

SLOUGH BOROUGH COUNCIL

REPORT TO: Health Scrutiny Panel **DATE:** 18th November 2015

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WARD(S): All

PART I **FOR COMMENT AND CONSIDERATION**

CHILD AND ADOLESCENT MENTAL HEALTH STRATEGY 2015-2019 **BUILDING RESILIENT COMMUNITIES**

1. Purpose of Report

To update the panel on the evidence based content and THRIVE model of CAMHS on which the strategy is based.

To discuss the results of the feasibility programme and engagement work undertaken with respect to the CAMHS strategy and to seek feedback from the panel on the themes and actions

To share the additional actions being considered for the CAMHS transformation grant which NHS England will release to the CCG for immediate effect subject to an assurance process. This funding will be in place for five years (including the current year)

2. Recommendation(s)/Proposed Action

The Panel is requested to review and comment on the strategy and pathways – see link in Section 7.

The Panel is requested to note:

- That additional pathways have also been developed for ASD, ADHD,
- That work is underway with the clinical commissioning group to develop a plan for tackling shared priorities set out in the Five Year Forward view which will be included in the work of the Children and Young Peoples Partnership
- That young people in various vulnerable groups and the youth parliament have been consulted throughout in the design of the THRIVE website
- That the council is the first in England to adopt Mental Health 4 Life themes and staff have been working with the national steering group to launch the materials nationally.
- That the six organisations who deliver the Five Ways to Wellbeing hub service have been fully involved in the design of the strategy.

- That Healthwatch have also been included in the development of the pathways and strategy
- That the final version will be presented to the Wellbeing board in January and will include scrutiny panel comments, the results of the public consultation and a refined action plan in line with the CAMHS transformation fund.

3. The Slough Wellbeing Strategy, the JSNA and the Five Year Plan

3a Slough Wellbeing Strategy priorities

The work on CAMHS and building resilient communities supports the health section of the Slough Wellbeing Strategy in the following ways

Health – the priorities in the CYPP aims to improve children and young people’s emotional and physical health.

Safer Communities – the funding supports work with vulnerable children through the children’s services improvement programme and early help agenda

3b Five Year Plan Outcomes

The strategy supports Outcome 5 of Slough Borough Council’s Five Year Plan i.e.: Children and Young People in Slough will be healthy, resilient and have positive life chances.

There are a series of key actions underneath Outcome 5, which the additional funding from the CAMHS transformation fund will help to deliver:

- Develop more preventative approaches to ensure children, young people and families are safe, independent and responsible.
- Slough Children’s Services will be one of the best providers of children’s services in the country, providing timely, purposeful support that brings safe, lasting and positive change.
- Ensure vulnerable children and young people are safe and feel safe.
- Ensure children and young people are emotionally and physically healthy.
- Ensure children and young people enjoy life and learning so that they are confident about the future and aspire to achieve to their individual potential.
- Ensure children and young people with SEND and their families receive comprehensive, personalised support from childhood to adulthood.

4. Other Implications

(a) Financial

Funding for the transformation of services into public mental health services has already been provided to the primary CAMHS team from the Public Health grant. This has resulted in revised pathways and improved early detection in school settings. Further funding will be obtained for work on ASD, tackling stigma and a range of interventions to support the most vulnerable

(b) Risk Management

The main risks are staffing related, as staff who deliver the Five Ways to Wellbeing hub are based in five different organisations. Staff work together

collaboratively in Slough and deliver a universal and targeted service. The risk mitigation is through the new CAMHS transformation fund and through the CYP partnership shared priorities.

(c) Human Rights Act and Other Legal Implications

There are no Human Rights Act implications to the proposed action.

(d) Equalities Impact Assessment

An EIA has been conducted for the CAMHS strategy

5. Supporting Information

- 5.1 The strategy is based on the most up to date information on the costs avoided by a range of early interventions sourced from the Mental Health 4 Life resources, from national policies and a wide range of research to improve outcomes.
- 5.2 The strategy covers three themes; working with parents, working with children and young people and working with schools. The vision is taken directly from the Mentalhealth4 life recommendations. It also describes the way in which services will support families and children in future under the THRIVE national model of CAMHS. This model removes the need for tiers and describes a way of working that everyone can understand and apply in their work with children or parents.
- 5.3 Universal, targeted and specialist practitioners should be able to clearly articulate whether they are working to; signpost services or provide one off help (quadrant one of the THRIVE model), providing help of less than 12 weeks such as cognitive behaviour therapy work in schools or online, providing evidence based specialist CAMHS treatment programmes of greater than 12 weeks, or managing risk for the most vulnerable young people for whom interventions are as yet poorly defined, such as those affected by child sexual exploitation, domestic abuse etc.
- 5.4 The strategy summarises local work to date to improve emotional health and wellbeing outcomes in quadrants 1 and 2. This work has been undertaken by the many agencies acknowledged who collectively deliver; universal, targeted and specialist child and adolescent mental health services.
- 5.5 The strategy describes the local transformation programme which began in 2014 to; reform eight pathways, develop resources for schools and parents and GPs and to develop an integrated hub called the Five Ways to Wellbeing hub. The hub is a collaborative partnership between the agencies that support young people and families, delivering services across Slough. The hub is an essential feature for system wide improvement enabling; information sharing, joint training and planning and evaluation. The hub members listed in the front of the strategy have been fully consulted in developing the draft strategy and action plan
- 5.6 As a result of collaboration it was found that high numbers of young people were being referred into primary CAMHS from selected areas of the town and an eight week evidence based Mindfulness programme was piloted within two secondary schools within those areas. The results (published at the PHE conference in September) showed positive reductions in anxiety and depression and increased scores in self awareness in the Mindfulness questionnaire. All pupils have

