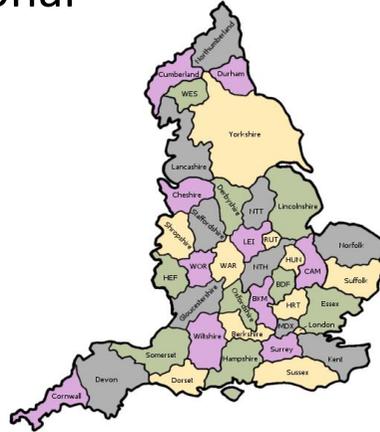


# National updates

for the CAMHS Operational  
Delivery Network in the  
South West

CYP IAPT and more...

Dr Ann York  
Child and Adolescent Psychiatrist  
Clinical Lead for the SW CYP-IAPT Collaborative  
Chair of NHSE CYP IAPT Service Development Group  
CQC National Professional Advisor for CAMHS



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## Information in this slide set....

### CAMHS transformation

- [A Case for Change: prevalence](#)
- [Future in Mind- report of the national CAMHS Taskforce](#)
- [Making change happen](#)
- [New money for CAMHS via Transformation Plans](#)
- [Transformation plans : where are we now?](#)
- [Eating Disorders](#)
- [Named points of contact project](#)
- [CYP-IAPT](#)
- [Tools to help with Transformation Plans](#)

### Wider updates

- [Choice in Mental Health](#)
- [NHSE Mental Health Taskforce](#)
- [National Mental Health and Learning Disability Dataset](#)
- [CAMHS Payment System/Currencies](#)

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## CAMHS is high on the agenda for improved access

- Political profile and commitment
- Media backing
- Families and young people active
- New investment



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## A Case for Change: prevalence

**9.6% or nearly 850,000 children and young people aged between 5-16 years have a mental disorder**

**In an average class of 30 schoolchildren, 3 will suffer from a diagnosable mental health disorder**

### **Conduct disorders**

5.8% or just over 510,000 children and young people have a conduct disorder

### **Anxiety**

3.3% or about 290,000 children and young people have an anxiety disorder

### **Depression**

0.9% or nearly 80,000 children and young people are seriously depressed

### **Hyperkinetic disorder (severe ADHD)**

1.5% or about 132,000 children and young people have severe ADHD

## A Case for Change: Inadequate investment in early intervention and early years of mental health is a false economy



UK annual costs of mental illness during childhood and adolescence vary between £11,030 and £59,130 per child (Suhrccke et al 2008)

Mental illness during childhood also has longer term economic impacts across the life course

### Costs of illness e.g. Conduct disorders

Lifetime costs of 1-yr cohort of children with conduct disorder (6% of the population) estimated at **£5.2billion**

Each affected individual is associated with costs around **10 times** that of children without the disorder

Cost of crime by those with conduct problems in childhood is **£60 billion** per year in England and Wales (SCMH 2009)

### Costs of Interventions e.g. Group Cognitive Behavioural Therapy (CBT) for depressed adolescents

Aims to improve general functioning and prevent risk of major depressive episodes. A series of group sessions lead by a therapist, suggested duration of 3 months of weekly meetings

**Unit Cost £229**

**Total Lifetime Benefit £7,252**

**Lifetime Benefit to taxpayers £3,520**

**Lifetime Benefit to participants £3,455**

**Lifetime Benefit to others £277**

**Lifetime Benefit-cost ratio (Benefits/Costs) 31.67**

Publications Gateway Ref. No. 03250

## Future in Mind- report of the national CAMHS Taskforce



- [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/414024/Childrens\\_Mental\\_Health.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf)
- Published before the Election, we are waiting to the detail of how the recommendations are taken forward by the new government
- What we do know is that it will inform the continued development of CAMHS in England
- The report articulates how we need to set about tackling the problems to create a system that brings together the potential of the web, schools, social care, the NHS, the voluntary sector, parents and children and young people themselves

## Future In Mind Overview

The Government's aspirations are that by 2020 we would see:



Publications Gateway Ref. No. 03250

## Making change happen

By 2020 we want England to lead the world in improving the outcomes for children and young people with mental health problems

This will be delivered by:

- A local Transformation Plan in each area during 2015/16 to deliver a local offer in line with the national ambition
- Establishing clear national governance to oversee the transformation of children's mental health and wellbeing provision country-wide over the next five years
- Enabling more areas to accelerate service transformation through co-commissioning

With additional investment:

- Development of an improved evidence base, on the safety and efficacy of different interventions and service approaches, supported by a world class research programme

