



Children, Young People,
Education and Skills



CAMHS Annual Report 2022

SEPTEMBER 2023

Government of Jersey

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Introduction

This is the first Annual Report by CAMHS. It is our intention going forward to produce an Annual Report in Quarter One every year.

The focus for CAMHS, in 2022, was the implementation of the [Children and Young People's Emotional Wellbeing and Mental Health Strategy](#) and the redesign of CAMHS services.

2022 began with a new referral process for CAMHS. In February 2022, referrals began to come through the Children and Families Hub, with a CAMHS nurse based in the Hub triaging referrals alongside multi-disciplinary colleagues.

CAMHS was redesigned, and the service moved from a small CAMHS team of around 21 staff to a distinct, yet intertwined, set of 5 services, each led by a Service Manager:

- Duty and Assessment
- Early Intervention
- Specialist CAMHS
- CAMHS Children Looked After
- Quality and Assurance

To support this growth, additional Government Plan funding from January 2022 enabled the service to employ an additional 44 staff, taking our total headcount up to 65.

A significant amount of work took place in 2022 to develop data and performance monitoring. This year's report highlights key service data. In future years, the level of data and performance reporting will improve as the new minimum data processes (introduced in late 2022 and early 2023) are embedded into practice.

In September 2022, the Comptroller and Auditor General (C&AG) produced a report following a review of CAMHS Services. The report praised the work being done to reduce waiting times and noted that the new Strategy set out a clear picture of what needed to be achieved and what 'good' looks like.

The report stated that the approach to developing the Strategy has been comprehensive, thorough and well-governed, with new performance measures helpful. Of the 32 recommendations, 12 were implemented in 2022. There is a clear action plan and monitoring system to deliver the remaining 20 recommendations in 2023.

2022 was a busy year for CAMHS, as the increase in referrals post-pandemic showed no signs of slowing down. The service received 1210 referrals for mental health and neurodevelopmental issues in total in 2022, compared to 684 in 2020.

Requests for neurodevelopmental assessments also increased. In 2022, there were 356 referrals for ADHD assessments, compared to 51 in 2020 and 227 autism assessment referrals, compared to 81 in 2020. Despite this significant increase in

referrals for mental health issues, the waiting times for initial assessments for non-urgent referrals improved: the average initial assessment completed on average within 25 days of the referral being received.

Similarly, despite the significant increase in neurodevelopmental referrals, assessments were completed on average within six months. It was also positive to see the reduction in inpatient stays: there were five admissions to Orchard House in 2022, compared to 12 admissions in 2021. There were 103 overnight stays on Robin Ward for young people requiring mental health treatment, compared to 336 overnight stays in 2021.

In 2023, we will extend the Duty and Assessment Team hours to 8am-8pm, seven days per week. There will be a move to an all age out of hours (8pm-8am) crisis support team. This will improve support outside daytime hours, by ensuring a CAMHS Nurse is available 24 hours a day.

In 2023, we will launch a new Neurodevelopmental Service aiming to ensure more robust screening for Fetal Alcohol Spectrum Disorder (FASD), prompt waiting times for diagnostic assessments for ADHD, Autism Spectrum Disorder, and to improve pre- and post-assessment support. With growing numbers of Neurodevelopmental assessments, it is important children, young people, and families get prompt assessment and improved support.

Later this year CAMHS will also be inspected by the Jersey Care Commission.

CAMHS provides an important and valuable service to islanders. CAMHS colleagues have worked extremely hard in 2022 to meet growing demand and have embraced the significant service changes from the strategy with positivity. The service has also worked in partnership with young people's groups like Youthful Minds and the Jersey Youth Parliament to develop the service. Similarly, parents and carer groups, like All Matters Neurodiverse Jersey, have also worked with us to shape our service. I thank everyone involved for their efforts to improve the service. Developing CAMHS will continue to be a partnership with young people, families and the community to ensure we provide the best possible support to islanders in Jersey.

Darren Bowring, Associate Director Mental Health and Wellbeing (CYPES).

Key headlines of 2022

1210
referrals
into
CAMHS

356 referrals for ADHD
assessments

217 referrals for autism
assessments

25 days for an initial assessment
to be completed after referral

Referrals are
now made
through the
Children and
Families Hub

Team
expanded to
include 65
staff
members

Restructure
completed,
with five
separate
services
established

Youth Enquiry Service wellbeing drop in
available on Saturday

The vision for CAMHS

Our Purpose

The aim of CAMHS is to provide timely, high-quality assessment and treatment of neurodevelopmental and / or mental health difficulties in children and young people, as well as additional support and advice for their families.

The service aims to provide a comprehensive assessment, treatment, and therapeutic service for a range of neurodevelopmental and mental health conditions. It also offers a range of proactive consultation, liaison, and teaching provisions with the aim of promoting positive mental wellbeing for children and young people and their families in Jersey.

Our Principles

The Children and Young People's Wellbeing and Mental Health Strategy 2022-2025

CAMHS is a key contributor to the [Children and Young People's Emotional Wellbeing and Mental Health Strategy 2022-2025](#). The aim of the Strategy is that that all Jersey's children and young people are happy, thriving and able to enjoy the best mental health and wellbeing. The strategy has four priorities, all of which CAMHS supports:

1. Everybody promotes good wellbeing, mental health and resilience.
2. It's easy for children and young people to find out who can help and what support is available.
3. Children and young people get the right help and support, at the right time and in the right place.
4. We listen to children and young people about what helps, and this helps us improve the quality of our services.

