

<i>item:</i>	8
<i>report:</i>	CYP13/09

IMPLEMENTATION OF THE MENTAL HEALTH FRAMEWORK by Sally Amor

Summary

- Note the progress made in developing the Highland Implementation Plan for the Mental health of Children and Young People: A Framework for Promotion, Prevention and Care.
- Note the service change and redesign that has been undertaken within specialist CAMHS.
- Note the findings of a series of consultation seminars undertaken with integrated children's service partners and the recommendations that will inform CAMHS Framework Implementation Plan which in turn will address the needs of For Highland's Children 3.

1. Background

- 1.1 The Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care, was published by the Scottish Executive in November 2005, with a ten year timescale for implementation. The Joint Committee for Children and Young People will be familiar with the expectations of the Framework that NHS systems and integrated children's service partners address a range of mental health needs and difficulties for children and young people across the whole continuum of mental health, from mental health promotion, through preventing mental illness, to supporting, treating and caring for those children and young people experiencing mental health difficulties of all ranges of complexity and severity.
- 1.2 The Joint Committee for Children and Young People should also be aware that the Framework acknowledges that the primary purpose of specialist NHS CAMH services is to provide services for those children and young people with the greatest mental health need. Following swiftly, is the need for specialist CAMHS to provide consultation and training to partners providing services to children and young people with mental health needs and difficulties. These principles underpin the approach in the development of the Highland CAMHS Framework Implementation Plan.
- 1.3 The CAMHS Framework details five key priority areas where action is required across services and sectors:
 1. Universal early years
 2. Universal schools
 3. Additional and specific supports

4. Youth and community supports
5. Specialist CAMHS

- 1.4 This paper will inform the Joint Committee for Children and Young People on progress that has been made in the last two years of review and redesign in relation to specialist CAMHS. The paper then goes on to consider developments in relation to the other four priority areas of the CAMHS Framework.
- 1.5 The activity detailed in this report is informing the development of the Highland CAMHS Framework Implementation Plan which will serve as the basis for child and adolescent mental health services in For Highland's Children 3.

2. Progress and highlights across NHS specialist CAMHS Service design

- 2.1 There has been good progress in developing an integrated specialist CAMHS service based in Inverness. Clinical psychology, (children and learning disabilities) and the Department for Child and Family Psychiatry are now co located on the same Raigmore site. They are in the process of implementing the CAPA patient management system to better route children and young people into specialist services best suited to addressing their needs. The first phase of CAMHS ehealth investment is underpinning these developments along with the development and implementation of a single point of referral system.
- 2.2 A CAMHS Network manager has been appointed and took up post in February. The post, currently for a fixed term period of one year, will have a key role in supporting the CAMHS service across Highland and making links and supporting redesign across specialist CAMHS on the Raigmore site, in CHPs and with integrated children's service partners.

3. Securing additional resource 2008/09 and 2009/10

- 3.1 Resources have been secured through priorities and planning within NHS Highland for the previous financial year and discussions are in progress for 2009/10.
- 3.2 Funding secured in 2008/09, is supporting specific actions in the CAMHS Implementation Plan as follows:
 - Funding for an additional .5 wte psychology post for children's learning disabilities services which will have a key role in working closely with DCFP where there is a need for psychiatry input for a child/young person with a learning disability. The post will add much welcome capacity and expertise for families and integrated children's service partners. This will go some way to address risks that have been identified for this very vulnerable client group and enable earlier interventions to support children who may be prone to very challenging adolescence and transitions into adult life.

- Recruitment to a Psychological Therapies post in the North Highland CHP. This post, a collaboration between specialist CAMHS in Inverness and the North Highland CHP, will explore and test out the service models for supporting very vulnerable young people with Tier 3 need in community settings. The post holder will be supported through a visiting team from Inverness on a monthly basis, with the provision of regular access with Inverness colleagues on an as needed basis in between. They will also be very closely linked with integrated children's service partners locally and have a key role in implementing GIRFEC approaches to CAMHS service developments.
- 3.3 For the next financial year it is hoped that matched funding will be secured from the Scottish Government to fund the following two posts:
- Specialist CAMHS Nurse Consultant Post who will have a primary focus on young people aged 13 – 18 who have a clinical need assessed to be at Tier 4 or at high level of need in Tier 3. This cohort of young people may benefit from or require in patient admission. They may also benefit from intensive community support that may off set the need for admission. The post holder will have the following key roles:
 - To work with those young people/ adolescents who require more than weekly clinical inputs along with the provision of telephone/ video conferencing clinical supervision to support locally based clinician's and workers involved in working with the young person
 - To assess the need for and develop case/need specific training and support packages to integrated children's services partner staff who are in the local communities and settings where the young person resides. (pupil support, social work, primary ,mental health workers, community paediatricians, voluntary services, children's service workers)
 - Provide specialist training to staff based at New Craig's assessing and treating adolescents
 - mentoring staff as required in complex cases
 - Be involved in the 'step up' and 'step down' to in patient beds (regional and in Highland) as assessed levels of need allow for a community based approach
 - Provide the principle link to the proposed regional CAMHS network.
- 3.4 CAMHS Community worker who will be located in the integrated CAMHS service in Raigmore and work in tandem with specialist CAMHS services to:
- Support the delivery of specific interventions for young people with identified needs across a range of complex presentations eg. OCD and eating disorders where there are clearly identified interventions of proven benefit
 - Provide additional support for interventions that may enable a young person to avoid in patient admission
 - Provide support that will allow a young person to engage in community life and maintain peer contact
 - Support the delivery of care and interventions for carers in the home setting.

