

**Meeting:** OHSEL Joint Health Overview and Scrutiny Committee

**Location:** Council Chamber, Bromley Civic Centre

**Date:** Wednesday 25<sup>th</sup> September 2019

**Title:** Child and adolescent mental health services (CAMHS) – transition for 0-25 year olds

**Presenter:** Julie Lowe

## Summary

Building on recent reports such as Future in Mind and The Five Year Forward View for Mental Health, the NHS Long Term Plan (LTP) has asked systems like ours in South East London to extend 'current service models to create a comprehensive offer for 0 to 25-year-olds that reaches across mental health services for children, young people and adults' and delivers 'an integrated approach across health, social care, education and the voluntary sector'.

In responding to the LTP SEL partners will be exploring the opportunity to improve support, care and treatment for young people, particularly those aged between 18 and 25, who have repeatedly reported poor experiences of care within current services, whether provided by statutory or non-statutory bodies. This includes people who are transitioning from children and young people's services into adult services as well as those presenting for the first time.

NHSE recently published a report on provision for young adults aged 18 to 25 describing a range of emerging mental health models – the challenges, successes and lessons learned – and derives a set of principles and considerations to inform the development of support, care and treatment for young people.

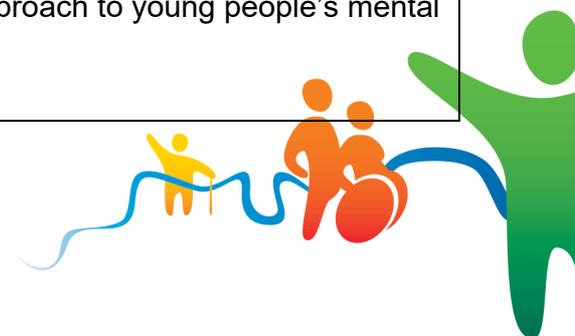
Broadly, services have been more successful where their development has been incremental, co-produced with young people and professionals, rooted in the communities they serve and implemented jointly across different types of providers. Difficulties have arisen where change has been less evolutionary, and specifically where this has led to an overwhelming demand on new services.

We have local examples of where services have been developed for this age group such as the following in Lambeth, but we recognise that we need to take a systematic approach across SEL to ensure a comprehensive offer.

### **The Well Centre, Lambeth**

#### **What was the challenge?**

Providing an open access service that provides a holistic approach to young people's mental and physical health issues.



### What did you do?

Partnership working between statutory and voluntary sectors (Primary Care, youth health charity and CAMHS) and co-production with young people – active YP panel including input into service design, decoration and use of space, registration design and proto-typing of journey through service.

Developed an assessment to proactively identify mental health concerns in Young People. Open for “Drop-in” 3 afternoons a week- 3.30-7pm- staffed by GP (adolescent health experienced), 2 youth workers and Band 7 CAMHS nurse. YP can drop in or have booked appointment. Youth work outreach activities at other times – including regular counselling sessions in schools, school assemblies and PRSHE, running young peoples’ activities e.g. Girls Group, Voice Collective.

The service shows multiagency working between schools and colleges, parents, youth participation ambassadors, local authority, voluntary sector, primary care, adult mental health education and training and hospital trusts.

### What were the results?

For the year 2017-2018:

- Total number of young people seen: 705 (may see more than one professional – e.g. GP and youth worker and/or a mental health practitioner.
- 55% of new patients were peer to peer/self-referral
- 88-100% user satisfaction scores over the last 2 1/2 years
- 46% reported improved self-esteem and emotional well-being in 2017/18

### Find out more:

Dr Stephanie Lamb; [stephanielamb@nhs.net](mailto:stephanielamb@nhs.net)

### Action Required

Members are asked to note the update

