

# **Transforming Children and Young People's Mental Health and Emotional Wellbeing**

**2015 – 2020**

**For Coventry and Warwickshire**

**End of Year 1 Refresh**

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Coventry City Council**Approvals received for original plan:**

<b>Approving Body/ Board</b>	<b>Locality</b>	<b>Approval date for original plan</b>
Chair of Health and Wellbeing Board	Coventry & Rugby	13 <sup>th</sup> October 2015
Joint Commissioning Board	Coventry & Rugby	6 <sup>th</sup> October 2015
Chair of Health and Wellbeing Board	Warwickshire	22 <sup>nd</sup> October 2015
Head of People Directorate	Warwickshire	13 <sup>th</sup> October 2015

The refreshed plan is to be considered by Health and Wellbeing Board meetings on:

- Coventry - 28<sup>th</sup> November 2016
- Warwickshire 7<sup>th</sup> November 2016

## Executive Summary

Funding from the transformation fund has allowed us to accelerate the transformation of our local mental health and emotional wellbeing support. The focus has been on the planning and delivery of the following seven key strategic priority themes:

1. Reducing waiting times for mental health and emotional wellbeing services
2. Provide a crisis response service to support children and young people presenting with self-harm needs and preventing unnecessary hospital admissions
3. Improved access to specialist support, including ASD
4. Providing support to the most vulnerable
5. Strengthening mental health support to children and young people in schools
6. Enhancing access and support through the utilisation of technology
7. Implementation of a dedicated community based Eating Disorder Service

The initial year of the five-year plan has focused on addressing some of the fundamental legacy challenges relating to capacity and demand. Since implementation of the five year plan, the investments made, and transformation activity has led to the following for children and families:

- Consistent delivery of waiting times within 1 week for urgent cases and 18 weeks maximum for routines cases.
- Reduced waiting times for follow up appointments.
- Quicker assessment and support for young people presenting to hospital in crises.

The next year will focus on the more systemic changes required to deliver long term transformation. The partner agencies represented at the CAMHS Transformation Board will plan and implement this change together.

To reflect that it is not in the gift of one agency to transform mental health and emotional wellbeing services and that innovative approaches are required, a new cross cutting theme has been added.

### **New Cross cutting theme: Implement a whole systems of care and prevention approach –**

Work more creatively across the system in terms of earlier intervention, preventative and proactive care. This will include developing innovative and partnership approaches across all statutory agencies, voluntary sector agencies, youth justice and communities to redesign services that can be delivered within the resource available and a wide base of organisations. There will be a focus on local authority and partners early help, parenting support and family hubs, to ensure those areas that are most in need can access support when they first need it and alongside other support.

For Coventry, in year two the focus will be on implementing some of the detailed proposals the partnership has developed for:

- A new dedicated service for Looked After Children and care leavers
- A revised ASD pathway, that ensures earlier support for young people with ASD and reduced waiting times for diagnosis
- The rollout of a strengthened training and support package for teachers, and professionals
- Supporting young people quicker where they have an eating disorder.

For Warwickshire commissioners, activity is centred on driving sustainable change through tendering for a single, children and young people's emotional well-being and mental health contract for the County. The competitive dialogue procurement process opened on September 27<sup>th</sup> 2016 and is due to run until March 2017 where a successful lead provider will be identified.

Across both localities, developing collaborative pathways for young people who may require beds will be a priority, with the aim of supporting more young people in the community, preventing admission and supporting timely discharge.

All the activity in Year 1, and planned for Year 2, is based on the extensive stakeholder engagement including children and young people, parents and carers, providers and professionals that was undertaken by Young Minds to coproduce an outcomes framework for Coventry and Warwickshire. Routine involvement of young people is taking place to inform the implementation, and is gaining momentum. The outcomes framework focusses on the need for increased early intervention and prevention to build the resilience of young people, with greater consistency, integration and support to children, young people and their families, including a crisis response service.

### **Our vision by 2020:**

We will use our transformation plan to locally redesign services to serve the needs of young people and their families across Coventry and Warwickshire that will;

- Provide stepped care through early help, prevention and crisis support to young people and their families to improve their health outcomes, resilience and reduce tier 4 bed usage
- Young people will have access to flexible personalised care, that promotes equality of opportunity and accessibility to meet the individual needs of a diverse multicultural community
- Young people will receive early help and support within schools that will be delivered flexibly and locations and venues to support children including those from vulnerable and hard to reach backgrounds
- Services designed to meet the needs of children, young people and their families so that they can access the right support from the right service at the right time
- Improve and strengthen smoother transitions for young people (including adult services)
- Improved care for children and young people in crisis so they are treated in the right place at the right time and as close to home as possible
- More use of evidenced based practice and interventions
- Vulnerable young people will have access to flexible specialist mental health and emotional wellbeing support, designed and responsive to individual need
- Professionals, young people and their carers will have a greater awareness of mental health and emotional wellbeing services available locally
- Provide a clear sense of direction for all agencies and stakeholders working in partnership to improve the mental health and emotional wellbeing of children and young people in Coventry and Warwickshire

### **The refreshed plan endorsed for submission to NHS England by:**

Councillor Kamran Caan  
**Chair of Coventry Health & Wellbeing Board**



Matt Gilks  
**Director of Commissioning  
Coventry and Rugby CCG**



Alison Scott  
**Director of Performance and Contracting  
South Warwickshire CCG**  
*(signature attached)*

**Warwickshire Health & Wellbeing Board**  
**[being considered on 21.12.16]**

Jenni Northcote  
**Director of Partnerships and Engagement  
Warwickshire North CCG**



## 1) Introduction

1.1 Child and Adolescent Mental Health Services (CAMHS) are commissioned across Coventry and Warwickshire by five commissioning organisations using the national four tiered framework. Universal and targeted services (tiers 1 and 2) are primarily lead commissioned by the local authorities (Coventry City Council and Warwickshire County Council), whilst specialist services (tier 3) are funded by the three local Clinical Commissioning Groups (CCGs) – Coventry and Rugby CCG (CRCCG), South Warwickshire CCG (SWCCG) and Warwickshire North CCG (WNCCG), with Coventry and Rugby CCG acting as the contract lead. Inpatient services (tier 4) are funded by NHS England.

## 2) National and local strategic direction and policy

2.1 The local CAMHS Transformation Plan is informed by local and national policy and context considered to be pertinent in the development of mental health and wellbeing provision for children and young people. In addition to Future in Mind, these include:

- Children Act (2004)
- Closing the Gap (DH, 2014)
- Coventry Health and Wellbeing Strategy (2012)
- Mental Health Act (2007)
- No Health without Mental Health (DH, 2011)
- Promoting the Health and Wellbeing of Looked After Children (2011)
- Warwickshire Health and Wellbeing Strategy
- Working Together to Safeguard Children (2010)

2.2 Other relevant policy and contextual drivers include guidance from the National Institute for Health and Care Excellence (commonly referred to as NICE guidance), Access and Waiting Time standard for children and young people with an eating disorder, DfE guidance on Behaviour and Counselling, Transforming Care and the Crisis Care Concordat.

## 3) Understanding Local Need and Health Inequalities

3.1 The Office for National Statistics (ONS) population estimates in mid-2013 for all Local Authorities in the UK shows an increase in population year on year. Coventry's population now stands at an estimated 329,810 people, representing a 4.8% increase when compared to 2012. Warwickshire's population is estimated 548,729 people, indicating a 0.14% increase from 2012. Table 1 details the total population for Coventry and Warwickshire:

Table 1: Population of Coventry and Warwickshire

	Total population	0-17 population	18-24 population
<b>Coventry</b>	<b>329,810</b>	<b>74,158</b>	<b>41,538</b>
<b>Warwickshire</b>	<b>548,729</b>	<b>57,420</b>	<b>45,268</b>
North Warwickshire	62,124	6,315	4,562
Nuneaton and Bedworth	126,003	13,779	10,338
Rugby	101,373	11,620	6,996
Stratford-on-Avon	120,767	11,948	7,330
Warwick	138,462	13,845	16,042
<b>Total / Combined</b>	<b>878,539</b>	<b>131,578</b>	<b>86,806</b>

Source: ONS 2015

3.2 Figure 1 details the administrative boundaries for Coventry and Warwickshire, comprised of two upper tier local authorities and three CCG's

**Figure 1: Map of Coventry and Warwickshire**



**Local Authority boundaries**

- Coventry City Council: Unitary Authority
- Warwickshire County Council and Districts:
  - North Warwickshire
  - Nuneaton and Bedworth
  - Rugby
  - Warwick
  - Stratford-upon-Avon

**CCG boundaries**

- Coventry and Rugby CCG: Coventry City and Rugby District
- South Warwickshire CCG: Warwick and Stratford Districts
- Warwickshire North CCG: North Warwickshire and Nuneaton and Bedworth Districts

3.3 Table 2 shows estimated prevalence rates across Coventry and Warwickshire of the most common mental disorders based on the ONS Child and Adolescent Mental Health Survey, 2004. While these figures are based on research data over 10 years old, the research base is comprehensive.

**Table 2: Estimated prevalence rates of the most common mental health disorders**

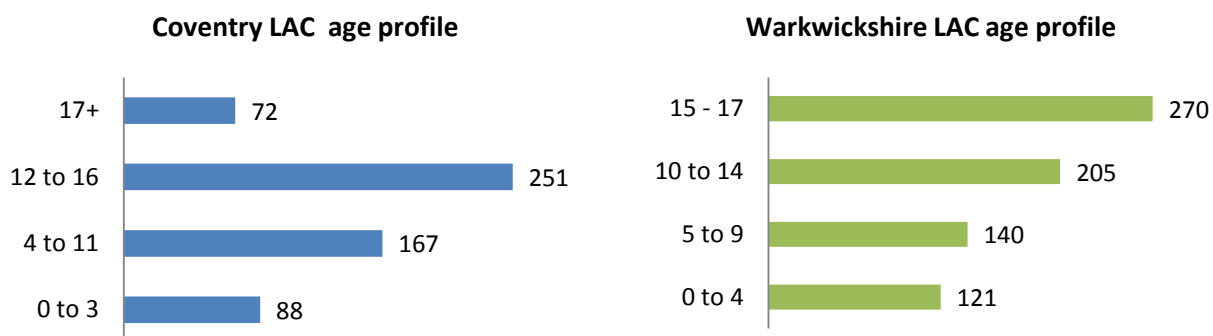
Disorder	Age (Years)	Prev. %	Warks	North	Nun & Bed	Rugby	Stratford	Warwick	Coventry	Total
Mental disorder	5-10	7.7	2848	301	675	562	592	685	1873	4720
	11-16	11.5	4276	500	1002	854	936	979	2410	6685
	5-16	9.6	7119	792	1678	1414	1519	1672	4346	11466
Anxiety Disorder	5-10	2.2	814	86	193	161	169	196	535	1349
	11-16	4.4	1636	191	383	327	358	375	922	2558
	5-16	3.3	2447	272	577	486	522	575	1494	3941
Depression	5-10	0.2	74	8	18	15	15	18	49	123
	11-16	1.4	521	61	122	104	114	119	293	814
	5-16	0.9	667	74	157	133	142	157	407	1075
Conduct Disorder	5-10	4.9	1812	191	430	358	376	436	1192	3004
	11-16	6.6	2454	287	575	490	537	562	1383	3837
	5-16	5.8	4301	479	1014	854	917	1010	2626	6927
Hyperkinetic (severe ADHD)	5-10	1.6	592	62	140	117	123	142	389	981
	11-16	1.4	521	61	122	104	114	119	293	814
	5-16	1.5	1112	124	262	221	237	261	679	1792
Self-Harm	5-16	8.3	6155	685	1451	1223	1313	1445	3758	9913

**Looked After Children**

3.4 There are currently 578 looked after children in Coventry and 736 in Warwickshire, who are accommodated by the local authority.

3.5 In Coventry 47.8% of the LAC population are female, and 52.2% male.

- 3.6 Teenagers make up the highest proportion of LAC in both Coventry and Warwickshire. However, the age range data is presented differently making comparisons difficult (figure. 2)  
**Figure 2: LAC age profiles (September 2016)**



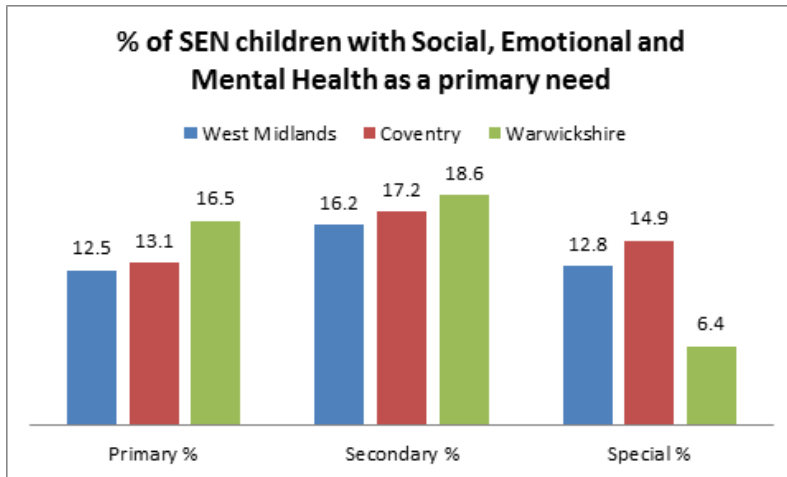
- 3.7 As of August 2016 the three highest rates of ethnicity for Coventry LAC were 68.4% white British ethnicity, 5% white Caribbean, 4.7% African. In Warwickshire, 76% are white British, 6% Asian, and 3% white and black Caribbean.
- 3.8 Of this population in Coventry, 11% have a recorded disability. In Warwickshire, 7% of LAC has a recorded disability.
- 3.9 In Coventry 11.7% of current LAC have had 3 or more placement in the last 12 months. In Warwickshire, 18.8% of current LAC has had 3 or more placements. The Social Inclusion Unit has highlighted placement instability as a key barrier to improving educational outcomes for children and young people.
- 3.10 21.2% of looked after children from Coventry are placed in more than 20 miles from the city.

### **Educational Related Needs**

- 3.11 Supporting educational attainment is a key driver for local change. In terms of the educational attainment of the whole young person population in Coventry, 47% of Year 6 children (provisional) achieved the expected standard in reading, writing and mathematics 2016. Coventry was placed 6th among its 11 statistical neighbours in 2016. In 2016, 54% of pupils achieved 5 A\*-C GCSEs including English and Maths – a 3% point increase on 2015 and above statistical neighbour performance if it stays the same as in 2015 NB: 2016 data is provisional.
- 3.12 During 2016 in Warwickshire 57% of Year 6 children achieved at least the expected standard in reading, writing and mathematics, ranking 3rd among 11 statistical neighbours for this measure. Also, 67% of Year 11 pupils achieved grades A\*-C in English and Maths GCSEs – a 4% increase on 2015 (63%) and above both national (63%) and statistical neighbour (64%) performance. NB: All 2016 data is provisional.
- 3.13 Coventry has a slightly higher percentage of children with a statement of SEN / EHC plan with social, emotional and mental health needs (identified as a primary need) compared to the West Midlands average. Coventry has a lower percentage when compared to Warwickshire in primary and secondary schools. The exception is found in special schools where Warwickshire has a significantly lower percentage at 6.4% compared to Coventry (14.9%) and West Midlands (12.8%)



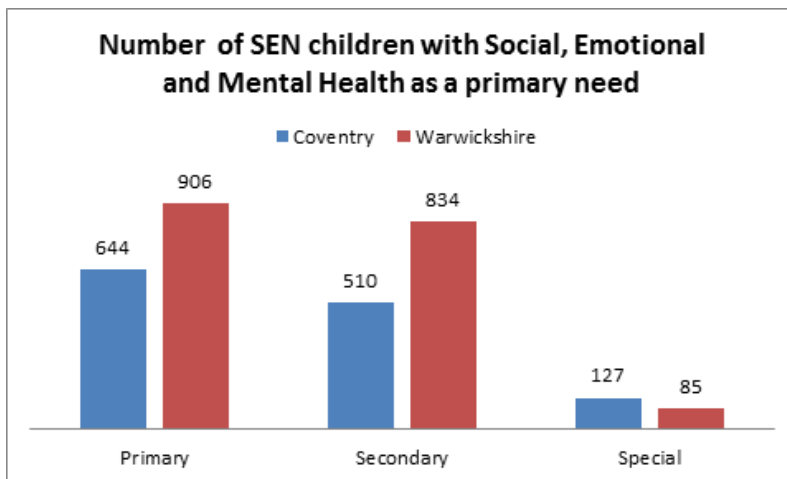
Figure 3: Percentage of SEN children with social, emotional and mental health as a primary need



Data source: Department for Education, Special Educational Needs in England 2016, first published July 2016  
 Link to data: <https://www.gov.uk/government/statistics/special-educational-needs-in-england-january-2016>

3.14 In terms of actual numbers of children, Coventry has significantly less children with a statement of SEN / EHC plan with social, emotional and mental health needs (identified as a primary need) compared to Warwickshire, except with regard to special schools.

