

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:**
 - 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)

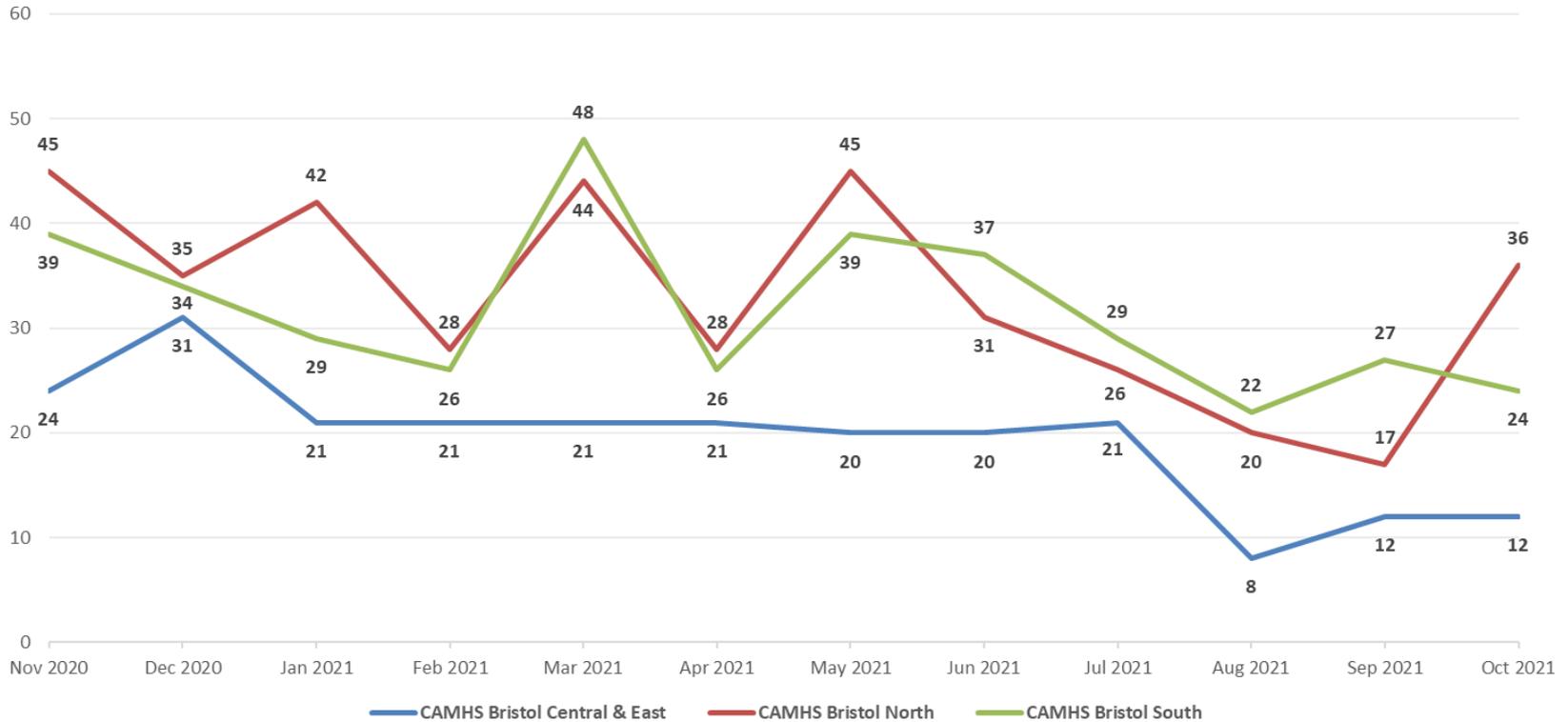


What are the local service challenges?

