

Health and Scrutiny Oversight Committee Report March 2023

Update on CAMHS Tier 4 (specialist inpatient/day patient and alternatives to admission) Provider Collaborative

1. Context

Sussex Partnership NHS Foundation Trust (SPFT) is the lead provider of the Kent and Sussex Provider Collaborative for Child and Adolescent Mental Health (CAMHS) Tier 4 Services. The Provider Collaborative is delegated by NHSE to commission CAMHS inpatient beds for children and young people from Kent and Sussex. The Provider Collaborative (PC) operated in shadow form from October 2020 until going live on 1st October 2021.

2 Background

The principle behind Provider Collaboratives is to enhance collaboration between NHS trusts and independent and voluntary sector providers to deliver more efficient and sustainable services, work in partnership with people with lived experience to improve the quality of care provided - in the least restrictive environment - and tackle health inequalities for their local population.

The Provider Collaborative enables a more collaborative and joined-up approach to commissioning and associated service delivery through admissions and discharge planning, increasing the likelihood of patients getting access to appropriate services that best suit their needs at the earliest possible opportunity including accessing appropriate community treatment rather than going into hospital if it's not needed. A key objective of the Kent & Sussex CAMHS Tier 4 Provider Collaborative is to identify and invest in alternatives to hospital admission, so that young people can be supported, where possible and if applicable, at home or in the community.

As a partnership we have formed a Clinical Activity Panel (CAP) and Single Point of Access (SPA) for CAMHS Tier 4 services. The CAP consists of senior clinicians, managers from Tier 4 in-patient services/crisis teams and specialist community CAMHS / Eating disorder services and senior representatives from social care nominated directly by the respective Directors of Children's Services. By bringing together clinical and operational experts we are ensuring that clinical decisions are made by the most appropriate people to better enhance patient care. The CAP operates across Kent and Sussex to ensure there is a shared understanding of demand across the footprint of the PC and to be able to oversee flow into the units across the area.

The SPA operates a full bed or day service finding and gatekeeping function. This allows a better grip of the cohort and releases clinical capacity in teams who were previously bed searching. Case Managers oversee all young people who are referred for admission and those in units as well as unit quality assurance working with the PC Quality and Safeguarding Leads.

Kent and Medway Rapid Response

When Sussex Partnership took on commissioning responsibility for the Kent & Sussex CAMHS Tier 4 Provider Collaborative, increased surveillance and data monitoring was introduced which identified that there had been a sharp increase in referrals of children and young people (CYP) from Kent referred for Tier 4 beds who had been admitted to acute paediatric wards.

Following this, the NHSE, Kent ICB and the Provider Collaborative came together to form the Kent and Medway Rapid Response (KMRR), which was convened to:

1. Reduce the number of CYP waiting on acute paediatric wards for CAMHS Tier 4 services, in particular.
2. Address the length of delay in CYP accessing CAMHS services.
3. Review and address the pressures within the crisis and complex pathways (including Learning Disability and Autism) in the Kent & Medway system.

KMRR identified the need for and developed a holistic and seamless crisis and complex pathway for all vulnerable CYP in Kent & Medway. Partner agencies now together to have collective ownership and responsibility for the commissioning and delivery of child focused, individual care that considers the child in the context of their family and or care network.

In addition, there has been investment into the CYP CAMHS crisis pathway resulting in the CREST (Crisis response enhanced support) team being put in place as well as the creation of an All Age Eating Disorder Service where children and young people are offered a NICE concordant treatment option.

These developments have supported the reduction in referrals of CYP from Kent to Tier 4 inpatient beds and ensured that children and young people have a more seamless pathway. They have also enabled the building work at Kent & Medway Adolescent Hospital to go ahead, with minimal disruption, as the system has been able to absorb the changes and identify alternatives to hospital admission

The current CAMHS Tier 4 services commissioned in the Provider Collaborative footprint are:

- KMAH – a CAMHS General Adolescent Unit (GAU) located in Staplehurst, Kent that currently provides 11 beds and is managed within the Crisis and Home Treatment (CREST) care pathway. There is also a Health Based Place of Safety on site where young people can be detained under S136 of the mental health act.
- Chalkhill – a CAMHS General Adolescent Unit (GAU) located in Haywards Heath, Sussex that is commissioned to provide 16 beds and where there is also a Health Based Place of Safety.
- Elysium Brighton and Hove - a CAMHS Specialist Eating Disorder Service (SEDU) that provides 16 beds.
- Eating Disorders Day Service - Aldrington House, Hove. Day hospital for Sussex for young people with Eating Disorders. This unit opened at the end of October 2022. The building works were delayed due to the lack of availability of construction workers and materials. Due to its location it is true to say that this is likely to be accessed predominantly by young people in Sussex.

3 Purpose of Update Report

This update paper is in response to questions raised by the HOSC at the meeting in November 2022 and January 2023.

