

Health Needs Assessment and Review of the Child and Adolescent Mental Health Services (CAMHS) in Nottingham City in 2014

**Lucy Davidson Assistant Director NHS Nottingham City Clinical
Commissioning Group**

**Deborah Hooton Head of Joint Commissioning NHS Nottingham City
Clinical Commissioning Group**

**Tajinder Madahar Acting Head of Service of Extensive and Specialist
Services Nottingham City Council**

Anna Masding CAMHS Service Manager Nottingham City Council

**Rachel Towler Assistant General Manager Child and Adolescent
Mental Health Services Nottinghamshire Healthcare Trust**



Introduction to the local and national context and the reasons why we completed a review of Child and Adolescent Mental Health Services?

- To assess the emotional and mental health needs of children and young people aged 0- 24 living in Nottingham City
- To investigate current service and pathway provision that support children and young people aged 0- 24 and identify areas for improvement

High risk groups in Nottingham City

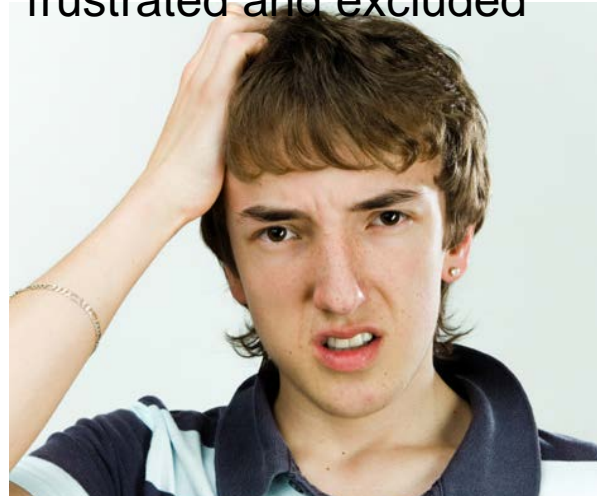
- Looked after Children
- Young Carers
- Not in Education, Employment, or Training
- Gypsy and Traveller Families
- Young People using Drugs and Alcohol
- Teenage Mothers
- Youth Offenders
- Children and Young People with a Physical Illness, Physical and Learning Disabilities
- Children and Young People with Special Educational Needs
- Children who are exposed to Domestic Violence or experience Domestic Violence
- Children and Young People subject to abuse/ with a Child Protection Plan

What did the review tell us?

Children and young people are confused, frustrated and excluded



Complex service provision



Long waits to access service



Stressed and overworked professionals

Recommendations from the review:

Early intervention and prevention – breaking the cycle and taking a life course approach

Antenatal

- Focus on perinatal mental health

Early Years

- Utilise the school readiness check at age 4 to undertake an emotional and mental wellbeing check of the child and pass on any information to the school and school health.

School Aged Children

- Provide guidelines to schools on how to effectively use the pupil premium for quality emotional and mental health support for pupils.

Self-harm

- Develop an appropriate pathway for children and young people who self harm including those who attend the emergency department.

Parents and Family

- Systematic support should be provided to families with children and young people who are experiencing domestic violence at all risk levels as assessed by the domestic abuse referral team. There needs to be recognition on the impact of domestic violence on Children's emotional and mental health.

Agree a clear vision of a simplified and joined up pathway

Simplified Service

- Single Point of Access
- Joint commissioning
- Integrate Tier 2 & Tier 3 CAMHS

Accessible

- Language
- Simplified Service
- Clear pathway and access points

Outcomes Focus

- Agree outcomes with service users and ensure that services deliver these outcomes

