

Oxfordshire CAMHS

TRANSFORMATION PLAN 2017/18 UPDATE

Children's and Adolescents' Mental Health Services in Oxfordshire for 0-18 years (with the exception of a very small number of young people who will stay with CAMHS up to the age of 25)

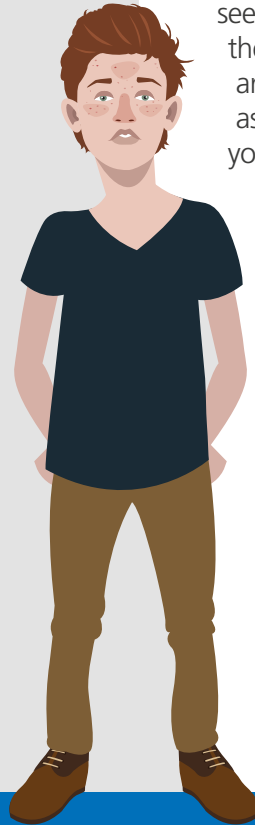


Why and what is CAMHS?

Mental health problems affect about one in ten young people and can include things like anxiety or depression.

Often mental health problems are linked to what is going on in your life, like not feeling in control.

Being well emotionally and mentally is just as important as your physical health and getting the support you may need as a young person can help you grow into a healthy adult. This is where Oxfordshire CAMHS comes in.



CAMHS stands for 'Children's and Adolescents' Mental Health Services'. They are provided by Oxford Health NHS Foundation Trust and they work all over Oxfordshire to help children and young people - and their families - who are having problems with their mental health. They see young people aged up to 18 and you can now ring them to get advice, information and self-refer if you are aged 16 and up. They may ask you to come for an assessment if they think you need extra help – where you can talk about what's happening in your life and what kind of help and support you need. Mental health is different for everyone so Oxfordshire CAMHS try to treat everyone as an individual.

In 2014 we did a big review looking at the services CAMHS provide and listened to the changes that young people and their parents and carers wanted to see over five years, starting at the end of 2015. These changes and actions were put into a five year plan. This is a live plan which we will continue to develop together with you over time.

We want to update you on the progress we have made over the past year and any work we still plan to do to improve services for you.

This latest report aims to give you more information about what has been achieved over the past year and anything that is new.

The updated Oxfordshire CAMHS Transformation plan now recognises the role of CAMHS in delivering the four obsessions described by Oxfordshire County Council's Children's Services:

- **Increasing school attendance** – by supporting schools and colleges.
- **Helping early** – by providing you with a single point of access to CAMHS, with referral by any professional, parent/carer or young person themselves.
- **Safely reducing the number of looked after children** – with effective pathways of care for children on the edge of care and in care and supporting reconnection of children back home where appropriate.
- **Improving the confidence and capability of the whole workforce** – by providing direct training, supervision and consultation.

The transformation of children's and adolescents' mental health services is part of a much bigger five year transformation of health services around Oxfordshire, called the Sustainability and Transformation Plan.

This plan recognises that making mental health services for children and young people better is as important as improving physical health services – and not just for some people, but for everyone that needs them.

Our ambitions and commitment to you

By 2020 we want:

- Oxfordshire to be a place where you can grow up safely, make the most of your opportunities and achieve your potential
- to make sure that everyone recognises the importance of good mental health for children, young people and families
- to work with your schools and colleges to make sure everyone is on the same page and that everyone can access our services
- to make sure that everyone knows where to get help when they need it, including putting advice online and letting you refer yourself to see a specialist through the internet
- to aim to have no-one waiting for more than two weeks to see someone if they need help, and to provide support for you until your appointment. For those in crisis services will be available 24 hours a day
- to support you until you decide that you don't need it anymore, and make it easy for you to come back to us within a year if you feel yourself needing help
- to treat everyone as individuals and let you set your own goals. Part of this is asking for your opinion on how we help people in future. We'll recognise the role your parents play and give them support as well if they need it
- to make sure everyone working with children has enough time and the right skills to give you the best care; this includes our staff, partners and volunteers

What has been achieved this year?

