
Child and Adolescent Mental Health (CAMHS)

Presentation for Herefordshire Children and Young People's Scrutiny Committee

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Working
Together for
Outstanding
Care

Key lines of enquiry

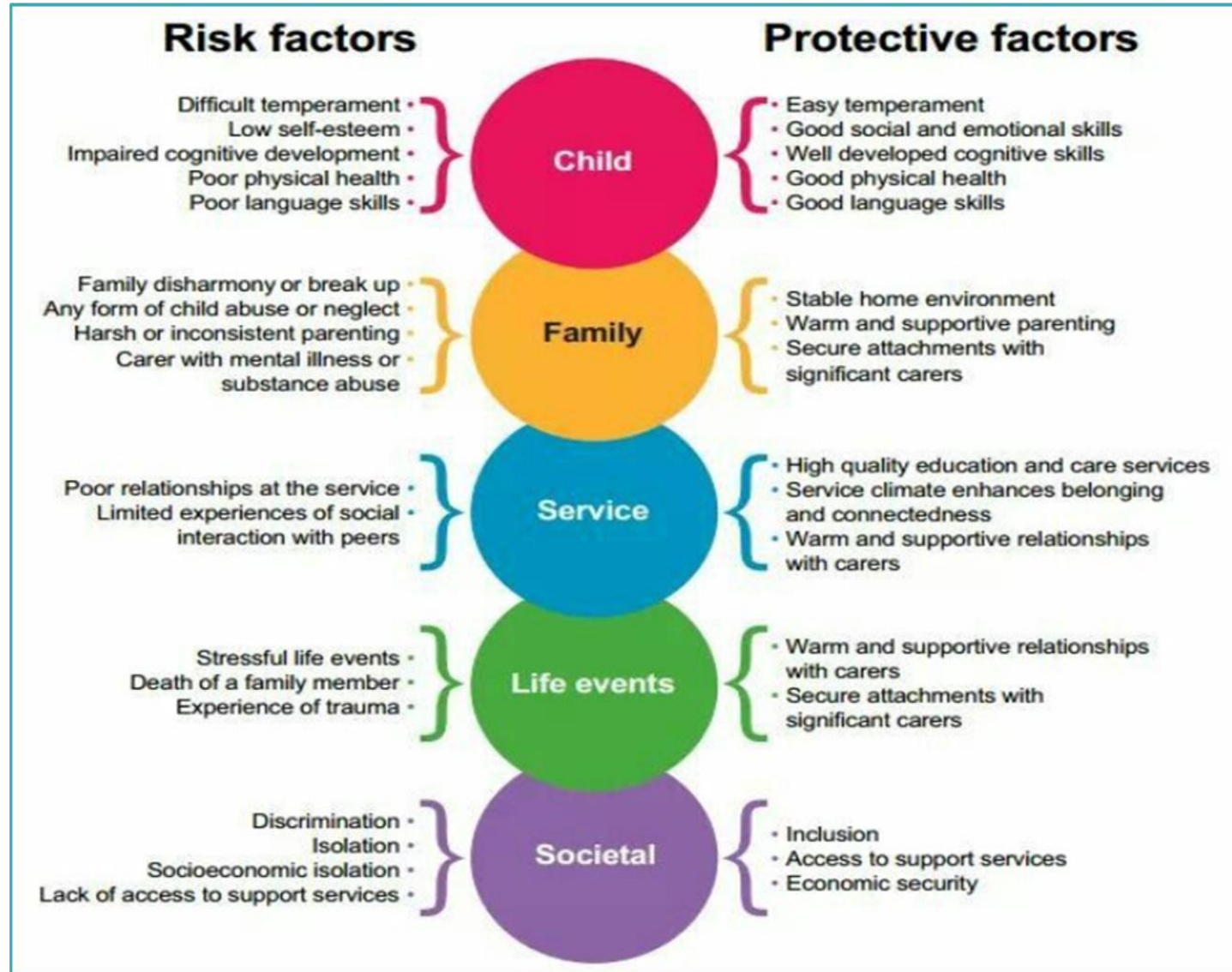
- Understanding of children's emotional and mental health needs and services provided to meet these needs in our community
- Understanding of children's neurodiversity needs and services provided to meet these needs in our community
- Child and Adolescent Mental Health Services (CAMHS) including current waiting times, demand, work with partner agencies and use of specialist inpatient hospital resource (Tier 4 beds)