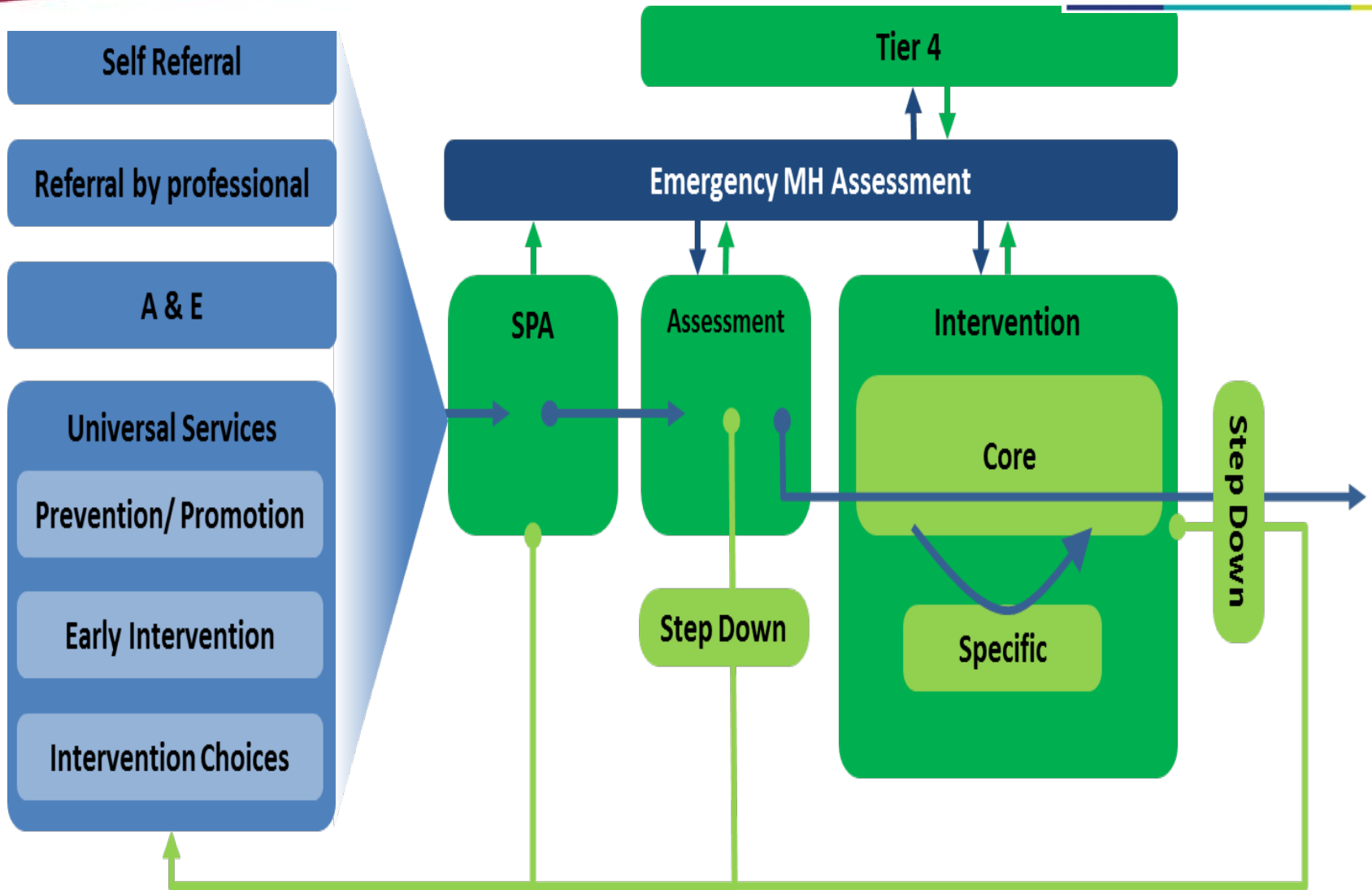
Data driven decision making

- Measurement of key performance indicators
- Service performance management
- Care bundles

