

**NORTH LINCOLNSHIRE COUNCIL**

**CABINET**

**OUTCOMES OF CHILD AND ADOLESCENT MENTAL HEALTH SERVICES SCRUTINY  
REVIEW: PROGRESS UPDATE**

**1. OBJECT AND KEY POINTS IN THIS REPORT**

- 1.1 To report progress on the actions undertaken in response to the recommendations of the Children and Young People's Scrutiny Panel's Report and recommendations on Child and Adolescents Mental Health Services (CAMHS).

**2. BACKGROUND INFORMATION**

- 2.1 The Children and Young People's Scrutiny Panel undertook a review of CAMHS, the recommendations and action plan were submitted to Cabinet on the 22 April 2009 and Cabinet requested a 12 months review.
- 2.2 NHS North Lincolnshire, along with their partners in the Children's Trust, are responsible for services to children and young people and to ensure we have access to mental health services for children and young people.

**3. OPTIONS FOR CONSIDERATION**

- 3.1 NHS North Lincolnshire and partners have made significant progress against the Scrutiny Panel recommendations and action plan (attached).

**4. ANALYSIS OF OPTIONS**

- 4.1 Progress against action plan has been reported as required.

**5. RESOURCE IMPLICATIONS (FINANCIAL, STAFFING, PROPERTY, IT)**

- 5.1 The successful response is reliant upon the commissioning and commissioned services. NHS North Lincolnshire has overseen development of CAMHS within North Lincolnshire.

6. **OTHER IMPLICATIONS (STATUTORY, ENVIRONMENTAL, DIVERSITY, SECTION 17 - CRIME AND DISORDER, RISK AND OTHER)**

6.1 Appropriate mental health services will help enable children and young people to grow into active citizens who play a positive part in their community.

7. **OUTCOMES OF CONSULTATION**

7.1 NHS North Lincolnshire work with a number agencies involved in or having a stake in the delivery of CAMHS.

8. **RECOMMENDATIONS**

8.1 That Cabinet notes the report on the CAMHS Scrutiny Action Plan.

8.2 That Cabinet supports that all reasonable steps be taken to successfully complete actions that are currently in progress.

**DIRECTOR OF CHILDREN'S SERVICES  
AND  
CHIEF EXECUTIVE, NHS NORTH LINCOLNSHIRE**

Hewson House  
Station Road  
Brigg  
North Lincolnshire  
DN20 8XJ  
Author: Mick Gibbs  
Date: May 2010

**Background Papers used in the preparation of this report: None**

**CHILDREN AND YOUNG PEOPLE SCRUTINY PANEL –  
CHILD AND ADOLESCENT MENTAL HEALTH SERVICES (CAMHS)**

RECOMMENDATION	PROPOSED ACTION	LEAD/ RESPONSIBILITY	SET TIMESCALE/ STATUS	PROGRESS AND POSITION TO DATE – MAY 2010	
1	<p>That the commissioners and service providers need to agree and implement a more explicit referral criteria and pathway, focussing on a single access point rather than the three that are current being used.</p>	<p><b>The service is now in a position to operate a single point of access for referrals</b></p> <p>Specialist Children and Adolescent Mental Health Services (CAMHS) re-configured with support from Regional Service Improvement Advisor (RSIA).</p> <p>This re-design of the specialist CAMHS has been undertaken using a capacity and demand model (Choice and Partnership Approach - CAPP). The re-design will provide a single point of access for referrals within the specialist service based on validation and scrutiny of current waiting list information and referral data. The re-design process has included a separation of services across North and North East Lincolnshire so that there is clarity around provision/investment within North Lincolnshire.</p> <p>The emerging findings of this exercise have been factored into NHS North Lincolnshire Strategic Plan and financial modelling for 2009 – 2011.</p> <p>The development of a revised service specification and performance framework for specialist CAMHS for 2009/10 has been drafted and will be finalised through the CAMHS Commissioning Group by June 2009 in the format required of the new national NHS Contract</p>	<p>Regional Service Improvement Advisor (RSIA)</p> <p>NHS North Lincolnshire</p> <p>NHS North Lincolnshire</p> <p>NHS North Lincolnshire</p>	<p>Complete</p> <p>Complete</p> <p>Complete</p> <p>June 2009</p>	<p>The single point of access has now been implemented and a revised model of service delivery is now in operation. This model works on the single point of access premise and offers initial choice appointments followed by either a brief intervention (4 -6 sessions) or access to longer term pathways.</p> <p>NHS North Lincolnshire and Children Services are now working together to bring wider CAMHS into the single point of access.</p> <p>A waiting list initiative (focused on generic CAMHS referrals) commenced in December 2009 and has resulted in a significant reduction in waiting times to the commissioned standard of 12 weeks. This is a significant improvement from a waiting list of approximately 18 months. Further work is being initiated to improve the waiting times of children and young person who are waiting for an Autistic Spectrum Disorder (ASD) assessment / diagnosis and the numbers waiting for an assessment have reduced from approximately 160 to 100. A full-time Psychologist has recently been appointment to focus solely on the development of the ASD pathway and the ASD</p>

