Board Update: Availability of Adolescent Mental Health Crisis Beds

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Operational Lead for Targeted Services – Barking & Dagenham
National context T4 CAMHS for adolescents

- Since April 2013 CAMHS Tier 4 inpatient beds have moved from being locally commissioned to being nationally commissioned by NHS England (NHSE).

- This is the first time that all elements of T4 CAMHS inpatient service have been commissioned at a national level. The driver for this move was to implement consistent national standards.

- All CAMHS providers therefore now have more direct access to out of area CAMHS beds. NHSE agreement for funding is only required where private or sub-specialist beds are required e.g. low secure or eating disorder beds.

- There are areas across England that do not have any local T4 CAMHS inpatient service provision.

- It remains the responsibility of local CCG commissioners to ensure that there is a robust and effective infrastructure in place for T2 and T3 CAMHS services which should include early help and sufficient support to reduce the risk of the need for escalation into T4 Services.

The report was commissioned by NHS England to review the impact of the commissioning arrangement changes implemented in April 2013.

As a result of the report NHS England have committed to:

- Increase number of general CAMHS specialist beds for young patients with up to 50 new beds (NHSE tendering process to begin in new financial year)

- Recruit 10 to 20 new case managers working across the country to ensure that young people receive appropriate care. (London will have 3 new posts)

- Improve the way young people move in and out of specialised care with consistent criteria for admission and discharges based on best practice.

- Carrying out a longer term strategic review of CAMHS as part of a wider review of specialist services.

The report also evidences that there are a sufficient number of beds in London for London children, however the pressures on these beds are caused by shortages elsewhere in England.
T4 CAMHS provision within North East London

- Brookside is one of ten Tier 4 adolescent units within London

- Brookside has 14 acute beds and 4 high dependency beds

- Provides assessment, care and treatment for young people aged 12-18 with severe psychological, behavioural and emotional difficulties

- Average length of stay at Brookside is 81 days (mean).

- Brookside has a day service for up to 12 people per day, and there is an onsite school

- NELFT provides the *Interact* service - one of a growing number of CAMHS outreach teams in the country which offers young people an alternative to admission and intensive support at home.

- NELFT currently developing a pilot project to intensively treat young people with personality disorder within the Brookside day service to avoid admission – this has the support of NHSE
Admissions to Brookside from August 2013 to August 2014

Split by Borough

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<td><strong>Grand Total</strong></td>
<td>81</td>
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All NELFT patients in out of area CAMHS beds over an 8 week period  
(19.9.14 – 7.11.14)

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National and local system processes to ensure local bed availability for local young people

- A national CAMHS CQUIN for 2014/5 includes a multi-agency review of appropriateness of admission for all crisis/unplanned admissions (involving local Tier 3, 4 and admitting team, etc) within 5 days of admission

- Ensure that Tier 3 children placed out of borough are reviewed regularly

- Increase in number of NHSE funded CAMHS case managers

- Additional short term NHSE funding to increase the hours of Interact (NELFT community adolescent outreach service)

- NELFT developing an intensive day service pilot project based at Brookside, aimed to minimise the need for admissions of patients with personality disorder

- Prevention, early detection and early intervention T2 and 3 provision for young people such as implementation of CAMHS Improving Access to Psychological (IAPT), The Listening Zone (TLZ), and triage
Thank You
**Procedure for T4 CAMHS Bed Management**

- **Is there a vacant bed?**
  - **Yes**
    - Admit
  - **No**
    - **Are they a NELFT patient?**
      - **Yes**
        - Duty Doctor to discuss with CAMHS on-call Consultant. If bed is required on-call Manager to attempt to locate a bed as per on-call Manual.
      - **No**
        - Bed is not offered
        - **Are there social issues, including accommodation, a main risk?**
          - **Yes**
            - Make urgent referral to children’s EDT.
          - **No**
            - If bed is available out of borough?
              - **Yes**
                - Admit and complete relevant paperwork
              - **No**

  - **If patient is in A&E presenting with self-harm consider overnight ‘cooling off’ admission to paediatric bed with increased observations.**
  - **Referral for admission is received**
    - **Is there a vacant bed?**
      - **Yes**
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- B&D CAMHS is based at the Children and Family Centre in Barking town Centre
- CAMHS offers an MDT model of care and intervention to young people up to 18.
- In November 2014 B&D CAMHS received 123 referrals.