

Oxford Health NHS Foundation Trust

CAMHS Restoration and Recovery Planning

- Buckinghamshire
- Oxfordshire
- BaNES
- Swindon
- Wiltshire

The aim of Oxfordshire & BSW All Age Mental Health recovery planning is to continue service delivery alongside our partners to ensure the highest quality service provision within guidelines to meet the needs of our local populations. Our aim is to recover services, track and plan for backlogs, surges and to implement the positive practices adopted through our COVID 19 response.

Our current priorities are ensuring our estates enable service delivery where clinically suitable, our digital solutions continue to increase productivity with positive patient experiences and outcomes and we continue to look after our staff and patients in safe appropriate environments and well being

CAMHS Approach: CAMHS Forward Planning Group & Purpose

To ensure that CAMHS services across OHFT are working proactively, strategically and in a timely way to plan the response to the anticipated mental health surge as a result of Covid-19, in collaboration with the Trust-wide response. This is not just a part of our service recovery but also an opportunity to lock in learning, capability and provision which has been accelerated through the last 3 months

A multi-tiered approach to need

Our strategy is to segment the population of CYP into x 4 broad categories and to take a targeted approach to each.

1. CYP who can manage with self-care

We will improve our self help offer so CYP can 'get back to normal' independently. (e.g. advice & resources, red flags and guidance on expected and atypical responses & signposting).

2. CYP best supported by others

We will aim to ensure CYP get the right help, in the right place and at the right time by skilling up partner services (e.g. webinars, consultations, guided self help).

3. CYP requiring specialist intervention

We will skill up staff across our service to be able to support CYP presenting with higher levels of risk (e.g. PBS training, emotional coping skills, suicide prevention risk formulation, reflective risk supervision, signposting and joint working).

4. CYP in crisis

We will ensure we provide high quality care and support to CYP in crisis.

ENABLERS

5. Digital Working & Technology

6. Staff wellbeing

Areas requiring a strategic approach to planning

We will also ensure we are proactively planning our response in relation to the following issues likely to be experienced by children and young people.

LAC in and out of area

Drug and alcohol

Suicide prevention and risk

Mental wellbeing for CYP with LD

Transitions



School liaison (including trauma, anxiety, bereavement and re-integration)

Mental wellbeing for people with ASD

Trauma

Non accidental injury & exploitation

Domestic abuse & family conflict

Emotionally unstable young people

CYP with anxiety

CYP with eating disorders

CYP with school refusal issues

Bereaved CYP

CYP with psychosis

Gender dysphoria

CAMHS Forward Planning Group; some examples of activities summary:

Sleep (Sleepio/Sleep
Clinic/Resources/MH
STs) Digital Detox

Trauma

Video Resources
(Anxiety/low
mood/depression/

Universal Offers &
System Recovery
Plans (System
Partners)

Literature Reviews

Education; school
return/refusal
(SEN/E
Boards/DoE/HEE)

Support to schools
(including trauma, anxiety,
low mood, bereavement
and re-integration)

Mental wellbeing for
people with ASD/LD

Domestic abuse
and family conflict

CYP with challenging
behaviour

Formulation training

Website/Digital
Strategy

OHFT Recovery Planning Activities Summary

Surge Planning
Tool/CRest D& C Tool
development

Directorate
Recovery Q&A's set
July/August

Tracking of digital
offers and increase
in productivity

MH 24/7 Support
Line

Recovery Checklists
for each service

CAMHS Forward
Planning Clinical
Group

Enhancement of
Partnerships

Inhouse service
adaptation
assessments

Staff Wellbeing

Weekly SMT
Recovery Meetings

System/Multi-agency
Recovery Planning

Increase in digital
resources-
web/videos

Opportunities and Risks

Opportunities:

- Autonomy- leadership/staff
- Focus on Staff Wellbeing
- Uptake of digital consultation
- Integration/partnership system responses developing

Risks:

- Referral Surge
- School return
- Backlog growth
- Fatigue
- Staff return from shielding
- COVID safe estates
- Winter pressures
- COVID Wave 2

System Recovery Approach and Planning – Our agreed Children’s Trust priority for 20/21

Recovery Priority 1: Address predicted post-lockdown rise in demand and the disproportionate impact on vulnerable children and families

Recovery Priority 2: Ensure an appropriate education and childcare offer for all children is in place

Recovery Priority 3: Develop multi-agency, place-based services, our early help offer, our Family Safeguarding Plus (FSP) model and our integrated Youth Justice & Exploitation (YJ&E) service, With the aim of improving our collective ability to identify additional needs earlier and provide easy access to the right support to enable change and restore families’ resilience. We need to have a joined-up Children’s Services approach

Recovery Priority 4: Improve health outcomes for children and young people by ensuring an integrated children’s health system

Recovery Priority 5: Ensure sufficiency of Early Years Provision through assessing and addressing market needs through the phases of recovery as set out by government

Recovery Priority 6: Ensure providers of placements for our children in care continue to be supported

Recovery Priority 7: Implement an Alternative Provision offer that better meets the needs of schools, children, and young people within agreed timescales

Recovery Priority 8: Further improve the sufficiency and quality of placements and accommodation for children in care, care leavers and 16-17yrs olds who present as homeless through the implementation of our Transformation of In-House Fostering, Commissioning Strategy Action Plan and our newly commissioned Young People’s Supported Housing Pathway

Recovery Priority 9: Engage and promote participation of children and young people, their parents and carers in recovery planning

System Recovery Approach and Planning

- ✓ Joint system planning with an emphasis on prevention using evidenced based modelling and emerging research.
- ✓ Weekly countywide multi-agency network meetings to discuss CYP we have concerns about
- ✓ Continue to work in partnership to deliver NHS LTP ambitions to increase access to mental health support and deliver Mental Health Support Teams