

The contribution of all services to better mental health outcomes for children and young people

Background and context

Following CAMHS being identified as a service priority in the 2003-4 Children and Young People's Plan a comprehensive needs assessment was undertaken in 2004 and the CAMHS Commissioning and Development Partnership was set up in late 2004, drawing its members from senior officers in the Children's Services Department, schools, Sussex Partnership Trust (the newly re-organised pan Sussex Mental Health Trust) and PCTs. The CAMHS Partnership commissioned the development of the CAMHS Planning and Commissioning Strategy, which was put in place in December 2005. The strategy is supported by a robust implementation plan, overseen by the multi-agency CAMHS Planning Group, which has been instrumental in influencing service delivery to further impact on mental health outcomes at all levels.

Key themes and priorities

The strategy was disseminated through area Children's Services Planning Groups, age related partnerships, Local Partnerships for Children, and specialist planning groups such as the Disabled Children's Development Group. Stakeholder events were held with front line staff, and a CAMHS Participation Worker employed to work with service users, in order to develop a realistic, targeted action plan. This broad involvement at every tier supported the principle that 'better mental health outcomes are everybody's business' - a message that was unreservedly well received across the board.

The strategy identifies 5 key priority areas:

- Access to services
- Services to children with disabilities
- Integrated working across services
- Specialist Tier 3 CAMHS Development
- Complex, Severe and Persistent Behavioural and Mental Health Needs

Key Achievements

Within the first year of the strategy we have met the 3 proxy measures (24/7; services for 16-17year olds; learning difficulties) for the development of Comprehensive CAMHS. All 10 elements of Comprehensive CAMHS are rated as upper amber or green in the national CAMHS self assessment matrix for East Sussex. Further external validation has been received in the South East Care Services Improvement Partnership (CSIP) report on Comprehensive CAMHS development across the region, which highlighted the work of the East Sussex commissioning and development partnership as an example of good practice.

Priority 1: Access

- Schools and services such as the anti-bullying team report better access to specialist CAMHS through the primary mental health development workers.
- Access to a mental health risk assessment is available within 24 hours for children and young people in paediatric wards, including weekends and bank holidays.
- Access to specialist CAMHS service has been improved for children who are looked after through designated LAC specialists and increased capacity within specialist CAMHS for focusing on this target group. The re-design of the pathway for LAC with emotional and mental health problems is leading to one front door, one assessment and allocation of resources in line with a shared plan between CSD, health and SpCAMHS

- New ethnicity recording and reporting systems within the Sussex Partnership Trust, access to interpreting services, and increased training for staff is ensuring better service access for ME children.
- Through the Educational Psychology Service, children and young people, schools and communities have rapid access to support and debriefing in cases of trauma and critical incidents.
- An extensive twilight training programme with a mental health and well being focus delivered by CAMHS staff, with education psychologists, to over 500 front line staff, including schools, across East Sussex has improved access to information about the range of mental health services.
- 120 schools have received introductory training for the Social and Emotional Aspects of Learning (SEAL) curriculum, 30 schools have received more intensive support and have implemented aspects of the curriculum since Jan 2006. This supports the early identification of children with emotional difficulties.
- The Early Intervention in Psychosis (EIP) Service within the Sussex Partnership Trust is being developed as a hub and spoke service, staffed by both CAMHS and adult mental health service staff. The EIP service offers a single point of entry for all 16-17 year olds. Other services, such as youth access centres and the Under 19 Substance Misuse Service are included as 'spoke' services, which will streamline referrals into the 'hub', thereby improving access to earlier intervention for older adolescents.

Priority 2: Services to Children with Disabilities

- The Early Support Programme for disabled children provides an excellent and well evaluated training programme delivered jointly by parents and practitioners. Benefits to service users and practitioners are evident with service users reporting a positive impact on their family's overall mental health.
- The Family Intensive Support Service is now available across East Sussex to those families with disabled children who have challenging behaviour.
- The Sussex Partnership Trust has secured a specialist LD psychiatrist and a psychiatric nurse to provide targeted support to disabled children and their families.
- 3 ASD multi-disciplinary monitoring and support groups deliver flexible support to children and their families within school and home settings. Parents have been key in the shaping of this service, which assists them in enhancing their children's well being.
- A successful holiday/after school club was launched in the Eastbourne area last year. Further schemes across other LD special schools are planned for the summer to enhance the social and emotional development of their pupils.

Priority 3: Integrated working across services

- CAMHS Primary Mental Health Service (PMHS) has been strengthened to include a countywide manager and a co-ordinated programme of work. Case co-ordination has been a large part of the PMHW's role locally, bringing a coherent plan together with families, schools and other professionals for children and young people with mental health problems
- 2 Local Partnerships for Children (Lewes and Hastings West) have jointly funded the appointment of a Primary Mental Health worker for a year in response to identified local need, with two further LPCs committing funding in 2007/8 for similar initiatives targeting mental health.

