

REPORT FOR: HEALTH AND WELLBEING BOARD

Date of Meeting:	10 th January 2019
Subject:	Harrow CAMHS Transformation Refresh 2018 Report to NHS England
Responsible Officer:	Javina Sehgal – Managing Director Harrow CCG
Public:	Yes
Wards affected:	All wards.
Enclosures:	<ol style="list-style-type: none">1. North West London (NWL) CAMHS Transformation Plan2. Annex E – Harrow CAMHS Transformation Plan Refresh

Section 1 – Summary and Recommendations

This summary report for the Health and WellBeing Board and the two attached papers set out progress and plans for mental health services for Harrow young people in line with the expectations of the government's Future in Mind (2015) initiative.

Recommendations:

The Board is requested to:

1. Note the progress made in developing mental health services for young people across Harrow.
2. Formally sign off the NWL CAMHS Transformation Plan and the Harrow CAMHS Transformation Refresh ready for final submission to NHS England as part of the NHS quality assurance process.

Section 2 – Report

Background

In March 2015 the government published the ‘Future in Mind’ report which pointed to significant shortcomings in mental health services for young people and made recommendations for improvements. In response to the report’s recommendations, NHS England launched the Child & Adolescent Mental Health Services (CAMHS) Transformation programme. Clinical Commissioning Groups (CCGs) received additional funding to improve access to mental health services for young people. This additional funding has now been added to the CCG’s baseline allocation.

CCGs in collaboration with Local Authorities are expected to produce an annual CAMHS Transformation Plan that summarises progress so far and sets out plans for the future. These plans are submitted to NHS England each autumn, having been formally signed off by local Health & WellBeing Boards.

Current situation

Harrow Council and Harrow CCG commissioners have collaborated to produce the Harrow CAMHS Transformation Refresh report (Annexe E). However, for the 2018 submission NHS England has varied their assurance process and both the attached NWL CAMHS Transformation Plan 2015-20 and the Harrow Plan (Annex E) have been submitted to NHS England in draft form, prior to sign off by the Harrow HWBB. This is because across the country commissioners were concentrating on submitting proposals to NHS England to develop school based Emotional & Mental Health Teams. NHS England intends to offer feedback on the draft Transformation Plans during December 2018 - January 2019 so the attached plans may be subject to some further amendment ahead of a resubmission date of the 4th February 2019.

In Harrow there is a strong, close and effective working relationship between the Council and the CCG with both agencies investing in mental health services for young people.

Harrow CCG invests £1,351,000 with Central and North West London Mental Health Trust (CNWL) who provide the Harrow CAMHS service operating from the Ash Tree Clinic in South Harrow.

Harrow Council jointly commissions the Banarndo’s Harrow Horizons service with the CCG, contributing £270,000 annually with council and CCG staff managing the contract together. Harrow schools are also able to “buy in” an enhanced service from Harrow Horizons to meet the needs of local young people.

The CCG also invests a £595,000¹ from CAMHS Transformation funds, supporting the jointly commissioned Barnardo's Harrow Horizons early intervention service as well as the CAMHS Crisis services and the NWL Eating Disorder Service.

Full details about how the CAMHS Transformation funding is allocated in Harrow can be found in the attached Harrow CAMHS Transformation Plan Refresh Annex E.

In the course of an average year together, Harrow CAMHS and Harrow Horizons support more than a 1,000 young people. Many more Harrow young people with emotional well-being issues also receive support from Harrow school counsellors and local voluntary groups such as Mind in Harrow, Paiwand, the Mosaic LGBT Youth Centre and CASS (Centre for ADHD and Autism).

Local young people's mental health services take their safeguarding responsibilities seriously and ensure that all staff have up to date safeguarding training. Both Harrow CAMHS and Harrow Horizons also contribute to safeguarding networks (e.g. team around child meetings and Family Group Conferences) and always consider the young person's overall context which may in some cases include parental mental health issues, substance misuse, domestic violence and/or housing concerns.