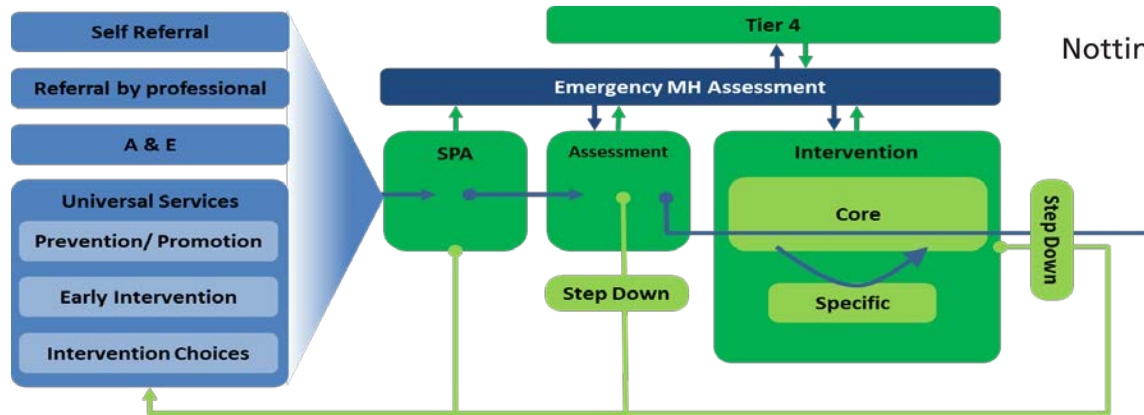
Improvement Culture

- Delivered by providers and commissioners

New joined up pathway



New joined up pathway-Universal



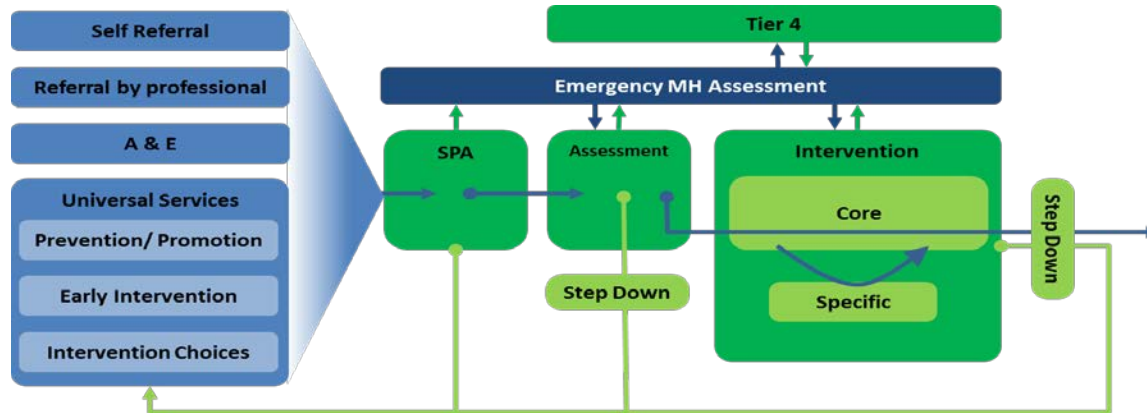
- Developed with multi-agency input to support community professionals working with children and young people who have behavioural, emotional, or mental health needs
- Its key focus is early intervention and prevention of escalation to specialist services such as paediatricians, Tier 2, 3 and 4 CAMHS and in care placements
- It recognises and responds to emerging needs in the right place at the right time by a trained and supported professional working within a standardised pathway of interventions
- It draws together current services and professionals across Nottingham City to deliver a seamless service and improved outcomes

New joined up pathway - Universal

- Implementation has been supported by a 2 year pilot service that launched in December 2014
- The service consists of trained professionals with a remit to skill the community workforce and build capacity
- The service will deliver a range of evidence-based interventions and support professionals around the child or young person to manage their needs appropriately
- Specialist clinical provision will be available in the service for children and young people with Autistic Spectrum Disorder and Attention Deficit Hyperactivity Disorder
- The service will be available for Nottingham City registered patients aged 0-19, or to age 24 where a child or young person has learning disabilities
- Referrals into the service will be via a dedicated website or Choose and Book (for General Practitioners)
- Referrals are directed into a multi agency integrated single point of access that works to agreed criteria for onward referral to universal and specialist services