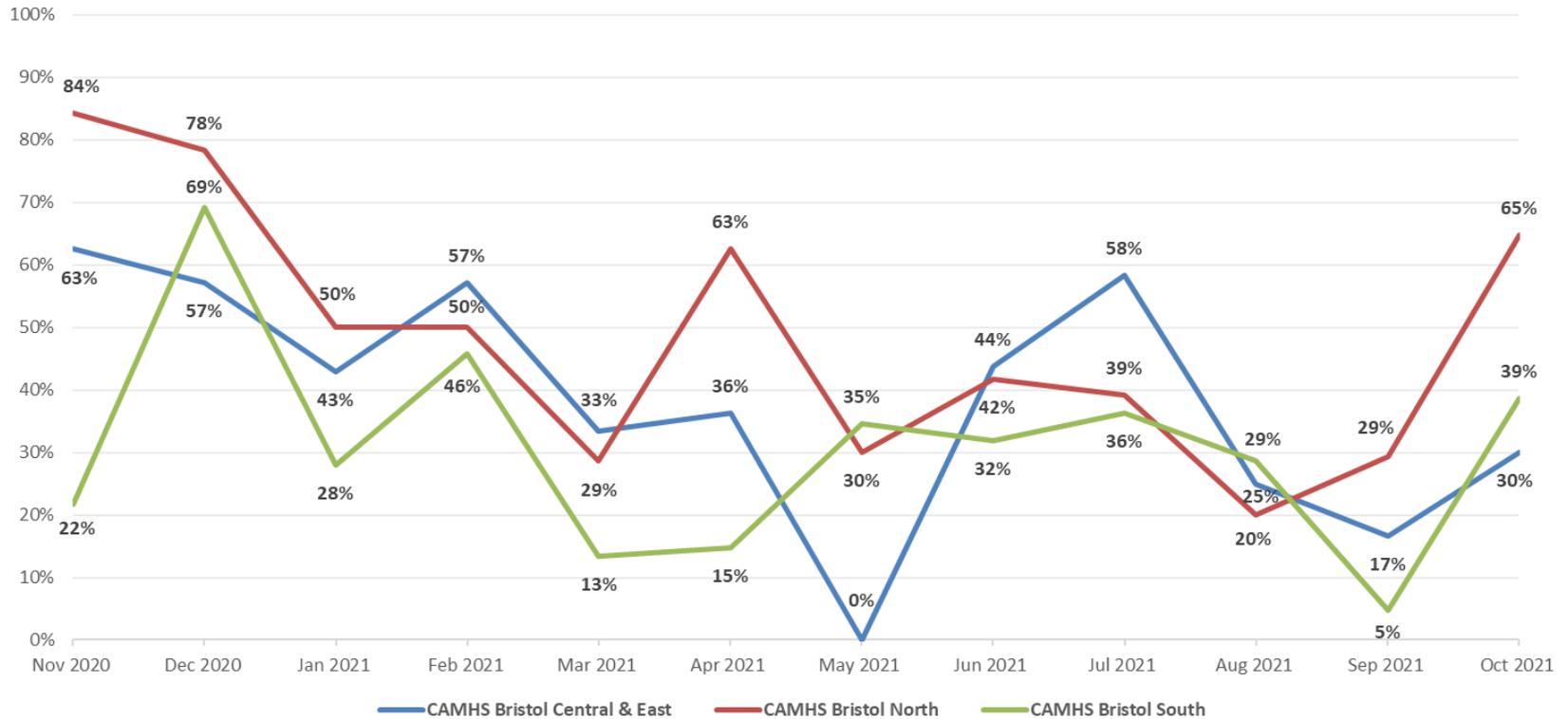
- Increase in **eating disorder referrals** and **acuity**
- Increase in **acuity** for **generic referrals** (non-eating disorder) – leading to increased wait times
- Rise in **self-harm/suicidal ideation/aggressive behaviour**
- **Workforce fatigue**



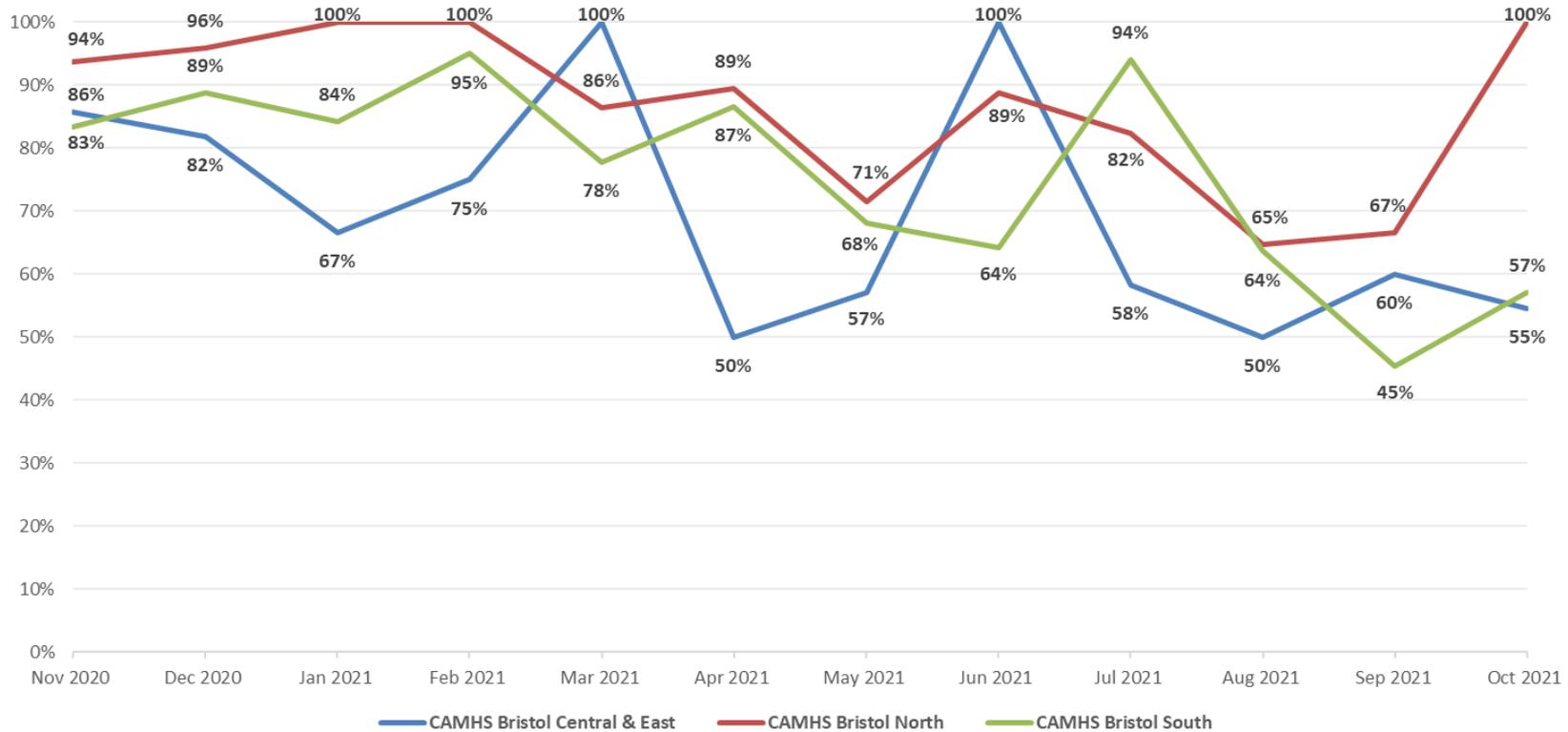
Referral demand into Bristol CAMHS by locality



