

SPECIALIST CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

The Leicestershire Partnership NHS Trust is a teaching Trust linked to the Leicester Medical School. The Trust also provides teaching and training for General Practitioners.

1. Leicestershire Partnership NHS Trust

Leicestershire Partnership NHS Trust is a large specialist mental health and learning disabilities teaching Trust dedicated to the wellbeing, care and recovery of people with mental ill health. Established in 2002, the Trust employs more than 3,000 staff members to meet the needs of its service users.

The areas of Leicester, Leicestershire and Rutland are geographically and culturally diverse. The population base of around 1 million people has helped to support the commissioning and development of a comprehensive range of mental health services.

The Trust is currently preparing to submit an application for Foundation Trust status.

2. Specialist Child and Adolescent Mental health Service (CAMHS)

Specialist CAMHS is one part of the provision of Universal CAMHS which encompasses all the services provided by the local Authority, Education, Health and Voluntary sector. The Specialist CAMHS provides mental health service to children and adolescents up to 18 years of age with complex and severe mental health problems which cannot be provided at tier 1 and 2.

The management structure of Leicestershire Partnership Trust and CAMHS has been reorganised in line with the 2012 vision. CAMHS has become a separate directorate within the Care Services Directorate. Service Line Management model has been adopted for the various teams in the CAMHS where a Team Leader represents the team on the CAMHS Management team.

The new Management Team is in the process of implementing the recommendations of the review of the CAMHS which occurred in 2008. The Clinical Director of the Service provides the professional and strategic leadership for the service and works closely with the CAMHS General Manager who has managerial responsibility for CAMHS.

The long-term development strategy for CAMH services in Leicester, Leicestershire & Rutland is driven and supported by the Child & Young People's National Service Framework, and by the local CAMHS Partnership.

3. Outpatient teams

There are three generic and two specialist out-patient teams. The North and South County Teams and the City Team are generic and cover identified geographical sectors. The two

County Teams are based at the Valentine Centre in Leicester, while the City Team is located at Westcotes House, nearer the city centre. The Learning Disabilities Team provides a county-wide and city-wide service to children and adolescents with moderate to severe learning disabilities who are presenting additional complex or severe mental health needs. The Young People's Team has been developed to provide an overarching structure of mental health input to looked after and adopted children, young offenders and homeless families. In addition, a virtual Eating Disorders Team created from existing resources offering outpatient and inpatient assessment / treatment to children and young people suffering from a significant eating disorder is being piloted.

Two specialist ADHD clinics have been established in Leicester and Loughborough, to which outpatient clinicians can refer children diagnosed with ADHD who have been successfully established on specific treatment regime. There are close links with the local Psychosis, Early Intervention and Recovery Team, which accepts referrals of young people aged 14 and older in the early stages of a psychotic illness.

Leicestershire Partnership Trust CAMHS has developed a community-team based philosophy. These are multidisciplinary teams comprising Psychiatrists, Psychologists, Community Nurses, Occupational Therapists, with trainees of all disciplines attached when on placement. In addition, there is a Consultant Child Psychotherapist and part time Psychotherapist based in separate teams, but offering consultation service-wide; there is a Cognitive Behavioural Therapist post, and although this post is again based in one team, it is a service-wide resource; for many years Systemic Family Therapy has been well-established in CAMHS, but a Family Therapy Clinic has recently been established (from existing resources) to provide service-wide access to this therapeutic approach.

Since 1999, Leicester has been at the forefront of the development of Primary Mental Health Work in CAMHS and there are now PMHW's attached to each of the generic teams, providing continuity with and consultation to, our primary care referrers. The PMHW's also operate the 'CAMHS Advisory Service' for referrers, providing telephone access and advice.

Leicester CAMHS is also a popular placement for trainees from all professions, including Medical, Nursing, Occupational Therapy, Clinical Psychology and Child Psychotherapy, which makes for an active and vibrant training environment.

Although the main outpatient bases are at Westcotes House and the Valentine Centre, there are clinics throughout the county in a number of population centres such as Hinckley, Coalville, Melton Mowbray, Oakham and Market Harborough. The teams covering the Loughborough and Melton areas are based in new accommodation provided within Loughborough General Hospital, and St. Mary's Hospital respectively.

The NHS Leicester city provided LPT specialist CAMHS £250,000 for improving resources in the city which has resulted in the recruitment of 5 clinical staff. County PCT gave £120,000 resulting in 2 extra staff in county teams. Even with these recruitments the staffing levels within the outpatient teams are well below the national average. This needs attention as sustainability of service to continue providing a high quality service to all would become compromised without further investment of resources.

