



1. Keeping Children and Young People in Mind

The Government's Full Response to the Independent Review of CAMHS (Department of Health and Department for Children Schools and Families, January 2010)

2. Fair Society, Healthy Lives: The Marmot Review

1. Keeping Children and Young People in Mind

Background to the report

In 2007, the Government commissioned an **independent review of Child and Adolescent Mental Health Services (CAMHS)**. The review reported in 2008, and it found that whilst some local CAMHS services had made progress in recent years, more could be done to improve their consistency, accessibility and suitability. The review made 20 recommendations and a National Advisory Council was set up to hold the government to account on their delivery.

'**Keeping Children and Young People in Mind**' is the government's full response to the Review's recommendations.

What did the CAMHS review tell us?

Professionals wanted clarity about how they can work effectively together, so that everyone in the children's workforce knows where to turn when a child or young person has an emotional wellbeing or mental health need. They also wanted to know what support was on offer from regional and national government.

Children, young people and families said they wanted:

- clear information, access to suitable and accessible services, and to receive high-quality support at the time when they need it
- to be listened to and to receive personal care and attention
- to know where to turn when they need help.

The Government response to the review's 20 recommendations includes:

1. Commitments to high-quality services that all children and young people will receive
2. A description of effective services central government expect all local areas to be working towards, and how regional government can support this
3. A package of support from the Government to help local areas deliver these effective services.

The report also clarifies government's idea of what good services deliver.

Relevant Government commitments

- Personal, social, health and economic (PSHE) education will be made compulsory in schools from September 2011, subject to the passage of legislation.
- Children's Trust Boards must ensure clear arrangements are in place for early intervention through their children and young people's plan.
- By April 2010, young people under 18 receiving specialist mental health services will be treated in an environment which is suitable, having regard to their age subject to their needs.
- Young people under 16 years old will not be placed on an adult ward when receiving specialist mental health services.
- Statutory guidance will require local authorities and PCTs to provide

dedicated CAMHS for looked-after children where there is an identified local need.

What the report says about the government's commitment to supporting psychological therapies

Evidence shows that adults benefit from improved access to psychological therapy and that this can help them feel better and get back into work or remain in their job. An Improving Access to Psychological Therapies (IAPT) programme has been established by Adult Mental Health Services, with the aim of supporting Primary Care Trusts (PCTs) in implementing the National Institute for Health and Clinical Excellence (NICE) guidelines. As part of this programme, IAPT pathfinders were set up in 2007 to explore how a range of specific groups can access services.

Drawing on lessons learned from the pathfinders, the Department of Health is working with the NHS to determine how best to support PCTs in improving quality and levels of access to evidence-based psychological therapies across the CAMHS network. As part of this work it will:

- consider commissioning an independent research study
- collect data to assess the capacity and structure of training in evidence-based psychological therapies
- create plans for the development of guidance and other tools.

A description of effective universal, targeted and specialist services includes:

Universal services: promoting emotional wellbeing offer:

- the provision of information and advice for parents
- delivery of effective antenatal and postnatal services, health services, children's centres and childcare and early years providers for 0 to 5-year-olds
- delivery of the Healthy Child programme 5-19, with health settings meeting the You're Welcome criteria

- a comprehensive, whole school approach to children's social and emotional wellbeing
- to ensure that the wider children's workforce understands how to promote emotional wellbeing, and to respond to mental health needs.

Targeted services: early intervention for vulnerable children and young people, including:

- parenting support for those that need it and targeted help for families at risk
- the early identification of needs and effective access to support, including identifying those at-risk using the Common Assessment Framework
- vulnerable groups should receive appropriate support and access to information and advice
- a timely and co-ordinated response when a child or young person has a range of needs
- mainstream practitioners able to access the help they need from experts
- providing effective targeted services for children and young people:
- the Targeted Mental Health in Schools programme
- supporting looked after children and those in contact with the youth justice system.

Specialist services: high-quality mental health provision is vital, including:

- accessible services offered in locations and in ways that children and young people want
- personalised, age-appropriate and joined-up services, where services integrate around children and young people's needs
- effective transitions to adult services, ensuring children and young people are effectively prepared and have the information they need
- services which are based on the best available evidence, using individual and service-level measures of effective outcomes
- teaching, training, liaison and consultation with staff in universal services are embedded in the delivery of specialist services.

A focus on the YIACS model

In the DCSF's Promoting the Emotional Health of Children and Young People (published January 2010) Chapter 5 focuses on the importance of young people's emotional health in their personal and social development and lists key areas of service provision where the evidence has been shown to be effective in the area of young people's emotional development. Service examples cited in the table include YIACS and a case study example from No Limits (a Youth Access member agency) which highlights the provision of integrated

information, advice and counselling to young people.

Please see the extracts below, from the report's tables and case studies:

The table lists the key areas of service provision which the evidence has shown to be effective particularly with 16 to 19s (column 1). It then makes suggestions (in columns 2, 3 and 4) for how this might be translated into practice.

