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Y Gweinidog Iechyd a Gwasanaethau Cymdeithasol
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Llywodraeth Cymru
Welsh Government

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Ann Jones AM
Chair
Children, Young People and Education Committee
National Assembly for Wales
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13 May 2015

Dear Ann,

Thank you for your letter of 6 May regarding work the Committee intends to undertake into prescribing practice and the availability of primary care services for young people experiencing mental ill-health.

The attached paper provides an update on the Welsh Government's commission of work to review prescribing activity in children from Swansea University. I will of course be happy to make the final reports available to the committee following receipt, and understand the University may decide to publish the work in a peer reviewed journal to contribute to wider understanding of this important issue. The paper also provides an update on our work to improve data collection around access to primary care by children and young people.

I also undertook to keep the Committee updated on activity arising from the CAMHS service change and improvement programme, following its launch on 26 February. You will have received (by e-mail on 1 May) the conference report from Public Health Wales and noted that a follow-up conference is planned for 22 June. In advance of that I wanted to inform you of the progress being made, which is also included in the attached paper.

I hope you will agree that there is a considerable amount of work now underway to move CAMHS forward and will join me in welcoming the progress being made. My ultimate aim is that CAMHS will become an exemplar in making prudent healthcare happen by making the most effective use of all skills and resources.

Best wishes,
Mark.

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Wedi'i argraffu ar bapur wedi'i ailgylchu (100%)

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Prescribing

The Welsh Government has commissioned Swansea University to review prescribing practice for under 18 year olds. The work will be taken forward in two phases. Phase one, which has already commenced, comprises a review of ADHD medication and antidepressants. The final report is expected at the end of May. Phase two will consider a review of antipsychotic medication and will commence once phase one is complete and is expected to report during the summer. Both phases include an assessment of dose regime and number of prescriptions for information held at GP practice level which falls within the timeframe 2003 to 2013.

Analysis will consider prescribing practice, trends and conclusions which could be drawn; broken down by age (0-4, 5 to 10, 11 to 14, 15 to 18); gender; and deprivation using the Welsh Government's Index of Multiple Deprivation. Results will be compared against comparable data for England.

Children and young people's access to primary care

There has been no specific data collected in relation to access to primary care services for young people with mental health problems to date, though work is in hand to address this, both in relation to our Mental Health (Wales) Measure review and the CAMHS service change programme.

In relation to the Measure review, a data collection tool has been fully operational since October 2013, which provides health boards with an overview of their Local Primary Mental Health Support Services (LPMHSS). The information is regularly analysed and discussed with the NHS Delivery Unit to ascertain the robustness of the data supplied and enable issues to be taken up with individual organisations. All data collected is available on the 'my local health service' web site. Until recently this information has not been distinguishable by age, though in response to the findings of the Health and Social Care (HSC) Committee post-legislative scrutiny of the Measure I have agreed that the data should be disaggregated. Information will be collected from April/May 2015 and will be broken down by children and young people, adults and older people, though due to the need to collate and verify the information this will not be published until the summer 2015.

Also in response to the HSC Committee's work I have agreed to reconvene the Measure Part 1 (LPMHSS) Task and Finish Group to consider outcomes for those using primary care services. The findings will be contained in the final review report due to be published by the end of the year.

In relation to the service change programme the baseline audit of CAMHS (as described below) will be a comprehensive audit of current CAMHS services, including primary care mental health involving clinical consultation, primary care mental health, Local Primary Mental Health Support Services, mainstream schools, and intensive family support services measured against a range of domains including care standards – so that the right expectations are defined for quality and safety; activity- that capacity is available to meet the right demand; the resource envelop; the model of care – the right staff, at the right place, at the right time; operations – the interaction between patients, professionals and organisations;

review and evaluation. The completion date for this work has been agreed for 19 May 2015. The intention is to produce a Wales report and individual health board reports on the findings. Preliminary findings will be reported at the follow-up CAMHS conference on 22 June.

CAMHS service change work

The key themes arising from the conference on 26 February have informed a work-plan of activity, starting with some enabling work to establish the baseline.

- Public Health Wales are undertaking a health needs assessment to consider the evidence base of the effectiveness of interventions by reviewing activity across the UK and internationally. Work will not be limited to specialist CAMHS provision. It also encompasses a strategic needs assessment of epidemiological and demographic data on the needs of Welsh young people. Emerging findings from the three month study will be reported at a follow-up conference on 22 June.
- A Collaborative National Framework was introduced on 1 April for Tier 4 (inpatient) services. This governs the commissioning of all CAMHS low secure and acute inpatient placements, including those provided by NHS England and the Independent Sector. Central to this is agreeing a set of standards aimed to drive up quality in provision. Both Welsh CAMHS inpatient units will audit provision against these standards.
- A baseline audit of CAMHS functions has been developed, involving the NHS Quality Assurance and Improvement Team. Completed by all CAMHS services during May, it will provide a comprehensive review of CAMHS service functions across Wales; their operation; activity; and adherence to standards. It will enable the identification of variations across Wales and capture good practice that should be replicated elsewhere. The outcomes will be presented at the conference in June. The aim is to minimise variations in provision and entails agreeing a single set of outcomes for specialist CAMHS.

Overseeing activity a Programme Board will be established, meeting for the first time in June. It will consist of senior leaders from the NHS, education, youth justice and social services. Activity will be scrutinised by an Expert Reference Group chaired by Sue Bailey. A number of specific work-streams are being developed comprising:

- Specialist CAMHS – building on the baseline audit described above, this work-stream will develop a delivery and quality framework for specialist CAMHS to achieve consistent outcomes across Wales. It will be based on the Choice and Partnership Approach, a clinical system widely adopted by CAMHS services. The framework will be implemented in 2016
- Early years and the wellbeing of children and young people – chaired by a Director of Education, this work-stream will consider building early years resilience.

- Early intervention and enhanced support – chaired by a Director of Social Services, this group will consider the concept of early intervention for a broad audience, exploring its application in supporting young people's mental health.
- The needs of those with neurodevelopmental issues and Learning Disabilities – chaired by an academic or paediatrician, this working group will consider how best, and who is best placed, to meet the needs of these groups in a timely and effective manner, with the appropriate level of input from specialist CAMHS. It will link with work to refresh our autism strategy.

Maintaining partner engagement is crucial to the success of this work. The intention is to hold a second conference on 22 June, where the outcomes of activity to date can be reported, proposals and assumptions tested, and the next stage shaped. Emphasising the multiagency approach, the Minister for Education and Skills has agreed to provide the keynote address.

Recognising the important role of young people in developing and shaping future service delivery Welsh Government has asked the NHS to ensure young people's involvement. This will form a series of engagement events and link to established mechanisms for young people's involvement locally and nationally to inform and test priorities and actions. The NHS will work closely with a consortium of Third Sector bodies from Hafal, Bi-polar UK, Diverse Cymru and the Mental Health Foundation to deliver this.