Questions raised

1. What areas were covered by the 186 CAMHS tier 4 beds in the South East region?
2. Did the 186 include the removal of the 20 beds taken out of service at St Mary Cray?
3. What was the breakdown of tier 4 beds by county and how many were vacant?
4. Why were the additional 6 beds at Kent and Medway Adolescent Hospital (KMAH) still not available?
5. Was it accurate that there was an eating disorders day clinic at Haywards Heath but it was almost impossible to get there by public transport?
6. Update on Tier 4 Services

Questions Raised -

1. What areas were covered by the 186 CAMHS tier 4 beds in the South East region?

The South East Region covers Oxfordshire, Buckinghamshire, Berkshire, Hampshire, IOW, Kent, Surrey, and Sussex. Young people can be placed in services located in the South East from anywhere nationally if the referral is accepted, although every attempt is made to keep young people close to home and identify alternatives to hospital admission where possible.

2. Did the 186 include the removal of the 20 beds taken out of service at St Mary Cray?

For the purpose of this response we are assuming this relates to the recent closure of Kent House. Kent House is part of the London Provider Collaborative and therefore would not be in any figures that we have given or hold. If there are any additional questions regarding this service, the South London Partnership will need to be contacted. The South East Region did not have any young people from Kent in Kent House at the time of closure.

3. What was the breakdown of tier 4 beds by county and how many were vacant?

The beds are not broken down by county rather by the Provider Collaborative that oversees that regional area including several providers and types of service. In the South East there are 4 CAMHS Provider Collaboratives: Thames Valley, Kent and Sussex, Surrey, Hampshire, and Dorset. Please note the Dorset segment of the Wessex and Dorset Provider Collaborative overlaps into the South West NHS England Region as does the Thames Valley Provider Collaborative overlap with Gloucestershire, Bristol North and North Somerset geographical footprint. NHSE retain Commissioning responsibility for CAMHS Medium Secure Services at Bluebird House in Hampshire.

4. Why were the additional 6 beds at Kent and Medway Adolescent Hospital (KMAH) still not available?

The unit at KMAH has been redeveloped to increase the overall number of bedrooms as per the plans above. The physical works are now complete to add 3 new beds and 3 new crisis (72 hour) beds and a high dependency area to manage children and young people needing specific support off the main ward area. The completion of the work was significantly delayed due to access to construction materials in particular ligature safe doors. This was a consequence of COVID and the impact of the changes in the relationship with the European Union.

However, in November 2022 it was identified there are further essential estates works needed in the existing bedroom corridor because of health and safety issues. It has therefore been necessary to undertake further works to rebuild walls in bedrooms to ensure they are more resistant to damage and to replace windows with integral blinds to reduce ligature risk. During these works the unit has to limit the overall bed numbers to 9 to enable works to be completed safely and to limit the impact on the young people. This is regrettable but the works are clearly needed to ensure the safety of the young people and to limit the risk of them being able to harm themselves.

The overall refurbishment, which will lead to the full 17 bed capacity is due to be completed at the beginning of April 2023. Recruitment is underway for additional staffing to support the new beds but this is in the context of overall NHS national workforce challenges.

NELFT has also continued the improvement to the environment in KMAH since taking on the service including completion of a sensory room, reconfiguration of the space to enable quieter areas and to ensure the nurses station is partitioned to avoid inappropriate access by young people. This will ensure the environment is of higher quality to support the young people who are admitted.

NELFT are ensuring the community crisis and home treatment (CREST) team can proactively support young people to avoid admissions where possible. The Provider Collaborative and NELFT are working together to ensure the flow through the unit supports young people to be admitted for as short a period as possible and to enable admission and discharges to be smooth.

5. Was it accurate that there was an eating disorders day clinic at Haywards Heath, but it was almost impossible to get there by public transport?

There is not an Eating Disorders day service at Haywards Heath. There is now an Eating Disorder day service in Hove, which opened in late 2022. The service delivers a 12–14-week intensive treatment programme for young people and their families as an alternative to admission to hospital.

6. Service developments

The 3 Additional General Acute/Eating Disorder beds at Kent and Medway Adolescent Hospital and the addition of 3 short stay bed will come online for use. The short stay beds allow for a seamless pathway from crisis to inpatient and back to home as these will fall under the enhanced treatment pathway so they remain with their teams.

The GAU/ED beds will also form a seamless pathway from community to inpatient to community teams. These beds will link in with the Kent and Medway all age eating disorder pathway which is highly effective at supporting young people to remain well in their community.

There was initial allocation of revenue by NHSE to fund the development of a Psychiatric Intensive Care Unit in Kent and Sussex but due to a lack of identified capital this scheme is not currently progressing. The Provider Collaborative does not hold a capital budget as this is delegated to the Integrated Care Systems in Sussex and Kent and Medway.

We have recently appointed a family ambassador role to support families/carers and they will be further supported by peer support workers. These posts are actively being recruited to at this time.

As part of successful winter pressures monies bids the PC were able to secure funds to pay for acute hospital liaison nurses across Kent and Medway. These posts have been well received by acute an provide support for CYP who have mental health difficulties across the wards. They will see CYP who require a Tier 4 placement but this is not an accepting criterion.

As a CAMHS inpatient Provider Collaborative we continue to review opportunities to develop alternatives to admission in Kent and Medway and to work with the Integrated Care Board to consider how we can work together to enhance the overall pathways of care for children and young people in Kent and Medway. Our work with stakeholders including CYP and family/carers has identified key areas of focus as those with Eating Disorders, Further crisis response including alternative to inpatient provision and family support.

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