

Transforming Child and Adolescent Mental Health Services in Oxfordshire.

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General Practitioner Study Day – Children and Young People Mental Health
26th February 2020, Kassam Stadium

Strategic overview of children and young people's mental health developments key message – **Mental Health is everybody's business**

- ✓ Mental health for children is a political priority and financial commitment for the first time!
- ✓ **Future in Mind** published 2015 –Blueprint for future mental health services with focus on resilience building, prevention and early intervention.
- ✓ **Five Year Forward View** –Improving access
- ✓ **NHS Long term plan** –Health Inequalities

NHS Long Term Plan –continued focus on access and health inequalities

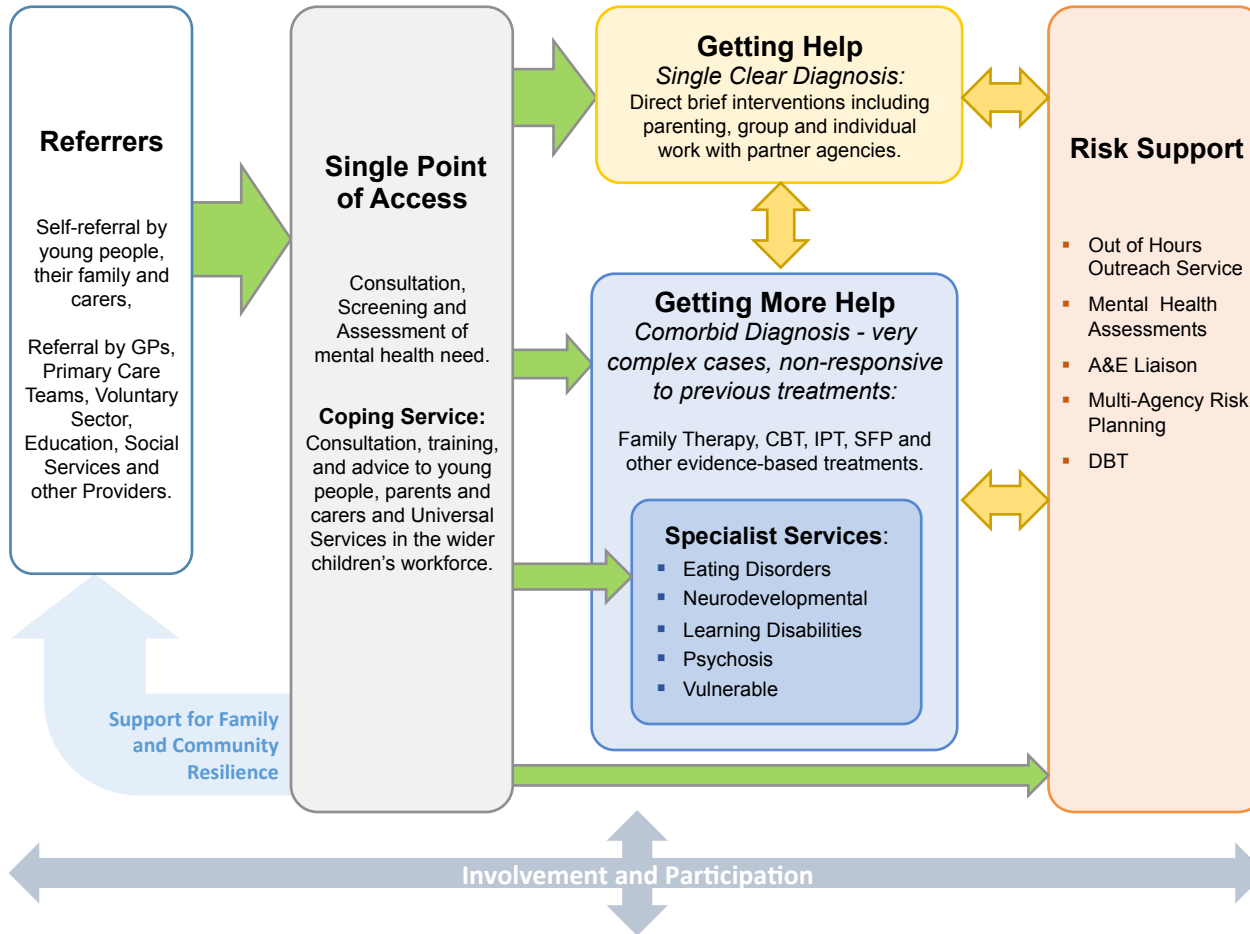
- ✓ **Improving access to specialist mental health services:** -access rate from 25% to 35% and 100% at the end of the decade
- ✓ **Continue to expand Eating Disorder Services and implement Waiting Times Standard** (Urgent see within 7 days and Routine within 4 weeks)
- ✓ **Develop 0-25 services**
- ✓ **Crisis and home treatment provision** everywhere in England
- ✓ **4 Week Wait Pilot** –Develop national Waits Standard?
- ✓ **Mental Health Teams into Schools Pilots**-25% coverage by 2024
- ✓ **Improve access to ASC diagnosis**
- ✓ **Better support to our most complex (6000 CYP)**

CAMHS Model

New model based on;

- ✓ Local stakeholder review
- ✓ Five Year Forward View
- ✓ NHS E Transformational Plans
- ✓ Thrive Model – Needs led Service
- ✓ Prevention/early access a large feature.

