



Wolverhampton City Primary Care Trust
and Wolverhampton City Council

Wolverhampton Child and Adolescent Mental Health Strategy - Summary 2007 - 2011

Child and Adolescent Mental Health Strategy



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Welcome to Wolverhampton's Strategy for Child and Adolescent Mental Health

Mental health problems affect 1 in 5 young people at any given time. Based on a number of significant prevalence studies the Department of Health reports that about half of them (i.e. approximately 10% of children and young people) require skilled professional help. However an estimated two thirds of all young people with mental health problems are not getting the help they need. Untreated mental health problems create distress not only in the children and young people, but also their families and carers continuing into adult life and affecting the next generation.

“CAMHS cover all types of provision and intervention from mental health promotion and primary prevention, specialist community based services through to very specialist care as provided by in-patient units for young people with mental illness. Interventions may be indirect (e.g. consultative advice to another agency) or direct (e.g. direct therapeutic work with an individual child or family“.)

THE LOCAL POSTION

The Children and Young People's Plan 2006-2009 is aimed at improving outcomes for all children and young people in Wolverhampton. All children and young people have the right to be supported to:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being.

Wolverhampton's Strategy for Child and Adolescent Mental Health is a key element in this overall plan for developing and delivering services for children in the city. The strategy covers the period 2007- 2011. However, it is a living, working strategy and will be reviewed at least annually to take into account new developments.

NEED

Some parts of Wolverhampton are relatively affluent; however, 27% of neighbourhoods are in the top 10% of the most deprived in the country. Children and young people in such deprived areas often need additional and co-ordinated support to help them achieve their potential.

The prevalence of 5-15 year olds with a mental disorder in Wolverhampton was calculated by applying local population statistics (recorded in the 2001 census) to percentages recorded in "The Mental Health of Children and Adolescents in Great Britain".

However, there are more deprived neighbourhoods in Wolverhampton so our need may be more than the national estimation suggests. We are therefore, undertaking further local needs assessments to identify the true level of mental health needs of children and young people in Wolverhampton.



ESTIMATED PREVALENCE OF 5-15 YEAR OLDS WITH A MENTAL DISORDER BY SEX

Sex	Total population of Wolverhampton	Total number of 5-15 year olds	Prevalence of 5-15 year olds with any mental disorder
Male	115,925	17,273	2,220
Female	120,657	17,978	1,410
Total	236,582	35,251	3,630

ESTIMATED PREVALENCE OF MENTAL DISORDERS EXHIBITED IN 5-15 YEAR OLDS

Mental Disorder	Prevalence of mental disorders in 5-15 year olds
Emotional Disorders	1,400
Conduct Disorders	2,220
Hyperkinetic Disorders	560
Less Common Disorders	480
Learning Disability and Mental Health Problems	350 *

Please note: The total number of children against the above disorders is higher than 3,630 in this table as some children have more than one type of disorder.

* The numbers are calculated on the basis of a 40% prevalence of mental health problems associated with a learning disability and relate to the group 5 - 19 year olds.

How we meet need

The NHS Health Advisory Service sets out 4 Tiers for CAMHS. This is a useful way to see how services meet need:

TIER 1

Professionals such as GPs, social workers, voluntary sector workers, school staff, police officers, school medical officers, school nurses and health visitors, not necessarily primarily employed for the prime purpose of mental health but who directly or indirectly influence the mental health of children and young people through their work.

TIER 2

Individual specialist mental health workers who work with children, adolescents and their families on a uni-professional basis, often members of a multi-disciplinary child and adolescent mental health teams.

TIER 3

Services which are more specialised in relation to the complexity of problems presented to them. Members often work in specific therapeutic teams, such that the co-coordinated interventions of several professionals can address the many facets of the problem. Complex problems such as eating disorders, substance misuse, traumatic stress, developmental disorders and affective disorders may be typical of this work.

TIER 4

Very specialised interventions and care for highly specific and complex problems requiring considerable resources. For instance, inpatient psychiatric provision for adolescents, secure provision, specialist provision for those with sensory impairment or disabilities.