Publications Gateway Ref. No. 03250



## New money for CAMHS via Transformation Plans

### Autumn Statement £30M recurrently for 5yrs – for eating disorders

- Develop evidence based community Eating Disorder services for children and young people: capacity in general teams released to improve self-harm and crisis services

<http://www.england.nhs.uk/wp-content/uploads/2015/02/mh-access-wait-time-guid.pdf>

### Budget Announcement Spring 2015 £250M recurrently

- Build capacity and capability across the system so that by 2020, 70,000 more children and young people are treated per year
- Roll-out the Children and Young People's Improving Access to Psychological Therapies programmes (CYP IAPT)
- Improve perinatal care
- Pilot a joint mental health training programme for single points of access in specialist CAMHS and schools, testing it over 15 CCGs

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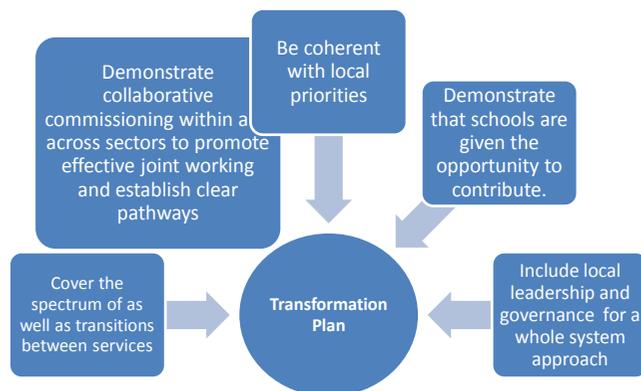
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## Transformation plans : where are we now?

- NHSE is working with partners to **develop guidance** and a bespoke **assurance process**
- ' Unit of planning' likely to be the **Health and Wellbeing Board**
- You will need to **show evidence of partnership working** and sign up not just locally but also with NHS England specialist commissioning
- You will need to show that **children, young people and parents are involved** in planning and delivery
- Letter alerting CCGs and NHS England teams has been sent out

*Slide thanks to Kathryn Pugh, Child and Adolescent Mental Health Programme Manager*

## Local Plans should



*Information from Kathryn Pugh, NHSE CAMHS Child and Adolescent Mental Health Programme Manager*

## Transformation plans will need to

- **Be Transparent – publishing**
  - Baseline investment by local commissioners
  - What services are provided including workforce information
  - Referrals received, accepted, waiting times
- **Demonstrate Service transformation in line with principles covering**
  - range and choice of treatments and interventions available;
  - collaborative practice with children, young people and families and involving schools;
  - use of evidence-based interventions; and regular feedback of outcome monitoring to children, young people and families and in supervision.
- **Monitor improvement**
  - Development of a shared action plan and a commitment to review, monitor and track improvements with appropriate governance structures.

*Slide thanks to Kathryn Pugh, Child and Adolescent Mental Health Programme Manager*

# Eating Disorders

- NCCMH Expert Reference Group
  - Model of care/care pathways for community ED services.
  - Access and waiting time standard to be in place 16/17
  - Training and workforce plans
  - Support for commissioners
- ED Teams will be population-based - minimum 500K so may span more than one CCG
- Start thinking about other CCGs, Providers and NHS England clusters now
- Funding flow likely to be through lead commissioners working in clusters
- Your Transformation plans will need to demonstrate how monies released or, where comprehensive services are in place, will be used to benefit self harm and crisis
- <http://www.england.nhs.uk/wp-content/uploads/2015/02/mh-access-wait-time-guid.pdf>

*Slide thanks to Kathryn Pugh, Child and Adolescent Mental Health Programme Manager*

## Named points of contact project

### Working with Department for Education

- 15 CCGs working with up to 10 schools or other services e.g. LAC, PRU
- Joint training between nominated links for specialist CAMHS and school or other services
- Match funding available to CCGs and schools/other services

**Will need to be part of Transformation plans** but also exploring how we can accelerate expressions of interest to ensure schools can be contacted before end of term

*Slide thanks to Kathryn Pugh, Child and Adolescent Mental Health Programme Manager*

## CYP-IAPT



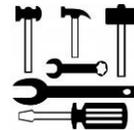
- Increased geographical coverage of service transformation programme to 100 % by 2018
- Breadth and depth – ensuring enough therapists trained
- Continuing to offer training across partnerships
- New curricula – evidence based interventions
  - Children and young people with learning disabilities or autistic spectrum disorder
  - Working with 0-5s
- New Collaboratives to be recruited, and recruiting new partnerships to those new Collaboratives.

