


<p style="text-align: center;">London Borough of Hammersmith & Fulham</p> <p style="text-align: center;">HEALTH, ADULT SOCIAL CARE AND SOCIAL INCLUSION POLICY & ACCOUNTABILITY COMMITTEE</p> <p style="text-align: center;">20 October 2016</p>	
<p>Hammersmith & Fulham CAMHS Taskforce Report and the Children and Young People's Mental Health 'Transformation Plan' Update</p>	
<p>Report of:</p> <p>Janet Cree - Managing Director of Hammersmith & Fulham Clinical Commissioning Group Rachael Wright-Turner - Director for Commissioning, Children's Services</p>	
<p>Open Report</p>	
<p>Classification: For Information</p> <p>Key Decision: No</p>	
<p>Wards Affected: All</p>	
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1. EXECUTIVE SUMMARY

- 1.1. Following a critical report from the House of Commons Health Select Committee on young people's mental health provision, the Children and Young People's Health and Well Being Taskforce was established in September 2014 by Norman Lamb, Minister of State for Care and Support. In February 2015 the taskforce published its report *Future in Mind* which contained 49 recommendations for improvement. Publication of the report coincided with an undertaking by the Government to increase resources for young people's mental health by £1.25 billion for five years.

- 1.2. In the autumn of 2015 Clinical Commissioning Groups (CCGs) in collaboration with local authorities submitted 'Transformation Plan' proposals to improve local mental health services for young people. This resulted in additional funds being released to CCGs in December 2015 to:
 - a. Establish community eating disorder services for under 18s
 - b. To 'transform' local mental health services for young people in line with the recommendations made in Future in Mind.
- 1.3. Additionally, in Hammersmith & Fulham, a local Child and Adolescent Mental Health Services (CAMHS) Taskforce was established and led by Cllr Alan De'Ath. The taskforce met on five occasions during 2015 and heard from local young people, schools, the voluntary sector and mental health clinicians and published its findings in the spring of 2016.
- 1.4. This report seeks to integrate the work and findings of the Hammersmith and Fulham CAMHS Taskforce with the Hammersmith and Fulham ***Future in Mind*** Transformation Plans which have been submitted to NHS England.

2. RECOMMENDATIONS

- 2.1 The Health, Adult Social Care and Social Inclusion Policy and Accountability Committee (HASCSI PAC) is requested to note the findings of the Hammersmith and Fulham CAMHS Taskforce. The full report can be found in Appendix 1.
- 2.2 The HASCSI PAC is also asked to note and support the progress being made in implementing the Hammersmith and Fulham young people's mental health Transformation Plan, which is also being reported to the Hammersmith and Fulham Health and WellBeing Board on the 14th November.

3. REASONS FOR DECISION

- 3.1. The recommendations above acknowledge that work has commenced in Hammersmith and Fulham to improve mental health services for young people but 'transformation' in line with the expectations of ***Future in Mind*** has not yet been achieved. Further work is planned over the year ahead to tackle the national priorities set by NHS England as well as local priorities suggested by the Hammersmith and Fulham CAMHS Taskforce.

4. PROPOSAL AND ISSUES

- 4.1 Turning first to the work of the Hammersmith & Fulham CAMHS Taskforce, recommendations were made across five areas:
 - Access to services, information and support
 - Strengthening training
 - Transition
 - Hammersmith & Fulham Transformation Plans

