



Sheffield Child and Adolescent Mental Health Services (CAMHS)

Ruth Brown, Deputy Chief Executive / Dr Jeff Perring, Medical Director

Dr Shatha Shibib, Clinical Director

Presentation and discussion requested with...

- Joint Sheffield Children's, Sheffield CCG, NHSE and SCC Contract Management Board 20 Jan (Inpatient focus)
- Accountable Care Partnership Executive Delivery Group 21 January (Community focus)
- Children's Health and Well Being Transformation Board 22 January (Community focus)
- Accountable Care Partnership Board 24 January (Community focus)

1. Overview of services provided by Sheffield Children's
2. Demand and waiting times overview
3. Service Developments / Areas of good practice
4. Challenges
5. Questions and discussion
 - How can we work together to improve the mental health and emotional wellbeing for young people in Sheffield?
 - How can we ensure we intervene early to those who need it most?

Regional and national provision for 30 beds and 8 day places based at the Becton Centre, near Crystal Peaks

Sapphire Lodge

Inpatient unit for 14 – 18 year olds

Emerald Lodge

Inpatient unit for children and young people under age 14


Ruby Lodge

Inpatient unit for children and young people with a learning disability who are also experiencing mental health difficulties

Amber Lodge

Day unit for children and young people

Health Place of Safety (Section 136)



Mental Health
Provider
Collaborative



Integrated
Care System
South
Yorkshire &
Bassetlaw

Community CAMHS

2 sites across the city Beighton and Centenary House

Primary Mental Health

Part of mainstream CAMHS delivering a service into MAST and Door 43 (PMHW)

Learning Disabilities - (LD)

Sheffield Eating Disorders and Assessment Treatment Team (SEDATT)

(up to age 16 yr)

Multi-Agency Psychological Services for Looked After Children (MAPS)

Forensic - (F)

Sheffield Treatment and Recovery – (STAR)

Healthy Minds

Whole school approach to emotional health and wellbeing

- Multidisciplinary Team - 100 WTE, 147 headcount
- Range of professions including:
 - Nurses
 - Psychiatrists
 - Psychologists
 - Mental Health Practitioners
 - Family Therapists
 - Art Therapists
 - Psychotherapists
 - Psychological Well-Being Practitioners
- Based across the city
- Electronic Patient Record System used – TPP SystemOne

Referrals accepted from	GPs 33 Healthy Minds Schools Educational Psychologists Paediatricians Health Visitors School Nurses
Referrals through Single Point of Access, screened daily	Average 350 per month received 72% accepted, the remaining signposted
Consultation & Advice calls	Accepted from any professional in relation to concern for a young person. Potential referrals also discussed
First assessment appointments	Average 250 appointments a month
Current Service Caseload (including YP on waiting list)	2540
Discharges	Average 140 a month

The treatment offer is split into the following areas:

Assessment of mental health & risk

Treatment of major mental health disorders

Attachment & Trauma work

Family therapy & Psychotherapy

Neurodevelopmental Assessment

ADHD Treatment

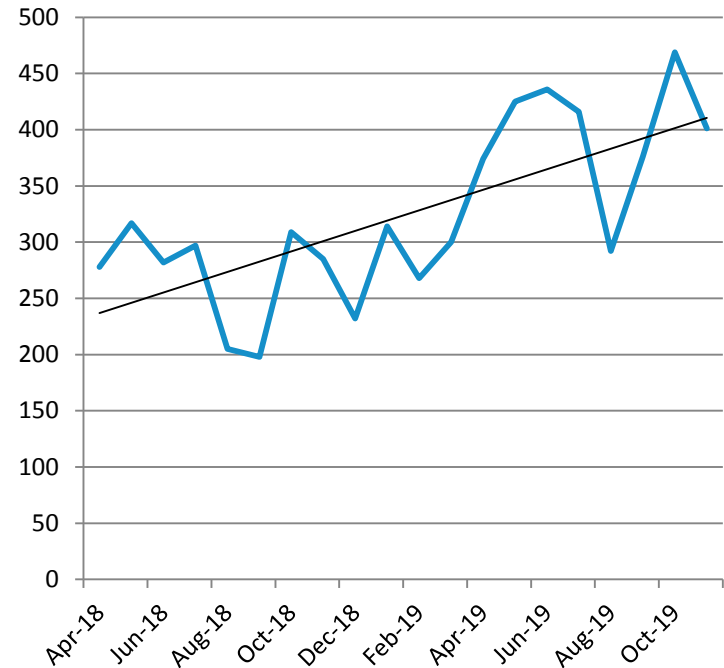
ASD Follow up & support

- Acuity has increased eg deliberate self harm and suicidal ideation
- All patients are screened to assess level of urgency

