

Response to Children and Young People in Mind: Final report of the National CAMHS Review

1. The independent Review of CAMHS, which was chaired by Jo Davidson, Group Director of Children and Young People's Services at Gloucestershire County Council and supported by Dr Bob Jezzard, a retired Child Psychiatrist, was announced in December 2007 in the Children's Plan.
2. The expert review group was drawn from practitioners and managers from child psychiatry, psychology, social care, health visiting, early years, youth services, youth offending services, schools, local authorities and PCTs.

Aims and Objectives

3. The main aims of the CAMHS Review were to investigate:
 - The progress that has been made, since the launch of Standard 9 of the Children's National Service Framework and the publication of Every Child Matters in 2004, in delivering services to meet the educational, health and social care needs of children and young people at risk of and experiencing mental health problems, including those with complex, severe and persistent needs; and
 - The practical solutions that can be used by those developing policy and delivering, managing and commissioning services to address current challenges and deliver better outcomes for children and young people with mental health problems; and how these solutions can be monitored.
4. To achieve this, it carried out the following work: an intensive programme of research practice visits in 9 areas, focus groups with children, young people and parents/carers; literature review, national call for evidence and consultation events with key stakeholders, to gain evidence and develop its key messages and recommendations.
5. We have set out in the table below the review's recommendations and Government's response to these. Our response groups recommendations into three categories. The Government's response will identify whether recommendations are to be:
 - Implemented immediately;
 - Accept in principle (to enable us to implement them as soon as practical, following review of the recommendations' potential impact and cost implications, and reflecting budget constraints within the current CAMHS programme). We will ask the National Advisory Council to advice on these issues; and
 - Given further consideration, in order to develop an appropriate response to the issues raised by the review that reflect local and national priorities.

CAMHS Review Recommendations	Government Response
<p>Recommendation 1: To improve leadership and accountability there needs to be a clearer articulation of roles and responsibilities for all relevant people working in children’s services at local regional and national level. To achieve this, the legislation on Children’s Trusts should be strengthened so that each Trust is required to set out in its Children and Young People’s Plan how it will ensure the delivery of the full range of children’s services for mental health and psychological well-being across the full spectrum of need in its area. We would recommend that areas set up local multi-agency boards for children’s mental health and psychological well-being or other appropriate local arrangements to facilitate this.</p>	<p><i>Government accepts this recommendation in principle.</i></p> <p><i>We would want to assess on a region by region basis the most appropriate delivery mechanism for this, and how it will link with the performance management arrangements which have been put in place through the Children’s Trust, the Local Area Agreement and the Local Strategic Partnership.</i></p> <p><i>We will work closely with the National Advisory Council [Recommendation 20] to review how this could be implemented.</i></p> <p><i>Legislation to strengthen Children’s Trusts is already in train. The proposals include placing the Children’s Trust governance arrangements (the CT Board) on a statutory footing and placing responsibility for the CYPP on the partnership Board rather than on the local authority as now. Revised statutory guidance will emphasise that Children’s Trusts should consider as part of their wider Joint Strategic Needs Assessment, the psychological wellbeing and mental health needs of children and young people in their area, through effective joint-working between Primary Care Trusts, local authorities and other strategic partners.</i></p>

CAMHS Review Recommendations	Government Response
<p>Recommendation 2: Government sets clear expectations for Government Offices and Strategic Health Authorities to deliver a coherent performance management and ‘support and challenge’ role to local areas which promotes a consistent approach to service improvement and delivery across all areas.</p> <p>We recommend that Regional Boards for Child Health and Well-being are set up, to carry out this role. This should include regional directors of public health. The remit of the proposed regional board for mental health and psychological well-being would be to deliver improvements against the performance measures for mental health and psychological well-being, and to ensure coherent alignment of support arrangements for mental health and psychological well-being at a regional level.</p>	<p><i>Government accepts this recommendation in principle.</i></p> <p><i>We would want to assess on a region by region basis the most appropriate delivery mechanism for this, and how it will link with the performance management arrangements which have been put in place through the Children’s Trust, the Local Area Agreement and the Local Strategic Partnership. We will work closely with the National Advisory Council to review how this could be implemented.</i></p>
<p>Recommendation 3: At national level, the Department of Health and the Department for Children, Schools and Families should clarify and publicise their roles and responsibilities, communicate consistently to stakeholders and secure effective commissioning and performance management frameworks across all children’s mental health and psychological well-being services.</p>	<p><i>Government accepts this recommendation in principle.</i></p>