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## Tools to help with Transformation Plans



- ✓ **Service Specifications** for:
  - Tiers 2 and 3 CAMHS <http://www.england.nhs.uk/wp-content/uploads/2015/01/mod-camhs-tier-2-3-spec.pdf>
  - Transition <http://www.crisiscareconcordat.org.uk/wp-content/uploads/2015/04/mod-transt-camhs-spec.pdf>
- ✓ **CYP-IAPT Principles in CAMHS, Values and Standards: Delivering With, Delivering Well**  
<http://www.england.nhs.uk/wp-content/uploads/2014/12/delvr-with-delvrng-well.pdf>
- ✓ **Co-commissioning pilot learning**  
Learning from eight pilot schemes (we have one in Devon) to reassess the systems in place to commission CAMHS from schools up to inpatient beds and try to affect change through new ideas  
<https://www.england.nhs.uk/2014/12/11/innovation-pilots/>

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# associate development solutions

East Midlan

## Self Assessment Tool

This Self-Assessment Tool has been developed with support from the East Midland Clinical Network – Maternity & Children’s and Mental Health network

### Graphs: Example Self Assessment

Promoting Resilience, Prevention and Early Intervention	✓	#N/A				
Improving Access to Effective Support – A System without Tiers	✓	#N/A				
Care for the Most Vulnerable	✓	#N/A				
Accountability and Transparency	✓	#N/A				
Developing the Workforce	✓	#N/A				
Making Change Happen	✓	#N/A				
1. Fully Implemented		0				
2. Partially Implemented		0				
3. Changes Agreed but Not Started		0				
4. Not Ready/ Anticipate Some Barriers to Change		0				
5. Not At All Ready/ Anticipate Significant Barriers to Change		0				
Still to Populate		122				
			Promotin	Improving	Care for t	Account: Developi
1. Fully Implemented		0	0	0	0	0
2. Partially Implemented		0	0	0	0	0
3. Changes Agreed but Not Started		0	0	0	0	0
4. Not Ready/ Anticipate Some Barriers to Change		0	0	0	0	0
5. Not At All Ready/ Anticipate Significant Barriers to Change		0	0	0	0	0
Still to Populate		16	39	20	23	19
					5	



**Future in mind: Promoting, protecting and improving our children and young people's mental health and wellbeing**

This self assessment tool was developed by Associate Development Solutions to enable organisations to assess readiness to meet the recommendations laid out in the 'Future in mind' document published by Department of Health and NHS England in 2015.



East Midlands Strategic Clinical Network

Self Assessment Tool:

Name of Organisation:

**Example Self Assessment**

**Contents (by tab):**

<b>Background Info:</b>	Lists all summary actions from the 'Future in mind' document and aligns them with their associated sections from within the document This is the section that organisations populate with your perceived readiness to address the recommendations of the 'Future in mind' report"  <i>*Although not all recommendations made within the report are aimed directly at the organisations using this assessment tool, they will all impact the organisation in some manner were they to be agreed or actioned. Where this is the case, it is the intention of this document for organisations to determine their ability or readiness to respond once these recommendations were to be acted upon.</i>
<b>Self-Assessment:</b>	recommendations were to be acted upon.
<b>Readiness_Sort:</b>	Sorts all recommendations and sub-recommendations by the organisations determined readiness to address
<b>Task Rating_Sort:</b>	Sorts all recommendations and sub-recommendations by the combined size and complexity of each task as determined by the organisation
<b>Graphs:</b>	Provides a high level graphical representation of the organisations current position

**associate development solutions**

Associate Development Solutions retain full ownership of all original content and functionality within this Self Assessment Tool and provide it to participating organisations and bodies with the express understanding that it will not be altered shared or distributed outside of that organisation without express permission. The development of this tool as been supported by the East Midlands Strategic Clinical Network. If you wish to personalise the tool to your area please contact Fiona Warner-Gale fiona@associatesolutions.co.uk or Jane Sedgewick jane@associatesolutions.co.uk. We would be very grateful of any feedback to assist in the further development of this tool. This tool is based key recommendation of the Department of Health (2015) Future in Mind report.