benefited with the exception of individuals at risk of CSE or DA who require further support. This is what the national THRIVE model of CAMHS predicts and on which the local CAMHS strategy is based.

- 5.7 Young people who have been involved in building the THRIVE website have also commented on their priorities which are set out in the strategy. The Youth Parliament has also voted improving mental health as one of their top priorities in their manifesto.
- 5.8 Work with the national steering group for the Mental Health 4 Life programme has enabled the strategy to be built on the most up to date evidence for early intervention. Both national teams have commented on the early draft and their views are incorporated.
- 5.9 The CAMHS strategy has had the support of Slough Healthwatch and feedback from parents is expected through the online consultation.
- 5.10 There is early evidence that the strategy is already working well. The pilot in secondary schools focused on the most common mental health conditions i.e. anxiety, depression and self harm and has resulted in the lowest referral rate in the Thames Valley to specialist CAMHS. Early detection also meant that only three young people were stepped up to specialist CAMHS for self harm. Slough's rates of self harm and of admission for other mental health conditions remain the lowest in the Thames Valley and well below the England average.
- 5.11 More work is however planned in quadrants three and four of the THRIVE model supported by funding from the NHS England and CCG CAMHS Transformation Fund. This work is being finalised through a transparent bidding process and is likely to focus in year 1 on supporting families of children with Autism Spectrum Disorder and Attention Deficit Disorder as long waiting lists remain for diagnosis. Diagnosis for both these conditions is made by specialist CAMHS through observation, questionnaires and tests within school and clinical settings. The aim of the CAMHS Transformation Fund will be to support peer led and voluntary sector support for parents around managing behaviour both pre and post diagnosis. It is important to note that Slough has double the expected number of children and young people with ASD (511 are actually reported on educational psychology registers versus 290 expected) and there are currently a further 142 children awaiting a diagnosis for ASD.
- 5.12 Further work is likely to be funded too through the CAMHS Transformation Fund to support additional capacity for online counselling for young people, to deliver a local campaign to challenge the stigma of mental illness, to work with vulnerable children. The results of the bids are however not known at the time of preparing this report
- 5.13 The final version of the action plan will thus be modified to reflect any additional actions funded under the Five Year Forward View themes of
- Promoting resilience, prevention and early intervention (quadrant one of the THRIVE model)
 - Improving access to effective support – a system without Tiers (all quadrants of the THRIVE model)
 - Care for the most vulnerable (quadrant three of the THRIVE model)
 - Developing the workforce (quadrant one of the THRIVE model)

6. Conclusion

- 6.1 The Slough CAMHS strategy is based on the most up to date national model of CAMHS called THRIVE and uses the evidence base from the new national resources developed under the Mental Health 4 life logo and includes national and local priorities
- 6.2 Young peoples' priorities are embedded in the strategy and draft action plan.
- 6.3 The feasibility of the strategy has been tested through the Five Ways to Wellbeing hub and shown to be successful in reducing demand on specialist services (within quadrants 1 and 2 of the THRIVE model)
- 6.4 The action plan for strategy when finalised will include areas of work yet to be funded which are being proposed through the CAMHS transformation plan. These will strengthen activity in quadrants 3 and 4 of the THRIVE model.
- 6.5 Members of the panel should note that the strategy is still draft and is out to formal consultation. Views are also being encouraged from the following groups;
- the Health Priority Development group
 - the CYP partnership board
 - the final version to be signed off by the Wellbeing board
- 6.6 The goal of building community level resilience also involves work with parents and in 2016 NHS England will announce additional funding to develop perinatal mental health services – a local as well as national priority.

7. Appendices

'A' - Draft CAMHS Strategy, 'Building Resilient Communities'

8. Background Papers

Further information on the pathways is available at
<https://www.surveymonkey.com/r/SBCCAMHS2015>