

# HAMPSHIRE COUNTY COUNCIL

## Report

<b>Committee</b>	Children and Young People Select Committee
<b>Date:</b>	14 November 2023
<b>Title:</b>	Hampshire Child and Adolescent Mental Health Service (CAMHS)
<b>Report From:</b>	Dr Mandy Burton, Clinical Director, Hampshire CAMHS

**Contact name:** Lao Cooper, Head of Service, Hampshire Child and Adolescent Mental Health Service

**Tel:** 0300 304 1091

**Email:** [lao.cooper@spft.nhs.uk](mailto:lao.cooper@spft.nhs.uk)

### 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. The Hampshire Child and Adolescent Mental Health Service will transfer out of Sussex Partnership NHS Foundation Trust on 1 February 2024 to Southern Health NHS Foundation Trust. For Services covered by Frimley Integrated Care System, these services will transfer to Surrey and Borders NHS Foundation Trust at the same time. Hampshire CAMHS will be a part of the new community and mental health Trust from 1 April 2024, alongside services currently delivered by Solent NHS Trust and community and mental health services currently provided by the Isle of Wight NHS Trust. These organisational changes are being delivered through a programme called 'Project Fusion'.

5. 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.
6. 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.

### **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. Since 2020 there has been an increase in referrals across the services of approximately 25%. The acuity of cases both in terms of complexity and clinical risk has also increased. The impacts of this can be seen across many areas, including ongoing challenges associated with the Service being able to see all young people in a timely way. As a result, the Service continues to prioritise cases based on clinical need and risk.
9. The Service continues to adopt a variety of approaches to address the ongoing challenges. These include working with Commissioners to secure additional investments in order to respond to the additional demand, developing workforce plans to support recruitment and retention and implementing new clinical models, in order to respond to changes in population need.
10. The Hampshire Child and Adolescent Mental Health Service has adopted the THRIVE Framework which aims 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)).*
11. 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 in as timely a way as possible.

12. Within Hampshire CAMHS, there are 7 local community CAMHS Teams, an intensive home treatment team, a paediatric psychiatric liaison service, working within the two Hampshire Hospitals (Basingstoke and Winchester), a Hampshire wide Eating Disorder Service, a Hampshire wide Digital Team and 3 area based Early Help Teams. There are 7 fully operational Mental Health Support Teams in Schools (MHSTs), 4 MHSTs in training, due to complete their training in January 2024, and 2 new MHSTs which will start their training in January 2024. The funded establishment for the Service is circa 500 WTE.

### **Overview of Service Expansion Plans and Priorities**

13. The Integrated Care Board agreed a range of investments for 2023/2024 for implementation by Hampshire CAMHS. This is in addition to significant investments made in recent years and which were highlighted to the Children and Young People Select Committee in November 2022.

14. These additional services include:

- a) *Increased capacity within the Eating Disorder Service.* This has enabled the service to implement an Avoidant/restrictive food intake disorder (ARFID) pathway. Nationally, there is the intention to offer an ARFID pathway within CYP Eating Disorder Services. Whilst not all CAMHS Services currently offer this provision, Hampshire does. Hampshire CAMHS was a part of the national ARFID pilot which took place five years ago and has taken the learning from this pilot forward in implementing the pathway.
- b) *CAMHS Learning Disability Provision.* Following the development of a full Business Case, Hampshire CAMHS has secured funding to start implementing an expanded model to increase the service offer for more young people with a learning disability and a co-existing mental health difficulty. Historically, the Service has had limited resource in this regard. However, one third of the funding required to deliver the full business case has been provided this year to start expanding the offer. It is anticipated that additional funding will be made available in future years to deliver the requirements of the full business case. Over time, we anticipate that there will be a significantly improved offer for young people. The model is based upon the same THRIVE framework adopted within the wider Service and will embed a Positive Behaviour Support (PBS) approach. The business case was developed with stakeholder engagement.
- c) *Recovery Model.* Funding has been secured to develop a recovery pathway, which includes the integration of two recovery workers into each of the 7 local community CAMHS Teams. The Recovery model supports the work of the lead practitioner, through direct and indirect work with the child or young person and their network. This includes addressing barriers

related to the nonlinear nature of mental health recovery and enables greater connectivity, empowerment and control. Recovery approaches can improve well-being, self-management, goal achievement and increased access to social support.