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<p>Recommendation 4: Forthcoming national media activity carried out by the Government and its partners to promote a positive understanding of mental health and psychological well-being should have a focus on children and young people, as well as adults. This will help to improve everybody's understanding of mental health and psychological well-being; will highlight what people can do to help build resilience in children and young people; and ensure that people know where they can go to seek support and help.</p>	<p><i>Government accepts this recommendation in principle.</i></p> <p><i>This recommendation is focussed on ensuring that any media campaigns on adult mental health contain reference to children and young people.</i></p>
<p>Recommendation 5: To improve the access children, young people and their families have to mental health and psychological well-being support, local areas should set out a clear description of the services that are available locally, which will include services to promote mental health and psychological well-being, early intervention support and high quality, timely, responsive and appropriate specialist services which span the full spectrum of children's mental health and psychological well-being needs.</p>	<p><i>Government accepts this recommendation in principle and would look to local areas to set out the services available locally, recognising the overarching vision of improvements in services for children and families set out in the report.</i></p>

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<p>Recommendation 6: Children and young people who need more specialised support, and their parents and carers, should have:</p> <ul style="list-style-type: none"> • a high quality and purposeful assessment, which informs a clear plan of action and which includes, at the appropriate time, arrangements for support when more specialised input is no longer needed • a lead person to be their main point of contact, making sure that other sources of help play their part, and co-ordinating that support • clearly signposted routes to specialist help and timely access to this, with help available during any wait • Clear information about what to do if things don't go according to plan. 	<p><i>Government accepts this recommendation in principle, as it reflects existing policy.</i></p>
<p>Recommendation 7: It is important to improve the quality of CAMHS experienced by children, young people and families by reducing waiting times from referral to treatment. The Government should set clear expectations around good practice in this area, and specifically promote approaches that have worked well in reducing waiting times for other services.</p>	<p><i>Government accepts this recommendation in principle.</i></p> <p><i>Government has already commissioned good practice guidance in this area. Taking work in this area forward will be a priority area for the National Support Programme.</i></p>

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<p>Recommendation 8: To improve consistency and promote greater co-operation and co-ordination there should be a shared development of the language used to describe services, so that all services can understand that they are part of the comprehensive range of provision to address mental health and psychological well-being.</p>	<p><i>Government accepts this recommendation in principle.</i></p> <p><i>Government would look to the new national support programme to support consistency.</i> <i>[Recommendation 18]</i></p>
<p>Recommendation 9: Each Children’s Trust should develop a local commissioning framework that provides clarity about who is commissioning what at a local level, covering for example children’s centres, GP practices, school partnerships, colleges and other Children’s Trust partners. This will enable the effectiveness and impact of commissioning to be identified and improved and enable the children’s Trust to identify local inequalities in access to services. To provide clarity and consistency at local level, DCSF and DH should provide integrated guidance and support for commissioners of children’s services for mental health and psychological well-being and relevant adult services.</p>	<p><i>Government accepts this recommendation in principle.</i></p> <p><i>This recommendation will form part of the Commissioning Support Programme currently being taken forward by Government to support PCTs and Local Authorities in their joint commissioning of health services for children and young people.</i></p> <p><i>This is part of a wider programme of work to strengthen Children’s Trusts, including their commissioning role. We are publishing revised statutory guidance which provides further advice on joint commissioning.</i></p>
<p>Recommendation 10: Government should clarify the extent to which all funding streams – direct and indirect – can be utilised to help support children’s mental health and psychological well-being. This should be communicated to all local and regional partners to improve their ability to pool and align funding.</p>	<p><i>Government will give further consideration to this recommendation.</i></p>

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<p>Recommendation 11: The national roll-out of CAF should be strengthened by an evaluation of the use of and effectiveness of the CAF in identifying mental health needs and a review of statutory and specialist assessment frameworks to assess the potential for reducing unnecessary duplication.</p>	<p><i>Government will give further consideration to this recommendation.</i></p> <p><i>We are aware that there are a number of strong professional rationales about the importance of retaining particular assessment frameworks. We will therefore ask the National Advisory Council to consider carefully how to take this work forward, working closely with key stakeholders.</i></p>
<p>Recommendation 12: Children and young people and their families who are vulnerable, such as children in care, children with disabilities and children with behavioural, emotional and social difficulties, should be confident that:</p> <ul style="list-style-type: none"> • their mental health needs will be assessed alongside all their other needs, no matter where the need is initially identified. • an individualised package of care is available to them so that their personal circumstances and the particular settings where they receive their primary support, appropriately influence the mental health care and support they receive. • for those experiencing complex, severe and on-going needs, these packages of care will be commissioned by the Children’s Trust and delivered where possible in the local area. Effective regional and national commissioning will occur for provision to meet rare needs. 	<p><i>Government accepts this recommendation in principle. This will be a priority area of work for the National Advisory Council to take forward.</i></p>

