

London Children and Young People's Mental Health Strategic Leadership Group

**London Strategic Clinical Network for Children and
Young People
Joint Strategic Clinical Leadership and Commissioning
Advisory Group Meeting**

Central Hall Westminster 6th May 2015

Purpose of this session

- Introduce the CYP Mental Health Strategic leadership group (London)
- Plans for a workshop 17th July 2015
 - What would CAMHS commissioners find helpful?
 - Whole day or ½ day?
- Transformation plans for CAMHS as recommended by Taskforce
 - Progress to date
 - Thematic analysis
 - Would examples of good practice be useful

So far.....

- The group sits between and under auspices of:
 - Children and Young People's SCN (Clinical Director: Prof Russell Viner) *and*
 - Mental Health SCN (Clinical Director: Dr Matthew Patrick).
- Represents wide range of disciplines relevant to CAMH
- Wide London area geographical coverage
- First meeting January 2015; 4 meetings

So far.....role

- To act as a pan-London group in an advisory capacity and work collaboratively to improve children and young people's mental health and emotional wellbeing
- To provide objective evidence-based solutions to clinical quality and safety challenges free from organisational bias
- To make recommendations to commissioners regarding service configuration and design

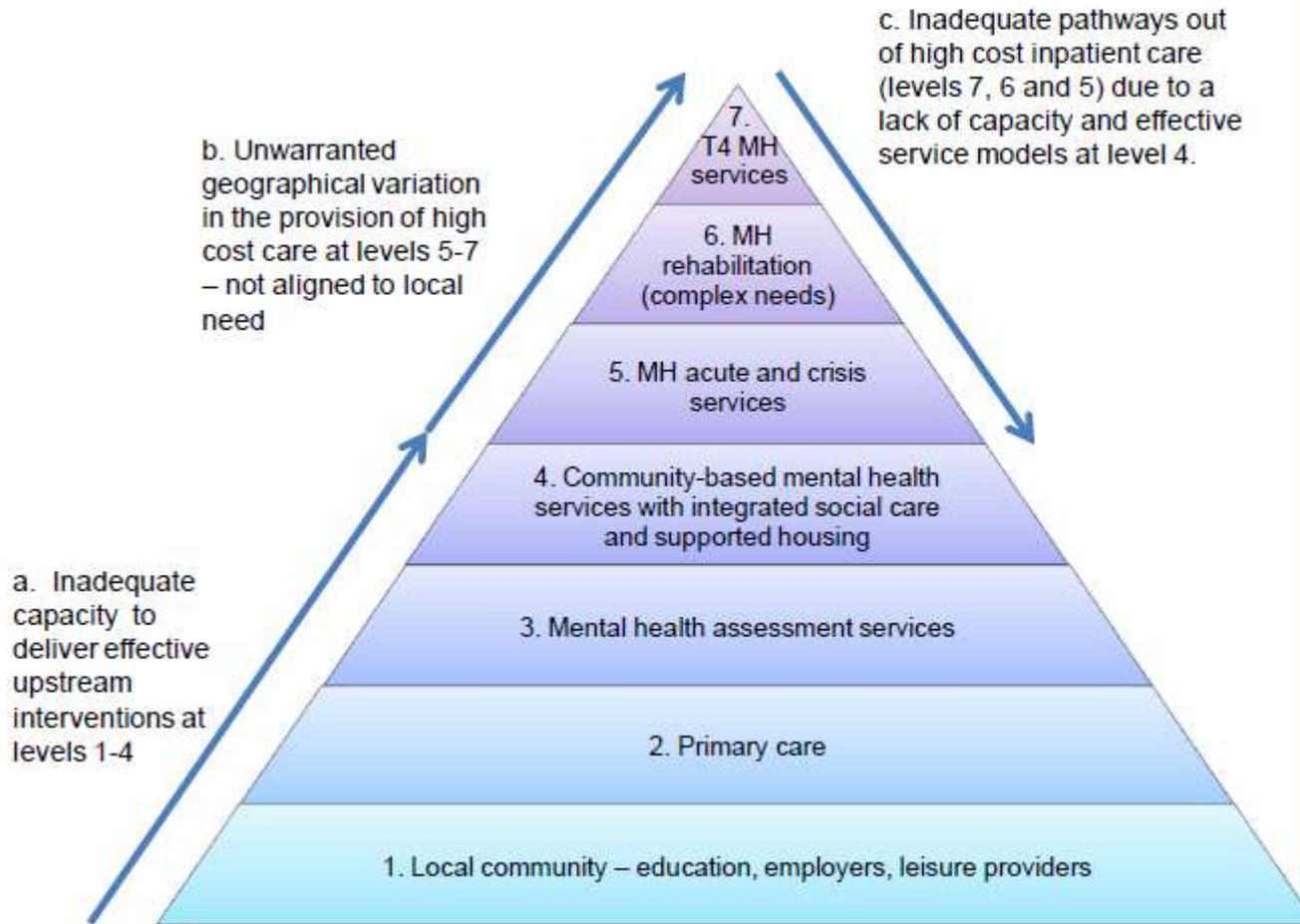
From Sarah Khan presentation for adult mental health care: MH Senior Programme Lead (Access & Waits) NHS England MH 5YP: rebalancing the system