Understanding Mental health and Neurodevelopmental disorders Herefordshire and Worcestershire Health and Care NHS Trust

Mental health conditions	What are they?	How common are they?
Emotional Disorders	Anxiety Disorders Obsessional Compulsive Disorders Depressive Disorder Post Traumatic Stress Disorder	8.1% of 5-19 year olds
Eating Disorders	Anorexia Nervosa Bulimia Nervosa Avoidant Restrictive Food Intake Disorder	0.4% of 5-19 year olds
Behavioural Disorders	Conduct Disorder Oppositional Defiance Disorder	4.6% of 5-19 year olds
Psychosis		0.4% of 5-19 year olds
Neurodevelopmental Disorders	What are they?	How common are they?
	Attention Deficit & Hyperactivity Disorder (DHD)	1.6% of 5-19 year olds
	Autism Spectrum Condition (ASC)	2.1% of 5-19 year olds
	Learning Disability	Mild LD: 3.7% 3-17 year olds Moderate to severe LD: 4% 3-17 year olds
	Tic Disorders	0.3-0.8% of 0-18 year olds

Understanding children's mental health

- Adverse childhood experiences are a significant risk factor for good mental health
- Stable home environment, access to support (education, housing, social, community, health) and warm, supportive attachment to significant others are key protective factors



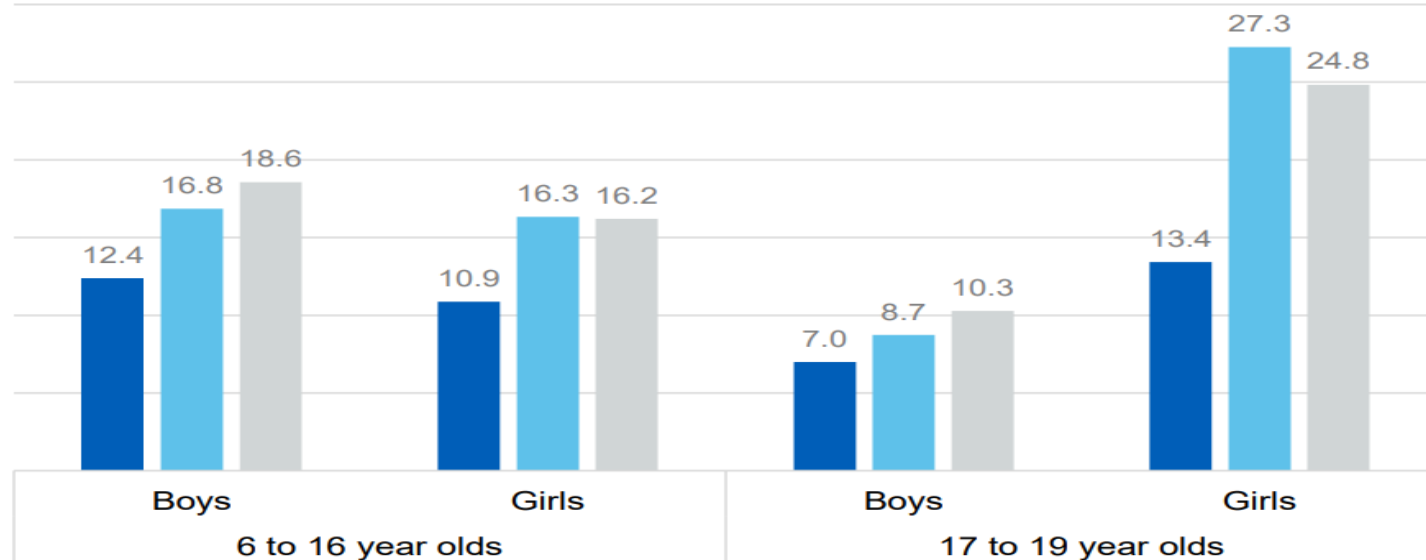
Understanding children's mental health

Figure 1.2: Percentage of children or young people with a probable mental disorder, by sex, 2017, 2020 and 2021

