

CAMHS Transformation overview, June 2017

Hertfordshire's vision

In Hertfordshire our vision and overall aim is that children, young people, their families and professionals can access timely and responsive emotional and/or mental health information, advice and support through a single multiagency gateway. This gateway will lead to effective triage based on needs rather than presenting issues or diagnosis. This single front door will also provide access to a continuum of emotional and mental health provision accessed by a single trusted referral. Hertfordshire's Transformation Plan aims to increase access for children and young people to early intervention and prevention provision across the five years. It also focuses on delivering a seven per cent year on year increase of children and young people with a diagnosable mental health condition receiving treatment.

In summary

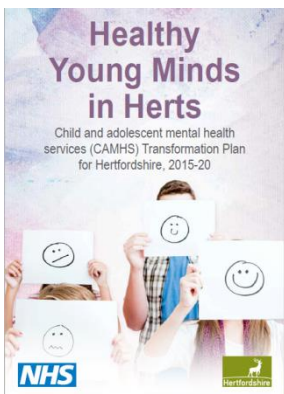
The Hertfordshire CAMHS Transformation plan proposes a new approach to supporting the emotional and mental health of children, young people and families in Hertfordshire.

We're moving away from a tiered model the Thrive approach, which:



- places an emphasis on prevention and early intervention – increasing capacity and resilience
- looks at delivery of services offering swift access to evidence-based and flexible support
- prioritises holistic interventions that are based on need not thresholds or diagnosis
- empowers children, young people, their families and professionals to make informed choices about services and treatment

Key priorities to improve services over the next five years are:



- building capacity to respond quickly as emotional health issues are identified
- improving access to psychological therapies and other evidence based interventions
- bringing together education and mental health services with collaborative working
- developing community eating disorder services
- improving perinatal care, particularly for mums-to-be and new mothers, given the link between parental mental health and children's mental health.

You can read the full [CAMHS Transformation Plan, Healthy Young Minds in Herts, online here](#).

Thrive update



In October 2016 we held an event to launch the iThrive concept, with a wide range of early years' professionals attending, particularly schools.

The Thrive model has been used as a basis for the development of Hertfordshire Young People's Substance Misuse Service & Families First Early Help, as a needed multi-agency collaboration, and the submission of collaborative bids made for Adoption Support and

Children and Young People's IAPT.

Our two CAMHS Transformation Schools Link Managers are working to support development of emotionally healthy whole school approaches as well as encouraging consistency, quality assurance and recording of outcome measures.

We're now developing workshops to support innovation and collaboration within Thrive sections i.e. Getting Help, Getting Risk Support, etc, and supporting commissioned providers and schools to develop Thrive-like practice in their organisations.

Our children and young people's wellbeing practitioners (CWPs) will provide Triage, Assessment and up to six weeks of interventions. In response to feedback from children, young people, families and professionals this assessment will be the single trusted assessment that accesses all emotional / mental health services within Hertfordshire.

Workstreams update



Eating disorders

New team fully staffed and working well

Working with HPFT as caseloads increase

Developing paediatric support and training programme

No referrals to GOSH

Recruiting to early help post



Early help

Increase in numbers of children and young people (CYP) accessing Tier 2 provision:
2014-15 - 1,350

2015-16 - 3,070

2016-17 - 5,762

Online counselling service Kooth progressing well, with 3,071 CYP accessed in 2016/17

Targeted promotion of Kooth to boys and young men to increase the numbers accessing online support

Schools work



More than 400 Herts professionals, including school and college professionals, Youth Connexions staff, social workers and residential care workers, trained in youth mental health first aid (MHFA), which raises awareness of emotional health issues and teaches how best to support 8 to 18 year-olds experiencing difficulties.

Case consultation and schools advice line ready to launch.

Schools review tool developed to help them self-assess emotional health and wellbeing strengths.

Training Young People to help them support the programme.

Crisis care



C-CATT operation of additional hours embedded across community and general hospitals

Ongoing improvements in the crisis pathway within Emergency Departments

Successful bid for HEE Funding to develop peer support model to support CYP in crisis

Parent and carer support

HPFT employed two part time senior support workers to carry out parent and carer assessments.

Focus groups taking place with parents and carers.

A range of training is being developed with universal and targeted messages.

Sexually harmful behaviour, now known as harmful sexual behaviour (HSB)

HSB working group with Terms of Reference set up.

A clear and defined HSB pathway for Children and Young People to be agreed.



Perinatal mental health

Joint bid for NHS funding won late 2016.

Team recruited and trained January to March 2017.

New community perinatal team launched in April.

Leaflets and posters promoting new service distributed.

Workforce development



120 professionals who work with parents in the weeks before and after birth, including midwives, children's centre staff, health visitors and adult mental health workers will have completed a 16-week infant mental health online training programme.

Working with Children's Services Learning and Development team to develop mandatory Mental Health First Aid training for HCC's Academy social workers and foster carers.

Development of 'Spot the Signs' and My Teen Brain programme for young people.

Neurodevelopment pathway

Autism diagnostic and ADHD diagnostic and treatment pathway drafted by clinical reference group, agreed by Board, aim to launch in phases from autumn 2017.

Provider engagement and recruitment of additional members of the core team delivering the agreed service model.

Care leaver support

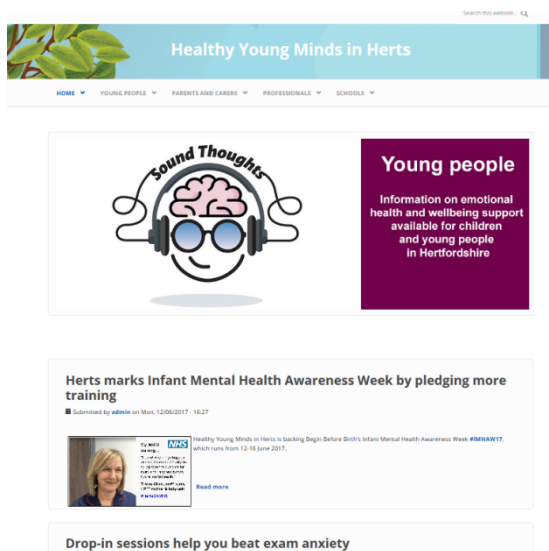
A care leaver support post was developed to act as an interface between Children's Services and HPFT, offering advice and guidance to ensure the transition for care leavers requiring mental health support is smooth.

Attachment and trauma

Small team enhancing model of delivery through workshops, Introduction to attachment-based interventions and 9-week course 'Understanding attachment' for parents, and 1 hour face to face sessions for families experiencing relationship difficulties related to attachment issues.

Assessing the need for development of informal consultation for social care staff working with families with complex attachment needs.

Transformation and communications



Website www.healthyyoungmindsinherts.org.uk

Co-produced content with young people, layout co-produced with young people.

Parent/carer leaflet produced for workshops.

County engagement events attended.

Developing commissioning plans to support new early intervention model and 0-25 emotional health pathway to support transition to adult mental health.

Suicide prevention taskforce, including boys' stigma strategy.