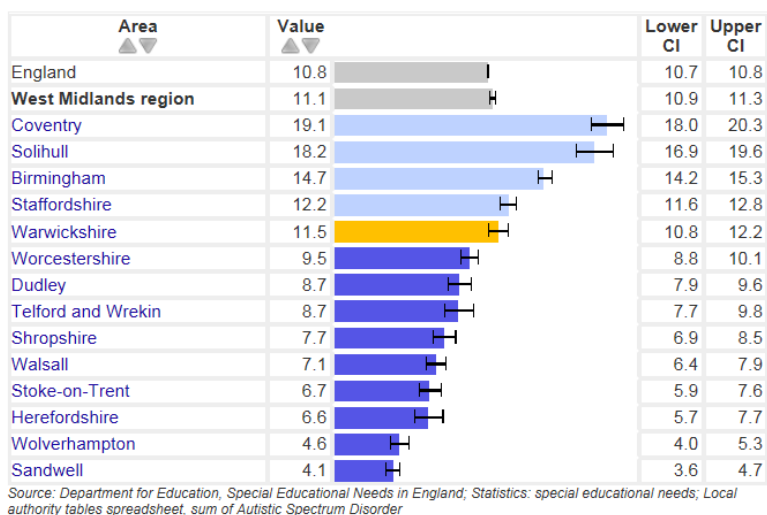
Figure 4: Number of SEN children with social, emotional and mental health as primary need.



## Autistic Spectrum Disorder

- 3.15 Coventry has the highest rate of pupils with autism across the West Midlands (figure. 5). The key challenge for the service relates to the number of referrals and impact on the waiting list for an assessment. The pathway was based on a referral rate of 300 referrals per year. Currently the service is reporting around 90 referrals per month which equates to 1,080 per year. Warwickshire is 5<sup>th</sup> and has different pathways.

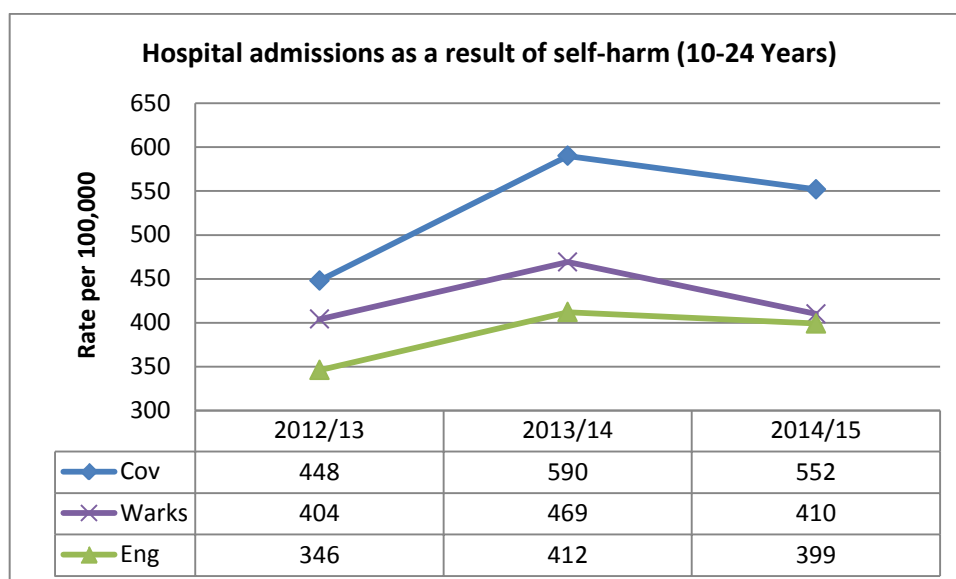
Figure 5: Children with autism known to schools, per 1000 pupils



## Self-Harm

- 3.16 The latest validated comparative data available from Public Health England demonstrates that hospital admission for self-harm fell between 2013/14 and 2014/15 across Coventry and Warwickshire, in line with a fall across England as a whole.

Figure 6: Self-harm admissions



## Eating Disorders

- 3.17 National statistics indicate the number of individuals affected by an eating disorder could be between 1.1 million to 1.6 million.
- 3.18 Data for the last full year (2015) shows that there were 88 referrals for eating disorders across Coventry and Warwickshire.

**Table 3: Number of ED referrals over 30 months (2014 to Jun 2016)**

	2014	2015	Jan – Jun 2016 (6 months)	Total (30 months)
<b>C&amp;RCCG</b>	4	53	15	<b>72</b>
<b>WNCCG</b>	2	9	8	<b>19</b>
<b>SWCCG</b>	30	26	12	<b>68</b>
<b>Total</b>	<b>36</b>	<b>88</b>	<b>35</b>	<b>159</b>

- 3.19 However, it is important to note that the overall numbers of Eating Disorder referrals are small compared to other presentations and also difficult to predict and so it is very difficult to draw any meaningful conclusions from comparisons from one year to the next and the data cannot be considered to be statistically significant.

## Youth Justice

- 3.20 Dedicated support is available for young people who are on the caseload of youth offending/youth justice teams. In Coventry in 2015/2016 92 young people attached to the service had a specialist mental health assessment.

### Full Joint Strategic Needs Assessment Documents

- 3.21 For a full overview of the wider needs assessment, consult the Joint Strategic Needs Assessments available at:
- Coventry:  
[http://www.coventry.gov.uk/downloads/file/21652/joint\\_strategic\\_needs\\_assessment\\_2016](http://www.coventry.gov.uk/downloads/file/21652/joint_strategic_needs_assessment_2016)
  - Warwickshire:  
<http://hwb.warwickshire.gov.uk/about-jsna/>  
<http://hwb.warwickshire.gov.uk/2016/08/05/child-adolescent-mental-health-camhs-needs-analysis-published/>

## Implications

- 3.22 The high level overview of local need above demonstrates a significant level of need in Coventry and Warwickshire and specific variations in need.
- 3.23 The implication is that Coventry and Warwickshire, while being part of the same transformation programme and collaborative, the two localities require tailored approaches for some work streams to address the variations in local need. Specifically, section 8 of this document details the tailored approaches taken to service development for:
- ASD pathway in Coventry
  - Support for vulnerable young people in Coventry
  - The competitive dialogue approach being pursued in Warwickshire to identify and implement innovative solutions to local need

#### 4) 2015-16 Baseline - Service provision and activity across Coventry and Warwickshire

4.1 Coventry and Warwickshire has historically adopted the national four tiered strategic framework to provide structure to the commissioning of local provision as illustrated in figure 7.

Figure 7: National Tiered Framework



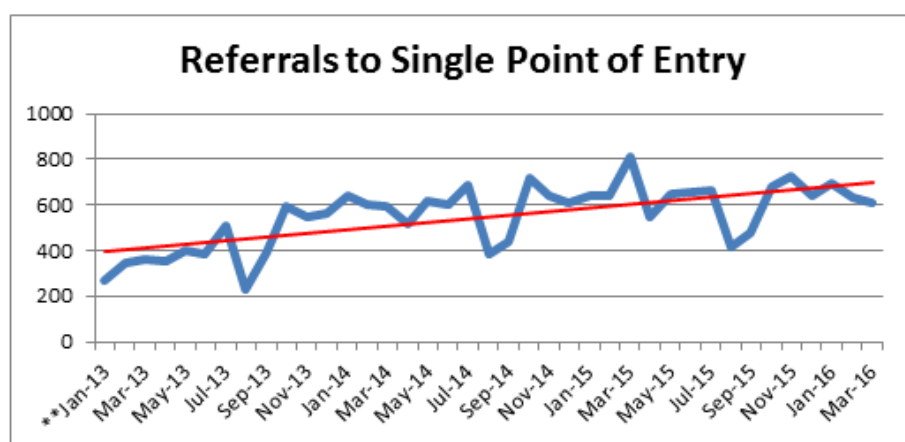
4.2 A range of services are commissioned jointly across Coventry and Warwickshire, as detailed in table 4:

Table 4: Commissioned CAMHS services across Coventry and Warwickshire

Commissioner	Service	Provider	Description	Cost per annum
<b>Tier 1: Support to universal services</b>				<b>£519k</b>
Warwickshire County Council (WCC)	<b>Primary Mental Health Service (PMHW)</b>	Coventry and Warwickshire Partnership Trust (CWPT)	Consultation, advice and training to practitioners. Hold small caseload	£239,000
Coventry City Council (CCC)	<b>Integrated Primary Health Service (IPMHS)</b>	CWPT, Coventry and Warwickshire Mind, Relate Coventry and Warwickshire	Consultation, advice and training to practitioners. Hold small caseload	£221,000
<b>Tier 2: Early intervention for mild to moderate mental health issues</b>				<b>£792k</b>
WCC CCC	<b>Reach</b>	Coventry and Warwickshire Mind and Relate Coventry and Warwickshire	Stepped care: 1. Online advice 2. Peer support 3. Therapeutic groups 4. Counselling	WCC: £160,000 CCC: £112,000
WCC CCC	<b>Journeys</b>	Coventry and Warwickshire Mind, Relate Coventry and Warwickshire	Targeted support to Looked After Children and young people (LAC) and their carers.	WCC: £185,000 CCC: £185,000
WCC	<b>MHISC (Mental Health Interventions for School Children)</b>	Framework of 11 providers	Targeted interventions for young people with an open CAF	£150,000 (from Dedicated School Grant)
<b>Tier 3: Specialist interventions for severe mental health issues</b>				<b>£7m</b>
<b>CCGs (Coventry and Rugby CCG Lead Commissioner)</b>	<b>Specialist CAMHS</b>	CWPT	Specialist Support for children with severe mental health issues	£7m approx. (across Coventry and Warwickshire)

4.3 CWPT host and manage the single point of entry (SPE), with input from Mind and Relate. The SPE triage referrals against joint thresholds to ensure children are directed to the right service. The key challenge for the system as a whole remains the volume of referrals. The overall trend is a steady increase in referrals (figure. 8).

Figure 8: Referrals to Single Point of Entry (January 2013 – March 2016)



4.4 7,368 referrals were received across Coventry and Warwickshire in 2015/2016 (table 5).

4.5 Approximately 12% of referrals were inappropriate in Coventry and Rugby, 10% in South Warwickshire and 16% in Warwickshire North.

Table 5: All referrals to Single Point of Entry 2015/16

ALL NEW REFERRALS TO SINGLE POINT OF ENTRY													
	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Total
<b>Coventry &amp; Rugby</b>	308	360	383	376	250	252	371	419	363	395	346	377	<b>4200</b>
<b>South Warks</b>	131	164	142	166	92	139	145	171	151	172	158	137	<b>1768</b>
<b>North Warks</b>	110	126	127	124	70	85	160	134	127	128	113	96	<b>1400</b>
<b>Total</b>	<b>549</b>	<b>650</b>	<b>652</b>	<b>666</b>	<b>412</b>	<b>476</b>	<b>676</b>	<b>724</b>	<b>641</b>	<b>695</b>	<b>617</b>	<b>610</b>	<b>7368</b>
INAPPROPRIATE - returned to referrer													
<b>Coventry &amp; Rugby</b>	38	44	49	54	32	30	53	46	49	31	38	21	<b>485</b>
<b>South Warks</b>	12	11	13	26	9	18	25	13	13	19	14	12	<b>185</b>
<b>North Warks</b>	20	18	23	26	16	19	32	17	20	20	10	5	<b>226</b>
<b>Total</b>	<b>70</b>	<b>73</b>	<b>85</b>	<b>106</b>	<b>57</b>	<b>67</b>	<b>110</b>	<b>76</b>	<b>82</b>	<b>70</b>	<b>62</b>	<b>38</b>	<b>896</b>

### Mental health and emotional wellbeing support in universal services

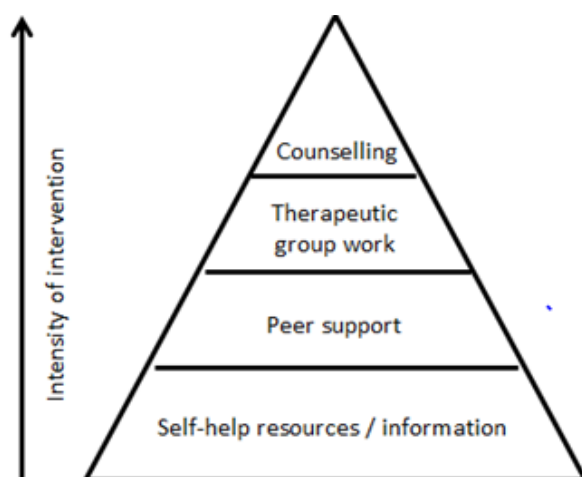
4.6 The **Primary Mental Health Service** provides practical support to universal professionals (including GP's, School teachers and social care professionals) to assist in the early identification and prevention of mental health and emotional wellbeing needs in children and young people.

4.7 The Coventry service consists of 5.6 full time equivalents (fte) including 1fte Team Leader, 2.6fte Primary Mental Health Workers and 2fte Primary Mental Health Advisors. The proposal

is that that this service will expand in line with the transformation priority of increasing support in schools .The Warwickshire service consists of 4fte; including 1 part time Team Leader.

- 4.8 The workforce section later in this paper outlines the activity of the service, and its strategic role in building capacity.
- 4.9 **The Reach service** is commissioned across Coventry and Warwickshire to work directly with children and young people to provide therapeutic group work, face to face and online counselling services using a stepped care approach, as outlined in figure 9:

Figure 9: Stepped model of interventions



- 4.10 The service consists of 4.2fte Primary Mental Health Workers who hold qualifications in working with children and young people and 4.8fte counsellors specialising in CBT, systemic practice and family therapy and service managers to provide operational management and oversight.
- 4.11 During 2015/16, 1,975 children and young people were referred to the service. Most referrals came from either educational professionals (36%) or GP's (26%). The main areas of presenting concern were in relation to anger, family conflict, anxiety and phobias, behaviour and self-esteem.
- 4.12 During 2015/16, 2,295 children and young people commenced treatment, including 628 children and young people were supported through the counselling process, and 1,084 children and young people were support through a group based intervention. In the region of 40% of the service is directed to Coventry children and 60% to Warwickshire children.
- 4.13 There is an average wait of 8 weeks from referral to intervention across Coventry and Warwickshire for group work and 5 to 6 weeks for counselling.
- 4.14 Combined Coventry and Warwickshire outcomes reporting for Reach evidences the service has a positive impact on outcomes. In 2015/2016, on average, young people were presenting within the abnormal clinical range at the start of intervention, and had moved in to the normal clinical range by the end of the intervention.

