

## Report to the Overview and Scrutiny Committee regarding Children and Young People Mental Health Services in Barnsley

### 1.0 Introduction

- 1.1 Children and Young People Mental Health Services (CYPMHS) refers to all the services that work with children and young people (CYP), up to the age of 18 years of age, who may need help and/or support with their emotional health and wellbeing.
- 1.2 The aim of this report is to provide an update to the Overview and Scrutiny Committee (OSC) on the work that has been undertaken since March 2021 by Barnsley Clinical Commissioning Group (the Commissioner), Compass who is the provider for Barnsley Mental Health Support Teams (MHSTs), Children and Young People's Empowerment Project (Chilypep) and Barnsley Child and Adolescent Mental Health Services (CAMHS) which is part of South West Yorkshire NHS Partnership Foundation Trust (the Trust) to improve and transform CYPMHS within Barnsley.
- 1.3 The focus will be on the following services/areas:
- Mental Health Support Teams (MHSTs)
  - Children and Young People's Empowerment Project (Chilypep)
  - Specialist Child and Adolescent Mental Health Services (CAMHS)
  - Children and Young Peoples Mental Health Contact Point (SPoC)
  - Strengthening the support for Children and Young People Mental Health Services (CYPMHS).
- 1.4 Within this report, the current waiting list positions for both MHSTs and CAMHS are provided. In relation to the MHSTs, this will be the first opportunity for OSC to see MHST referral activity. For the CAMHS, the OSC will be able to see the current waiting list position and how this has changed since last reported in March 2021.

### 2.0 Background

- 2.1 As reported previously to the OSC, it has been acknowledged at a national level (with the production of the Department of Health's 'Future in Mind' report<sup>1</sup>) that service provision to support CYP's emotional wellbeing and mental health needed to focus on a number of aspects including:
- Promoting resilience, prevention and early intervention
  - Improving access to effective support
  - Care for the most vulnerable.
- 2.2 At the OSC meeting, in March 2021, it was reported that a significant amount of work has been progressed to improve and transform the provision of CYPMHS within Barnsley including the following:
- Independent Review of CYPMHS\*
  - Co-production of service specification for CYPMS moving away from the traditional medical Tiered model and Tendering Process\*
  - Establishment of CYPMHS Steering Group\*
  - CAMHS Improvement Programme of Work\*
  - Appointment of Compass as the provider for MHSTs

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<sup>1</sup> 'Future in Mind' report, published in March 2015, 'considered ways to make it easier for children, young people, parents and carers to access help and support when needed and to improve how children and young people's mental health services are organised, commissioned and provided'.

- Continuation of work to improve the CAMHS Waiting List Position
- Strengthening support and focus on CYPMHS.

3.2.3 As background information, a summary for the aspects marked \* is covered in Item 4c. For the other aspects, an update is provided in the next section of this report.

