

SLOUGH BOROUGH COUNCIL

REPORT TO: *Slough Wellbeing Board*

DATE: **14 May 2014**

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WARD(S): All

FOR INFORMATION

Child and Adolescent Mental Health (CAMHs) in Slough

1. Purpose of Report

1.1. To update the SWB on the progress of the various CAMHs reviews taking place nationally and locally.

2. Update

- 2.1 Demand for specialist Tier 3 CAMHs services has increased substantially both nationally and locally over the past few years. Nationally the reasons for the increase in demand are unclear. It is thought that greater awareness and less stigma attached to mental health issues coupled with fragmented care pathways from Universal through to highly specialist may partly be driving the increase.
- 2.2 In Berkshire referrals to Tier 3 specialist CAMHs have increased by 40% over the last 3 years. There has been a 35% increase in the number of children and young people on the specialist CAMHs caseload in Berkshire over the past 3 years. The number of cases of self-harm in young people who attend Wexham Park emergency department increased from 45 (Apr-Oct 12/13) to 105 (Apr to Oct 13/14).
- 2.3 In April 2013 commissioning of Tier 4 highly specialised in-patient services moved to NHS England. There are no Tier 4 beds in Berkshire. The closest beds are in Oxford, Woking and London. Demand for Tier 4 beds has risen substantially nationally leading to delays in some young people accessing beds on a timely basis and young people being placed even greater distances from Berkshire. This has put further pressure on local Tier 3 CAMHs and Children's Social Care as well as greater challenges for families.
- 2.4 A "good" CAMHs service has timely, effective and efficient integrated working across Tiers (and therefore agencies). This means that children, young people and families should be able to access emotional health and wellbeing support in early years settings, schools, the community and primary care before needs escalate to Tiers 3 or 4.
- 2.5 Changes to commissioning and budgetary arrangements within Local Authorities, health and education have led to a patchwork of Tier 1 and 2 services being available. Schools now commission many of their own support services on an individual basis. Engagement with partners in Slough suggests that there is confusion as to how to access emotional

health and wellbeing support and that this creates delays in children and families receiving the help that they need. Often a Tier 3 CAMHs referral is seen as the only solution. However there are many Tier 1 and Tier 2 resources available that are not currently being used in a systematic way.

- 2.6 In response to these issues, a number of CAMHs reviews are underway. NHS England is currently reviewing commissioning arrangements at Tier 4 nationally. This is due to report in May 14. BHFT undertook an internal review of Tier 3 CAMHs in December 13. National benchmarking of CAMHs services reported in December 13. Thames Valley Strategic Clinical Network is looking at CAMHs and transition into adult services. Berkshire CCGs are currently undertaking a review of CAMHs. This includes engagement with service users, families, stakeholders and practitioners. The Berkshire review will pull together findings from all the CAMHs reviews nationally and locally in answer to the question “Does CAMHs provide timely effective and efficient services to the population of Berkshire?” and is due to report to CCGs in May 14.
- 2.7 In the meantime a Slough working group comprising of GPs, Local Authority practitioners, BHFT, Public Health and commissioning support has begun to unpick care pathways in relation to specific conditions (such as ADHD) with the aim of developing a more integrated and earlier response to difficulties as they arise. This will entail developing toolkits for schools, early year’s settings, third sector, primary care and community health staff; workforce development and raising awareness of self-help resources for young people and families. Representation from schools on this group is sought.
- 2.8 A full report paper will be available for the July HWB.

11. **Appendices Attached**
None

12. **Background Papers**
None. However a useful reference is Joint Commissioning Panel for Mental Health Guidance for Commissioners of Child and Adolescent Mental Health Services (2013). www.jcpmh.info.