



# Salford Child and Adolescent Mental Health Transformation Plan 2015 –2020

## A summary

### What is CAMHS?

CAMHS stands for Child and Adolescent Mental Health Services. CAMHS are specialist NHS services. It is a term for all services that work with children and young people with emotional, behavioural or mental health difficulties.

### What is this plan?

We want children and young people in Salford to enjoy a happy, confident childhood and to achieve their potential. We want them to grow into adults who are able to cope with the demands of daily life and contribute to life in the city.

When children and young people need help, we want them to find it easily, for it to meet their needs, be delivered by people who care and for services to listen to their views. In a crisis we want them to get help quickly and as close to home as possible.

For this to happen, all services need to work together so that children and young people get the support they need at the right time and in the right place. This CAMHS Transformation Plan shows how we will do this over the next five years by investing in services which focus on community support.

The following is a summary of key highlights. For full details, see the CAMHS Transformation Plan at [www.salfordccg.nhs.uk/camhs](http://www.salfordccg.nhs.uk/camhs).

## A snapshot of Salford

- The number of children and young people admitted to hospital for a mental health condition is a lot worse than the England average
- Rates for hospitalisation due to self-harm are also well above the England average, and are highest amongst females aged 15-19 and those living in deprived areas
- The number of alcohol-related hospital admissions for under-18s is declining, but still remains above the North West and England average
- Hospital admissions for substance misuse in 15 - 24yr olds is increasing with Salford above the North West and England average
- The number of Looked After Children in Salford remains the second highest in Greater Manchester
- Although numbers of first time entrants to the Youth Justice system have reduced significantly, the numbers in Salford are still one of the highest

The most vulnerable groups in Salford include children and young people living in poverty, especially those in homes where parents claim out of work benefits and have no qualifications. Children and young people subject to child protection plans in Salford are at a much higher risk of mental health disorders where underlying risks include domestic violence, parental mental health problems and alcohol/substance misuse.

Young people themselves have said there are difficulties in having an emotional need recognised and supported; problems in accessing services and difficulties in finding support while waiting for appointments. Safeguarding reviews have also identified issues around crisis care for 16 and 17yr olds, accessibility and referral pathways to appropriate services. This all needs to be addressed within the CAMHS Transformation plan for Salford.

## What services do we currently have in Salford?

- Salford's main CAMHS service is delivered by Central Manchester NHS Foundation Trust. It is an outpatient service of assessment and treatment of serious mental health difficulties for under-18s.

The service received 1,326 referrals last year, 55% from GPs. Within the main CAMHS service, there are a lot of appointments where the patient does not turn up. There is also a big difference in the number of referrals from GP practices, meaning more work needs to be done with GPs to publicise CAMHS.

The average waiting time was 10.5 weeks, although some are waiting a lot longer to access a particular service. We need to make sure that additional investments in the service reduce this waiting time. Work also needs to be done to improve the reporting of outcomes, not just activity.

- 42nd Street is a charity providing support services to young people aged 13-25yrs under stress in Manchester, Salford and Trafford. They provide a range of services including counselling, individual support, group work and volunteering opportunities. They had 206 new referrals in 2014/15. The four most common issues were anger management, depression, confidence/self-esteem and stress/anxiety.
- There are also several CAMHS services jointly funded by the CCG and Salford City Council. These include:
  - A post within the Youth Offending Service (YOS) to offer CAMHS support within the health team
  - The Emerge team offering community-based mental health services to young people aged 16-17yrs
  - Services for looked after and adopted children and their carers i.e. Salford Therapeutic Advisory and Referral Service for Looked After Children (STARLAC), Salford Adoptive Families Support Service (SAFSS) and Specialist Fostering
- NHS England commissions specialised services, i.e. those provided in relatively few hospitals, accessed by a small number of patients. These services tend to be in specialised hospital trusts and includes in-patient beds, including mental health beds, for children and young people

## What has been accomplished so far

- An Early Help Strategy for Children, Young People and Families (2014-2017) aims to support children, young people, families and communities to help themselves whenever possible; make sure all services can quickly spot children, young people or families who might need extra help from them and make sure all services act quickly as soon as they know help is needed.

The action plan identifies areas where organisations can make a difference by working together, the development of the Multi-Agency Safeguarding Hub, better information provision, work with adult services and a review of training.