Table 6: Mean SDQ Score 2015/2016 (Reach Service)

	Mean score	Clinical Range
Pre intervention	17.73	Abnormal
Post intervention	13.96	Normal

- 4.15 **The Journeys service** is commissioned to work with children and young people (0-18) who are Looked After or Adopted and have mild-moderate mental health and emotional wellbeing issues, in addition to Foster Carers/Adopters and professionals working with LAC.
- 4.16 The service consists of 5fte Primary Mental Health Workers and 2fte Counsellors, and received clinical consultation from Phoenix Psychological Services. The service works closely with the Specialist CAMHS service to enable the needs of the young person to be discussed at tier 3 for possible step up through the tiers, and also used to step cases down from CAMHS into Journeys.
- 4.17 The direct interventions delivered to children and young people include counselling and therapeutic conversations, family counselling, solution-focussed and behavioural therapeutic work delivered by Primary Mental Health Workers and Occupational Therapists and therapeutic work involving creative play and art.
- 4.18 During 2015/16, the service received 233 referrals across Coventry and Warwickshire. During this time the average caseload was 131 at any one time. 2,723 one to one sessions were delivered in 2015/2016. The service has also provided 63 training workshops for carers and professionals with an average of 100 attendees per quarter. The training workshops offered include fostering attachments, youth mental health first aid, basic counselling skills and case group supervision for residential social workers.
- 4.19 The current wait from referral received to assessment offered is 1 week; from assessment to intervention is 6-8 weeks.
- 4.20 Combined Coventry and Warwickshire outcomes reporting evidences the service has had a positive impact on outcomes in 2015/2016. On average, young people were presenting within the abnormal clinical range at the start of intervention, and had moved in to the normal clinical range by the end of the intervention. (table 7)

**Table 7: Mean SDQ score Q4 (Journeys Service)**

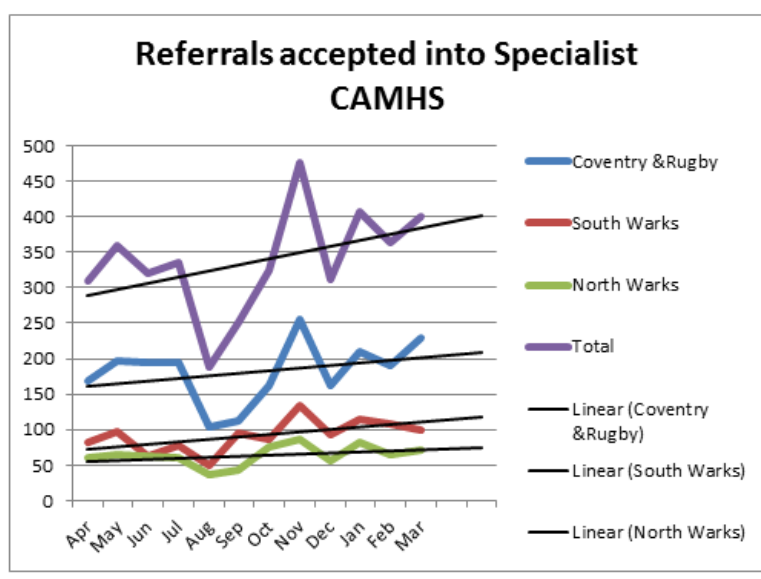
	Mean score	Clinical Range
<b>Pre intervention</b>	18.12	Abnormal
<b>Post intervention</b>	13.83	Normal

- 4.21 As described in later sections, for Coventry the Journeys service is in the process of integrating in to a new service in partnership with CWPT, for vulnerable young people, including LAC.
- 4.22 The **Specialist CAMHS Service** provides therapeutic support to children and young people with moderate to severe mental health and emotional wellbeing needs. Support is provided using a broad variety of interventions including, assessment, formulation and treatment planning, individual, group and family interventions, appropriate mental health psychometric tests, training and supervision.
- 4.23 At the point of the this plan commencing the service consisted of 99.59fte including a range of clinical and non-medical professionals from a wide range of disciplines including Specialist Nurses, Psychologists, Psychiatrists, Art Therapists, Systemic Family Therapists, Child Psychotherapists, Occupational Therapists, Speech and Language Therapists, Nursery Nurses and Support Workers.
- 4.24 During 2015/16, over 4,047 referrals were accepted across Coventry and Warwickshire for Specialist CAMHS services (table 8) 54% of referrals accepted were for Coventry and Rugby, 27% within South Warwickshire, 19% within Warwickshire North.

Table 8: Referrals accepted by specialist CAMHS

ACCEPTED BY SPECIALIST CAMHS Excluding inappropriate and re-directed referrals													
	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Total
Coventry & Rugby	168	197	195	195	103	113	163	255	163	210	190	229	2181
South Warks	82	97	62	79	50	95	87	134	93	114	108	99	1100
North Warks	60	65	63	61	36	43	75	86	56	83	66	72	766
<b>Total</b>	<b>310</b>	<b>359</b>	<b>320</b>	<b>335</b>	<b>189</b>	<b>251</b>	<b>325</b>	<b>475</b>	<b>312</b>	<b>407</b>	<b>364</b>	<b>400</b>	<b>4047</b>

Figure 10: Referrals accepted into specialist CAMHS 2015/16



- 4.25 Data captured by the service details the main area of presenting concern with severe presentations were in relation to anxiety, self-harm, ADHD, Behavioural difficulties, care management, family relationships and attachment problems.
- 4.26 In 2015/16 the service met targets for referral to the commencement of treatment in 10 out of 12 months (table 9). In the two months where not all targets were met, urgent cases were still seen within timescale.

Table 9: 2015/16 specialist CAMHS response time KPI's

2015/16	URGENT				ROUTINE			
	<5 days	%	>5 days	%	<18 wks	%	<26 wks	%
January	9	100%	0	0%	132	97.10%	4	100%
February	7	100%	0	0%	127	96.40%	5	100%
March	11	100%	0	0%	129	97.70%	3	100%
April	4	100%	0	0%	98	98.00%	2	100%
May	3	100%	0	0%	127	97.69%	3	100%
June	7	100%	0	0%	123	90.44%	13	100%
July	8	100%	0	0%	121	91.67%	11	100%
August	3	100%	0	0%	94	98.95%	1	100%



2015/16	URGENT				ROUTINE			
	<5 days	%	>5 days	%	<18 wks	%	<26 wks	%
September	3	100%	0	0%	108	100%	0	100%
October	1	100%	0	0%	137	100%	0	100%
November	6	100%	0	0%	149	100%	0	100%
December	1	100%	0	0%	104	100%	0	100%
January	2	100%	0	0%	121	100%	0	100%
February	0	-	0	0%	110	99.1%	0	100%
March	5	100%	0	0%	126	100%	0	100%

4.27 Waiting times for initial follow up appointments have improved (as demonstrated in progress on priority 1, later in this paper).

4.28 In 2015/16 in Coventry and Rugby, the number of children and young people open for treatment on the caseload increased from 1086 at the beginning to 1809 at the end of the year. In Warwickshire the caseload increased from 1454 to 1878 (table 10).

Table 10: 2015/16 Caseload of young people open for treatment

2015/16 Caseload	April 2015	March 2016
Coventry and Rugby	1086	1809
Warwickshire	1454	1878

4.29 In 2015/16 there were 3,205 young people discharged from treatment across Coventry and Warwickshire (table 11).

Table 11: 2015/16 Discharges

2015/16	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Total
Coventry and Rugby	160	148	181	234	182	122	132	138	126	131	149	127	1830
South Warwickshire	79	78	81	93	54	62	40	53	53	58	67	56	774
Warwickshire North	48	57	54	77	41	59	38	32	35	41	65	54	601

4.30 The service has experienced an increasing demand for assessment for Autistic Spectrum Disorders (table 12).

Table 12: ASD referrals

Area	Number awaiting ASD assessment (school age) – Aug 2016
Coventry and Rugby	592
South Warwickshire	189
Warwickshire North	175

4.31 **The Acute Liaison Service** is based primarily at University Hospital Coventry and Warwickshire and Warwick Hospital, and is delivered by CWPT. The service provides a rapid response to incidences of self-harm amongst young people in Coventry and Warwickshire (table 13).

Table 13: Number of YP assessed at UHCW and provided with a follow up appointment 2015/16

Apr/May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
49	27	22	3	15	15	28	5	31	43	37

- 4.32 In addition to the commissioned CAMHS services across Coventry and Warwickshire, there is a vast array of diverse provision on offer to support the emotional wellbeing and mental health of children and young people, provided through the local authority.
- 4.33 Coventry City Council has been successful in obtaining additional funding from the Department of Education's Care Innovations Programme to implement the **Multi Systemic Therapy Programme (MST)** and **KEEP programme** in Coventry. MST provides intensive therapeutic support to children, young people and their families at the edge of entering care or custody aged 11 to 17 years, using evidenced based practice and providing wrap around support available 24 hours a day, 7 days a week.
- 4.34 The **KEEP programme** provides dedicated parenting training, using evidenced based practice techniques, to Foster Carers, friends and family carers and carers with guardianship responsibilities, to prevent placement breakdown and disruption. Based on the significant impact both evidenced based programmes have demonstrated since implemented in 2012, Coventry City Council has mainstreamed both services, as part of the core service offer available for vulnerable young people and their families in the city.

*The Books on Prescription* scheme enables health professionals to prescribe self-help books that may help with a range of common mental health problems including depression, anxiety, stress and panic attacks. The scheme currently running in Coventry and Warwickshire is part of the Improving Access to Psychological Therapies (IAPT) project. The scheme has clinical recognition and evidence that it supports its effectiveness is supporting people with common mental health problems. *Sorted and Mini-Sorted* in Warwickshire aimed at children and parent with pre-school children.

- 4.35 **Mental Health Matters** operate a 24 hour helpline across Coventry and Warwickshire, available for adults and young people aged 16 and over. The helpline consists of a team of trained and experienced support workers who use counselling skills for young people to access support in relation to low mood, anxiety, stress, emotional distress, and also available for carers.
- 4.36 The additional provision commissioned independently across organisations, highlights the need to ensure future commissioning arrangements of CAMHS provision is jointly developed across all organisations providing support and services to children, young people and families. The number of services, as identified through extensive engagement with service users highlighted how challenging for professionals, service users and parents and carers it is to understand what is currently on offer, services available and where to refer to.

#### Service Data – Key national metrics in the Mental Health Services Data Set

- 4.37 It is a national mandatory requirement for providers of Mental Health Services to submit the Mental Health Services dataset centrally. Local partners recognise there is a requirement for all NHS commissioned services, including non-NHS providers to flow data for key national metrics in the MH Services data set.
- 4.38 In line with the national requirement, the main local provider of Child and Adolescent Mental Health Services, CWPT, has consistently submitted the Mental Health Services Dataset (MHSDS), since its introduction in January 2016.
- 4.39 Commissioner Reporting requirements of key CAMHS measures were identified for reporting from CWPT within the 2016/17 contract between Commissioner and Provider. Where

applicable, CAMHS measures were identified as to be reported from the MHSDS, subject to availability of patient level extracts to Commissioners in 2016/17. Due to uncertainty around availability of the national extracts in 2016/17, a local flow of the MHSDS tables was agreed to support the reporting of key CAMHS measures from the MHSDS. The next planned step for quarter 3 in 2016/17 is to roll the data set flow out to Mind, who are partners with CWPT in a number of the key work streams

- 4.40 Pending the development of the local MHSDS flow, the Trust reported CAMHS measures in aggregate form to Commissioners in Q1.
- 4.41 It is noted that NHS Digital now report monthly CAMHS measures at the Commissioner/ Provider level with the potential to support the monitoring against key national metrics at the local level.

## **5) Engagement and Governance**

- 5.1 This section evidences the role of a wide variety of relevant organisations, including children, young people and their parents/carers, youth justice and education in the original plan, and the refresh, including:
- Needs assessment
  - Planning
  - Service delivery and evaluation
  - Governance

### **Engagement - What Informed the Original 2015 Transformation Plan?**

- 5.2 The underpinning principles of the CAMHS Transformation in Coventry and Warwickshire can be found in the locally co-produced outcomes framework(appendix 1).
- 5.3 Young Minds, a leading national mental health charity and expert champions, were commissioned to deliver co-production work with stakeholders to develop the new model. This initial co-production work was delivered in two phases:
- 5.4 In phase 1, four reference groups were identified, as detailed below, to ensure the views of key stakeholders contributed to the redesign of the local comprehensive CAMHS system:
- Children and young people
  - Parents and carers
  - Providers and potential providers
  - Professionals referring into CAMHS
- 5.5 The initial co-production sessions were undertaken from November 2014 to January 2015. 311 people engaged in these sessions to develop a set of themes and emerging outcomes. Key themes arising from this phase included:
- Need for emphasis on prevention and early intervention
  - Need for a crisis response service and stepped care recovery model
  - Need to focus on building the resilience of children and young people
  - Increased integration with other services, particularly education
  - Including the family and child's networks in the support process
  - Delivering a 0-25 service
  - Delivering a tier-less service
  - Focusing on the needs of vulnerable and complex children and young people
- 5.6 Phase 2 ran until March 2015 with further workshops and online questionnaires to refine and develop these themes into a draft outcomes framework. A further 360 people engaged in this phase, where six headline outcomes were developed:
- 1) Promote positive mental health and increased resilience amongst all children and young

people

- 2) Identify and treat children & young people's mental health needs earlier
- 3) Provide quality mental health services that meet the priorities and standards set by young people and their families
- 4) Support young people up to the age of 25 and provide support during transition
- 5) Enable parents and carers and other family members to support children and young people's mental health
- 6) Ensure that the most vulnerable young people are supported to improve their mental health

5.7 Appendix 2 is the report delivered by Young Minds that details the co-production activity and findings from this work. The six headline outcomes of the work now underpin all commissioning activity. The seven transformation plan priorities were agreed by partners with the aim of addressing gaps identified in current provision against the co-produced outcomes framework.

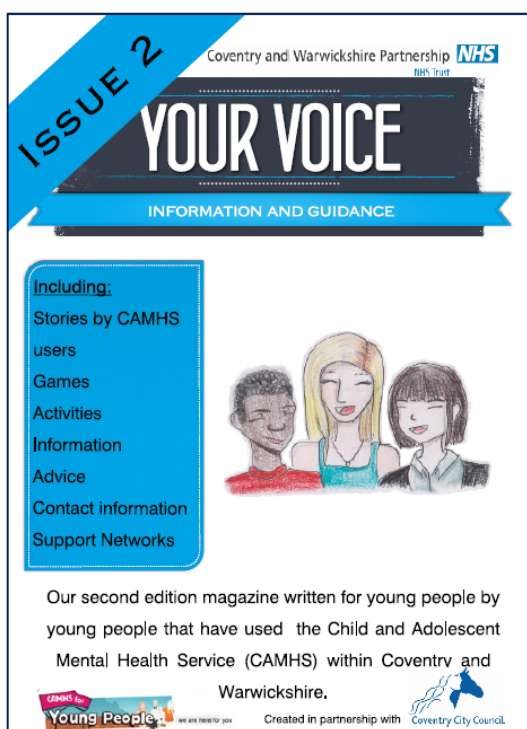
### **Year 1 - Engagement with Young People, Childrens Services, Education and Youth Justice**

5.8 In recognition of the fact that engagement is an on-going cycle to inform service development planning, and evaluation, further engagement has been taken during year 1 of the plan, and was utilised to inform the plan refresh. The range of activity is summarised below.

5.9 CWPT appointed a Young People's Involvement Worker. Therefore since January 2016 a programme of work around service user involvement commenced including:

- A Young People's Group produces a magazine for service users. - "Your Voice" [.https://www.covwarkpt.nhs.uk/search/text-content/resources-created-by-camhs-users-932](https://www.covwarkpt.nhs.uk/search/text-content/resources-created-by-camhs-users-932) (front cover detailed in figure 11).
- The group inputs into the monthly website development group that has been set up to review and develop the CWPT CAMHS website and has been extended to look at a wider website in partnership with Mind.
- The group is developing a set of videos currently around clinicians talking about their roles-filmed by a young person on an iPhone and edited by the young person. The purpose of doing these videos is:
  - a) to give some useful information, so someone waiting to see for instance a Psychotherapist, understands a little about the role and
  - b) to take the mystique often connected to CAMHS, the clinicians are regular folks and are approachable etc.
- From last September-May, the Involvement Worker was supported by a colleague from CAMHS to deliver awareness sessions on mental health in schools and attended numerous school assemblies.
- CWPT undertaking surveys to gather baseline information (February 243 responses, August 140 responses)
- Face to face meetings with service users and families to explore feedback in more detail.
- Review of formal, and informal complaints
- Themes have been incorporated into an action plan, which has influenced the service redesign work.
- A quarterly Service User assembly, which includes service users from all Child and Family Services in CWPT including CAMHS service users

Figure 11: Front cover of young peoples' magazine 'Your Voice'



- 5.10 The Warwickshire competitive dialogue process embeds stakeholder engagement through the dialogue and evaluation of proposals. Stakeholders include children and young people, parents, education, social care and youth justice.
- 5.11 In Coventry a Children's Partnership Shadow Young Persons Board operates. The shadow board have been invaluable informing specific implementation plans in relation to the support in schools priority.
- 5.12 In year 1 there has been an increase in activity to engage with the needs of schools. CWPT, Mind and Commissioners supported a 'Perfect Week with' 4 schools as part of the 'Acting Early Initiative'. The Acting Early model is a 'draw down' model with specialist services working more closely with schools. The idea is that formal opportunities are in place where schools can draw down expertise and collectively agree on the best support for a child of low level concern (this may be through a child case meeting, a consultation session between the schools and services or in another way). The model should also nurture the relationships between schools and specialist staff so that schools know which service and which individual within that service, they need to contact, when they have a concern. The learning and relationships developed with schools has informed the development of implementation plans relating to all of the priorities detailed within this plan refresh.
- 5.13 CWPT have also engaged with stakeholders, including head teachers at the SEN conference in Coventry on 8<sup>th</sup> July 2016. CWPT delivered a workshop to seek engagement on the development of the 'Dimensions Tool' which will be used to support the new ASD pathway referenced in section 8. The Dimensions Assessment Tool CWPT have developed is a new way of managing demand and ensuring young people are directed to the right support, whether it be CAMHS or a community based provision outside of specialist mental health services. The interactive, electronic based tool/app will enable referrers to score a range of dimensions that the tool will process and give an outcome. The outcome will either support a referral and thus aid triage by CAMHS, or flag how the needs can be managed in the community or by which service if it is not a CAMHS specific need. This will in turn support a reduction in inappropriate referrals, and appropriate use of community resources. Head teachers overwhelmingly supported this as a tool to support professionals make more appropriate referrals, and use appropriate community resources. The outcome is that by

February 2016 the tool will be launched as part of the new ASD pathway referenced in section 8.