Priorities

Both the NWL and Harrow plans develop young people's mental health services in relation to an agreed set of priorities as follows:

1. Reducing waiting times for support and services
2. Continuing to develop the specialist Community Eating Disorder Service delivered by CNWL
3. Improving service access and support for vulnerable groups of young people
4. Redesigning the 'whole system' to better address young people's needs
5. Ensuring strong Crisis and Urgent Care pathways are available and equipped to meet need

In addition three enabling work streams are also prioritised:

- Supporting Co-production
- Performance Monitoring and Reporting
- Workforce Development and Training

Waiting Times: Waiting times for Harrow CAMHS has shown a steady improvement when compared with 2016-17 data. In relation to referral to assessment and assessment treatment, the number of young people waiting

¹ 2018-19

has reduced². The numbers of young people waiting for specialist CAMHS and Urgent care have also continued to reduce:

Waiting Times: Specialist & Urgent Care

2015-16	120
2016-17	53
2017-18	34

The Harrow Horizon's assessment to treatment target is that 80% of young people are seen within 6 weeks. For quarter 2 in 2018 this was achieved with 227 young people treated within 6 weeks. Whilst this is encouraging young people are having to wait too long for an assessment and tackling this issue is a 'next steps' priority.

Eating Disorders: The North West London Eating Disorder Service was launched in April 2016. Harrow referrals have increased from 19 in the first year, 2016-17 to 38 in 2017-18, an increase of 100%. Urgent referrals seen within one week also doubled from 5 in 2016-17 to 10 in 2017-18. The service was formally evaluated in July 2018.

Vulnerable Groups: The Harrow CAMHS Transformation Plan Refresh report explains the support available for young people with Autism, Learning Disabilities and challenging behaviour as well as services for looked after children and young offenders. Highlights include:

- 4 hospital admissions avoided as a result of the Dynamic Risk Register multi-agency planning
- 5 new beds for young people with learning disabilities opening at the CNWL unit at Kingswood in Brent
- Looked After Children Nurses, in partnership with Harrow Council, completed 96% of Review Health Assessments (RHA's) on time, which is an improvement of 3% from the previous year.
- 6 young offenders have been successfully referred from Harrow YOT to Harrow CAMHS or Harrow Horizons

Service Redesign: The new Barnardo's Harrow Horizons early intervention service opened in June 2017 and after some initial recruitment difficulties has steadily grown in strength. Harrow Horizons received 621 referrals in 2017-18 and although the recruitment issues mentioned above initially restricted capacity, 459 young people were assessed and 379 offered intervention and support. A further 66 young people (10%) were sign posted to alternative services.

The 'New Model of Care' collaborative commissioning initiative which is operating across NW London is continuing to reshape service for young people at risk of admission to inpatient units. Length of stay has been significantly reduced and this has released resources from NHS England for local investments.

² Pages 4 & 5 Harrow CAMHS Transformation Plan Annex E

Crisis Pathways: An Out of Hours Crisis Service is provided for Harrow by CNWL and waking psychiatric nurses, supported by Registrars and on call CAMHS consultants provided cover across EDs, Urgent Care Centres and Section 136 suites.

Further work is required with Emergency staff at Northwick Park hospital to ensure both hospital and out of hours CAMHS and local authority (Emergency Duty and AMPs etc.) collaborate effectively to support young people presenting in crisis. This is particularly important when providing out of hours services for young people with ASD, learning disabilities and challenging behaviours.

Enablers:

Co-Production: Harrow CAMHS have an active users group and have just completed a user questionnaire survey which found that: a. young people felt their concerns were taken seriously b. better information could be provided on services available and c. appointments could be offered at more convenient times.

Harrow Horizons and CAMHS will collaborate with the Young Harrow Foundation initiative which plans to develop a local youth panel to improve engagement and co-production structure.

Performance Monitoring: Performance, contract monitoring and key performance indicators are in place to ensure national and local standards are met or exceeded.

Workforce Development: CNWL Harrow CAMHS and Barnardo's both have workforce development plans to maximise skill mix opportunities, clinical time with young people and positive outcomes. Priorities include: recruitment and retention; new skills acquisitions and utilisation of new technologies (e.g. apps, websites and social media etc.)

Harrow CAMHS also continue to implement the Children & Young Person's Improving Access to Psychological Therapies (CYPIAPT). This programme trains CAMHS staff in evidence based interventions such as Cognitive Behavioural Support (CBT), and promotes outcome based interventions for young people.

Options

Option 1

The HWBB notes the progress and direction of travel set out in the NWL CAMHS Transformation Plan and the local Harrow Transformation Plan Refresh (Annex E) but does not agree to signing off the reports.

Option 2

The HWBB notes the progress, direction of travel and future plans set out in the NWL CAMHS Transformation Plan and the local Harrow Transformation Plan Refresh (Annex E) and agrees to formally sign off the plans ready for a final submission to NHS England.

Recommendation:

The recommendation to the Harrow HWBB is that Option 2 should be endorsed and formal sign off given to the NWL CAMHS Transformation Plan and the accompanying Harrow CAMHS Transformation Refresh (Annex E). This recommendation is proposed because the plans set forth activities against clearly articulated priorities which are widely supported by stakeholders and partners across health, the council and the community. Additionally there is established performance and monitoring structures to ensure the effectiveness of the proposals are kept under view in order to improve both access to services and improved outcomes for young people.

