

## HAMPSHIRE COUNTY COUNCIL

### Report

<b>Committee:</b>	Children and Young People Select Committee
<b>Date:</b>	22 November 2022
<b>Title:</b>	Hampshire Child and Adolescent Mental Health Service (CAMHS)
<b>Report From:</b>	Rachel Walker, Operational Director, CAMHS, Specialist, Learning Disability/Neurodevelopmental Services

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#### **Purpose of this Report**

1. The purpose of this report is to provide an update to the Children and Young People Select Committee of the work programme and priorities of the Hampshire Child and Adolescent Mental Health Service.

#### **Recommendation(s)**

2. The Children and Young People Select Committee is asked to consider the report and note the work programme and priorities of the Hampshire Child and Adolescent Mental Health Service.

#### **Executive Summary**

3. The Hampshire Child and Adolescent Mental Health Service continues to go through a period of significant transformation to deliver an expansion of its core capacity and wider changes in its response to the increasing demand for children's mental health services seen in recent years. In addition, the service continues to respond to national and local improvement priorities for children's mental health services set out in the NHS Long Term Plan.
4. As a result of investments made in the Hampshire children and young people's mental health offer, there are more young people accessing support provided by NHS Commissioned mental health services, but demand continues to outstrip the capacity of the local service.
5. As a central service in the local mental health offer for children and young people the Hampshire CAMHS Service plays a key role in advocating and championing for improved understanding and recognition of emotional wellbeing and mental health needs in children and young people. The Service continues to provide a range of community approaches and is committed to working alongside its partners on an ongoing basis.

6. There remains a number of priorities for both service development and investment which are outlined within the October 2022 refresh of the Hampshire children and young people's mental health local transformation plan. For the coming 2023/24 year this affirms NHS commitment to investment of an additional £2.5m in Hampshire CAMHS services to:
  - Increase the capacity of core CAMHS teams to reduce waiting lists for assessment and treatment.
  - Transform the mental health service offer for Children in Care.
  - Transform the mental health service offer for children and young people with learning disabilities and/or autism.

### **Contextual information**

7. The Hampshire Child and Adolescent Mental Health Service continues to go through a period of significant transformation to deliver an expansion of its core capacity and wider changes in its response to the increasing demand for children's mental health services seen in recent years. In addition, the service continues to respond to national and local improvement priorities for children's mental health services set out in the NHS Long Term Plan.
8. The direct and indirect effects of the COVID-19 pandemic has had an impact on the emotional wellbeing and mental health of children and young people and increased demand for mental health support and services across the mental health offer. Since the early stages of the pandemic the Hampshire CAMHS service has been working with its partners to quantify the impact and develop recovery plans to help support and respond to this increasing demand.
9. In May 2020 the Service developed a paper outlining our approach to recovery planning, recognising the likely impact of COVID-19 on children and young people. This took account of available research at the time, demand modelling assumptions and proposed a framework for the delivery of services to respond to the likely increase in demand. There was also recognition of the chronic historical demand pressures on children and young people mental health services locally. This proposed approach was shared widely with partners and costed proposals were developed by June 2020.
10. The proposals were supported and by November 2020 Hampshire NHS Commissioners committed to support these services financially. It was however recognised at the time that the latest modelling, based on more up to date research, indicated that demand would rise beyond the original levels forecast. It was agreed that it would be necessary to keep the implementation and service expansion under review.
11. A total of £6.5m recurrent funding was approved to implement the proposals, of which circa £2.5m was allocated specifically in relation to responding to increases in demand and historical challenges associated with the length of time some young people wait to access the Service. The overall funding commitment equates to circa an additional 100 WTE members of staff.

12. In addition to this, Hampshire CAMHS is working with local NHS Commissioning and Transformation Leads to increase the coverage of Mental Health Support Teams (MHSTs) in schools and colleges, discussed in more detail below.