d) *Primary Care Wellbeing Service*. Funding has been secured to develop a primary care wellbeing service within Primary Care Networks (PCNs). PCNs are groups of GP practices working together with community, mental health, social care, pharmacy, hospital and voluntary services in their local areas. In the first year the Service will embed this model within 7 PCNs across Hampshire. The principles of the service are similar to those of the MHSTs, but with a focus on supporting GP Practices, rather than schools, in taking a whole community approach to mental health, offering advice and consultation to GP practices as well as providing low intensity interventions for children and young people where it would not be appropriate to directly access pathways within the wider service.

15. In addition to specific funded expansions the service has priorities which are not reliant on additional investment and are aimed at improving the quality, effectiveness and safety of the Service. Examples of these priorities include:

a) *Workforce Development Strategy*. As a result of ongoing pressures associated with recruitment and retention, the Service has developed a five year workforce strategy. The strategy has been developed using the Health Education England Star Model and strategic approaches to workforce planning. Actions are focused upon recruitment, retention, trainee placements and new roles and responding to feedback from the NHS Staff Survey.

b) *NHS England Mental Health Elective Recovery Programme*. NHS England have developed seven workstreams to support NHS Trusts which have challenges associated with access and waiting times. Two workstreams have been prioritised within Hampshire CAMHS. These are (i) improving patient flow; and (ii) optimising capacity. There are a range of recommended tools and approaches that have been developed. The Service has evaluated itself against these approaches and has developed a number of actions to progress. It is anticipated that developing approaches will support in ensuring, as a Service, we are using the latest models and approaches when addressing the current challenges experienced by the Service in relation to demand and capacity.

c) *Early Help re-structure*. The Early Help Service has significantly expanded, following additional investments. As part of these expansions the Service has introduced a stepped model of care, with Early Help Teams dedicated to providing Early Help interventions. Early Help interventions, such as assessments, workshops and groups have been planned until the end of this calendar year, whilst the Single Point of Access is now solely responsible for triaging referrals.

d) *Project Fusion*. The majority of Hampshire CAMHS will transfer to Southern Health NHS Foundation Trust from 1 February 2024 and be a part of the newly formed community and mental health trust from 1 April 2024. This provides a range of opportunities for the Service. The benefits include (i) Improved consistency of care; (ii) Improved access, especially to those most in need; (iii) more joined up services, across services and geographies; (iv) greater patient experience; (v) reduced staffing vacancies and better retention of staff; (vi) enhanced patient voice; (vii) improved development and career opportunities for staff; (viii) more sustainable services. Hampshire CAMHS is contributing to the project, including supporting the development of the patient benefit cases, mapping current service provision across Hampshire and Isle of Wight, considering how services can be best delivered in future and developing approaches to stakeholder engagement through the process.

16. In summary, whilst significant progress continues to be made, recruitment and retention challenges and the continued rises in demand impact upon the pace and scale at which the service has been able to deliver the required changes. 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 move the service in to 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.

## **Community Engagement**

17. 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.

18. There are a range of projects and programmes which are developed and delivered by the Service, often in partnership with local stakeholders.

19. 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.