RECOMMENDATION	PROPOSED ACTION	LEAD/ RESPONSIBILITY	SET TIMESCALE/ STATUS	PROGRESS AND POSITION TO DATE – MAY 2010
				<p>waiting list. NHS North Lincolnshire are currently working with Rotherham Doncaster and South Humber Mental Health NHS Foundation Trust (RDASH) to plan appropriate performance metrics for the Autistic Spectrum Disorder (ASD) waiting list reduction, and it is hoped that this waiting list will be significantly reduced within 6- 8 months. Currently CAMHS workers and Educational Psychologists are working together to both manage the list and develop a revised pathway. In 2010/2011 a full time psychologist will be appointed to further reduce the waiting list and lead on the pathway redesign.</p> <p>A dedicated CAMHS service has been implemented for North Lincs.</p> <p>Additional financial investment, in the sum of 80k has been awarded to CAMHS for 2010/11 and further investment earmarked for 2011/12 from the PCT.</p> <p>200k for Targeted Mental Health in Schools has been applied for from Department for Children, Schools and Families (DCSF) and is envisaged to be available within the next financial year. North Lincolnshire's children and young peoples services have also invested in 38k to fund an additional CAMHS practitioner to complement the Think Family Project.</p>



RECOMMENDATION	PROPOSED ACTION	LEAD/ RESPONSIBILITY	SET TIMESCALE/ STATUS	PROGRESS AND POSITION TO DATE – MAY 2010	
				Trust has identified behaviour and attendance as one of the ten key strategic priorities in which work is initiated to bring all strands of behaviour services together to ensure early identification and preventative approaches.	
3	That appropriate training be devised by CAMHS in respect of managing referrals, and be provided for all non specialist Tier 1 staff.	<p>The capacity implications for the Specialist Service to deliver training/advice and support at Tier 1 are identified in the new service specification. Costed business cases will be prepared to address gaps in provision and will be considered against priorities and resource availability.</p> <p>The Emotional Health and Well-being theme within the Healthy Schools agenda is a key component and the joint commissioning of this work needs to be agreed within the Children's Trust arrangements.</p> <p>Some services at the prevention/early intervention level that are led by the Council. NHS North Lincolnshire and the Council will work together within the Children's Trust arrangements with priorities articulated within the Children's Plan 2009-2012.</p>	<p>NHS North Lincolnshire</p> <p>CAMHS and Emotional Well Being Group</p> <p>Children's Trust</p>	<p>Ongoing</p> <p>July 2009</p> <p>July 2009</p>	<p>Training of Tier I staff will be a fundamental part of capacity building of all areas of specialist CAMHS and will be targeted following the completion of the reducing waiting list initiative. Additional capacity within the Primary Care Mental Health Team will help facilitate driving this forward.</p> <p>The draft Children and Young Peoples plan 2010-2013 has identified Emotional Health and Well being as a key theme of the health matters strategic partnership for children.</p>
4	That the creation of dedicated and targeted Tier 2 service provision for North Lincolnshire be investigated as a matter of priority	The re-design has resulted in an identifying available capacity at Tier 2 specialist provision/level of activity which will be linked to and support the wider Tier 2/targeted service provision for example within the Targeted Youth Support Agenda, Behaviour Pathway and Parenting Strategy. This Tier 2 provision will in the main involve practitioners who also deliver at Tier 3 and therefore within	NHS North Lincolnshire	Complete	

