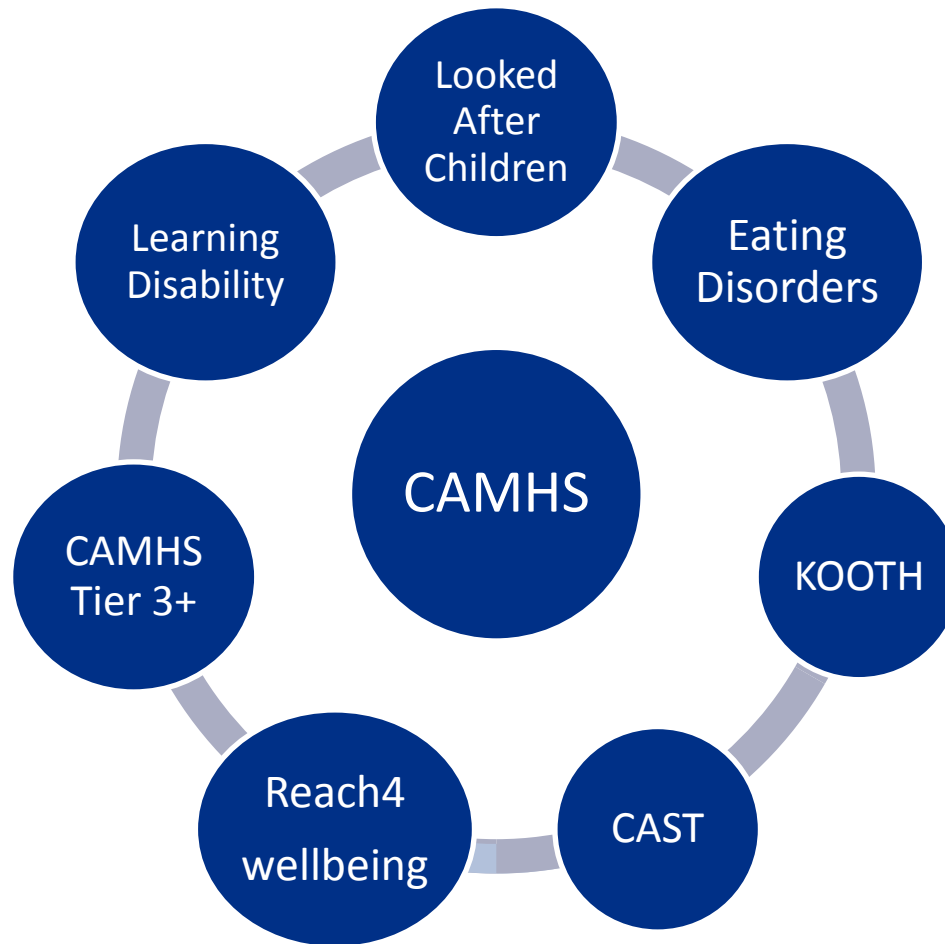
www.hacw.nhs.uk/our-services/healthy-minds

Safeguarding concern or other support needed:

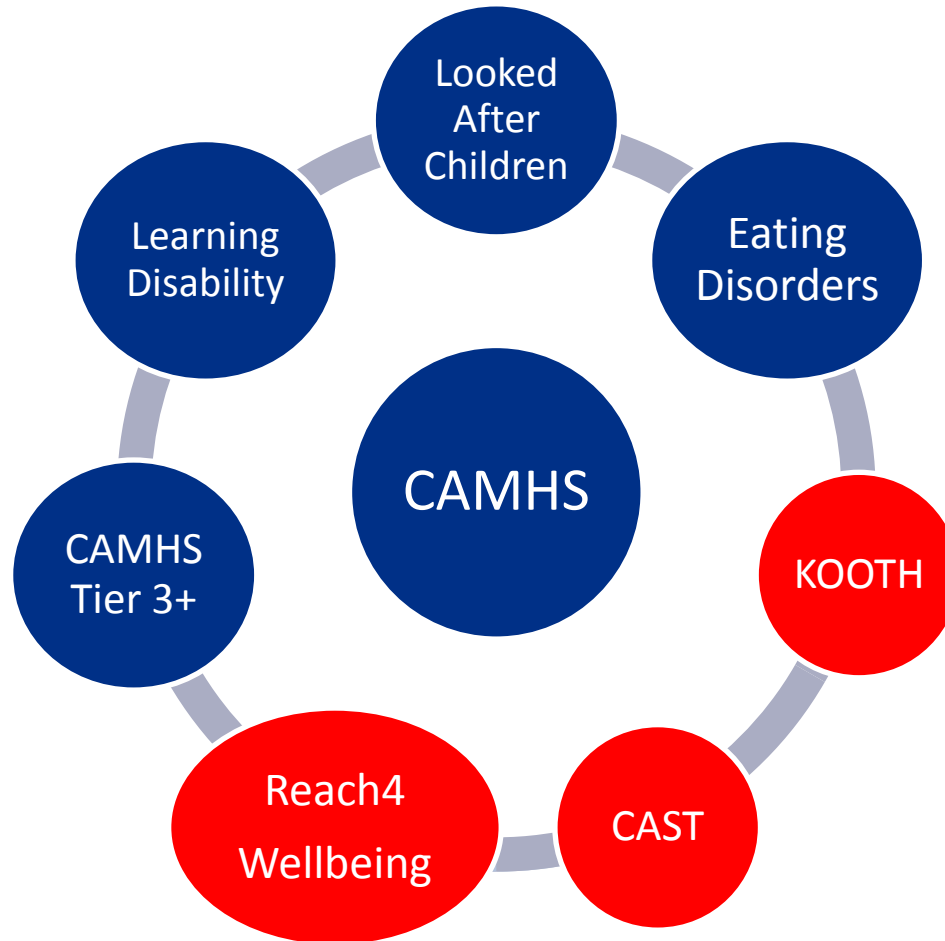
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CAMHS and Emotional Wellbeing



Emotional Wellbeing



UK and County Statistics

- **Worcester Warriors Stadium** has a capacity of 12,024.... So the stadium would need to be filled 24 times to represent every young person in the UK who suffers from anxiety.



Reach4Wellbeing

- Support 5-19 year olds experiencing emotional difficulties
- Specifically anxiety, low mood and self-harm
- Short-term group support programmes –evidence based
- Referrals: 752 received - 495 accepted
- To date - 302 CYP have been seen
 - 40 groups have been run
 - 264 CYP have been seen in groups
 - 38 1-1 interventions undertaken
- Routine outcome measurements

Feedback

‘It is great to go it is so good you get to meet new people’
Aged 10

‘It has been amazing they really helped me get over my fears’
Aged 11

‘I think the group has helped with my anxiety, I hope for success
in the future’ Aged 14

‘The different way to deal with the situation’ Aged 15

‘Helping to understand I’m not on my own’ Aged 15

Consultation, Advice, Support and Training

- For school staff & other professionals
- Understand role in supporting the mental health of a child or young person
- Advice on mental Health issues within schools
- A visible presence schools, working with GPs
- Provide mental health specific advice and support to stakeholders.
- Supporting partners to develop holistic plans
- Close working relationships with Tier 3 specialist CAMHS to ensure a seamless transition into treatment
- Support partners to understand the difference between mental health issues and neuro developmental issues and behavioural difficulties

