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What is mental health and who needs CAMHS?

- The language- Mental Health, Emotional Health and Well-Being, Psychological Well-Being; Stigma and the constant wrangles about what is and is not a mental health as defined by different services/agencies is a challenge.

- Mental health or disorder is not something easily defined – If you go to your GP/Doctor with broken ankle, it is that!! But we all have got a version of what we think is mental health and what it is not.

- Think about the emotions you experienced since you got up this morning and your journey to this conference- please be honest with yourself – If you were a child or young person expressing these emotions openly (at school, home or in other social interactions); how might others respond to this? Do you think you need specialist CAMH Services?
17th May 2016
Transforming Children and Young People’s Mental Health Services

The Role of the Primary Mental Health Worker (PMHW) in the transformation of Child and Adolescent Mental Health Services

- All of you here are passionate about mental health – can you talk to the person next to you (2 minutes each) about where you were in 1995; and what you think about CAMHS

- What would transformation of services look like and mean to you?

- Some of you may be too young to remember, but should have views to share
Context

- The Health Advisory Service Report 1995
- The Future in Mind, 2015
- No Health Without Mental Health, 2011
- The Five Year Forward View for the NHS, February 2016
- Children and Young People’s Improved access to Psychological Therapies (CYP IAPT) 2011

We have attempted to deal with the challenges within the above context and implemented the delivery of the role of the PMHW, in CAMHS Leicestershire Partnership NHS Trust (LPT); to contribute to the transformation agenda for CAMHS.
What can you see in this picture
Differences in perceptions indicate the need for the Role of the PMHW

- The Health Advisory Service (HAS) Report ‘Together We Stand’ (NHS 1995) Proposed the tiered approach in CAMHS and was the catalyst for provision of Primary Mental Health Services.

- They introduced the concept of tiers (not “tears” although for service users this may be true due to long waiting lists to access CAMH services).

- The current drive is for transformation of systems without tiers for service users (Future in Mind 2015).

- The Report identified the role of PMHW as an interface between primary care and specialist mental health services.

- To act as the conduit for CAMH services across the tiers using three strategies, namely; education and training, treatment in primary care, and consultation and liaison.
The PMHW Role

- The role of Primary Mental Health Workers in CAMHS is a relatively new area of service provision.

- Implementation of PMHW in CAMHS has varied across the country (Bradley et al, 2003)

- There has been some evidence of developing models (Gale and Vostanis, 2003)

- There is still a paucity of research evidence about what models work best and their efficiency and effectiveness in terms of patient outcomes.

  (For more information see - Hickey N, Kramer T; Garralda E (2008) – “A survey of PMHWs’ perceptions about organisation management and role”)

- One could also describe the role of the PMHW as an interpreter of mental health and disorders and helping the children ad young people’s workforce and service users; to navigate the complex journey to address child and adolescent mental health needs
The Future in Mind (2015)

- Promoting resilience, prevention and early intervention – peri-natal infant and child mental health
- Harnessing digital technology to support children and young people’s mental health
- Improving access to effective and timely access to mental health support
- Joined up / integrated approach to support the vulnerable
- Building services in partnership with children /young people and their families around their needs with other stakeholders who contribute and support the delivery of mental health and emotional wellbeing
- Making mental health support more visible/ and de-stigmatisation of mental health
- Up skilling and supporting front line staff /the children and young people’s workforce
- Transparency and accountability
In Leicester, Leicestershire and Rutland - PMHW is a Role and is Team of Different Professional Backgrounds

- Developing a shared language of understanding

- Work collaboratively within the health, education, social care, social enterprises and the voluntary sector, to deliver quality and integrated mental health services in partnership with children, young people and their families

- Supporting, developing and delivering training

- Providing preventative and early intervention for CYP&F

- Supporting professionals in their role in promoting mental health and wellbeing and tackling stigma

- Working in partnership with CYP&F, supporting a future without stigma, and acceptance of good mental and physical health for all - (Parity of Esteem)

- Dedicated and committed to improving access to appropriate and timely services, intervention and support for all CYP&F including the most vulnerable

- Harnessing digital technology where this improves access, quality and is valued by CYP&F
As a team, difference is our strength, compassion, integrity and respect are our values informing service delivery

