

Health Scrutiny Committee (sub-committee of the People Scrutiny Commission)



Supplementary Information

Date: Monday, 6 December 2021

Time: 10.00 am

Venue: The Council Chamber - City Hall, College
Green, Bristol, BS1 5TR

8. Child and Adolescent Mental Health Services

(Pages 2 - 17)

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Health Scrutiny Committee

(Sub-Committee of the
People Scrutiny Commission)

6 December 2021



Report of: Bristol, North Somerset, South Gloucestershire Clinical Commissioning Group (BNSSG CCG) and Avon and Wiltshire Mental Health Partnership NHS Trust (AWP)

Title: Bristol Child and Adolescent Mental Health Service (CAMHS)

Ward: All

Officers Presenting Report:

Anna Clark, Senior Contracting Manager, BNSSG CCG

Mark Arruda-Bunker, Associate Director, Specialised, Secure and CAMHS

Contact Telephone Number: Kate Groves, Snr External Relations Manager, 07765 656170 (m)

Summary

Please find attached:

PowerPoint presentation on Children and Adolescent Mental Health Services (CAMHS), outlining:

- Referral demand into services
- Referral demography
- Service Challenges
- Tier 4 – Riverside Update

Points to note:

The Child and Adolescent Mental Health Services (CAMHS) assesses and treats young people with emotional, behavioural or mental health difficulties.

There are a number of challenges to service delivery due to an increase in acuity and complexity of young people presenting which is impacting on the services ability to respond within the identified timeframes.

There are a number of transformation projects underway which will support the services to respond to increasing demand and the acuity levels being seen.



1. Summary

In summary, there are a number of local challenges affecting service provision within CAMHS. This is impacting on the service ability to see children and young people within timeframes. This includes:

- Increase in eating disorder referrals and acuity
- Increase in acuity for generic referrals (non-eating disorder) – leading to increased wait times
- Rise in self-harm/suicidal ideation/aggressive behaviour
- Workforce fatigue

CAMHS reviews all referrals that come into the service, where they are found not to be appropriate or meet the thresholds, a response letter is provided with signposting to an alternative service.

There are a number of plans in place to address these challenges and additional funding has been agreed for the CAMHS services which will enable development and expansion over the next 5 years.

This includes:

- Developing mental health support teams in schools
- Increasing community eating disorder services
- Expanding CAMHS crisis services
- Improving transition to adult services

The Riverside Adolescent Unit was refurbished between March 2020 and June 2021 following recommendations made by the CQC regarding the need to update the building. It continued to operate as a day programme at a different site. The refurbishment enabled the Riverside Unit to expand from a 10 bedded unit to 12 beds. Since reopening, further building works have been identified and this will start in January 2022 and completing by April 2022.

2. Context

3. Policy – not applicable

4. Consultation – not applicable

a)Internal

b)External

5. Public Sector Equality Duties

- 5a) Before making a decision, section 149 Equality Act 2010 requires that each decision-maker considers the need to promote equality for persons with the following “protected characteristics”: age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex, sexual orientation. Each decision-maker must, therefore, have due regard to the need to:

- i) Eliminate discrimination, harassment, victimisation and any other conduct prohibited under the Equality Act 2010.
- ii) Advance equality of opportunity between persons who share a relevant protected characteristic and those who do not share it. This involves having due regard, in particular, to the need to --
 - remove or minimise disadvantage suffered by persons who share a relevant protected characteristic;
 - take steps to meet the needs of persons who share a relevant protected characteristic that are different from the needs of people who do not share it (in relation to disabled people, this includes, in particular, steps to take account of disabled persons' disabilities);
 - encourage persons who share a protected characteristic to participate in public life or in any other activity in which participation by such persons is disproportionately low.
- iii) Foster good relations between persons who share a relevant protected characteristic and those who do not share it. This involves having due regard, in particular, to the need to –
 - tackle prejudice; and
 - promote understanding.