4. Children and Young people with Learning Disability

The Learning Disabilities Team provides for the mental health needs of children with moderate or severe learning disabilities, up to the school leaving-age for individuals with a Statement of Special Educational Needs, currently 19 years. The team comprises a Learning Disability Consultant, a Clinical Psychologist and specialist trained community nurses. The Team also succeeded in securing permanent funding for the Home Intervention Project in which trained nurses initiate and supervise short pieces of focused behavioural work within a

client's home, training carers as the 'therapist'. This has been consistently positively evaluated. The Learning disability service has a positive national reputation and has received visitors from many different services looking at the model of service delivery.

5. Young People's team

The Young People's Team has been developed to provide an overarching structure of mental health input to looked after and adopted children, young offenders and homeless families. The team comprises Community Psychiatry Nursing, Clinical Psychology, Primary Mental Health Work, Family Therapy and Psychiatry staff (Consultant Psychiatrist, Professor Vostanis and a Speciality Doctor). The remit and staffing of the team has expanded incrementally since its inception in 1999, and it is anticipated that further developments may occur as the 'Change for Children' agenda progresses. This is a very specialist provision which is not available in the many other areas.

6. Tanglewood Day Resource

Tanglewood is a purpose-built day resource for children up to 12, and their families. It functions as a tertiary referral unit for the outpatient teams and offers detailed assessment of children, independent of and within their family contexts; group work around specific issues such as social skills difficulties; ADHD; Communication problems; and multiple family interventions for attachment difficulties or behavioural management problems. In recent years the work of the unit has focused increasingly on addressing Attachment disorders and their behavioural sequelae, with a number of staff members having undertaken Theraplay Training.

7. Oakham House Adolescent Inpatient Unit

Oakham House currently has 8 contracted beds for young people under the age of 18. Four of these are allocated to planned admissions, two are available for acute admissions, and two are used for patients with eating disorders. Referrals to the Adolescent Service based at Oakham House come exclusively from the outpatient teams, located on the Westcotes House and Valentine Centre sites.

The Unit offers the possibility of 24 hour, 7-day / week care. The 7-day capacity has enabled the Unit to accept young people with more serious or acute mental health problems necessitating full-time admission.

8. Relationship with Paediatric services

There are no inpatient psychiatric beds for children under the age of 12 in Leicester, but where necessary, arrangements can be made with the Paediatricians at the Leicester Royal Infirmary, part of the University Hospitals Leicester (UHL) Trust. There is no formal Paediatric Liaison Service between CAMHS and Paediatrics, although the need for this has frequently been raised and individual clinicians in CAMHS have forged informal working relationships with Paediatricians around special interests. The Paediatric Neurology Service has also funded 2 sessions for Consultant and from a Clinical Psychologist from CAMHS. This will hopefully open the way for mutually beneficial developments between CAMHS and Paediatrics.

9. Academic Unit of Child Psychiatry – The Greenwood Institute

The Greenwood Institute houses the Academic Unit of Child & Adolescent Psychiatry, which is part of the University of Leicester. The present staffing includes a Clinical Professor (also part-time Consultant for the YPT); two Clinical Senior Lecturers (both placed part-time in the Leicester City O/P Team, together providing equivalent of a full-time Consultant input); one

Clinical Lecturer in Child Psychiatry; one non-clinical Lecturer in Psychology, and a Teaching Fellow in Inter-agency Child Mental Health training. The academic unit is committed to integrating the development of academic research and teaching activity, with the clinical needs of CAMHS. It has national recognition and substantive research funding to evaluate services for vulnerable children and young people over a number of projects. It is also frequently used in the evaluation of locally-commissioned, multiagency child mental health initiatives.

The Leicestershire Partnership Trust Academy is being established to enhance the clinical expertise within the organisation through improving training and helping clinicians get more involved in clinical research.

10. Multiagency working

Specialist CAMHS has a very good working relationship with the partner agencies and has encouraged collaborative working between different professionals from different organisations. Recently we have formalised some of these relationships with joint funding of posts together or providing staff to be seconded to other organisations. Leicester Education service is a Pathfinder service for targeted Mental Health in schools and Specialist CAMHS is working very closely with the project to make it a success. A similar project has been launched in the county as well. We have appointed a link worker to work together with Children's Hospital school to provide a more seamless service for the children attending Hospital school due to mental health difficulties. A post of specialist ADHD nurse has been established to work together with Specialist CAMHS and Community paediatric service for improving the quality of care being provided for children with ADHD. A successful pilot has been run for an infant mental health clinician to work closely with Sure Start. New proposals are being considered for further collaboration with other agencies. An open day was held recently to showcase the excellent work being done in CAMHS. It was attended by approximately 130 professionals from partner agencies and was evaluated as a very positive event.

The Specialist CAMHS is pleased to present itself to the Health Scrutiny Committee for detailed discussion. We are proud of the excellent service we deliver to the children, young people and their families and would like to continue working to improve our provision to make it more accessible, timelier and more inclusive. We would like to hear the committee's comments and advice on how we can continue to improve our services.

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