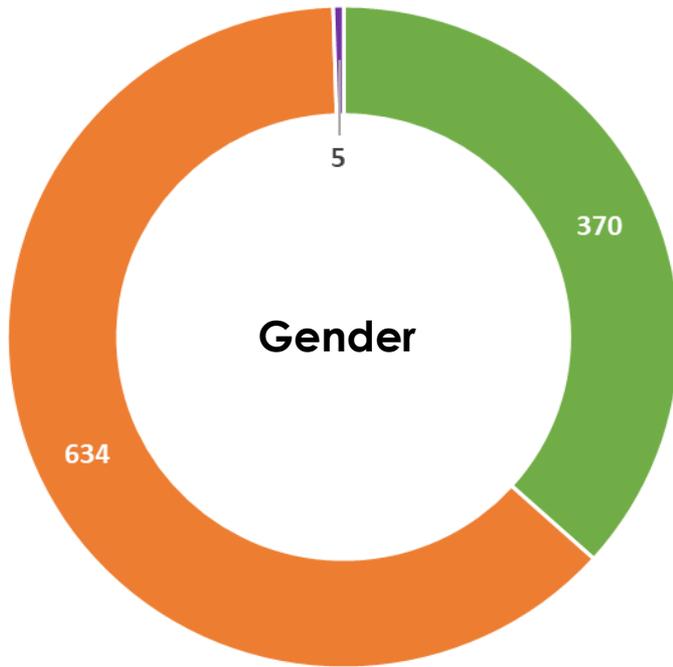
Referral to Assessment Bristol CAMHS (% assessed in 28 days)



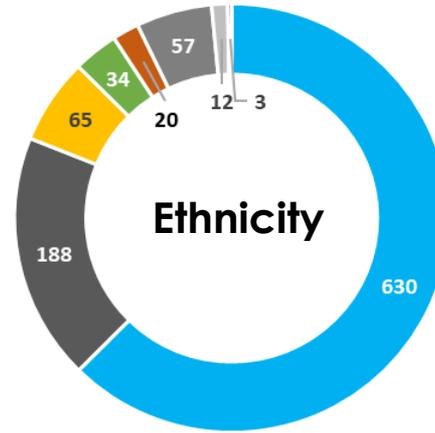
Referral to Treatment Bristol CAMHS (% treated in 18 weeks)



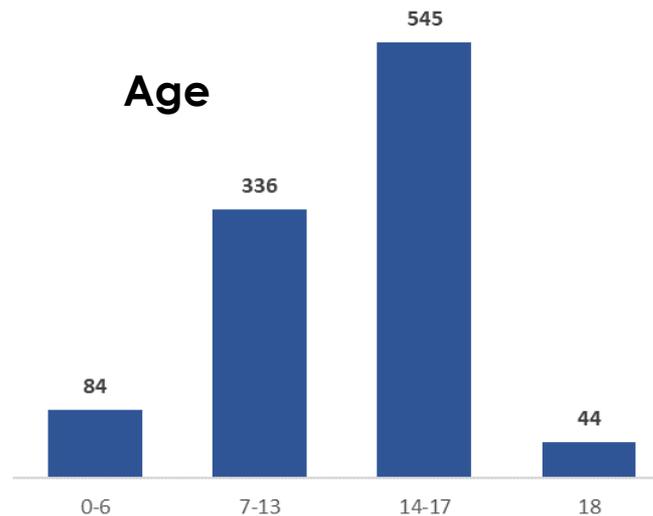
Referrals demography Bristol CAMHS



■ Male* ■ Female** ■ Non-binary



- 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:

- 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

