

Agenda Item 9.

TITLE	Joint Wokingham CCG and Wokingham Borough Council Emotional Health and Wellbeing Strategy 2015 to 2017
FOR CONSIDERATION BY	Health and Wellbeing Board on 11 June 2015
WARD	None Specific
DIRECTOR	Judith Ramsden, Childrens Services Gabrielle Alford, Joint Commissioning, West of Berkshire CCG Federation

OUTCOME / BENEFITS TO THE COMMUNITY

The Emotional Health and Wellbeing Strategy sets out a joint approach to the commissioning and provision of Child and Adolescent Mental Health Services (CAMHS) across Wokingham Borough. It is intended to lead to better health and wellbeing outcomes by identifying a work programme for the 2015 to 2017 period that will resolve identified service delivery issues.

RECOMMENDATION

1. To agree the proposed Emotional Health and Wellbeing strategy.
2. To provide partnership commitment to the strategy Action Plan that aims to build a transformed comprehensive Child and Adolescent Mental Health Service (CAMHS) offer to families which is seamless and moves away from boundaries created by Tiered provision.
3. To require action to ensure that the Joint Strategic Needs Assessment process be improved in its analysis of children and young people's emotional health and wellbeing and that a performance scorecard be agreed across commissioners and providers for comprehensive CAMHS to be presented quarterly at Health and Wellbeing Board
4. To delegate responsibility for overseeing the implementation of the action plan to the Children and Young People's Partnership.

SUMMARY OF REPORT

Wokingham Borough Council and Wokingham CCG have duties to co-operate in the commissioning of emotional health and wellbeing services. There are specific duties to a number of statutorily defined children and young people, in particular:

- Children in Care
- Children in Need
- Children and young people under the supervision or support of the Youth Offending Service.

The need for CAMHS is rising. As a consequence services are being prioritised to ensure that issues are assessed swiftly but we are seeing significant delays for some

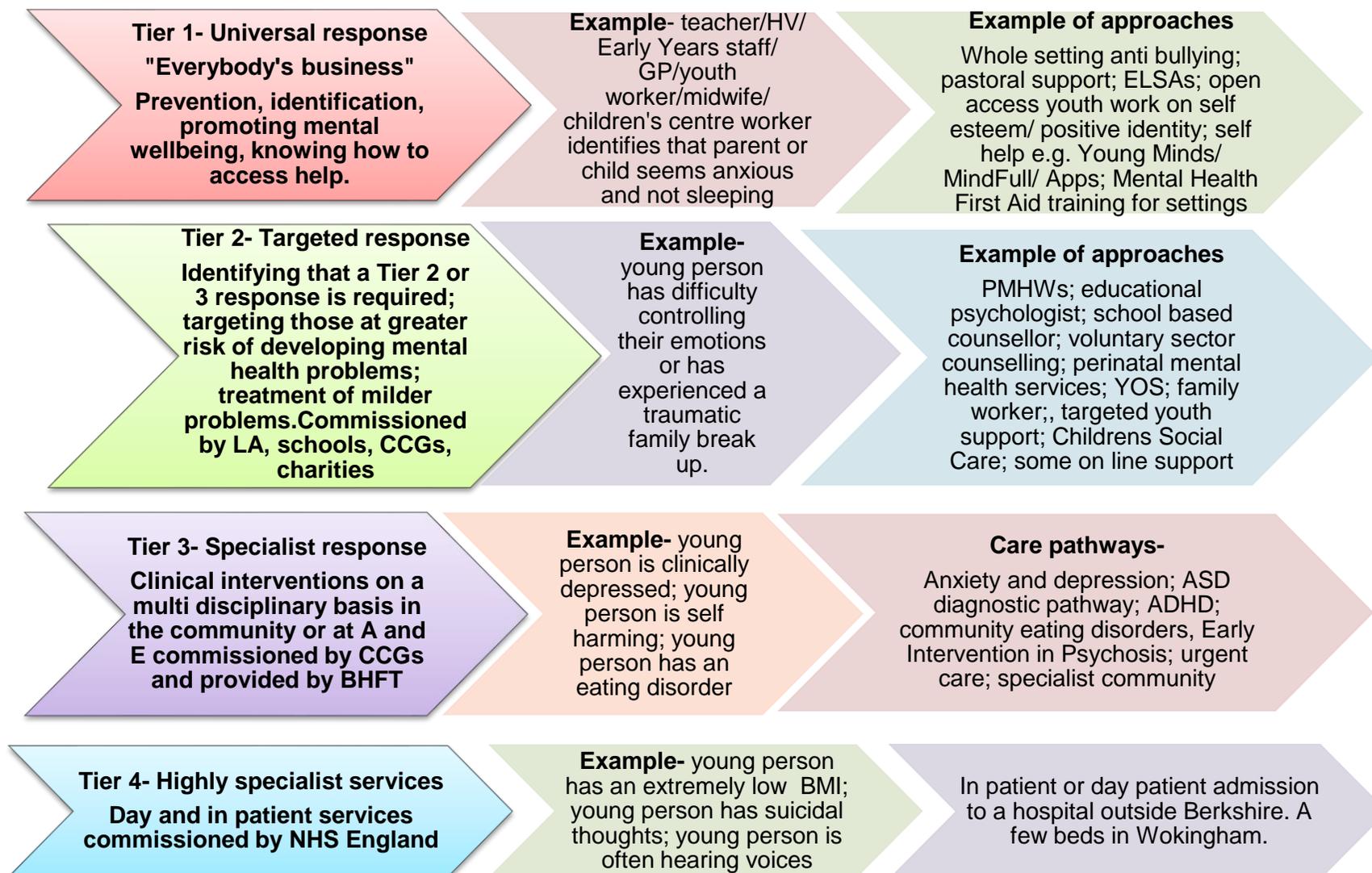
children and poor experiences for some children and young people. It is clear that action is required to improve outcomes for children, young people and families.

