



**from pre-birth  
to adulthood**

**Hampshire Child and Adolescent  
Mental Health Service**



from pre-birth  
to adulthood

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# Purpose

## Starting Well

To provide an overview of the progress being made in relation to key priorities highlighted within the Health and Wellbeing Annual Report 2013/2014

- Developing a multi-agency point of access for the service, in line with the development of the Early Help Hubs across Hampshire;
- Implementing a training programme for all professionals working with children and young people across Hampshire in relation to mental health and prevalent conditions;
- Further developing and implementing group work programmes for children and young people;
- Increasing support to the crisis intervention service;
- Improving waiting times to ensure more children and young people receive support in a timely way.



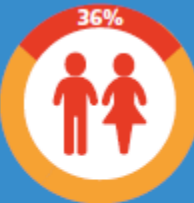


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# Local Context

Although children in Hampshire generally enjoy good mental health we estimate that at any one time about 18,000 of those aged 5-16 will have a diagnosable mental health problem.

**36%**



Among children with learning disabilities 36%<sup>13</sup> are likely to have a mental health disorder. They are much more likely than others to live in poverty, to have few friends and to have associated long term health problems such as epilepsy and sensory impairment. All these factors are positively associated with mental health problems. We estimate that there are 1,560 children with learning difficulties in Hampshire who have a mental health problem.<sup>14</sup>


**1,015 → 1,130**

2008                      2013

Looked after children are at five to six times increased risk of developing mental health problems than their peers and at four to five times greater risk of self-harm. Hampshire has a rising trend in the numbers of reported looked after children from 1,015 in 2008 to 1,130 in 2013, mirroring the trend across England. We estimate that 500 of these children will have a mental disorder, the majority of which will be conduct disorders.

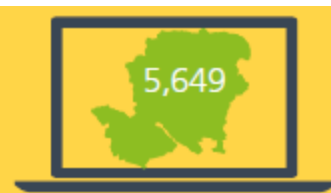


Young Carers become vulnerable and at increased risk of mental health problems when the level of care giving and responsibility to the person in need of care becomes excessive or inappropriate for that child. The number of young carers reported in Hampshire has doubled since the 2001 census, from 3,300 carers aged 0-24 years in 2001 to 7,604 in 2011. We know that many of these young people will need special support from services such as school nursing to help them maintain good mental health.

**33%** 

Young Offenders have at least three times the rate of mental health problems compared to the general population, although this is probably an underestimate and local data shows that almost half of young people in contact with the Hampshire YOT were known to mental health services. The most common disorders are similar to those in the general population - conduct, emotional and attention deficit disorders. They are 18 times more likely to attempt suicide.

Children of Armed Forces Personnel – Hampshire has a greater range of armed Forces than any other county in the UK. In 2012 there were 5,649 children of service personnel on the Hampshire school roll. Evidence suggests that the impact of parental deployment and constant mobility on the family dynamic can lead to increased mental health problems in some children.





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# Why is change needed?

We consulted with stakeholders. We received **1,647** responses, **800** from young people

Healthwatch Hampshire has listened to the views of children and young people and this is what they said.....



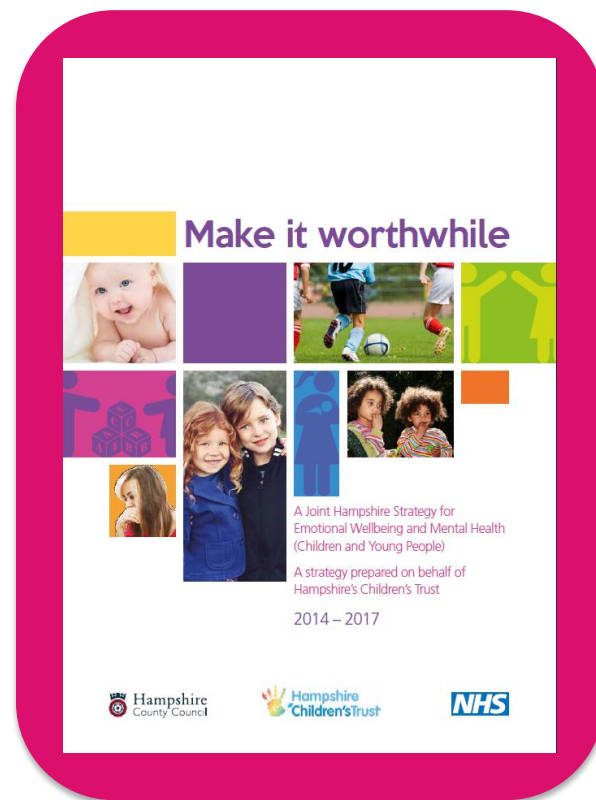


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# How will we deliver change?