### **Overview of Service Expansion Plans**

13. There has been a significant expansion of the Hampshire Child and Adolescent Mental Health Service as a result of ongoing commitments from partners in the local system.
14. The Hampshire Child and Adolescent Mental Health Service has adopted the THRIVE Framework which seeks to enhance awareness of the full range of mental health promoting practices (MHPP) and to facilitate a multi-agency approach to their use. Alongside this, encouraging a whole school approach to supporting good emotional wellbeing and mental health (*Adapted from THRIVE elaborated framework (Wolpert, M., Harris, R., Hodges, S., Fuggle, P., James, R., Wiener, A., McKenna, C., Law, D., York, A., Jones, M. and Fonagy, P. (2015) THRIVE elaborated) & Charlie Waller Memorial Trust ([www.cwmt.org.uk](http://www.cwmt.org.uk)).*
15. Within this framework, services have been expanded to deliver a stepped model of care; a model aimed at providing the right level of support, ensuring first line treatments are offered and provided in the first instance.
16. Services which have been developed or expanded as a result of the investment are highlighted below.
  - a) Early Help Service. CAMHS Early Help Service capacity has been increased with the aim of providing additional initial assessments, increased access to workshops and groups, which are part of the 'Getting Advice' and 'Getting Help' elements of the THRIVE framework and offer low and medium intensity interventions. In addition, the Early Help Service was provided additional funding to support the provision of advice, guidance, and workshops under the umbrella of early help, where specialist mental health input is not required, but where the service is well placed to offer elements of the early intervention offer.
  - b) Urgent and Emergency Care Services. The existing Intensive Home Treatment Service (known as i2i) has been significantly expanded. This service is now able to offer a crisis DBT (Dialectical Behavioural Therapy) Pathway, which provides therapeutic interventions for children and young people who attend Emergency Departments frequently and are assessed as high risk, an immediate crisis assessment pathway, and a short-term crisis intervention service, alongside their pre-existing intensive home treatment pathway.
  - c) Paediatric psychiatric liaison services has been established by Hampshire CAMHS to support children and young people attending Hampshire Hospitals NHS Foundation Trust hospitals in Basingstoke and Winchester. This service co-locates mental health trained staff within Emergency Departments, meaning young people have quicker access to mental health

assessments, avoiding the need for some young people being unnecessarily admitted to paediatric wards. The team will, amongst other things, assess when it is appropriate and safe to discharge a young person and, working with other mental health services, inform and facilitate support needs around safe discharge from hospital care.

- d) A new blended digital/face to face service has been established in order to assess and start treatment for young people who have been waiting unacceptably long periods of time. This team is currently focused on providing ADHD (Attention Deficit Hyperactivity Disorder) assessments and high intensity low mood and anxiety interventions. This is where the Service has had the highest number of young people waiting the longest amount of time. In addition to providing direct interventions, this team is supporting the role out of digital technologies and in particular Minddistrict. Minddistrict is a digital platform which supports the interventions provided by clinical staff. It is designed to complement rather than replace the clinical input. Young people using Minddistrict can access their own content outside of clinical contact time to support their self-management. There are other digital platforms available in Hampshire that are digital only, for example Kooth.com.
  - e) Increased capacity within the Eating Disorder Service. There has been an increase in the number of young people experiencing an eating disorder since the start of the pandemic, which has been well recognised both locally and nationally. The Service has been struggling to meet the increasing needs of this group of young people and it became increasingly challenging to meet the national waiting time standards for eating disorders; 1 week for urgent cases and 4 weeks for non-urgent cases. As a result, additional funding was provided to increase the capacity of the service, which has started to have a positive impact on reducing the waiting times and there is an increasing proportion of young people now being seen within the national waiting time standards.
17. Overall the last 18 months have seen a range of significant and positive improvements which has increased the availability of support being provided by the Hampshire Child and Adolescent Mental Health Service. However, given the scale of the challenge, and the ongoing scale of waiting lists for both assessment and treatment it is inevitable that key challenges remain. A recent internal review of progress made against the service expansion and developments identifies these key challenges. This work has informed the HIOW ICB's plans for continued investment in the transformation and expansion of Hampshire CAMHS services' capacity, reach and capability.
18. In summary, whilst significant progress has been made, recruitment and retention challenges continue to impact upon the pace and scale at which the service has been able to deliver the required changes. Work is ongoing to review and develop workforce plans. Whilst these issues are not unique to Hampshire, there are opportunities the service can continue to access, such as the development of new roles and new training opportunities which will help address some of these challenges. The increase in referral numbers and acuity has increased the associated additional clinical time being required

to fully triage referrals, undertake safety planning and respond to crisis. Combined with the ongoing work needed each month to review and maintain the safety of children and young people already on assessment and treatment waiting lists, this has resulted in less clinical time than planned being available to deliver interventions in accordance with the stepped model of care. There continues to be a gap between the demand and planned capacity for the service.

