

# CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

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Children's services

# Background

- Welsh Government published 'Together for Mental Health' October 2012, (All age and replacing previous age specific guidance).
- Childhood mental health problems are common. 1 in 10 children having a diagnosable emotional mental health problem. The level of emotional mental health problems in our young population is increasing.
- The main increase has not been in severe functional illness but the recognition of stress, anxiety, depression and behavioural issues including risk taking which may develop into enduring problems.
- Support required is complicated by the need for a multiagency approach, local authority services, third sector, carers and families. Education, parenting services as well as health all have a vital role to play.

# Current Cardiff and Vale Services

- CAMHs services for our children and young people provided by Managed Clinical Network hosted by Cwm Taf Health Board. They link closely with child health and adult mental health services, provided by Cardiff and Vale UHB.
- Network provides
  - Primary Mental Health Services,
  - Community CAMHS Services
  - Community Intensive Treatment Team ( CITT)
  - In –patient Tier 4 Services to 5 HB – as above and HDHB, ABHB and lower Powys
  - FACT – Forensic Adolescent Consultation Team - All Wales

# Drivers For change

- Small service with increasing demand
- Health Inspection Wales and Welsh Audit Office Reports on CAMHS
- Children and Young People Committee review
- Ministerial questions and concerns
- Complaints from referrers and agencies about delays, referral not accepted, lack of services
- Increase in admissions via Accident & Emergency
- Lack of Support to specific groups with Mental Health problems but no functional mental illness, e.g. Looked After Children, Youth Offending Services, Difficult Behaviour

# Cardiff and Vale CAMHS Programme

- In October 2013 the UHB commenced a work programme to agree a sustainable service model for emotional and mental health services.
- Complex issue with multiple perspectives on need and service
- Every partner had a different expectation and perception of what CAMHS and each other should provide
- Workshop in January 2014, identified 5 key areas of work to be taken forwards

# 5 Key areas of work

- Primary Care
- Management of Risky Behaviour
- Specialist NHS CAMHS
- Links to Specialist services commissioned WHSCC on behalf of all Health Boards
- User Engagement

# Primary Mental Health Support

- Current Situation -two services providing different functions

Primary Mental Health Team ( CAMHS original model)

Part 1 Team ( Mental Health Measure)

- Result - confusion from referrers

- Programme Aim

–One integrated service combining both functions

–Clear referral pathway

# Risky Behaviour

- Everyone's Business, not just Specialist CAMHS
- Young people 'bounce around the system and don't get the help they need
- Programme Aim
  - Development and implementation of a multidisciplinary / multiagency response to support those children and young people where a professional judges they need urgent assessment and support. This includes those with risky behaviour who today are likely to present at the Emergency Unit. These young people require:
    - Mental health assessment /risk assessment
    - A place of safety
    - A multidisciplinary strategy meeting
    - A risk management plan (including support package)



