

Children and Young People Committee

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North Wales and North Powys Tier 3 Community Based Adult and Transitional Eating Disorder Service

In response to the WAG policy guidance "Eating disorders - A Framework for Wales" a proposal has been submitted for a new service proposal that aims to provide a Tier 3 community based adult and transitional eating disorder for those living in the Betsi Cadwaladr University Health Board area and North Powys area, the latter to reduce out of county Tier 4 admissions.

North Wales and North Powys do not have any dedicated service provision for a condition that carries one of the highest mortality rates of any mental health issue - anorexia nervosa. Although Tier 2 service provision is available for patients, it is not systematically co-ordinated and specific auditable service standards have not been established. Primary care liaison with higher tiers of service also remains patchy. For the 3 years prior to 2008, out of area costs for specialist in-patient care amounts to approximately £300,000 per annum. The use of out of area Tier 4 placements has been made more likely in the absence of Tier 3 provision

The NPHS Eating Disorders Framework for Wales (January 2009) document predicted that there are likely to be approximately 27 patients who have to be provided for out of county for Tier 4 services, 101 patients held in a Tier 3 service and 162 held in Tier 2 CMHT care in the North Wales area (not including North Powys). Published audit data from Gloucester and Aberdeen services for Tier 3 services suggest that a Tier 3 service for a population the size of North Wales may expect to have approximately 150 referrals per annum (this includes 40-50 cases of anorexia nervosa, the others being bulimia nervosa and atypical cases). The Gwent Eating Disorder project (with a population of approximately 75% of the North Wales LHB) received 32 Tier 3 case referrals. Service planning in North Wales and North Powys has to take account of geography: distances are very considerable indeed.

The full proposal and preferred option involves the early provision of a Tier 3 clinical team who would help to build up capacity in Tier 2 and Tier service and act as a gatekeeper for out-of-area Tier 4 placements. The proposal is comprised of:

A Tier 3 core clinical team to provide direct treatment interventions for high risk complex patients, provide advice, consultation and training to other parts of the mental health workforce, devise referral and transfer protocols, oversee the development of a workforce planning strategy, provide in-reach and support for in-patient unit staff and provide specialist risk assessments (psychiatric and nutritional). The team would also manage Tier 4 referrals via an IPC mechanism.

The Tier 3 team would co-ordinate a Tier 1/2 eating disorder clinical network. The Tier 3 staff would convene regular meetings with nominated individuals from each of the 16 CMHTs who would take their team's lead for eating disorders. Protocols for this function have been devised from the pilot work in Gwent. These Tier 2 Eating Disorder leads will develop knowledge, skills and confidence in working with patients with eating disorders, gather relevant statistics (e.g. for a case register) and be supported by the Tier 3 staff to devise formulation based care plans for low and medium risk patients. In parallel the core team specialist dietician will develop a dietetic network across the Betsi Cadwaladr University Health Board and North Powys divisions. The steering group / network will focus on core governance issues: devising training events, establishing supervision mechanisms, putting in place risk assessment and transfer protocols

Ultimately local in patient service provision will be consolidated in one unit where staff skills e.g. nursing, OT and medic can be developed to enable admission for refeeding and psychiatric purposes

A Consultant Physician with special interest in medical issues relevant to eating disorder management will be required for clinical review of patients and to provide specialist medical advice for the psychiatrist and GP's if required

A Consultant CAMHS Eating Disorder Specialist Psychiatrist will lead on the CAMHS / Transitional element of the service.

Further detail on the capacity and management issues raised for in-patient and residential services relating to inappropriately placing children and young people on adult wards and note the developments on adolescent mental health services for young offenders, both in secure units and in the community

Mid and West Wales

The Directorate for Children's Health and Social Services has secured a further allocation of recurrent funds for Specialist CAMHS for the financial year 2009-10. This new allocation of £360K is to support NHS Wales in developing Specialist CAMHS to enable it to

Meet the requirements of section 31 of the Mental Health Act 1983 (as amended by the Mental Health Act 2007) for providing age appropriate accommodation for children and young people by the 1st April 2010.

Provide a comprehensive forensic CAMHS by creating new very specialist teams at Tier 3 by the 31st March 2011.

Provide Specialist CAMHS to all 16 and 17 year old young people by the 31st March 2012.

Phase 1, 2009 - October 2010

Plan service developments to create a continuum of the NHS components of forensic CAMHS by beginning to develop new teams that

are capable of delivering the functions of Tier 3 according to the Assembly Government's model such that the teams are in place by no later than 31st March 2011.