Wokingham Borough Council and Wokingham CCG have developed a strategy and action plan to improve comprehensive CAMHS. Health and Wellbeing Board members are asked to consider the strategy and action plan and agree to the recommendations above.

A summary of comprehensive Child and Adolescent Mental Health Services is provided below

Comprehensive CAMHS “4 Tier” model of service delivery in Wokingham

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Background and Analysis of Issues

1 A range of national, regional and local reviews have been undertaken in the last 12 months that relate to Child and Adolescent Mental Health Services. A very good summary of the policy context is to be found in the Commons Select Committee report, published 28th Oct, which says;

‘There are serious and deeply ingrained problems with the commissioning and provision of Children’s and Adolescents’ mental health services. These run through the whole system from prevention and early intervention through to inpatient services for the most vulnerable young people.’

2 The report cites that the reasons for this as being:

- Rising demand for specialist services that is leading to increased waiting lists at this level. The national reasons for rising demand are unclear. It is thought that this could be due to greater awareness and less-stigma attached to mental health issues. Additionally, the current arrangements are characterised by fragmented care pathways that result in children not accessing universal and targeted provision but going straight to specialist provision. The Select Committee also highlights the increasing influence and prevalence of the digital culture that young people are growing up in as having a significant impact on demand.
- Nationally there has been variation on whether CCGs and partners are prioritising CAMHs. In Berkshire however there has not been a cut in funding at the specialist level, but there is variation at the universal and targeted service level across the county.
- Nationally there are major problems with access to Tier 4 inpatient services, with children and young people’s safety being compromised while they wait for an inpatient bed to become available. Locally temporary beds are always found and police cells are never used while Tier 4 beds are sourced. However because there are no tier 4 beds in Berkshire, young people have to be placed out of county and this makes contact with family, friends and local services difficult, leading to longer in patient stays.
- Many of the children’s work-force nationally currently feels ill-equipped and lacking in confidence in dealing with mental health issues in children and young people, and that their current training does not prepare them adequately for this.

3 Berkshire completed a comprehensive engagement exercise about Berkshire CAMHs service during spring 2014. Views were gathered from children and young people, parents and foster carers, staff who work in the service, GPs and others who refer into the service and others with an interest in the service. The results of this, including the findings and recommendations are available on the Berkshire Clinical Commissioning Groups’ (CCGs) websites.

4 Wokingham Borough Council and Wokingham CCG have developed a Wokingham Emotional health and Wellbeing Strategy setting out our need, demand for services, range of provision, gaps and priorities for improvement. This strategy is informed by best practice and research and has been informed by the views of children young people, parents and carers and practitioners.