### 3.0 Current Position

#### Barnsley Mental Health School Team (MHST)

- 3.1 Following a tendering exercise conducted in December 2020, the contract was awarded to Compass<sup>2</sup> who have become responsible for the delivery and implementation of two MHSTs (as a single Barnsley MHST) with effect from 1<sup>st</sup> February 2021 onwards. Compass is a national early help and wellbeing charity with experience in delivering MHSTs in other parts of the country and the staff who were previously employed by MindSpace had their contracts of employment transferred to Compass.
- 3.2 As background information, the core functions of the MHST (as set out in Mental Health Support Teams for CYP in Education Manual) are:
- Delivering evidence-based interventions for mild to moderate mental health issues
  - Supporting the designated Senior Mental Health Lead in each education setting to introduce or develop their whole school or college approach
  - Giving timely advice to school and college staff, and liaising with external specialist services, to help children and young people to get the right support and stay in education.
- 3.3 The Barnsley MHST works with all **11** secondary schools in Barnsley providing group and 1-to-1 support for CYP and works with **25 of 67** primary schools currently. The plan is to extend the MHST whole school approach<sup>3</sup> offer to all primary schools from June 2022 onwards when all the Trainee Educational Mental Health Practitioners (EMHPs) have qualified following completion of their post-graduate training. Further national funding to provide full borough coverage for the range of MHST activities is anticipated in 2023.
- 3.4 In addition to the MHST offer, Compass has been commissioned to provide a CYP and Family Bereavement Counselling Service which was launched in August 2021. As well as providing specialist counselling sessions, bereavement counsellors are available via the MHST to provide advice, guidance and training to school staff, the MHST itself and wider professional networks. Initially, one counsellor was commissioned via Public Health on a fixed term basis until July 2022. As a result of high demand for the service, a 2<sup>nd</sup> post has been jointly funded by Compass and the Commissioner until end of July 2022.
- 3.5 In January 2022, a further post has been commissioned on a fixed term basis by Public Health to support schools to develop approaches to healthy peer relationships and to provide CYP with direct support when emotional health is adversely impacted by peer relationships (e.g. bullying).
- 3.6 The Barnsley MHST staffing is made up of Service Manager, 2 Team Managers, 3 Supervising Practitioners, 4 Trainee Educational Mental Health Practitioners, 5 Education/Mental Health Practitioners, 2 Assistant Practitioners, 2 Specialist Bereavement Counsellors, 1 Health Peer Relationship Practitioner and 1 Families Practitioner.
- 3.7 MHSTs' work to date with schools has included:-

<sup>2</sup> Compass is a charity providing health and wellbeing services, helping people unleash their unique potential and live healthier, safer and more fulfilling lives.

<sup>3</sup> 'A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing. A whole-school approach involves all parts of the school working together and being committed. It needs partnership working between senior leaders, teachers and all school staff, as well as parents, carers and the wider community' – Anna Freud – National Centre for Children and Families.

- direct delivery of 1:1 interventions for low mood, anxiety, challenging behaviours and other mild-moderate mental health need
- direct delivery of therapeutic groupwork in secondary schools including anxiety, low mood, mental health promotion and transition
- an audit of all participating schools to identify strengths in the promotion of a mentally healthy school and prevention of mental health problems and associated action planning
- consultation with CYP in school to understand and assimilate the young people's perspective into plans within schools for a robust emotional health care plan
- Mental Health Awareness raising events including anti-bullying, awareness raising for parents, physical wellbeing and mental health promotion, school wellbeing assemblies and many more.

3.8 In addition, Compass and CAMHS have been working in partnership together to implement the Children and Young Peoples Mental Health Contact Point (SPoC) which is covered later in this report.

### Children and Young People's Empowerment Project (Chilypep)

3.9 Chilypep is funded by the Commissioner to deliver a range of early intervention and prevention services, projects and MH training courses to schools, colleges, charities, local businesses as well within the wider Barnsley community. In addition, Chilypep is funded to support CYP to have a voice and influence services and support through Young Commissioners. All of the work of Chilypep falls within or supports meeting the iThrive quadrants of 'Getting Advice' and 'Getting Help'.

3.10 Chilypep has been delivering the BRV Project (Belonging, Resilience and Vocabulary) which aims to improve emotional literacy within boys and young men and give them a better understanding of themselves. Through it they can learn the tools and techniques to recognise, communicate and manage their emotions, and realise their capacity to become active, empowered citizens.

3.11 **65** referrals were received in 2020 and **104** referrals have been made to BRV since January 2021. Of these, **16** young people either did not take up the offer of support or were too complex for BRV and referred to CAMHS or other more appropriate services. **93** young people have been supported and discharged, (**33** in 2020 and **60** in 2021), and **60** young people are currently being supported.

3.12 Referrals to BRV and/or to CAMHS are considered and discussed at the weekly meetings between Compass, CAMHS and Chilypep.

3.13 Throughout 2020/2021, all of Chilypep's work was affected by various lockdowns and had to be moved online or adapted for smaller groups. This was a challenge considering the main focus being on face-to-face work with CYP and where relationship building is the cornerstone of Chilypep's work.

3.14 Another key aspect of Chilypep's work is the development of a young people's wellbeing Hub in Barnsley town centre which CYP have named H.O.M.E ('Help with Our Mental 'Ealth!) for young people up to 25 years of age. This development is being done in conjunction with other partners and is supported by the Commissioner and Barnsley Council. The vision for this Hub's functionality includes:-

- A Wellbeing Café
- Access to youth groups, drop-in support and IT facilities
- Training space for CYP and professionals to use for workshops and courses.

