

## **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](mailto: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](#)