5.14 Across Coventry and Warwickshire, there is dedicated provision of CAMHS within the respective youth justice/ offending teams. In Coventry the Joint Commissioning Team are a member of the Youth Offending Service Board and therefore contribute to the drafting of the Youth Justice Plan. These arrangements facilitate effective information sharing, and contribution to respective service development plans where there are youth justice implications.

### **Governance Arrangements - Stakeholder Engagement in the Plan Refresh**

5.15 The multi-agency and sector governance arrangements in place since the development of the plan throughout year 1, have ensured that there has been an on-going dialogue with, and input from key stakeholder organisations/ departments. There has been an approach of co-producing solutions to each transformation plan priority.

5.16 The refresh of the plan and overall implementation has been overseen by the CAMHS Transformation Board which meets monthly. The Board has had regular with representation from the three CCG's and the following partners:

- Children's Services
- Public Health
- Local Authority Commissioning
- Education
- Service Providers (CWPT and Mind)

5.17 The Board has strategic oversight on delivery, implementation and management of the Transformation Plan and has reported to the Coventry Children and Young People partnership Board, and Warwickshire Joint Commissioning Boards. This has ensured a feedback loop from the Children's Partnership on progress, and specific plans to be adjusted accordingly. The respective partnership and commissioning boards report to the local Health and Wellbeing Boards.

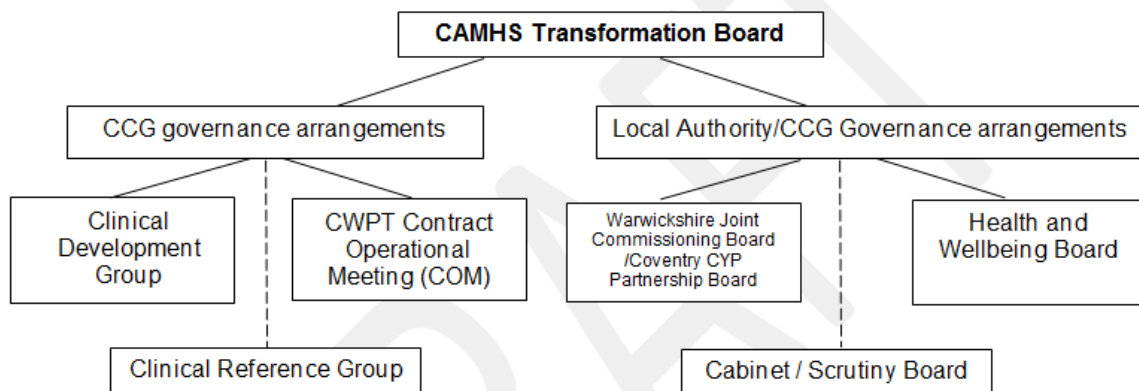
5.18 To further strengthen Coventry governance and multi sector support to the detailed implementation plans, a Coventry sub group is now meeting monthly. The group consists of Coventry representatives from the overall board.

5.19 An Operation Sub Group of the overall board meets to focus on the operational aspects of delivery.

5.20 The Plan will be refreshed every six months overseen by the partners and stakeholders.

5.21 The Health and Wellbeing Board is committed to improving the health and wellbeing of their local population and reduce health inequalities. This Board consists of multi-agency representation to consider cross cutting needs of the local population.

Figure 12: CAMHS Governance



### Alignment with the Service Transformation Plan Programme (STP) and Whole System of Care

- 5.22 The detail of the STP is still embargoed pending feedback from NHS England. However, it is clear that mental health is a cross cutting theme and the STP explicitly states that mental health is embedded across all our transformational programmes within the Coventry and Warwickshire STP.
- 5.23 A number of the enablers for both good mental health for children and young people and effective and accessible mental health services are work streams within our local STP e.g. Proactive and preventative care is a transformational work stream. In addition, developing a workforce and an infrastructure that delivers are enabling work streams that will support the delivery of the STP.
- 5.24 In Coventry, alignment with the early help agenda has also been a key focus in 2015/16 to develop a joined up long term strategy to focus on avoiding crude cuts through closer partnership working, and working with communities. The Connecting Communities approach is to work with others to redesign services that can be delivered within the resources available, focusing on supporting those areas that are most in need. The Council is developing an integrated model of family support through the development of a series of family hubs that will support people earlier and provide interventions that prevent the need for more intensive involvement by the Council or other statutory agencies. The CAMHS service, and CAMHS commissioners from Coventry were full participants a detailed planning workshop in relation to the delivery of family hubs on 14<sup>th</sup> October 2016 to ensure all CAMHS planning is aligned to being part of integrated family hubs and CAMHS are part of the early help offer.
- 5.25 In Warwickshire a stepped approach to support is being implemented, including social care, MASH, advice and guidance, CAF and parenting support. This will become a single system for support with a focus on the right care at the right time, with a stated intention of reducing the number of LAC. There is a clear expectation that the CAMHS service being procured through competitive dialogue will integrate with this approach.
- 5.26 The revised Children and Young People Plan in Coventry aligns to the CAMHS Transformation plan. Positive mental health outcomes for young people have been included as one of the key outcomes in the city for the wider children’s partnership to address. Furthermore, one of the 15 performance indicators included in the city-wide plan, is to minimise self-harm admissions to hospital, and forms part of the bi-monthly performance report senior level officers from the partnership review.



## **Publication of refreshed plan**

- 5.27 The CCG's and partners will publish the refreshed plan when final assurance feedback has been received from NHS England and any revisions required made.
- 5.28 A short easy read version will be developed and published to ensure the plan is accessible to children, young people, parents/ carers and other stakeholders.

## **6) Aims and Objectives**

- 6.1 The following key priorities and objectives have been identified across Coventry and Warwickshire, informed by national and local principles to improve and transform our local CAMHS service to ensure:
- Services work seamlessly and in collaboration to respond flexibly and creatively to meet needs and desired outcomes
  - Use of evidenced based practice
  - Better access to and awareness of services
  - Reduced waiting times to access services and beyond
  - Identifying, reaching out to and prioritising vulnerable group e.g., children on the edge of care, leaving care, homeless, complex needs, substance misuse, domestic violence and sexual exploitation
  - Providing age appropriate support to young people and support through transitions
  - Commissioning is informed by robust data, information and outcomes reporting
  - Development of personalised care for children and young people, who will be able to receive flexible support based on individual need, designed to reduce health inequalities and reach the diverse needs of our population. Services will promote equality of opportunity and accessibility between people with protected characteristics and provided based on need, demographics and profile of young people.
- 6.2 Based on local evidence and intelligence gathered to implement sustainable transformational change across mental health and emotional wellbeing services for children and young people, Coventry and Warwickshire have identified a number of priorities which require additional investment and development, which will be driven and overseen by the CAMHS Transformation Plan.

## **7) Strategic priorities for 2015-2020**

- 7.1 A number of local developments have been identified, which have been coproduced and agreed with stakeholders, to transform and improve mental health and emotional wellbeing services for children and young people over the 5 year transformation plan:
1. Reducing waiting times for mental health and emotional wellbeing services
  2. Provide a crisis response service to support children and young people presenting with self-harm needs and preventing unnecessary hospital admissions
  3. Improved access to specialist support, including ASD
  4. Providing support to the most vulnerable
  5. Strengthening mental health support to children and young people in schools
  6. Enhancing access and support through the utilisation of technology
  7. Implementation of a dedicated community based Eating Disorder Service
- Cross cutting theme: Implement a whole systems of care and prevention approach – Work more creatively across the system in terms of earlier intervention, preventative and proactive care.



- 7.2 System redesign, supported by funding from the transformation plan will allow us to accelerate the transformation of our local mental health and emotional wellbeing service over the five years, through continuation of local improvements as identified in our 7 key priorities.
- 7.3 The key priorities have been fully costed, in line with the allocation aligned to each CCG across Coventry and Warwickshire. Table 14 illustrates the budget allocations for 2016/17 and beyond

**Table 14: Budget Allocations for 2016/17 and beyond**

	2016/17 Indicative costs		
	CRCCG	SWCCG	WNCCG
Priority 1: Waiting times	£190,125	£92,333	£69,333
Priority 2: Crisis support	£143,327	£43,098	£33,575
Priority 3: ASD support	£99,000	£40,000	£34,500
Priority 4: Vulnerable YP	£87,077	£45,538	£43,538
Priority 5: School support	£108,145	£108,145	£81,109
Priority 6: Technology	£326	£98	£76
<b>Total:</b>	<b>£628,000</b>	<b>£329,212</b>	<b>£262,131</b>
<b>Funding Allocation:</b>	<b>£628,000</b>	<b>£346,000</b>	<b>£262,000</b>
Eating Disorder:	£250,000	£138,000	£104,000
Funding Allocation:	£250,000	£138,000	£104,000

- 7.4 A submission has been made to NHS England to secure additional funding in 2016/17 to accelerate progress for priority 1 (waiting times) and priority 3 (ASD) support. The proposal is to achieve this through additional capacity for waiting times and for both routine CAMHS, and ASD, and fast tracking the implementation of the Dimensions Tool to ensure a more targeted and engaged approach to assessing need.

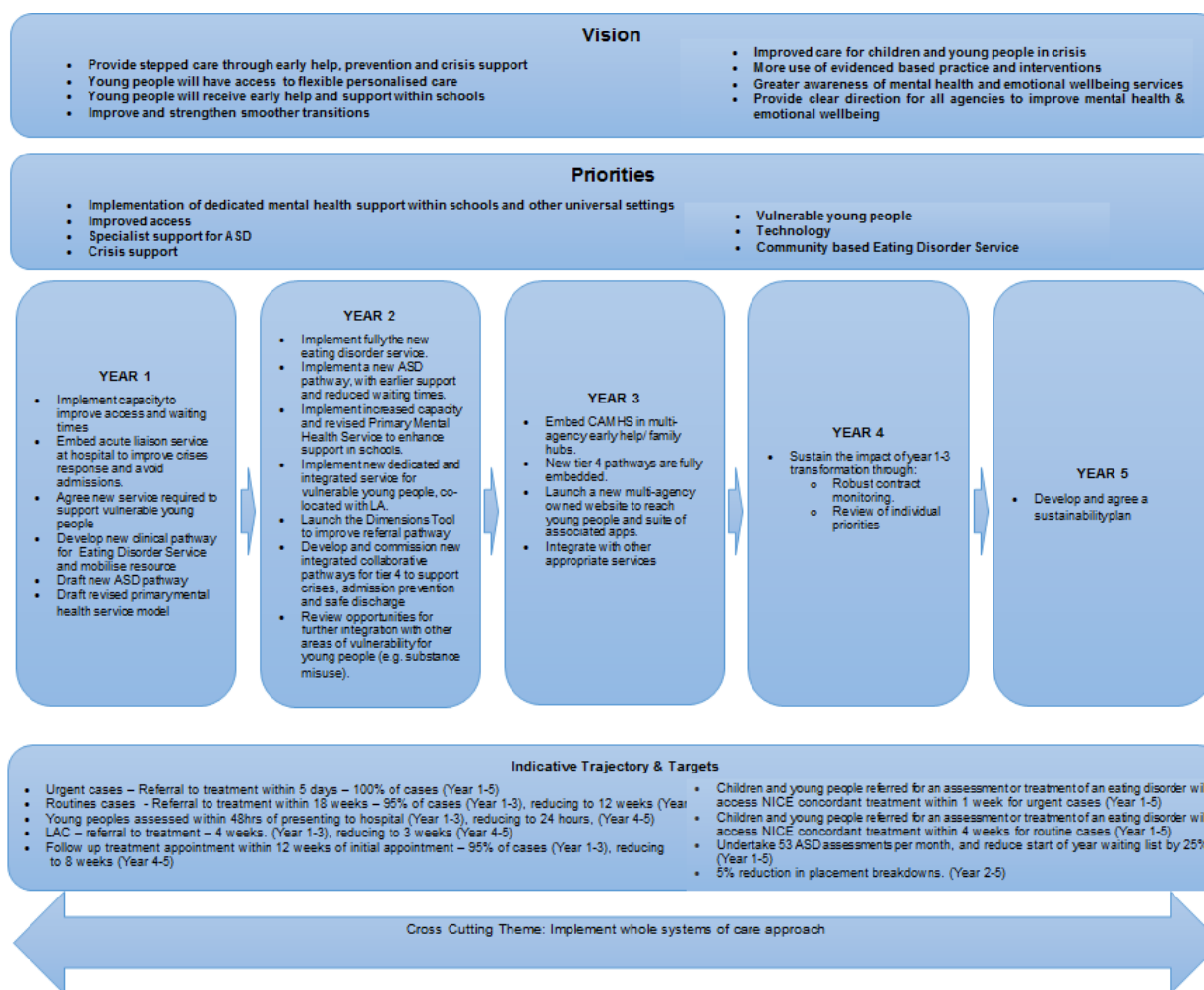
**Transformation Plan Ambition by 2020:**

- 7.5 The Coventry and Warwickshire plan requires system wide transformation and joined up ambition. This requires local NHS organisations to work in partnership with the local authority third sector, youth justice, schools and colleges.
- 7.6 **Reducing waiting times** will ensure interventions are delivered in a timely manner to address presenting needs before they escalate. Services will be delivered at times to suit young people, designed to meet current and anticipated demand, delivered by skilled workforce providing evidenced based practice and interventions to young people and their families, which offer choice and delivered close to home.
- 7.7 **Providing crisis support to young people presenting with self-harm at hospital**, will increase the number of young people receiving appropriate support from skilled professionals in community settings, to manage mental health and emotional wellbeing needs in locations close to home. Additional support provided through earlier intervention, support available in the community, coupled with crisis support will reduce the number of young people requiring tier 4 inpatient beds and improve resilience and mental health outcomes of young people. Building on learning experiences of the local Acute Liaison service, children and young people will receive support using a stepped care approach and appropriate support at an earlier stage, prior to hospital admission, with the aim of managing presenting needs in a community setting, and reducing the cost and need of hospital admission.
- 7.8 **Improved access for specialist support, including young people with ASD** will have access to timely assessments, treatment and support in line with the Transforming Care

Agenda and meet the recommendations set within the NHS England Care and Treatment Review Policy and Guidance report (August 2015). Services will be provided offering person-centred and individualised support to ensure children and young people with learning disabilities and/or autism and their family's needs are met and barriers to access removed.