Base: 6 to 19 year olds

■ 2017 ■ 2020 ■ 2021

Per cent



Source: NHS Digital

Percentage of children with a probable mental health need is increasing year on year and was significantly impacted by COVID*

* <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england>

Understanding children's mental health

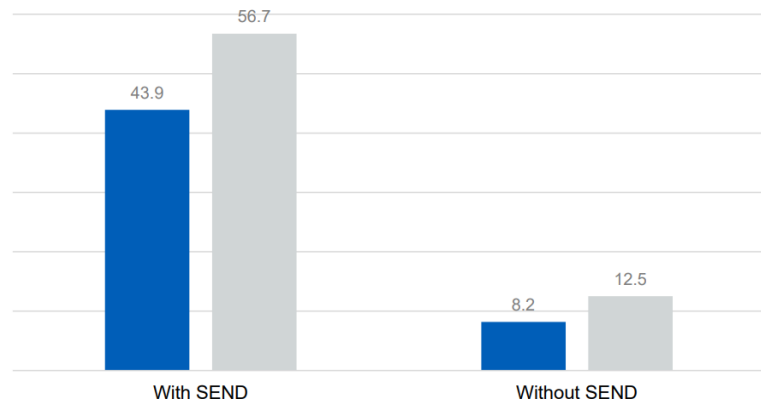
- Children with Special Educational Needs and Disabilities (SEND) are much more likely to have emotional and mental health needs
- COVID-19 had a significant impact on SEND population of children and young people

- Increasing presentation of children with eating problems over last 5 years
- COVID-19 had a significant impact on children and young people experiencing an eating disorder

Figure 1.4: Percentage of children with a probable mental disorder, by special educational needs and disability (SEND) status, 2017 and 2021

Base: 6 to 16 year olds

Per cent

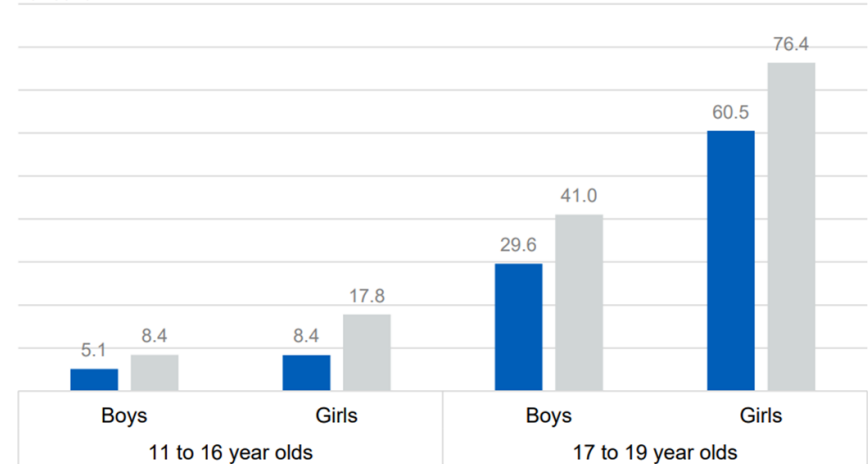


Source: NHS Digital

Figure 1.5: Percentage of children or young people who screened positive for possible eating problems, by sex, 2017 and 2021

Base: 11 to 19 year olds

Per cent



Source: NHS Digital

Specialist Community CAMHS provision

Specialist Community CAMHS is provided to children and young people from birth up to 18 years. Trauma informed care is a core principle of CAMHS Service delivery due to the impact of adverse childhood events (ACEs) on children’s emotional wellbeing and mental health needs.

