

Item 4: Child and Adolescent Mental Health Services (CAMHS) – Tiers 1, 2 & 3

By: Peter Sass, Head of Democratic Services

To: Health Overview and Scrutiny Committee, 10 October 2014

Subject: Child and Adolescent Mental Health Services (CAMHS) – Tiers 1, 2 & 3

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) The Health Overview and Scrutiny Committee considered reports on Child and Adolescent Mental Health Services (CAMHS) in Kent on 31 January 2014, 11 April 2014 and 6 June 2014.

(b) On 11 April 2014 the Committee considered updates provided by NHS West Kent CCG and Sussex Partnership NHS Foundation Trust. At the conclusion of this item, the Committee agreed the following recommendation:

▪ *RESOLVED that:*

(a) *this Committee continues to be concerned for the CAMHS service in Kent and recommends that the commissioning of this service is investigated by KCC and West Kent CCG.*

(b) *West Kent CCG be asked to give due regard to the recent KCC Select Committee on Commissioning.*

(c) *West Kent CCG and Sussex Partnership colleagues be invited to the Committee meeting in 6 months' time and the CCG submit two monthly update reports to the HOSC.*

(c) On 6 June 2014 the Committee considered a letter from the Secretary of State for Health. At the conclusion of this item, the Committee agreed the following recommendation:

▪ *RESOLVED that the Committee note the report and it was noted that Mr Ridgwell would co-ordinate a joint response and update on performance across the four tiers of the service.*

- (d) A joint response and update on performance across the four CAMHS tiers in Kent was circulated to Members on 24 July.

2. CAMHS – Tier System

- (a) Mental health services for children and young people in England are organised in a four tier system (NHS England 2014). 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 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

RECOMMENDED that the guests be thanked for their attendance at the meeting, that they be requested to take note of the comments made by Members during the meeting and be invited to submit a progress report to the Committee within six months.

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Background Documents

Kent County Council (2014) '*Agenda, Health Overview and Scrutiny Committee (31/01/2014)*',

<https://democracy.kent.gov.uk/mgAi.aspx?ID=27048>

Kent County Council (2014) '*Agenda, Health Overview and Scrutiny Committee (11/04/2014)*',

<https://democracy.kent.gov.uk/mgAi.aspx?ID=27877>

Kent County Council (2014) '*Agenda, Health Overview and Scrutiny Committee (06/06/2014)*',

<https://democracy.kent.gov.uk/ieListDocuments.aspx?CId=112&MId=5397&Ver=4>

NHS England (2014) '*Child and adolescent mental health services (CAMHS) (26/06/14)*', <http://www.nhs.uk/NHSEngland/AboutNHSservices/mental-health-services-explained/Pages/about-childrens-mental-health-services.aspx>

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