

# Dorset Health Scrutiny Committee

**Dorset County Council**



Date of Meeting	8 March 2018
Officer	Helen Coombes, Transformation Programme Lead for the Adult and Community Services Forward Together Programme
Subject of Report	<b>Mental Health Support for Children and Young People: Inquiry Day – Scoping document</b>
Executive Summary	<p>In November 2017 Dorset Health Scrutiny Committee agreed that, as part of its annual work programme, it would undertake a review of Child and Adolescent Mental Health Services (CAMHS). Following discussion with colleagues in Children’s Services, the Clinical Commissioning Group and HealthWatch Dorset, it is proposed that the focus is widened, to incorporate lower level support and services. The purpose of the review would be:</p> <ul style="list-style-type: none"><li>• To look at the provision of and access to support and services for children and young people with mental health needs in Dorset, across the spectrum of need;</li><li>• To review the progress and impact of the Local Transformation Plan for Children and Young People’s Emotional Wellbeing and Mental Health (presented to Dorset Health Scrutiny Committee in June 2016 and refreshed in October 2016).</li></ul> <p>The attached scoping document (Appendix 1) sets out the rationale behind the review and the suggested approach to be taken. An Inquiry Day to inform the review is being planned and will take place on Monday 21 May. Initial invitations have been sent to key participants and further invitations will be circulated once a final list has been drawn up.</p> <p>Members are asked to consider the scoping document and contribute to the planning of the Inquiry Day, the outcome of which will form the basis of a report to the Committee on 13 June 2018.</p>

MH Support for Children & Young People: Inquiry Day – Scoping report

Impact Assessment:	<p>Equalities Impact Assessment: The proposed Inquiry Day would address issues of inequality with regard to access to services and support.</p>
	<p>Use of Evidence: Previous report to Health Scrutiny Committee, 7 June 2016 (see Background Papers).</p> <p>Review of children and young people’s mental health services: Phase one report, Care Quality Commission, October 2017: <a href="http://www.cqc.org.uk/news/releases/cqc-completes-initial-review-mental-health-services-children-young-people">http://www.cqc.org.uk/news/releases/cqc-completes-initial-review-mental-health-services-children-young-people</a></p>
	<p>Budget: Not applicable.</p>
	<p>Risk Assessment: Current Risk: LOW Residual Risk: LOW</p>
	<p>Other Implications: None.</p>
Recommendation	<p>1 That members consider and comment on the scoping document for the Inquiry Day regarding support and services for children and young people with mental health needs in Dorset;</p> <p>2 That members support the Inquiry Day and commit to attend on 21 May 2018.</p>
Reason for Recommendation	<p>The Committee supports the County Council’s aim to help Dorset’s citizens to remain safe, healthy and independent.</p>
Appendices	<p>1 Scrutiny Review – Planning and Scoping Document: Mental Health Support for Children and Young People</p> <p>2 Minute from Dorset Health Scrutiny Committee, 7 June 2016</p>
Background Papers	<p>Committee papers – Dorset Health Scrutiny Committee, 7 June 2016 (see agenda item 21): <a href="#">Report to DHSC re CAMHS - 7 June 2016</a></p>
Officer Contact	<p>Name: Ann Harris, Health Partnerships Officer, DCC Tel: 01305 224388 Email: a.p.harris@dorsetcc.gov.uk</p>

**Helen Coombes,**

Transformation Programme Lead for the Adult and Community Services Forward Together Programme

March 2018

## **Scrutiny Review - Planning & Scoping Document**

### **Mental Health Support for Children and Young People**

<p><b>What is the Purpose of the Review?</b></p> <ul style="list-style-type: none"> <li>• <i>Specify exactly which Outcome(s) the review is examining?</i></li> <li>• <i>Also being clear what the review is <u>not</u> looking at</i></li> <li>• <i>What is the Scrutiny Review seeking to achieve?</i></li> <li>• <i>Where possible refer to VFM issues of service cost, service performance and/or customer satisfaction.</i></li> </ul>	<p>The purpose of the review would be:</p> <ul style="list-style-type: none"> <li>• To look at the provision of and access to support and services for children and young people with mental health needs in Dorset, across the spectrum of need;</li> <li>• To review the progress and impact of the Local Transformation Plan for Children and Young People’s Emotional Wellbeing and Mental Health (presented to Dorset Health Scrutiny Committee in June 2016 and refreshed in October 2016).</li> </ul> <p>This links to the Corporate Plan outcomes around supporting Dorset’s residents to be safe and healthy, and the desired outcome to reduce the prevalence of mental health conditions.</p> <p>The review will look at issues which were of concern to the Health Scrutiny Committee in June 2016 (see minutes at Appendix 2), particularly timely access to CAMHS support, an increase in referrals and an increase in the number of young people denied treatment. However, there will also be a focus on wider support for emotional wellbeing and mental health, including that provided by community groups, youth services and schools.</p> <p>The review will be in the format of a ‘Select Committee’: an Inquiry Day at which a range of stakeholders will have the opportunity to respond to presentations and ask questions.</p>
<p><b>What are the Criteria for Selection?</b></p> <ul style="list-style-type: none"> <li>• <i>Why has this particular topic been considered to be a priority issue for scrutiny?</i></li> <li>• <i>Which of the principle criteria promoted by the Centre for Public Scrutiny does it satisfy?</i></li> </ul>	<p>This review has been selected because it reflects national and local concerns about the availability of CAMHS. In addition, it supports the Dorset Sustainability and Transformation Plan’s theme of prevention, in that early access to support for emotional and mental health support can reduce or eliminate the progression of mental illness.</p> <p>The development of the Local Transformation Plan for Children and Young People’s Emotional Wellbeing and Mental Health was undertaken by NHS Dorset CCG in partnership with Bournemouth, Dorset and Poole Councils, Public Health Dorset and a wide range of other stakeholders, including NHS providers, the voluntary and community sector, schools and the public. The refresh of this document in October 2016 sets out what had been achieved by that time and the on-going plans for service improvements.</p> <p>A review of progress will highlight areas of success and areas for further development. The role of the County Council with regard to Children’s Services (social care, schools and youth services in particular) can be considered, recognising the importance of integrated services and joint approaches.</p>