Appendices:

- Bristol CAMHS HOSC 6 December 2021

Bristol CAMHS HOSC December 2021



By Mark Arruda-Bunker
Associate Director Secure, Specialised and CAMHS
and Anna Clark
Senior Contract Manager – Non-Acute
NHS Bristol,
North Somerset & South Gloucestershire CCG

CAMHS services

- The Child and Adolescent Mental Health Services (CAMHS) assesses and treats young people with emotional, behavioural or mental health difficulties. CAMHS covers Bristol, North Somerset and South Gloucestershire. We consist of:

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Mental Health Support teams in schools

Off The Record and Kooth

Primary Mental Health Specialists



Early interventions

- Community CAMHS
- CAMHS Intensive Outreach Team (CIOT)
- Eating Disorder services
- A range of specialist services – Be Safe, Learning Disability, Youth Offending Team, CAMHS Children in Care service, Substance Misuse
- Riverside Inpatient unit (also has day programme)



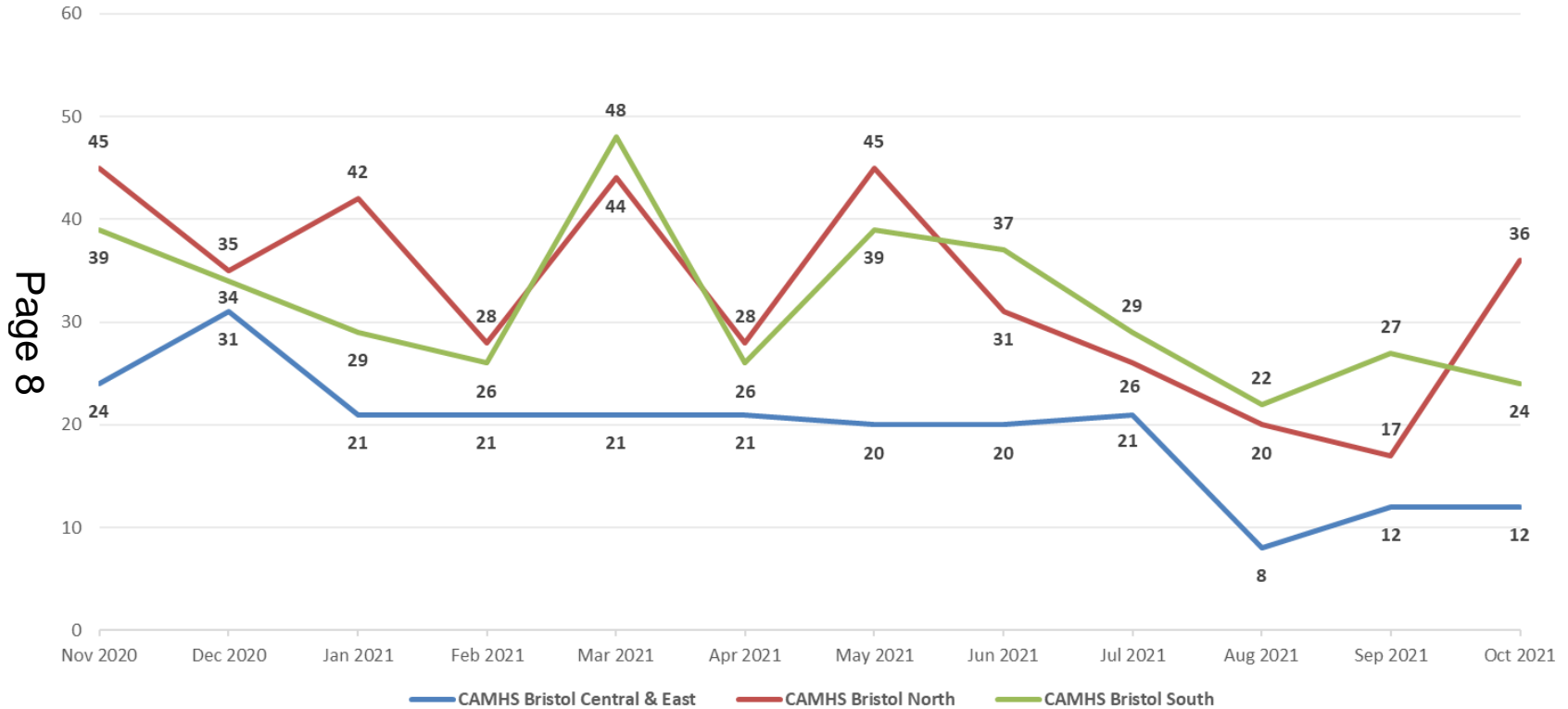
What are the local service challenges?