Financial Implications/Comments

The majority of funding for young people's mental health services in Harrow comes from Harrow CCG. The contract and budget for Harrow CAMHS which is provided by Central and North West London Mental Health Trust (CNWL) is confirmed by the CCG's Finance Director on an annual basis. The CAMHS Transformation element of the CCG's baseline budget is also confirmed each year.

Expenditure against both the CNWL contract and CAMHS Transformation funds is within budget and as a result there are no financial implications resulting from these CAMHS transformation reports.

As part of the CAMHS Transformation funding Barnardo's Harrow Horizons provides an early intervention service. Harrow Horizons is joint funded with Harrow Council on a 50-50 split. As both the council and the CCG have allocated budget for this activity there are no adverse financial implications.

Legal Implications/Comments

There are no legal implications arising from the CAMHS Transformation Plan 2018 Refresh.

Risk Management Implications

Delivering mental health services for young people does require careful risk management procedures. Both CNWL and Barnardo's staff have received appropriate safeguarding training and the organisations operate corporate risk register.

Very sadly, two Harrow young people have committed suicide in 2018 and following these tragic deaths Rapid Response multi-disciplinary meetings have reviewed the circumstances. Findings have been appropriately shared with the LSCB through the Child Death Overview Panel.

Harrow's Dynamic Risk Register ensures that young people with learning disabilities and challenging behaviour, who are at risk of admission to hospital, received co-ordinated multi-agency support. The Harrow example of the register has received praise from NHS England as an example of innovative good practice.

There is also continuing contact with Northwick Park Hospital's Emergency Team to improve the reception and treatment provided to young people presenting in crisis.

Equalities implications

Several steps have been taken to address reducing inequalities across mental health services for young people. As Harrow Horizons has stabilised its workforce, and improved recruitment more young people have had access to early intervention support. Additionally, out of hour's crisis support is now in place with CNWL waking night nursing staff supported by Registrars and on call CAMHS consultants. Furthermore, the integrated Dynamic Risk Register for young people with ASD, LD and challenging behaviour is extending the service offer to vulnerable families.

Harrow Primary and Secondary Heads have also been engaged in developing options for Mental Health Support Teams in local schools. Furthermore, voluntary groups in Harrow have established a 'Heads Up' coalition to improve access and co-ordination of support for vulnerable young people across the borough including; young people with ASD, refugees and the LGBT community.

This suite of activities continues to improve early intervention and access to services for vulnerable young people in Harrow and makes an important contribution to reducing health inequalities.

Council Priorities

The Harrow CAMHS Transformation Plan is a clear illustration of the Council's ambition to 'work together' to make a difference for Harrow residents. Harrow Council and the CCG work together to commission Barnardo's Harrow Horizons, mental health support for Harrow Youth Offending Team and medical and nursing assessments and support for Harrow looked after children.

Harrow council staff have contributed to the CAMHS Transformation Plan Refresh and are actively involved alongside their CCG colleagues in managing community contracts³.

As the accompanying two reports set out, CAMHS Transformation Plans prioritise services for vulnerable young people. In particular young offenders, looked after children and young people with autism and/or learning disabilities receive particular attention to ensure their mental health needs are recognized and met.

Harrow CAMHS and Harrow Horizons both consider the family context when working with young people and in relation to young people with Autism, learning disabilities and challenging behaviour, working closely with the entire family is a central objective.

With the welcome arrival of the ground breaking young Harrow Foundation report, 'This is Harrow' mental health services for Harrow young people is poised to develop stronger community engagement possibilities. The Heads Up initiative which brings together Mind in Harrow, Mosaic LGBT Youth Centre, Paiwand⁴ and CAAS (Centre for ADHD and Autism) further strengthens these opportunities.

Together with our voluntary sector partners, Harrow CCG and Harrow Council officers are actively considering how best to take these community engagement advantages forward.

Section 3 - Statutory Officer Clearance Not required

Ward Councillors notified:	NO
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Section 4 - Contact Details and Background Papers

Contact: Tom Elrick, Assistant Managing Director, Harrow CCG Tel 201 8966 1160

Background Papers:

1. North West London (NWL) CAMHS Transformation Plan
2. Annex E – Harrow CAMHS Transformation Plan Refresh

³ Harrow Horizons, YOT mental health support and diversion scheme and the Harrow LAC Nursing Service

⁴ Support for young refugees and asylum seekers