3.15 Progress on the development of this Hub in terms of refurbishment was delayed by over a year because of the pandemic, various lockdowns, builders and tradesmen being unable to work as well as availability of building materials. This resulted in major refurbishment work only commencing in Autumn 2021.

3.16 The current service offer at H.O.M.E. includes the following:

- Open access 'drop ins' promoted as wellbeing support, information and guidance sessions by Youth Mentors with 23 referrals received from November 2021

- Creative Minds Project: 3 x 4-week creative arts projects offered to 11- 15-year-olds, 16 – 18-year-olds and 19 – 25-year-olds
- Responding to enquiries about Hub offer from a range of professionals including Social Prescribing Team, Social Workers, Family Support Workers, Schools, Barnsley College and parents.
- Mentors who provide support to Chilypep groups and activities following completion of Youth MHFA training resulting in having 10 mentors at present
- The administrative base for the Children and Young Peoples Mental Health Contact Point.

3.17 Between January 2021 and February 2022, Chilypep have delivered 21 training days across a range of training courses as summarised in Table 1. A young person from the Young Commissioners group has been supported to qualify as a Trainer for the Mental Health First Aid England (MHFA) and has co-delivered the MHFA training.

**Table 1: Chilypep Training Delivery – Jan 2021 to Feb 2022**

Training Course	Total attendances	Training sessions delivered	Organisations
Youth MHFA 2 day	20	2	Young commissioners, primary and secondary schools, looked after children service provider
Adult MHFA 2 day	30	2	Barnsley social subscribing service & Barnsley council staff, businesses, financial sector, community members
Mental Health Tutorial	16	1	Barnsley College
ASIST 2 day	13	1	Schools, mental health sector, substance misuse teams
Bespoke training: mental health awareness	15	2	Barnsley elected members
Bespoke training: Self-harm, self-injury & suicide prevention	36	3	Barnsley Hospital staff, social prescribing, smoking cessation team, creative recovery
Youth MHFA – Youth Aware (half day course)	159	10	Chilypep staff, Birkwood Primary School, Barnsley College Staff, Barnsley Primary and Secondary School staff, Greenacre School Staff, Darton Academy School Staff, CYP from Outwood Carlton and Hub Peer Mentors, Barnsley A&E Nurses, Penistone Grammar School Staff, Barnsley Hospital, Penistone Grammar School Staff, Hub mentors and Young Commissioners
<b>TOTAL</b>	<b>289</b>	<b>21</b>	

3.18 A fuller more detailed report of Chilypep’s work including feedback from the training sessions is available on request from the Chilypep Managing Director.

Specialist Child and Adolescent Mental Health Services (CAMHS)

3.19 The focus for CAMHS has been continuing to deliver its full range of services whilst continuing to focus on the following priorities:

- *Continuing to monitor and manage the CAMHS waiting list position* – The major priority for both CAMHS and Commissioner has been to continue to monitor and manage the CAMHS waiting list position especially in light of the current pandemic situation. Fuller detail is provided in the next section.
- *ADHD Pathway* - Joint work has been progressed between Commissioner and CAMHS regarding the development and implementation of an action plan for ADHD which includes a focus on shared care arrangements and wider understanding of the capacity constraints for CAMHS including those awaiting allocation for ADHD medications and those awaiting transition to Adult ADHD services. Meetings are taking place internally with the CAMHS clinical team to consider how the ADHD pathway could be further improved and/or made ‘leaner’.

On a very positive note, the total number of CYP who are currently on the waiting list for an ADHD assessment is **11** as of 31 January 2022 which is a significant improvement compared to the number that were previously waiting. The timeframes to commence the assessment for ADHD process have started to reduce following the successful pilot to complete ADHD related forms with parents virtually and to collect forms directly from school.

