

<b>Report Author:</b>	Carol-Ann Murray Joint Commissioning Manager – Children and Young People	<b>For:</b>	Education and Children's Services Committee
<b>Subject:</b>	Support for children and young people in mental health crisis	<b>Date:</b>	3 <sup>rd</sup> April 2017

This report seeks to provide an overview of the care of children and young people in mental health crisis in Southwark, as well as provide information about inpatient beds (commissioned by NHS England).

Mental health crisis and the availability of beds are managed in the wider London context and within the South East London (SEL) area, where we are working collaboratively across the sector on children's mental health.

### **Transforming mental health care for children and young people**

Our overall commissioning approach is to prevent mental health crisis as much as possible. Southwark's Children and Young People's Mental Health Transformation Plan, backed up by extra funding from NHS England, sets out how we are supporting young people to improve their mental wellbeing and provide mental health support at an earlier stage when it is needed. This includes funding for schools to improve mental wellbeing and mental health support within early help services as well as other initiatives to support delivery of the *Five Year Forward View for Mental Health*.

Our local transformation plan was refreshed in October 2016 and signed off by the Health and Wellbeing Board. It is published here: <http://www.southwarkccg.nhs.uk/our-plans/mental-health-services/children-and-young-people-mental-health/Pages/default.aspx>.

Set out below are some of the services and initiatives in place in Southwark to support children and young people experiencing mental health problems.

### **Early Intervention in Psychosis (EIP)**

Southwark have invested in an all age Early Intervention in Psychosis service to assess and deliver evidence based interventions to young people with first presentations of psychosis, who are often likely to present in a crisis. Children and young people from age 14 can access these services via their GP.

### **Eating Disorders**

For children and young people who may present with eating disorder crises, we have well established eating disorder services that receive and encourage self-referrals. In line with NHS England's Commissioning Guidance, there is also a dedicated telephone line for referrals from GPs, Teachers and School Nurses to National and Specialist Child and Adolescent Eating Disorders Service South London and Maudsley NHS Foundation Trust operating successfully since February 2016, with access to experienced clinicians. Commissioning guidance emphasises

the importance of children and young people with eating disorders being able to access effective help quickly.

### **Home Treatment Services**

We have increased capacity to the most vulnerable children and young people by establishing Home Treatment services to provide intensive community support, follow up and liaison, outreach support and home contact, with the objective of avoiding presentations to emergency departments, crisis hospital admissions and the breakdown of placements.

### **Mental Health Support Line**

The crisis care pathway in Southwark includes an all age 24/7 mental health support line (MHSL) which is open to the public, patients and carers and has a dedicated professional's line for the police and London Ambulance Service (LAS).

### **Place of Safety**

Children and young people who are detained by the police under Section 136 of the Mental Health Act require a health based place of safety. This is situated at the Maudsley Hospital site on Denmark Hill. The health based place of safety has dedicated space that has been adapted to meet the needs of children and young people.

### **Paediatric Liaison Team at Kings College Hospital**

There is a specialist team based at King's College Hospital, Denmark Hill - the Belgrave Paediatric Liaison Team, which is part of South London and Maudsley NHS Foundation Trust (SLaM). The team is made up of child psychiatrists, a clinical psychologist, nurse specialists, family therapists and mental health specialists. The Paediatric Liaison team provides a specialist Child and Adolescent Mental Health Service (CAMHS) for children, young people up to the age of 18 and their families who attend the KCH A&E department in a crisis, have been admitted for treatment or attend specialist outpatient clinics.

### **Improving out of hours care for CYP**

With Transformation funding for children and young people's mental health and wellbeing from NHS England, we are undertaking a pilot and have employed a youth worker as part of the extended under 18s mental health offer at King's College Hospital. The youth worker is employed to work alongside children and young people presenting out of hours, and will advocate for, gather information from and alert Emergency Department (ED) and mental health staff to safeguarding issues they come across with the child or young person they are working with. The pilot will also explore new models of co-working between youth services and emergency mental health services. The youth worker role has been in place since December 2016.

