

## APPENDIX 2

### SUMMARY - Kent Children and Young People's Mental Health Service Specification

Period of contract 1<sup>st</sup> April 2017 – 31<sup>st</sup> March 2022

#### 1.0 Introduction:

1.1 This specification is based on the national CAMHS service specification template and has been developed in line with recommendations in *'Future in Mind'*, the local strategic framework set out in Kent's *'The Way Ahead'* as well as the *Kent Children and Adolescent Mental Health Service Needs Assessment'*.

1.2 The purpose of this specification is to specify the provision of mental health services at the Targeted and Specialist level, previously referred to as Tier 2 and Tier 3 of Child and Adolescent Mental Health Services (CAMHS) across the 3 health economies of Kent (East, North and West). This specification describes the scope of these services and the role, function and responsibilities of the Provider.

#### 2.0 Service Delivery:

2.1 **Targeted services (Tier 2 CAMHS)** - Children and young people (and their families) resident in Kent who experience emotional wellbeing needs or low level mental health illnesses, have timely access to an assessment (if appropriate) and time limited intervention (typically 6 – 8 sessions) with successful resolution or management of the difficulty within their local educational setting and social setting. This part of the service is for children and young people whose issues cannot be met by Universal services or by the Emotional Wellbeing Service. The needs of these children and young people will not meet the higher level mental health threshold.

2.2 **Specialist services (Tier 3 CAMHS)** - Children and young people resident in Kent and their families who require medium (up to 6 months) or longer term (over 6 months) interventions have timely access to assessment and treatment services which result in the successful resolution or management of the difficulty. A multi-disciplinary/agency response to significant and sustained difficulties often with a number of other factors increasing their vulnerability.

2.3 As well as the above service levels, this specification also relates to delivery of care in relation to:

- **Emergency Response** - Children and young people resident in Kent who present a risk to self or others receive an immediate response, within the same working day, which ensures safety, provides initial intervention where necessary and ensures support is provided.
- **Transition Service** – Children and Young people who meet the criteria for an adult mental health service, experience a smooth transition from one mental health service to the other.
- **Children in contact with Specialist Children's Services** - The Provider will assess and provide intervention for vulnerable children and young people, including looked after children, disabled children, young offenders, children in need, and children on the child protection register. Intervention could be needed as a result of attachment and relationship difficulties; child sexual exploitation; sexual abuse or for children who exhibit harmful sexual behaviours.

- **Single Point of Access** – The purpose of the single point of access is to ensure that qualified mental health practitioners review the referrals received via the Early Help Notification process to determine the appropriate service response in light of awareness of the level of mental health need and involvement of other services. They will also provide advice, support, consultation and guidance to staff working in Targeted level services and other health professionals working in the community.

2.4 The services described in this specification are part of a whole-system pathway designed to meet the emotional wellbeing and mental health needs of children and young people within the context their family. The Provider is expected to deliver services under equalities duty and the levels referred to are in relation to the child and young person’s mental health needs rather than any disability or other need.

2.5 The services in this specification will be delivered by staff with relevant mental health skills and qualifications based in:

- the KCC Early Help units (22 workers across 44 units)
- the providers mental health hubs
- within/attached to the KCC Early Help Triage, which will form the Single Point of Access (SPA) for mental health referrals.

### **3.0 The Pathway:**

3.1 All new referrals for a mental health service at either Targeted or Specialist services must be routed through the Single Point of Access (SPA) and must adhere to the Early Help Notification process. Screening will be completed within a maximum of 2 days. Vulnerable groups such as Looked After Children, Children in Need, Youth Offending service will be given priority access to screening via the SPA after which the referral will be sign-posted on to the relevant service and treatment will be based on clinical need along with all other referrals.