- *Recruitment to new roles* - As a result of additional monies from the Commissioner, CAMHS has been progressing with its recruitment drive with the aim of having the minimal number of vacancies in the Service. The new roles are expected to assist with the next phase of implementation of the service specification for CAMHS. Whilst funding for new posts is a real benefit to the Service, this may present a challenge in light of the national picture of shortages. The Service is already considering plans to minimise the impact of not being able to fulfil certain roles such as non-medical prescribers with nursing associates who would be able to provide additional support to the existing medical (Doctors) and non-medical prescribers (specialist nurses and pharmacist).
- *Addressing the impact – COVID-19 Omicron Variant* - This had a significant impact on the CAMHS service in terms of the number of staff who are not to be able in work due to having the virus and/or self-isolating as per Trust guidance. Throughout the months of December 2021 and January 2022, staffing levels within some teams including the Crisis and Home-Based Treatment Team (CHBTT) were reduced. At one stage, the Trust had 8% of its workforce absent from work. Specifically, the consequential impact that this had on the CAMHS was to operate as its Service expected, commence with implementation of any contingency planning within the Service and also being prepared to contribute to any contingency plans within the Trust, for example, supporting inpatient areas.
- *Significant Rise in Eating Disorder (ED) Presentations and Lack of Beds* - It should also be noted that there are significant pressures for CAMHS, which is a similar picture for other Trust's CAMHS services as well as nationally, relating to CYP presenting in crisis with Eating Disorders (ED) issues. The Barnsley CAMHS caseload for ED related cases grew to a total of 55 cases in the Summer of 2021 which represented over a 100% increase compared to the previous year's position. Whilst all efforts are made by the CHBTT to support CYP and their families as much as possible in their own homes, there has been an increase in the number of CYP who need to be admitted to a specialist ED inpatient bed. Unfortunately, there is a national shortage of these specialist beds which then puts pressures on both Barnsley Hospital and CAMHS staff on keeping these CYP safe. The lack of bed availability has been escalated with the Commissioner and at regional and national levels as well.

3.20 These service pressures have been flagged up to the Commissioner and within the Trust and ongoing conversations are taking place to consider how best to minimise the associated risks with these two key service pressure areas.

#### Current Picture of Waiting Lists for Barnsley MHST and CAMHS

3.21 Both Compass and CAMHS routinely report on their waiting list position at the monthly CYPMHS Steering Group meetings. The waiting list position for both services as of end of January 2022 is provided below.

#### *Compass Waiting List*

3.22 The Compass waiting list report as of 26 January 2022 is shown in Table 2 (on the next page) and this provides a summary status update on waiting times for each element of service.

**Table 2: Compass – Waiting List Report as of 26 January 2022**

<b>Activity</b>	<b>Nov-21</b>	<b>Dec-21</b>	<b>Jan-22</b>	<b>Longest Wait January 22</b>
<b>RfS accepted (total)</b>	<b>71</b>	<b>64</b>	<b>68</b>	
MHST RTA < 4 weeks	39	45	28	
MHST RTA 4-8 weeks	19	21	28	
MHST RTA 8-12	4	5	6	
MHST RTA >12	4	1	3	17 weeks numerous DNA appointment
<b>Total Awaiting Assessment</b>	<b>66</b>	<b>72</b>	<b>67</b>	
MHST RTT <4 weeks	0	0	26	
MHST RTT 4-8 weeks	0	9	6	
MHST RTT 8-12 weeks	2	5	10	11 weeks assessed awaiting capacity to allocate
MHST RTT >12 weeks	6	2	0	
<b>Total awaiting treatment start</b>	<b>8</b>	<b>16</b>	<b>42</b>	
<b>MHST awaiting groupwork (post assessment)</b>	<b>12</b>	<b>28</b>	<b>19</b>	
<b>Family Practice RfS accepted</b>	<b>4</b>	<b>1</b>	<b>2</b>	
FP RTA <4 weeks	2	2	2	
FP RTA 4-8 weeks	0	1	0	
FP RTA 8-12 weeks	0	0	0	
FP RTA >12 weeks	0	0	0	
<b>FP Total awaiting assessment</b>	<b>2</b>	<b>3</b>	<b>2</b>	
<b>FP awaiting treatment start</b>	<b>0</b>	<b>0</b>	<b>0</b>	
<b>Bereavement RfS accepted</b>	<b>12</b>	<b>5</b>	<b>4</b>	
BC RTA <4 weeks	11	5	4	
BC RTA 4-8 weeks	12	10	2	
BC RTA 8-12 weeks	2	12	12	
BC RTA >12 weeks	0	0	9	16 weeks
<b>Bereavement total waiting assessment</b>	<b>25</b>	<b>27</b>	<b>27</b>	
BC RTT <4 weeks	0	0	0	
BC RTT 4-8 weeks	2	0	0	
BC RTT 8-12 weeks	10	1	0	
BC RTT >12 weeks	12	13	15	17 weeks
<b>Bereavement Total waiting treatment start</b>	<b>24</b>	<b>14</b>	<b>15</b>	

