

Wellbeing and Health Scrutiny Board
 12 November 2015

Surrey Child & Adolescent Mental Health Services

Purpose of the report: The purpose of this report is to provide an update on Specialist Child & Adolescent Mental Health Services (CAMHS) and the future direction and developments of CAMHS in Surrey.

Introduction

1. The national strategy 'No Health without Mental Health' (2011) has taken the definition of mental health in its broadest sense, encompassing wellbeing. Emotional wellbeing and Mental Health is one of the five Surrey Health and Wellbeing Board priorities, with the outcome that all children and young people are emotionally and mentally healthy and resilient. It is estimated that 10,600 5-15 year olds (7% of Surrey population) have a mental health disorder.
2. NHS Guildford & Waverley Clinical Commissioning Group (CCG) on behalf of the NHS Surrey Collaborative commission Surrey and Borders Partnership (SaBP) NHS Foundation Trust to provide specialist CAMH services. These commissioned services are Community CAMHS; Eating Disorder service; Children and young people Learning Disability Service and the Mindful Service (annexe one details of universal, targeted and specialist CAMH Services).
3. Over the last 16 months NHS Guildford & Waverley CCG has led the Surrey CAMHS Procurement Programme on behalf of the Surrey CCGs and Surrey County Council. This commenced with both 'GP as commissioners' and wider stakeholder engagement events which identified key areas of improvement including improvements which would require further investment. This enabled us to co-design new service specifications and develop more robust performance monitoring frameworks (activity and outcome reporting). The tender of both targeted and specialist CAMHS were undertaken via a single joint procurement during July 2015 – September 2015.
4. In March 2015 NHS England published '*Our Future in Mind - promoting, protecting and improving our children and young people's*

mental health and wellbeing'. To support local implementation over the next five years (March 2020) Surrey CCGs have been allocated £2.3m each year. This additional investment will not only provide parity of esteem by enabling greater access and standards for CAMHS services to deliver against. There will be greater system co-ordination and significant improvements in meeting the mental health needs of children and young people from vulnerable backgrounds.

Commissioning Intentions and CAMHS Procurement Programme

5. The Children and Young People's Emotional Wellbeing and Mental Health Commissioning strategy (annexe two) has been developed by NHS Guildford and Waverley CCG (the host commissioner for emotional wellbeing and mental health for the Surrey CCG Collaborative) and Surrey County Council.
6. The strategy outlines the shared vision, commissioning objectives and intentions across the CCGs and Surrey County Council during 2013 - 2017. This strategy is designed to ensure that all partners remain focused on commissioning services that deliver the best possible emotional wellbeing and mental health outcomes for children and young people. The commissioning strategy supports the delivery of both the Children and Young People's strategy 2012 -2017 and the CCGs' commissioning intentions:
 - Recommissioning mental health community services, that build resilience and equip children and young people with the necessary skills to maintain positive mental health and emotional wellbeing;
 - Shaping our emotional wellbeing and mental health provider market;
 - Ensuring safeguarding requirements and clinical excellence are maintained and
 - Ensuring contract and procurement compliance in line with Council and NHS Clinical Commissioning Group requirements
7. The vision from our Joint Emotional Wellbeing and Mental Health Commissioning Strategy states: *"we will promote and support good mental health and emotional wellbeing by commissioning quality child centred services that are compassionate, responsive, timely, needs-led, respectful and effective, and provide good value for money in order to meet the needs of all children and young people."*
8. NHS Guildford and Waverley CCG led a public engagement between 30 July and 14 October 2014, in collaboration all Surrey CCGs and Surrey County Council. The purpose of engagement was to understand from stakeholders perceived unmet needs and priorities for the future. A combination of online surveys and local and county wide engagement events were held. In total 428 stakeholders responded to the surveys and 117 stakeholders also attended one of eight county wide engagement events.

9. Engagement identified a number of issues and priorities to be considered in the CAMHS Procurement Programme. These issues were:

- No telephone advice on line for parents;
- Poor out of hour's response service for crisis care/urgent queries/ emergency;
- Limited choice of appointments;
- Long waiting times and
- Inequitable of hospital liaison across Surrey for children and young people.

10. There were four themes also identified through engagement which were:

- Increasing capacity within the children and young people with learning disabilities to reduce reliance on tertiary referrals.
- Increase counselling support for children and young people with mild-moderate anxiety or depression.
- Better support for young people aged 18 to 25 who do not access IAPT or adult mental health services.
- Develop a new pathway to support children and young people with neurodevelopmental difficulties (such as Attention deficit Hyperactivity Disorder (ADHD), Autistic Spectrum Disorder (ASD) and Aspergers) with limited access to advice, guidance and treatment.

11. Further details from engagement are contained in the report circulated to Members. These issues and priorities have been incorporated within the news service specifications. The equality impact analysis completed in July 2015 detailed the overall impact would be positive and recommended the implementation of all the changes to services. See the additional report for the full findings of the equality impact assessment.

Current CAMHS Activity

12. For Specialist CAMHS SaBP has pulled together historical data that can be compared and then RAG rated this to show the trends over time. The data in annexe three is up to 15 months in arrears up to July 2015.

