

**Title of meeting:** HOSP Meeting

**Subject:** CAMHS Performance & Early Help Commissioning Intentions

**Date of meeting:** 26<sup>th</sup> July 2016

**Report by:** Stuart McDowell, Commissioning Project Manager,  
Integrated Commissioning Service

**Wards affected:** All wards

## **1. Purpose**

To update HOSP members on the performance of Child and Adolescent Mental Health Services (CAMHS) in Portsmouth and describe what the commissioning plans are with regards to commissioning an Early Help service for Children and Young People that do not meet the criteria for CAMHS.

## **2. CAMHS Service Description**

- CAMHS is a multi-disciplinary service providing a range of effective, evidence based assessments, treatments and support for children and young people (0-18) from all ethnic and cultural backgrounds where there are concerns about their mental health. Referrals are accepted from any professional in health, education, social services and the voluntary sector.
- All referrals initially go through the CAMHS Single Point of Access (SPA) which was implemented in early November 2014. The purpose of the SPA service is to provide easy and equitable access for children, young people and their families with the aim of reducing wait times and more effective decision making around appropriate therapeutic interventions which meet identified mental health needs.
- The CAMHS extended team provides longer term individualised treatment interventions designed to address the needs of children and young people and their families/support networks who have serious to severe mental health disorders.

### 3. Eligibility Criteria for CAMHS

The service accepts referrals for children and young people up to their 18th birthday and who meet the following criteria:

<b>Depression</b>
Where the difficulties are beyond age-appropriate mood variation, unrelated to life events, have an impact on daily living.
<b>Self-harm</b>
Where there is concern about self-harm, in context of other difficulties including overdose cases.
<b>Anxiety</b>
Where it is affecting the child/young person's development or level of functioning and is out of proportion to the family circumstances.
<b>Obsessional Compulsive Disorder</b>
Where the difficulties are beyond age-appropriate checking and ritualistic behaviours and unrelated to life events.
<b>Eating Disorders</b>
Where there is concern in relation anorexia and bulimia
<b>Complex developmental problems</b>
Significant delay in the acquisition of appropriate social skills. Difficulties with the child's peer group relationships. Unusual or very fixed interests - Bizarre or unusual behaviours.
<b>Moderate To Severe learning disability and enduring challenging behaviour/mental health</b>
Challenging behaviours associated with moderate to severe learning disability
<b>Specific or Social Phobias</b>
Where there are difficulties in attending school or college and prolonged absenteeism in the absence of anti-social disorders e.g. stealing, school truancy. Severe and emotional upset experienced including fearfulness/anxiety/temper/acute misery.
<b>Response to bereavement</b>
Child is experiencing significant distress following a death that has occurred within traumatic circumstances eg suicide of a parent
<b>Post-Traumatic Stress response</b>
Where a child/young person continues to demonstrate hyper-vigilance, avoidance, flashbacks, or a marked increase in unexplained temper tantrums or episodes of other distress.

### Waiting times for CAMHS

The current waiting times for CAMHS services are as follows:

- Urgent – 24 hours
- Priority – 72 hours
- Routine – 3-4 weeks
- CAMHS Extended team - 12 weeks

Telephone contact is attempted with all referrals within 2 working days

- Commissioners are confident that Solent NHS Trust provides a safe, effective and high performing CAMHS service for Children and Young People in Portsmouth and this assessment has been verified by the National Quality Network for Community CAMHS who audit the service on a regular basis and report positive outcomes.

### **Future Commissioning Intentions**

- As a result of undertaking a comprehensive stakeholder consultation exercise and health needs assessment recently we know that what's needed in the city is greater support for young people and families that don't meet the threshold for CAMHS services but who need support none the less with building resilience and developing coping strategies that supports early intervention and prevention.
- We know that a significant number of referrals to the CAMHS Single Point of Access so roughly 45% do not meet their eligibility and a high proportion of those young people will be referred onto other early help services such as Off the Record who deliver informal support, 1-1 counselling and information to young people aged 11 - 25. At present Portsmouth Clinical Commissioning Group funds Off the Record and this funding is due to come to an end in December 2016. The demand for Off the Record is significant which has led to the service having to instigate a waiting list.
- It is our intention to commission an Early Help (pre CAMHS) service that supports Children and Young People up to the age of 25 and their families that is flexible and responsive to their individual needs; is able to deliver a range of evidence based therapeutic interventions; has open referral pathways that include self-referral and referral from CAMHS either where they do not meet eligibility or as part of their step down support/discharge plan.
- This service will be operational as from January 2017 and will be a key step in supporting children, young people and their families across the city in promoting good mental health wellbeing and resilience whilst also providing the vital support that is needed to prevent more serious mental health problems developing in the future. The impacts of this will benefit both health and social care commissioned services.