RTA = Waiting for Assessment – from initial referral – awaiting first assessment. RTT = Waiting for Treatment – from initial referral – assessment complete awaiting treatment start.

### *CAMHS Waiting List*

3.23 As previously reported, significant improvements have been made regarding the waiting times and waiting numbers as shown in Table 3a which was included in the March 2021 report. This Table shows the waiting list reductions for CAMHS on a month by month as well as on a cumulative basis. November 2019 has been used as the baseline month to take account of the Commissioner approval for the waiting list initiative. The position as of end of January 2021 (as shown in Table 3a) is that there is a total of **66** CYP waiting for initial CAMHS treatment and the cumulative waiting reduction is a total of **533** cases.

- 3.24 As a consequential impact of the pandemic situation, CAMHS has experienced a significant increase in referrals of cases which are of a more complex nature in terms of presentation thus resulting in a higher number of CYP being accepted for CAMHS support. As reported previously, CAMHS have been accepting more CYP for treatment since October 2020 onwards and this continues to be the case.
- 3.25 This has resulted in the numbers on the waiting list starting to increase which is not an ideal situation. There has not yet been an adverse impact on the waiting list times at this point in time; however, it is highly likely that the numbers waiting longer than 6 months or more will grow especially where CYP may require specialist support e.g. family therapy or specialist psychology support.
- 3.26 Table 3b shows the waiting list position for the period: January 2021 to January 2022. The position as of end of January 2022 is that there is a total of **143** CYP waiting for initial CAMHS treatment, and the cumulative waiting list reduction is a total of **803** cases. The waiting list position of those waiting has grown by **117%** since the last report to the OSC. However, it should be noted that this is still significantly lower than the position in September 2019 and CAMHS has continued to accept referrals for its service throughout the COVID-19 period.

**Table 3a: CAMHS Waiting List Tracker – By Month and Cumulative Effect  
For period: September 2019 to end of January 2021**

Aspect	Sep-19	Oct-19	Nov-19	Dec-19	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20	Jan-21
Total no. of CYP waiting for treatment (Rx) (all pathways)	330	325	297	290	269	236	210	191	156	113	108	100	87	99	85	65	66
Nos accepted for CAMHS Rx				14	22	17	18	25	15	16	19	15	19	33	35	29	25
Waiting List Reduction for month				21	43	50	44	44	50	59	24	23	32	21	49	49	24
Actual Waiting List Reduction (Cumulative) for month				21	64	114	158	202	252	311	335	358	390	411	460	509	533

**Table 3b: CAMHS Waiting List Tracker – By Month and Cumulative Effect  
For period: January 2021 to end of January 2022**

Aspect	Jan-21	Feb-21	Mar-21	Apr-21	May-21	Jun-21	Jul-21	Aug-21	Sep-21	Oct-21	Nov-21	Dec-21	Jan-22	Total
Total no. of CYP waiting for input (Rx) (all pathways)	66	68	77	85	79	79	70	86	85	106	127	130	143	
Nos accepted for CAMHS Rx	26	26	31	33	20	21	24	20	27	31	38	40	35	648
WL Reduction per month	25	24	22	25	26	21	33	4	28	10	17	37	22	803
Actual WL Reduction - Cumulative	534	558	580	605	631	652	685	689	717	727	744	781	803	