RECOMMENDATION	PROPOSED ACTION	LEAD/ RESPONSIBILITY	SET TIMESCALE/ STATUS	PROGRESS AND POSITION TO DATE – MAY 2010
		<p>available resources decisions will need to be made about the relative priorities given to each Tier.</p> <p>The revised specification for Specialist CAMHS will provide the clarity around the available Specialist CAMHS Tier 2 provision (Primary Mental Health Workers, Psychologists et al) that will support further integration with other service areas at this level to deliver required outcomes.</p> <p>New NHS investments will be agreed through a prioritisation process. Other agencies have responsibilities at Tier 2.</p>	<p>NHS North Lincolnshire</p> <p>Complete</p> <p>NHS North Lincolnshire</p> <p>December 2009</p>	<p>As discussed earlier this is one of the key areas within the service specification, which will be performance managed against. All children trusts partners have signed up to integrated service provision based within localities and this is a key component of the children and young peoples plan and will be driven forward.</p>
5	<p>That clear links be made between four different tiers, with services brought together into a central locality to make the overall CAMHS provision more effective within North Lincolnshire.</p>	<p>The re-modelling of the service has resulted in a single point of access for referrals. The specialist CAMHS team is now working in an integrated way to manage the referral process ensuring a needs led approach to service provision and signposting of referrals when not appropriate for the CAMHS service.</p> <p>The Specialist CAMHS specification with partner agencies describes the range and scope of services able to be provided by the Specialist service at Tiers 2 and 3. The draft specification has gone to consultation with Partners for implementation in the 2009/10 financial year.</p> <p>Choice and Partnership Approach (CAPPA) addresses waiting times and the (Primary Care Trust) PCT is working with Specialist CAMHS and the Regional Service Improvement Provider to map out progress to the measure of 18 weeks: a marker of good practice.</p>	<p>NHS North Lincolnshire</p> <p>Complete</p> <p>NHS North Lincolnshire</p> <p>June 2009</p> <p>NHS North Lincolnshire</p> <p>Ongoing</p>	<p>Tiers II and III CAMHS now centralised, working from a single building and under a single model of practice. . They will then work with localities.</p> <p>As previously described this objective has been met.</p> <p>The Service Specification and local CAMHS service aim to exceed this target and implement a local performance measure of 12 week wait.</p>

RECOMMENDATION	PROPOSED ACTION	LEAD/ RESPONSIBILITY	SET TIMESCALE/ STATUS	PROGRESS AND POSITION TO DATE – MAY 2010	
		<p>The Specialist CAMHS Service Specification will make clear the links and pathways between Tiers 2 and 3 and any onward referral mechanisms for Tier 4. Tier 4 services are currently being considered as part of a Regional review and NHS North Lincolnshire is participating in this work. Tier 4 forensic services are already commissioned centrally and have defined access criteria. Other specialist tier 4 services ( for example for eating disorders and Autistic Spectrum Disorder) will for the foreseeable future continue to be commissioned on a cost per case basis dependent on need which reflects the spectrum of need that might be seen at tier 4.</p>	NHS North Lincolnshire	Ongoing	<p>Complete</p> <p>Nationally, a requirement has been made to ensure that Tier IV commissioning is done at a regional level. NHS North Lincolnshire is engaging with this process and working with the regional group.</p>
6	<p>That the provision of the 'out of hours' service be investigated further.</p>	<p>The Specialist CAMHS service currently meets the requirements of the performance measure for this element of a Comprehensive CAMHS i.e. for a specialist mental health assessment to be undertaken within 24 hours or the next working day where indicated.</p> <p>There are concerns regarding the suitability of the setting in which children might be managed whilst awaiting specialist assessment and the support etc that might be required from a Specialist Service whilst a specialist assessment is obtained. Whilst there are arrangements in place both with the Acute Hospital (if there are physical health issues) and the Out of Hours Team (Safeguarding Issues) it is recognised that more work is required to ensure all practitioners are aware of these protocols and</p>	<p>NHS North Lincolnshire</p> <p>NHS North Lincolnshire</p>	<p>December 2009</p>	<p>Additional finance has been secured to invest in a one year pilot to provide out-of-hours CAMHS support, with the aim of understanding the requirements of this service. The specification for this service is being developed and will be subject to procurement policies.</p> <p>The new age-appropriate accommodation guidelines came into force from April 2010. An age-appropriate, short stay bed has been commissioned from Rotherham Doncaster and South Humber Mental Health NHS Foundation Trust (RDASH) at Tickhill Road Hospital.</p>