<p><b>What are the Indicators of Success?</b></p> <ul style="list-style-type: none"> <li>• <i>What factors / outcomes will demonstrate that this Scrutiny Review has been a success?</i></li> </ul>	<p>The review will provide an opportunity for stakeholders to share their experiences and expertise, with a view to making recommendations for any improvements to services that might be required.</p> <p>The outcome of the review should contribute to work being led by NHS Dorset CCG, in conjunction with partner organisations.</p>
<p><b>What Methodology / Approach is to be followed?</b></p> <ul style="list-style-type: none"> <li>• <i>What types of enquiry will be used to gather evidence.</i></li> </ul> <p><i>Following a structured and proportionate review process, which is likely to involve the active consideration of evidence, direct representation(s), a review of financial, performance and risk data to arrive at an objective opinion against some Key Lines of Enquiry;</i></p>	<p>The review will be in the format of a ‘Select Committee’: an Inquiry Day at which a wide range of stakeholders will have the opportunity to respond to presentations and ask questions.</p> <p>Key evidence about the prevalence of mental health problems amongst young people, and performance and financial data about service provision will be provided on the day. In addition, attendees will have the opportunity to display information about the support and services they provide.</p> <p>The stakeholders who will be invited will fall into the following groups:</p> <ul style="list-style-type: none"> <li>• Young people and their carers affected by mental health issues and Healthwatch/user representatives;</li> <li>• Front-line practitioners who support those young people and their carers/families;</li> <li>• Strategic leads who are responsible for the over-arching approach taken in supporting young people and their carers/families;</li> <li>• Commissioners and providers who are responsible for the planning, sourcing and provision of support to children and young people with mental health needs (from both the statutory and voluntary and community sector).</li> </ul> <p>The supporting Key Lines of Enquiry are:</p> <ul style="list-style-type: none"> <li>- <i>If we do nothing where is the trend heading, is this OK?</i></li> <li>- <i>What’s helping and hindering the trend?</i></li> <li>- <i>Are services making a difference?</i></li> <li>- <i>Are they providing Value for Money?</i></li> <li>- <i>What additional information / research do we need?</i></li> <li>- <i>Who are the key partners we need to be working with?</i></li> <li>- <i>What could work to turn the trend in the right direction?</i></li> <li>- <i>What is the Council’s and Members role and specific contribution?</i></li> </ul>
<p><b>What specific resources &amp; budget requirements are there?</b></p> <p><i>What support is required for the review exercise?</i></p> <ul style="list-style-type: none"> <li>• <i>specialist staff</i></li> <li>• <i>any external support</i></li> <li>• <i>site visits</i></li> <li>• <i>consultation</i></li> </ul>	<p>As far as possible costs will be absorbed in-house:</p> <p>The Inquiry Day will be hosted by Dorset County Council, with key input from NHS Dorset CCG, Dorset HealthCare University NHS Foundation Trust, Dorset County Council Children’s Services and Healthwatch Dorset.</p> <p>The venue will be the Dorford Centre in Dorchester.</p> <p>Supporting materials will be sourced from the CCG and DCC.</p>