Note: Nos accepted for CAMHS Treatment (Rx) – estimate given for Jan 2022 given

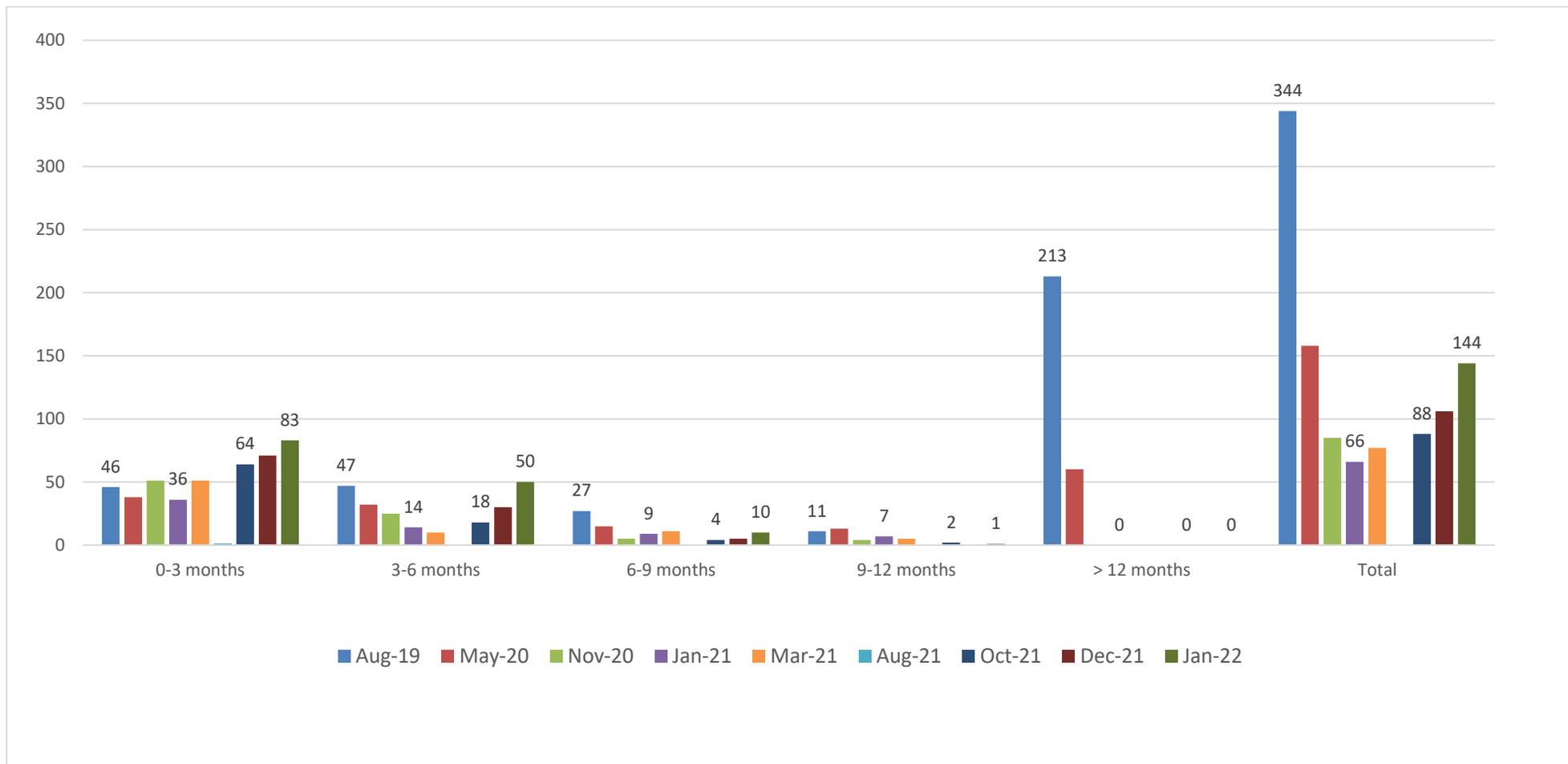
- 3.27 Figure 1 (on the next page) shows the CAMHS waiting list position in terms of the numbers of CYP waiting and the waiting time period at different 'snapshot' time points. In summary, the total number of CYP waiting is **143** and the associated waiting times are:

Timeframe	Number and % of CYP	
Up to 3 months	83	58%
Between 3 to 6 months	50	35%
Between 6 and 9 months	10	7%
Between 9 and 12 months	0	0%
Over 12 months	0	0%
<b>Total</b>	<b>143</b>	<b>100%</b>

### Children and Young Peoples Mental Health Contact Point (SPoC)

- 3.28 As reported in the March 2021 OSC report, there was a plan for the current CAMHS Single Point of Access would evolve and change its function and remit to become the Barnsley Children's Mental Health Single Point of Contact (SPoC) in partnership with other key services such as MHSTs and 0-19 year services.
- 3.29 As a brief recap, the vision of the SPoC is for any CYP, their family/carer and/or any professional within Barnsley will know where they can go to, as a starting point, for any advice and/or support when they have any concerns about a CYP's emotional well-being and/or MH. This would mean that anyone can make a request for advice/support without having to feel that they have to seek a referral from the CYP's GP to gain support for a MH issue/concern. The SPoC would receive all requests for advice and/or support for any emotional well-being and/or MH issues/concerns of CYP up to the age of 18 years old. The SPoC would be viewed as the primary point for anyone in Barnsley to go to where there are some concerns about the emotional well-being and/or MH of a CYP.
- 3.30 The envisaged benefits of the SPoC are:
- ✓ Operate a "No wrong door" policy with a pass on/liaise role rather than redirect which minimises CYP and their families feeling that they have to tell their story more than once
  - ✓ CYP being sign-posted to the organisation who is best placed to support their MH needs in a timely manner
  - ✓ Minimising any confusion about how to access advice and/or support and avoid multiple referrals or requests for support
  - ✓ Being seen as the sole and focal point of contact for anyone who wishes to refer a CYP (including self-referral) for any MH issue/concern
  - ✓ Being seen as a focal point with good links other services and organisations within Barnsley and being a knowledge resource of what is available within Barnsley area.
- 3.31 Work has been progressed by Compass and CAMHS in partnership to create their 'joint' front door which is seen as the first phase of the SPoC and their work has involved the development of a joint Request for Support form, establishing the appropriate infra-structure arrangements including the administrative base located at H.O.M.E ('Help with Our Mental 'Ealth!) as well as undertaking a pre-implementation phase prior to launching the service to GPs and other professionals to iron out any teething issues.
- 3.32 The service will be formally launched to professionals working with CYP including health, care and education professionals to access from Monday, 28<sup>th</sup> February 2022 with the plan for a wider publicity campaign in Spring 2022 thus promoting CYP and their parents/carers to seek support directly with having to approach their GPs for a referral. As part of the wider campaign, engagement activities will be undertaken to seek the CYP.
- 3.33 Existing referral routes into both MHSTs and CAMHS services will be re-routed to SPoC with the intention that the SPoC is seen as a seamless transition and work is already underway to publicise the new email address for sending requests for support as well as the new telephone contact number.

**Figure 1: CAMHS – Waiting Times and Numbers for First Episode of Treatment (for all Pathways)**



- 3.34 Both CAMHS and Compass representatives provided an update at a recent meeting of the Barnsley Children and Young People's Emotional Health and Wellbeing Board, and this was positively received.
- 3.35 The partnership is working with Chilypep Young Commissioners and other local CYP engagement groups to develop a new name and branding for the SPoC ahead of the public launch in Spring 2022.

#### Strengthening support and focus on CYPMHS

##### *CYP Emotional Health and Wellbeing Lead*

- 3.36 Following a peer review of the work taking place in Kirklees in relation to 'Thriving Kirklees'<sup>4</sup>, Barnsley Council identified that it was important to have a Transformation Lead role to provide strategic oversight and leadership across the CYP Emotional Health and Wellbeing (EHWB) pathway. The purpose of this role is to provide a borough-wide strategic leadership role in the design, implementation, and integration of CYP services to improve emotional health and wellbeing outcomes.
- 3.37 The post was initially funded for a two year fixed-term period and recently permanent funding has been identified. The postholder is funded jointly by Barnsley Council and the Commissioner and is a member of the CYPMHS Steering Group. Key aspects of work that they have delivered over the last year are:
- Emotional Health and Wellbeing Scoping Report – March 2021
  - Development of Emotional Health and Wellbeing Improvement Plan – July 2021
  - Continued development of Emotional Health and Wellbeing Group
  - Leadership of the CYP Eating Disorder Working Group – ongoing.