20. Parent, Carer and Professional events have continued to be held, the most recent being 30<sup>th</sup> October 2023 in Yateley. 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.
21. The Service is currently working in partnership with a theatre company to deliver a production which is part of the Service's suicide prevention work. The play, titled 'Lets Talk About Philip', is about a personal experience of losing a brother to suicide. Following the play, there is a workshop with Hampshire CAMHS Clinicians to support young people explore the issues raised in the play. The latest performance was held on 19<sup>th</sup> October 2023 in Fareham.
22. On 14<sup>th</sup> November 2023 there will be a conference for professionals across Hampshire in relation to suicide prevention. The conference will include workshops on managing young people in crisis, self-harm, postvention, listening skills and creating a school suicide and self-harm prevention plan.
23. Each year Hampshire CAMHS runs a mental health information and awareness campaign. This year's campaign is for parents and carers. Parents and carers are fundamental in supporting young people who access the Hampshire Child and Adolescent Mental Health service, and they require support in their own right to do so. The campaign is aimed at considering and supporting parents & carers in a variety of different ways. Examples include, developing a range of materials, support and information, in collaboration with parents and carers, so that support parents/carers have previously found helpful can be shared with others, and reviewing all our clinical care pathways with a particular focus on how best to improve the experience of parents and carers, and the support provided, when a young person is being treated within the Service.
24. On 30<sup>th</sup> June 2023, as part of the 75<sup>th</sup> birthday of the NHS, Hampshire CAMHS, in collaboration with Hampshire Cultural Trust, and 2 artists launched a hot air balloon at the Winchester Hat Fair. The balloon was made up of designs that young people had created themed around celebrating the role of the NHS.
25. Further information about the projects and programmes the service provides throughout the year, including historical campaigns, is available on the Hampshire CAMHS website.

### **Future Priorities**

26. 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 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.

27. 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.
28. The following priorities for 2024/2025 include:
  - a) Increasing the coverage of the Primary Care Wellbeing Service across more Primary Care Networks.
  - b) Increasing the coverage of the Mental Health Support Teams in Schools to more schools across Hampshire.
  - c) Expanding the Learning Disability offer in order to realise the benefits of the full business case.
  - d) Start to implement the agreed children in care business case, which is focused on enhancing and expanding the provision currently within Hampshire CAMHS.
  - e) Work in partnership with Hampshire County Council in relation to the development of a specialist residential provision in Hampshire, Hockley House.
  - f) Continue to invest in models which support the aim of reducing the core demand and capacity challenges within the Service.
29. All of the above priorities will be subject to funding confirmation for the 2024/2025 financial year.

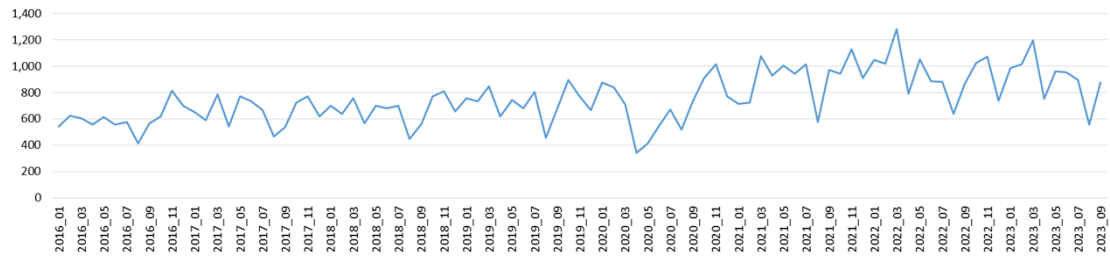
## **Finance**

30. 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**

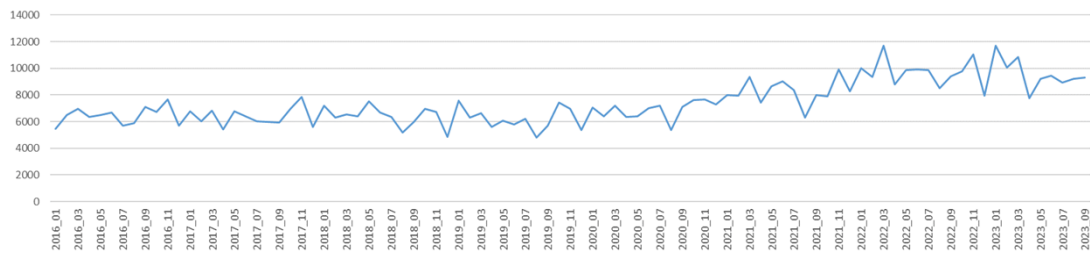
31. The service received 11,141 referrals in 2023/2024. This represents a 25% increase on referrals received in 2020/21.
32. The graph below highlights the number of monthly referrals since 2016, when Sussex Partnership NHS Foundation Trust was re-commissioned to provide the Child and Adolescent Mental Health Service in Hampshire. It shows a steady upward overall trend in demand for specialist children's mental health

services over that time.