- 5 Health Watch Wokingham have recently completed an extensive survey of children and young people, identifying emotional health and wellbeing priority issues for Wokingham children and young people, the findings of which have informed our strategy.
- 6 The JSNA document which describes Child and Adolescent Mental Health Services (CAMHS) is currently been refreshed. The specific area on emotional and mental health of children was one of the last ones to be completed last year and will be improved during the refresh. The latest update data from the shared team in Bracknell Forest is expected in April 2015. Data will be analysed and comparisons made with statistical neighbours and against national averages where possible. This will be added to the strategy.
- 7 The proposed Strategy provides a full range of commitments to improve the service delivery to meet the 10 recommendations that were made in the recent Child and Adolescent Mental Health service engagement report.
- 8 Currently Tier 3 performance across the Berkshire West (i.e. Reading, Wokingham and West Berkshire areas) is showing;
- 9 An increase in referrals compared to the same months last year, but this is rising at a slower rate than was the case in 2013/14.
- 10 All urgent referrals are being seen by tier 3 CAMHS within 24 hours.
- 11 In addition 77% of referrals classed as needing to be seen 'soon' were seen within 4 weeks.
- 12 Finally 27% of routine referrals were seen within 7 weeks. The 7 week target is a Berkshire target and is ambitious, as other parts of the country often use up 26 weeks as the routine referral benchmark. (54% is our 16 week plus figure for Berkshire West).
- 13 It is important to note that the vast majority of those that are waiting over the 7 week benchmark are on the ASD diagnostic pathway. This is acknowledged as an action to address in the action plan.
- 14 The CCG have secured approx. £300k mental health operation resilience funding and have agreed with BHFT that the priorities continue to be reducing waiting times starting with those young people who are assessed as being at most risk. The short term aim is to reduce the number of young people who reach crisis point. It is anticipated that this will impact positively on the overall waiting lists but will not clear the backlog, the majority of whom have been identified as not being at immediate high risk.
- 15 A business case has been agreed received from BHFT to the CCGs regarding additional recurrent revenue investment to achieve sustainable shorter waiting times, as well as deliver a high quality, safe, efficient and easily accessible service. Wokingham Borough Council continues to retain its investment in Tier 2 services for families below the statutory threshold for investment as a range of Early Help services.

- 16 A range of work has also been underway at the universal and targeted levels of support. Importantly Wokingham Borough Council provides regular training opportunities for non-mental health practitioners in attachment theory and restorative practice as well as in specific topics such as self-harm or anxiety.
- 17 Wokingham Borough Council provides targeted support for families. Wokingham Borough Council commissions Berkshire Healthcare Foundation trust to deliver Primary Mental Health workers who provide assessment and interventions when there is a clear or emerging mental health need. Wokingham Borough Council commissions ARC youth counselling services and this compliments a range of other voluntary sector and school based youth counselling provision. For 15/16 Berkshire West CCGs have allocated grant funding to a number of voluntary sector organisations who support families in the Wokingham area including Time to Talk and ARC for youth counselling; and various voluntary sector organisations who support children and young people with Autism.

FUTURE OPPORTUNITIES

- 18 The six Berkshire Local Authorities have a shared action plan to work more cooperatively across the emotional health and wellbeing pathway. In addition, work is underway to develop further cooperation between local CCGs, Wokingham Borough Council and the neighbouring Local Authorities in these key areas:
 - Joint commissioning both in voluntary and statutory sector
 - Workforce development
 - Building links between care pathways to create a more seamless journey up and down the system, particularly between Tiers and providers
- 19 Building collaboration with University of Reading to develop an evidence base for anxiety and depression in a stepped care model.
- 20 Using digital technology to increase both access and support e.g. MindFull online counselling; an App for Self harm, anxiety and depression (Slough pilot); Young SHaRON online support platform for CAMHS users, young mothers and Children in Care.
- 21 Commissioning School Nursing and Health Visiting to support integrated pathways, universal prevention services and early identification for support.
- 22 A “good” CAMHS service has been described in the new national service specification for Tiers 2 and 3 and is described in www.jcpmh.info “Guidance for commissioners of child and adolescent mental health services”. Berkshire West CCGs and BHFT constantly use benchmarking information and national exemplars of good practice to develop services. For example CAMHS workers at the Berkshire Adolescent Unit are currently being trained in Dialectical Behaviour Therapy which has a good evidence base for people who self-harm. Thames Valley Strategic Clinical Network continues to have a focus on improving CAMHS, transition into adult services and perinatal mental health services in this area.
- 23 A number of national pilots are underway to improve transition between child and adult mental health services. Lessons learned could aid in developing local

mental health services in the future.

NEXT STEPS

- 24 Health and Wellbeing Board have requested further details of the budgets for services to be included in the strategy and these will be presented to the Board
- 25 Health and Wellbeing Board have requested a performance update against the proposed actions along with performance data and this will be presented at the Board.
- 26 For the Children and Young People's Partnership Board to oversee implementation of the action plan and to hold partners to account
- 27 To report progress on the action plan at future Health and Wellbeing Board meetings on a three monthly basis.

BACKGROUND PAPERS

Commons Select Committee report – Oct 14

<http://www.publications.parliament.uk/pa/cm201415/cmselect/cmhealth/342/34202.htm>

Healthwatch Engagement exercise link

<http://www.healthwatchwokingham.co.uk/publications>

Local Offer link

<http://info.wokingham.gov.uk/kb5/wokingham/info/advice.page?id=5SAcKqfN5cM>

Future in Mind -March 2015

<https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people>

Other financial information relevant to the Recommendation/Decision	
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The Strategy includes for the development of a range of service developments. If these require additional or new resources to be fully implemented then reports will be taken forward to the respective funding bodies for consideration.	
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