- 7.9 **Dedicated provision for vulnerable young people** will provide individuals with improved access to maximise their life chances, prevent placement disruption or breakdown and prevent mental health needs from escalating into their adult life. The implementation of a named contact will provide dedicated support to young people and families, to ensure support is available and provides consistency through a single contact which can liaise on their behalf with services and partner agencies, reducing the number of professional's involvement and provides co-ordinated support.
- 7.10 The **implementation of dedicated mental health support within schools and other universal settings** will reduce barriers to access and detect early identification of mental health need, using skilled dedicated resource embedded within school settings. There will be increased awareness and identification of mental health needs at universal level, and young people will receive support at school, or in venues to ensure children from vulnerable and hard to reach backgrounds are able to access the right level of support required.
- 7.11 **Enhancing access to information and communication through technology** will increase reach to young people in raising awareness of mental health and emotional wellbeing needs to reduce the stigma through mental health promotion and dedicated resource, designed to meet the needs of young people and stakeholders. The creation of a dedicated mental health and emotional wellbeing website will provide effective access for young people, in a confidential manner, supported by skilled professionals.
- 7.12 **Implementation of a newly developed community based Eating Disorder Service** across Coventry and Warwickshire, designed to meet the Access and Waiting Time Standards. The service will provide stepped care support to children near to home, designed to meet the population needs of Coventry and Warwickshire, which empowers young people and their family to manage, access and receive quality specialist support and improve their health outcomes.
- 7.13 **Cross cutting theme: Implement whole systems of care and prevention approach** – Work more creatively across the system in terms of earlier intervention, preventative and proactive care. This will include developing innovative and partnership approaches across all statutory agencies, voluntary sector agencies, youth justice and communities to redesign services that can be delivered within the resource available and a wide base of organisations. There will be a focus on early help and family hubs, to ensure those areas that are most in need can access support when they first need it and alongside other support.

Figure 13: High-level road map to achieve 2020 vision (larger version on page 60)



**NB. The Warwickshire trajectory and targets will be determined through the competitive dialogue process due to commence in December 2016. The first two years of the new contract will focus on ensuring Providers meet their transformation plan.**

## 8) Year 1 Progress - Headlines

- 8.1 This section provides an overview of the progress made in year 1 in delivering the plan. Some priorities have been delivered jointly across Coventry and Warwickshire, while some have a local approach.

### Coventry and Warwickshire Progress

- 8.2 **Reducing waiting times for access to specialist mental health and emotional wellbeing services** - There has been intense joint commissioner and provider scrutiny of the investment made in waiting times to ensure the reductions are embedded and sustained. Young people are routinely commencing treatment within 18 weeks of referral, and are seen quicker where the need is urgent. In Coventry and Rugby follow up waiting times have improved and stabilised, and by 1<sup>st</sup> November 2016 95% of young people will receive an initial follow up appointment within 12 weeks (agreed KPI). In year-2 implementation will continue in Warwickshire to achieve the same position.
- 8.3 **Self-harm and crises response** –The Acute Liaison Service that launched in April 2015 has become embedded across Coventry and Warwickshire through the recurrent funding

approved. The service is assessing the majority of young people presenting with self-harm or in crises within 24 hours and young people have a follow up appointment within one week. Now that a firm foundation is in place, the next step is to revise the pathway to ensure the assessment and follow up becomes more multi-disciplinary with increased involvement from other agencies.

- 8.4 **Implement a community based eating disorder service** – A new clinical pathway and local service model has been signed off by all three CCG's. CWPT and Mind are now in the implementation phase, including recruiting to the new posts. The clinical pathway reflects the expected treatment interventions and waiting times as defined within national guidance including, Access and Waiting Time Standard for Children and Young People with an Eating Disorder July 2015, Future in mind: Promoting, protecting and improving our children and young people's mental health and wellbeing 2015 and Eating Disorder NICE guidelines (2004). The focus being the implementation of:
- treatment within a maximum of 4 weeks
  - community based service with support and interventions in the home
  - enhanced family involvement and therapy
  - earlier intervention
  - increased psychological interventions

### Coventry Specific progress

- 8.5 **Improving ASD support** – A two-step process has been taken to improve ASD support and waiting times:
- 1) *Increase the number of assessments* - Additional funding has been released by CRCCG to increase the clinical capacity in CWPT to undertake more ASD assessments. This has increased capacity from 38 assessments per month to 53 (KPI).
  - 2) *Revise the ASD pathway* - A benchmarking exercise has been undertaken which has demonstrated particularly high prevalence rates in Coventry and some alternative pathway approaches in other areas of the country. Recognising that a more sustainable solution needs to be found in the context of high referral rates, a revised multi-agency pathway has been endorsed to include more early support and consequently reduce demand and waiting times.
- 8.6 **Providing support to the most vulnerable** – A joint CWPT and Mind proposal to provide a tier-less mental health and emotional wellbeing service for LAC and care leavers has been agreed and implementation commenced. The whole ethos of the service is to become part of the team around the child, not waiting for a referral, instead identifying in partnership with social care and the primary carer where there are mental health, or emotional wellbeing needs that would benefit from therapeutic intervention, or support to the primary carer. Where a formal referral is received, the agreed KPI is for treatment to commence within 4 weeks.
- 8.7 **Commission early intervention and prevention work in schools and other community settings** – A revised primary mental health offer developed by CWPT and Mind, with improved support to schools has been developed. The overall emphasis is moving towards creating a whole school and community hub approach to build resilience. It is proposed that Implementation of a revised offer will begin in December 2016 subject to approvals.

### Warwickshire Specific Progress Position

- 8.8 To deliver systemic change, Warwickshire commissioners are tendering for single children and young people's emotional well-being and mental health contract for the County. The competitive dialogue procurement process opened on 27<sup>th</sup> September 2016 and is due to run until March 2017 where a successful lead provider will be identified (as set out in table 15, below). This procurement is being led by Warwickshire County Council as lead commissioner on behalf of the three CCGs operating in Warwickshire.

8.9 This procurement is based on a substantial co-produced design process, led by Young Minds and further supported Associate Development Solutions, which led to the development of an Outcomes Framework (Appendix 1) for the new service. Below are listed a number of key themes that the new service will achieve, and which are embedded through the outcomes framework:

- Increased emphasis on prevention and early intervention
- Focus on building resilience
- Integrated working, especially with schools
- Systemic work with families and child's network
- Increasing age from 18 to 25
- Tier less service
- Support for complex and vulnerable children

8.10 These themes reflect the five recommendations set out in *Future in Mind* and demonstrate the scale of transition that the new children and young people's emotional well-being and mental health service must achieve. CAMHS Transitions funding in Warwickshire, then, will be made available to the successful provider in effect this transition in the initial years of the seven year contract.

8.11 As described in section 7, prior to the new contract commencing, commissioners in Warwickshire have aligned their local CAMHS Transformation funding with Coventry CAMHS commissioners to reduce waiting times for existing service users, embed the acute liaison service and establish a community based eating disorder service.

8.12 Table 15 outlines Warwickshire's children and young people's emotional well-being and mental health contract procurement timetable.

**Table 15: WCC Procurement timetable**

<b>Milestone</b>	<b>Date</b>
Pre Procurement Market Engagement/Applicant Days	26th Sep 2016
Deadline for receipt of completed PQQ's	26th Oct 2016
Invitation to Participate in dialogue	14th Nov 2016*
1st round of dialogue meetings	5th to 9th Dec 2016*
Issue amended documents and Invitation to Continue Dialogue	3rd Jan 2017*
2nd round of dialogue meetings	23rd to 27th Jan 2017*
Issue amended documents and Invitation to Submit Final Tender	13th Feb 2017*
Clarification meetings (if required)	27th to 31st Mar 2017*
Contract award confirmed	16th Jun 2017*
Contract commences	1st Aug 2017*

### **Local Implementation of Children and Young People's Improving Access to Psychological Therapies (CYP IAPT)**

8.13 CWPT has embarked on the CYP IAPT programme as part of a "learning collaborative" which involves 14 other Trusts and Reading University.

8.14 The nationally-driven CYP IAPT programme has a key role to play in the local ambitions to transform existing services and local health economies, in respect of improved access and waiting times, reduced numbers of children requiring inpatient care, development of a fully trained and competent workforce, and self-referral across the system. The key elements are:

- Working in partnership with children and young people and families to shape their local services, and at a national programme level. Participation is an essential element of the programme.
- Improving the workforce through training existing CAMHS staff in targeted and specialist (Tier 2, 3 and 4) services in an agreed, standardised curriculum of NICE approved and best evidence based therapies. The training will include modules covering supervision and transformational service leadership
- Supporting and facilitating services across the NHS, Local Authority, Voluntary and Independent Sectors to work together to develop efficient and effective integrated care pathways to ensure the right care at the right time.
- Delivering frequent / session by session outcome monitoring to help the therapist and service user work together in their session, help the supervisor support the therapist to improve the outcomes and to inform future service planning
- Mandating the collection of a nationally agreed outcomes framework on a high frequency or session by session basis across the services participating in the collaborative. Services are asked to ensure that 90% of closed cases, seen three or more times, have full data from at least two time points, one of which can be assessment.
- Outcome data will be used in direct supervision of the therapist, to determine the progress of therapy, overall effectiveness of the service and to benchmark services. Embedding outcome monitoring across the whole of CAMHS will transform how they operate, and how they are commissioned.

8.15 Learning from the programme is already being introduced to the Coventry and Warwickshire specialist CAMHS service. For instance, session-by-session measures are already being piloted. The outcomes framework is the subject of a work stream to enable phased introduction from October 2016.

8.16 There is commitment to support participation from staff from all agencies in CYP IAPT Training. The recent additional CAMHS funding bid for via NHS England demonstrates the commitment, and will be a key part of the partnership dialogue in the next quarter.

<p><b>Priority 1:</b></p>	<p><b>Reducing waiting times for access to specialist mental health and emotional wellbeing services</b>          To enable children and young people to have timely access to specialist support, additional investment is required at local level to reduce the current waiting times for referral to treatment and treatment to follow up appointments. This includes strengthening transitions across services, to enable young people with diverse needs to access age appropriate services and support at times and locations to suit their individual needs.</p>
<p><b>Case for change</b></p>	<ul style="list-style-type: none"> <li>• Meets the recommendations set within Future in Minds</li> <li>• Additional investment made by Coventry and Rugby in 2015, reduced the number of young people waiting for an initial follow up appointment from over 100 in 2014, to 31 young people waiting for an appointment in August 2015. All urgent cases are seen within 5 days and 98% of young people are seen within 18 weeks for an appointment.</li> <li>• Whilst demand continues to increase, and to support the investment to early help and prevention services, we recognise the need to enable the trajectory for improvement to maintained and reduce backlog in time for the developments within the CAMHS redesign project to commence, further investment is required at local level to support the transformation of the new model.</li> </ul>
<p><b>Objectives:</b></p>	<p>By 2020 our local offer will:</p> <ul style="list-style-type: none"> <li>• Provide timely age appropriate access and support to children and young people at times and locations to suit them</li> <li>• The comprehensive CAMHS service will be commissioned across Coventry and Warwickshire consisting on a single service, without tiers to enable children, young people and young people to access support from one place</li> <li>• Support young people from wide range of backgrounds with varying levels including those with learning disabilities, language barriers and visual / hearing impairments to receive access tailored to meet their individual needs.</li> <li>• Reduced waiting times for children and young people across Coventry and Warwickshire</li> <li>• Improved access to services for children and young people with learning disabilities, language barriers, physical impairments and vulnerable young people</li> <li>• Improved transitions for young people to enable them to access support based on their individual need and not restricted by age limits</li> </ul>
<p><b>Outcomes:</b></p>	<p><b>Referral to Treatment</b></p> <ul style="list-style-type: none"> <li>• The investment in the waiting times priority has ensured that there is a sustainable approach to ensuring appropriate waiting times.</li> <li>• Across Coventry and Warwickshire young people are routinely receiving treatment within 18 weeks of referral.</li> </ul>
<p><b>Year 1 Progress</b></p>	<p><b>1<sup>st</sup> Follow Up Appointments</b></p> <ul style="list-style-type: none"> <li>• The implementation phase of this priority in Coventry and Rugby is nearing completion, and has ensured that the majority of young people wait less than 12 weeks for an initial follow up appointment (August 2016 snapshot data showed 14 young people waiting longer than 12 weeks). There is a trajectory attached to the additional transformation funding to reduce maximum follow-up waits to 12 weeks from November 2016.</li> </ul>

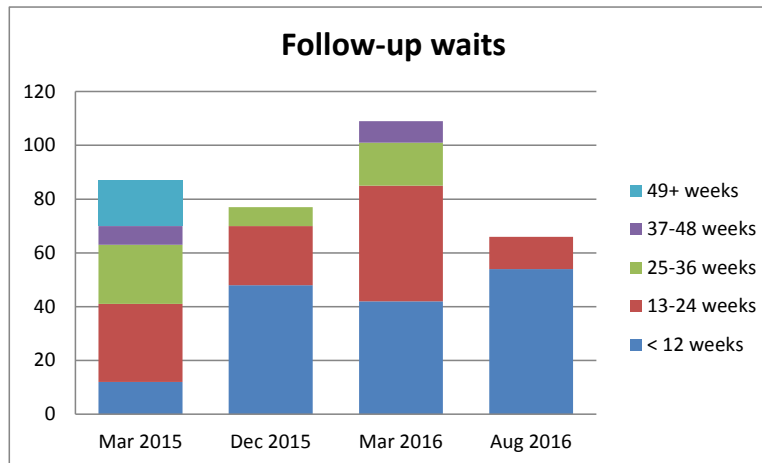


**Next steps – Year 2**

**Key Performance Indicators & Current Performance**

- Across South and North Warwickshire, recruitment is partially complete to implement the detailed proposals signed off by South Warwickshire CCG and Warwickshire North CCG. This will ensure a similar trajectory of improvement will be delivered.

**Figure 14: Follow up waits for Coventry and Rugby**



1. Sustain current referral to treatment waiting times (referral to treatment within a maximum of 18 weeks)
2. Consistently deliver follow up waiting times of 12 weeks or under for 95% of young people.

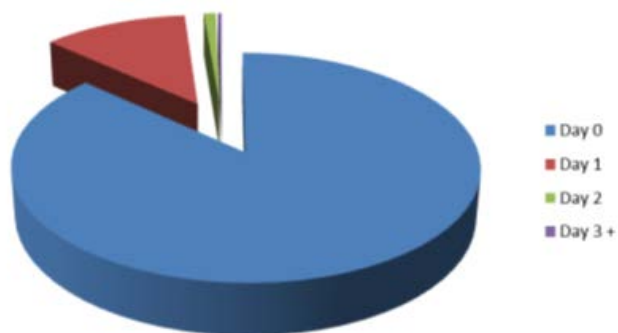
- Referral to treatment (emergencies) - 100% within 48hrs
- Referral to treatment (urgent) – 100% within 5 working days
- Referral to treatment (routine cases) – 95% of patients within 18 weeks
- Referral to treatment – 100% of patients within 26 weeks
- 95% of patients being seen for a follow up appointment by 12 weeks - by 1<sup>st</sup> November 2016 -Coventry and Rugby)
- N/A – no emergency cases year to date.
- 100%
- 96.7%
- 99.3%
- As of 31.08.16 14 people have been waiting longer than 12 weeks. On target to meet trajectory by November as planned.



<b>Priority 2:</b>	<p><b>Provide a crisis response service to support children and young people presenting with self-harm needs and preventing unnecessary hospital admissions</b></p> <p>We intend to provide dedicated resource through utilising and sustaining the acute liaison function across Coventry and Warwickshire to support the increasing rise in children and young people presenting with self-harm needs, and to avoid unnecessary admission to in-patient hospitalisation by providing early intervention together with specialist crisis support to reduce tier 4 bed usage and increase resilience amongst young people and their families.</p>
<b>Case for change</b>	<ul style="list-style-type: none"> <li>• Supports the national priority set within Future in Minds, to ensure young people have access to timely effective support to reduce unnecessary hospital admission and release pressure from inpatient services and significant costs attached</li> <li>• Additional capacity to support in the early identification and support young people attending hospital and inpatient services with self-harm presenting needs</li> <li>• Implements a local stepped care approach to reduce unnecessary hospital admissions, by providing timely, flexible and responsive services to enable children and young people to receive support from community based services or specialist services as needs allow.</li> </ul>
<b>Objectives:</b>	<p>By 2020 our local offer will:</p> <ul style="list-style-type: none"> <li>• Provide effective, timely and accessible services for children and young people with mental health and emotional wellbeing needs, delivered using a range of evidenced based interventions delivered within the community, home and within assertive outreach practices</li> <li>• See an increase in the number of young people supported in the community with self-harm presentations</li> <li>• Reduce the number of young people requiring in-patient admission and support</li> <li>• Improved resilience amongst young people</li> </ul>
<b>Outcomes:</b>	<ul style="list-style-type: none"> <li>• Increased early identification and support, to prevent needs from escalating</li> <li>• Increased capacity within mental health and emotional wellbeing services</li> <li>• The acute liaison team has been embedded on a permanent basis at University Hospital Coventry and Warwickshire and Warwick Hospital.</li> <li>• In 2015/16, the team has improved the responsiveness of the service to people who have been admitted to hospital following self-harm and the support to the acute hospitals in the care and treatment of these young people.</li> <li>• The Acute Liaison Team has decreased the length of stay for young people on the acute wards by providing more timely assessments. Before the team was in place, data on length of stay was not routinely captured by CWPT. Feedback for both acute hospitals confirms that young people are being assessed and discharged more quickly.</li> </ul>
<b>Year 1 progress</b>	<ul style="list-style-type: none"> <li>• Key facts: <ul style="list-style-type: none"> <li>○ 88% of young people are assessed within 24 hours.</li> <li>○ The average duration of each assessment is 2½ hours</li> <li>○ Each young person is seen for a follow-up appointment within one week</li> <li>○ The average duration of a follow-up appointment is one hour</li> </ul> </li> </ul>

- There is substantial non-face to face activity associated with making sure young people are properly assessed and supported following discharge – this includes liaison with family, social care and schools.