- Mental Health Challenge

- 4.2 The detailed suggestions grouped under the five headings above have been endorsed by the Hammersmith & Fulham Children and Education Policy and Accountability Committee on the 13th June 2016. Both the Children and Education PAC and the HASCSI PAC commissioned the local CAMHS Taskforce, hence reporting to both committees. Each recommendation area is briefly described below in more detail.
- 4.3 **Access, Information and Support:** this included a number of ideas that are already being considered by the council: delivering council early help and health provision in a new integrated family support service and seeking opportunities to access support through young people friendly provision, e.g. leisure or activity centres. A commitment was also made to develop a guide to emotional and mental health services with young people and to use this work as the foundation for a clear 'local offer' and discussion with schools on mental health stigma. These strands of work to be overseen and steered by a new Hammersmith & Fulham Young People's mental health alliance or partnership.
- 4.4 **Training:** training opportunities for schools, allied health staff (health visitors and school nurses) and the voluntary sector need to be extended and provided in a sustainable framework. This is a priority in the Hammersmith & Fulham Transformation plan which is developed further below.
- 4.5 **Transition:** the Taskforce report calls on mental health providers (for Hammersmith and Fulham, West London Mental Health Trust) to take steps to be compliant with the recently published NICE Guidance on Transitions.
- 4.6 **Transformation Plan:** this recommendation makes the explicit link between the taskforce's work, services delivered by West London mental Health Trust and Transformation Plans, and specifically challenges the trust to contribute plans to improve access, flexible appointment opportunities and better outcomes for Hammersmith & Fulham young people.
- 4.7 **Mental Health Challenge:** signing up to the Mental Health Challenge commits the council to identifying an elected member as the local 'mental health champion' with a corresponding 'lead officer' who together seek to strengthen and improve local services and opportunities for residents facing mental ill health.

Progress 2015-16

- 4.1 The Hammersmith & Fulham 'Transformation Plan' was submitted to NHS England in October 2015 and the CCG was subsequently allocated £100,744 to establish a young people's community eating disorder service and a further £252,173 to 'transform' mental health services for young people.
- 4.2 The allocation was for 2015-16 and funds arrived with CCGs in December 2015. An uplift of 19% for CAMHS transformation funds, amounting to £68,530, has been confirmed for 2016-17. The recurrent community eating disorders resource remains at 2015-16 levels, giving a new total of £421,530

for 2016-17.

4.3 Funding was set against eight priority areas:

- Updating the local needs assessment
- Co-production with young people
- Training the workforce
- Community eating disorder service
- CAMHS redesign and pathways review
- Learning disability and neuro-developmental services
- Crisis Care including the OOH Pilot Project
- Embedding Future in Mind

There are clear common elements with the priorities identified in the Hammersmith and Fulham CAMHS Taskforce report summarised above: e.g. improving training, working with young people and co-production.

4.4 **2015-16 resource** - Given the late arrival of these funds, resources have been largely committed to short term projects or to provide immediate improvements delivered by West London Mental Health Trust (WLMHT). This has included tackling waiting lists and support for high needs placements.

Progress 2015-16

4.5 **Priority 1** - The Anna Freud Centre has been commissioned to update the North West London young people's mental health needs assessment (£27,541). Anna Freud's interim report suggested that improvements are needed in two significant areas: Transitions¹ and Learning Disabilities. Anna Freud staff organised cross borough seminars over the summer and early autumn for stakeholders to address these emerging themes. The final Anna Freud report will be available in November.

4.6 **Priority 2** - Rethink² have recruited further co-production young champions who have contributed to the evaluation of the new WLMHT Out of Hours crisis support service. Rethink have also been supporting young people to deliver a training programme for teachers and other professionals (£20,667).

4.7 **Priority 3** - Improving training to increase capability and capacity for CAMHS is a significant priority. This has included Anna Freud carrying out a workforce and training analysis and a series of 'training the trainers' seminars on attachment, loss, behaviour and emotional well-being, jointly delivered with the local authority and specialist teachers (£53,981).

¹ Already identified as a local priority in the Hammersmith and Fulham CAMHS Taskforce report.

² ReThink is a national charity which specialises in co-production with young people. The Children's Joint Commissioning Team have an existing relationship with Rethink who have successfully delivered several training projects in Hammersmith and Fulham schools in 2014-15.

