

Children & Young People's Mental Health Services (CYPMHS) in Barnsley – Cover Report

1.0 Introduction and Background

- 1.1 In April 2014, significant concerns were raised regarding the performance of Barnsley Child and Adolescent Mental Health Services (CAMHS) which resulted in establishing an officer Task and Finish Remediation Group. Barnsley CAMHS reflected national trends in terms of rising demand and insufficient capacity, which was supported by the Parliamentary Health Select Committee report published in November 2014 which concluded that nationally 'there are serious and deeply ingrained problems with the commissioning and provision of children's and adolescents' mental health services'.
- 1.2 In March 2015, the Government published the 'Future in Mind' report as a result of the 'Children and Young People's Mental Health and Wellbeing Taskforce' which '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'. The key themes which arose from this were:
- Promoting resilience, prevention and early intervention
 - Improving access to effective support – a system without tiers
 - Care for the most vulnerable
 - Accountability and transparency
 - Developing the workforce
- 1.3 On 10th March 2015, the then Children's Services Scrutiny Committee (CSSC) considered the performance of local CAMHS which included raising concerns regarding extensive wait times. A number of recommendations were made which included that performance of the service should be followed up every 12 months. Additionally, during 2015, Healthwatch Barnsley, which is an independent consumer champion that gathers and represents the views of the public with regards to health services, undertook a survey of service users of Barnsley CAMHS. A report summarising the findings was published in December 2015 which highlighted issues within the service that were impacting upon individual's experiences. The findings of this report were used by the service to inform their future work.
- 1.4 In May 2016, the then Safeguarding Scrutiny Committee (SSC) undertook follow-up activity and acknowledged that during 2015/16 improvements had been made to wait times (from 14 weeks in April 2015, to 5 weeks in March 2016); however wait times for Core/Partnership appointments were still lengthy and the overall wait times for access to specialist CAMHS extensive.
- 1.5 In June 2017, the Overview and Scrutiny Committee (OSC) continued to follow up the progress of CAMHS. They welcomed the introduction of the Single Point of Access (SPA); commended the reduction in waiting times that had been achieved; however, noted that there was still a lot of work to be done to improve the service, especially the waiting times to receive treatment.
- 1.6 In 2018, Healthwatch Barnsley revisited their survey from 2015 and, preliminary findings indicated that a large percentage of children, young people and families felt there was a lack of support whilst they were waiting to access CAMHS. In addition, it appeared that there were still long wait times from referral to treatment, with over half of the parents/carers surveyed stating it was 18 months and over. Furthermore, it seemed that poor referrals from doctors/professionals continued to be the reason why some referrals are not accepted by CAMHS.
- 1.7 In October 2018, the last time that CAMHS attended an OSC meeting, members discovered that Barnsley CAMHS continued to reflect national trends in terms of rising demand and insufficient capacity to meet the huge unmet need. There were lengthy waiting times, particularly for children and young people with a learning disability or with a diagnosis of Autistic Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD). A peer review had highlighted a number of issues, including difficulties

around the transition from children's to adult services together with a need for a more robust workforce strategy.

- 1.8 The Commissioner present at the meeting reported that they had commissioned work from MindSpace to deliver low level emotional health and wellbeing support to Barnsley secondary schools in the form of a Mental Health School Team (MHST). The Children & Young People's Empowerment Project (Chilypep) had been commissioned to deliver aspects of work alongside MindSpace to promote resilience, prevention and early intervention. Their work included developing young Commissioners, promoting the CAMHS Single Point of Access and engaging with Children in Care to improve their access to services.
- 1.9 In addition, the Commissioner had submitted a bid for national funding to create a second MHST who would focus on primary school children, those in post 16 education and vulnerable groups (for example, those who are educated at home) and to deliver a four-week waiting time pilot for one of the CAMHS pathways as supported by the Barnsley Children's Executive Commissioning Group.
- 1.10 One of the Overview & Scrutiny Committee Task & Finish Groups, which commenced in the autumn of 2020, has just completed their investigations into Early Intervention & Prevention for Children & Young People's Emotional Health & Wellbeing in Barnsley and a report will be presented to the Council's Cabinet shortly. The group of Elected Members were joined by a colleague from Healthwatch Barnsley and undertook a series of 'check and challenge' sessions with experts within public health, the health service, support services from across the borough as well as hearing from young people directly.

2.0 Current Position

- 2.1 Since October 2018, a significant amount of work has been progressed to improve and transform the provision of Children & Young People's Mental Health Services (CYPMHS) within Barnsley. The key activities that have been completed or are in progress are:-
 - An independent Review of CYPMHS by NHS Improvement
 - Co-production of service specification for CYPMHS moving away from the traditional medical Tiered model and Tendering Process
 - Establishment and Work of CYPMHS Steering Group
 - CAMHS Improvement Programme of Work
 - Addressing and Improving the CAMHS Waiting List Position
 - Mental Health School Teams – New Provider
 - Strengthening support and focus on CYPMHS
- 2.2 However, during the delivery of an initiative to improve the CAMHS waiting list, a number of issues were identified and seen as challenges which Barnsley Clinical Commissioning Group (CCG) and the South West Yorkshire NHS Partnership Foundation Trust (SWYPFT) are jointly considering as part of the ongoing discussions regarding the new CAMHS model and associated additional funding requirements, namely:-
 - Children who have been diagnosed with ADHD following assessment are now in effect 'secondary waits' and require further intervention by the service
 - Specialist staffing resources available to support children with developmental trauma/attachment issues are relatively low in CAMHS resulting in a mismatch between demand and capacity
 - In light of Covid-19, redirects/referrals to one of the Chilypep programmes were put 'on hold'. However, in August 2020, it was agreed that CAMHS would no longer continue to 'hold' onto any appropriate redirects and/or referrals as this was having a negative impact upon the CAMHS waiting list
- 2.3 The attached report (Item 5b) provided by Barnsley CCG (Clinical Commissioning Group) and South West Yorkshire NHS Partnership Foundation Trust (SWYPFT) looks at each of the key activities in detail as well as the plans and challenges for the future.

