

CAMHS Provider Collaborative
Kent and Sussex

Health Overview and Scrutiny Committee Report

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) went live on October 1st 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

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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.

The Kent & Sussex CAMHS Provider Collaborative has mobilised a range of services including alternatives to admission and improvements to high dependency care areas in addition to quality improvements within existing services. Additional services include:

- 3 GAU/ED beds at Kent and Medway Adolescent Hospital and 3 short stay beds. The Eating Disorder beds are overseen by the All Age Eating Disorder service which allows a young person to remain with their community consultant and team members whilst accessing inpatient care.
- The short stay beds will allow for a seamless pathway from crisis to inpatient and discharge back to the home/community setting.
- The PC with the ICB commission the CrEST pathway (Crisis enhanced support team). This team has allowed young people to access intensive home treatment at home as an alternative to inpatient care.
- An eating disorder day service based in Sussex

Due to interventions in the community there were 15 less admission in 2022/2023 than the previous year and a further 59 referrals were offered alternatives to admission.

It should be noted that harm is most likely when the child or young person does not have a 'safe base' (i.e. home with attuned carers). There is ample evidence that if this 'safe base' is not present that the young person will not be able to access therapy and will continue, and likely escalate, their use of risk behaviours to communicate their distress, leading to greater, and longer-term harm if they were to be admitted. Research evidence on this by Sherbersky, H., Vetere, A. & Smithson, J. (2023) 'Treating this place like home': An exploration of the notions of home within an adolescent inpatient unit with subsequent implications for staff training. *Journal of Family Therapy*, 45, 392–413.] indicates that CAMHS inpatient units, when inappropriately used, can be considered by young people as 'home' and lead to significant and long-term harm. The routes to harm are described well in other data and include: dislocation, institutionalisation and loss of identity.

Update on Psychiatric Intensive Care Unit (PICU) -

Since the last HOSC which the Provider Collaborative there have been updates to the Provider Collaborative footprint. There has been an opportunity to establish one CAMHS T4 PC for Kent, Sussex, Hampshire and the Isle of Wight. This allows for a wider scope of pathways of beds as Hampshire has a low secure unit. We are working with partners in Hampshire to develop a PICU in Southampton which will serve the new Provider Collaborative which includes Kent and Medway. Our current PC footprint only requires 2 to 3 PICU beds at any one time with a focus on stepping young

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people down to the least restrictive environment as soon as possible. The anticipated opening date is April 2024.

Family Ambassador Programme

Family Ambassadors are non-clinical professionals with lived experience of CAMHS services, who can work with parents/carers and the clinical teams to help families to navigate the inpatient journey. Family Ambassadors provide emotional and practical support to parents/carers and families of young people who are admitted to Tier 4 inpatient CAMHS units.

Parents/Carers have a unique perspective on the care needs of their child. Family Ambassadors aim to ensure that parent/carers voices are heard and that they feel empowered to become an equal partner in their child's care.

The Family Ambassador programme is a pilot project, with the first local Family Ambassadors joining the South-East team in June 2023. The second wave of local Family Ambassadors were recruited in September 2023 and are currently in post part-time (approx. 2 days per week) at the following Tier 4 units; Bere Clinic, Brighton and Hove Clinic, Pebble Lodge, Austen House Leigh House and Kent and Medway Adolescent. Due to a resignation, there is currently no local Family Ambassador assigned to Chalkhill, however, this post will be recruited for as soon as possible.

Ongoing data is being recorded by the Regional Family Ambassador, a summary of findings is below (data period Sept - Dec 2023):

- **137** families have actively been supported
- **767** individual contacts have been made
- **Types of support being offered:** Information Sharing (37%), General Support (26%), Emotional Support (14%), Support Around Communication With Unit (8%), Contact/Leave (6%), Concerns re Care (3%), Other (6%)

Feedback to date:

Please see below some of the positive feedback on the Family Ambassador role that has been received from parents/carers to date:

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The NDTi (National Development Team for Inclusion) are completing Phase 2 of a National Evaluation of the Family Ambassador programme (field work and interviews currently being undertaken in South-East region). The report was completed in Dec 2023 and results are due to be published asap.

Trust Liaison Nurses

As part of successful winter pressures monies bids in 2022/2023 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. All posts were recruited to at that time.

The ICB has utilised non-recurrent NHSE paediatric mental health champions funding to help enhance the delivery of the paediatric mental health nursing role so that it can extend beyond the current Monday -Friday 0900-1700 service.