Comparing 18/19 to 19/20

- 46% increase in demand
- 60% increase in referrals accepted

Referrals Received



- If a patient is clinically urgent and high risk, seen within 2 weeks
- 73% of patients are seen within 18 weeks for a first assessment
- The number of C&YP waiting for a first appointment is 685
- The longest wait for first appointment is 37 weeks
- 64% also start treatment within 18 weeks
- Active waiting list management takes place weekly
- Written information shared with patients & family on how to access any further help whilst waiting for an appointment

- Healthy Minds
- Emotional Wellbeing Practitioners
- Psychological Wellbeing Practitioners
- Development of STAR
- Transitions Lead, Joint Protocol and Clinics with AMHS
- Safety Nets
- Peer mentoring – ChilyPep
- Primary Mental Health input to Door 43

- Joint Psychiatric & Paediatric clinic and Psychiatrist for the most complex young people
- Mental health support to Children & young people with physical health conditions at acute site
- Secure Stairs implementation in Aldine House
- Regional provision for FCAMHS
- Mental health in reach to Gibson House
- Joint working with eating disorder providers – all age pathway
- Multi-agency training offer from CAMHS
- Joint work with the Aspire Hub and Fostering Services using Psychology input



ChilyPep is a nationally registered youth empowerment charity based in Sheffield, working to empower and improve the lives of children and young people

ChilyPep and CAMHS working together:

- Staff Participation and Culture Training
- Peer Mentoring Project in Community CAMHS
- Young Person representation in recruitment processes
- Patient Journey Pathway Involvement
- Individual Young Person consultation with ChilyPep

Increasing demand

Increasing clinical risk

Crisis Service Offer (Regulation 28)

Recruitment and retaining workforce

Early Intervention Offer

All Age Mental Health Services / Transition

Pressure on system wide services

- How can we work together to improve the mental health and emotional wellbeing for young people in Sheffield?
- How can we ensure we intervene early to those who need it most?

Thank you

For further information or continued discussion contact

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- Ruth Brown, Deputy CEO ruth.brown25@nhs.net
- Dr Shatha Shibib, Clinical Director shatha.shibib@nhs.net
- David Pullen-Higham, Associate Director Mental Health
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1. Mental health disorders

- Initial 6 session pathway, this offer includes both CBT informed work and Systemically informed work
- Each YP has an Anxiety and Depression Scale, sets goals for treatment and at each session. A Social Responsiveness Scale and Outcome Rating Scale are also used to track the progress of the therapy. A psychiatric assessment may be required
- If more specialist work is indicated the client can be transferred to any of our specialist pathways, e.g.
 - Interpersonal Therapy (depression) - 14 sessions
 - CBT (anxiety)- 14 sessions
 - Psychotherapy - up to 44 sessions
 - Art Psychotherapy - 22 sessions
 - Pharmacological treatment & follow up

2. Trauma

- Trauma focused CBT - 14 sessions
- Eye Movement Desensitisation and Reprocessing (EMDR) - 10 sessions
- Pharmacological treatment

3. Attachment Difficulties

- 6 session work prepares families for the attachment work
- Referral to the Fostering Attachment Group for foster carers and adopters - 22 week programme
- Referral option to the Space to Think group for birth families or kinship care - 10 week programme
- Further work offer theraplay (22 sessions), dyadic art therapy (22 sessions) or attachment focused family therapy work (22 sessions)

4. Neurodevelopmental Assessment

- 7 session assessment model – including school observation, feedback and education. Triage includes a developmental history, Social Communication questionnaire and Connors if indicated as well as a school SDQ
- Follow up clinic if diagnosed with ASD for ASD support and follow up
- Co existing mental health conditions reviewed and managed

5. ASD Follow up & Treatment

- Follow up clinic if diagnosed with ASD for ASD support and follow up
- Co existing mental health conditions reviewed and managed

6. ADHD Follow up & Treatment

- Appointment for ADHD medication to be started
- Physical Health examination and fitness to prescribe is completed
- Referrals to the ADHD behaviour management course
- Medication titrated - once stable and treatment optimised offered an appointment every 3- 6 months - shared protocol with GP's