- 4.8 **Priority 4** - There was an initial underspend for the three WLMHT CCGs,³ as they sought to implement the new community Eating Disorders Service because of national recruitment problems, (£30,485). The remaining resource was deployed to strengthen WLMHT's learning disabilities service.
- 4.9 **Priority 5** - Successful conferences for Early Years and Schools staff have been delivered, with input from local and national mental health experts⁴ in collaboration with the Public Health Healthy Schools Team. Resources have also been used to support the Anna Freud Centre's work on service redesign and pathways (£40,816).
- 4.10 **Priority 6** – Funding has been utilised to improve waiting times for the Learning Disabilities and Neuro-developmental pathways (£79,174).
- 4.11 **Priority 7** - As investment in the Out of Hours pilot had already been confirmed by Hammersmith and Fulham CCG, in the short term further resources were not matched to crisis work, although sustaining improvements remains a long term objective. The pilot aims to strengthen out of hours assessments and follow up with a view to reducing inappropriate admissions to psychiatric units for young people. Following a six month evaluation the pilot is being extended until March 2017 and Hammersmith and Fulham young people are being seen at Chelsea and Westminster Accident and Emergency by staff from Central and North West London Mental Health trust (CNWL).
- 4.12 **Priority 8** – Funding has been used broadly to improve capacity including:
- investment with the local voluntary sector to deliver self-esteem and mental health awareness training for schools.
 - funds for IT equipment for WLMHT clinicians to support mobile service delivery from alternative sites (£51,704).

5. Next Steps 2016 - 20

- 5.1 The outcome, discussion and conclusions that can be drawn from both the Anna Freud Centre's needs analysis and service redesign work will have an important impact on the longer term transformation funding priorities for local mental health services for young people.
- 5.2 The eight priorities cited above in the initial Transformation Plans are now being honed down to four:
- Community Eating Disorder Service
 - Service re-design
 - Crisis Care
 - Learning Disabilities and Neuro-developmental Disorders

³ Hammersmith and Fulham, Hounslow and Ealing

⁴ NHS England, Young Minds, CNWL and WLMHT

The 'next steps' summarised below should be viewed within the context of the refocused priorities and the transformation redesign work which is about to be undertaken.

- **Community Eating Disorder Service**

5.3 WL MHT established a community eating disorder service for Hammersmith and Fulham young people in February 2016 in line with national standards⁵. The service has been developed in collaboration with Hounslow and Ealing CCG. The community eating disorder service operates a hub and spoke structure with a base in Ealing and local clinics in Hammersmith and Fulham.

5.4 The service will be formally evaluated in 2017 with input from young people.

- **Service Redesign**

5.5 A sustainable training programme will be available for 2017-18. Local authority, voluntary sector and Public Health will provide input, aimed at improving prevention and early intervention. This is a key Future in Mind recommendation.

5.6 The CAMHS School Link Pilot Project which involves 10 Hammersmith and Fulham schools working with WL MHT will be extended until March 2017. An additional four schools have been identified to join the project for six months due to sustained interest in the project from Head Teachers. MIND have also been delivering support to young people in several Hammersmith and Fulham schools focusing on transition to work or college, mentoring and group work.

5.7 Suggestions for further service changes include:

- a. delivering more emotional wellbeing and mental health services through schools
- b. integrating early intervention mental health support and the local authorities Early Help and School Nursing services
- c. increasing the involvement of the voluntary sector.

- **Crisis Care**

5.8 So far crisis care improvements have been limited to strengthening out of hours support for young people presenting to emergency departments in the evening or at weekends. The ambition however is to review and improve the response to young people in crisis across the board. In practice this means looking at the emergency response during the day, how young people might be supported as an alternative to admission to hospital and building on the opportunities presented by established psychiatric liaison services.

⁵ One week wait for first appointments and provision for self referrals from young people.

5.9 It is anticipated that advances in this area will also link to NHS England's initiative to return commissioning of in-patient psychiatric beds for young people to local control (See below for more details).

