

## **Health Scrutiny Committee**

**7 July 2015**

### **Child and Adolescent Mental Health Services (CAMHS) in Suffolk**

#### **Summary**

1. In March 2015, the national Children and Young People's Mental Health Taskforce published its report "Future in Mind, Protecting, promoting and improving our children and young people's mental health and wellbeing". The report suggests that over half of all mental ill health starts before the age of fourteen years, and seventy-five per cent has developed by the age of eighteen. The life chances of the individual affected can be significantly reduced in terms of their physical health, educational and work prospects, their chances of committing crime and even the length of their life. There are also costs to society as a whole.
2. The report articulates a need to create a system of support which brings together the potential of the web, schools, social care, the NHS, the voluntary sector, parents and children and young people themselves.
3. This report sets out the multi-agency steps underway in Suffolk to respond to the emotional health and wellbeing of children and young people.

#### **Objective of the Scrutiny**

4. The objective of this scrutiny item is to clarify the operation of child and adolescent mental health services in Suffolk, an opportunity to consider their effectiveness in improving the outcomes of Suffolk children and young people, and to comment upon the actions that are being taken to develop and improve these services going forward.

#### **Scrutiny Focus**

5. The scope of this scrutiny has been developed to provide the Committee with information to come to a view on the following:-
  - a) What data is available about the need for child and adolescent mental health services in Suffolk, including low level or short-term difficulties through to severe mental illness?

- b) Which organisations are involved in the commissioning and provision of services for children and adolescents experiencing mental health issues in Suffolk?
  - c) What are the commissioners' statutory responsibilities?
  - d) What does the pathway for children using these services currently look like?
  - e) To what extent is the need being met in Suffolk?
  - f) What are the views of people using the services?
  - g) What are the plans for refreshing the existing strategy?
  - h) How will this work be taken forward and who is responsible?
  - i) What are the timescales?
  - j) How will people using these services and stakeholders be involved and engaged in this process?
6. Having considered the information, the Committee may wish to:
- a) consider and comment upon the information provided;
  - b) make recommendations to the Suffolk Children's Emotional Health and Wellbeing Group;
  - c) seek to influence partner organisations.

<b>Contact Details</b>	Business Manager (Democratic Services)	<b>Local Councillor:</b>
<b>Name</b>	Theresa Harden	
<b>Telephone</b>	01473 260855	All Councillors
<b>E-mail</b>	<a href="mailto:theresa.harden@suffolk.gov.uk">theresa.harden@suffolk.gov.uk</a>	

## Background

7. The first outcome identified by the Suffolk Joint Health and Wellbeing Strategy is that all children and young people should have the best start in life. Outcome four advocates that everyone in Suffolk should have the opportunity to improve their mental health and wellbeing.
8. Public Health Suffolk published its current Child and Adolescent Mental Health Services Needs Assessment in March 2013. The report provides evidence gathered in order to make an assessment of whether the provision available is sufficiently meeting the needs of children and adolescents in Suffolk. It includes information and analysis on the prevalence of childhood mental health disorder, the current established services, the level of service use, stakeholder experience and the quality of the services provided. The assessment identifies areas of potential unmet need and goes on to make some organisation specific recommendations. A full copy of the report can be found at: <http://www.healthysuffolk.org.uk/assets/JSNA/Suffolk-CAMHS-Needs-Assessment-2013.pdf>. Since data for the needs assessment was gathered, a number of significant changes have taken place in the commissioning and provision of mental health services in Suffolk. This includes changes to commissioning architecture and a substantial service redesign of mental health services by Norfolk and Suffolk Foundation NHS Trust.
9. Following publication of the Needs Assessment and in response to its recommendations, Suffolk County Council, Ipswich and East Suffolk CCG and West Suffolk CCG developed the 'Suffolk Children's Emotional Health and Wellbeing Strategy' in November 2013. The strategy reflected the fact that children's emotional health and wellbeing is supported by much more than health only commissioned Child and Adolescent Mental Health Services (CAMHS). Children's emotional health and wellbeing is underpinned by a whole system and broad range of providers and commissioners of services. The development of the strategy was overseen by the multi-agency Suffolk Children's Emotional Health and Wellbeing Group (CEWG) and sets out priorities for commissioning children's emotional health, psychological wellbeing and mental health services in Suffolk.
10. There has been considerable national attention given to children's and adolescent mental health services in recent months. In November 2014, a report of an inquiry by the Health Select Committee concluded that nationally there are serious and ingrained problems with the commissioning and provision of children's and adolescents' mental health services. The Committee identified problems running through the system from prevention and early intervention through to inpatient services for the most vulnerable and seriously ill. A copy of the full Health Select Committee report can be found at: <http://www.parliament.uk/business/committees/committees-a-z/commons-select/health-committee/inquiries/parliament-2010/cmh-2014/>
11. At the County Council meeting on 17 July 2014, a public question was raised regarding responsibility and funding available for mental health provision for under 18's in Suffolk. In the supplementary question, the speaker went on to highlight concerns regarding the reorganisation of CAMHS locally, difficulties being experienced by parents in accessing appropriate services and the lack of available crisis, step up and intensive outreach services in Suffolk. A full transcript, along with a copy of the response provided by the Cabinet Member for Children's Services can be found at: [http://committeeminutes.suffolkcc.gov.uk/LoadDocument.aspx?rID=09002711814dcf0f&qry=c\\_committee%7e%7eCounty+Council](http://committeeminutes.suffolkcc.gov.uk/LoadDocument.aspx?rID=09002711814dcf0f&qry=c_committee%7e%7eCounty+Council).