- The Emotional Health in Schools Grant has funded a range of projects in schools, including art therapy, a Primary Inclusion Team and an Emotional Friendly Schools conference, the parent counselling contract with Place 2 Be and mindfulness training for primary schools
- The CCG funded a Salford Healthy Schools Scheme for primary schools focusing on improving the health and wellbeing of children by promoting healthy weight, healthy lifestyles and improving children's emotional health and well-being



- Salford submitted a successful bid to be part of the CAMHS and Schools Link Pilot Scheme in 2014/15 providing 10 schools with a single point of contact for help with pupils with mental health problems. However, because of the level of interest within Salford schools, the CCG plans to expand the scheme to additional schools
- Salford CCG is working with the Manchester CCGs to develop a community eating disorder service to provide quick access to an appropriate service, with consistency and quality of care in the community from staff that are adequately trained and supervised in evidence based treatment
- The Learning Disability Team makes sure that the mental health needs of children and young people with learning disabilities are identified, assessed and treated. The service assesses and diagnoses development delay, autism spectrum conditions and ADHD. A range of evidence-based therapeutic interventions are offered and work is on both an individual and group basis.
- A Black and Multi-Ethnic (BME) post addresses the mental health needs of these populations due to difficulties accessing mainstream mental health services, the need for culturally sensitive provision, interpreters and the high level of mental health need among minority groups, migrant families and particularly refugees and asylum seekers
- Salford Safeguarding Board has a Child Sexual Exploitation (CSE) Strategy to prevent children and young people becoming victims of sexual exploitation, to support victims and prosecute offenders. The Protect team, a multi-agency CSE team have developed a specific training session for all CAMHS staff and this will be rolled out from January 2016

### **What we plan to achieve in the next 18 months**

- Continued work with schools will be a priority area, particularly in relation to effective communication between schools and other agencies
- The role of the school nurse will be developed to promote and support schools. This will involve changing the culture of referring on to specialist services, by providing children and young people with the skills to manage their own wellbeing and increasing awareness of support available to them
- Work is well developed on the Salford single point of access through 'the Bridge', (currently a multi-agency hub that screens all contacts concerning safeguarding and minimising crime but is becoming increasingly linked to early help). This additional expertise (including around emotional health) would improve the capacity of the wider team to manage issues themselves rather than refer on/up.

- The development of a CAMHS rapid access/home treatment team would help bring care as close to home as possible and prevent unnecessary admissions to in-patient beds through out of hours access to support. This will ease pressures within the core CAMHS service and help reduce waiting times
- An audit of the 'did not attend' in CAMHS will result in an action plan to tackle the number of failed appointments
- Children and young adults who are transitioning between school years or services, or are approaching 18 years of age and who are being supported by CAMHS should, along with their parents and carers, know well in advance what the arrangements will be for transfer to services of any type and be involved in those planning arrangements. They should have confidence that services will focus on need, rather than age, and will be flexible and that the services are based on best evidence of what works for children and young adults, and which have been informed by their views. All these considerations need to form a plan for discussion going forward.
- 42nd Street are currently commissioned to deliver the 'We Tell You Project', in response to young black men being under-represented in accessing mental health and wellbeing support. The project has recruited and trained young black peer researchers who have worked to understand the experiences and potential approaches to engaging young black men in mental health services. They are producing recommendations for how services could better engage young black men before their issues escalate and persist into adulthood. In Salford, the plan is to use this model to understand the needs of the large Orthodox Jewish community.
- An audit will be carried out to understand the training requirements of the wider workforce and this could be completed for April 2016. Manchester have already completed a similar exercise and we will look to replicate this across Salford. The results of this may highlight training requirements to help provide better understanding of mental health issues and appropriate referrals to services.

## What we plan to achieve by 2020

We want children and young people in Salford to enjoy a happy, confident childhood and to achieve their potential. We want them to grow into adults who are able to cope with the demands of daily life and contribute to life in the city.

Over the next five years we want to:

- Improve attendance of young people within schools and improve educational achievements
- Engage children, young people and families in self-care and services

- Provide effective pathways of support in universal services to reduce escalation
- Improve the confidence of frontline staff to respond and reduce inappropriate referrals
- Reduce waiting times for treatment
- Improve access to services and reduce the number of 'did not attends'
- Shorter times spent in treatment
- Reduce re-referrals/re-admissions
- Planned and smooth transitions between services
- Reduce admissions to in-patient beds

The full version of the Salford Child and Adolescent Mental Health Transformation Plan 2015 –2020 can be viewed via <http://www.salfordccg.nhs.uk/camhs>