

CAMHS Transformation Plan – Implementing Future in Mind across Berkshire West
CCGs and Reading Borough Council
JOINT REPORT FROM SOUTH READING CLINICAL COMMISSIONING GROUP, NORTH &
WEST READING CLINICAL COMMISSIONING GROUP & READING BOROUGH COUNCIL
Sally Murray (CCG), Andy Fitton (Reading Borough Council)

1. PURPOSE OF REPORT AND EXECUTIVE SUMMARY

To provide the annual update on service development and improvement across the comprehensive Child and Adolescent Mental Health Service (CAMHS) system, that is responding to the Future in Mind plan.

For the Board to endorse the October 2016 refreshed Future in Mind transformation plan which is referenced in point 2.2 below through the web-link. (hard copy attached at Appendix 1 without embedded links)

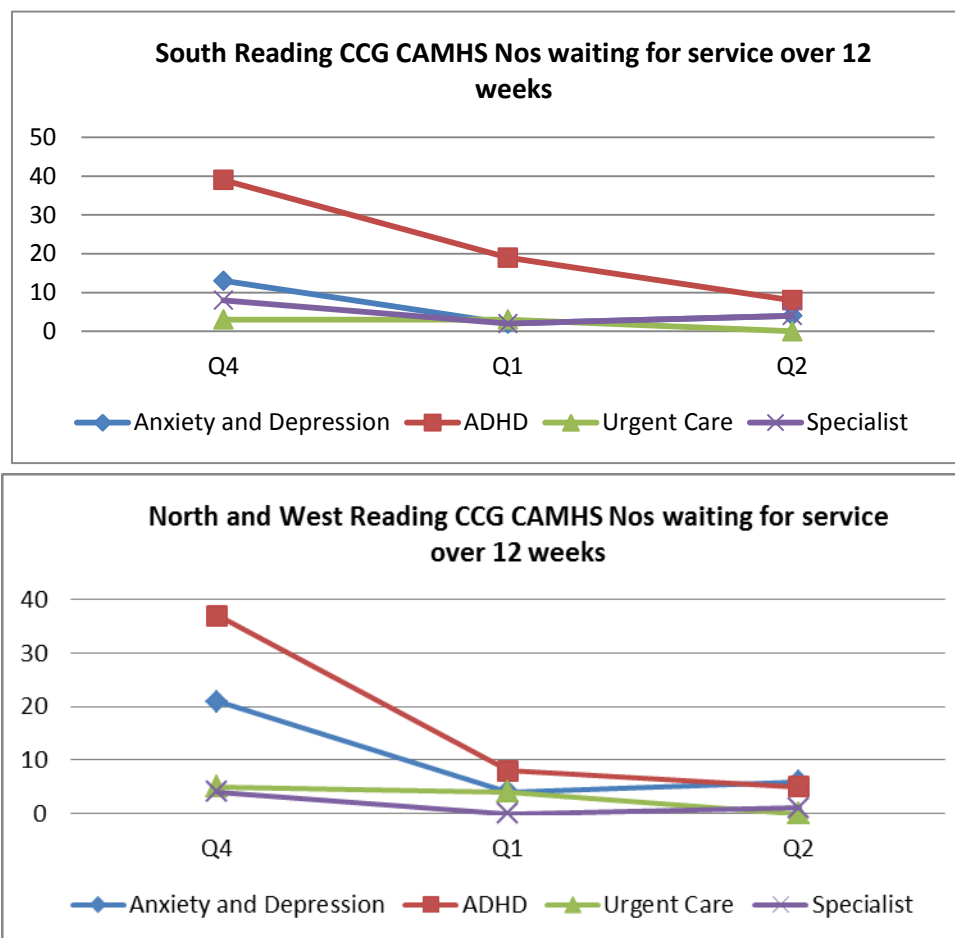
2. POLICY CONTEXT

- 2.1 The report of the government's Children and Young People's Mental Health Taskforce, "Future in Mind – promoting, protecting and improving our children and young people's mental health and wellbeing", was launched on 17 March 2015 by Norman Lamb MP, the then Minister for Care and Support. It provides a broad set of recommendations across comprehensive CAMHS that, if implemented, would promote positive mental health and wellbeing for children and young people by facilitating a greater access and standards for CAMHS by greater system co-ordination and a significant improvement in meeting the mental health needs of children and young people from vulnerable backgrounds.