Acute mental health need	Crisis assessment, including Mental Health Act assessment, intervention, support, outreach and home treatment
Moderate to severe enduring mental health need	Evidence- based, outcomes informed, mental health assessment and treatment
Mild to moderate mental health needs	Online platforms and Apps – Kooth Mental Health in Schools Teams - WEST Consultation, support, advice to families and professionals, signposting
Vulnerable children <i>Including Child in Need, on CP Plans, in care</i>	Collaborative working with Children’s Social Care including: Children in Care assessment and intervention pathway Specialist mental health consultations Psychological supervision for child in care nursing team Trauma informed multi-agency planning Attendance at panels / meetings CAMHS Youth worker support for children in care transitions



Mental Health Support teams

Mental Health Support teams in schools are a National funded pilot with waves of funding being rolled out centrally.

Children and young people in Herefordshire and Worcestershire named this service 'WEST' – wellbeing education support teams.

WEST support includes whole school activity, mental health workshops, parenting workshops, and training and consultation for education staff, as well as individual low intensity CBT work (mild to moderate needs) with children and young people

40 schools are currently being supported by WEST in Herefordshire. This equates to 48% of schools able to access this service.

34% of schools in Worcestershire are able to access this service.

Further funding decisions will be made by the Government.

Full name of school/ college	Type of establishment (please select from drop down list)
Aylestone	Secondary
Barrs Court	Special
Bishop of Hereford's Bluecoat	Secondary
Blackmarston School	Special
Brampton Abbots CofE Primary School	Primary
Bridstow CofE Primary School	Primary
Broadlands Primary School	Primary
Earl Mortimer - Leominster	Secondary
Fairfield	Secondary
Goodrich CofE Primary School	Primary
Hereford Academy	Secondary
John Kyrle	Secondary
John Masefield - Ledbury	Secondary
Kingstone & Thrupton Primary school	Primary
Kingstone HS	Secondary
Kington Primary School	Primary
Lady Hawkins	Secondary
Lea CofE Primary School	Primary
Leominster Primary School	Primary
Lord Scudmore	Primary
Luston Primary School	Primary
Marlbrook Primary School	Primary
PRU - Aconbury	Other
PRU - St Davids	Other
Queen Elizabeth - Bromyard	Secondary
Riverside Primary School	Primary
St Francis Xavier's Primary school	Primary
St Martin's Primary School	Primary
St Marys HS	Secondary
St Peter's Primary School	Primary
St Thomas Cantilupe CofE Primary School	Primary
Steiner	Secondary
Stoke Prior Primary School	Primary
The Brookfield School	Other
Weobley High	Secondary
Weobley Primary School	Primary
Whitcross	Secondary
Wigmore	Secondary
Withington Primary School	Primary