19. These key issues are having an impact on, amongst other things, the ability of the service to consistently reduce the size of assessment and treatment waiting lists. Prioritisation of service access to those with the highest level of need means that some young people continue to wait unacceptably long periods of time. It is therefore important to continue to progress delivery of key transformation objectives and initiatives to get the service in a place where it can give all Hampshire children and young people who need specialist community mental health support timely access to the help they need. Our progress will depend both upon our success in mobilising agreed and new investment, but also upon whether demand rises further, and by how much.

### **Mental Health Support Teams in Schools**

20. In addition to the above priorities, Mental Health Support Teams (MHSTs) remain a key priority for the service.
21. The development of MHSTs is a nationally led programme in response to the 2017 CYP Mental Health Green Paper and subsequent NHS Long Term Plan.
22. The MHSTs are being developed in partnership with a range of stakeholders locally including the local authority, education providers, Integrated Care System (ICS), voluntary sector and health providers.
23. The Hampshire Child and Adolescent Mental Health Service provides the Mental Health Support Teams in Hampshire and there is a MHST Partnership Board, consisting of all partners, and which provides governance and oversight of the arrangements.
24. Hampshire currently has two fully operational MHSTs, one in Gosport and one in Havant, which were first established in January 2020, and which became fully functioning from February 2021 when the new teams completed their one year training. In addition to these two MHSTs, Hampshire benefitted in January 2022 from the creation of another five MHSTs in Aldershot, Rushmoor Borough, Basingstoke, Andover and the New Forest. These five teams will be fully operational from February 2023 as the teams complete their training.
25. Another four MHSTs are due to start mobilisation in January 2023 in Basingstoke, Eastleigh, Havant and Winchester, with a further three intended to start in January 2024. Once all 14 of Hampshire's planned MHSTs are live they will enhance the mental health early help offer for approximately 112,000 children in Hampshire schools and colleges, improving the early help offer for

approximately 50% of all school and college aged children and young people in the County.

## **Community Engagement**

26. As a central service in the local mental health offer for children and young people the Hampshire CAMHS Service plays a key role in advocating and championing for improved understanding and recognition of emotional wellbeing and mental health needs in children and young people. The Service continues to provide a range of community approaches and is committed to working alongside its partners on an ongoing basis.
27. There are a range of projects and programmes which are developed and delivered by the Service, often in partnership with local stakeholders.
28. The Hampshire CAMHS website ([www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)) continues to be developed and is a source of information, advice, guidance and support for a wide range of 'life issues', including those associated with mental health. The website receives on average circa 37,000 hits per month. There are sections for young people, families and professionals. An example of a recent development, includes the design of fourteen new instructional videos which are available online focussed on supporting primary aged young people with their mental health. Videos include breathing techniques, muscle relaxation and goal setting. A 'smiley face feedback' form has recently been introduced which will help better understand how useful the website is to people that access it and help inform future developments.
29. Parent, Carer and Professional events have continued to be held, the most recent being 4 November 2022 in Havant. These events offer a number of specialist workshops, such as supporting a young person with ADHD and helping boost body image and self-esteem. These events are well attended and receive positive feedback. Workshops are recorded and made available online for those people who are unable to attend.
30. The ICE Project is a partnership between Hampshire CAMHS and Hampshire Cultural Trust. The project promotes positive mental health and provide longer term opportunities for young people by using creativity to build emotional resilience. Young people have the opportunity to take part in a range of artforms; photography, leathermaking, music and lyric writing, printing, fashion and textile design and more. Two recent video case studies have been developed and are available online at <https://vimeo.com/754657376> and <https://vimeo.com/754642413>
31. Each year Hampshire CAMHS runs a mental health information and awareness campaign. This year's campaign is called 'This is Me'. Throughout 2022 there will be a variety of projects that will explore and celebrate difference, identity, diversity, connections, opportunities and understanding one another better. A free public exhibition is being held on 8<sup>th</sup> December 2022. The exhibition will showcase the outcomes from various projects over the year and be an opportunity to learn more about this positive mental health campaign. All outputs and resources from previous campaigns are available on the Hampshire CAMHS website.

32. On 10<sup>th</sup> October 2022 the Sand timer project was launched. The aim of the project is to raise awareness, understanding and compassion of young people's mental health, wellbeing and youth suicide. The sand timer installation was launched at Winchester Cathedral and will tour various locations throughout Hampshire until the end of December. The sand timer has 161 balls representing the 161 children and adolescents under the age of 19 years old who ended their life by suicide in 2020 in England. The sand timer turns every 40 seconds representing a life lost to suicide every 40 seconds globally.
33. Further information about the projects and programmes the service provides throughout the year is available on the Hampshire CAMHS website. Planning for 2023 has started and the service will continue to work in partnership with stakeholders in raising awareness and supporting local communities.