Figure 15: Acute liaison- response times for assessment



- To build on the firm foundation achieved through the Acute Liaison Team, there is a need to develop a more multi-agency response to the systemic and complex needs young people present with. Discussions have commenced with social care to understand how a more integrated pathway can be developed. The key aim will be to develop and implement this pathway in year 2 and continue the downward trajectory in hospital admissions.
- There is an expectation that the downward between 2013/14 and 2014/15 in figure 15 will be maintained across Coventry and Warwickshire
- Young people presenting at hospital – 95% assessed within 48hrs
- 98% (May 2016)

Next steps – year 2

Key Performance Indicators & Current Performance

**Priority 3:****Improved access to specialist support, including ASD**

In response to the increase in demand across Coventry and Warwickshire of young people requiring assessment for ASD, has had significant impact on the waiting times for the service, with currently over 900 young people across Coventry and Warwickshire awaiting an assessment. We plan to enhance the clinical support to provide ASD diagnostic support, to ensure children, young people and their families are able to access services quicker and receive timely support as needs arise.

**Case for change**

- The additional clinical capacity will increase the number of children and young people assessed for ASD
- Investment will enable additional assessments to be undertaken, reducing the waiting times across Coventry and Warwickshire
- Interim improvements will alleviate pressures within the existing services to compliment the commissioning arrangements and timescales within the CAMHS redesign process
- To support the objectives of the Transforming Care agenda

By 2020 our local offer will:

**Objectives:**

- Ensure services are responsive to meet current and future demand and need, resourced appropriately and delivered by a skilled workforce, in line with the recommendations set within the Future in Minds report
- Improved access and waiting times for children and young people requiring ASD assessments
- Enables the redesigned service to operate more effectively, with less historical backlog of assessments and waits

**Outcomes:**

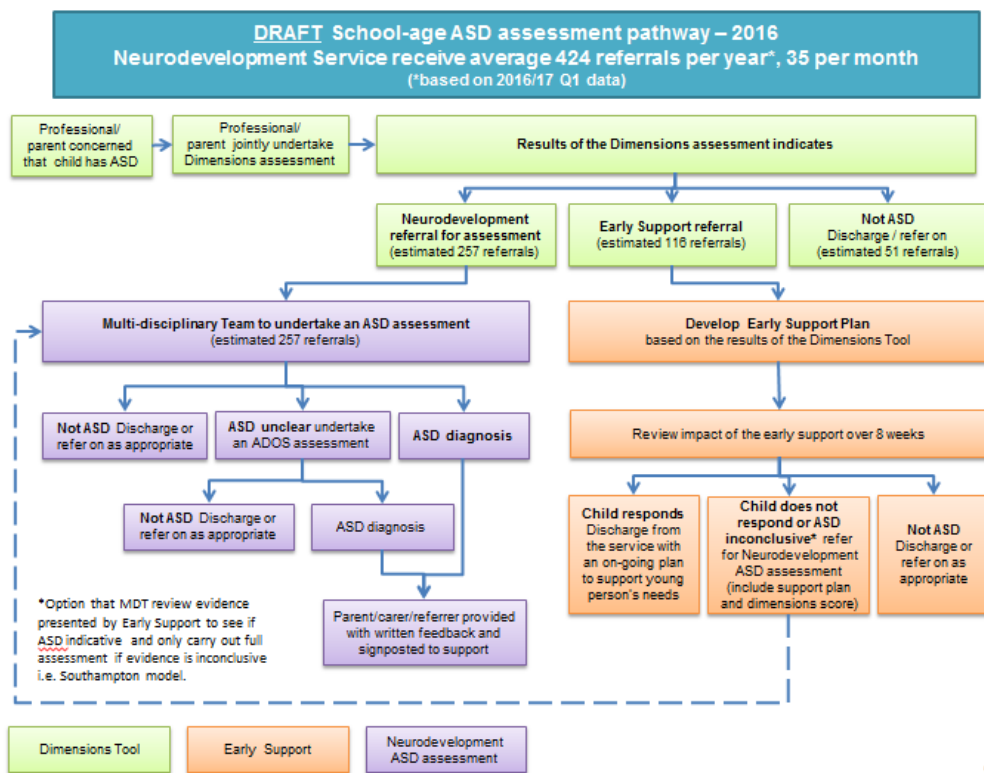
- Reduced waiting times for children and young people
- Improved patient experience for children, young people and their families
- Additional young people will be assessed by April 2016

**Coventry**

- A two stage approach has been taken in Coventry, with a specific focus on ASD initially.
- Stage 1 – Increase clinical capacity to enable 53 assessments to be completed per month. Additional capacity of 1.5 wte psychologist is now in post. The second half of this additional capacity did not start until September, therefore the full impact of the additional capacity will be seen in September 2016 data onwards.
- Stage 2 – Implement a more sustainable pathway that focusses on early support. A revised multi-agency pathway has been drafted to include more early support and consequently reduce demand and waiting times. The orange highlighted section is the new element of the pathway proposed to be implemented. Included within this is the launch of a new assessment and triage tool prior to accessing the pathway, to ensure appropriate access to specialist assessment, and diversion to early support where it would be more beneficial to improved outcomes. The tool has been termed the 'Dimensions Tool'.

**Year 1 Progress**

Figure 16: Draft school-age ASD pathway



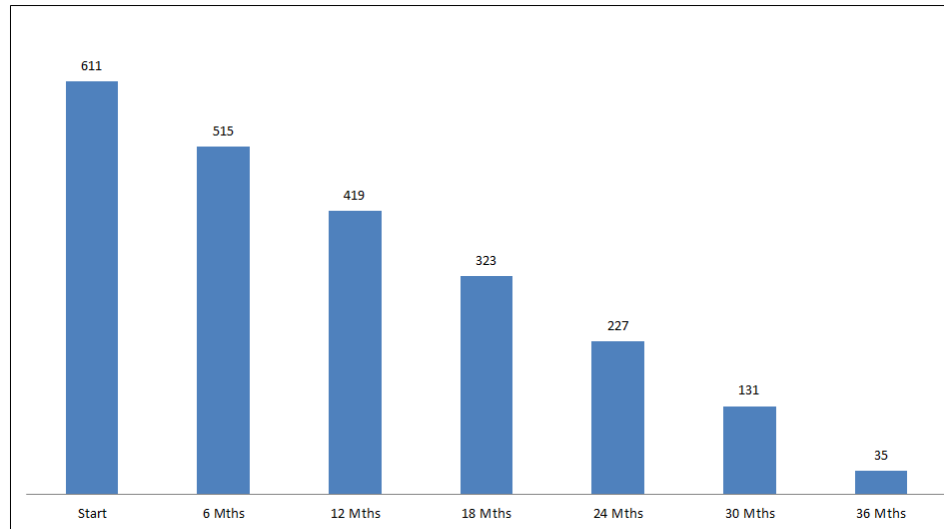
- The key features and benefits of the new pathway are
  - Where clinically appropriate, young people would get speedy early support
  - Young people requiring full ASD assessment would get quicker access – reduced wait
  - The Dimensions Tool will make referrals easier to understand and more appropriate
  - More effective and efficient use of resources based on appropriate need

Next steps – year 2

Key Performance Indicators & Current Performance

- Conservative projections demonstrate that the pathway and current increased capacity for assessment will have the following impact on the number of people waiting for assessment in Coventry:

Figure 17: Projected reduction in waiting numbers (school-age)



#### Warwickshire:

- Recruitment is underway to increase the ASD assessment capacity in Warwickshire. Clinical posts are due to be filled by December 2016, which will enable the waiting times to be reduced to within 12 weeks over a nine-month period. The number of assessments will increase significantly compared to the August data detailed below.
  - Delivering an increased number of assessments per month.
  - Implement the revised ASD pathway, to improve early support, and as a consequence reduce demand for specialist ASD assessments.
  - CRCCG: 53 ASD assessments to be completed per month
  - SWCCG: 21 Assessments per month
  - NW CCG: 23 assessments per month
- 37
  - 2
  - 14

All August 2016 data. Note, key new posts did

not start until September 2016 and one due to start in December 2016. Therefore the impact of additional resource will not be seen in reporting until December 2016, where it is projected activity will be more aligned to KPI's, and fully achieved in January 2017.

**Priority 4:**

**Providing support to the most vulnerable**

To support our corporate responsibilities to provide support to vulnerable young people beyond the generic mental health services available, we plan to enhance the current level of support by providing dedicated provision to this area to reduce the health inequalities of this population of young people, enabling young people with complex and often multiple needs to access time

Early support and ensure their mental health and emotional wellbeing has been considered appropriately.

- Meets the recommendations made within Future in Minds
- Currently limited resources available to support vulnerable young people with mental health and emotional wellbeing needs, recognising cross cutting presenting needs often experienced by vulnerable young people increases the risk of adverse effects on placement stability, attainment and social factors.
- There are currently 578 looked after children in Coventry, 736 in Warwickshire , and it is known approximately 45% of Lac have a mental health or emotional wellbeing need.
- 68 young people aged 16-24 in supported accommodation(June 2015): 34 had mild to moderate mental health needs and 26 had moderate to severe mental health needs with no dedicated resource in place to support them. Occupancy data (Jan-Jun 2015) indicates that 45 young people who are LAC/care leavers are likely to experience a mental health disorder.

**Case for change**

By 2020, our local offer will:

- Increase the resilience of the most vulnerable young people in the city and their carers, and provide them with access to early help and dedicated resource to support them with any mental health and emotional wellbeing needs
- We will have fewer vulnerable young people requiring inpatient services, by enabling them to access the right level of support by skilled professionals at times and locations to suit them
- We will reduce the health inequalities by ensuring services are tailored and adapted to meet the needs of a diverse population, increases reach, accessibility and promotes services to capture hard to reach groups of young people
- Professionals supporting vulnerable young people will have increase awareness to aid the early identification of mental health and emotional wellbeing needs
- Early recognition and identification of mental health need by empowering professionals through dedicated training
- Improved access and support for the most vulnerable young people and their carers
- Improved resilience and health outcomes for vulnerable young people and their carers including Adopters / Foster Carers

**Objectives:**

**Outcomes:**

- Reduced risk of placement disruption and breakdown and planned move on to positive destinations.
- Increased life chances

### Coventry

- Coventry and Rugby CCG and Coventry City Council, as joint commissioners of services for vulnerable young people, have signed off a new dedicated service to support vulnerable young people, including looked after children and care leavers.
- Coventry & Warwickshire Partnership Trust and Coventry & Warwickshire Mind are delivering this as a partnership consortium led by Coventry & Warwickshire Partnership Trust.
- The whole ethos of the service is to become part of the team around the child, and to facilitate this to be co-located with social care.
- A joint workforce approach has been taken as described in section 9.
- The service is working in close partnership with social care to commence co-location before the end of 2016. Recruitment to the roles is underway.
- The service will
  - Provide therapeutic intervention
  - Advice and guidance on new referrals
  - Provide guidance on placements at risk of breakdown, placements where difficulties are impacting on the child's mental health
  - To support the early identification of placements at risk of breakdown or crises
  - To be a point of entry to services
- The implementation plan detailed below was agreed.

[Figure 18: Outline Implementation Plan](#)

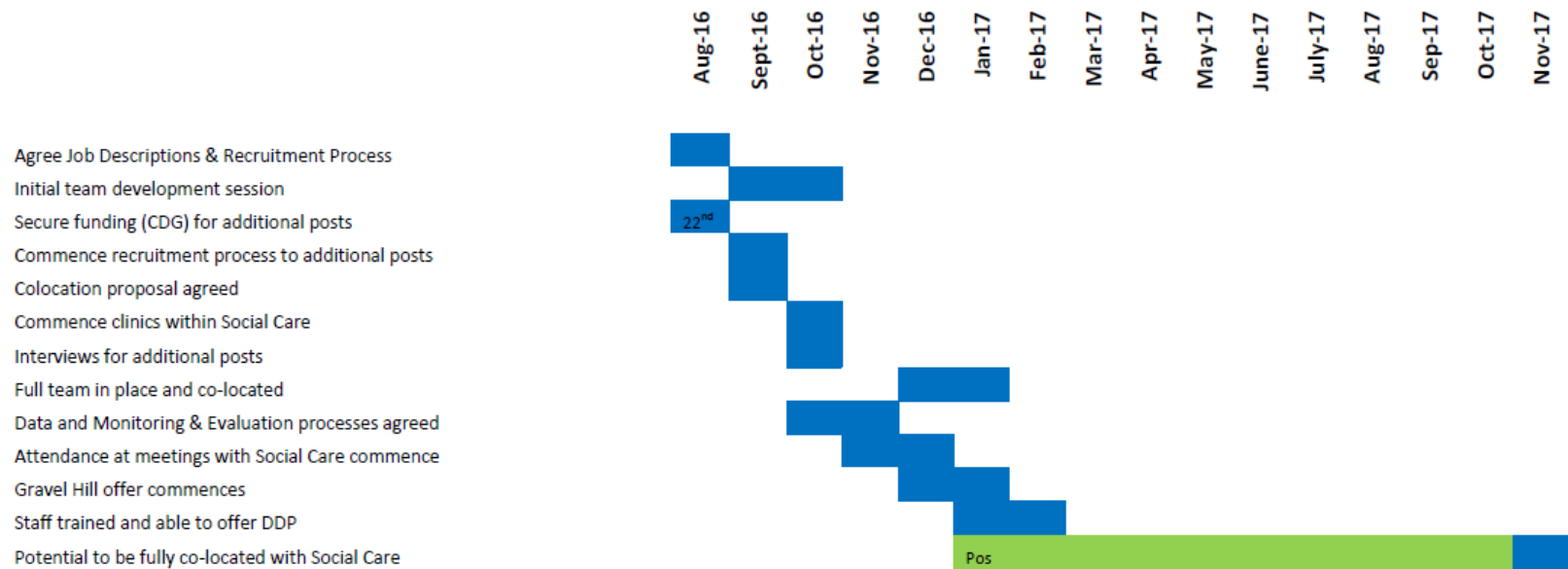
Year 1 progress

Next steps – year  
2

**Key Performance Indicators & Current Performance**

- Referral to treatment within 4 weeks (for LAC)
- Reduction in placement breakdowns for LAC

- 100% where referral has identified YP as LAC.
- To be introduced in year 2





### **Strengthening mental health support to children and young people in school**

Recognising the cross-cutting needs of young people and the role of schools and interagency collaboration in improving resilience and mental health of young people, we plan to enhance support currently available in children of all ages in schools across Coventry and Warwickshire. In line with our early intervention and prevention agenda, we will invest in additional support within schools, which will aid in the early identification of mental health needs, tailored to meet individual need, applying targeted approaches to adolescents, delivered by professionals who can undertake timely assessments and support to children in the community including providing support to the most vulnerable.

#### **Priority 5:**

#### **Case for change**

- We recognise the level of support available within schools is limited, with provision targeting low level awareness raising and training to professionals, relying on targeted and specialist services to provide assessment and treatment.
- The additional capacity and resource to schools will enhance the early identification of mental health and emotional wellbeing needs of young people to be screened, assessed and supported by trained mental health professionals within the community or home based support tailored to meet the individual and diverse needs of young people and their families.
- This proposal is in line with the Future in Minds recommendations to enhance mental health support in educational settings and builds on the Schools/Link scheme pilot objectives of enhancing provision in schools.