3.0 Invited Witnesses

3.1 The following witnesses who are responsible for the commissioning and provision of CAMHS have been invited to today's meeting to answer questions from the OSC:

- David Ramsay, Deputy Director of Specialist Services, SWYPFT
- Kate Jones, Barnsley CAMHS Service Manager, SWYPFT
- Dr Ovidiu Sandica, Consultant Child & Adolescent Psychiatrist and Medical Clinical Lead for Barnsley & Wakefield CAMHS, SWYPFT
- Patrick Otway, Head of Commissioning (Mental Health, Children's and Maternity), Barnsley CCG
- Lucy Hinchliffe, Commissioning and Transformation Manager, Barnsley CCG
- Lauren Nixon, Children and Young People's Emotional Health and Wellbeing Transformation Lead, joint appointment for BMBC Public Health and Barnsley CCG
- Lesley Pollard, Managing Director, Chilypep
- Chloe Whitham, Volunteer, Chilypep

4.0 Possible Areas for Investigation

4.1 Members may wish to ask questions around the following areas:

- Which achievements are you most proud of over the last couple of years and which do you think have made the most difference to the children and young people of Barnsley?
- When children transfer from one team to another, how do you know that follow-ups are happening and they aren't falling through the gaps?
- Other than Autism Spectrum Disorder (ASD) & Attention Deficit Hyperactivity Disorder (ADHD), what are the main underlying issues that cause children & young people in Barnsley to visit CAMHS?
- What is the impact upon young people who have to wait longer than 12 months?
- How have the MHST been preparing for the full return of schools?
- What is the phased approach likely to look like for implementing the new service specification?
- What key factors were considered when designing the new service specification? Did you look at good practice from other providers?
- How is the number of children being redirected/referred to Mindspace & Chilypep affecting their services, do they have sufficient resources?
- How are you dealing with the staffing issues linked to help with developmental trauma and attachment issues?
- What support is in place for staff to help them manage caseloads and their own mental wellbeing?
- How are services promoted to ensure that those in need are aware of the services available, particularly those groups that are difficult to reach/in a minority (for example BME, traveller children, child carers, those that are home schooled, children of alcohol/drug dependent adults etc.)?
- What support is available to parents and young people before and between referrals / appointments and is this available to everyone?
- What evidence do you have to show that you put the interest of the young person first?
- What can Members do to support work around children & young people's mental health services in Barnsley?

Specific questions provided by Young People from Chilypep for this meeting are:

- How are SWYPFT going to deliver on the young people's priorities that have been put into their new service specification? These include:
 - Offering services up to aged 25 and improving transition from children to adult services
 - Improving crisis support
 - Supporting the development of the Children & Young People's Emotional Wellbeing Hub
- What progress are SWYPFT making on reducing waiting times for CAMHS specialist services and in particular, the time between a first assessment and accessing treatment, and what are their plans for improving waiting times further? What are the waiting times now, what do they aim to reduce this to, and by when?
- How are SWYPFT involving Barnsley young people in the service transformation decisions and activities they are making now, how they are informing young people about what they are doing, and what is their young people's participation strategy and plan?

5.0 Background Papers and Links

- Item 4b – Children & Young People's Mental Health Services (CYPMHS) in Barnsley Report (attached)
- Thrive Framework:-
<http://implementingthrive.org/wp-content/uploads/2019/03/THRIVE-Framework-for-system-change-2019.pdf>
- NHS Long-Term Plan:-
<https://www.longtermplan.nhs.uk/>
- CAMHS cover report to SSC – 30 October 2018:-
<https://barnsleymbc.moderngov.co.uk/documents/s41447/Item%204a%20%20CAMHS%20Cover%20Report%20Final.pdf>
- CAMHS report to SSC – 30 October 2018:-
<https://barnsleymbc.moderngov.co.uk/documents/s41448/Item%204b%20-%20Barnsley%20Child%20and%20Adolescent%20Mental%20Health%20Services%20Report%20-%20Oct%202018%20FINAL.pdf>
- Chilypep Activity report to SSC – 30 October 2018:-
<https://barnsleymbc.moderngov.co.uk/documents/s41449/Item%204b%20-%20Appendix%20A%20-%20Chilypep%20Activity%20FINAL.pdf>

6.0 Glossary

ADHD	Attention Deficit Hyperactivity Disorder
ASD	Autism Spectrum Disorder
CAMHS	Child & Adolescent Mental Health Services
Chilypep	Children & Young People's Empowerment Project
CYPMHS	Children & Young People's Mental Health Services
CSSC	Children's Services Scrutiny Committee
MHST	Mental Health School Team
OSC	Overview & Scrutiny Committee
SPA	Single Point of Access
SSC	Safeguarding Scrutiny Committee

7.0 Officer Contact

Anna Marshall, Scrutiny Officer, Scrutiny@barnsley.gov.uk
01 March 2021