

Merton Child and Adolescent Mental Health Services (CAMHS) Local Transformation Plan 2017 Refresh – Summary (draft)

1. Local Transformation Plans (LTPs) are developed by local areas to demonstrate leadership, accountability and commitment to improving the emotional well-being, and mental health of children and young people.
2. They are supported nationally by NHS England, which requires assurance on an annual basis, to demonstrate progress.
3. LTPs were first published in 2015, with a refresh in 2016, and this 2017 plan. The LTP has previously been signed off at the HWBB.
4. NHS England guides local areas in the development of LTPs through requiring a focus of specific aspects of local transformation.
5. These include governance, data and understanding local need, urgent and emergency care, and impact and outcomes.
6. Merton's 2017 refreshed Local Transformation Plan (LTP) supersedes the refresh plan published in 2016. This new document provides an opportunity for local families, children and young people, and professionals to reflect on what has been achieved to date. It also provides an opportunity for assurance of the delivery of objectives as set out in the original strategy.
7. NHS England funds local areas transformation funds of £266,000 annually until 2020/21. Additional funds have also been provided to Merton CCG to support delivery of further transformation areas of Eating Disorders and Youth Offending. The total transformation funds for Child and Adolescent Mental Health from NHS England is £469,000 annually.
8. Priority transformation areas for 2018-19 include:

Psychiatric Liaison

This is a South West London-wide project to enhance our psychiatric liaison services for CYP in crisis that present to A&E. Each borough commissions a psychiatric liaison nurse to provide cover during day-time and early evening for the hospitals in the area – St Georges Hospital, Kingston Hospital and St Helier's Hospital. They ensure that all CYP presenting at A&E receive a timely mental health assessment and liaise with local CAMHS and safeguarding agencies where needed. They also provide seven-day CAMHS follow-up where needed. Out of hours psychiatric cover is provided by the on-site duty doctor supported by an on-call CAMHS psychiatrist.

Workforce development and training

The aim with this project is to increase the capacity and capability of the wider CYP workforce in Merton (health, education, social care and voluntary sector professionals) to promote mental wellbeing and recognise and respond to mental health issues in CYP. A training needs analysis was conducted in January 2016 using Delta Public Health Consulting firm. The training needs analysis identified a number of key learning needs and from this a training strategy was developed and agreed by the CAMHS Partnership Board in November 2018. The first wave of training was delivered in February - April 2017 and included:

- Mental Health First Aid training
- Introduction to CYP Mental Health training
- Applied Suicide Intervention Skills Training

In addition to commissioned training, a CYP mental health network was also established. The network meets once a term for two hours. The main aim is to provide a brief learning opportunity around a specific topic, discuss case studies or showcase best practice examples, and provide space for networking between professional groups. The network events have been well attended so far (35-60 individuals) and feedback has been positive.

Further training is planned for early 2018 and will focus on parental mental health/working with parents and Autism. Future training will focus on mental health in the very young, mental health in teenagers and Autism.

Child Sexual Abuse

This is a SWL-wide project where a CSA package was spot purchased from the NSPCC to ensure those children that are victims of sexual assault have access to specific emotional and mental health support to help with their recovery. Up to a maximum of 40 referrals are accepted per annum across Kingston, Merton, Sutton, Richmond and Wandsworth boroughs. Referrals come in via local paediatricians or The Havens. CYP receive assessment and brief intervention work, as well as signposting for long term intervention work where needed.

Counselling for Young People/therapeutic interventions to prevent crisis

This was a pilot project to provide an intervention service for young people who self-harm or are victims of sexual abuse to prevent crisis. The intervention was aimed at a tier 2 / 2.5 level. The Wish Centre was commissioned to deliver 40 psychosocial assessments and 20 weekly psychotherapy sessions for a year. Wish also provided match-funding to increase their delivery of assessments and psychotherapy as well as provide outreach work such as out of hours phone support, wider network liaison work, and developing positive engagement opportunities for young people in the community. The first year of the pilot delivered excellent outcomes for CYP and a significant reduction in A&E admissions among the cohort of young people accessing the service. The pilot was extended for a year to allow further evaluation and the development of a longer term procurement plan. The procurement plan is pending.

Autism Support (Pre and Post Diagnosis)

In 2018/19 the process to redesign the Autism pathway in Merton will be progressed. As part of this process pre and post diagnosis support in the form of parent education, support, and improved information processes will be developed.

Eating Disorders

In 2015 SWL CCG commissioned a community eating disorders, including a partnership between five South West London CCGs (Kingston, Merton, Richmond, Sutton and Wandsworth) services for children and young people (CYP CEDS) to meet the national waiting times access targets and nice concordant guidance.

Health and Justice/YOT

The transformation programme has a focus on the health and well-being of children and young people in the Youth Justice System to ensure their mental health needs are assessed and met. This section describes Merton's programme of meeting NHS England's standards and notes progress and identified gaps. This section provides data on CYP in the youth justice system, offences, how they are managed, how their needs are identified. The Liaison and Diversion scheme is being mobilised, and 2018/19 Merton will need to ensure sufficient CAMHS capacity within YOT, and include CYP in participation and involvement activities on shaping and designing services.

CYP IAPT

Improving Access to Psychological Therapies (IAPT) for CYP seeks to improve access to evidence based psychological therapies in the local area, increase young people's participation in therapy, and improve the culture of collaboration.

Recruit to Train is a CYP IAPT therapy that is being rolled out in 2017/18 and will continue into 2018/19.

With 50% funding from Health Education England (HEE), with local match funding, will deliver the following outcomes:

- Increase capacity in services by increasing the workforce
- Further embed evidence based practice
- Have a role as change agents to accelerate transformation in services through use of feedback and outcomes tools and collaborative practice and participation with children, young people and families

SWL & St Georges NHS Trust are piloting a Recruit to Train project with 2 trainees in 2017/18 working 0.5 WTE and this has been agreed as a priority for the LTP.

Promoting the CAMHS Local Offer

This project was about developing and publicising our CAMHS local offer, based on the consultation with CYP (above):

- A mapping exercise was done to map all local mental health and wellbeing services, as well as websites, help-lines and national sources of support that CYP can access for information and self-help purposes.
- The services were then added to the Young Merton online directory of services. A number of informational webpages were also developed to talk CYP through the various sources of support available and steps they could take to help themselves.
- A promotion plan was developed to advertise the Young Merton platform and specifically the CAMHS local offer to CYP, families and professionals. The implementation of this promotion plan is underway.
- An evaluation and feedback phase is in the pipe-line.

NB – There are several gaps identified in the 2017 refresh which will be required to be carried forward for 2018/19. These include:

- Engagement with CYP, families, and stakeholders in the development of the LTP for 2018/19
- Sustainability planning – evidence of how Merton will embed the transformation programme into the long-term planning beyond 2020/21
- Improved evidence of outcomes in clearer data