4. Mental Health Act Implementation monies

- 4.1 Funding come on stream in 2008/09 from Mental Health Act monies. This has resulted in the appointment of two Band 6 posts. These will be fully integrated into the specialist CAMHS, freeing up time to support the following activities:
- Training (initial focus on looked after and accommodated)
 - Development of pathways
 - Service redesign

5. Progress on Delivering for Mental Health targets Reduce admissions for 16-18 by 50%

- 5.1 In addition to older adolescents within the CAMHS system whose transition needs into adult services are often a challenge to community services, there are also 16-18 year olds who will be presenting with significant mental health need to adult mental health services. The Delivering for Mental Health target to reduce 16-18 admissions to in patient provision represents a further challenge to NHS Highland system and has a built in assumption that there will be more community based provision for this cohort. There will be opportunities for addressing some of these challenges through investment in community mental health services through adopting a pro active approach to transition. A transition policy has been developed and is due to be reviewed. In the meantime, work is in progress to develop a joint protocol for of adolescent's admission to adult services, informed by work undertaken in Argyll and Bute.

6. Mental Health Link Worker

The role has been developed with Joint Committee for Children and Young People partners and is currently being consulted on through the Area Senior Management Groups. The role will ensure a coordinated approach to identifying and addressing mental health needs in integrated school settings.

7. Training for Looked after and accommodated children and young people

The additional posts in specialist Inverness based CAMH services has allowed capacity to be freed up to support this development with input from social work services in the integrated CAMHS service. Training is in development and the resource will be ready for delivery in April 2009. In the first instance staff in the residential units will be targeted with the aim that all the staff in residential units in Highland are able to access and complete the programme by the end of November 2009.

8. Integrated Children's Service CAMHS Consultation Seminars 2007/08

8.1 In addition to work that has been undertaken with specialist CAMHS In order to identify key issues for the remaining framework priority areas a series of seminars were held with integrated children's service partners from October 2007 to January 2008.

8.2 The seminars resulted in a series of conclusions which are detailed in Appendix 1 and a series of priorities as detailed below:

9. Priorities for the coming months

1. To ensure that the GIRFEC methodology informs the development of an integrated approach to assessing and addressing mental health needs across the continuum of promotion, prevention and care.
2. Begin to detail mechanisms for accessing consultation and liaison with specialist CAMHS services across the range of children and young people's services as the Highland CAMHS Network evolves.
3. Identify mechanisms to demonstrate and replicate best practice in regard to supporting mental health across the continuum of promotion, prevention and care which are being developed across Highland services, for example, managing distress in schools, Mellow Baby parenting group in Alness.
4. Consider how Joint Committee for Children and Young People partners can demonstrate a pro active/exemplar approach to staff mental health and well being
5. To acknowledge the work of the integrated children's services training group as an exemplar model to be replicated across CAMHS training developments.
6. Detail an incremental approach to a series of locality/area based CAMHS Seminars to ensure local ownership of the CAMHS Framework Implementation process and engagement in the Highland CAMHS Network. The first of these should be in the North with the development of the Tier 3 post. Subsequent events to be held as investment across specialist and locality/area based CAMHS takes place over coming years.

Recommendations

The last two years of review and redesign have seen considerable change within specialist CAMHS across NHS Highland. There has also been progress in developing shared priorities with partners of the Joint Committee for Children and Young People. Members are asked to note these developments and the priorities detailed for the months ahead.

Sally Amor
Child Health Commissioner

Child and Adolescent Mental Health: A Framework for Promotion, Prevention and Care
Summary Conclusions: Integrated Children's Service CAMHS Consultation Seminars

October 2007 -January 2008
Policy

- The policy agenda from the Scottish Executive and Scottish Government in recent years has supported wide ranging activity to support mental health and well being across the priority areas
- This is reflected in a marked and notable change in the way mental health issues are identified and addressed across children's young people's services
- GIRFEC 'thinking' is increasingly influencing the way professionals think and reflect on service design and delivery
- Sharing information with appropriate agencies remains an issue for all services

Capacity

- There are significant capacity issues for NHS specialist CAMHS that affect the way children and young people access specialist support and the way professionals working in other services access advice and support for young people with mental health needs across the continuum of promotion, prevention and care.
- There is an absence of pathways to support children and young people's journeys through services

Training and education needs

- Participants from a range of services identified knowledge gaps and training needs across a range of topics
- There are training needs across all service providers to enable professionals and practitioners to identify and respond to mental health need and difficulty across the continuum of promotion, prevention and care

Early intervention

- The importance of early intervention, early in life, particularly when vulnerabilities are clear was acknowledged to be crucial.
- There is a need for a better awareness of how different agencies and services provide services and support for the infants and pre school children with mental health needs

Schools

- Health and well being is now an established part of the curriculum, this presents a range of possibilities that should be fully exploited
- There are many professionals working in schools who make a contribution to mental health and well being

Good practice

- Good practice in relation to mental health and well being is not always acknowledged or disseminated across services

Staff well being

- Staff mental health and well being and understanding underpins the wider school approach