3.2 Specialist services within the mental health service:

- Neurodevelopmental Disorders(ADHD/ASC)
- Early Intervention in Psychosis
- Eating Disorders
- Crisis Care
- Young Offenders
- Harmful Sexual Behaviour/Post Sexual Abuse
- Challenging Behaviour/Learning Disability
- Looked After Children – including unaccompanied asylum seeking children

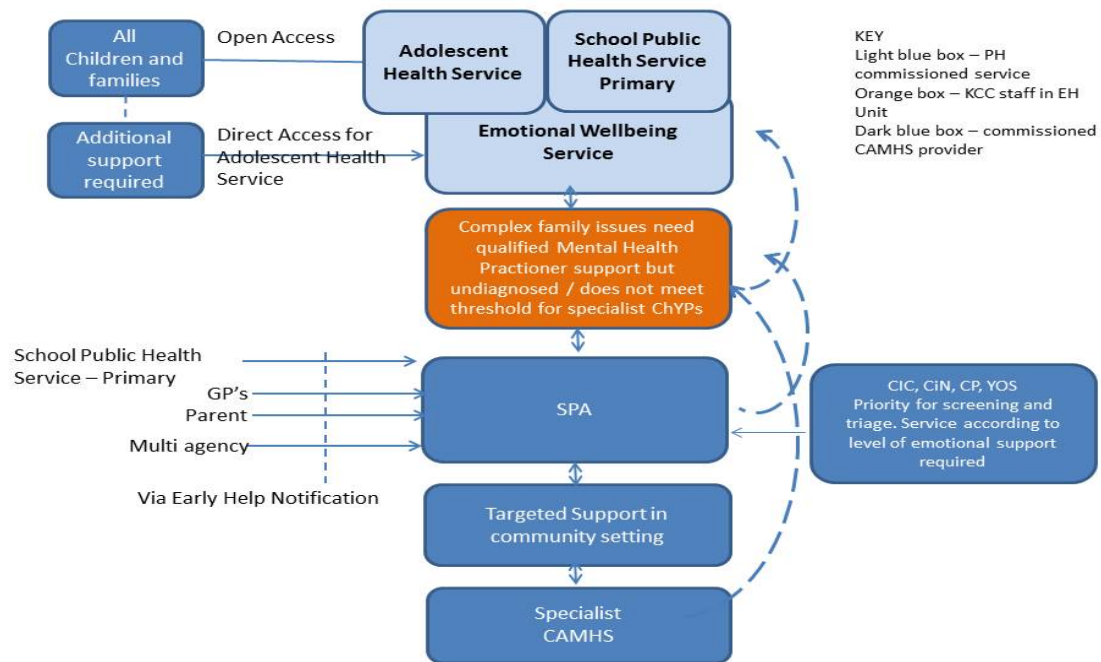


Figure 1: The Emotional Wellbeing and Mental Health Pathway

#### 4.0 Key Features of the mental health service:

- Age/developmentally-appropriate evidence-based model of delivery to support children, young people and families
- A child-centred/whole-family approach to care
- A community-based service delivered in a range of appropriate settings, including assertive outreach
- Use of innovative and clear engagement techniques
- Up-skilling of support staff working in Universal settings as well as providing advice and consultation to the wider workforce
- Recovery focussed

#### 5.0 Requirements of the whole service:

- 5.1 Over the lifetime of the contract, the Provider will work with commissioners and other providers to implement the transformation agenda.
- 5.2 Provide sufficient resources and capacity to deliver safe and effective pathways whilst meeting agreed targets, including an appropriately trained/supervised workforce.
- 5.3 Work collaboratively with commissioners and other service providers and promote a whole-system approach.
- 2.6 Accept appropriate referrals, via the SPA, for children and young people residing in Kent aged 0 – 18<sup>th</sup> birthday, with a view to expanding this service to 0 – 25 years over the lifetime of the contract.

- 5.4 Ensure that where young people do not meet the criteria for a secondary adult mental health service that they are given information about other providers and referred as necessary.
- 5.5 Utilise evidence-based validated tools to record, track and report on progress against outcomes (both clinical and service delivery)
- 5.6 Provide clear and accessible information to children, young people and families about the services and interventions available and how to access them.
- 5.7 Support the Early Help Notification process and follow the Care Programme Approach
- 5.8 Adhere to legislation, guidance, standards and protocols.

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