### **Future Priorities**

34. The priorities for the Hampshire Child and Adolescent Mental Health Service align to those set out in the Hampshire Children and Young People Mental Health Local Transformation Plan. This annually refreshed plan sets out strategic priorities for service investment and transformation across Hampshire, covering the Hampshire localities within Hampshire and Isle of Wight ICB and Frimley ICB. Locally, NHS integrated care systems are required to re-refresh their Local Transformation Plans annually, but in the case of some larger areas, such as Hampshire, the LTP overlaps the geographies of more than one NHS Integrated Care System. The most recent refresh for the Hampshire Plan was in October 2022. There are a range of priorities included within the plan. Updates against priorities which are directly linked to the Hampshire CAMHS Service are provided below.
35. Significant demand and capacity challenges remain within the Hampshire Child and Adolescent Mental Health Service. Whilst the service continues to expand and develop in response to the changing needs of children and young people, it is clear that a resource gap remains. The Service has recently submitted an updated demand and capacity forecast to Commissioners and this has been incorporated into the financial planning round for 2023/24. There is a continuing need for the Service to increase the amount of clinical time spent responding to unscheduled care. This is all the clinical time spent on activities not directly associated with the provision of therapeutic input. This will include, for example, responding to duty activity, the provision of assessment reports for statutory processes such as Child Protection Conferences and Education, Health and Care Plans.
36. The Service recognises its core responsibilities in working together with multi-agency partners to fulfil statutory responsibilities, as well as recognising the wider benefits of doing so. Nonetheless, the increasing time commitment to do this effectively is current causing a challenge and is impacting on the ability of the service to deliver direct therapeutic interventions. The service is in the process of developing a case for change in order to support and enable clinical staff to deliver direct therapeutic interventions to the level required,

whilst also ensuring the service meets its statutory responsibilities. A change to the unscheduled care model which currently operates will help support the ongoing efforts to address a shortfall in capacity.

37. The Hampshire CAMHS service has a priority to improve access and increase service provision for specific groups of children and young people with particular additional vulnerabilities in relation to mental health outcomes. For the Hampshire service this includes:
  - Children in Care: A full business case for a substantially improved mental health offer has been developed by Hampshire CAMHS. The principles of the proposed transformation have been supported for progression. Discussions are ongoing with regard to the funding and implementation of the proposed offer.
  - Children and young people with learning disabilities and/or autism: A full business case for a substantially improved mental health offer has been developed by Hampshire CAMHS. The principles of the proposed transformation have been supported for progression. Discussions are ongoing with regard to the funding and implementation of the proposed offer.
38. In addition to improvements in overall specialist community CAMHS capacity to reduce waiting lists and specific improvements in the offer for vulnerable groups of children and young people, there is recognition that whilst capacity in these services is being developed there are many children and young people with mental health needs in the wider community below the thresholds for these specialist services. Supporting our colleagues in Primary Care in the management of young people with additional mental health needs is also a priority.
39. The offer that Hampshire CAMHS are developing is founded upon similar principles of the MHSTs in schools offer, but in Hampshire will complement that offer by being prioritised to provide additional mental health support capacity in areas that don't yet have MHSTs supporting mental health need. A significant proportion of young people referred to the Hampshire Child and Adolescent Mental Health Service present in primary care. Through Primary Care Networks (PCNs) and the Additional Roles Reimbursement Scheme (ARRS) Hampshire and Isle of Wight and Frimley ICBs are supporting the development of opportunities for mental health trained practitioners to work within Primary Care Networks. These mental health workers will support GP and other primary care colleagues to respond to presentations in the community where they live. A pilot scheme is being established this year and plans to extend the scheme further in 2023/24, increasing the coverage across the PCN footprints have also been developed.
40. HIOW ICB has approved 2023/24 investments to see implementation of all the agreed investment priorities set out above from as early as possible in the 2023/24 financial year.

