

Children and Young People's Select Committee 30th January 2018

CAMHS Update

1. Background Information - National and local CAMHS context

- 1.1 The children's mental health agenda has, for many good reasons, risen up the national agenda. It is perceived that there is increased prevalence of mental health problems among young people and a drive to improve treatment and early intervention.
- 1.2 The national policy document 'Future in Mind' 2015 placed more emphasis on early intervention, resilience and prevention, alongside improved access to services, supporting vulnerable groups and the need for ongoing workforce development. More recently a Green Paper has been published with similar themes.
- 1.3 These themes are very much in line with the Council's stated strategic priorities, in particular Lewisham's Children and Young People Plan (CYPP) 2015-18, the SEL Sustainability Transformation Plan and Lewisham's CYP Mental Health & Emotional Wellbeing Strategy which sets out the vision and priorities for young people's mental health provision across the borough up to 2020 and is aligned to the national policy context.
- 1.4 Over the last 3 years extensive work has been undertaken with stakeholders, including children, young people and their parents, to gain a more informed understanding of what is required in the borough to meet the mental health needs of under 18s. Underpinned by the Mental Health and Emotional Wellbeing Strategy, a considerable amount of work has been undertaken to improve the mental health and wellbeing of Lewisham children and young people.
- 1.5 Stakeholders, including children, young people and their parents have worked together to develop a shared vision and common language, this mirrors the drive to improve access to emotional and mental health support in community settings:

"Our children and young people will be emotionally resilient, knowing when and where to go for help and support when faced with challenges and adversities as they arise. Those that require mental health support are able to access this, where and when they need it.

Our parents/carers and young people's workforce will be equipped to identify and respond to low levels of emotional well-being amongst our young people."

2. Current provision in Lewisham

- 2.1. Lewisham CAMHS (excluding inpatient and some outpatient services) is commissioned by the CYP Joint Commissioning team on behalf of both NHS Lewisham Clinical Commissioning Group (CCG) and Lewisham Council. Services are delivered by South London & Maudsley (SLAM) NHS Foundation Trust.
- 2.2 Specialist CAMHS support is available to all children and young people up to the age of 18 (up to 21 for care leavers), where significant mental health concerns have been identified. The CAMHS service is delivered through five core teams: SYMBOL (a special

service for CYP in the care system), Horizon (Generic CAMHS cases), ARTs (forensic), Neuro-Development (CYP with LD/ASD) and LYPS (CYP with enduring mental health concerns).

- 2.3 Through additional NHS investment, local partners have developed other means of support, such as: an online counselling service; the Young People's Health and Wellbeing Service and the Children's Well-Being Practitioner programme, which are all available to young people with lower level mental health concerns and do not meet a CAMHS threshold.

3. How Lewisham CAMHS is funded

- 3.1 CAMHS in Lewisham, as elsewhere in SE London (and across London more widely) , is funded by the LA and the CCG, with the statutory role for the core funding of CAMHS sitting with the CCG. The total CAMHS funding for 17/18 in Lewisham is £4,300,000. This has risen since 2014/15, when the funding was £3,800,000 and is a reflection of the additional NHS investment as a result of the Five Year Forward View For Mental Health.
- 3.2 The local authority (LA) investment into the CAMHS contract compares well to neighbouring boroughs. Lewisham CAMHS has an LA allocation of £940k for 17/18, which compares to a LA investment of £650k in Lambeth, £443k in Bexley, £1,084,000 in Greenwich and £1,446,000 in Southwark.

4. Savings

- 4.1. The savings proposals put forward to, and agreed by, Mayor and Cabinet in 2016 were part of the wider Lewisham Council savings proposals to meet the £45m of savings to be delivered by 2019/20, in addition to the savings of over £120m already achieved since 2010. In the period 2010 to 16, no savings were made from the local authority contribution to CAMHS.
- 4.2. LA savings for CAMHS were agreed by Mayor and Cabinet in September 2016 and are being phased over a 3 year period 2017/18, 2018/19, 2019/20, which total £244k
- Yr 1 (17/18) savings totalled £94k (merging of two teams / £50k reduction in LAC (SYMBOL) team);
 - Yr 2 (18/19) savings will seek £50k reduction; and
 - Yr 3 (19/20) savings will seek a £100k reduction

- 4.3 The full savings proposals that went to Mayor and Cabinet can be found here:
<http://councilmeetings.lewisham.gov.uk/documents/s45581/Appendices%20to%20vi%20savings%20proformas.pdf>

5. Service developments

- 5.1 In addition to the savings proposals, there were a range of issues driving service improvement and change to the service:
- **Performance** - There have been previous concerns about the high numbers of rejected referrals to CAMHS and also the long waiting times to accessing some services within CAMHS.