- 2.2 With the requirement for system wide transformation by 2020, all CCGs were tasked with creating a Local Transformation Plans. Reading's Health and Wellbeing Board approved Reading's plans in October 2015 which enable additional recurrent funding to be released from NHS England to the West of Berkshire Clinical Commissioning Group (CCG). The latest refreshed version can be found at: <http://nwreadingccg.nhs.uk/mental-health/camhs-transformation>
- 2.3 Berkshire West CCGs, with support from all 3 Local Authorities holds a joint meeting once a month to oversee and support the implementation of the Local Transformation Plans. This meeting is now called the 'Berkshire West Future in Mind' group and includes a broad representation of providers of services e.g. Berkshire Healthcare Foundation Trust (BHFT), voluntary sector partners, Royal Berkshire Hospital Foundation Trust (RBH), parent carer representative, Schools, Healthwatch as well as the University of Reading.

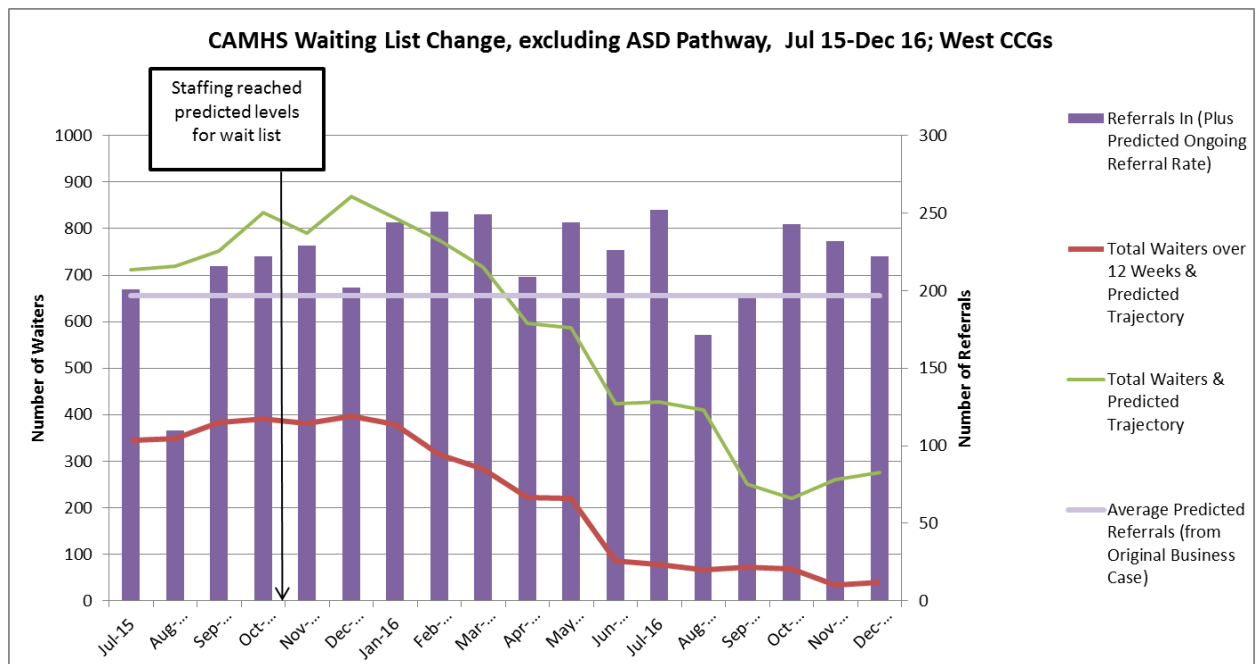
3. Areas of Progress Since last H&W board report (March 2016) are as follows:

- 3.1 The JSNA document which describes CAMHS was available in March 2016 and is currently being reviewed to upload a 2017 version by Public Health.

