

## Health and Wellbeing Board

5 November 2014

### County Durham Interim Child and Adolescent Mental Health Services Strategy 2014/16



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## Report of Nicola Bailey, Chief Operating Officer, North Durham and Durham Dales, Easington and Sedgefield Clinical Commissioning Group

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### Purpose of the Report

1. The purpose of this report is to present the County Durham Interim Child and Adolescent Mental Health Services (CAMHS) Joint Strategy 2014/16 and to seek ratification from the County Durham Health and Wellbeing Board.

### Background

2. In the paper to the Mental Health Partnership Board on 12 June 2014, on the child and adolescent joint commissioning arrangement, it was proposed that a short-term child and adolescent mental health strategy be developed as an interim measure, whilst more detailed work is undertaken to develop a three-year Children and Young People's Mental Health, Emotional Wellbeing and Resilience Plan commencing in 2016.
3. The interim CAMHS strategy supersedes the previous strategy dated 2007/10.
4. Strategy development has been informed by national policy, the Joint Strategic Needs Assessment (JSNA) and draws on previous reviews and feedback from children and young people.
5. The strategy builds on the extensive work that has been achieved in County Durham and provides direction over the forthcoming year, in order for children and young people to continue to have improved mental health and emotional wellbeing.
6. The strategy aligns to the County Durham Joint Health and Wellbeing Strategy, specifically in regard to improving the mental and physical wellbeing of the population (objective 4).
7. The objectives within this strategy correspond with those identified within the County Durham Implementation Plan of the 'No Health without Mental Health' National Strategy; also those within the County Durham Children, Young People and Families Plan 2014/17.

## Discussion, implications and risks

8. The aim of the strategy is to provide direction and a coordinated approach across partner agencies to improve the mental health and wellbeing of children and young people in County Durham.
9. The strategy refers to the four-tiered framework used to describe CAMHS in relation to how a child or young person accesses services that contribute to mental health and emotional wellbeing. However, the main focus of the interim strategy is Tiers 2 and 3, which include specialist support provided by practitioners in community and primary care settings (Tier 2) and multi-agency teams for those with more severe, complex disorders (Tier 3). The full pathway will be considered in the wider Children and Young People's Mental Health, Emotional Wellbeing and Resilience Plan.
10. As well as providing an overview of National directives, the strategy provides some local context including prevalence rate where data is available.
11. A key priority area within the strategy is reducing self-harm. Self-harm and suicide rates in County Durham are significantly higher than the national rates; admission rates to hospital due to self-harm for 0-17 year olds in 2011/12 (228 per 100,000) was significantly higher than the England average (116 per 100,000) (County Durham Joint Strategic Needs Assessment 2013).
12. Priority actions identified in the strategy aim to support the six objectives of the No Health Without Mental Health Strategy, in the context of children and young people:
  - More children and young people will have good mental health, including those in vulnerable groups such as looked after children
  - More children and young people with mental health problems will recover
  - More children and young people with mental health problems will have good physical health
  - More children and young people and their family/carers will have a positive experience of care and support
  - Fewer children and young people will suffer avoidable harm
  - Fewer children and young people will experience stigma and discrimination
13. Section 12 of the strategy and Appendix 2 detail the action plan which has been developed with relevant stakeholders. The main focus is on re-affirming partnership and governance arrangements; refreshing the local needs assessment; consulting and engaging with children, young people and families and reviewing current services to inform the longer term plan.
14. A range of stakeholders have been consulted during the course of strategy development. It is acknowledged that wider engagement with children and young people and their family/carers will be undertaken as part of the health needs assessment and development of the three-year Children and Young People's Mental Health, Emotional Wellbeing and Resilience Plan.

15. A joint commissioning plan for actions requiring investment will support implementation of this strategy. This will include CCGs commissioning intentions for 2014/15 and 2015/16 once approved. The commissioning plan will also take into consideration local authority commissioning priorities. Any action/intervention requiring investment, where there is not a funding pre-commitment, will need to be considered by the relevant commissioning organisation(s) as part of their cyclic prioritisation process.

### **Recommendations**

16. The Health and Wellbeing Board is recommended to:
- Note the content of this report
  - Ratify the County Durham Child and Adolescent Interim Joint Strategy 2014-16.

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## **Appendix 1: Implications**

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### **Finance**

Any action/intervention where there is not a funding pre-commitment will need to be considered by the relevant commissioning organisation(s) as part of their cyclic prioritisation process.

### **Staffing**

There is assumption that many actions within the strategy will be implemented within existing staffing resource.

### **Risk**

Risks related to initiatives detailed within action plan to be captured via project specific risk logs; risks to be escalated within individual organisations and within mental health partnership structure as agreed.

### **Equality and Diversity / Public Sector Equality Duty**

Equality analysis will accompany this strategy.

### **Accommodation**

None

### **Crime and Disorder**

None

### **Human Rights**

None

### **Consultation**

A range of stakeholders have been consulted during the course of strategy development. It is acknowledged that wider engagement with children and young people and their family/carers will be undertaken as part of the health needs assessment and development of the three-year Children and Young People's Mental Health, Emotional Wellbeing and Resilience Plan.

### **Procurement**

None

### **Disability Issues**

None

### **Legal Implications**

None