<ul style="list-style-type: none"> <li>• <i>research</i></li> </ul>	<p>Members may wish to consider whether the County Council is able to provide a working lunch for participants and travel expenses for service users and carers who appear before the panel.</p>
<p><b>Are any Corporate Risks associated with this Review?</b> <i>Identify any weaknesses and barriers to success</i></p>	<p>Although there are no direct corporate risks, the Children's Services Risk Register includes the following:</p> <ul style="list-style-type: none"> <li>• <i>Failure to keep children safe that are known to or in the care of Dorset County Council</i></li> </ul>
<p><b>Who will receive the review conclusions and any resultant recommendations?</b></p>	<ul style="list-style-type: none"> <li>• Dorset Health Scrutiny Committee;</li> <li>• Safeguarding Overview and Scrutiny Committee;</li> <li>• People and Communities Overview and Scrutiny Committee;</li> <li>• Dorset Health and Wellbeing Board;</li> <li>• Strategic Alliance for Children and Young People;</li> <li>• Partner organisations, including NHS Dorset CCG, Dorset HealthCare University NHS Foundation Trust;</li> <li>• All attendees.</li> </ul>
<p><b>What is the Review Timescale?</b></p> <ul style="list-style-type: none"> <li>• <i>Identify key meeting dates and any deadlines for reports or decisions.</i></li> </ul>	<ul style="list-style-type: none"> <li>• Inquiry Day to be held in May 2018;</li> <li>• Report to Dorset Health Scrutiny Committee on 15 June 2018;</li> <li>• Report to be circulated to stakeholders after 15 June, with any recommendations;</li> <li>• Update on progress to Dorset Health Scrutiny Committee in March 2019.</li> </ul>
<p><b>Who will lead the Review Exercise?</b></p> <ul style="list-style-type: none"> <li>• <i>Identify a nominated:</i> - <i>Elected Member</i> - <i>Lead Officer</i></li> </ul>	<p>Lead Member: TBC</p> <p>Lead Officers:</p> <ul style="list-style-type: none"> <li>• Ann Harris, Dorset County Council Adult &amp; Community Services;</li> <li>• Claire Shiels, Dorset County Council Children's Services;</li> <li>• Elaine Hurl, NHS Dorset CCG;</li> <li>• Louise Bate, Engagement and Communications Lead, Healthwatch Dorset.</li> </ul>
<p><b>Media Interest / Publicity</b></p> <ul style="list-style-type: none"> <li>• <i>Communications Plan</i></li> <li>• <i>Do we need to publicise the review to encourage community involvement?</i></li> <li>• <i>What sort of media coverage do we want? (e.g. Fliers, leaflets, radio broadcast, press release, etc.)</i></li> </ul>	<p>It is not the intention that the Inquiry Day will be open to the general public, only to key stakeholders and an invited audience. Communications will therefore be limited appropriately.</p> <p>The report collating the outcomes and recommendations arising from the event will be presented at Health Scrutiny Committee, which is a public meeting to which the press may attend.</p>
<p><b>Completed by:</b> Date:</p>	<p>Ann Harris, Health Partnerships Officer, Dorset County Council Adult &amp; Community Services, January 2018</p>
<p><b>Approved by Scrutiny Committee</b> Date:</p>	<p>Dorset Health Scrutiny Committee, March 2018</p>

**Appendix 2: Minute from Dorset Health Scrutiny Committee, 7 June 2016**

21. [Child and Adolescent Mental Health Services](#) PDF 401 KB

To consider a report by the Director of Service Delivery, NHS Dorset CCG and the Director for Children's Services, Dorset County Council.

**Minutes:**

The Committee considered a joint report by the Director of Service Delivery, NHS Dorset Clinical Commissioning Group and the Director for Children's Services, Dorset County Council. The report outlined the service context for the provision of child and adolescent mental health services (CAMHS), focusing on the performance, particularly around access and waiting times. Improvements had been made in these areas as a result of the range of actions undertaken by the commissioners and providers. However, it was recognised that it was still an area of concern.

The report outlined areas of additional investment in Emotional Wellbeing and Mental Health through the submission of a transformation plan to NHS England on behalf of local partnerships. The report also outlined progress on the development of a new Emotional Wellbeing and Mental Health Strategy for children and young people. Public consultation on the strategy had been completed in May 2016, and the feedback received was now being analysed. An implementation plan would be published in September 2016.

Some concerns were raised by members regarding the increase in referrals and the increased number of patients being denied treatment. The Committee were reassured that increases were a reflection of what was happening nationally. Dorset's number was below average compared other parts of the Country.

It was noted that historically, a large number of cases had not been identified as soon as they should have been. Officers explained that various different work streams had been undertaken with schools and teaching staff in an attempt to up-skill educational professionals to enable them to identify mental health issues in young people. This would help increase awareness and allow access to treatment at a much earlier stage. It was suggested that the recent review of youth services and changes being made to how Youth Workers delivered services would provide an opportunity to help recognise and prevent mental health issues at an early stage.

The committee felt that there were possible concerns arising over the effect of certain aspects of modern life and believed that the restructuring of youth services had a very important part to play. The Committee suggested that the matter be passed to the appropriate overview committee for consideration on a future agenda. Officers informed the Committee that work in this area had already been undertaken, and would be included as part of the relevant overview and scrutiny committee's work programme in the future.