Proposed Service Model – Oxfordshire CAMHS
Partners: OHFT; Autism Family Support; Barnardo's; Response



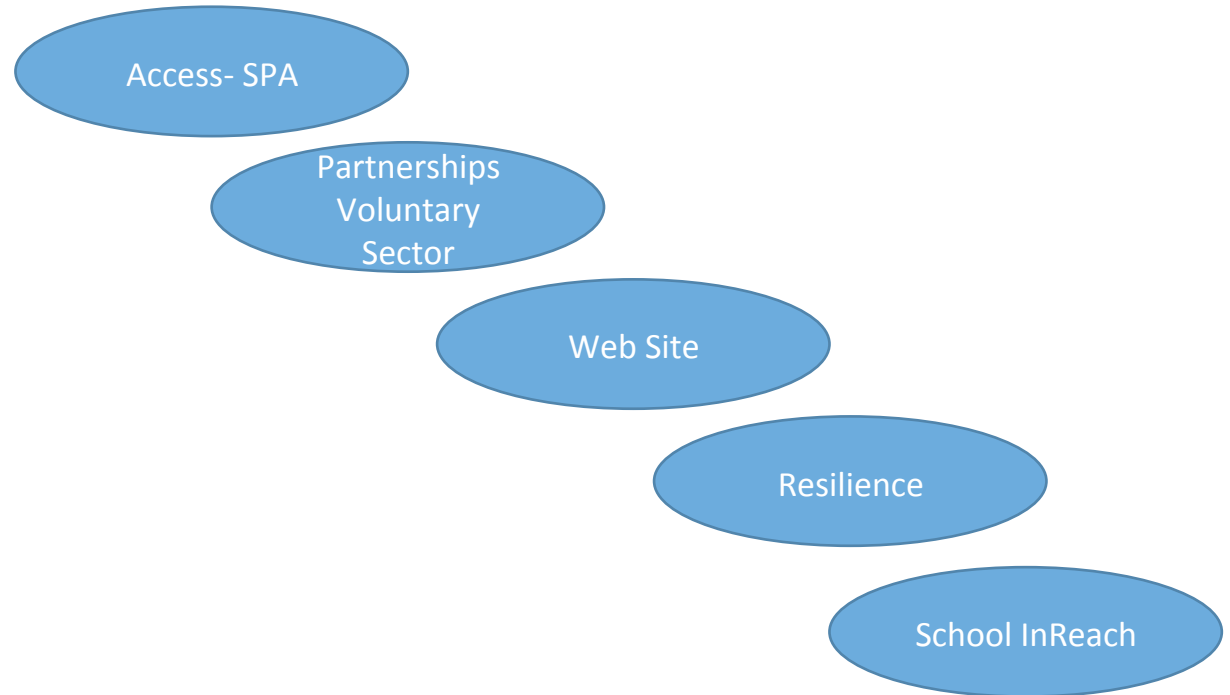
SPA- How it works...

- Clinical phone support M-F 8am-6pm for all - Professionals and patients.
- Out of Hours.
- Initial phone call taken by trained staff member.
- Review by senior practitioner – decision for progression made.
- All requests for service are triaged by the Senior SPA Practitioners, within 12 working hours.
- Further contact with referrer as appropriate (e.g. Risk).
- Inform referrer within three working days of decision.

New Neuro Developmental Conditions Pathway

- Assessment of Autism and ADHD in young people
- Streamlined assessment process saving significant time and improved experience for young person and their family.
- Multi -Disciplinary Team working in partnership with the OUH including Psychiatrists, Paediatrician, Psychology, Speech and Language, Social Workers, Nurse Prescribers and third sector Autism Family Support Oxfordshire.
- Offering on-going individual and group work for young people with co morbid mental health problems.

