

By: Peter Sass, Head of Democratic Services
To: Health Overview and Scrutiny Committee, 11 April 2014
Subject: Child and Adolescent Mental Health Services (CAMHS)

Summary: This report invites the Health Overview and Scrutiny Committee to consider the information provided on Child and Adolescent Mental Health Services (CAMHS)

It provides additional background information which may prove useful to Members.

1. Introduction

- (a) On 31 January 2014 the Health Overview and Scrutiny Committee considered reports on Child and Adolescent Mental Health Services (CAMHS) in Kent.
- (b) At the conclusion of this item, the Committee agreed the following recommendation:
- *RESOLVED that this Committee write to the Secretary of State to ask him to assess the adequacy of the current CAMHS service in Kent and that the CCG be asked to identify an outstanding trust to assess improvements that can be made in the way in which the Sussex Partnership Trust is carrying out the Kent and Medway CAMHS contract and to report back to this Committee.*

2. CAMHS – Tier System

- (a) Mental health services for children and young people in England are organised in a four tier system¹. The tiers are described below.
- **“Tier 1** - provides treatment for less severe mental health conditions, such as mild depression, while also offering an assessment service for children and young people who would benefit from referral to more specialist services. Services at this level are not just provided by mental health professionals, but also by GPs, health visitors, school nurses, teachers, social workers, youth justice workers, and voluntary agencies.
 - **Tier 2** - provides assessment and interventions for children and young people with more severe or complex health care needs, such

¹ NHS Choices, *Mental Health Services Available*,
<http://www.nhs.uk/NHSEngland/AboutNHSservices/mentalhealthservices/Pages/Availableservices.aspx>

as severe depression. Services at this level are provided by community mental health nurses, psychologists, and counsellors.

- **Tier 3** - provides services for children and young people with severe, complex and persistent mental health conditions, such as obsessive compulsive disorder (OCD), bipolar disorder, and schizophrenia. Services at this level are provided by a team of different professionals working together (a multi-disciplinary team), such as a psychiatrist, social worker, educational psychologist, and occupational therapist.
- **Tier 4** - provides specialist services for children and young people with the most serious problems, such as violent behaviour, a serious and life-threatening eating disorder, or a history of physical and/or sexual abuse. Tier four services are usually provided in specialist units, which can either be day units (where a patient can visit during the day), or in-patient units (where a patient will need to stay.) Depending on the nature of the condition this could be a stay of several days to several months.”

3. Recommendation

Members of the Health Overview and Scrutiny Committee are asked to consider and comment on the reports on Child and Adolescent Mental Health Services (CAMHS).

Background Documents

Minutes, Health Overview and Scrutiny Committee, 31 January 2014,
<https://democracy.kent.gov.uk/mgAi.aspx?ID=27048>

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