- **Need and demand** - One in ten children aged between 5 and 16 years (three in every classroom) has a mental health problem, and many continue to have these problems into adulthood.¹
 - **Service user feedback** – Following extensive consultation and service user insight sessions, there was a call from young people, parents and professionals for the need to develop a range of early intervention services that can be accessed via other means such as self-referral and online, but also in other settings, i.e. schools, youth centres etc.
- 5.2. As a response to these issues, commissioners worked closely with local mental health providers including SLaM, to develop a savings and improvement programme. This formed part of the savings proposals that went to Mayor and Cabinet in 2016.
- 5.3. Alongside the savings programme, considerable investment has gone into CAMHS through CCG CAMHS transformation and Pupil Premium Grant (PPG), which have helped to deliver the service improvements. CAMHS transformation funding has been awarded through the CCG over six years (until 2020/21) to transform the way in which child and adolescent mental health services are delivered locally.
- 5.4. Key aspects of the improvement programme have been:
- **Implementation of the ‘CAPA’ programme and waiting list initiative** across CAMHS to improve access into CAMHS services and reduce waiting times
 - **The Young People’s Health and Wellbeing Service** is operating across Lewisham for CYP aged 10-19 (up to 25 for children with additional needs), the online counselling element has been embedded within this offer, alongside substance misuse and sexual health support, offering a much more holistic offer to young people
 - **The Children’s Wellbeing Practitioner Programme** has been established to support children with lower level mental health needs
 - **The Community Adolescent Eating Disorder Service** has been extended to include a school’s training programme and a ‘clinician-led’ self-referral help line for young people, parents and professionals
 - **Development of crisis care team**, which offers mental health outreach support into Lewisham hospital, supporting young people who present in A&E
 - **Development of a CAMHS team linked to the Virtual School for Looked After Children**, to improve educational outcomes of this cohort of CYP.
 - **Trauma informed approach to training and supervision** has been embedded within the Youth Offending Service
- 5.5. The additional funding to CAMHS includes:
- **£300K** one-off funding investment to SLaM over 16/17 - 18/19 to support the CAMHS CAPA transformation programme and the waiting list initiative
 - Annual CAMHS Transformation investment to SLaM to the value of **£614K** which covers a range of mental health provision, such as crisis care, support for children with SEND, the children’s wellbeing practitioner programme and those with eating disorders
 - Annual investment of **£196K** to SLaM through the Pupil Premium Grant to support the LAC Virtual School and the Hospital Outreach Programme to improve educational

¹ Source: Green h, McGinnity A, Meltzer h et al. (2005) *Mental Health of Children and Young People in Great Britain, 2004*. Basingstoke: Palgrave Macmillan

outcomes for children in the care system and for those not in school due to mental health concerns.

- Additional funding of **£200K** to offer evidence based mental health support through the voluntary and community sector.

6. Conclusion

- 6.1 The service changes underway in CAMHS currently, including the restructure of staff, are delivering the service improvement plan as well as the council budget savings, which have been developed in alignment with each other.
- 6.2 Although the LA has agreed proposals to reduce its funding by £244k, Lewisham's LA funding into CAMHS benchmarks well against other SE London Boroughs.
- 6.3 The additional CAMHS Transformation Fund investment however means that overall, even with the LA savings, the CAMHS funding has increased and is leading to an improvement in the way in which services are structured and delivered – in a way that is able to meet demand as it changes in the Borough. This means having a range of responses to different needs; being able to assess and intervene more quickly; to deliver in a range of community and clinic settings; and to support other frontline practitioners with mental health and emotional wellbeing issues.
- 6.4 Lewisham CAMHS receives on average between 300-350 referrals per quarter. Referral numbers have not noticeably increased over recent years but commissioners acknowledge that cases are becoming more complex. The number of accepted referrals has increased over the last 12 months to approximately 70%, (previously 60-65%), which is likely to be as a direct result of additional provision within the CAMHS service.
- 6.5 Through robust contract management arrangements, measures will be taken to ensure effective step up, step down processes between SLaM and non-SLaM mental health services, to enable efficient use of available resources, preventing escalation of need wherever possible. We will continue to work with stakeholders to understand resources and gaps in provision, managing risks and providing mitigation, to ensure resources are effectively targeted.