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<p>Recommendation 13: Young adults who are approaching 18 and who are being supported by CAMHS should, along with their parents/carers:</p> <ul style="list-style-type: none"> • know well in advance what the arrangements will be for transfer to adult services of any type, following a planning meeting at least 6 months before their 18th birthday • be able to access services that are based on best evidence of what works for young adults and which have been informed by the views of young adults • have a lead person who makes sure that the transition between services goes smoothly • know what to do if things are not going according to plan have confidence that services will focus on need, rather than age, and will be flexible. 	<p><i>Government will give further consideration to this recommendation.</i></p> <p><i>We are committed to taking forward work on identifying, understanding and overcoming the barriers to smooth transitions between mental health services for young people and adults.</i></p> <p><i>We have identified this as an early priority for the National Support Programme over the coming year.</i></p>
<p>Recommendation 14: There is a need for better basic knowledge of child development and mental health and psychological well-being across the children’s workforce. The Government should ensure that all bodies responsible for initial training provide basic training in child development and mental health and psychological well-being. This should be in place within two years. The children’s workforce development strategy, should set out minimum standards in relation to key knowledge of mental health and psychological well-being to cover both initial training and continuous professional development.</p>	<p><i>Government will give further consideration to this recommendation as part of the work that we are taking forward on the Children’s Workforce Strategy.</i></p>

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<p>Recommendation 15: At local level, managers and leaders should ensure that, all staff – especially those with the least experience and training – are supported by rigorous and clear management systems. Consideration should also be given to supporting practice, particularly early intervention in universal services, through additional training, formal supervision and access to consultation from specialist services.</p>	<p><i>Government will give further consideration to this recommendation as part of the work that we are taking forward on the Children’s Workforce Strategy.</i></p>
<p>Recommendation 16: Given the increased number of guidelines being introduced by NICE and SCIE that recommend specific evidence-based therapeutic approaches to help children and young people who have significant mental health problems and disorders, the Review recommends that the Government assess training capacity and if necessary fund training centres to ensure that there is training available for the children’s mental health and psychological well-being workforce in all parts of the country for evidence-based therapies.</p>	<p><i>Government will give further consideration to this recommendation as part of the work that we are taking forward on the Children’s Workforce Strategy.</i></p>
<p>Recommendation 17: The Review strongly supports the ongoing work to develop outcome measures for children’s services for mental health and psychological well-being.</p>	<p><i>Government accepts this recommendation in principle, building on work already being undertaken in this area.</i></p>

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<p>Recommendation 18: The Government's national support programme should be strengthened to facilitate consistency, improvement and sustainability in service delivery. This should include a national multi-agency support team, built upon existing service improvement teams, which will facilitate and support sustainable cultural change at national, regional and local levels.</p>	<p><i>Government will implement this recommendation immediately.</i></p> <p><i>This recommendation is building on current work being undertaken to ensure better streamlining and value for money from the field forces working with practitioners delivering children's services.</i></p>
<p>Recommendation 19: There should be a clear strategic approach to monitoring, evaluation, service improvement, knowledge management and inspection across all children's services for mental health and psychological well-being. To achieve this, we recommend that: at local level, decisions about the measures used and resources required should be informed by the national work on outcomes; at regional level there should be greater co-ordination of support arrangements with a clear joint approach to service improvement, and dissemination of knowledge; and at national level a series of more co-ordinated joint guidance should be commissioned on evidence and knowledge of what works.</p>	<p><i>Government accepts this recommendation in principle, and as stated in our response to recommendation 17 above, we are already taking forward work in this area.</i></p>
<p>Recommendation 20: A national advisory council should be established to: champion the importance of mental health and psychological well-being for children and young people; take ownership of the Review's recommendations and the Government's response; and hold the Government to account for its progress.</p>	<p><i>Government will implement this recommendation immediately.</i></p> <p><i>The Chair and Vice Chair of the National Advisory Council on Children's mental health and psychological wellbeing have been identified and the Council will be established by the end of 2008.</i></p>