

## **Health Scrutiny Committee**

**21 January 2016**

### **Progress in Transforming 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 identified a need to improve services for children and young people with mental health issues, by creating multiagency support networks. CCGs and partners were requested to develop system wide transformation plans which aligned with the overarching principles and ambitions set out in '*Future in Mind*'.
2. On 7 July 2015, the Health Scrutiny Committee considered the processes underway in Suffolk to transform services to support the emotional health and wellbeing of children and young people. The Committee heard that the multi-agency Children's Emotional Wellbeing Group (CEWG) (the forum responsible for overseeing the joint commissioning and development of children's emotional and mental health services) had planned a work programme to refresh the Suffolk Children's Emotional Wellbeing Strategy and its associated action plan, and to develop a Transformation Plan for improving the delivery of mental health care for children and young people in Suffolk. The strategy was due to be completed in December 2015.

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

3. The objective of this scrutiny is to provide the Committee with information on the progress of the strategy refreshment and the development of the Transformation Plan since July 2015, and to update the Committee on the way in which agencies are working together to implement the Transformation Plan.

## Scrutiny Focus

4. The scope of this scrutiny has been developed to provide the Committee with information to come to a view on the following:
  - a. What progress has been made with the refresh of the strategy and development of the Transformation Plan since July 2015?
  - b. How have the recommendations made by the Committee on 7 July 2015 been addressed?
  - c. What are the plans and timescales for implementation of the Transformation Plan going forwards, and who will be responsible for this?
  - d. How will stakeholders and people using these services be involved and engaged in the process?
5. 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.

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|-------------------------|--|--------------------------|
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## Background

6. On 7 July 2015, the Health Scrutiny Committee considered a report on the operation of child and adolescent mental health services in Suffolk, their effectiveness in improving outcomes for Suffolk children, and the actions being taken to develop and improve services in the future. A copy of the report presented to the Committee can be found at: [http://committeeminutes.suffolkcc.gov.uk/meeting.aspx?d=07/Jul/2015&c=Health Scrutiny Committee](http://committeeminutes.suffolkcc.gov.uk/meeting.aspx?d=07/Jul/2015&c=Health%20Scrutiny%20Committee).
7. An extract from the minutes of the meeting, which set out the Committee's recommendations, is attached to this report as Evidence Set 1.
8. The Children's Emotional Wellbeing Group (CEWG) is a multi-agency forum, with representation from Suffolk Clinical Commissioning Groups, Suffolk County Council Children and Young People's Directorate, Public Health, Social Care, Education and Police. It reports to the Children's Trust Joint Commissioning Group, which in turn reports to the Suffolk Health and Wellbeing Board. The CEWG has refreshed its terms of reference to be a commissioner only group and is the forum responsible for overseeing the joint commissioning and development of children's emotional and mental health services. West Suffolk CCG has agreed to be the lead organisation to support the CEWG and drive this work forward with partners
9. At its meeting on 7 July 2015, the Committee heard that the CEWG had planned a work programme to refresh the Suffolk Children's Emotional Wellbeing Strategy 2013 and its associated action plan, and to develop a Transformation Plan for improving the delivery of mental health care for children and young people in Suffolk. The target for completion of the strategy was December 2015.
10. Following the Committee's consideration of this matter, the Health and Wellbeing Board considered the Transformation Plan on 10 September 2015. The Transformation Plan was submitted to NHS England in October 2015 and disseminated to members of the Health and Wellbeing Board Programme Office on 19 November 2015.
11. The Norfolk and Waveney Transformation Plan, has also been considered by the Suffolk Health and Wellbeing Board Programme Office, although it is not the subject of this scrutiny. The Norfolk and Waveney Transformation Plan can be accessed at <http://www.norfolk.gov.uk/view/NCC170875>.
12. A workshop for all councillors took place on 16 November 2015. The purpose of the workshop was to share the views and needs of children and young people in Suffolk, with regard to their emotional wellbeing, to highlight the local and national drivers for improving services, to discuss the key ideas and priorities of the Transformation Plan submitted to NHS England, and to create an environment for further conversation and establish the best ways to communicate in future.
13. Evidence Set 2 provides an overview of progress with the development of the Transformation Plan since July 2015, and a response to the Committee's recommendations from 7 July 2015. The full Transformation Plan, as submitted to NHS England is provided in Evidence Set 4 and information on the way in which agencies are working together to implement the Transformation Plan is provided as Evidence Sets 5 and 6.
14. The Young People's Health Ambassador (YPHA) has recently produced a report "What does a good mental health offer look like for children and young people in Suffolk"