We have started to deliver the new CAMHS model

An evaluation panel which included representatives from parents and young people selected Oxford Health NHS Foundation Trust (OHFT) to deliver the new CAMHS model. So far OHFT has:

- set up the Single Point of Access in the model
- developed the pathway to include Autism, ADHD and treatment for those with more than one diagnosis. We've also put support in place for Autism and those newly diagnosed with ADHD from the end of April.
- The 'Getting Help' and 'Getting More Help' teams will be fully operational from the end of April
- set up a partnership with voluntary organisations to deliver CAMHS together
- put a CAMHS Link worker in every secondary school so you can get the advice and help when you need it
- set up a support offer to primary schools
- started to pilot online Cognitive Behavioural Therapy (ways of coping with stress and anxiety)



Working to reduce waiting times

We are continuing to work to reduce waiting times and are measuring this each month to see how we are doing against our target of 75% of young people having their first appointment within 12 weeks. We are not quite meeting this target yet as our biggest challenge is still employing staff into the new services. There are also more young people to be seen, as more are now successfully getting a referral for Autism diagnosis and mental health support. However we are making sure that if you have been waiting a long time for an appointment you are a priority, so that your mental health doesn't get worse.

Mental Health Crisis Pathway

The Commissioners that buy and plan the services and Oxford Health NHS Foundation Trust (OHFT) have been working together to create an improved all age mental health crisis pathway, so support is available when you need it. As part of this, OHFT has succeeded in getting funding for a trial to have more senior practitioners in our crisis team that helps young people if they are experiencing a mental health crisis.

Young People's Housing Pathway – new post

The Young People's Housing Pathway provides housing and supports 16 to 24 year olds, who are homeless or at risk of homelessness. In November 2017 a new post was created to work in the homes to provide mental health support to young people, and to provide mental health training to support staff that work there.

Improved transitions from the Horizon Service to adult services for those who have suffered sexual harm

The Horizon Service has now been running for two years and provides single point of access for assessment and support for children and young people who have experienced sexual abuse. It works together with a voluntary organisation called SAFE and provides group work and support for young victims of sexual crime to help them recover.

Transforming Care - Crisis support for children with a learning disability whose behaviours challenge

A multi-agency project group which includes parents has been working together to develop a new service for children and young people. This is a new crisis intervention service to help children and young people stay out of hospital and or having to leave home to go to a specialist school away from their families.

Special Educational Needs and Disability Reforms (SEND)

CAMHS will be working with Oxfordshire County Council and all the schools/colleges to improve the timeliness of plans for children and young people called Education, Health and Care Plans. We also want to make the plans better and plan with children/young people and their families to make sure the plans help children and young people achieve their aspirations.

And what about next year?

We'll be building on the progress we have made this year across all areas, but the following will be a priority for 2018/19:

Continue to deliver the new CAMHS model

This will include getting more services up and running such as the 'Getting Help' and 'Getting More Help' teams and the Integrated Social Work service. We will continue to work on reducing waiting times and recruit and train more staff for the new services. We will also be working with your schools and colleges and talk with you so you know where to get help if you need it.

Special Education Needs and Disabilities (SEND) Reform

There will be processes, guidance and training for staff to improve timeliness and quality of Educational Health and Care Plans, including measuring how we are doing against targets and providing support for those schools which need it most.

Five Year Forward View Implementation Plan

The Five Year Forward View is a plan for the future of healthcare and is based around putting New Care Models in place for seven different types of healthcare. For CAMHS, this will include applying for funding and developing a new Specialist Perinatal Mental Health Service to make it easier for pregnant women and their families to get mental health support. We will be doing more work on putting New Care Models in place for inpatient care and crisis provision, which will mean a change in the way care is given to and accessed by patients. We will also work with further education colleges to provide talking therapies for mental health and early intervention services.

Transforming Care for those with a Learning Disability and/or Autism

We will launch the all age Intensive Support Service for crisis support for those that need it, to avoid people going into hospital unnecessarily or being sent to a service outside of Oxfordshire. We will also work on improving care education and treatment reviews. There will be training for staff to help deliver the Positive Behaviours approach and autism friendly interventions and we will look at developing peer support networks for parents of children with learning disabilities and/or autism.

Prevention

We will work with Public Health England to make sure your schools and colleges have the tools and skills to support you and your emotional wellbeing. We will continue to check with you that the support you are getting is working so the CAMHS services continue to improve; and the professionals who work with you will get training to make sure this happens.



Where is the money coming from?

As we said earlier, making mental health services for children and young people better is as important as improving physical health services – and not just for some people but for as many people as possible. The Government recognises this too and we have been given extra money so we can improve services. We also are continuing to bid for any local or national funding that is available. We hope to have £10.93m to work with in Oxfordshire for 2018/19.

We'll be back this time next year with another update. In the meantime you can get more information about children's and adolescent's mental health services here:

www.oxfordhealth.nhs.uk/camhs/oxon/

www.oxfordhealth.nhs.uk/camhs/carers/

www.oxfordshireccg.nhs.uk/about-us/oxfordshire-child-and-adolescent-mental-health-services-refresh.htm