RECOMMENDATION	PROPOSED ACTION	LEAD/ RESPONSIBILITY	SET TIMESCALE/ STATUS	PROGRESS AND POSITION TO DATE – MAY 2010	
	<p>to ensure that children and young people have access to appropriate support whilst a Specialist Assessment is undertaken when neither of these instances apply.</p> <p>The issue of Out of Hours is one that needs to be addressed through partnership working and one that changes in the Specialist Service cannot resolve alone. Potentially a regional or sub regional approach may be required to deliver a cost effective and efficient service and this is linked to the tier 4 work above.</p>		Ongoing		
7	<p>That the provision of school nursing throughout North Lincolnshire be reviewed urgently, as part of the 'Every Child Matters' agenda.</p>	<p>Capacity issues within school nursing are recognised and being addressed currently as far as is possible within available resources and within the context of an increasing public health/general health agenda. A review of Primary Care Trust (PCT) Children's Nursing services is underway Robust joint working/commissioning within the Healthy Schools agenda will also be a key component of addressing concerns in respect of the school nurse role within CAMHS as will the implementation of the Behaviour Pathway.</p>	<p>NHS North Lincolnshire</p> <p>NHS North Lincolnshire &amp; Children's Trust</p>	<p>Complete</p> <p>December 2009</p>	<p>Capacity issues within School Nursing have fluctuated over the past year and work is being initiated to ensure the school nursing resources are being used as efficiently as possible and a realistic service specification is being written which identifies exactly what can be commissioned within the allocated financial envelope. School Nursing Providers and NHS North Lincolnshire will be working closely together to address the current capacity issues.</p>
8	<p>That the above review should include consideration of skills mix, and the potential gaps caused by term time only provision.</p>	<p>The development of the Tier 2 provision within the Specialist Service provides an opportunity to look at the role of other professionals and the development of an integrated/multi-disciplinary provision that might include school nursing. Following completion of the re-design process we will be able to identify if additional capacity is required. If necessary investment proposals will be developed and considered through a prioritisation process in line with NHS North Lincolnshire's Strategic Plan.</p>	<p>NHS North Lincolnshire</p>	<p>Ongoing</p>	<p>There needs to be further work to consider how we provide health provision and maximise the benefit of the current workforce within the allocated financial envelope.</p>