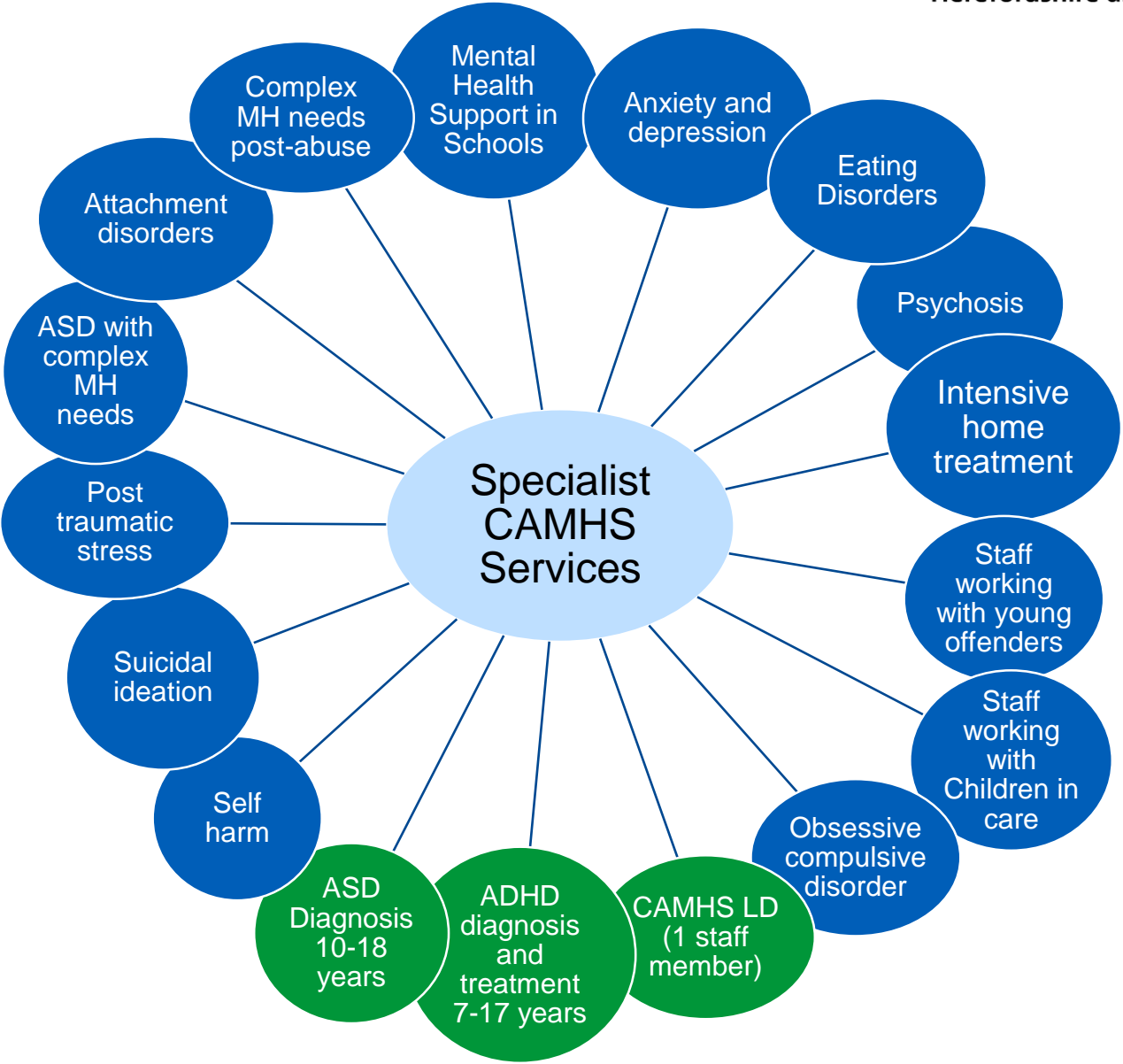
Specialist Community CAMHS provision – Hereford



Herefordshire and Worcestershire
Health and Care
NHS Trust

Specialist Community CAMHS Services

- Range of professionals
- Multi-agency work
- Online and in person
- Crisis, urgent and emergency response.
- Eating disorder specialist service.
- Investment in x Mental Health Support in Schools Teams

