

## **Update on LGA activities on CAMHS and discussion on forthcoming green paper**

### **Purpose of report**

For discussion.

### **Summary**

Since 2014 and 2015 there has been considerable interest and investment in Child and Adolescent Mental Health Services (CAMHS). This paper sets out our key concerns about the CAMHS reforms, our work programme to help address these issues and an update on the forthcoming green paper which members are asked to provide early views on to help inform our submission.

### **Recommendation**

Children and Young People Board Members are asked to consider and comment on the questions raised in sections 7 and 8 of the report.

### **Actions**

Officers to action as appropriate.

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## **Update on LGA activities on CAMHS and discussion on forthcoming green paper**

### **Background**

1. In recent years there has been an increasing focus from the Government and a range of stakeholders about the quality of children and young people's mental health services. This is set against a backdrop of increasing demand for services, workforce difficulties and a recognition that mental health is not being given equal priority to physical health and specifically, that the mental health and wellbeing of children and young people is not given the attention and priority it deserves.
2. In 2014 a Government Taskforce together with experts, including representatives from the LGA, set out proposals for improving care over the next five years. A key theme of its report (Future in Mind, March 2015) included the importance of promoting resilience, prevention and early intervention and the role councils can play to support mental health and wellbeing of children and young people. It also emphasised the role local leadership and ownership plays in the development and agreement of local transformation plans (LTPs), which should set out the offer in a local area, covering the full spectrum of services from prevention through to intervention.
3. In 2015 the Government committed £1.25 billion in additional investment for Child and Adolescent Mental Health Services (CAMHS) over a five year period. In January 2017 the Prime Minister Theresa May announced a comprehensive package of measures to transform mental health support in schools, workplaces and communities.

### **LGA Concerns**

4. The increased investment and attention on these vital services is welcome, but we have concerns about the accountability of funding and whether or not true transformation is being embedded in local areas. Specifically:
  - 4.1. There is a concern that the £1.25 billion of funding committed by the Government is not seeing an improvement in these services. In the first year, £75 million was distributed to Clinical Commissioning Groups (CCGs) through Local Transformation Plans (LTPs) to commit to front line services. However, it is not clear how much of this money has been spent on frontline services, but reports from mental health providers indicate that they have not yet seen this increased investment. We are seeking clarity from government on when the remaining funding will be released so that local commissioners can work together as effectively as possible to deliver improvements to services. Accountability at the local level is needed and Health and Wellbeing Boards can be a useful mechanism through which partners are held to account for how money is spent and for ensuring the quality of LTPs.
  - 4.2. Future in Mind recognised that to achieve real change, a whole systems approach which focusses on prevention of mental ill health, early intervention and recovery

is needed. However, the current system sees as much as 80 percent of all mental health care taking place in GP surgeries and hospitals and as many as 60-70 per cent of children and adolescents who experience clinically significant difficulties have not had appropriate interventions at a sufficiently early age. The LTPs are an opportunity for local areas to shift the focus from clinical intervention to early intervention and prevention. However, there are reports that since the release of funding for the implementation of LTPs the level of action from CCGs in relation to prevention has increased by only a small amount. There is an opportunity to redress this.

#### **Discussion on the CAMHS green paper:**

5. A green paper on CAMHS is expected this autumn. Further information on thinking around content and scope of the green paper have not yet been made public but it is expected that it will focus on the role of schools. In particular their role in early identification of risks.
6. We will formally consult our members for their views when the Green Paper is published, but we would like to use this opportunity to do some early consultation with you about what we should include in our submission.

#### **Questions**

7. We do not know yet what the green paper will include but we expect it to focus on some of the issues in the list below. What are member's views on:
  - 7.1. The role of schools. In particular their role in early identification of risks.
  - 7.2. The impact of social media on the mental health and wellbeing of children and young people. How is this effecting the CAMHS system?
  - 7.3. What needs to be done nationally and locally to shift the focus from clinical intervention to prevention and early intervention services?
  - 7.4. How well do you think the current reforms are being embedded?
  - 7.5. What more needs to be done nationally and locally to ensure CAMHS services are truly transformed and improved?
8. Additionally, what are member's views on the following:
  - 8.1. Are there any specific issues in your locality that highlight the challenge of children such as Looked After Children in receiving appropriate mental health support?
  - 8.2. Are there any specific areas or groups of children you think we should focus on when drafting our response to the Green Paper and in our wider policy work on CAMHS?

### **LGA work programme**

9. In response to concerns raised under the section of the report 'LGA concerns' a special meeting on CAMHS was held in February 2017 for Lead Members of the CYP and CWB Board to discuss the issues. The following work programme was agreed by both Boards:
  - 9.1. Responding to the green paper on children and young people's mental health, highlighting key issues from a local government perspective.
  - 9.2. Hosting a round table discussion with representatives from the Department of Health, the Department for Education, Health Education England and NHS commissioners and providers, to identify opportunities to build the capacity of providers to deliver services that achieve the transformative change described in Future in Mind.
  - 9.3. To run a specific campaign on Children and Young People's mental health. Highlighting to government, NHS England, Clinical Commissioning Groups and wider stakeholders the need for; a better balance of funding between early intervention and preventative mental health and wellbeing services and those services focusing on treatment and recovery; the key role of council's in preventing mental illness and promoting mental wellbeing; and the need for stronger accountability on spend and quality of services at a local level through Health and Wellbeing Boards.
10. As part of the campaign we are looking for examples of good practice which can be shared with other councils. We are specifically looking for case study examples in the following areas:
  - 10.1. Innovative ways of making CAMHS more accessible for young people, for example through delivery in non-clinical settings and at flexible times that suit young people.
  - 10.2. Examples of innovative ways of delivering same day service for young people in need, which reduces the need for referrals and waiting lists.
  - 10.3. Examples of excellent community based care for children and young people with high needs that minimises the number of days spent in in-patient services.
  - 10.4. Examples of better distribution of mental health spending across all tiers, especially with a focus on investing in early intervention and preventative services.
  - 10.5. Examples of school based counselling and expansion of this service.
11. If your council/partners has good arrangements in any of these areas or if you have other good practice examples that you would like to be considered as a case study then please contact: [Samantha.Ramanah@local.gov.uk](mailto:Samantha.Ramanah@local.gov.uk) or [Nasima.Patel@local.gov.uk](mailto:Nasima.Patel@local.gov.uk)

### **Children and young people's mental health and wellbeing**

12. This work programme is a shared priority with the Community Wellbeing Board (CWB). Activities sit across both the CYP and the CWB Boards.

### **Implications for Wales**

13. There are no specific implications for Wales.

### **Financial Implications**

14. None.

### **Next steps**

15. Members are asked to consider and comment on the questions raised in sections 7 and 8 of the report.