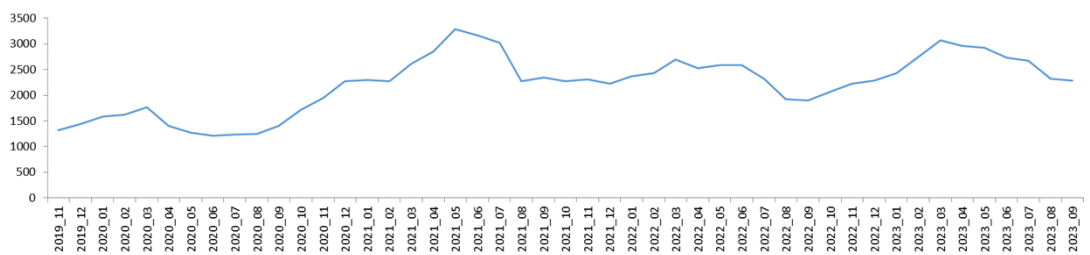
33. The total number of contacts offered in 2022/2023 was 117,780. This is a 10% increase on 2021/22 contact levels.

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



35. The total number of assessments offered in 2022/23 was 3,493. The average waiting time from referral to assessment is currently 18 weeks. The figure reported to the Committee in November 2022 was 25 weeks. Whilst there has been a reduction, 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. As described above, the Service continues to be committed to working with its partners to reduce waiting times in order that all young people can be seen in a timely manner.

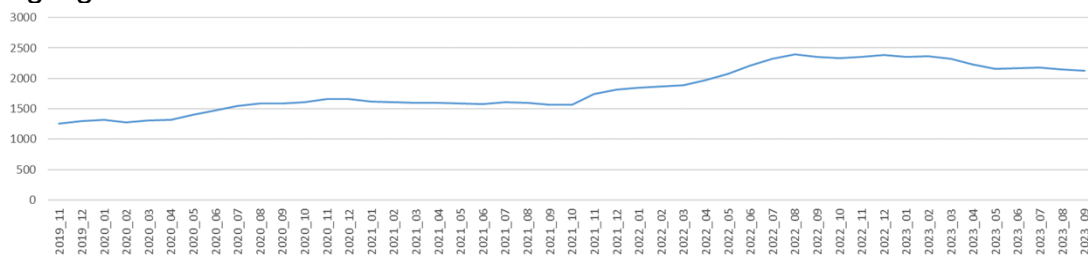
36. The graph below highlights the total number of young people waiting for initial assessment. Whilst there has been a stabilisation of the waiting list in recent months, sustaining a reduction in waiting times continues to be a significant challenge and a variety of measures are being taken to achieve this aim, as highlighted above.





37. Total first treatments in 2022/23 was 2,344. The average waiting time from referral to treatment is 70 weeks. The figure reported to the Committee in November 2022 was 62 weeks. The ongoing challenge remains; whilst the service continues to respond to urgent and priority cases, the routine cases continue to wait.

38. The graph below highlights the total number of young people waiting for treatment. Whilst there has been a stabilisation of the waiting list in recent months, 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.



39. Waiting times for assessment and treatment continue to be a significant challenge for the Service. The service improvements 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

40. 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

41. There are no other key issues identified.

### Conclusions

42. 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.

43. Despite the significant positive improvements made, there are continued challenges in being able to provide timely access to specialist mental health services for all children and young people.

44. 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.