Current services

CURRENT SERVICES AGAINST THE FOUR CAMHS TIERS ARE:

4	Birmingham Children's Hospital Independent Providers	Specialist Residential Services In city residential services	RWHT Accident and Emergency department and children's wards
3 plus	Key Team (multi agency team) Early Intervention Service Residential Services	Special Schools and Pupil Referral Units for Children with Behavioural, Emotional and Social Difficulties	A range of services from Tier 3 also work with people at Tier 3 plus
3	Youth Offending Team Child and Family Service (CAMHS) Substance Misuse Service Child Development Centre Learning Disability Team (CAMHS)	Assessment and Child Protection Looked After Children Children and Young People Services Area Teams Behaviour and Education Support Teams	Fostering Services Family Advice and Support Team Children with Disabilities Social Care Locality Team
2	Family Centres Child and Family Service (CAMHS) Paediatricians Substance Misuse Services	Voluntary Agencies Children and Young People Services Area Teams Behaviour and Education Support Teams	Young Cruse Spurgeon's Young Carers Project Social Care Locality Team
1	Primary Care Team(CAMHS) Voluntary Agencies Health Visitors	School nurses Schools GPs	Youth Service Healthy Schools Team Connexions

Note: A number of services cross more than one tier.

Overall vision and aims

In full agreement with the National Service Framework (NSF) for Children, Young People and Maternity Services we want to see:

- An improvement in the mental health of all children, young people and their families
- Agencies and services for children and young people working in partnership with families and each other:
- To promote the mental health of children and young people
- To support parents/carers
- To provide consultation to primary care staff
- To provide early intervention
- To assess and treat the needs of children and young people with complex problems and/or learning disabilities without waiting
- To treat clients with complex and challenging needs and/or special educational needs in the community, with the support of local networks and preventing medium and long-term out of city placements

- Access to mental health care for children and young people and their families based upon the best available evidence and provided by trained staff with an appropriate range of skills and competencies.

We aim to meet the following standards:

1. All children will have access to prevention and early intervention programmes starting on maternity wards, midwifery services, health services and pre-school educational services to school aged services and youth and leisure services.
2. All children and young people from birth up to their 18th birthday who have mental health problems or suffer from disorders or complex problems should have access to timely, integrated, high quality, multi-disciplinary mental health services to ensure effective assessment, treatment and support for them and their families.

What we are going to do

This strategy is about Wolverhampton's children, young people, families and carers. It has been produced by people working within Child and Adolescent Mental Health Services in Wolverhampton City Council and Wolverhampton City Primary Care Trust.

CAMHS CONSULTATION ~ APRIL 08

The City Council and PCT produced a draft strategy for child and adolescent mental health services and undertook consultation from May until August last year. The consultation document, summary and questionnaire were widely circulated within the city and available on the council and PCT websites.

Consultation was held at various locations and events throughout the city. At these people received information about the proposals and were able to give their views. These events were promoted through One City News, schools, user/carer groups, organisations and local radio.

Events were held at:

- The Gem Centre
- The Wulfrun Centre
- The City Show
- The Multi Cultural Day
- The Healthy Schools Showcase
- Bilston Market
- Civic Centre

In addition there was a presentation to the Youth Council followed by a very productive discussion.

The consultation event at the Wulfrun Centre was particularly successful as throughout the day a steady stream of people were made aware of the consultation and given the opportunity to comment. Many young people and their parents/carers saw the information about current services and proposals available and were able to have discussions with staff. A lot of people wanted information about current services and gave

comments on the proposals. The recurring theme from discussions and responses received was the need for good, timely information and ease of access. Overall the comments received have been very supportive.

The newly formed Child and Adolescent Mental Health Strategy Group has considered and evaluated all the comments received and agreed a proposed final strategy together with a prioritised and timetabled implementation plan.