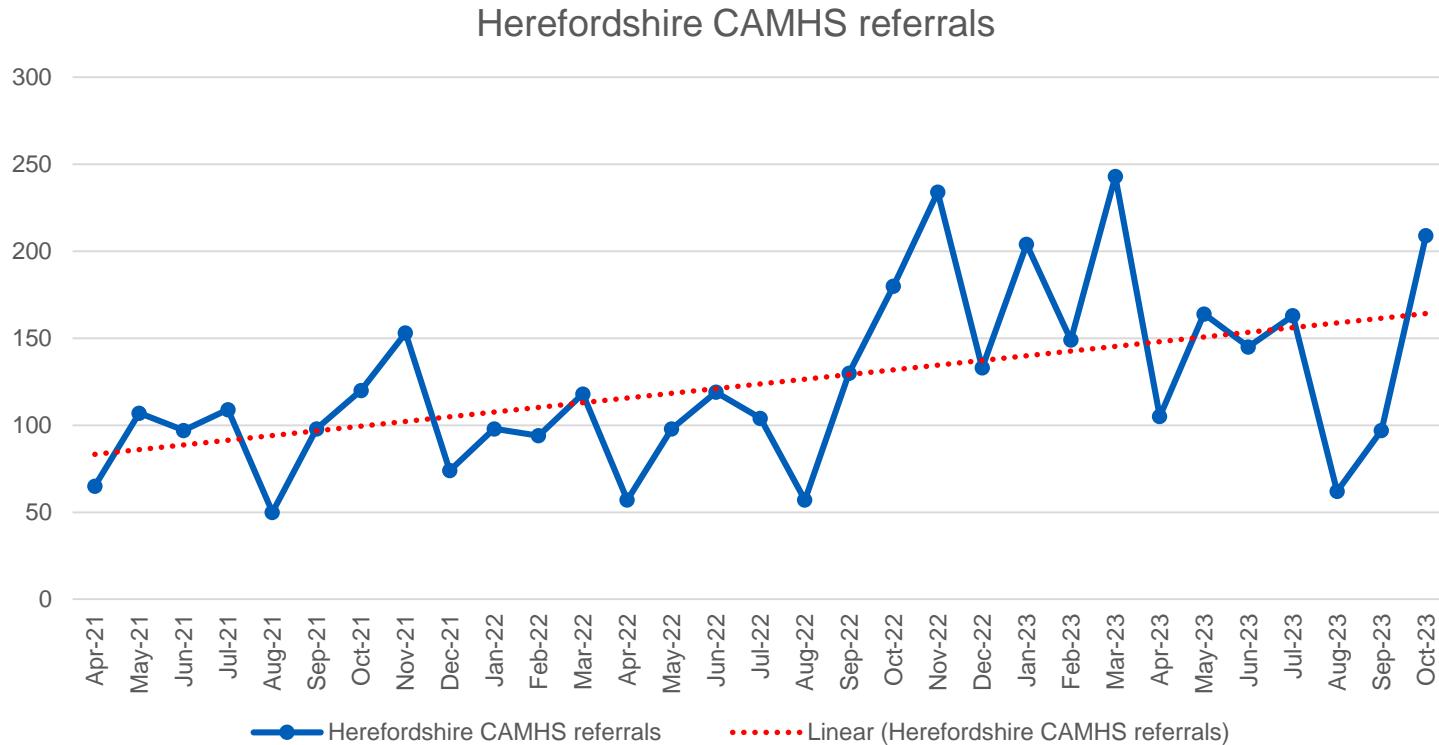


Specialist CAMHS Inpatient services

Inpatient hospitals for childrens mental health provided in region.

Herefordshire CAMHS: Intensive community support services prevent hospital admission

Specialist Community CAMHS provision - Hereford



- Increase in referrals over time
- Ongoing increasing trajectory



CAMHS Services – key data

Service	Key information	Workforce	Assessment Waiting times
Mental Health Support in Schools – WEST Herefordshire	<ul style="list-style-type: none"> National Pilot model include early help, low intensity CBT and whole school approach Working into 40 schools across Herefordshire Additional funding required nationally to work into all schools in Herefordshire 	13.6WTE Vacancies: 0	Meeting targets - Average wait 6 wks
Kooth online counselling service	<ul style="list-style-type: none"> Commissioned by CAMHS Service Free online counselling service Advice, counselling, online forums and chat room functions www.kooth.com 	N/A	Meeting targets
CAMHS Youth Team Herefordshire & W'shire	<ul style="list-style-type: none"> Youth Work project to support CYP transitioning out of CAMHS service at point of completion of evidence based therapy 	4.0WTE Vacancies 2.0 (50%) staff onboarding	Meeting targets
Learning Disability CAMHS team (LD CAMHS) Herefordshire and W'shire	<ul style="list-style-type: none"> Consultation and advice for children with LD and a complex and enduring Mental health need. 6-weekly consultation slots to all special schools in Herefordshire. Evidence based intervention including Non-violent resistance (NVR) and positive behaviour support (PBS) 	2.0WTE Vacancies: 1.4 (70%)	Meeting targets - Average wait 6 wks - Longest wait 41 days