Next Steps

Implementation of the Specialist Pathway



- This has commenced and will be completed over the next 18 months
- Further work will commence to support integration of current providers
- Specialist bundles of care will be developed and implemented including self harm and eating disorders
- Community training and development will be expanded
- Services will continue to be performance managed and reviewed to ensure delivery of outcomes

Nottingham City Council Update

CAMHS Tier 2:

- Tier 2 have further embedded its Citywide model and now operates from 2 City more central bases.
- Tier 2 continues to offer a Choice and Partnership approach and we aim to embed this fully within the pathway in collaboration with the Behaviour and Emotional Health Team. Our Choice assessment has now been improved and embedded within the Nottingham City Council Carefirst system allowing us to better quality assure assessments and plans.
- Tier 2 continues to offer Choice (assessment) appointments within 3-4 weeks of a referral and offers a partnership (therapeutic work) within 6 weeks.
- Tier 2 are employing 2 Cognitive Behavioural Therapist Specialist posts to 'bridge the gap' between Tier 2 and Tier 3 for children and young people with complex needs that aren't deemed as 'urgent' or 'acute'. Tier 2 are also developing 3 further posts:
 - Advocacy/Lesbian Gay Bisexual Transsexual worker to improve service user feedback and engagement (using the NCC apprentice scheme)
 - A Domestic Violence Practitioner to work alongside the domestic abuse referral team and directly with schools
 - A Self harm Youth Worker

Nottingham City Council Update continued

Single Point of Access:

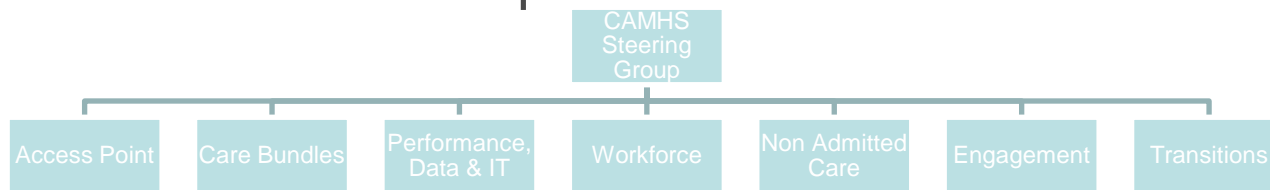
- Tier 2 are working in collaboration with the Behaviour and Emotional Health Team to ensure one single point of access.
- We have embedded the joint self harm protocol between social care and Children and Adolescent Mental Health Service (T2 and T3) to undertake a joint home visit within 48 hours where there are serious concerns around self harm for any children and young people open to social care.

Self Harm Awareness and Resource Project-SHARP:

- **14 City Schools** have monthly Sharp Clinics. To date over 70 young people have attended and received appropriate support following a self harm risk assessment.
- **340 front line professionals** have attended Sharp Nottingham City Council training
- **68 young people** have received a therapeutic intervention **only 7 escalated to Tier 3**
- **All** children's emergency department nursing staff have attended Sharp 'bite size' training
- **20 paediatricians** have attended training
- **24 school nurses** have attended training
- **14 Secondary Schools** have received our school training session
- **Sharp4parents** group starts in March 2015
- **TRANS Group** running weekly 14 young people attending regularly

Nottinghamshire Healthcare Trust Update

- Collaborative working with a multidisciplinary approach around the integrated pathway.
- Internal developments with workshops transforming into Task and Finish Groups.



- Working in partnership with commissioners to achieve a seamless service which meets the needs of children and young people.

Questions and answers?

Contact details:

Lucy.davidson@nottinghamcity.nhs.uk

Deborah.hooton@nottinghamcity.nhs.uk

Anna.masding@nottinghamcity.gov.uk

Tajinder.Madhar@nottinghamcity.gov.uk

Rachel.Towler@nottshc.nhs.uk