(June to August 2015), and this is provided as Evidence Set 7. A short film has also been produced, which will be shown at the meeting.

## Main Body of Evidence

**Evidence Set 1** is an extract from the minutes of the meeting of the Health Scrutiny Committee held on 7 July 2015;

**Evidence Set 2**, provides a response to the questions for scrutiny (a) and (b), and has been provided by Eugene Staunton (Associate Director of Redesign, NHS West Suffolk Clinical Commissioning Group and Chair, CEWG) and Richard Selwyn (Assistant Director Commissioning, Children and Young People's Services, Suffolk County Council)

**Evidence Set 3** Press Release dated 21 December 2015.

**Evidence Set 4** Transformation Plan submitted to NHS England, October 2015. Please note that the appendices referred to in this document are not all included in the published documents for this scrutiny exercise, but links are provided in the supporting information section below.

**Evidence Set 5**, provides a response to questions for scrutiny (c) and (d), and has been provided by Pauline Henry, County Youth Support Manager, SCC, on behalf of the Children's Emotional Wellbeing Group (CEWG). Appendix 1 to this evidence set is a summary report of the stakeholder engagement exploration phase.

**Evidence Set 6** Terms of reference of the Children's Emotional Wellbeing Group (CEWG).

**Evidence Set 7** "What makes you happy?" Report produced by Vikki Versey, Young People's Health Ambassador for Suffolk.

## Attendance:

15. Invitations to attend the meeting for this item have been extended to representatives of:

- Suffolk Children's Emotional Wellbeing Group
- Children and Young People's Services, Suffolk County Council
- Community Action Suffolk
- Norfolk and Suffolk Foundation Trust
- Ipswich and East Suffolk CCG
- Young people and their carers

## Glossary

**ADHD** Attention Deficit  
Hyperactivity Disorder

**ASD** Autistic Spectrum Disorder

**CAMHS** Children's and Adolescent  
Mental Health Services

**CBT** Cognitive Behavioural Therapy

**CCG** Clinical Commissioning Group

**CEWG** Suffolk Children's Emotional  
Wellbeing Group

**CYPS** Children and Young Peoples'  
Services (SCC)

**DfE** Department for Education

**DH** Department of Health

**EHWB** Emotional Health and  
Wellbeing

**ESYPAG** East Suffolk Youth Priority Action Group

**GP** General Practitioner

**GYWCCG** Great Yarmouth and Waveney CCG

**HOSC** Health Overview and Scrutiny Committee

**IAPT** Increasing Access to Psychological Therapies

**IESCCG** Ipswich and East Suffolk CCG

**JSNA** 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.

**LA** Local Authority

**LAC** Looked After Child

**LGBT** Lesbian, gay, bisexual or transgender

**MASH** Multi-Agency Safeguarding Hub

**NEET** Not in Education, Employment or Training

**NHSE** NHS England

**NICE** National Institute for Health and Care Excellence

**NSFT** Norfolk and Suffolk NHS Foundation Trust

**PICU** Psychiatric Intensive Care Unit

**PMHW** Primary Mental Health Worker

**PRU** Pupil referral Unit

**PSHE** Personal, Social, Health and Economic Education

**SARC** Sexual Abuse Referral Centre

**SAY** Suffolk Assembly of Youth

**SCC** Suffolk County Council

**SEND** Special Educational Needs and Disability

**SENDIASS** Special Educational Needs Disability Information and Advice Support Service

**TAC** Team Around the Child

**TAMHS** Targeted Adolescent Mental Health Programme

**TaMHS** Targeted Mental Health in Schools

**Tier 1 services** Primary or direct contact service. Professionals working in these services include, for example, social workers, general practitioners, voluntary workers, health visitors and teachers.