Each Health Board that delivers Specialist CAMHS to work in association with its local authority partners to provide to the Welsh Assembly Government, by 31st October 2010, a plan for how each will provide Specialist CAMHS for all children and young people who are aged up to and including 17 years i.e. up to their 18th birthday, by the 31st March 2012.

Phase 2, 2010 - 2012

Consolidate and monitor the impact of their work on achieving the requirements of section 31 of the amended Mental Health Act 1983.

Continue to take forward local service developments so as to create new teams within the NHS Wales that are capable of delivering the NHS function of Tier 3 forensic CAMHS according to the Welsh Assembly Government's model by March 31 2011.

Assist each Health Board that deliver Specialist CAMHS to work in association with its local authority partners to extend the role of Specialist CAMHS such that they are available to all children and young people who are aged up to and including 17 years by 31st March 2012 by implementing plans after each has been agreed with the Assembly Government.

The Assembly Government will assist NHS Wales with the financial implications of each of these three areas of service development. The Mid and West Wales Specialist CAMHS Planning Network has been allocated £360k, which in the current financial year the sum will be used to assist the three Health Boards to achieve the four tasks that comprise phase 1.

The Assembly Government intend that this sum of money should become recurrent from April 2010 and that from that date they be allocated to, developing forensic CAMHS at Tier 3 and to extend the age range of Specialist CAMHS.

It has been agreed by the Mid and West Wales Specialist CAMHS Network Board that this funding will be divided between the three Health Boards within the region, based upon population, which appears to address the service demand and pressure in each Health Board. Therefore ABMU will receive (£180,000) 50%, Hywel Dda (£133,200) 37%, and Powys (£46,800) 13% of this funding. Evaluation of spend in Phase 1 will be required by 31st October 2010.

North Wales

Phase 1: 2009 - October 2010

Section 31 of the amended Mental Health act - Age appropriate accommodation

Currently a joint CAMH/AMH Ablett protocol which was used as an example of a good model in the early work at the Royal College is in existence and works well, therefore many of the requirements re Royal College Accreditation have already been met on both the Hergest & Ablett Units, however it is not mandatory to have the Accreditation from the College

The current proposal is to spend an amount on capital improvements of a room in each of the 3 units and for training etc. from the capital resource currently available from WAG SCPN allocations.

The use of adult beds is for very short term emergency admissions only (as outlined in the MHA).

The new North Wales Adolescent Unit provides age appropriate accommodation for under 18 yr olds needing ongoing Tier 4 CAMHS inpatient assessment/treatment.

Provision of specialist CAMHS by LHBs and partners in LA to provide Specialist CAMHS for ALL children and young people aged up to and including 17 years (i.e. up to the eve of their 18th birthday) by 31st March 2012

The Central area of Betsi Cadwaldr University Local health Board is now the only area that has not moved forward in extending the age range up to the 18th birthday resulting in an inequity of service across North Wales. A fully costed business case has been prepared which details the requirements of the central area in order to provide a CAMH Service to all young people aged 16 and 17 years

The case has been supported and is in line with the North Wales CAMHS strategy. It has also been put forward as a top priority by the C&YP CPG within the 2010/11 operational plan.

Tier 3 Forensic Service Development

Intention to plan service developments to create the NHS components of a new forensic CAMHS at Tier 3. Awaiting further information on the Assembly governments preferred model. Further development of FACTS to Youth Justice System

Take forward service developments so as to create a continuum of the NHS components of forensic CAMHS by beginning to develop new teams that are capable of delivering the functions of tier 3 according to the Assembly governments model such that teams are in place no later than 31st March 2011

Have mental health advisers, who are drawn from the experienced specialist professional staff of Specialist CAMHS, who are available to each Youth Offending Team;

Phase 2: 2010 - 2012

In this phase SCPN's are required to work with the relevant health boards to:

Consolidate and monitor the impact of their work on achieving the requirements of section 31 of the amended Mental Health Act 1983

Continue to take forward local service developments so as to create new teams within NHS Wales that are capable of delivering the NHS functions of Tier 3 forensic CAMHs according to the Assembly Government's model by 31st March 2011

Assist each health board that delivers Specialist CAMHs to work in association with its local authority partners to extend the roles of Specialist CAMHS such that they are available to all children and young people up to and including 17 years (i.e. up to the eve of their 18th birthdays) by 31st March 2012 by implementing plans agreed with the Assembly Government