## Main Body of Evidence

**Evidence Set 1** has been provided on behalf of the Children's Emotional Health and Wellbeing Group

### Attendance:

Invitations to attend the meeting for this item have been extended to representatives of the following organisations:

- NHS England
- NHS Ipswich and East Suffolk CCG
- NHS Great Yarmouth and Waveney CCG (HealthEast)
- NHS West Suffolk Clinical Commissioning Group
- Norfolk and Suffolk NHS Foundation Trust
- Parents and Carers Together (PACT (MH) UK) - support group for parents and carers of children with mental health issues
- Suffolk Children's Emotional Wellbeing Group
- Suffolk County Council Children and Young People's Services
- Suffolk Police
- Community Action Suffolk

## Glossary

<b>A&amp;E</b>	Accident and emergency	
<b>ADHD</b>	Attention Deficit Hyperactivity Disorder	
<b>CAMHS</b>	Children's and Adolescent Mental Health Services	
<b>CCG</b>	Clinical Commissioning Group	
<b>CEWG</b>	Suffolk Children's Emotional Wellbeing Group	
<b>ChiMat</b>	the former Child and Maternal Health Observatory, now part of Public Health England	
<b>Comorbidity</b>	the presence of one or more additional disorders (or diseases) co-occurring with a primary disease or disorder.	
<b>CYPS</b>	Children and Young Peoples' Services (SCC)	
<b>DfE</b>	Department for Education	
<b>GP</b>	General Practitioner	
<b>HOSC</b>	Health Overview and Scrutiny Committee	
<b>IESCCG</b>	Ipswich and East Suffolk CCG	
<b>JSNA</b>	Joint Strategic Needs Assessment looks at the current and future health and care needs of local populations to inform and guide the planning and commissioning of health, well-being and social care services within a local authority area.	
		<b>LA</b> Local Authority
		<b>LAC</b> Looked After Child
		<b>LGBT</b> Lesbian, gay, bisexual or transgender
		<b>NICE</b> National Institute for Health and Care Excellence
		<b>NSFT</b> Norfolk and Suffolk Foundation Trust
		<b>ONS</b> Office for National Statistics
		<b>PMHW</b> Primary Mental Health Worker
		<b>PRU</b> Pupil referral unit
		<b>SARC</b> Sexual Abuse Referral Centre
		<b>SCC</b> Suffolk County Council
		<b>SCG</b> Suffolk Commissioners Group
		<b>SCG</b> Suffolk Commissioners Group
		<b>SEND</b> Special educational needs and disability
		<b>SENDIASS</b> Special Educational Needs Disability Information and Advice Support Service
		<b>SEPT</b> South Essex Partnership University NHS Foundation Trust

<b>SLA</b>	Service Level Agreement	psychologists, psychotherapists, social workers and psychiatrists.
<b>TAC</b>	Team Around the Child	
<b>TaMHS</b>	Targeted Mental Health in Schools	
<b>Tier 1 services</b>	Primary or direct contact service. Professionals working in these services include, for example, social workers, general practitioners, voluntary workers, health visitors and teachers.	
<b>Tier 2 services</b>	Refers to interventions offered by the individual staff of CAMHS. These professionals include, for example, primary mental health workers, community psychiatric nurses, occupational therapists clinical and educational	
<b>Tier 3 services</b>	Refers to interventions offered by multi-disciplinary teams of staff from CAMHS. These often centre on particularly complex needs.	
<b>Tier 4 services</b>	These services offer very specialised interventions and care. They include in-patient services, secure mental health services, specialised neuro-psychiatric services and highly specialised outpatient services for young people with complex disorders (currently commissioned by NHS England against a national specification).	
<b>VCS</b>	Voluntary and Community Sector	

## Supporting information

Public Health Suffolk (March 2013); Suffolk Child and Adolescent Mental Health Services Needs Assessment; Available from: <http://www.healthysuffolk.org.uk/assets/JSNA/Suffolk-CAMHS-Needs-Assessment-2013.pdf>.

