

## **Children and Young People's Overview and Scrutiny Committee**

**22 September 2023**

### **TEWV CAMHS Waiting Time Information**

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#### **Report of James Graham, General Manager – Durham and Tees Valley Community CAMHS**

##### **Purpose of the Report**

- 1 The purpose of the report is to provide members of Children and Young People's Overview and Scrutiny Committee with information on Children and Adolescent Mental Health Services waiting times.

##### **Background**

- 2 As at 08/09/2023 there are 195 patients waiting for a mental health assessment.
  - a. 94 of these waiting between 0-1 month
  - b. 52 of these waiting 1-2 month
  - c. 24 of these 2-3 months
  - d. 25 of these 3 months+
- 3 These waiting time compare favourably with national benchmarking data for CAMHS services.
- 4 Between Sep 2022-Aug 2023 (12 months) 5,014 referrals to the service were made within County Durham.
  - a. Average of 417 per month
  - b. 10,547 internal referrals happened in the same period (transfers to different teams/pathways)
  - c. 2,403 patients were fully discharged from service in this period
- 5 The County Durham service-wide caseload snapshot is 8,169 young people.
  - a. 4,383 are waiting for autism and/or ADHD assessment

- b. 2,528 are receiving support from a Getting More Help team (complex MH needs requiring MDT input)
  - c. 449 are receiving support from the Getting Help team (10-12 sessions of therapeutic intervention for mild-moderate MH needs)
  - d. 259 are currently having their needs screened by the single point of access (SPA)
  - e. 201 are receiving support from the learning disabilities teams
  - f. 163 are receiving 1:1 or group support from the Piece of Mind, school-based teams
  - g. 79 are receiving support from the SARC service (victims of sexual assault)
  - h. 50 are receiving support from the eating disorders team
  - i. 30 young people are receiving support from an out of area team (choice, or LAC placed out of area)
  - j. 12 young people are receiving support from crisis/intensive home treatment (IHT)
  - k. 4 young people with complex needs are accessing Holly unit (positive behaviour support)
  - l. 4 young people are receiving specialist assessment from the forensic team
  - m. 1 young person with complex needs is receiving intensive positive behaviour support (IPBS)
- 6 Note: the above is a 'unique' patient count. A significant number of the cases above will have periods of care when they are open to more than 1 team for 'co-working'. E.g., approx. 50% of the total caseload that is waiting for an autism/ADHD assessment is, or has been, open to another team for MH needs. The team the YP is 'counted' against is the team it was uniquely open to first.
- 7 Over 95% of YP who are urgently referred to the crisis team are seen within 4 hours.
- 8 The eating disorders service is compliant with national access standards (routine referrals treatment start within 4 weeks, and urgent refers seen within 1 week).
- 9 For neurodevelopmental assessments; there are 4,746 County Durham young people are waiting post-referral (difference to number quoted at 5(a) due to the 'coworking' issue described at 6)
- a. The average length of wait is 411 days
  - b. The maximum wait is 1,214 days
  - c. 3 YP waiting over 3 years
  - d. 921 YP waiting 2-3 years
  - e. 1,501 YP waiting 1-2 years
  - f. 422 YP waiting 9-12 months
  - g. 510 YP waiting 6-9 months
  - h. 600 YP waiting 3-6 months
  - i. 226 YP waiting 2-3 months

- j. 350 YP waiting 1-2 months
  - k. 214 YP waiting 0-1 month
- 10 The referral demand currently outstrips the clinical capacity for assessments 2 to 1, so the waiting list continues to grow. The team can complete 100 assessments per month, but 200 cases are added to the pathway per month.
  - 11 We predict that if nothing changes with capacity and demand in the next few years, a referral made in 12 months' time, will have a 5 year wait.
  - 12 If we stopped all referrals (some providers elsewhere and nationally have done this), within the current resource, it would take 3-4 years to clear the waiting list.
  - 13 Internal improvement work is under way, with pilots happening. At best this will increase our assessment capacity by 20-30% within current resource, within the next 6-12 months.
  - 14 This is a key area, strategically, within the NENC ICB with regional work underway to assess options and opportunities for recovery of this position. This issue is not unique to County Durham.
    - a. Includes risks and benefits appraisal of all possible options to increase capacity.
    - b. No easy answer as all parts of system are stretched.

## **Conclusion**

- 15 This report describes the position with regards to access to CAMHS services. Access to mental health support for needs ranging from mild-moderate-complex are generally reasonable and compare favourably with national benchmarking data.
- 16 There is a concern with regards to the capacity to meet, and demand for, neurodevelopmental assessments. Work is taking place local and regionally to explore all possible options at improving this position.

## **Background papers**

- None

## **Authors**

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