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## MindEd modules on commissioning

Mind Ed <https://www.minded.org.uk/>

Modules: [https://www.minded.org.uk/local/search/search\\_programs](https://www.minded.org.uk/local/search/search_programs)

### Commissioning Comprehensive CAMHS

- aimed at more experienced/specialist users and describes the background and key concepts involved in commissioning
- identifies web-based tools that can be used and considers how children and young people can be involved in the commissioning process

### Commissioning 1

- aimed at more experienced/specialist users and is designed to help new commissioners of (CAMHS) understand their role in the provision of effective evidence-based, outcome-focussed services and the key levers for change

### Commissioning 2

- aimed at more experienced/specialist users and aims to provide all key stakeholders in the commissioning of child and adolescent mental health care and well-being with some key knowledge, tools and strategic approaches

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# Workforce planning

## Comprehensive CAMHS Integrated Workforce Planning Tool <http://www.chimat.org.uk/default.aspx?QN=CAMHSTOOL>

- **Creates a workforce plan for your area** by completing the workforce planning template. The template guides you through the stages of integrated workforce planning
- **Training modules to help engage partners and gain their input and advice as an integral part of the planning process**
- **Collect and analyse data and build capacity and capability** to plan your workforce amongst provider and commissioner organisations. The data workbook and audit tools will help you to do this

**Learn from others' experience** by looking at a model plan as well as examples which have been developed by the pilot sites.

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## Systems Model for Planning Age Appropriate Environments

The model is aimed at CAMHS and AMHS (adult mental health services) **commissioners, providers, planners and analysts**.

It enables you to **devise and test plans** to improve your services to meet the needs of under-18s with severe mental health problems.

<http://www.chimat.org.uk/default.aspx?QN=CHMTSMOD>

This tool is designed to help you to consider questions such as:

- ✓ What might happen if we introduce emergency beds?
- ✓ What might happen if we introduce community based outreach teams?
- ✓ What might happen if we increase our core bed base?
- ✓ How can we develop and maintain the care pathway to obtain better outcomes for children, young people and their families?

The model **simulates the dynamic performance of the system** for managing the care and treatment of under-18s with severe mental health problems over a five year period.

You can **run the model with the stored data**. This data has been researched from actual operational and financial information from regional CAMHS services. This will help you to understand the implications of strategies that you want to test.

You are also able to **enter your own population, resources, activity and financial data** when you want a quantitative estimation of the impact of your plans which is relevant for your area.

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## System Dynamic Modelling tool available from June 2015



- Commissioned by NHSE
- A computer decision making tool
- Working out the effect of investment in one area of the system to the whole system (universal to inpatient)
- Is a tool for commissioners to help with decision making- won't tell people what to do



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## Tool to support involvement of parents

- **Young Minds Toolkit for involving parents**, soon to be available on YM website
- Power-point of emerging themes from consultation with parents

[http://www.youngminds.org.uk/for\\_parents/parents\\_improving\\_services](http://www.youngminds.org.uk/for_parents/parents_improving_services)



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## Choice in Mental Health

- Since April 2014 young people referred by their GP have had the right to choose provider for CAMHS. See <http://www.england.nhs.uk/ourwork/qual-clin-lead/pe/bp/guidance/>
- System facing guidance available from December 2014 (Legal Right to Choose- Clinical Scenarios <http://www.england.nhs.uk/wp-content/uploads/2014/12/choice-mh-scenarios.pdf> and Choice in Mental Health Care: Guidance on implementing patients' legal rights to choose <http://www.england.nhs.uk/wp-content/uploads/2014/12/choice-mhc-14.pdf>)
- Wording in the standard contract has been strengthened to reflect these changes
- NHS Choices website information will be updated to h choose
- Commissioner support planned
- E-referral system is being updated

**CHOICE**<sup>®</sup>

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## NHSE Mental Health Taskforce



- <http://www.england.nhs.uk/ourwork/part-rel/mh-taskforce/>
- Formed March 2015
  - Task is to develop a new five year national strategy for mental health
  - Covering services for all ages
  - To be published in autumn 2015
  - Spans health and care system
- Terms of reference: <http://www.england.nhs.uk/wp-content/uploads/2015/03/mh-tor-fin.pdf>

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## National Mental Health and Learning Disability Dataset

- There will be a single Mental Health Services Data Set (MHSDS) incorporating the CAMHS, Adult and LD datasets
  - Goes live October 2015
  - Indicative date for data flow Jan 2016
- CYP-IAPT dataset is embedded
- <http://www.hscic.gov.uk/CAMHS>
- <http://www.hscic.gov.uk/mhsds>



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## CAMHS Payment System/Currencies

- <http://pbrcamhs.org>
- The final report of the project is due soon
- Draft groupings are available on <http://pbrcamhs.org/proposed-draft-groupings/>
- The draft groupings form the central output of the current project, which will shortly be drawing to a close and handing over to NHSE
- [Project Findings and Final Report event on 22 June in London](#), see <http://www.annafreud.org/training-research/training-and-conferences-overview/conferences-and-seminars/camhs-payment-system-project-project-findings-and-final-report/>

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## I hope you have found this useful

- ❖ Let me know what you want to know about
- ❖ Let me know if you have things to include

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