RECOMMENDATION		PROPOSED ACTION	LEAD/ RESPONSIBILITY	SET TIMESCALE/ STATUS	PROGRESS AND POSITION TO DATE – MAY 2010
9	That the provision for Head Teachers to be able to refer to the CAMHS be investigated in line with practice used in North East Lincolnshire following a successful training programme.	The re-design of specialist services to provide a Tier 2 team/service will provide the link between CAMHS and schools/Head Teachers. Clear referral and access criteria will accompany the re-designed service with clarity for Schools referrals and with particular reference to the behaviour pathway.	NHS North Lincolnshire	June 2009	This will be considered as part of the Targeted Mental Health in Schools (TAMHS) implementation
10	That schools be kept informed by caseworkers and CAMHS staff of individual cases as much as confidentiality allows, so that teachers are given an indication as to the course of action that is being taken. This would allow more consistency and enable the school to support/facilitate any therapy that might have been agreed.	The re-development of services from Specialist CAMHS at Tier 2 will involve schools and take account of requirements for information sharing and agreement on responsibilities within the joint working necessary to deliver the required outcomes for children and young people.	NHS North Lincolnshire	June 2009	This has been built into the service specification, however individual code of conducts regarding confidentiality allows the service and clinicians to make individual judgements as to when and how to share information. More joint working is evidenced with a good example being the Tiered approach to Therapeutic Foster Care, which includes the Foster Carer and Teacher, where appropriate.
11	That the production of a directory highlighting services that are available to provide help and assistance to statutory agencies, including schools, be produced and made available as soon as possible.	A directory of services is in the final stages of completion. However it requires updating in the light of organisational changes particularly with Council services. Additionally mechanisms will need to be identified to keep it up to date. Consideration of this will be undertaken within the Children's Trust arrangements and its provision of information in a variety of formats to Children, Young people and their families.	NHS North Lincolnshire & Children's Trust	June 2009	With regards to the transitional nature of the Children and Young People's Plan (CYPP) and the review of services, a revised directory will need to be refreshed in 2010/11. This revision will need to be publicised appropriately.

RECOMMENDATION		PROPOSED ACTION	LEAD/ RESPONSIBILITY	SET TIMESCALE/ STATUS	PROGRESS AND POSITION TO DATE – MAY 2010
12	That this review be revisited in 12 months time.		NHS North Lincolnshire	March 2010	

SUPPORTING INFORMATION	
1	NHS North Lincolnshire is responsible for commissioning health services that enable the NHS to discharge its responsibilities for the delivery of a Comprehensive CAMHS in North Lincolnshire as defined in Standard 9 of the National Service Framework for Children, Young People and Maternity (NSF). The Primary Care Trust (PCT) intentions in this respect are clearly articulated within its Strategic Plan and financial planning framework for 2009 – 2011.
2	This responsibility is not one that the PCT can discharge on its own and requires robust partnership working both in commissioning and provision to achieve the best outcomes for the Children and Young People of North Lincolnshire
3	The 4 key performance measure in relation to progress in implementing a Comprehensive CAMHS are shared indicators between the Council and NHS North Lincolnshire recognising that CAMHS is “everybody’s business. This is a key priority of the Children’s Trust.
4	Resources have been made available by NHS North Lincolnshire to secure a dedicated commissioning post to provide the capacity necessary to ensure that this agenda is taken forward in a timely manner and the project manager came into post at the beginning of March 2009
5	The CAMHS Strategy recognises the need for further work in the areas highlighted by the Overview and Scrutiny Committee for Health (OSC) report. Of particular relevance is the work on a ‘Behaviour Pathway’ and Out of Hours Provision. The issue of out of hours provision is one that is a concern regionally and nationally and one that NHS North Lincolnshire and its partners may need to consider at a wider than local level. It is also one that requires joint working with Adult Mental Health to ensure transition issues are addressed and that no young person is admitted inappropriately to an Adult Ward in line with the Out of the Shadows action plan.
6	NHS North Lincolnshire and its Partners, working within the context of the Children’s Trust arrangements, continue to progress the development of Comprehensive CAMHS. There is strong commitment to improving the emotional health and well-being of children and young people in North Lincolnshire.
7	The implementation plans/service developments will be delivered wherever possible through service re-design and within existing resources. It is acknowledged that there is a potential for investment to be required in some areas. NHS North Lincolnshire’s responsibilities will be considered and prioritised in line with its Strategic Planning intentions. This includes the commissioning of an appropriate range and level of specialist service to ensure the needs of children and young people in North Lincolnshire are met in a timely manner through access to appropriate and effective CAMHS services.