**Tier 2 services** 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 psychologists, psychotherapists, social workers and psychiatrists.

**Tier 3 services** Refers to interventions offered by multi-disciplinary teams of staff from CAMHS. These often centre on particularly complex needs.

**Tier 4 services** 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).

**VCS** Voluntary and Community Sector

**YPHA** Young Person's Health Ambassador

## Supporting information

### Transformation Plan Appendices

**Appendix 1** Stakeholder Engagement Plan <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-1-Stakeholder-Engagement-Plan-2015.pdf>

**Appendix 2** What Makes You Happy? Young People's Health Ambassador Report <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-2-Youth-Ambassador-Report-2015.pdf> Please note that this is provided as Evidence Set 7 to this report.

**Appendix 3** Communication Plan <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-3-Communication-Plan-2015.pdf>

**Appendix 4** Child and Adolescent Mental Health Needs Assessment – Draft Update <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-4-DRAFT-Updated-CAMHS-Needs-Assessment.pdf>

**Appendix 5A** Evidence Review of Best Practice – Vulnerable Children <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-5A-Interventions-for-EBD-Vulnerable-Children.pdf>

**Appendix 5B** Evidence Review of Best Practice – Improving Emotional Health Building Resilience <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-5B-Improving-Emotional-Health-Building-Resilience.pdf>

**Appendix 5C** Evidence Review of Best Practice – Whole System Model and Single Point of Access <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-5C-Whole-System-Model-Single-Point-of-Access.pdf>

**Appendix 6A** Review of All Age Autism service and Needs in Suffolk – ASD Organising Services All Age Groups <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-6A-ASD-Organising-Services-All-Age-Groups.pdf>

**Appendix 6B** Review of All Age Autism Service and Needs in Suffolk – ASD Final Report <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-6B-ASD-Report-Final.pdf>

**Appendix 6C** Review of All Age Autism Service and Needs in Suffolk – Summary ASD Review Final <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-6C-Summary-ASD-Review-Final.pdf>

**Appendix 7** AAT CAMHS Referral Audit <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-7-AAT-CAMHS-Referral-Audit.pdf>

**Appendix 8** Strategic Clinical Network Self-Assessment Mapping Toolkit <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-8-SUFFOLK-Self-Assessment-Tool-2015.xlsm>

**Appendix 9A** Annex 3 – Tracker Template to Monitor and Review Progress West Suffolk CCG <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-9A-Assurance-Tracker-West-Suffolk-CCG1.xlsx>

**Appendix 9B** Annex 3 – Tracker Template to Monitor and Review Progress Ipswich and East Suffolk CCG <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-9B-Assurance-Tracker-IE-Suffolk-CCG1.xlsx>

**Appendix 10** Children and Young Peoples' Pathway of Provision

<http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-10-CYP-Pathway-of-Provision.pdf>

**Appendix 11** Risk Log <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-11-Risk-Log.pdf>

<http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-11-Risk-Log.pdf>

**Appendix 12** Strategic Clinical Network – Needs Assessment Data Collection

<http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-12-Needs-Assessment-SCN-Data-Template-EOE.xlsb>

**Appendix 13** Specialised Commissioning Service Establishment Template

<http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-13-Specialist-Commissioning-CCG-T2-3.pdf>

**Appendix 14** Action Plan <http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-14-Transformation-Action-Plan.pdf>

<http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/APPENDIX-14-Transformation-Action-Plan.pdf>

**Other References**

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