- Increase in **eating disorder referrals** and **acuity**
- Increase in **acuity** for **generic referrals** (non-eating disorder) – leading to increased wait times
- Rise in **self-harm/suicidal ideation/aggressive behaviour**

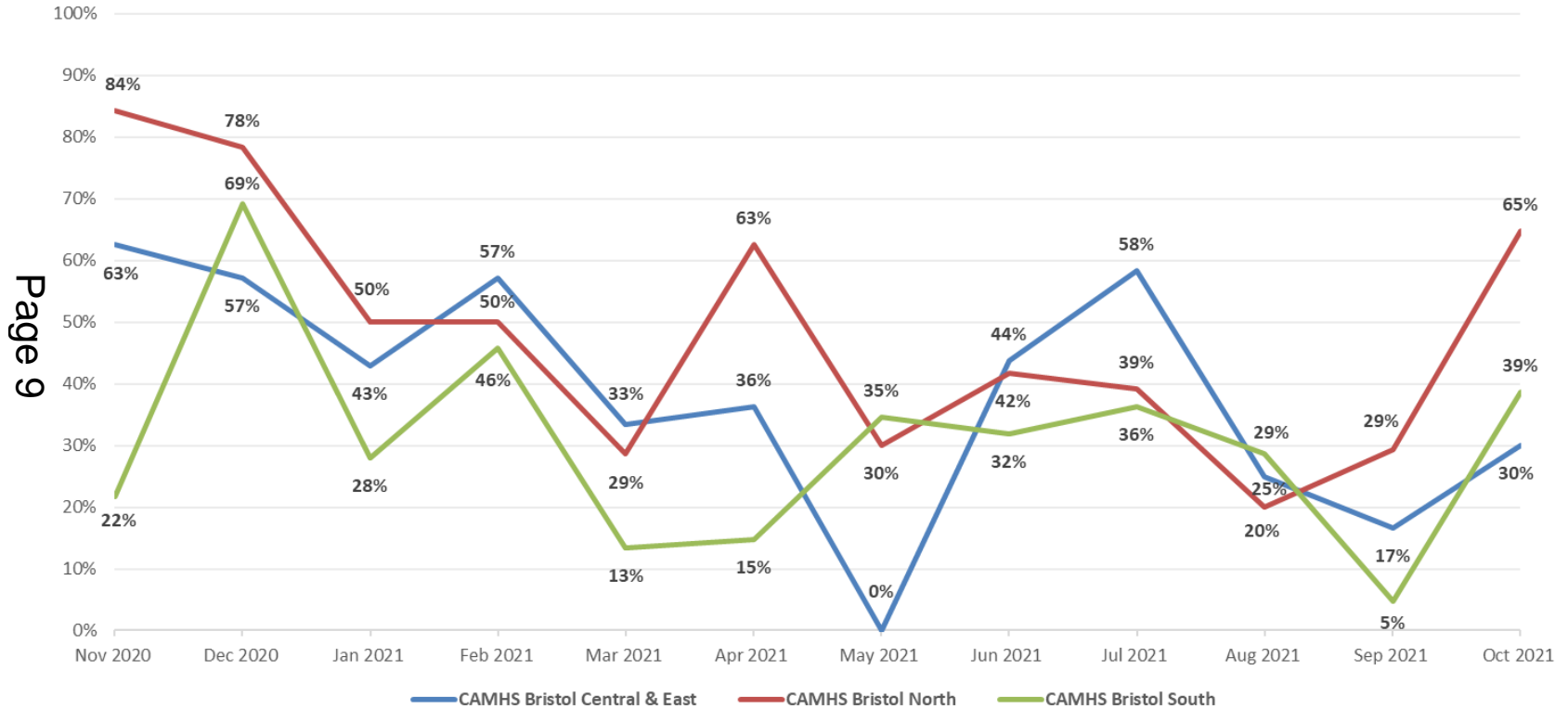
Workforce fatigue



Referral demand into Bristol CAMHS by locality