# Specialist NHS CAMHS

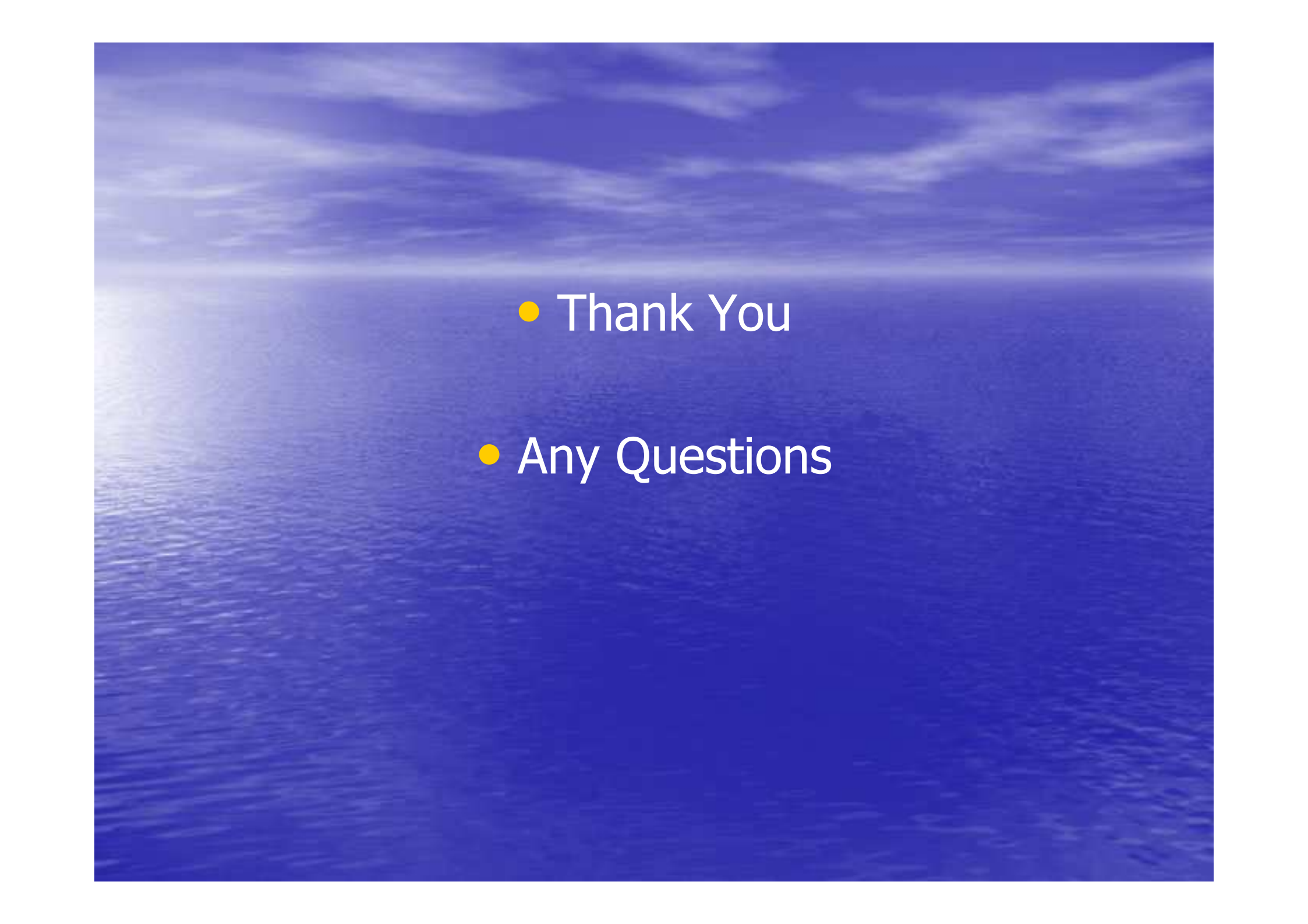
- Provide to Children with an identified psychiatric disorder
  - Depression
  - Psychosis
  - Obsessional compulsive disorder
  - ADHD
  - Tourettes
  - Autistic Spectrum Disorders
  - Anxiety Disorders
  - Psychosomatic disorders
  - PTSD
  - Deliberate Self Harm
- Programme Aim
  - A clear commissioned service specification for our population

# Specialist CAMHS – WHSCC Tier 4

- Inpatient unit (tertiary service) Wales based at Ty Lliardiard , POW
  - Built for 2 wards – 14 beds and 5 beds
  - Currently staffed as 14 beds – 1 ward open only
  - Discharge liaison service
- Programme Aim, to work with WHSCC to commission and secure necessary services to meet the needs of our population

# Service User Engagement

- Commissioning to be informed by what Young People tell us
- Working with 3<sup>rd</sup> Sector partners to run focus groups
- Working through partners to access young people they are working with to gather feedback

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- Thank You
  - Any Questions