- We use a holistic approach to work collaboratively within health, specialist CAMHS and with other partners who contribute to the mental health and wellbeing of C&YP, including children young people and their families/carers

- Accountability and transparency in our offer of services; and being responsive to the changing needs of CYPF in Leicester, Leicestershire and Rutland

- Maintaining professional skills and accreditation and working within evidence based practice

- Review and support the continued development of our skills to enable us to offer the right care, by staff with the right skills, in the right place and at the right time
Core Business

- Community /Locality /Neighbourhood /Interface Model – Consultation, Action Learning Sets, Group Work, Multiagency Liaison, supporting the delivery of group work in the community with other providers

- CAMHS Professional Advisory Service

- Specialist CAMHS Access (single point of access-SPA) - close working relationships are essential in enabling the integrated pathway to step up or down families depending on identified needs

- Direct Work - Time limited – It is essential to have a strategy and agreed protocols across Health, Local Authority and Voluntary Sector about pathways and ensuring that we get buy in from service users and referrers

- Training/ Learning Forums/ CAMHS Information Events - PMHS continue to build capacity within Education, Health Social Care and the Voluntary Sector. We create and deliver core packages of training focusing on de-stigmatization of mental health, early identification, intervention and referral pathways; including parent, infant, and child mental health

- Digital offer - yet to be defined fully but we are currently supporting school nurses in the delivery of chat health www.HEALTHFORTEENS.CO.UK
Proposals for additional offer either commissioned or with additional funding

- Lead the co-ordination and delivery of the local CAMHS multi-agency training with additional funding; including for administrative support
- Offer supervision to specific professional/staffing groups in relation to CAMH
- Develop and deliver specific training packages (to Schools, Teachers, School Nurses, Local Authority Family Support, Voluntary, Social and Private Enterprises)
What has worked

- CAMHS PAS – annually evaluated - over 1500 calls per year - GP’s, School Nurses and Health Visitors, Education, Local Authority and the Voluntary Sector

PAS offers advice to professionals on the following aspects:

- Information and resources for children and young people’s mental health
- Information about specialist CAMHS priorities, thresholds and referral pathways
- Information about other appropriate services available for children and young people and families
- The caller/professional’s role in supporting children and young people’s mental health
- Specific strategies for supporting individual young people and their families
- This also supports the delivery of the agreed local self-harm pathway

Given the challenges highlighted earlier about language, perceptions/views and opinions – this provides a dialogue/communication and common understanding
What has worked - continued

- Until recently PMHT delivered on the Local Multi agency CAMHS training funded by the three Local Authorities in collaboration with specialist CAMHS, with a training co-ordinator, however, funding has been withdrawn.

- Training/Forums in different localities with partner agencies.

- Consultation transformed from individual to more locality/groups of multi-agency professionals (ideally) and Action Learning Sets.

- Multi-agency partnership working – Group work offering consultation about programme content or co-delivery with key stakeholders or offering reflective support to other staff delivering group work.

- Specific commissioned activity for a special learning needs school 1 day; the Hospital School over the past two years 2.5 days – these contracts have been renewed.

- PMHS Sessions commissioned service by one school in the County over the last two years.

- Direct Work – to offer brief interventions to families requiring this level of intervention but also to ensure that staff maintain and develop skills to deliver evidence-based care and maintain professional registration.

- Using some Routine Outcome Measures in promoting partnership working with service users.
Challenges

- Strategic level sign off for agreed care pathways across partner agencies
- How to deliver an integrated Children and Young People’s mental health care pathway to education in a climate of different priorities, demands; and the choices schools have to make
- Community Interface Model (CIM)—PMHWs in localities for some of their time, but also part of the local Specialist CAMHS access so that when young people with significant mental health needs are identified, they are addressed at the right time by staff with the appropriate skills
- Organising rotas and ensuring equity of service delivery to the different localities given the skills mix in the team requires flexibility and good team work
- Providing an integrated care pathway for CAMHS service users
- The current economic climate and funding pressures, there is 12.69 wte PMHW providing services to a children and young people population 0 to 18 years of over 250,000,
“Give a man a fish and you feed him for a day. Teach him how to fish and you feed him for a lifetime - Lao Tzu”
Thank You

- For references you can contact me

- Questions