



# Milton Keynes Clinical Commissioning Group and Milton Keynes Council

# Child and Adolescent Mental Health Pathway Review

Project Manager and Senior Editor: Amanda Farr

CAMHS Tier	Service	Provider Organisation	Commissioning Organisation
Tier 1	Non Mental Health (MH) Specialist Primary Care Workers	Universal children's services for example schools and GPs	A range of commissioning organisations involved
Tier 2	Specialist primary MH workers supporting other professionals and families to deliver early help support	CNWL	Milton Keynes Council (MKC)
Tier 3	Specialist Multi-disciplinary MH teams	CNWL	The Clinical Commissioning Group (CCG)
Tier 3 +	Liaison and Intensive Support Team (LIST)	CNWL	CCG
Tier 4	Specialist stay in inpatient units	Range of providers	NHS England

- National and local debate about the provision of Child and Adolescent Mental Health Services (CAMHS)
- Emerging challenges as a result of increasing and changing demand both national and local
- Milton Keynes Clinical Commissioning Group (CCG) and Milton Keynes Council (MKC) identified the need to review the pathway in the light of the changing context
- Recognition that transforming CAMHS pathways and adopting best practice will provide:
  - safe and effective care
  - excellent service user experience.

- Nationally there is a wealth of information demonstrating the complexity of the CAMHS system and the issues faces by all those who are undertaking work to improve outcomes for children and young people
- In Milton Keynes significant work has been undertaken including the comprehensive internal review undertaken by CNWL, the commissioned provider of Tier 2 and 3 CAMHS
- Local findings correlate with the recently published '**Future in Mind**' (report of the National Children and Young People's Mental Health and Wellbeing Taskforce) which provides a framework for transformation.
- New guidance published 3<sup>rd</sup> August
  - CCG's working with HWBB and Partners to deliver transformation
  - New money – MK allocation total £455,665
  - Money badged against eating disorder community service.

- A number of workstreams
- Engagement with organisations, professional groups and children, young people and their families
- Summaries of each workstreams have been structured to demonstrate:
  - What was done
  - What this told us
  - What this means
- Triangulation of findings and development of recommendations
- Cross referenced with the recommendations from 'Future in Mind'
- High level actions proposed

- Effectively benchmarking local services
- Very limited national data on which to benchmark local provision (recognised as a national challenge in 'Future in Mind')
- Two national NHS CAMHS Benchmarking Reports -2012 and 2013
- Both present challenges and do not allow for any robust conclusion to be drawn
- Complex pathway to review and evaluate
- Multiple stakeholders across universal, targeted and specialist services
- Subject effects all and does not lend itself to clear boundaries
- Limited scope for new funding

## What worked well

- Stakeholder engagement high quality/ commitment across the system
- Honesty and integrity
- Openness to doing things differently
  - Independent stakeholder analysis
  - Youth service consultation
  - Healthwatch/ Hazeley school project

There are five key themes:

- Children and Young People need to be at the heart of what we do
- A whole system/whole family approach will provide a more resilient and sustainable model
- Early intervention; providing support early will increase resilience and prevent escalation of difficulties
- Our most vulnerable children and those who work with them should have access to specialist support and advice as and when required
- A need to develop the skill and competency of the wider children's workforce

In August 2015 two documents were published by NHS England

- Local Transformation Plans for Children and Young People's Mental Health and Wellbeing – Guidance and support for local areas
  - Included detail of financial allocations to CCGs
- Access and Waiting Time Standard for Children and Young People with an Eating Disorder – Commissioning Guide



Priorities for transformation have been determined by:

- Transformation required to access national money
- Priorities identified through the pathway review
- Operational issues identified by the lead provider (CNWL)

Proposed priorities are:

- Young People's Community Eating Disorder Services
- Complex and challenging behaviour pathway
- Crisis and Urgent Care Model and Memorandum of Understanding between MKUHFT and CNWL
- Mental Health and Wellbeing for C&YP with Long Term Conditions
- Building confidence and capacity in Universal Services to support Mental Health and Wellbeing through a whole system approach
- Building sustainable and resilient specialist clinical services including CYPIAPT
- Integrated Care Pathway for Perinatal Mental Health

- Establish the multiagency Transformation Board and governance arrangements for programme delivery- September 2015
- Develop the transformation plan to prioritise and implement recommendations- September 2015
- Produce submission to NHSE to draw down national funds– October 2015
- Continue work with CAMHS team to agree crisis and hospital interface offer and MOU with the Hospital

This programme of transformation will require the engagement of statutory and voluntary agencies across the local children's economy and adult services, including the involvement of children, young people and their families.

NHS England is clear that local areas are required to ensure accountability for the programme to Health and Wellbeing Boards. In Milton Keynes it is proposed this will be achieved through reporting of the Transformation Board to 'Starting Well' and ultimately to the HWB.

The Health and Wellbeing Board are asked to agree:

- That the review findings and recommendations be agreed.
- That the identified priorities for the transformation programme with consideration to available system wide resources and other competing priorities be supported.
- That the proposed governance arrangements to oversee the implementation of the five year Milton Keynes Children and Young People's Mental Health and Wellbeing Transformation Programme be agreed.
- That a nominated representative, either the Chair, the Director of Children's Services, the Director of Public Health or the portfolio member for Health, from the Health and Wellbeing Board be authorised to sign off the Milton Keynes Transformation Plan prior to submission to NHS England.