By 2020, our local offer will:

#### **Objectives:**

- Enable young people to access age appropriate support in school, community and home based settings
- Have implemented an anti-stigma programme within schools and the wider community
- Providing evidenced based practice and training to aid the early identification of mental health and emotional wellbeing needs of young people within schools

#### **Outcomes:**

- Increased early identification within schools
- Smooth transitions between services
- Timely access and support to children and young people and their families
- Improved resilience of young people
- Reduction in the number of targeted and specialist CAMHS referrals
- Improved levels of educational attainment and attendance
- Additional support provided to vulnerable young people

**Year 1 - Progress**

**Coventry**

- A programme of training is being delivered to universal professionals, including schools based staff (see section 9 – workforce)
- A revised primary mental health offer developed by CWPT and Mind, with improved support to schools is to be considered for implementation. The overall emphasis is moving towards creating a whole school and community hub approach to build resilience. Implementation will begin in December 2016 subject to clinical sign off.

**Warwickshire**

- In Warwickshire, transformation for this priority is being driven through engaging with potential providers via the competitive dialogue procurement process. In the interim, a primary mental health service is available to schools, including the training programme.

**Coventry**

- Implement the revised primary mental health service.

**Warwickshire**

- Complete the competitive dialogue process and commence implementation of the specific schools pathway/model agreed through coproduction.

**TBC**

**Next steps – year 2**

**Key Performance Indicator**

	<p><b>Enhancing access and support through technology</b></p>
<b>Priority 6:</b>	<p>We plan to enhance the way we communicate and provide support to young people by developing a single comprehensive CAMHS website that provides age appropriate information, advice and guidance to children, young people, parents and professionals. The website will provide innovative and discrete interactive support to children and young people, to enable them to access confidential support and communicate virtually with their health consultants directly.</p>
<b>Case for change</b>	<ul style="list-style-type: none"> <li>• We know that one of the key challenges when supporting children and young people is ensuring that we communicate with them effectively using approaches to suit them.</li> <li>• We know nationally that 10% of children and young people aged 5-16 have a clinically diagnosable mental health need yet 70% of children and adolescents have not received appropriate intervention at a sufficiently early age. Recognising the increase in local need, planning for future demand and recognising the number of young people potentially at need, we plan to increase access and awareness through improved communication using technology.</li> <li>• There are currently two websites across Coventry and Warwickshire developed by our tier 2 providers and specialist CAMHS service. Both sites provide information on current services to children and young people and their carers. The tier 2 website also provides interactive peer support, self-help and online counselling provision.</li> </ul>
<b>Objectives:</b>	<p>By 2020, our local offer will be:</p> <ul style="list-style-type: none"> <li>• To provide effective access, support and age appropriate information to children, young people, families and professionals virtually to help remove barriers to access</li> <li>• Information will be adapted to meet the diverse needs of individuals, including those with learning disabilities and where English is a second language</li> <li>• Reduce stigma attached to mental health and emotional wellbeing by improved communication and health promotion</li> <li>• Enhancing online therapeutic and self-help support</li> <li>• Utilising technology for use in and between therapeutic sessions (text reminders, interactive therapeutic tools)</li> <li>• Making best use of social media which is developed by children and young people themselves</li> <li>• Ensuring technology helps removes barriers to access for young people with learning disabilities and where English is a second language</li> </ul>
<b>Outcomes:</b>	
<b>Deliverability</b>	<p>The procurement of a website developer will be commissioned. Transformation funding will be used to support the development and management of the website.</p>

**Year 1 -Progress**

No work stream was established in year 1 for this priority, due to capacity being allocated to driving forward other priorities that could have a more immediate clinical impact.

**Nest steps – year 2**

In Coventry this will be a focus in year 2, through the commissioning of a single website resource for young people and associated apps.

In Warwickshire this will be addressed through the competitive dialogue process.

**Priority 7:**

**Implementation of a Community Based Eating Disorder Service**

We plan to enhance and implement a dedicated community based Eating Disorder Service across Coventry and Warwickshire, to support a diverse community and enhance provision to provide a stepped care approach providing early help and support through our early help and prevention services, and ensuring those requiring specialist interventions receive timely access to provision at locations close to young people and their families.

**Case for change**

- The current provision is supported through professionals within the Specialist CAMHS Service, with limited resource to meet the current demand and needs of our local population
- The development of a community based eating disorder service will enable capacity to be released from the Specialist CAMHS service to undertake additional mental health assessments for children and young people with moderate to severe mental health needs, and support the service to alleviate waiting time pressures
- Current waiting time and standards are not currently in line with the Access and Waiting Time Standards 2015

By 2020, our local offer will be:

**Objectives:**

- For young people to receive support to services close to home and within the community based on meeting their individual needs
- Greater awareness amongst early intervention, prevention and universal services in the early identification of eating disorders and greater support provided to prevent needs from escalating
- Increased resilience amongst young people and their families
- Released pressures in Specialist CAMHS and Inpatient services
- Will release clinician time and capacity to undertake additional assessments

**Outcomes:**

- Empowers young people and families to manage and receive specialist support tailored to individual need
- Reduced waiting times within the Specialist CAMHS service
- Implementation of a stepped care community based service

### **Year 1 Progress**

- A new clinical pathway and local service model has been signed off by all three CCGs and recruitment, and implementation is underway.
- See section 10 for detail.

### **Next steps – year 2**

- Production of external communication to launch the service and share clinical pathway/ access criteria –October 2016
- Full team in post – December 2016
- Delivery of early intervention work – December 2016
- Service launch – December 2016

### **Key Performance Indicators & Current Performance**

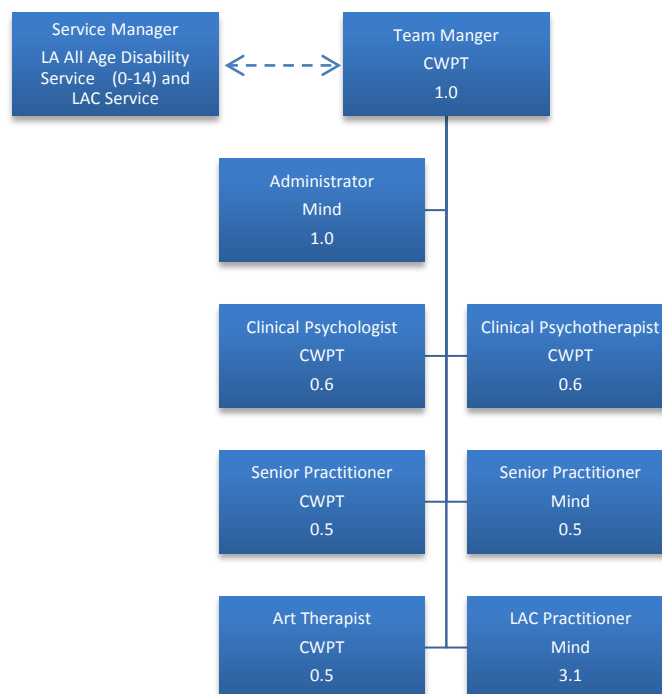
- Children and young people referred for an assessment or treatment of an eating disorder will access NICE concordant treatment within 1 week for urgent cases
- Children and young people referred for an assessment or treatment of an eating disorder will access NICE concordant treatment within 4 weeks for routine cases
- Routine cases – 6-7 weeks (Q2)
- Full implementation of KPI's when service is embedded after launch in December 2016.

## 9) Workforce Planning and Development

### Multi-agency workforce planning – Case Example

- 9.1 In December 2015, CWPT and Mind launched a Partnership Development Plan. Central to the plan is the belief that the two organisations are doing excellent work already, and can build on this to extend expertise together.
- 9.2 Skills and training is a key strand within the development plan. In practice, the development plan and partnership has led to an integrated and tangible approach to workforce planning across the two organisations and partner agencies. The most notable example is the development and implementation of a joint service and workforce for vulnerable young people in Coventry, including CWPT, Mind and reporting lines to the Local Authority, and co-location with the Local Authority. See structure chart below.

Figure 19: CAMHS LAC Structure Chart



- 9.3 While the above is one case example of the joint workforce approach, there are other examples, such as example the eating disorder service across Coventry and Warwickshire, which combines roles from CWPT and Mind.
- 9.4 The complete dialogue process for Warwickshire being undertaken which will encompass joint workforce planning and the process for transformation over the life time of the contract.

### Additional Staff Required by 2020

- 9.5 To deliver the seven priorities within the transformation plan, recruitment of additional staff is essential for implementing the required increase in capacity and ensuring the relevant expertise for specific pathways.
- 9.6 Table 16 below details the projections of staff required to deliver the transformation based on the original transformation proposals published in 2015, and subsequent recruitment activity to

implement the staffing. Where posts are not yet recruited to, it often relates to challenges recruiting posts at a point time when nationwide there is a recruitment drive to transform services.

**Table 16: Additional staffing**

Priority	CRCCG	SWCCG	WNCCG
<b>1. Waiting times</b>	0.4 Consultant Psychiatrist – in post  1 wte Band 8a Clinical Psychologist – in post  1.5 wte band 6 CAMHS Practitioners/Nurses- in post	1 wte band 8a Clinical Psychologist – interviewed and post offered.  1.5 wte Band 7 Senior Practitioner/Nurses - interviewed and post offered  1 wte band 6 CAMHS Practitioner/Nurse – interviews held in September but not appointed – out to advert currently  1 wte band 2 admin – recruitment underway	1 wte Band 8a Clinical Psychologist – interviewed and post offered...  1 wte band 7 Senior CAMHS Practitioner/Nurse – interviews held in September but not appointed – re-advertised and shortlisted – interviews early November  1 wte band 6 CAMHS Practitioner/Nurse – interviews held in September but not appointed – out to advert again currently  0.8 wte band 2 admin – recruitment underway
<b>Total additional staff in post or recruited to above historic baseline</b>	2.9 wte	2.5 wte	1.0 wte
<b>Additional staff required to meet 2015 plan</b>	0	2 wte	2.8fte
<b>2. Acute Liaison Service (joint across Cov and Warks)</b>	1.0 wte Band 7 Team Leader  2.0 wte CAMHS Nurses  0.6 Consultant Psychiatrist		
<b>Total additional staff in post or recruited to above historic baseline</b>	3.6 fte		
<b>Additional staff required to meet 2015 plan</b>	0		
<b>3. ASD</b>	0.8 wte Band 8a Clinical Psychologist – in post  0.7 wte Band 8a Clinical Psychologist – in post.  0.4 band 3 co-ordinator – in post	0.4 wte Band 8a Clinical Psychologist – in place from September  0.4 wte band 3 co-ordinator – recruitment underway	0.6 wte Band 8a Clinical Psychologist – in place from September - 0.4 wte – recruited to and due to start in December  0.4 wte band 3 co-ordinator – recruitment underway
<b>Total additional staff in post or recruited to above historic baseline</b>	1.9 wte	0.4 wte	1.0 wte
<b>Additional staff required to meet 2015 plan</b>	0	0.4 wte	0.4 wte
<b>4. Vulnerable young people</b>	1.0 wte Band 7 Team Manager – advertised – interviews scheduled for November  0.6 wte Band 8a Clinical Psychologist – interviewed and appointed	To be addressed through the competitive dialogue process	To be addressed through the competitive dialogue process

Priority	CRCCG	SWCCG	WNCCG
	0.5 wte Band 7 Senior Practitioner/Nurse – interviewed and appointed  0.5 admin – recruitment underway		
<b>Total additional staff in post or recruited to above baseline</b>	<b>1.1 wte</b>		
<b>Additional staff required to meet 2015 plan</b>	<b>1.5 wte</b>		
<b>5. Support to Schools</b>	0.8 wte Band 6 Primary Mental Health Worker – MIND (upgraded form advisor post from existing resource)  0.6 wte Band 8a Clinical Psychologist  0.5 wte admin  New posts to go out to advert at the beginning of November and recruitment pending final approval of detailed proposal.	To be addressed through the competitive dialogue process	To be addressed through the competitive dialogue process
<b>Total additional staff in post or recruited to above historic baseline</b>			
<b>Additional staff required to meet 2015 plan</b>	<b>1.9</b>		
<b>7. Eating Disorders</b>	1.0 wte Band 7 Team Manager – in post 1.0 wte Band 6 dietician – in post 1.0 wte Band 7 Senior Nurse – in post 1.0 wte band 7 Clinical Psychologist – in post 1.0 wte Band 7 Family Therapist – out to advert beginning of November 2.0 wte Band 5 CAMHS ED Practitioner – Mind – out to advert at the beginning of November 1.0 wte Band 3 admin – recruitment underway 0.4 wte Band 8b Senior Clinical Psychologist – recruitment commenced 0.4 wte Consultant Psychiatrist – recruitment commenced 0.2 wte band 4 medical secretary – recruitment commenced		
<b>Total additional staff in post or recruited to above historic baseline</b>	<b>4 wte</b>		
<b>Additional staff required to meet 2015 plan</b>	<b>5 wte</b>		



## Wider Children’s Workforce (Schools and universal settings)

- 9.7 All partner agencies are clear that on-going partnership working is required with schools and other universal settings to ensure that the wider children’s workforce have the sufficient skills, confidence and capability to pro-actively identify the signs and symptoms of mental health or emotional wellbeing, and are confident responding appropriately and positively.
- 9.8 To achieve an increase in the capacity of the wider workforce to intervene appropriately a programme of training, advice and guidance for the universal workforce has been commissioned across Coventry and Warwickshire (in line with priority 5). The training is delivered in 4 workshop themes:

Table 17: Workshop themes

Workshop	High Level Objectives	Dates Workshops Held and Scheduled
<b>Anxiety</b>	<ul style="list-style-type: none"> <li>• Explore physical symptoms</li> <li>• Consider how anxiety develops.</li> <li>• Strategies you can use to support a child/ young person with an anxiety related disorder</li> <li>• Understand when and how to access specialist services</li> </ul>	September 2016 – 13 <sup>th</sup> , 20 <sup>th</sup> , 30 <sup>th</sup> October 2016 - 4 <sup>th</sup> , 11 <sup>th</sup> , 13 <sup>th</sup> , 21 <sup>st</sup> March 2017 – 28 <sup>th</sup> April 2017 – 4 <sup>th</sup> , 27 <sup>th</sup> May 2017 – 2 <sup>nd</sup>
<b>Attachment</b>	<ul style="list-style-type: none"> <li>• To highlight the difference between attachment difficulties and attachment disorders</li> <li>• To discuss the consequences of maltreatment, including trauma</li> <li>• Explore how attachment difficulties impact upon learning, education and social development</li> <li>• Strategies for working with CYP</li> <li>• To discuss support available for signposting CYP</li> </ul>	November 2016 – 3 <sup>rd</sup> , 10 <sup>th</sup> , 15 <sup>th</sup> , 18 <sup>th</sup> , 29 <sup>th</sup> December 2016 – 9 <sup>th</sup> , 15 <sup>th</sup>
<b>Depression</b>	<ul style="list-style-type: none"> <li>• To gain an understanding of depression in a CYP</li> <li>• To be able to recognise depression in a CYP - physical symptoms and warning signs</li> <li>• Risk and protective factors for children and young people with depression.</li> <li>• To explore strategies to support CYP suffering with depression</li> <li>• To understand when to refer a child or young person to specialist services</li> </ul>	January 2017 – 19 <sup>th</sup> , 19 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> February 2017 – 7 <sup>th</sup> , 16 <sup>th</sup> June 2017 – 8 <sup>th</sup> , 13 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>
<b>Self-harm</b>	<ul style="list-style-type: none"> <li>• To develop knowledge and understanding of self-harm behaviour in young people</li> <li>• To explore the reasons why young people self-harm.</li> <li>• To understand how to respond to a disclosure</li> <li>• To explore alternative coping strategies for reducing self-harm behaviour.</li> <li>• To identify support available for CYP and when to refer on.</li> </ul>	March 2017 – 2 <sup>nd</sup> , 7 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> June 2017 – 27 <sup>th</sup> July 2017 – 6 <sup>th</sup> , 11 <sup>th</sup> , 13 <sup>th</sup>

- 9.9 The proposals relating to priority 6 to extend the primary mental health offer will further strengthen the local offer and will be a significant focus in 2016/17.