An effective 'in balance' mental health system would:

- Ensure rapid detection of mental ill health and access to evidence-based treatment in community settings.
- Provide responsive and compassionate care to individuals at risk of or in crisis.
- Provide safe, high quality inpatient care where community alternatives are not appropriate
- Enable discharge from inpatient care through provision of personalised packages of home-based support



From Sarah Khan presentation for adult mental health care:
MH Senior Programme Lead (Access & Waits) NHS England
The system is currently not in balance.....



a + b + c

- = inadequate access to effective, evidence-based care and excessive waiting times
- = mental health conditions becoming 'long term conditions' when they need not be
- = first access to treatment often occurring at levels 5 & 7, too often via police / criminal justice system
- = increasing suicide rate in primary care (particularly among men)
- = escalation of demand to the most expensive and restrictive tiers of care
- = use of expensive out of area placements at levels 5-7

Future In Mind Overview

Five key themes provide the structure of the report :

- Promoting resilience, prevention and early intervention
- Improving access to effective support
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce

Future In Mind Overview

The Government's aspirations are that by 2020 we would see:

- Improved access for parents to evidence-based programmes of intervention and support
- Improved crisis care: right place, right time, close to home
- Professionals who work with children and young people trained in child development and mental health
- Timely access to clinically effective support
- A better offer for the most vulnerable children and young people
- Model built around the needs of children and young people, and a move away from the 'tiers' model
- More evidence-based, outcomes focussed treatments
- More visible and accessible support
- Improved transparency and accountability across whole system
- Improved public awareness less fear, stigma and discrimination

By 2020 we want England to lead the world in improving the outcomes for children and young people with mental health problems

Making change happen

This will be delivered by:

- Local Transformation Plans
- Clear national governance
- Co-commissioning

Transformation Plans for Children and Young People's Mental Health and Wellbeing

‘To support this, NHS England will make a specific contribution by prioritising the further investment in children and young people’s mental health announced in the Autumn Statement 2014 in those areas that can demonstrate robust action planning through the publication of local Transformation Plans.’

For example: London CCGs have developed Crisis Plans including children and young people:

- **Thematic analysis has shown common themes:**

- Early identification/intervention
- Access
- Crisis management including crisis plans
- Place of safety: zero use of police cells
- Workforce devpt/training
- Partnership working including transition
- Inpatients: no young person admitted to adult beds/OOA
- Service user involvement
- Complex case work

For discussion eg

- Plans for a workshop 17th July 2015
 - What would CAMHS commissioners find helpful?
 - Whole day or ½ day?
 - Would examples of good practice be useful