KOOTH

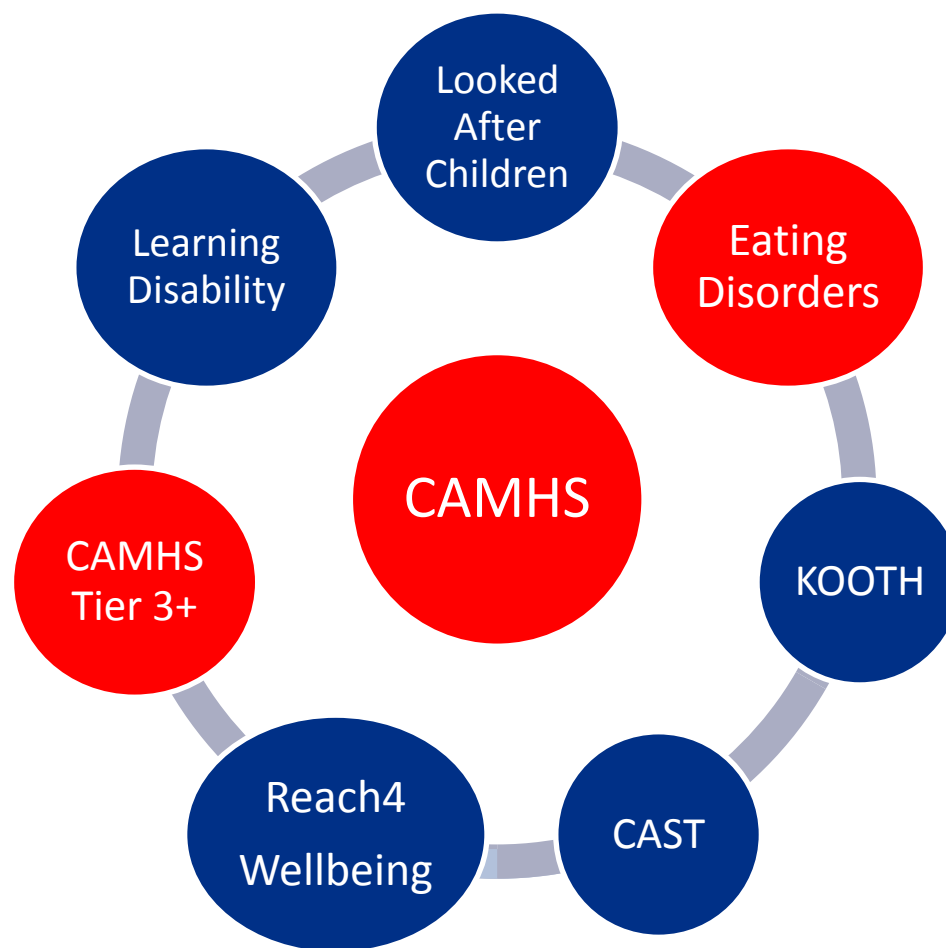
- Provides online counselling and emotional well-being
- Online self help resources
- Chat – online access to message counsellors
- Most heard through school
- Greatest access 13-16 year olds
- Getting help, self-help, anxiety and emotional aspects
- Out of hours greatest demand
- 91% would recommend this service to a friend

‘Thank you so much, this helped a lot and was a really good first time on Kooth. thanks for your help’

‘Thank you so much..... Thanks’

‘Thanks a lot for all of the help’

CAMHS, Tier 3+ & Eating Disorders



CAMHS, Tier 3+ & Eating Disorders

0-18 year-olds with significant mental health needs

Page 20

- Depression
- Mood disorders
- Significant anxiety
- Eating disorders

- Post traumatic stress disorder (PTSD) DSM5
- Obsessive Compulsive disorder (OCD)
- Severe Deliberate Self harm
- Psychosis

SPA (Single Point of Access)

Referrals

- GPs
- Schools
- Youth Workers
- Social Workers
- Paediatricians & other health staff
- Specialist CYP hospitals

Triage

- CAMHS clinician for possible mental health illness
- May request more information
- Consistency

Possible outcomes:

Signpost to other provision

Accept for Specialist CAMHS assessment

Directed to alternate CAMHS pathway e.g.

Learning disability

Eating disorders

What is provided?

- Detailed assessment
- Signposting
- Evidence based interventions : Family therapy, psychotherapy, cognitive behavioural therapy (CBT), dialectic behaviour therapy (DBT)
- Consultation to professionals
- Under 5s' service
- Intensive support
- Assessment and support for admission and discharge to Tier 4 provision (in-patient)
- Eating Disorder pathway
- Effective transition from C&YP provision to adult pathways

Performance

- 17/18 total referrals at 2502 are comparable to previous 3 years (source CAMHS SPA)
- 63% of all referrals accessed CAMHS assessment and planning
- Signposted to a range of pathways
- Significant increase in referrals from schools since November 2017

Performance

- National benchmarking average wait for 1st appointment = 8 weeks (non urgent)
- Worcestershire average is 7 weeks (non urgent)
- 99.37% of people (non urgent) assessed within 18 weeks
- Urgent appointments same day/24 hours
- 15 young people waiting over 26 weeks for treatment (87.9% achieved)
- Consistent improvement seen since March 18.
- Eating Disorder referrals 100% seen within 4 weeks