##### *Additional monies into system for CYPMHS*

- 3.38 Additional funding was received in 2021/22 relating to CYP crisis service delivery and Covid response and recovery plan. The funding has been invested in priority areas to enhance the eating disorder, ADHD and Children in Care services, and to develop the Safe Space Hub and the BRV (belonging, resilience and vocabulary) project.

## **4.0 Future Position and Challenges**

- 4.1 Access to Tier 4 beds<sup>5</sup> for CYP with significant ED concerns – This is a significant challenge both at a local and national level due to the limited availability of these beds in specialist facilities. Where a CYP is waiting for a Tier 4, ongoing support is provided within an Acute Hospital setting and/or by the CHBTT who provide support in the CYP's home setting. Provision of this support puts significant pressure on these services and is far from ideal in terms of the CYP's and family's experiences and what a CYP needs to support them appropriately and safely.
- 4.2 As mentioned earlier in this report, there has been an increased number of presentations of CYP with ED. The current service provision is being stretched in terms of its capacity thus requiring the consideration of alternative and complementary services to support this group of CYP. Work is already underway to explore additional support within Barnsley such as increasing the service offer by South Yorkshire Eating Disorders Association (SEYDA).
- 4.3 As previously reported and covered earlier in this report, CAMHS has been accepting more CYP for treatment since October 2020 onwards which is starting to impact on the waiting list position. Both the Commissioner and the Trust are monitoring the resulting impact and continue to recognise the priority to avoid any deterioration of the waiting list and all the hard work that has been undertaken by CAMHS staff to date to improve the waiting list position.

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<sup>4</sup> 'Thriving Kirklees' is a partnership of local health and wellbeing providers all working together to support CYP and their families to thrive and be healthy.

<sup>5</sup> 'Tier 4' of CAMHS services covers facilities for children and young people with mental health problems who require hospital admission. Children can be placed in a tier 4 unit either as a voluntary ('informal') patient, or as a person who has been detained under the Mental Health Act 1983.

- 4.4 As reported within the media, the national picture of staffing shortages particularly in the health and social care settings has commenced to have an impact on service provision in a number of ways. Within the Barnsley system, the current position regarding impact is at this stage is unclear and the Commissioner is monitoring this closely with its service providers so that early conversations can take place on how to minimise the impact for CYP and their families in Barnsley.
- 4.5 The Commissioner has commenced its consideration of how to extend the current CYP service offer up to 25 years and associated pathways starting with Children in Care and ADHD. As mentioned earlier, the H.O.M.E facility is being designed to support the extended age range (from 18 to 25 years of age). Outline plans will be developed during the next 6 months so that further engagement can take place with relevant providers, partners and other professionals in Barnsley as well as with CYP and their families.

## 5.0 Glossary

- 5.1 The acronyms used throughout this report (in alphabetical order) are:

ADHD	Attention Deficit Hyperactivity Disorder
CAMHS	Child and Adolescent Mental Health Service
CHBTT	Crisis and Home Based Treatment Team
Chilypep	Chilypep – Children and Young People’s Empowerment Project
Commissioner	Barnsley Clinical Commissioning Group
CYP	Children and Young People
CYPMHS	Children and Young People Mental Health Services
CHBTT	Crisis and Home Based Treatment Team
ED	Eating Disorders
EHWB	Emotional Health and Wellbeing
MHFA	Mental Health First Aid
MHLT	All Age Mental Health Liaison Team
MHSTs	Mental Health School Teams
OSC	Overview Scrutiny Committee
SPoC	Children and Young Peoples Mental Health Mental Health Point of Contact
Trust	South West Yorkshire NHS Partnership Foundation Trust