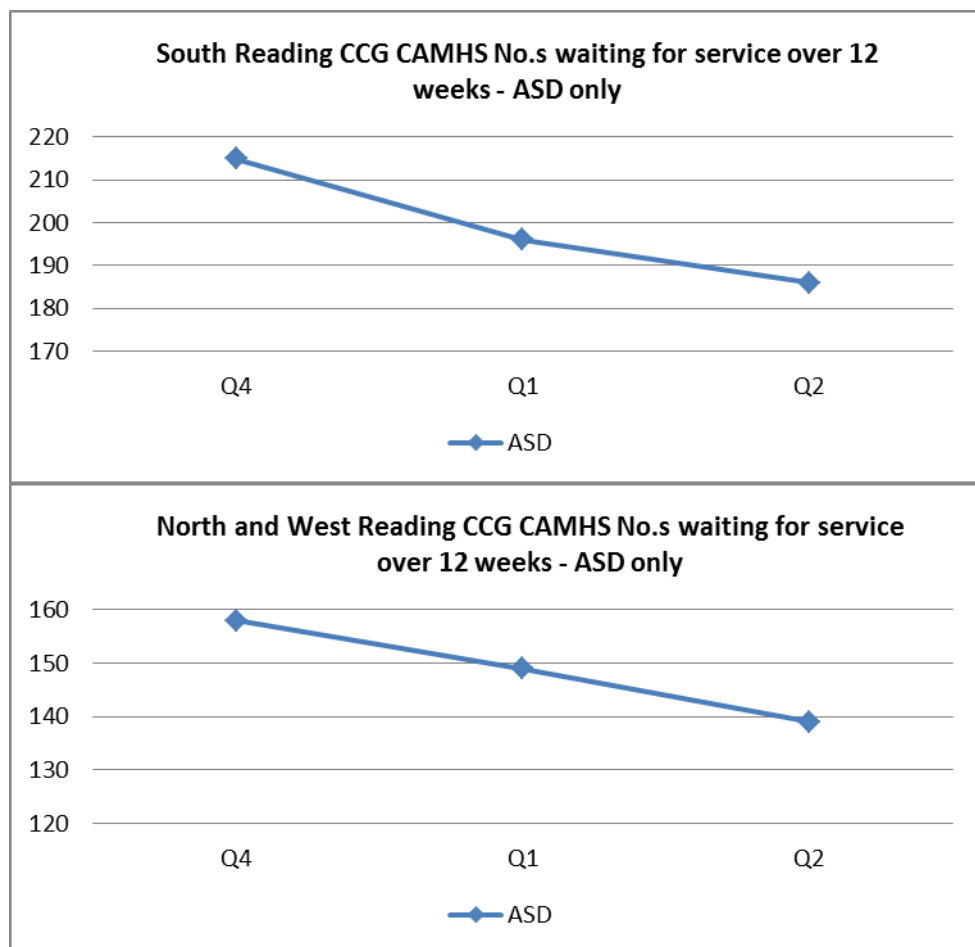
- 3.2 Berkshire Adolescent Unit is now a 7-day, 24-hour a day service that is now a registered tier 4 provision in Berkshire. The number of beds has also now increased from 7 to 9 and so fewer children requiring this level of intervention need to be placed outside of Berkshire.
- 3.3 The Common Point for Entry is now open 8am to 8pm Monday to Friday. The current average waiting time for referrals to CPE is 4 weeks. Currently the national average waiting time for a first CAMHS appointment is 9 weeks.
- 3.4 There continues to be a reduction in waiting times with more children and young people receiving timely evidence based treatment across all 5 care pathways. Graphs below show the downward trend (Q4 15.16 to Q2 16.17) of Reading Children/Young People having to wait over 12 weeks access to mental health support from BHFT. The top graph is for the South Reading CCG and other for North and West Reading CCG that combined provides the full Reading picture.



