

Children, Young People and Mental Health

Report of the Task and Finish Group
November 2014

Reviewing CAMHS.....

Local reviews	<ul style="list-style-type: none">• CAMHS Tier 2 and Targeted Services Review• RBKC Councillors CAMHS Working Group• HWBB CAMHS Task & Finish Group - early intervention, transition and parental mental health• Public Health - Tri-B and 3 CCG Suicide Prevention Strategy• LCSB Self Harm & Suicide Prevention report• North West London CAMHS Out of Hours review
National Reviews	<ul style="list-style-type: none">• NHS England who are now responsible for commissioning adolescent psychiatric beds across the UK have just published a 'CAMHS Tier4 Report' which looks at demand, systems and resources and makes 20 recommendations for action. This includes exploring 'collaborative commissioning models' including 'care delivered at Tiers 3 and 4' and will look at 'how best local authority services can be involved in the model.• Health Select Committee led by Dr Sarah Wollaston MP has concluded an 'Enquiry' into CAMHS and a report is expected for the Autumn and looked at: historic under funding; fragmented commissioning; poor and out of date JSNA data; perceived growth in self harm and cyber bullying etc. Joint commissioners provided written and oral evidence to the committee.• A CAMHS Taskforce was launched in July 2014 to improve child and adolescent mental health services (CAMHS) following concerns raised by NHS England about inappropriate care and bed shortages. It will look at overhauling the way CAMHS are commissioned. The taskforce will be chaired by the government's social care director general Jon Rouse and will involve representatives from NHS England, the Department for Education, local councils, the charity sector as well as young people with mental health issues.• The Local Government Association has called for an overhaul to mental health services for children (August 2014)

Task and Finish Group: Recommendations

Early Intervention and Prevention

- A CAMHS Consultation, Advice and Referral (CAR) line should be established
- A programme of training for front-line professionals should be developed, co-produced with C&YP
- The H&WB should support the call for a 2015-16 programme of 'guidance, support and prevention' activities in schools
- Local commissioners should continue to engage with NHS England on improving care and treatment pathways for young people with eating disorders

Parental mental health

- All services providing mental health care to adults should be contractually required to ask about parental responsibilities and the impact this has on their parenting.
- Make improvements to local data and information sharing.
- A whole family approach should be adopted in adult mental services
- Think Family champions should develop a programme of engagement with ante and post-natal services
- A 'local offer' of mental health and emotional wellbeing support should be published
- A young carers strategy should be developed

Transition to adult mental health

- Progress further work to clarify the numbers and needs of young people in transition
- Implement transition champions charged with improving transition planning

Rethinking children's mental health?

As the work of the CYPMH Task and Finish Group developed, questions arose about whether the traditional CAMHS service model which is currently delivered in LBHF is the best model to meet the needs of children and young people today.

It also became clear that further consideration needs to be given to how we support those who are emotionally vulnerable although do not require clinical treatment.

These questions have led the Task and Finish Group to recommend that **a new long-term vision** is developed for how we meet the emotional wellbeing and mental health needs of children and young people effectively across the whole system.

To steer the development of a new vision, we would welcome the Health and Wellbeing Board having an open conversation about how we may wish to “rethink” our approach to support children and young people’s emotional wellbeing and mental health

Rethinking children's mental health services

Emotional Vulnerability  Diagnosed Mental Illness

A new vision

A new vision?

Key questions for the Health and Wellbeing Board to consider

The Health and Wellbeing Board are invited to discuss:

1. What an ideal “fit for purpose” mental health and emotional wellbeing service for LBHF could look like?
2. What we need to do together to deliver this ideal?
3. Whether there are alternative service models for the treatment of diagnosed mental illness which might be more responsive to emerging needs and more attractive to potential users than the traditional CAMHS?
4. How important the role of community and individual resilience is and what role should the Voluntary and Community Sector, Schools and other organisations play in improving emotional wellbeing and resilience?

Next steps...

In order to focus specifically on the needs of young people in Hammersmith and Fulham:

- A councillor led **Children and Young Peoples' Mental Health Taskforce** is to be established, in partnership with Hammersmith and Fulham CCG, to build on existing work and establish a clear future direction.
- The **Taskforce** would hear evidence from key Hammersmith and Fulham stakeholders and in particular local young people.
- The **Taskforce's** findings will seek to take account of anticipated national developments expected in 2015.

Acknowledgements

This work undertaken by the Task and Finish Group was only possible due to the time, freely given, by a number of individuals and organisations. Thanks go to:

- Central London Clinical Commissioning Group
- West London Clinical Commissioning Group
- Hammersmith and Fulham Clinical Commissioning Group
- Westminster City Council
- Royal Borough of Kensington and Chelsea
- London Borough of Hammersmith and Fulham
- Central and North West London NHS Foundation Trust
- West London Mental Health NHS Trust
- Healthwatch
- Cardinal Hume Centre
- Spurgeons
- Rethink
- Westminster Academy
- Local Safeguarding Children Board
- Westminster IAPT
- Imperial College Healthcare NHS Trust
- Central London Community Healthcare NHS Trust