### **Provision of inpatient mental health beds for children and young people**

NHS England Specialised Commissioning team commission all inpatient beds across England. The main provider of mental health services in Southwark, South London and Maudsley NHS Foundation Trust, provide 57 beds for children and young people across its estate. Beds are located across the Maudsley and Bethlem Hospital sites and in Kent. Children's beds for 4-12 year olds are provided at Acorn Lodge, Bethlem Hospital. Adolescent beds are at the Snowsfields Adolescent Unit (Maudsley) the Bethlem Adolescent Unit and Woodlands in Kent. There are no beds for psychiatric intensive care (PICU), learning disability or eating disorder locally or in the South East London Sector. This means that young people requiring these specialist beds are placed out of borough, depending on where beds are available.

A national review of Tier 4 Child and Adolescent Mental Health Services (CAMHS) was undertaken by NHSE and the report was published in July 2014. Since that time, NHS England Specialised Commissioning have been working to understand pathways to and from inpatient bed/services, and currently commission what is referred to as Specialised CAMHS beds.

The review identified the numbers, type of bed available and where they are located. We therefore know that London exports the highest number of patients nationally. 743 London CCG patients needed CAMHS admission in 2015-16; 398 (54%) received treatment in London. We also know that non-London CCG patients utilise a high proportion of London's inpatient capacity; 34% (197 patients) of London's inpatient activity in 15-16 was generated by non-London CCG.

Commissioners in South East London are working collaboratively across the sector and with NHS England to develop plans that impact on Specialised CAMHS beds/services. Locally we are seeking to prevent admission to specialised CAMHS by enhancing the core CAMHS offer, improve pathways and review existing models of service delivery. We have therefore focused on prevention and intervening early in the Southwark Transformation Plan for Children and Young People's Mental Health and Wellbeing.

The data the CCG has received from NHSE on Southwark inpatient admissions and occupied bed days (OBDS) from 1<sup>st</sup> April 2015 to 31<sup>st</sup> March 2016 is in the table below<sup>i</sup>.

CAMHS commissioners are reviewing this level of data across the SEL boroughs to understand the needs in the sector and how we can commission to meet those needs. The table below shows that most of our admissions are to SLAM beds and that out of the 47 admissions, 37 of these were to NHS beds. Commissioners therefore continue to monitor inpatient admissions to understand the numbers and types of beds required and importantly the services areas to be improved to prevent admissions.

Sector	KPI	Number of Southwark CYP	Number OBDs
Private Sector beds	Admissions (Private –medium secure) 15/16	1	52
	Admissions (Private Sector – PICU) 15/16	4	130
	Admissions (Private Sector – Low Secure Unit) 15/16	1	41
	Admissions (Private Sector – Eating Disorders) 15/16	0	0
	Admissions (Private Sector – Learning Disabilities) 15/16	0	0
	Admissions (Private Sector – Generic) 15/16	3	162
SLaM beds	Admissions (SLaM – Eating Disorders ) 15/16	<u>1</u> <sup>*ii</sup>	<u>96</u> <sup>*</sup>
	Admissions (SLaM – Generic (Acute Adolescent) 15/16	28	168
Other NHS providers	Admissions 15/16	9	285
<b>TOTAL</b>	<b>ADMISSIONS 15/16</b>	<b>47</b>	
	<b>OBDs 15/16</b>		<b>934</b>

Some of the key challenges for the system are that:

- Demand for specialised CAMHS beds has risen in London (15% increase in patient numbers since 2013-14 with evidence of plateau since 2015/16). It will not diminish without system-wide intervention and change.
- Inpatient admission is not always the right answer, even in crisis, however this is currently appears to be the default option.
- There are gaps in the total pathway, not just in inpatient provision and more must be done across the system to manage demand at earlier points in the pathway to reduce reliance on beds.
- Local CAMHS Transformation Plans are key to delivering change through:
  - Earlier intervention
  - Sustainable community packages as a key part of solution
  - Joint ownership of the pathway
- There is a significant challenge to delivering this change in the context of the current financial climate, and reductions to local authority budgets in particular. We will only be able to mitigate against the impact of the current financial pressures through a very strong partnership approach.

<sup>i</sup> National Service Review Specialised Inpatient CAMHS London Region Data-Pack 19<sup>th</sup> August 2016

<sup>ii</sup> All SLAM ED Admissions need to be cross-referenced with figures from SLAM. This applies to all CCGs