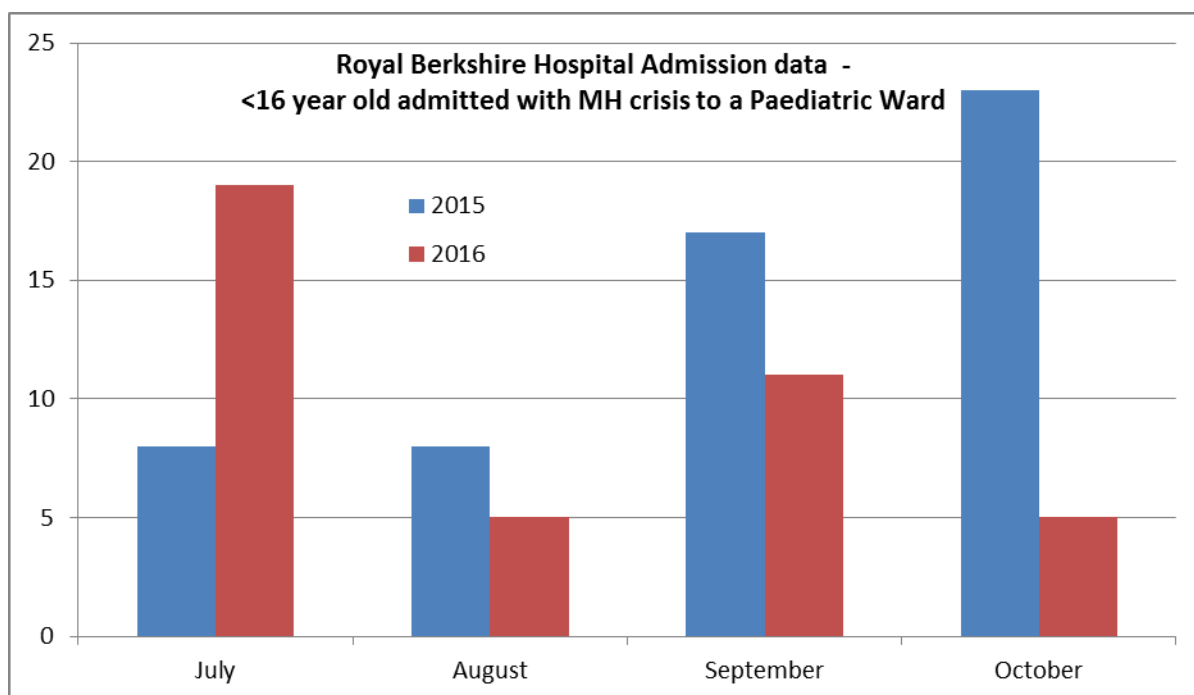
- 3.5 This improvement for children and young people has been delivered against ongoing high rate of referrals for CAMHS tier 3 supports. This is evidenced in the graph below that outlines 12 of the 18 months having 700 referrals a month for Berkshire West area but the two line graphs of both total waiting number (green line) and children waiting over 12 weeks (red line) both descending over the same 18 month time frame.



- 3.6 Waiting times on the autism assessment pathway have reduced but remain the most challenging to improve. Graphs below shows the downward trend (Q4 15.16 to Q2 16.17) of Reading Children/ Young people having to wait over 12 weeks access to ASD diagnosis pathway from BHFT. The top graph is for the South Reading CCG and other for North and West Reading CCG that combined provides the full Reading picture.



- 3.7 Berkshire West waiting times for autism assessment remain lower than the national average. However waits remain longer than both the commissioner and provider want locally. The current local target is to reduce waiting times for autism assessment to a maximum of 12 weeks by October 2017. Additional funding has been made available to expedite reduction in autism assessment waiting times for children under the age of 5 years by running additional weekend clinics. In addition Autism Berkshire and Parenting Special Children have been commissioned to provide support to families at the pre and post diagnosis stage.
- 3.8 The CAMHS Urgent Response Pilot, integrated with Royal Berkshire Hospital (RBH), is now in place 8am until 8pm Monday to Friday and 10am until 6pm on Saturdays and bank holidays providing timely mental health assessments and care. A consultant is on call at all other times. Short term intensive interventions in the community are provided to young people who have experienced a mental health crisis with the aim of reducing the number of children and young people who have a second or subsequent crisis. The service also provides wrap around support when there are delays in sourcing a Tier 4 in CAMHS patient bed. Response time to assessment has reduced and length of stay in both A & E and paediatric wards has reduced with improved facilitation of admission to Tier 4 units when required. There has been a correlated reduction in use of agency Registered Mental Nurses at RBH. There has also been a reduction in the number of minors admitted to the Place of Safety at Prospect Park Hospital.
- 3.9 The graph below shows a reduction in admission to the paediatric wards through August, September and October compared to the same period last year. This is both against trend for the same period last year and in context of the usual seasonal increase in admissions and highlights the effectiveness of the team in supporting young people in crisis and alleviating the pressure on acute emergency and paediatrician care systems. RBH data for November and December is not yet available but manual data from RBH indicated the improvement has been maintained



- 3.10 A business case to convert the urgent care pilot to a fully commissioned service has been received by the CCGs. We are working with neighbouring CCGs and NHSE Specialised Commissioning to ensure best use of resources and implement a care pathway that reduces the need for out of area placements.