## **Finance**

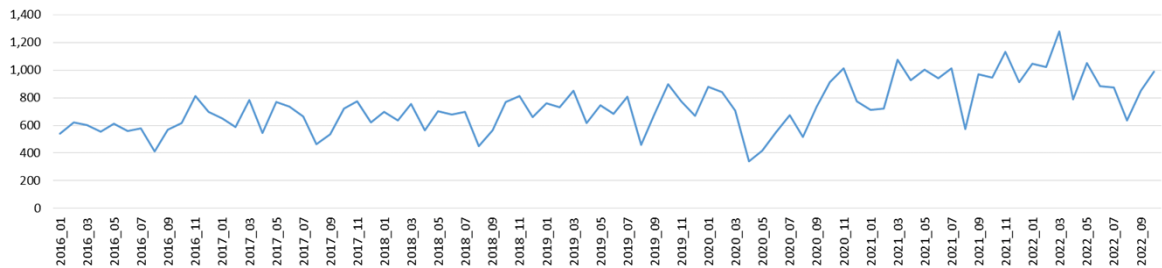


41. There are no financial implications for Hampshire County Council arising directly as a result of this report, though improvements in the capacity of more targeted specialist support for children and young people in care and/or who have learning disabilities and/or autism may lead in future to opportunities for more integrated service offers for these groups.

**Performance and Activity**

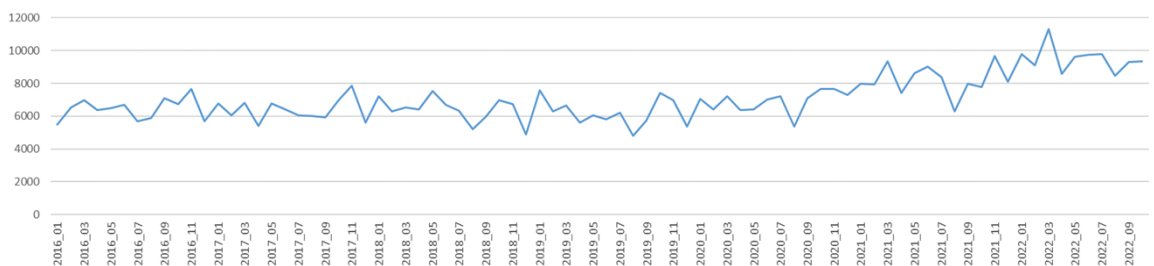
42. The service received 11,664 referrals in 2021/2022. This represents a 28% increase on referrals received in 2020/21.

43. The graph below highlights the number of monthly referrals since 2016, when Sussex Partnership NHS Foundation Trust was re-commissioned to provide the Child and Adolescent Mental Health Service in Hampshire. It shows a steady upward overall trend in demand for specialist children’s mental health services over that time.



44. The total number of contacts offered in 2021/2022 was 104,694. This is a 18% increase on 2020/21 and a 40% increase on 2019/20 contact levels. Average monthly contacts have increased further during 2022/23 as additional capacity has been achieved within the service.

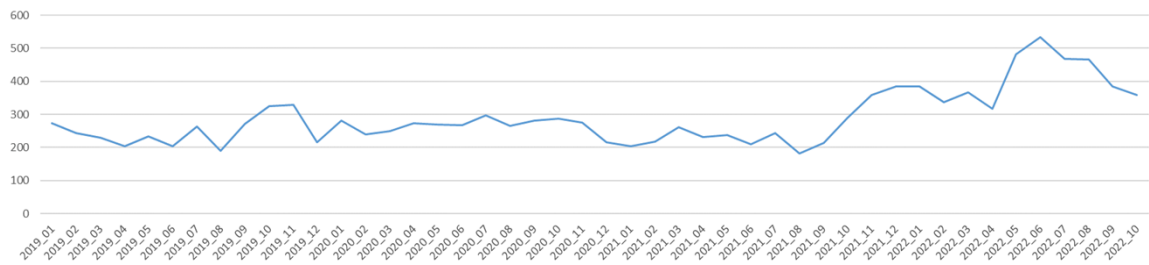
45. The graph below highlights the number of monthly contacts offered since 2016.



