

LEE MILLER
Head of Transformation
and Commissioning
(Children and Maternity)
Joint Child Health
Commissioning Unit

Emotional Health and Wellbeing for Children and Young people In Cambridgeshire and Peterborough



*Cambridgeshire and Peterborough
Clinical Commissioning Group*

CAMHS Transformation

- 5 year programme. Nationally led, but locally delivered
- Increase access to evidence based interventions to 35% of Children and young people with a mental health problem by 2020
- Additional funding
- Local decision to focus on early intervention and prevention to reduce need for specialist services



Eating Disorders

- A new Specialist Community based intensive intervention team is in place (from January 17) for under 19 year olds
- The service is based in Huntingdon but will cover the whole CCG patch
- The service will work with up to 100 Young people and families per year
- Waiting time targets are 4 weeks (routine) 1 week (urgent)
- Currently, 85% being assessed within 4 weeks

ASD/ADHD

- New pathway in place – NHS and Local Authority working closely together
- Want to ensure the most effective use of resources and that the right young people are assessed
- Increased investment in Parenting programmes which are offered at pre diagnosis stage
- Investment in Parent support groups through Family Voice and PinPoint.
- ASD assessment service for 12-18 year olds now in place in Cambridgeshire



Core CAMHS

- 80% assessed within 12 weeks
- Numbers seen increasing
- 63% of referrals accepted
- Building capacity of CAMHS, but also early intervention

Crisis support

- First Response Service – 111 Option 2
- First Response Team provide an all age service to those in MH Crisis. Includes dedicated CAMHS professionals. Aims to intervene early to prevent attendances at A&E and Admissions
- Additional crisis support posts currently being recruited to
- Here Now – Peterborough Library (Friday Evenings), Huntingdon Youth Centre (Thursday evenings)



Transitions

- Additional investment for 17 year olds in 17/18, to support transitions to adult services
- Services developed in conjunction with Young people
- Peer support worker post to be piloted in 17/18

Early intervention

- Increased investment in counselling services
- New provider CHUMS due to start Jan 18
- Kooth.com online counselling. Commissioned from November 2016 for 11-25 year olds living in Cambridgeshire and Peterborough. Currently in Pilot phase

Emotional Wellbeing leads

- Specialist staff in the community
- Commissioned to work in local areas
- Starting this month
- Provide support, advice training to schools, School Nurses, GPs on issues of Emotional Health and Wellbeing



Prevention - schools training

1. Mental health awareness workshops in schools

So far mental health awareness sessions have taken place in 11 schools and are booked for 7 other schools.

2. Training for teachers enabling them to deliver Stress LESS lessons to pupils

The Stress LESS workshops for teachers include training school staff to deliver the 'Stress LESS' early intervention/prevention programme

3. Mental health training for teaching staff and other professionals

- Mental health training is available for free for all teaching staff and other professionals working with young people.
- This training ranges from specific workshops and e-learning for schools to an 11 day CAMH foundation course, as well as more specific short courses on e.g. self-harm.
- 1 hour mental health briefings (building a basic awareness and understanding of mental health) had been delivered in 27 schools



Further developments

Priority areas for 18/19

- Children Looked After
- Transforming care – Children with Learning Disabilities and challenging behaviour at risk of Inpatient admission
- Single referral point/Hub

Website

Cambridgeshire & Peterborough

KeepYourHead

New Young People's Mental Health Website

www.keep-your-head.com

NHS

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