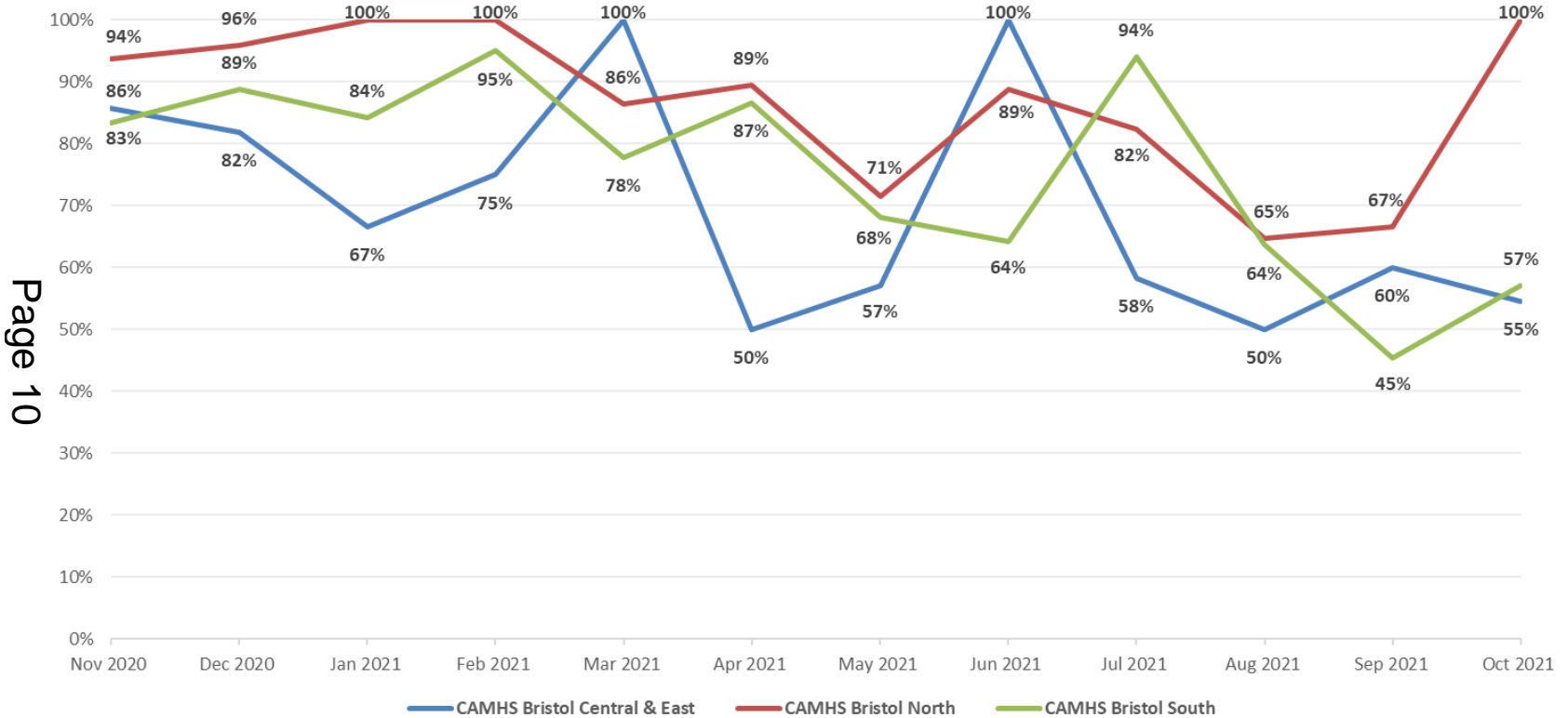
Referral to Assessment Bristol CAMHS (% assessed in 28 days)



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Referral to Treatment Bristol CAMHS (% treated in 18 weeks)

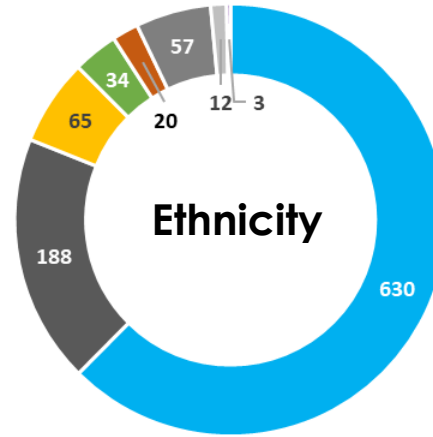
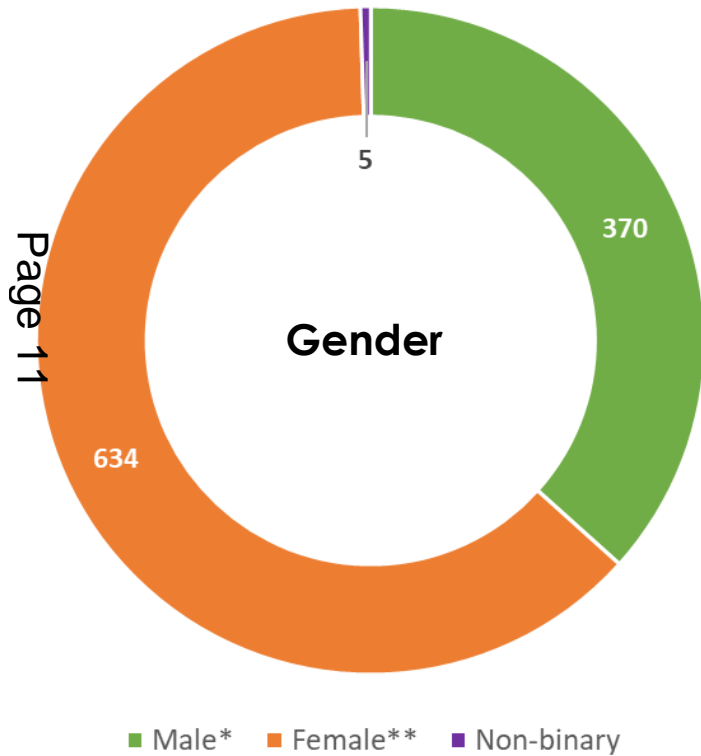