Hampshire has developed a Joint Emotional Wellbeing and Mental Health Strategy which was agreed by the Children's Trust Board on 17 September 2014





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# Early Help Hubs

- 10 Early Help Hubs across Hampshire
- Facilitating a multi-agency response
- Level 2, providing information, advice and guidance
- Level 3, direct support and interventions provided





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# CAMHS Overview

CAMHS offers 'Tier 3' specialist mental health services and input into 'Tier 2' services through primary mental health work. The service consists of:

Psychiatry

Mental Health Nursing

Family Therapy

Looked After Children Therapists

Psychology

Learning Disability Nursing

Creative Therapies

Psychotherapists





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Examples of conditions CAMHS supports

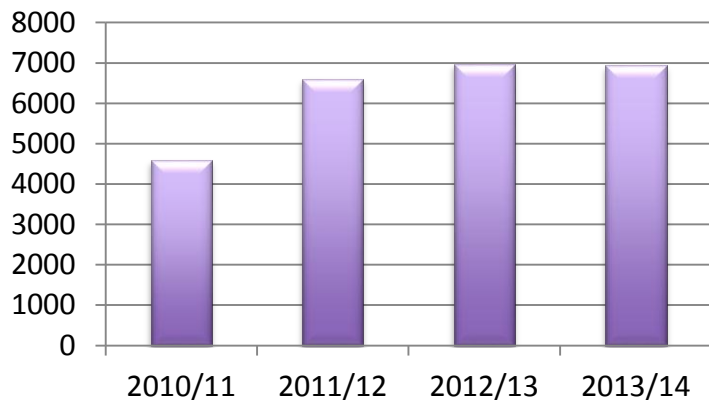
- Psychosis
- Eating Disorders
- Anxiety
- Depression
- Obsessive-compulsive disorder





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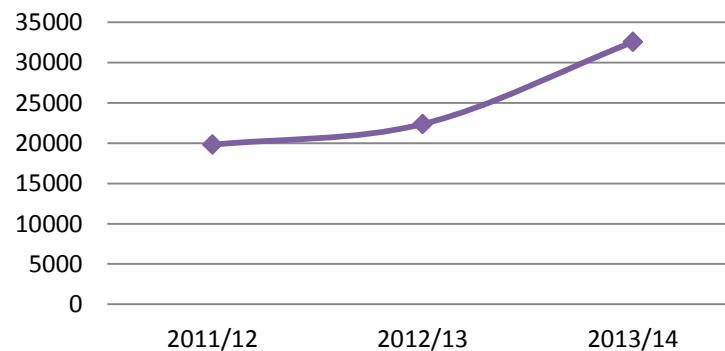
## Referrals



Number of referrals  
increasing

Number of contacts  
increasing

## Contacts





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# Progress

- Reviewed and restructured teams across Hampshire to provide more equitable access to services with consistent thresholds
- Implementation of a Hampshire wide Intensive Community Treatment Service (i2i)
- Implementing 'Increasing access to Psychological Therapies Programme' (IAPT)
- Reduction in Inpatient admissions
- Implementation of consultation line for professionals
- Established looked after children's pathway





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# Challenges

- Increasing number of urgent referrals and differences in case complexity
- Recruitment of additional staff due to a lack of suitable applicants, a national issue
- Reported capacity issues within Tier 1 and 2 Services leading to an increase in referrals to Tier 3
- Improving understanding of when direct specialist CAMHS input is appropriate
- National shortage of inpatient psychiatric beds
- Some young people waiting unacceptably long periods of time





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# 2014/2015 Priorities

- Develop multi-agency point of access
- Training Programme
- Group Work Programme
- Increasing support to i2i Service
- Improving waiting times to access Treatment





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# Further Priorities (1)

- Reducing waiting times for Autism Diagnosis
- Re-tendering the Child and Adolescent Mental Health Service, implementation July 2015
- Improving performance reporting, with focus on outcomes





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## Further Priorities (2)

- Reducing average length of treatment, where clinically appropriate
- Identifying a Section 136 suite (place of safety)
- Increase commissioning opportunities with the Local Area Team regarding Tier 4 services





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# Summary

- Working in partnership to deliver improvements
- Recognising the financial constraints in which we are all working
- Committed to earlier intervention
- Recognising the voluntary sector as an important partner
- Delivering the priorities within the Strategy





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**Thank you**