- 3.11 Five support community services have been enhanced or set up:
- Peri-natal mental health service
 - CAMHs Community Eating Disorder service
 - All age Early Intervention in Psychosis service
 - Anxiety and Depression pilot
 - Police and Crime Commissioner has additional resources to enhance the therapeutic service offer for victims of sexual assault and to other crimes, which includes children/young people.
- 3.12 Young SHaRON builds on the success of the long standing SHaRON service for adults with Eating Disorders. Expansion of the web based Young SHaRON now also supports women with perinatal mental health issues and their partners. The Young SHaRON online platform has been expanded so that parents and carers of children and young people who have been referred to the Autism Assessment Team can access help and advice. Feedback has been very positive. A further subnet will soon provide online consultation for workers who have undergone PPEPCare training.
- 3.13 Reading continues to offer a good Primary Mental Health Worker (PMHW) and Education Psychology (EP) service. Youth Counselling is jointly commissioned between the Local Authority and CCG which is being reviewed. Reading young people have a choice of counselling services in the town and the majority of schools offer on-site access to trained counsellors.
- 3.14 Co-working with the University of Reading, the Local Authority is providing 4 Webster Stratton parenting programmes for 3-11 year olds. This has been added to the Triple P parenting offer already in place and University is researching the impact of this project on children with emerging challenging behaviour.
- 3.15 The Local Authority has set up a Schools Link project with 9 local schools that is aiming to build the knowledge and skills of teachers and associated school staff in identifying and responding to early mental health concerns. It is hoped that more schools will join this project.

4. NEXT STEPS

- 4.1 The refreshed Berkshire West Transformation Plan (January 2017 onwards) has been approved by NHS England as both clear on the progress (as outlined above) and the remaining priorities ahead.
- 4.2 Our Local Transformation Plans continue to be about integrating and building resources within the local community, so that emotional health and wellbeing support is offered at the earliest opportunity. This will reduce the number of children, young people and mothers requiring specialist intervention, a crisis response or in-patient admission. Help will be offered as soon as issues become apparent.
- 4.3 For Reading the focus is on:
- Engineering a new model of delivery that tackles access and prevents young people being lost in the system.

- Investment in our staff and workforce, strengthening the working culture and level of support at all levels of service delivery, but in schools in particular.
- Building a stronger Early Intervention offer that builds the resilience in children and young people and providing support as early as possible.

4.4 As the plan becomes operational the intended outcomes will be that children and young people and their families are more resilient. There will be fewer children and young people escalating through to urgent or specialist interventions. There will be a positive impact on the perinatal mental health of mothers in the early years of children. There will be more young people escalating through to urgent or specialist interventions. There will be a positive impact on the perinatal mental health of mothers in the early years of children. There will be more young people reporting positive outcomes at a universal and targeted intervention level, including a positive experience of their services.

4.5 The plan expects these outcomes to be reached over the next 4 years:

- Children and young people mental health needs will be identified early, especially in universal services such as schools, setting and GPs
- Help will be easy to access, it will be coordinated, including the young person and family in the decision making process and provided in places that make sense to them.
- If support is required at a targeted or specialist/ urgent level that this is provided quickly, at a high quality level and safely.

5. Financial information

5.1 Current Tier two funding arrangements for 2016-17 is outlined in the table below. This is a mix of directly provided Local Authority provision as well as funded work in the voluntary sector. This information does not account for all the provision in tier two but the majority that is funded by the Local Authority and the CCG.

Service	Expenditure
Primary Mental Health Workers	£209,500
Educational Psychologists	£479,900
Youth Counselling service (Commissioned)	£86,000
Reading Mencap	£20,000
Berkshire Autistic Society	£60,000
Parenting Special Children	£25,000
PPEPCare training	£15,000
Total	£895,400

5.2 Current Tier three funding arrangements for 2016-17 are outlined in the table below. This is solely funded from the NHS Berkshire West CCGs

Service	Allocation
Tier 3 (specialist CAMHs) funding arrangements from Berkshire West CCGs as a whole, that is, Newbury & District, North & West Reading, South Reading, and Wokingham CCGs.	£6,306,000 This is the total 16/17 allocation for specialist (Tier 3) CAMHs.
Community Eating Disorders- this is a pan Berkshire service due to the population size required.	£236,000- Berkshire West contribution

CAMHS urgent care pilot project	£208,000 Future In Mind resources plus £150,000 non recurrent system resilience monies from 15/16
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5.3 Additional CCG funding for perinatal mental health services and Early Intervention in Psychosis (age group 14 years and above) have been made available which are outside the scope of this report.

5.4 The recurrent Mental Health transformation funding has been used to improve a range of outcomes for children and young people mental health and spent across tiers 1 to 3 with a range of partners. The money outlined below in the bullet points is released to the 4 named CCGs and managed by Berkshire West CCGs.