Next Steps

- Demand management
 - Role of CAST to improve appropriateness of referrals
 - Reach4wellbeing anxiety management in community
 - Consistency in triaging at SPA
- Efficiency to increase access
 - Utilisation of appointments
 - “Letting go” conversations
 - Staff training and development
 - Recruitment
- Improved systems
 - Waiting list management
 - Outpatient model launching November 2018
 - Transition

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HEALTH OVERVIEW AND SCRUTINY COMMITTEE

19 SEPTEMBER 2018

HEALTH OVERVIEW AND SCRUTINY COMMITTEE ROUND-UP

Summary

1. To receive a round-up of information on:
 - County Council activities in relation to health
 - District Council activities in relation to health
 - NHS Board meetings
 - Consultations in Worcestershire
 - Urgent health issues in Worcestershire; and
 - Items for future meetings of the Health Overview and Scrutiny Committee

Background

2. In order to ensure that Members of the Health Overview and Scrutiny Committee (HOSC) are fully informed about issues relating to health scrutiny in Worcestershire, communication will be essential. To assist in this, an item will be placed on the agenda for each meeting of the HOSC to consider consultations, County Council activities, District Council activities, urgent health issues arising in Worcestershire and future agenda items. Regard for the Council's statutory requirements in relation to access to information will be critical.

County Council Activities in Relation to Health

3. A range of County Council services can impact upon and also be impacted upon by health services. Recognising that the health-related work of the County Council will be of interest to the District Councillors on the Health Overview and Scrutiny Committee, an oral update on such activities, and on other matters the Chairman has been involved in, will be provided at each meeting by the Committee Chairman at each HOSC.

District Council Activities in Relation to Health

4. The statutory power of health scrutiny, including the power to require an officer of a local NHS body to attend before the Council, rests with the County Council. However, it is recognised that a number of District Councils within Worcestershire are undertaking work in relation to local health issues, under their duty to promote the economic, social or environmental well-being of their area.
5. Recognising that the work of the District Councils will be of value and interest to the wider HOSC, an oral update will be provided on such activities by District Councillors at each meeting of the HOSC.

NHS Board Meetings

6. To help HOSC Members to keep up to date and maintain their knowledge of health issues around the County, it was agreed that a 'Lead Member/s' would be identified for

each of the local NHS bodies to attend their Board Meetings and then provide an oral update at each HOSC.

Consultations in Worcestershire

7. The HOSC has a duty to respond to local Health Trusts' consultations on any proposed substantial changes to local health services. An oral update will be provided at each meeting of the HOSC on both developments relating to consultations previously undertaken and forthcoming consultations.

Urgent Health Issues in Worcestershire

8. Worcestershire County Council's constitution makes provision for urgent items to be considered. Standing Order 12.2 specifies that the Chairman of the HOSC "may bring before the meeting and cause to be considered an item of business not specified in the summons or agenda where the Chairman is of the opinion, by reason of special circumstances (which shall be specified in the minutes) that the item should be considered at the meeting as a matter of urgency".

9. Additionally, Standing Order 9.4.2 allows for the Chairman of the HOSC at any time to call a special meeting of the Health Overview and Scrutiny Committee. Standing Order 9.4.3 allows for at least one quarter of the members of the HOSC to requisition a special meeting of the HOSC. Such a requisition must be in writing, be signed by each of the Councillors concerned, identify the business to be considered and be delivered to the Director of Commercial and Change. In accordance with Access to Information Rules, the Council must give five clear days' notice of any meeting.

Items for Future Meetings

10. It is necessary that the HOSC's ability to react to emerging health issues in a timely manner and the public's expectation of this is balanced against Worcestershire County Council's statutory duty to ensure that meetings and issues to be considered are open and transparent and meet legislative requirements. This agenda item must not be used to raise non-urgent issues. Any such issues should be raised with the Scrutiny Team at least two weeks in advance of a scheduled meeting of the HOSC.

Contact Points

Emma James / Jo Weston, Overview and Scrutiny Officers, Tel; 01905 844964 / 844965
Email: scrutiny@worcestershire.gov.uk

Background Papers

In the opinion of the Proper Officer (in this case the Head of Legal and Democratic Services) the following are the background papers relating to this report:

- Worcestershire County Council Procedural Standing Orders, May 2017 [which can be accessed here](#)