## **10) Community Eating Disorder Service**

### **Baseline Position across Coventry and Warwickshire**

- 10.1 In response to the rising number of young people across Coventry and Warwickshire diagnosed with an Eating Disorder, the Specialist CAMHS service developed a specific eating disorder pathway to aid early identification of an eating disorder as needs arise. The service provided support to children and young people aged 0-18 across Coventry and Warwickshire, covering a population of 131,000 people.
- 10.2 All referrals are currently received through the Single Point of Entry (SPE) service, screened initially by senior CAMHS clinician and then proceed for an Eating Disorder assessment by an identified professional with Eating Disorder experience.
- 10.3 The Eating Disorder pathway was historically supported by 2.8 full time equivalents, dedicating 50% of their time to the pathway. The service had 1fte CAMHS Eating Disorder Specialist. The following professionals provided support across Coventry and Warwickshire:
- 2x0.5fte Family Therapists
  - 1fte Nurse Specialist
  - 0.2fte Art Therapist
  - 0.3fte Clinical Psychologist
  - 0.3fte Family Therapist Supervisor
- 10.4 Local intelligence gathered indicates approximately 64% of referrals are received through GP referral, 18% of referrals are received from University Hospital Coventry and Warwick and 18% received from Paediatricians. All urgent cases were assessed by clinicians within 48 hours and routine referrals within 2-4 weeks.
- 10.5 The historic caseload indicates 25% of individuals require support for mild presentations, 50% with moderate need and 25% severe. There are currently 74 young people receiving support from Specialist CAMHS for eating disorders, 5-10 of whom are looked after children. Currently there are 9 children and young people with Eating Disorders occupying tier 4 CAMHS beds.
- 10.6 Support is currently provided to children and young people as young from 5 years of age up to 17. An analysis of data from 2011 to 2015 indicates the majority of young people with an Eating Disorder across Coventry and Warwickshire are 13 to 16 years of age.
- 10.7 In many cases, comorbidity is present for many young people diagnosed with an Eating Disorder. An analysis of data indicates a significant proportion of young people are diagnosed with depression, anxiety, ASD, OCD and ADHD in addition to an Eating Disorder.
- 10.8 The historic service provision for Eating Disorders has been broadly in line with the National Access and Waiting Time Standards, supporting a total population of over 500,000 across Coventry and Warwickshire, exceeding the minimum referral rate of 50 referrals per year and has an average wait of 4-5 weeks.
- 10.9 Local professionals in universal and targeted services have not previously had the skills, capacity or levels of resource to support the management of conditions associated with Eating Disorders at an earlier stage.

## Service Model to be implemented

- 10.10 With the additional transformation resource allocated, CWPT and CW Mind are implementing:
- a) a comprehensive community based Eating Disorder service for patients and their families across Coventry and Warwickshire – including carer support groups covering psycho-education (i.e. what is an ED and how you can support the young person through their treatment), peer and professional support;
  - b) providing a specialist hub, with one specialist team providing equitable access and treatment across localities;
  - c) fully implementing a clinical pathway which is based on guidance from the Royal College of Psychiatry and NICE Guidelines;
  - d) encompass individual, family and group interventions for patients and families in a timely manner, based upon their level of need;
  - e) providing an Enhanced Community Outreach Service for those patients who are more severely affected by their Eating Disorder diagnosis by delivering a home based service.
- 10.11 Referral rates for eating disorders are unpredictable across the three localities. However, the risk factors associated with development of eating disorders in some cases, such as low self-esteem, poor body confidence and a distorted body image; occur much more widely amongst young people in the general population. In order to ensure that each CCG locality receives a fair proportion of service provision that meets local needs, as well as direct specialist interventions for young people referred with an eating disorder, the service will be providing a range of pro-active early intervention and targeted prevention work. This will comprise of:
- a) Groups outlined within the Eating Disorders pathway ('body image group' and 'understanding eating disorders') will be accessible to young people who may be presenting with those risk factors associated with the development of eating disorders. They will provide a supportive, educational and therapeutic, problem solving environment where young people can develop an understanding of the risks posed to their health by low self-esteem, poor body confidence and distorted body image.
  - b) School- based training- a bespoke package of education and training, available for students, staff and parents that aim to help parents, carers and school staff recognise early warning signs of eating disorders and provide them with basic skills to address their concerns and build resilience. The addition of the dietetic support provided by this proposal will enable the development of healthy eating, healthy life choice work;
  - c) Psychoeducation group , previously delivered by CW Mind around "Mood and Food" and covering themes such as:
    - body image / attitudes;
    - self-esteem;
    - identity and self-empowerment;
    - coping styles and alternative coping strategies;
    - living up to expectations;
    - assertiveness / anger;
    - anxiety management;
- 10.12 The service will engage schools and work closely with Primary Mental Health teams and other agencies to develop a structured approach to deliver a targeted range of early intervention and prevention options outside of the Specialist Clinical Pathway.
- 10.13 The staffing structure being implemented is as follows (table 18):

**Table 18: Staffing structure**

<b>Role</b>	<b>Band</b>	<b>wte</b>
Team Leader	7	1.00
Family Therapist	7	1.00
Dietician	6	1.00
Psychologist	8b	0.40
Psychologist	7	1.00
Nurse	7	1.00
CWM CAMHS Practitioner (ED)	5	2.00 (MIND)
Admin	3	1.00
Medical Sec	4	0.20
Psychiatrist		0.40
<b>Sub-total</b>		<b>9.00</b>

### **Outcomes**

- 10.14 It is anticipated that the number of inpatient admissions for Eating Disorders will be reduced by providing the intensive level of support and containment required by families at this time. However, there are many other factors impacting on the number of referrals to Tier 4 each year, other than the provision of a specialist service and therefore, in isolation, this outcome alone would be insufficient to measure the success of the service. Longitudinal studies and research, however, indicate that what is most likely to decrease admissions and length of admission, is a dedicated community-based eating disorder service as opposed to generic CAMHS (Byford et al., 2007; House et al., 2012). Such provision has been shown to:
- Improve outcomes through reduction in relapse;
  - Reduce need for inpatient care;
  - Reduce disruption to school, family, social life;
- 10.15 In line with recent research, one of the key messages from the Access and Waiting Times document is that the availability of dedicated, Community Eating Disorder Services for children and young people (CEDS-CYP) has been shown to improve outcomes and cost effectiveness. If a child or young person starts their treatment in a general child and adolescents mental health service (CAMHS), they are more likely to be admitted to an inpatient service than those treated in community eating-disorder settings within the following year.
- 10.16 Table 19 below provides local information from CAMHS on numbers of admissions of young people from Coventry and Warwickshire.

**Table 19: Number of admissions to Tier 4**

<b>Tier 4 new admissions</b>	<b>2014</b>	<b>2015</b>	<b>2016 (Jan- June)</b>	<b>Total</b>
<b>C&amp;RCCG</b>	4	2	1	<b>7</b>
<b>WNCCG</b>	2	3	0	<b>5</b>
<b>SWCCG</b>	3	2	1	<b>6</b>
<b>Total</b>	<b>9</b>	<b>7</b>	<b>2</b>	<b>18</b>

- 10.17 The service will work towards reducing the overall length of stay for those who are admitted to hospital by providing a step-down intensive support package on discharge from hospital to support the young person and their family to continue with the progress achieved in hospital.

- 10.18 However, it should be noted that historical length of stay information is not currently available and so it is not possible to have clear baseline data.
- 10.19 Previous informal information from NHS England Specialist Commissioning suggested the cost of an in-patient admission was between £160,000 and £200,000.
- 10.20 The service will demonstrate the progress young people make through the assessment and treatment pathway through the use of a range of clinical outcome measures, including
- SRS – Session rating scale
  - ORS – Outcome rating scale
  - SDQ – Strength and Difficulties Questionnaire
  - Current view
  - RCADs – Revised Child Anxiety and Depression Scale
  - EDE-Q – Eating Disorder Examination – Questionnaire
- 10.21 As well as measuring the improvement that young people make, the data will be used to improve:
- Individual clinical practice and skills development;
  - Service effectiveness and quality;
- 10.22 The service will work in collaboration with the Primary Mental Health Team and other voluntary sector partners to support the universal children’s workforce by providing training and consultation to support the identification and early intervention and prevention of difficulties related to body image and eating. The service will evaluate the impact of training by measuring the self-reported skills and knowledge of professionals before and after training to evidence an improvement in universal services.

## 11) Collaborative Commissioning (tier 4)

### Background

11.1 Children and young people with severe mental health and emotional wellbeing needs may require inpatient care and support, funded by NHS England. Data shows there were 32 young people across Coventry and Warwickshire were admitted to inpatient hospital services in 2015/216 compared to 33 in 2014/15. The following table details the tier 4 admissions made in 2014/15.

Table 20: Tier 4 admissions 2014/15

CCG	Independent sector		Parkview		Independent sector		Parkview	
	No. of admissions in 2014/15	Length of stay	No. of admissions in 2014/15	Length of stay	No. of admissions in 2015/16	Length of stay	No. of admissions in 2015/16	Length of stay
Coventry and Rugby	7	161 days (longest) & 8 days (shortest)	16	360 days (longest) & 5 days (shortest)	9	284 days (longest) & 5 days (shortest)	7	248 days (longest) & 28 days (shortest)
South Warwickshire	3	99 days (longest) & 10 days (shortest)	4	733 days (longest) & 103 days (shortest)	7	260 days (longest) & 1 day (shortest)	3	207 days (longest) & 81 days (shortest)
Warwickshire North	2	65 days	1	273 days	2	155 days (longest) & 84 days (shortest)	4	348 days (longest) & 63 days (shortest)

### Aims

11.2 Across Coventry and Warwickshire there is commitment in year 2 of the plan to develop local integrated pathways for children that may require beds.

11.3 The aim of developing collaborative and integrated pathways for children and young people is to:

- Support young people in the local community where clinically appropriate
- Build on the Acute Liaison service to offer enhanced crises support
- Prevent admission
- Support appropriate and timely discharge
- Ensure where young people require more specialist inpatient care, it is age appropriate and close to home.
- Support transfer where commissioners across agencies agree it is beneficial to supporting young people needs differently.
- Build a network of supportive approaches, which could include:
  - Home treatment
  - Multi-systemic therapy
  - Treatment foster care

## Scope

- 11.4 Historical prevalence data and local intelligence demonstrates that following pathways will need to be within the scope of the collaborative approach:
- Eating disorders
  - Psychosis
  - Self-harm
  - Obsessive compulsive disorders
  - Anxiety
  - Developmental disorders, including ASD
  - Transition
  - Learning disabilities (where co-morbidity with mental health needs)
- 11.5 The partners that have been invited to take part in the initial scoping session with the CCG's are:
- Local Authority
  - NHS England
  - Social Care
  - CWPT, Mind
  - Youth Justice

## Resources

- 11.6 The partners comprised above will form the project team. The project will be overseen by two programme managers, one representing Coventry and Rugby CCG, and another representing South Warwickshire CCG and Warwickshire North CCG.

## Next Steps

Table 21: Project milestones - tier 4 collaborative commissioning

Milestone	Indicative Timescale
Project Set Up and Scoping Session	December 2016
Submit bid for additional funding/capacity to NHS England	31 <sup>st</sup> December 2016
Stakeholder engagement	January 2017 and February 2017
Pathway development	March 2017 – May 2017
Organisational sign off	June 2017
Implementation (timescales may vary dependent on the requirement to go to market for any specific elements of pathways or recruitment )	July 2017 –October 2017

## Potential Barriers

- 11.7 Potential barriers identified are:
- Provider and market capacity to respond to new pathways.
  - Agreeing detail of resource transfer, and phasing of transfer.
  - Alignment with Warwickshire procurement process timescales

## **12) Early Intervention in Psychosis**

### **Baseline Position**

12.1 Historically the provision of care for early intervention in psychosis is split between the Early Intervention for Psychosis team (EIPT) within CWPT Integrated Community Services (ICS) for those aged 17-65 years and CAMHS within Children's and Families Services (CFS) for those under age 17. Joint working arrangements are in place between these teams for those young people aged 14 – 17.

### **New Pathway – For implementation from January 2017**

12.2 The new service model will be provided by the EIPT to patients within the age range of 0 to 65. It will be supported by CAMHS practitioners as part of their job plan to the EIPT to ensure an integrated approach to young people with psychosis in particular they would be able to provide advice about neurodevelopmental issues. The teams would provide consultation, assessment, treatment and co-ordinate the care of all young people with psychosis.

12.3 Referral for young people aged up to 16 will be triaged by the CAMHS SPE. EIPT will provide input into assessments for screening of 'at risk mental state'. This will ensure a clear indication of psychosis or At Risk Mental State (ARMS) prior to access by the patient to the EIPT pathway.

12.4 EIPT will train the nurses / care co-ordinators within CAMHS to deliver ARMS assessments.

12.5 Patients will receive a specialist timely assessment by EIPT, the timings for these interventions will be governed by the new standards outlined in 2.2.

12.6 It is anticipated that there will be a caseload of approximately 415 plus additional assessments from CAMHS and an increased use of ARMS would allow for 3 teams to cover the geography of Coventry and Warwickshire and retain a locality focus.

12.7 As Early Intervention continues to develop in accordance with recent NICE guidance the team would further develop expertise. Using tools such as the At Risk Mental State assessment ensures consistency, appropriate diagnosis and the offering of interventions to those at high risk of transition to psychosis to reduce that risk.

### **Staffing**

12.8 To achieve this new service model, it is proposed some staff currently working within the CAMHS service would have a portion of their job plan attributed to EIPT. The workforce has been calculated based upon a current activity level of 23 children within CAMHS requiring psychosis intervention, as follows:

- 1.2 WTE Band 6 Nurse – 1 nurse dedicated to each locality e.g. 3 nurses 0.4 wte per locality
- 0.3 WTE Band 8a Psychologist
- 0.6 WTE Consultant Psychiatrist (most likely to be divided in 0.2 WTE in each locality)

### **Key Benefits**

12.9 The following benefits will be delivered:

- Joining EIPT and CAMHS expertise would allow the specialist assessment of young people presenting with possible symptoms of psychosis, taking in to account systemic and family



issues. This combined approach would strengthen safeguarding and multi-agency work for example with schools, due to the expertise CAMHS has in these areas.

- Integrating CAMHS clinicians in to the current EI service would also allow their expertise to be drawn upon where young people present with developmental disorders.
- Continuing the development of the EIPT assessment process and the CAMHS psychosis pathway will streamline process.

### 13) Key Risks

Figure 20: Key Risks

Risk	Description	Risk Owner	Controls and Mitigation	Post Mitigation Rating
<b>Slippage in timescales due to complexity of the programme</b>	There is a risk that there may be slippage in delivery timescales due to the complexity of running multiple, often complex work streams in parallel.	CAMHS Transformation Board	Year 1 implementation of the work streams were prioritised based on clinical risk. Waiting times and embedding the acute liaison service were initially prioritised to ensure overall system risk was reduced. The more transformational work streams have now been mobilised.	Medium probability, medium impact
<b>Unable to recruit the required clinical staff to deliver the transformation</b>	Recruitment of additional staff to deliver the increased capacity and transformation has been a challenge for service providers. This is due to services nationwide increasing recruitment to drive transformation, and ensuring the right skills match with specialist roles in pathways.	Service Providers	CWPT have had a rolling programme of recruitment to try and attract both the volume of applicants and range of skilled applicants.  The consortium CWPT and Mind have developed has enabled the sharing of expertise around recruitment and retention and made working in Coventry an attractive, innovative proposition.	Low probability, high impact
<b>Commissioning programme management capacity to deliver the plan</b>	The programme across Coventry and Warwickshire requires significant programme management capacity to manage the complexity and volume of transformation required	CRCCG, WNCCG, SWCCG	There are two programme managers allocated, one for Coventry and one for Warwickshire.  The Coventry position is vacant, however has been recruited to and cover arrangements is in place.  A Coventry sub group consisting of CRCCG, CCC and Education has been established to provide additional support and overview to the local implementation.	Low probability, high impact

Risk	Description	Risk Owner	Controls and Mitigation	Post Mitigation Rating
<b>Procurement</b>	The procurement process for Warwickshire is unable to secure a provider to meet the required specification.	Warwickshire commissioners	Competitive dialogue is the method of procurement being used to ensure a collaborative approach and stimulate innovative solutions.	Low probability, high impact