- North and West Reading £145,265
- South Reading £151,892

6. BACKGROUND PAPERS

6.1 Future in Mind paper:

<https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people>

6.2 Transformation plan guidance;

<http://www.england.nhs.uk/wp-content/uploads/2015/07/local-transformation-plans-cyp-mh-guidance.pdf>

6.3 Links to Local Transformation Plans on the CCG websites (includes and easy read version and Frequently Asked Questions section)

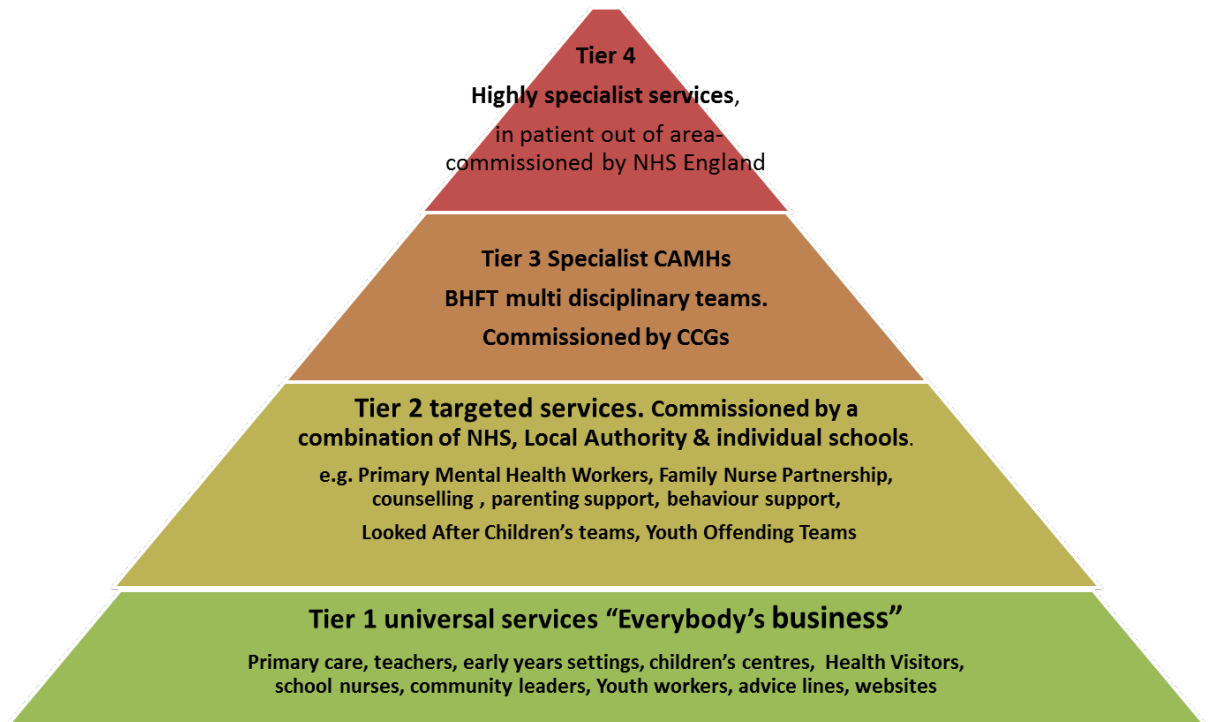
<http://nwreadingccg.nhs.uk/mental-health/camhs-transformation>

Appendix 1 – Acronyms used in the report

Acronym	Full description
CAMHs	Child and Adolescent Mental Health Service
CCGs	Clinical Commissioning Group
JSNA	Joint Strategic Needs Assessment
ASD	Autistic Spectrum Disorder
BHFT	Berkshire Healthcare Foundation Trust
CATs	Children's Action Team
CPE	Common Point of Entry for BHFT
EHWB	Emotional Health Wellbeing
LSCB	Local Safeguarding Children's Board
DoH	Department of Health
HV	Health Visitor
YOS	Youth Offending Service
ADHD	Attention Deficit Hyperactivity Disorder
RBHFT	Royal Berkshire Hospital Foundation Trust
ELSA	Emotional Literacy Support Assistants
PMHW	Primary Mental Health Workers

Appendix 2

How emotional health and wellbeing/ CAMHs services are commissioned in Berkshire



A "good" CAMHs service has timely, effective and efficient integrated working across Tiers (and therefore agencies) - reference Joint Commissioning Panel for Mental Health 2013 www.jcpmh.info. This means that children, young people and families should be able to access emotional health and wellbeing support in early year's settings, voluntary sector, schools, the community and primary care before needs escalate to Tiers 3 or 4.

Appendix 3: Comprehensive Mental Health service provision for children and young people in Reading