CAMHS Services – key data

Service	Key information	Workforce	Waiting times for assessment
Crisis response H'shire & W'shire	<ul style="list-style-type: none"> 24/7 crisis response in line with the NHS Long term plan Crisis and urgent assessment of mental health need 	12.5 WTE Vacancies : 2.5 (20%)	Meeting targets
Eating Disorder Service (CEDs) H'shire & W'shire	<ul style="list-style-type: none"> Evidence based intervention for CYP with anorexia nervosa, bulimia nervosa and eating disorder presentations 	8.8WTE Vacancies 2.0 (23%)	Meeting targets Routine: 28 days Urgent: 7 days
Locality CAMHS team H'shire	Evidence based interventions for CYP with complex and enduring mental health need including: <ul style="list-style-type: none"> - Anxiety and depression - Psychosis - Obsessive compulsive disorder - Self harm & Suicidal ideation - Post traumatic stress - Attachment disorders Custom and practice assessment of neurodiverse presentations <ul style="list-style-type: none"> - ADHD (aged 7 – 17 years) - ASD (aged 10 – 18 years) 	19.0 WTE Vacancies : 3.4 WTE (18%) 1.0 onboarding	Meeting targets (18 wks) Average wait 10 wks

CAMHS Services – key data

- Children presenting with a neurodiversity need and request for diagnosis are being seen in the childrens mental health service in Herefordshire, both when there is a co-morbid mental health need and when there is no mental health need.
- Resource from the overall CAMHS service is used to respond to neurodiversity diagnosis need due to historical custom and practice. Integrated care board (ICB) are reviewing this provision.

Service	Key information	Workforce	Waiting times for assessment
Attention Deficit and Hyperactivity Disorder (ADHD) Diagnostic and management pathway Herefordshire	<ul style="list-style-type: none"> • Diagnosis and medicine management service for young people aged 7 – 17 years of age, with or without mental health need. • Trauma informed 	No specific workforce funded	Meeting targets. Average wait 4 weeks.
Autistic Spectrum Condition (ASC) Diagnostic Pathway Herefordshire	<ul style="list-style-type: none"> • Assessment pathway for young people aged between 10 – 17 years, with or without mental health need. 	No specific workforce funded	Not meeting all targets. Assessment: average wait 8 weeks. Completion of diagnosis: longest wait 102 weeks.

Services supporting children's emotional wellbeing in Herefordshire

<p>Children's Social Care, Public Health Nursing, Children's centres and Education (Schools, colleges, Education Psychology service).</p>	<p>Youth Centres Family Centres Mental health leads in all schools. Foster carer support and training. Youth Mental health first aid training Emotionally based school attendance pilot. Nurture hub pilot Herefordshire wellbeing ambassadors</p>
<p>Kooth online counselling services www.kooth.com</p>	<p>Online counselling, advice and forums</p>
<p>CLD Trust Strong Young Minds project</p>	<p>Lottery funded project to improve the emotional mental health of young people aged 10 – 26 years in Herefordshire</p>
<p>National resources</p>	<p>Childline www.childline.org.uk Young Minds www.youngminds.org.uk</p>

Summary of key considerations

- Herefordshire CAMHS Service delivers specialist mental health intervention for children with severe and enduring mental illness. Targets are being met despite an ongoing trend of rising demand.
- Services for children presenting with a neurodiversity need (ADHD, ASD, LD) are limited and not meeting rising demand for ASD diagnosis. Service provision is being reviewed by the Health Integrated Care Board. CAMHS continues to cover some of this gap through historic custom and practice.
- Emotional and mental health needs of children and young people need to be considered by all services to reduce risk factors and promote preventative factors for good mental health
- Adverse childhood experiences are a significant factor in emotional and mental health
- Stable home environment, access to support (education, housing, social, community, health) and warm, supportive attachment to significant others are key protective factors
- Mental health support in schools has been funded to date to work into 40 schools in Herefordshire, additional national funding decisions are expected
- Offer of young person led informal workshop offer for council members.