- **Learning Disabilities, Neuro-Developmental Disorders and Autism**

5.10 The multi-agency service pathways for young people with learning disabilities and autism require urgent review and this is currently underway with workshops planned to take place for mapping and exploring several different good practice clinical models of delivery.

5.11 Short term additional commissioning resource has been agreed to support the CAMHS transformation programme across Central, West London and Hammersmith & Fulham CCGs with a particular focus on learning disabilities and autism, commissioning co-production and the implications of service redesign.

Coproduction

5.12 Co-production with young people is now integrated into the four priorities summarised above. Examples of current co-production activities include:

- **A Young People's Mental Health Conference** is scheduled for **29th October 2016**.
- WLMHT have been allocated funding to support collaboration with the young champions, and to undertake co-production service improvements with their own service users.
- Training of school staff by young people supported by ReThink is continuing in 2016-17.
- A new project with young champions has recently begun to produce **A Guide to Young People's Emotional Wellbeing and Mental Health Services**.
- The **Hammersmith and Fulham Partnership/Alliance** will be re-launched in November 2016.

National Issues

5.12 The provision of inpatient beds for young people, commissioned by NHS England, continues to cause considerable concern. Following the publication of Tier 4⁶ Review carried out by NHS England two year ago, it has been apparent that there is an insufficient bed supply.

5.13 To begin to address this issue NHS England plan to commission additional beds through a procurement exercise in 2017-18.

5.14 Furthermore, a joint proposal by CNWL⁷ and WLMHT to develop a new

⁶ Mental health inpatient provision for young people

⁷ Central and North West London Mental Health Trust

model of care to commission London beds for young people has been approved by NHS England. The first meeting of a new NW London Implementation Board with NHS England has recently been held.

6. OPTIONS AND ANALYSIS OF OPTIONS

- 6.1 Options are not formally presented in this report as the steps required to meet the ambitions for the Hammersmith and Fulham transformation plan are still in development.
- 6.2 As well as taking forward the 'next steps' for young people's mental health services summarised above, local commissioners will also be drawing on the recommendations of the Hammersmith and Fulham CAMHS Taskforce to develop both national and local priorities further.
- 6.3 The priorities still needing further attention are to:
- Explore options to collaborate with council services in developing an integrated family and school support service, as well as looking at possibilities to provide emotional wellbeing and mental health services from alternative 'young people friendly' service points.
 - Signing up to Mental Health Challenge developed by the Centre for Mental Health, Mental Health Foundation, Mental Health Providers Forum, MIND, Rethink, Young Minds and the Royal College of Psychiatrists.
 - Appointing a 'lead elected member' for mental health and identifying a 'lead officer' for mental health in the council.

7. CONSULTATION

- 7.1 Both the developing CAMHS Transformation Plan and the earlier Hammersmith and Fulham Taskforce Report (see Appendix 1) have involved extensive discussion and consultation with input from young people, schools, the voluntary sector, service providers and partner agencies.

8. EQUALITY IMPLICATIONS

- 8.1 An equality impact report has not been completed for this update report. An equality impact assessment was completed as part of the Transformation Plan submission to NHS England signed off by Health and Wellbeing Chairs and/or Lead Members for young people.

9. LEGAL IMPLICATIONS

- 9.1 There are no legal implications

10. FINANCIAL IMPLICATIONS

10.1 There are no financial implications arising from this CAMHS update report.

11. IMPLICATIONS FOR BUSINESS

11.1 There are no business implications arising from this CAMHS transformation update report.

12. OTHER IMPLICATION PARAGRAPHS

12.1 There are no risk management issues arising from the Hammersmith and Fulham CAMHS Taskforce report or the young people's mental health Transformation update.

13. BACKGROUND PAPERS USED IN PREPARING THIS REPORT

None.

LIST OF APPENDICES:

Appendix 1 - Hammersmith and Fulham CAMHS Taskforce Report 2016