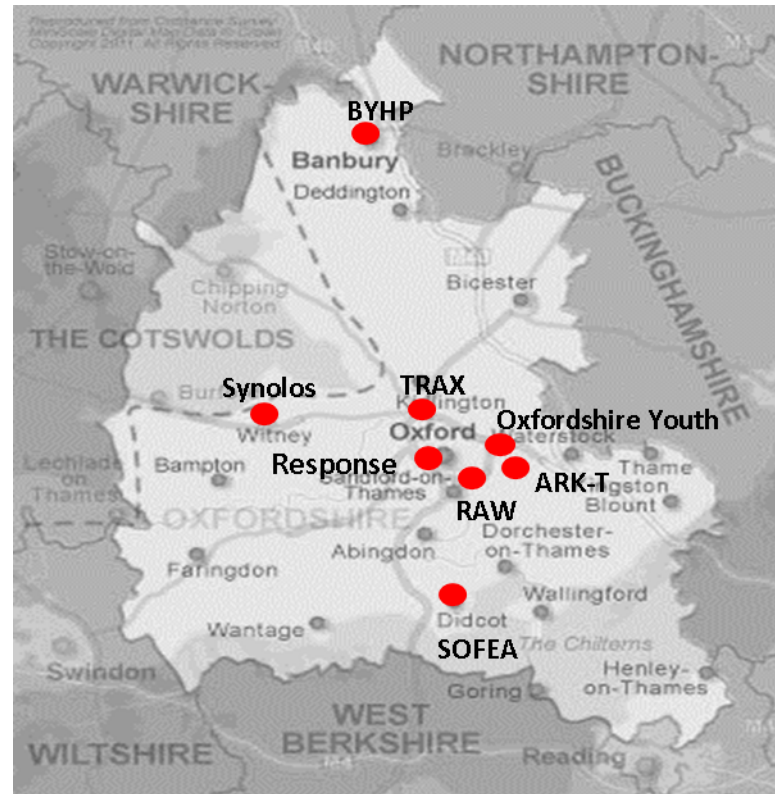
What is different in the new CAMHS model?



The role of the CAMHS Partnership

Who are the partners?

- The 7 partners working alongside **Response** are ARK-T, BHYP, Synolos, Trax, Oxfordshire Youth, RAW and SOFEA. **Working with 0-25s.**
- Each partner works in a different part of Oxfordshire and offers a variety of services;
 - ✓ Engagement with those hard to reach Young People that may otherwise fall through gaps.
 - ✓ Building resilience in Young People
 - ✓ Young People can remain in organisations post discharge from CAMHS
 - ✓ Community In-reach involvement.
 - ✓ Another safe place for Young People to continue their recovery.



response

Ark-T Centre
Creativity Changes Lives



oxfordshire youth



Trax
Inspiring, Educating, Supporting

CAMHS Green Paper Trailblazer Pilot

We were successful, and have secured £6.7 million to come to Oxfordshire over the next 2 years. This builds upon a direction of travel already set out in our local transformation plan.

Three elements:

1. Develop Mental Health Support Teams in schools/colleges for 5-17 year olds.
2. Pilot 4 weeks wait times to develop a national access target.
3. Develop Mental Health Leads in schools

- 40 Mental Health Support Teams nationally possibly being delivered by 20 areas
- 25% national coverage by 2024
- Government flagship policy for NHS long term plan
- Culture change, mental health is everybody's business

Mental Health Teams Into Schools Pilots

- Two Teams covering all Oxford City primary and secondary schools (16,000 pupils)
- Two Teams covering all Banbury and Bicester primary and secondary schools (16,000 pupils)
- Currently working on bid for more teams to cover South and West Oxfordshire (16,000 -32,000 pupils?)
- Ambition to cover all of Oxfordshire if funding becomes available through NHS England.
- Focus on building resilience, prevention and health inequalities
- Teams managed by the CAMHS Third Sector Partnership with integrated CAMHS pathways and clinical supervision.
- Low level emerging mental health concerns.
- Will work in an integrated way with school health nurses and Locality and Community Support Service (LCSS)
- New role developed and training curriculum at Reading University

4 Week Wait Pilot

- We have received funding to reduce waiting times, and improve efficiencies to test a what a reasonable waiting time might look like.
- Working with NHSE Improvement Team to introduce learning from implementing the national cancer waiting times standard.
- This part of the project includes using technology (Healios) and recruiting additional 25 WTE staff with different skill mix
- NHS England intention is to use the findings from the pilot to set a national access standard as part of the Long Term NHS Plan

In summary:

- Oxfordshire CAMHS contract (2017) aimed to shift focus towards early intervention and improving access. National direction is to enhance this further.
- Evidence suggests this will lead to reduction in serious mental health problems later in childhood and in adulthood.
- CAMHS are now in contact with many more young people than before, but challenges remain.
- Improve access/reduce waiting times/maintain or improve quality care and transform, during time of increased recognition of CAMH, and therefore increased need for service.

Challenges

- Transformation is difficult and takes time – not just in terms of service delivery, but also culture and attitudes, both within and outside healthcare.
- Starting from a low baseline i.e. 25% access rate to 35%
- CAMHS are not the only organisation responsible for this change - this requires a system approach.
- Workforce issues, but development of robust links with Third Sector aims to address this, alongside digital solutions.
- Increased demand for autism and ADHD diagnosis