- The successful setting up of nurture groups in schools. In particular a joint venture involving school staff, the Educational Psychology Service, Behaviour Support and funding through the Local Partnership for Children has been evidenced by one primary school as reducing exclusions and creating a better school ethos and greater confidence among staff and the wider community.
- Promoting mental and emotional health is one of the key elements of the children's centres' core offer – eg through post natal depression support groups. The centres are increasingly working with health practitioners to offer Brazelton assessments aimed at improving communication and bonding between parent and child. This technique is being used with 'higher risk' groups, such as teenage parents, and has become part of community midwifery training.
- The family health support team (health visitors working with families where there is a risk of attachment difficulties) has expanded in the past year.
- The new family substance misuse service, addressing the needs of children whose parents misuse substances, is targeted to improve the wellbeing of children in these circumstances, many of whom are young carers, while a therapeutic service for children affected by domestic violence has been expanded countywide in 06/7.
- Connexions intensive personal advisers work with a range of mental health problems among young people aged 13-19, and many regularly access consultation support from SpCAMHS clinicians.
- Relateen, with the support of CAMHS funding, provided counselling through secondary schools in 2006/7
- Chrysalis, a multi-disciplinary service for young people engaged in sexually abusive behaviours, continues to provide a high quality service.
- The youth development service delivers a range of projects that provide support to young people with emotional and mental well being needs. Following staff training in partnership with CAMHS in 2006, all staff in health related projects and many open access centres are able to respond appropriately to young people with mental health needs.
- A range of integrated services is available to promote the mental health needs of young offenders, including rapid access to specialist substance misuse services, psychologists working within the YOT, and speedy access to specialist CAMHS, when necessary.

Priority 4: Specialist Tier 3 CAMHS Development

- Restructuring of SpCAMHS has led to increased management capacity, and clarity around managerial and clinical accountability
- Waiting times across both CAMHS teams meet the national target of 12 weeks
- The service provides consultation and support to children's homes and Lansdowne Secure Unit.
- The ADHD service together with the Educational Psychology Service provides support and training to schools.
- CAMHS clinicians contribute to out of hours mental health risk assessments for children and young people.
- Increased social work capacity within SpCAMHS

Priority 5: Complex Severe and Persistent Behavioural and Mental Health Needs

- A joint protocol between CSA Heads of Integrated Services and Sussex Partnership Trust (SPT) Directors for a rapid response to complex, high risk cases which have arisen out of hours and require an urgent assessment of need, possible emergency resources and a joint plan.

- The re-provisioning of Tier 4 Chalkhill in-patient unit has led a dedicated project funded by SPT to ensure that the unit's practice supports local initiatives particularly when young people are discharged.
- Better co-ordinated treatment pathways for dual diagnosis (substance misuse and mental health) cases, with consultant psychiatrist providing clinical leadership
- Outreach work liaison and support workers (OWLS), supervised by CAMHS clinicians, offer community support to children where intensive interventions are required and parents need additional support, especially evenings and weekends.

Priorities for further development 2007/8

- A programme of training on perinatal depression will be rolled out to all appropriate children's centre staff in 2007/8.
- Partnership developments between children's centres, the play development service for foundation stage children and the family outreach service will give better access to this targeted service for hard to reach families with a child with challenging behaviour.
- The planned development of a service for families where parents are in receipt of adult mental health services to address their children's needs.
- Integrated, preventative approaches to conduct disorder in 5 – 11 year olds through SpCAMHS, family support teams, health, behaviour support services, and schools.
- Better identification of young carers through the deployment of a new strategy leading to integrated support with strong emphasis on user involvement.
- The further development of best practice in schools in relation to ASD. Centres of regional expertise across secondary and primary schools are being set up with the support of local services and additional grant funding through the regional SEN partnerships.
- The integration of secondary behaviour support service and school re-integration services within area children's services will enhance the sharing of knowledge and expertise to support young people with challenging behaviour
- Better access to specialist CAMHS for all services through a consultation telephone helpline which is planned for later this year.
- Paediatric liaison with SpCAMHS to be strengthened across the county
- Continuing to improve transition to adult services for young people with mental health problems, including the use of the care programme approach for 16 & 17 year olds.
- The further development of targeted emotional wellbeing/mental health training across children's services, combining the expertise of practitioners through increased joint delivery opportunities.
- Develop quality monitoring processes and impact measures including routine outcome monitoring within SpCAMHS
- Work with the districts and boroughs to ensure support is considered alongside housing and is tailored to the specific needs of the individual young person.