TO: Chairman, Ladies and Gentlemen

YOUNG MINDS REVIEW OF CAMHS

PURPOSE OF REPORT:

- To inform councillors of the emerging findings of the recent review of Child and Adolescent Mental Health Services (CAMHS) in Merthyr Tydfil.
- To seek approval for the actions proposed in response to the outcomes of the report.

1.0 INTRODUCTION AND BACKGROUND

1.1 ‘Everybody’s Business’, the Welsh Assembly Government’s strategy for Child and Adolescent Mental Health Services (CAMHS) was launched in September 2001. A key message of the strategy was that the provision of CAMHS is not the responsibility of the National Health Service (NHS) solely, but is, rather, a multi agency responsibility. Consequently, CAMHS means all of the services provided by all sectors that impinge on the psychological well-being and mental health of children and young people. The inclusion of CAMHS in two chapters of the National Service Framework for Children, Young People and Maternity Services in Wales reinforces this holistic vision.

1.2 The Welsh model for CAMHS is based on a four-tier model as outlined in Appendix A. In driving on this model, the Merthyr Tydfil Children and Young People’s Partnership has supported a multi-agency approach to providing services, aimed at benefiting the emotional well being of children and young people. In particular, there has been investment through the Cymorth grant in the Primary Mental Health Team, Take 2 Youth Mentoring and the Behaviour Support team. In partnership with others, we are keen to ensure that this funding is used appropriately and that the delivery of CAMHS is effective.
1.3 Through the availability of additional grant funding, the organisation ‘Young Minds’ was commissioned by Merthyr Tydfil and Rhondda Cynon Taf (RhCT) Local Health Boards to undertake a review of CAMHS on our behalf. The aims of the project were to:

- undertake a complete review of services locally across all tiers of delivery; and
- look at developing an effective service model to support children and young people with challenging behaviour and conduct problems.

1.4 The key objectives of the review were to:

- review current services across all tiers of provision to establish both an understanding of the current services and any gaps in service provision in relation to need;
- confirm that the content of our current draft strategy is a true reflection of partners’ issues/expectations and priorities for the future development of CAMHS in RhCT and Merthyr Tydfil;
- gain an understanding of the types of issues being highlighted;
- ensure that the review process is underpinned by robust consultation mechanisms;
- develop and agree an evidence based service model to inform the strategy;
- develop an action and implementation plan to deliver the strategy/service model;
- propose an effective service model based on the information gained from the previous phases.

1.5 This report outlines the findings of the review and proposes a way forward.

2.0 RELEVANT ISSUES FOR CONSIDERATION

2.1 Emerging findings

From the work undertaken during the review, the Young Minds team identified both substantial strengths and weaknesses across a range of services offered to children and young people in Merthyr Tydfil from both statutory and voluntary sectors. The Young Minds report made a number of key recommendations, as follows:

2.1.1 Multi Agency Developments
Young Minds suggest that ‘to support the move towards a ‘comprehensive CAMHS service’, developments should focus on increasing the provisions for early intervention and the promotion of resilience, enhancing user accessibility and acceptability, targeting vulnerable groups, and creating a ‘mental health’ (as opposed to ‘psychiatric’) service on a multi-agency and multi-disciplinary basis.’ In addition they recommend;
Developing a local strategy supported by action and implementation plans to drive forward the recommendations to be drafted from the Young Minds report.

Establishing sustainable mechanisms to ensure views from service users, both young people and their families, influence the development of local CAMH services.

Establishing a multi-agency panel to plan interventions in a timely manner for children and reduce the need for avoidable out-of-authority placement.

Establishing clear criteria for inter-agency referrals and pathways.

2.1.2 Specialist CAMHS
Recommendations are to:

- develop services which are more child centred reducing the very clinical based model of clinic appointments and mixing these with a service that goes out to the point of need;
- develop the existing, mainly, child psychiatry service into a viable multi-disciplinary CAMH service with sustainable clinical psychology and family therapy;
- develop effective monitoring and data analysis to inform the commissioning process.

2.1.3 Joint Commissioning Arrangements
Recommendations are to:

- agree long term funding for the Primary Mental Health Team, with a view that this should be provided across the two Local Authority Local Health Board areas, with the work led by a team co-ordinator;
- provide a multi-disciplinary team to work with school clusters (including a social worker, nurse and psychologist), ensuring a key worker approach for families and children where there may be many staff involved on an uncoordinated basis. These teams do not have to be newly commissioned teams. They can link up the good work that is going on already and, by co-locating people, reduce duplication and service overload.
- arrange a multi agency training programme for tier 1 professionals to promote further their knowledge and awareness of children and young people’s mental and emotional health and well being.

2.1.4 Groups most at risk
Amongst the specific groups identified as receiving an inadequate service were:

- 16 to 18 year olds.
- Looked after children and other children in need.
- Those groups at high risk of later mental health problems (abused children, children witnessing domestic violence, drug abuse etc).
- Children with chronic illness and/or physical and learning disabilities.
2.2 The Way Forward

To take forward the recommendations of the review, the following key steps are recommended:

- The outcomes will be shared more widely across Merthyr Tydfil with all partners, along with those who were involved directly in the review.
- Merthyr Tydfil CAMHS Strategic Joint Planning Group will consider the messages within the report and develop a strategy and local action and implementation plans, strengthening those drafted for our consideration by Young Minds. This will also allow us to agree the detail of the service models needed locally.
- Rhondda Cynon Taff and Merthyr Tydfil CAMHS Joint Planning and Commissioning Groups will be discussing the potential of the two groups. They will meet twice yearly to discuss details of comparisons highlighted within the report to utilise the benefits of working together on these potential development areas.
- The CAMHS action and implementation plans will be reported to the Children & Young People’s Framework Partnership to gain their support for the future service developments.
- Through Children & Young People’s Framework Partnership, we will put in place appropriate mechanisms to allow any service developments to be tested with our service users and their families.
- Top level commitment will be required from all stakeholders to develop the changes to service delivery that are needed to better provide for our children and young people across Merthyr Tydfil, via the Children and Young Peoples Framework Partnership.
- The CAMHS Steering Group will work with the Children & Young People’s Framework Partnership to ensure that service needs are considered within the new monies available to Cymorth, even where this has already been committed in principle. In addition, we shall be looking at all current resources and other funding streams to take forward any necessary service change and developments.

2.3 Progress to date

There has already been some action taken in response to the recommendations, as follows:

- Merthyr Tydfil LHB and the local authority are working with Pontypridd & Rhondda NHS Trust to re-commission the Primary Mental Health Team, using sustainable funding streams. The posts for this team are being advertised currently and it is hoped that the team will be in place by December 06.
- In partnership with the National Public Health Service (NPHS), a multi-agency training event was held to look at emotional health and literacy issues in young people.
The LHB has successfully gained short-term funding from WAG to work in partnership with the local authority and voluntary sector to develop a pilot project to deliver school-based counselling in Merthyr Tydfil. The LHB has produced a discussion paper for a proposed project.

The Young Minds report has been communicated widely. A copy of the full report is available in the members’ library and at: http://www.wales.nhs.uk/sites3/docmetadata.cfm?orgid=263&id=61419&pid=2601

Through the CAMHS strategic planning group, partners are working hard to develop a joint strategy and action plan.

A lead Senior Manager has been nominated within each organisation to lead on multi-agency planning for CAMHS. For the local authority, Leighton Rees, Head of Children’s Services and Partnerships, has been nominated.

A baseline audit has been undertaken on performance against standards relating to CAMHS within National Service Framework for Children, Young People and Maternity Services.

Regular communication has been established between the CAMHS strategic planning group and the Children and Young People’s Partnership.

### 3.0 FINANCIAL IMPLICATIONS

The financial impact of implementing the recommendations is not yet known. Partners need to work together to identify appropriate multi-agency funding streams to take forward service development as finances allow. Consequently, whilst progress can be maintained within existing resources, the lack of designated recurring funding available across the partnerships means that an expansion of service provision in the manner envisaged by ‘Young Minds’ cannot be guaranteed.

### 4.0 RECOMMENDATIONS

It is recommended that members:

1. Note the content of this report.
2. Endorse Leighton Rees, Head of Children’s Services and Partnerships, as the lead manager for CAMHS within the local authority.
3. Agree in principle to support working together with partners to improve Child and Adolescent Mental Health Services for Merthyr Tydfil County Borough.

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**CHRIS ABBOTT**  
Director of Integrated Children’s Services  
Chief Education Officer  
Lead Director for Children’s Services  

**GIOVANNI ISINGRINI**  
Director of Integrated Adult Services  
Director of Social Services
**INTERNAL REPORT CONSULTATION:**

The following officers have been consulted in respect of the proposals and recommendations set out in this report.

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**BACKGROUND PAPERS:**

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Appendix A

THE 4 TIER STRATEGIC CONCEPT

In 1995, the NHS Health Advisory Service published a thematic review of CAMHS, 'Together We Stand', in which it described a four tier concept of developing strategy.

The tiered framework is intended, first and foremost, to be a strategic and planning tool. Its second purpose is as a communication tool. Thirdly, it is a blueprint for how services are to be delivered on the ground. The importance of the framework is that it promotes a better focus on the service functions required of a mature, effective and efficient CAMHS through a model that spans the agencies involved and their working practices.

The 4 tier model of services offers two key advantages for providers:

- A structure for both horizontal and vertical integration and co-ordination of many agencies and services for children and young people; and
- Inter-agency support to facilitate skills transfer, development and training.

The model offers the following advantages to commissioners seeking to develop a strategic approach to CAMHS:

- A basis for assessment and audit of current provision, including the location and diagnosis of service failures.
- A range of information to guide effective and efficient planning, increase understanding of the relationship between organisations and support communications within and across commissioning agencies.

The 4 tier system offers particular advantages to CAMHS in Wales because, applied intelligently, it provides a framework which can be adjusted for the widely varying conditions to be found here. *(Everybody's Business, WAG 2001)*

The 4 tiers are highlighted below and set out in the diagram which explains the 4 levels of need.

- **Tier 1:** Primary or Direct Contact Services.
- **Tier 2:** Services provided buy Individual Specialist CAMHS Professionals.
- **Tier 3:** Services Provided by Teams of Staff from Specialist CAMHS.
- **Tier 4:** Very Specialised Interventions and Care.

The diagram below sets out the 4-tier approach to the differing levels of service needs, based on the Child & Adolescent Mental Health Services (CAMHS) model.
Four Tiers – Four Levels of Need

Number of families, children & young people decreases at each level

Require specialist community based non-intensive services to meet an identified and assessed need. Statutory intervention – risk of significant harm.

Require very specialised services

Require support into universal services, preventative services or assessment and referral to higher level services. Targeted support, prevention and assessment.

Children, families & young people able to access universal services and community development.

Complexity of need increases at each level