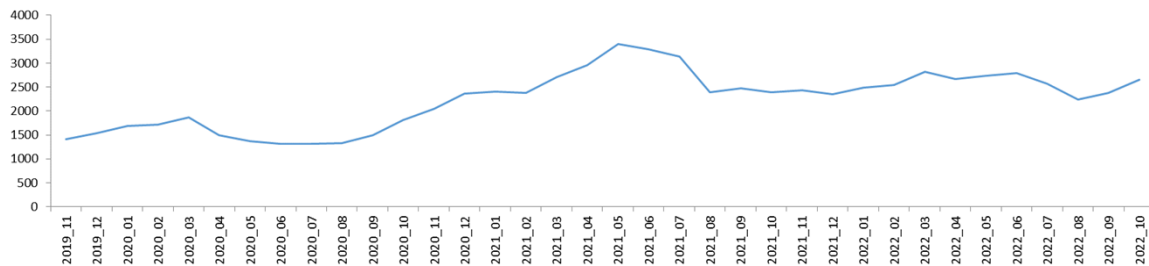
46. The total number of assessments offered in 2021/22 was 3,389. The average waiting time from referral to assessment is currently 25 weeks. The ongoing challenge remains; whilst the service continues to respond to urgent and priority cases, many routine cases awaiting assessment continue to wait much longer than this. The service is also working with Commissioners in the wider ICB to mobilise additional capacity from outside of the NHS to help support children and young people awaiting assessment for Attention Deficit

Hyperactivity Disorder (ADHD) this year. Addressing their needs through separate provision could significantly help the service in the longer term.

47. The graph below highlights the total number of monthly initial assessments undertaken. There has been a recent increase in the number of initial assessments undertaken as a result of the service prioritising assessments. This is having some success in reducing waiting lists for assessment, but is increasing the number of children and young people now awaiting treatment.

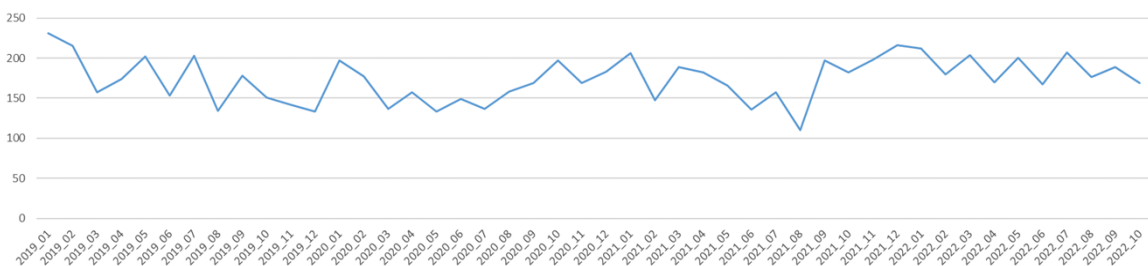


48. The graph below highlights the total number of young people waiting for initial assessment. In recent months the service has been focusing upon reducing the number of initial assessments, from the peak in May 2021. Sustaining a reduction in waiting times continues to be a significant challenge and a variety of measures are being taken to achieve this aim, as highlighted above.



49. Total first treatments in 2021/22 was 2,135. The average waiting time from referral to treatment is 62 weeks. The ongoing challenge remains; whilst the service continues to respond to urgent and priority cases, the routine cases continue to wait.

50. The graph below highlights the total number of monthly first treatments undertaken.



51. Waiting times for initial assessment and treatment continue to be a significant challenge for the Service. The proposed service model described above will support increasing the available capacity for the Service, enabling a greater

opportunity to respond to all levels of need within the THRIVE framework. This will continue to be a focused element of work for the service.

### **Consultation and Equalities**

52. In preparing this report, due consideration has been given to the statutory Equality Duty to eliminate unlawful discrimination, advance equality of opportunity and foster good relations, as set out in Section 149(1) of the Equality Act 2010. No adverse impacts have been identified as a result of the information contained within this report.

### **Other Key Issues**

53. There are no other key issues identified.

### **Conclusions**

54. Mental Health problems often develop early and between the ages of 5-15. One in every nine children has a mental disorder. Half of all mental health problems are established by the age of 14, with three quarters established by 24 years of age. Prompt access to appropriate support enables children and young people experiencing difficulties to maximise their prospects for a healthy and happy life.
55. The Hampshire CAMHS Service is continuing to expand and develop new services in response to the growing need of support for children and young people's mental health.
56. Despite the significant positive improvements made over the past 18 months, there are continued challenges in being able to provide timely access to specialist mental health services for all children and young people. The NHS Long term Plan contains a target where at least 35% of children and young people with a diagnosable Mental health condition receive treatment from an NHS funded Community Service. This access target of 35% would not be acceptable in any other area of healthcare. The numbers accessing CAMHS Services in Hampshire has grown significantly, it is still not enough.
57. As a result, it continues to be a focus of the Hampshire CAMHS Service, working with our partners, to increase access to mental health support and interventions, across the full range of needs.