Health Select Committee (5 November 2014): Report: Children’s and Adolescents’ Mental Health Services and CAMHS; Available from <http://www.parliament.uk/business/committees/committees-a-z/commons-select/health-committee/inquiries/parliament-2010/cmh-2014/>

Care Quality Commission (February 2015); Norfolk and Suffolk NHS Foundation Trust - Child and adolescent mental health wards - Quality Report; Available from: [http://www.cqc.org.uk/sites/default/files/rmy\\_coreservice\\_child\\_and\\_adolescent\\_mental\\_health\\_wards\\_norfolk\\_and\\_suffolk\\_nhs\\_foundation\\_trust\\_scheduled\\_20141111.pdf](http://www.cqc.org.uk/sites/default/files/rmy_coreservice_child_and_adolescent_mental_health_wards_norfolk_and_suffolk_nhs_foundation_trust_scheduled_20141111.pdf)

Care Quality Commission (February 2015); Norfolk and Suffolk NHS Foundation Trust - Norfolk and Suffolk NHS Foundation Trust Specialist community mental health services for children and young people - Quality Report; Available from: [http://www.cqc.org.uk/sites/default/files/rmy\\_coreservice\\_specialist\\_community\\_mental\\_health\\_services\\_for\\_children\\_and\\_young\\_people\\_norfolk\\_and\\_suffolk\\_nhs\\_foundation\\_trust\\_scheduled\\_20141111.pdf](http://www.cqc.org.uk/sites/default/files/rmy_coreservice_specialist_community_mental_health_services_for_children_and_young_people_norfolk_and_suffolk_nhs_foundation_trust_scheduled_20141111.pdf)

Children and Young People’s Mental Health Taskforce (17 March 2015); “Future in Mind, Protecting, promoting and improving our children and young people’s mental health and wellbeing”; Available from: <https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people>

Department for Education (March 2015); Mental health and behaviour in schools – Departmental advice for school staff: Available from: [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/416786/Mental\\_Health\\_and\\_Behaviour\\_-\\_Information\\_and\\_Tools\\_for\\_Schools\\_240515.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/416786/Mental_Health_and_Behaviour_-_Information_and_Tools_for_Schools_240515.pdf)

Children's and Families Act (September 2014) – improving support for Children and Young People with special educational needs. Available from:  
<http://www.legislation.gov.uk/ukpga/2014/6/contents/enacted>

Mental health and behaviour in schools. Departmental advice for school staff (DfE, March 2015) available from:  
[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/416786/Mental\\_Health\\_and\\_Behaviour\\_-\\_Information\\_and\\_Tools\\_for\\_Schools\\_240515.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/416786/Mental_Health_and_Behaviour_-_Information_and_Tools_for_Schools_240515.pdf)

Counselling in schools: a blueprint for the future. Departmental advice for school leaders and counsellors (DfE, March 2015) available from:  
[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/416326/Counselling\\_in\\_schools\\_-240315.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/416326/Counselling_in_schools_-240315.pdf)

Office of National Statistics. Annual Mid-year Population Estimates, 2013. Statistical bulletin. 2013 [cited 2015 Jun 3]. Available from: <http://www.ons.gov.uk/ons/rel/pop-estimate/population-estimates-for-uk--england-and-wales--scotland-and-northern-ireland/2013/stb---mid-2013-uk-population-estimates.html>

Green H, McGinnity Á, Meltzer H, Ford T, Goodman R. Mental health of children and young people in Great Britain, 2004. Norwich; 2005

CAMHS Review. Children and Young People in Mind: The final report of the National CAMHS Review. London; 2008. Available from  
<http://webarchive.nationalarchives.gov.uk/20081230004520/publications.dcsf.gov.uk/eorder/download/camhs-review.pdf>

Service NCS. Better Mental Health Outcomes for Children and Young People A Resource Directory For Commissioners. Available from:  
<http://www.chimat.org.uk/camhs/commissioning>

Maidrag M, Diley I. Suffolk Child and Adolescent Mental Health Services Needs Assessment. Suffolk; 2013. Available from:  
<http://www.healthysuffolk.org.uk/assets/JSNA/Suffolk-CAMHS-Needs-Assessment-2013.pdf>

Co-Production – changing the relationship between people and practitioner (DH). Available from:  
<http://www.personalhealthbudgets.england.nhs.uk/library/Resources/Personalhealthbudgets/Toolkit/MakingPHB Happen/Workingtogether/CoProduction.pdf>

Right Here programme initiated by Paul Hamlyn Foundation and the Mental Health Foundation available from <http://www.phf.org.uk/reader/commission-better-mental-health-wellbeing-services-young-people/introduction/>