PRIORITIES OVER LIFE OF STRATEGY

The overall priorities over the life of this Strategy are to:

- Promote good mental health for children and young people
- Identify those people who may have mental health needs and provide them and their families with appropriate support
- To provide a fast and co-ordinated service for those people that need specialist support. The focus being on helping families stay together wherever possible and providing services within the community.

The priorities place particular emphasis on improving services as set out in the Children Act 2004. This requires all agencies to work together to plan, design and deliver 'joined up' services to meet the needs of their children and young people.

The priorities for improving Child and Adolescent Mental Health are detailed in the section 'Priorities' on page 21. If these proposals are implemented you will see:



Early detection and treatment of problems before they become more severe by:

- Basic skills in assessment and intervention for all primary care workers
- Developing services such as Behavioural Education Support Teams and Sure Start Children's Centres
- Systems for screening.

More rapid response to referrals by:

- An increased use of consultation and brief therapy techniques
- Development of accessible locally based services
- Urgent referrals having a response within 24 hours.

Comprehensive programme of preventative work by:

- Appointment of an emotional health co-ordinator
- Disseminating good practice
- Developing parenting groups.

Fast response to enquiries/referrals and co-ordinated decision making by:

- Common assessment framework
- Decisions on all referrals within 7 working days
- Effective sharing of information.

Co-ordinated approach to referrals, assessment and treatment by:

- Common assessment framework
- Co-ordinated locally based services
- Referrer and user of service being well informed.

Young offenders having prompt and co-ordinated access by:

- Maintaining co-ordinated approach.

Every Child Looked After having access to therapeutic services by:

- Co-ordinated approach to specialist assessment and therapeutic work
- Service extended to Wolverhampton's children in surrounding area.

Children manifesting inappropriate sexual behaviour to have access to services by:

- Developing preventative work with assessment, treatment and support.

Children with complex mental health needs to have easy access to effective services by:

- Co-ordinated approach to crisis across the city
- Focusing on maintaining the child/young person within their own home or within the city
- Developing expertise and local services to deal with crisis
- Establishing community crisis intervention services
- Evaluating the need and potential benefits of a 'crisis house', therapeutic day services/ unit and out of hours service.

Children with chronic physical illness/palliative care needs to receive psychological support by:

- Ensuring quick assessment of the psychological needs of all children.

A co-ordinated response for children with a severe mental illness aimed at safely supporting them at home or in their community by:

- Ensuring access to a hospital bed if required
- Establishing a community crisis intervention service
- Reviewing and building on the strengths of the Key Team Service
- Evaluating the cost and benefits of community based resource to maintain people at home.

Maximise the benefits of effective joint planning between Wolverhampton City Primary Care Trust, Wolverhampton City Council and Voluntary Sector by:

- Establishing formal joint planning
- Developing information sharing system and protocols.

Ensuring the best use of all resources without seeing any loss through overlap, duplication or inefficiency by:

- Establishing formal joint commissioning arrangements for individual cases and services
- Maximising the use of pooled budgets where this adds value and achieves greater benefit.
- Ensuring effective transition to adult services.



Priorities for 2008 - 2009

The following joint Priorities have been identified for 2008 - 2009. Funding for these priorities come from Wolverhampton City Council and Wolverhampton City Primary Care Trust mainline budgets as well as funding from external grants such as the Area Based Grant Arrangements.

1. Crisis and Intervention - to organise co-ordinated, quick response in a crisis, to establish a Community Crisis & Home Intervention service and to maintain a child/young person within their own home or within the City.
2. Access and Response - to ensure that service users are well informed about access arrangements, their assessment and intervention.
3. Parents and Parenting - to include training for parents in emotional well being of their child/young person.
4. Underpinning Elements - to improve integrated and joint working arrangements for the delivery of Child and Adolescent Mental Health Services (Camhs) as well as increasing the involvement of children, young people and their families in the design of Camhs services.
5. Workforce Development - to develop skills and understanding of mental health within staff delivering services to children and young people.
6. Promoting Health/Well Being - to promote good emotional well being as part of children and young people's overall general health.

This information can be made available
in a range of languages and formats.

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