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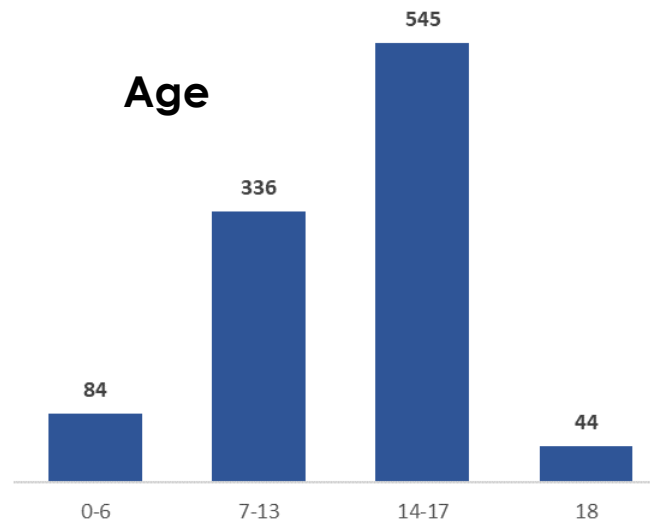


Referrals demography Bristol CAMHS

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- White
- Not stated
- Mixed
- Black or Black British
- Asian or Asian British
- Not recorded
- Not known
- Other ethnic groups



Data taken from ReportZone for CAMHS Bristol-based localities (CAMHS Bristol Central & East, Bristol North, Bristol South), Nov 2020 to Oct 2021

* including trans male
** including trans female



Referrals information – BNSSG

- **62%** of referrals accepted for whole CAMHS service (BNSSG) from November 2020 to October 2021
- **36%** of referrals declined
Rejected referrals largely signposted to Primary Mental Health Specialists (PMHS) and partner agencies:
 - Kooth
 - Off The Record Bristol
 - School counselling

CAMHS Transformation

NHS Long term plan

Additional **£1.4m** to expand mental health services for children and young people over the next five years will include:

- Page 13
- Developing **mental health support teams** in schools
 - Increasing **community eating disorder** services
 - Expanding **CAMHS crisis** services
 - Improving **transition to adult** services



How are we overcoming local challenges?

- Changes to **clinicians' job plans** to increase Eating Disorder capacity by 50% (30 from 20 sessions) although this has led to increased waiting lists in the wider service
- CAMHS offering a **blended provision** – some face-to-face, some online – which increases capacity
- **Virtual multi-agency meeting** has led to significant increase in prompt, effective and well-attended multi-agency meetings to support CYP needs
- Developing group programmes – **Non-Violent Resistance parent group**
- **Compassionate leadership** and focus on **staff wellbeing**



Tier 4 Service

- **Update on Riverside**

- The Riverside Adolescent Unit was refurbished between March 2020 and June 2021 following recommendations made by the CQC regarding the need to update the building. It continued to operate as a day programme at a different site.

The Riverside Unit has expanded to 12 inpatient beds and 4 day patients.

Further building improvements are required and therefore the unit currently has reduced capacity to 12 places. (Flexible approach with inpatients and day attenders dependent on clinical risk)

- Building work has a provisional start date of Jan 2022 (a nine week project) dropping down to 10 places.

Referrals into Riverside

- From August-November 2021, the Unit has received 34 referrals from the Outreach team or Tier 3 locality teams.
- Admitted to Riverside: 13
- Admitted to South West Tier 4 Unit: 4
- Offered place at Riverside but declined: 1
- Requires Specialist Eating Disorder Unit: 4
- Referrals currently undergoing assessment: 6
- Referral declined and returned to Tier 3: 6



Thank you