Theme and evidence (see Annex A)	Aspiration	What this might look like in practice	Delivery vehicles
4) Access to advice and support	Young people have access to information and advice	Access to information and advice from other services (including adult mental health services) to address range of risk factors	Youth information, advice and counselling services (YIACS) College counselling services Youth workers Connexions Connexions Direct FRANK Other online/helpline services

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Theme and evidence (see Annex A)	Aspiration	What this might look like in practice	Delivery vehicles
	<p>Young people at particular risk of experiencing emotional health problems are identified and have access to support from relevant practitioners, including those with mental health expertise where therapeutic support is required</p> <p>This support is co-ordinated with any other services being delivered to the young person</p>	<p>Action to identify at-risk young people, in universal settings and on an outreach basis</p> <p>Referral mechanisms and care pathways in place to facilitate access to targeted and specialist support where necessary</p> <p>A timely and co-ordinated response when a young person has emotional health needs</p> <p>Provision of appropriate mental health support</p> <p>A planned transition to adult services where necessary</p>	<p>College pastoral support systems</p> <p>HCP team</p> <p>CAMHS interventions via TaMHS, HCP team or other targeted services (e.g. for looked after children)</p> <p>Integrated working via targeted youth support (in particular CAMHS/adult services involvement), using:</p> <ul style="list-style-type: none"> – CAF – lead professional <p>Workforce development programmes – e.g. around integrated working and associated tools for needs identification and early intervention</p> <p>Transition planning services involving health, education and social care</p>

Case study: Providing integrated information, advice and counselling to young people

No Limits is a youth information, advice and counselling service in Southampton which has been running since 1993. It was developed as a multi-agency initiative and currently receives funding from the PCT, CAMHS, a variety of charitable trusts and Southampton City Council. It offers a range of services for young people delivered from three centres across the city centre, as well as eleven satellite services in a variety of settings including schools and further education colleges. It is open six days a week, with additional access for counselling appointments and groups.

In addition to short and long-term counselling using a solution-focused approach, No Limits provides a tier 2 and 3 substance misuse service; sexual health information and advice; support workers for young people who are homeless or who have housing issues; access to targeted youth groups for young people with mental health issues and access to specialist staff in other agencies such as a contraception and sexual health clinic; a homeless health care nurse and the local authority housing department.

No Limits has 15 counsellors, 13 of whom are volunteers. Of these, 11 are qualified to diploma level and four are working towards a diploma. There is a part-time mental health link worker funded by CAMHS, who also works within a local adolescent mental health service. This helps to link the statutory and voluntary sector together.

A youth group called Teen Safe House is run for young people aged 13 to 18 who need support and may have mental health issues. This group enjoys the support of many local agencies including CAMHS, MIND and Rethink as well as the social care and youth support services.

No Limits sees its strengths as being the ability to offer practical help alongside advice and counselling, as well the structures which have been established which enable the voluntary and statutory services to work better together. The range of services using the No Limits' premises (for example the substance misuse service and the housing support workers) means that referrals can be made very smoothly. The service is highly rated by the young people who use it, in particular because they feel listened to and welcome the fact that it is confidential.

Extracted from *Commissioning Counselling Services for Young People: A guide for commissioners, Youth Access, 2008.*

From *Promoting the Emotional Health of Children and Young People*:

<http://publications.teachernet.gov.uk/default.aspx?PageFunction=productdetails&PageMode=publications&ProductId=DCSF-01125-2009&>

The Government's proposal for how their commitments will be implemented include:

A package of national support to support frontline staff and commissioners:

- new guidance on supporting the emotional health of children and young people, and on the commissioning of local services
- communications materials setting out what the government's response to CAMHS review will mean for practitioners
- the roll-out of the £60 million Targeted Mental Health in Schools programme
- the allocation of approximately £58 million to support the co-location of services incorporating mental health provision
- a programme to support the workforce, including new support in relation to children with learning disabilities and those at risk of self-harming.

Please follow this link to read Youth Access' response to the CAMHS review

<http://www.youthaccess.org.uk/news/upload/CAMHS-Review-08.doc>

Link to New Horizons – towards a shared vision for mental health

Both the DCSF and the DH point readers to their response to the CAMHS review, and highlight the actions they have set out in the report. The government makes a commitment to progress New Horizons' hopes using the approaches and service specification identified above in their response.

Read Youth Access's response to this report:

<http://www.youthaccess.org.uk/news/upload/FinalFeedbackHorizonsConsultationfromYouthAccess.pdf>

2 Fair Society, Healthy Lives: The Marmot Review

In November 2008, Professor Sir Michael Marmot was asked by the Secretary of State for Health to chair an independent review to propose the most effective evidence-based strategies for reducing health inequalities in England from 2010. The strategy will include policies and interventions that address the social determinants of health inequalities.

The report concluded that in order to reduce health inequalities there was a need to take action in 6 areas. Those highlighted here include action on policy objectives to:

- enable all children and young people to maximise their capabilities and have control over their lives
- strengthen the role and impact of ill health prevention.

Actions on the policy objective to enable all children and young people to maximise their capabilities and have control over their lives include:

- developing the workforce to build their skills in working across school-home boundaries and addressing social and emotional development, physical and mental health and well-being
- providing easily accessible support and advice for 16-25 year olds on life skills, training and employment opportunities.

For those who leave school at 16, further support is vital in the form of skills development for work and training, management of relationships; and advice on substance misuse, debt, continuing education, housing concerns and pregnancy and parenting. Such training and support should be developed and located in every community, designed specifically for this age group.

Actions on the policy objective to strengthen the role and impact of ill health prevention include more spending on prevention.

At present only 4 per cent of NHS funding is spent on prevention. Yet, the evidence shows that partnership working between primary care, local authorities and the third sector to deliver effective universal and targeted preventive interventions can bring important benefits.

On the role of the third sector Marmot argues that:

- local Strategic Partners should engage the third sector in a systematic way to maximise the potential in engaging and tapping into local communities, and supporting and fostering individual and collective empowerment and capacity-building to contribute to the development of civic participation
- the diversity of the sector needs to be fostered and supported, acknowledging the contribution it can make in engagement, participation and community services in addressing health inequalities
- issues of sustainable funding need to be addressed as part of the compact between statutory partners and the third sector.

For the full report and executive summary go to this link:

<http://www.ucl.ac.uk/gheg/marmotreview/FairSocietyHealthyLives>