13. Commissioners from Surrey County Council and the CCGs with involvement from stakeholders have developed robust and consistent performance and quality indicators which will be effective from 1st April 2016 and reported monthly to commissioners.

Investment into CAMHS

14. Nationally, it is recognised that only 5% of the national Mental Health programme budget is spent on children and young people whilst children and young people account for 23% of the population.

15. Investment into specialist CAMHS has remained consistent over the last seven years. In 2015-16 the six Surrey CCGs invested £7,667,000 for the specialist CAMHS.
16. For the CAMHS Procurement following the CAMHS engagement all CCGs with the exception of NHS Surrey Downs CCG agreed to provide additional investment of £2.02m in the four themes (identified in paragraph 12). NHS Surrey Downs CCG can invest into these areas at a future date. In July 2015 Surrey County Council Cabinet agreed to investment of an additional £1.9m pa into targeted CAMHS.
17. Confirmation of the additional investment provided a combined maximum financial envelope of £12,914,000 pa and over the life of the contract (three years) £38,742,000. This is within a region of a 30% uplift collectively. The contract period will be for three years with an option to extend for up to two years commencing from the 1 April 2016.

CAMHS looking forward

18. In March 2015 NHS England published '*Our Future in Mind - promoting, protecting and improving our children and young people's mental health and wellbeing*'. The report sets out a broad set of recommendations taking a systems approach to mental health covering greater focus on prevention by building capability and capacity in universal services; specialist perinatal mental health; Early Intervention in Psychosis (EIP); Psychiatric liaison; children and young people from vulnerable groups and Children and Young People Improved Access to Psychological Therapies (CYP IAPT).
19. An additional £2.3m pa through CAMHS Transformation funding will be allocated to Surrey CCGs over the next five years to develop and deliver against the priorities set out in Our Future in Mind. These investments support us on our journey to achieve parity of esteem of mental health with physical health services and the improvement areas are widely welcomed by our service users and stakeholders. It continues to be a journey though and the economic argument of further investment is strong. Our procurement and partnership work has placed in an excellent place to accept any additional funding although procurement may delay some implementation. The key areas for this investment are eating disorders, perinatal mental health, psychiatric liaison and crisis care. Our Transformation Plans have been approved via the Health and Wellbeing Board (September 2015) and with each CCG. Final assurance is expected early November 2015 from NHS England. Details of the Surrey CAMHS transformation plan endorsed by the Health and wellbeing Board have been circulated to the Board.

Benefits to Children and Young People and Public Health Impacts

20. With the CAMHS Procurement Programme, there will be a number of benefits to children, young people and their families, these benefits include:
- a) A single point of access and 'no wrong door' approach all referrals made to be accepted and child/young people and family supported in the right service
 - b) Evening and weekend appointments
 - c) Reduced waiting times
 - d) Telephone advice line for parents
 - e) New treatment and support service for children with ADHD, ASD and Aspergers in Guildford and Waverley; Surrey Heath; North East Hampshire and Farnham and North West Surrey
 - f) Additional support for children with mild-moderate anxiety or depression through improved access to counselling in Surrey Heath; North East Hampshire and Farnham and North West Surrey
 - g) Additional support for young people aged 18 to 25 who do not access IAPT or adult mental health services in North West Surrey
 - h) Community in reach for children with learning disabilities in Guildford and Waverley; Surrey Heath; North East Hampshire and Farnham and North West Surrey
 - i) Pre and post adoption mental health support
 - j) Where possible a consistent worker during a child/young person's journey through CAMHS.
21. With the additional investment from NHS England to CCGs to deliver the CAMHS Transformation plan it will:
- a) Further challenge stigma associated with mental health to support children and young people to access services
 - b) Enable universal services to increase resilience amongst all children and young people
 - c) Improve the mental health of vulnerable children with additional complex needs and children looked after
 - d) Services responsive to the needs of children, young people and their families.
 - e) Further improve care for children and young people in crisis so they are treated in the right place at the right time and as close to home as possible.
 - f) Improve access for parents to evidence-based programmes of intervention and support to strengthen attachment between parent and child, avoid early trauma, build resilience and improve behaviour.
 - g) Access to a local eating disorders service that effectively supports children with moderate and milder difficulties, enhancing services already available for children and young people with severe eating disorders; addressing the whole spectrum of eating disorders from anorexia to obesity.

Recommendations:

22. To provide annual progress updates on CAMHS Transformation plan with the Wellbeing and Health Scrutiny Board.

Next steps:

- NHS England to assure the CAMHS Transformation plan by early November 2015
- Surrey CCGs and Surrey County Council jointly announce the recommended bidder for Targeted and Specialist CAMH services – early November 2015
- Surrey CCGs and Surrey County Council will work closely with the recommended bidder to ensure a smooth transfer from the current targeted and specialist CAMHS to the new service during the mobilisation period of four and a half months – mid November 2015 – March 2016

Report contact: Karina Ajayi, CAMHS Project Lead

Contact details: Karina.ajayi@nhs.net

Sources/background papers:

Annexe one - Summary of Universal, Targeted and Specialist CAMH Services

Annexe two - Children and Young People's Emotional Wellbeing and Mental Health Commissioning strategy

Annexe three - Specialist CAMHS activity report

CAMHS Engagement report

Equality Impact Assessment

Surrey CAMHS Transformation plan