

**Extract from the minutes of the Health Scrutiny Committee meeting held on 21 January 2016**

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

The Committee considered, at Agenda Item 5, the progress that had been achieved in transforming Child and Adult Mental Health Services (CAMHS) in Suffolk since this matter was last considered in July 2015. For this Agenda Item, the Committee was joined by the following witnesses:

- Eugene Staunton, Associate Director of Redesign, NHS West Suffolk Clinical Commissioning Group and Chairman of the Suffolk Children's Emotional Wellbeing Group
- Richard Selwyn, Assistant Director Commissioning, Children and Young People's Services, Suffolk County Council
- Pauline Henry, County Youth Support Manager, Suffolk County Council
- Adrian Orr, Deputy Assistant Director, Education and Learning, Suffolk County Council
- Alison Armstrong, Director of Operations, Norfolk and Suffolk NHS Foundation Trust
- Victoria Versey, Young People's Health Ambassador for Mental Health
- Anne Humphrys representing the stakeholder group for Children's Emotional Health & Wellbeing, and a parent

The Committee received two additional documents at the meeting: a report from the representatives of the Stakeholder Group and a draft version of "Emotional Wellbeing 2020" (a summary of the Transformation Plan for the public). Witnesses were asked to comment on the written evidence provided and Members had the opportunity to ask questions and comment on what they had heard.

**Recommendations:** The Committee agreed:

- a) To commend all parties on the progress that had been made so far and the way in which they had worked together to achieve it, and to encourage them to continue to work effectively together towards the delivery of the "Big Ideas", "Priorities" and actions identified in the Transformation Plan.
- b) To invite the Education and Children Services Scrutiny Committee to join with the Health Scrutiny Committee to form a Task and Finish Group to consider how schools could support the Transformation Plan;
- c) To highlight to the Health and Wellbeing Board the split of mental health funding nationally was approximately 7% for children compared with 93% for adults and to invite the Board to consider the implications of this for Suffolk.
- d) To recommend to the Children's Emotional Wellbeing Group that the information in the draft public facing version of the Transformation Plan (as provided at the meeting) be amended to make it clear that the significant difference between the number of children having "a diagnosed

or additional mental health need” and those “assessed or supported every year” arose because many children could benefit from support for low-level needs rather than needing formal intervention from mental health services.

- e) To request an Information Bulletin on the services available in libraries to support and provide information to people with mental health needs.
- f) To request an Information Bulletin on progress with the implementation of the Transformation Plan, to be provided to the July 2016 meeting of the Committee.

#### **Reasons for recommendations:**

- a) The Committee heard that the Children and Adolescent Mental Health Services Transformation Plan had been approved by NHS England, and its implementation would be supported by funding of £1.2m per year over a five year period for East and West Suffolk (funding for Waveney was included as part of the Transformation Plan for Norfolk, which was not scrutinised in this session). Stakeholder sessions had been held across the County to raise awareness, and a stakeholder Reference Group had been created. A Children’s Emotional Wellbeing Fund had also been created to support the third sector in delivering relevant services. A less technical version of the Transformation Plan, suitable for dissemination to the public, was being developed and the Committee was provided with a draft version for comment.

Members heard that implementation of the Transformation Plan would be a complex process as most children’s services would be involved in some way. Immediate priorities were the provision of a single point of access, development of online guidance for young people, parents and professionals, the provision of a 24/7 health chat service, and the development of mechanisms to monitor the universal impact of the Transformation Programme and the impacts of individual specific treatments.

- b) Members were reminded that children spent approximately 15,000 hours in school from reception to Year 11 and that 100,000 children in Suffolk were currently supported by 7,500 teachers and 10,000 Learning Support Assistants. Schools were responsible for shaping the society of the future by raising awareness of the importance of healthy eating and wellbeing and developing a sense of community. To achieve this, it was important to help children understand that there was diversity in the classroom, and to teach them to look out for those in need of support.

Members were informed that schools had a responsibility to deliver a range of statutory duties with regard to wellbeing and there was a need to support them in monitoring wellbeing and emerging mental health needs of pupils. However, whilst some schools were doing this activity well, others were less good. The Committee noted there were now 7 different types of mechanisms for funding and governance of schools within Suffolk and the approaches taken to supporting children’s emotional health and wellbeing varied.

The Local Authority had a responsibility to hold schools to account on behalf of vulnerable children. To achieve this, it was currently talking to academy trusts, the diocese and the Regional Schools Commissioner. One of the priorities of the Transformation Plan was workforce development and this would be achieved, over time, through a comprehensive programme of multi-agency training, which would require a fundamental culture change for all staff working with children and young people.

Members decided that they wished to form a Task and Finish Group to consider the role of education services in delivering the Transformation Plan, and agreed that a joint investigation with the Education and Children's Services Scrutiny Committee would be an effective way to achieve this.

- c) The Committee heard that even though most mental health problems started to develop in childhood, the split of mental health funding nationally was approximately 7% for children compared with 93% for adults. Members commented that it appeared that mental health funding was responding to symptoms in adults rather than resolving the causes of problems in childhood. The Committee considered that, in light of the focus on improving early intervention and prevention, the Health and Wellbeing Board would wish to be aware of this issue and bring whatever influence it could to bear on ensuring funds were allocated to achieve the best outcomes for people.
- d) The Committee noted the draft public facing Transformation Plan provided at the meeting stated that "*34,500 [children and young people] have a diagnosed or additional mental health need*" and that "*4,100 are assessed or supported every year*". The Committee questioned what happened to those who did not receive assessment or support, and how they would access support if they were not known to the system. Members heard that national statistics had been extrapolated to provide figures for Suffolk, and this showed that 10% of children and young people had a diagnosed mental health condition. An additional 14% had a lesser need such as depression, stress or anxiety, or for example, caring responsibilities and would often be better supported by appropriate conversations with teachers and peers than by referrals to mental health professionals. The Committee was concerned that the draft document could give an impression there was a significant gap in appropriate services and considered that this needed to be clarified.
- e) A Member commented that support to people with mental health needs was available at Beccles Library. The Committee agreed that it would like to receive information on the services for people with mental health needs that are available from libraries and other community organisations in Suffolk.
- f) The Committee recognised that the transformation of child and adolescent mental health services was a complex and important issue and the maintenance of momentum during its implementation was very important. Members wished to monitor progress, and requested an Information Bulletin report for the July 2016 meeting. The Committee also decided to

add a further scrutiny of the implementation of the programme to its Forward Work Plan, potentially for the meeting in January 2017.

**Alternative options:** None considered

**Declarations of interest:** None received

**Dispensations:** None recorded