The strategy – and the work of CAMHS, is based around the Thrive model - a whole system mental health framework which identifies the sort of support children and young people may need.

Our Values

- CAMHS work with, and alongside, children, young people, and their families.
- We work to a systemic family-based model: we know that mental health problems impact on the whole family, so the whole family will be considered in the support offered, and the treatment plan.
- We aim to promote neurodiversity by advising on environments and support that allows all children and young people to thrive.
- We are guided by the [Children and Young People's Emotional Wellbeing and Mental Health strategy 2022-2025](#), which was produced in partnership with several agencies, stakeholders, children, young people and their families.
- We aim to set goals and objectives together with the child, young person and family at the initial meeting and review against these in our journey together.
- We are a person-led service.
- We encourage and listen to feedback from people who use our service.
- Our referral pathways, policies and procedures will always be co-produced with children, young people, families, and partner agencies.
- We will have a young person in all staff recruitment interviews.
- We will regularly update and work collaboratively with children and young people's groups including Youthful Minds and Jersey Youth Parliament.
- We are committed to working in partnership with families and carers, identifying and building on their strengths to effect and promote positive change.
- We are committed to working in partnership with other agencies when there is an added benefit to the child, young person and family.
- We deliver services courteously and in a manner that is free from discrimination and prejudice.
- We will provide staff with high-quality training, supervision and support (including wellbeing support) to promote the skills of the service and its impact on service users
- Children Looked After, with a mental health difficulty, will be prioritised for CAMHS with a dedicated Service Manager responsible for this area.

2022 Key Service Summaries

Duty and Assessment Service

The Duty and Assessment Service provide support, assessment and triage at the point where children, young people and families access CAMHS, as well as therapeutic support.

Staff in this team:

- Screen calls to the Children and Families Hub and determine the appropriate service or pathway, including external support where appropriate. The team is available between 9am-5pm Monday to Friday
- Complete initial assessments for incoming referrals and prioritise them in line with NHS guidelines.¹
- Delivered drop-in sessions at Youth Enquiry Service (YES) every Saturday between 11am-4pm. CAMHS professionals deliver therapeutic intervention and support to supplement the counselling offered by Jersey Youth Service staff.
- Support crisis outreach by engaging with services and psychosocial support, reviewing young people and providing support in times of crisis.
- Support children and young people who are in-patients at Robin Ward, Orchard House or off-Island, including supporting their discharge. This includes contributing to ward-based assessment in the evenings, at weekends and bank holidays, working in conjunction with adult and child psychiatry services.

Specialist CAMHS Service

The CAMHS Specialist service work with children and young people with moderate to severe presentations which include:

- Depressive, anxiety and psychotic disorders
- Eating disorders
- Obsessive Compulsive Disorder
- Somatic syndromes
- Complex attachment disorders
- Neurodevelopmental disorders, including developmental disorders

¹ These are known as Priority (P) levels 1 to 4. P1 is emergency (will be seen within 24 hours), P2 is Urgent (48 hours), P3 is soon (10 working days) and P4 is routine (36 days).

The team has grown during 2022 to include three additional Assistant Psychologists, three additional Clinical Psychologists and an Art Psychotherapist. The team includes assistant and clinical psychologists, nurses, allied health professionals and social workers, nurse prescribers, paediatricians, child psychiatrists, and a dietician.

The team use a range of different evidence-based interventions and treatment options which offer choice to young people. These include, but is not exclusive to:

- Brief solution-focused therapy.
- Cognitive Behavioural Therapy (CBT).
- Creative therapies, including Art Therapy.
- Dialectical Behaviour Therapy (DBT).
- Eye Movement Desensitisation and Reprocessing (EMDR).
- Evidence-based group interventions, including working with partner agencies.
- Family Therapy.
- Psychiatric intervention.
- Psychodynamic psychotherapy.
- Parent-Infant Psychotherapy.

As well as treatment options, the team provides:

- Medication provision and administration, using shared care arrangements where possible.
- Advice, education and skills programmes for parents/carers, schools and professionals.
- Support for transition between CAMHS and Adult Mental Health Services (AMHS), including developing a care plan in partnership with the child, family and other support services.
- A neuropsychiatry service for children and young people with severe and complex neurodevelopmental disorders associated with co-morbid mental health concerns, or who present significant and pervasive behavioural difficulties.

Early Intervention Service

The Early Intervention Service was launched in September 2022 to support children and young people with mild to moderate mental health issues.

The team is currently made up of a skilled mix of mental health practitioners including Nurses, Allied Health Professionals and Social Workers. Further recruitment for Health Care Assistants and Family Support Workers is planned for 2023.

The Early Intervention team provides brief, targeted, evidence-based interventions. These include, but are not limited to:

- Cognitive Behavioural Therapy (CBT)
- Solution-Focused Brief Therapy (SFBT)
- Problem-solving techniques
- Family work
- Group work
- Education and Training
- Creative therapies
- Health promotion
- Early years attachment work

As well as delivering interventions, the Early Intervention Service also delivers:

- Information and advice for colleagues working with children and young people.
- Link workers, who act as named and source of advice and consultation for schools.
- Training to professionals on areas including ADHD, self-harm, sleep hygiene and anxiety.

Specific support for Adopted, Children Looked After (CLA), Care Leavers, and children that are on the edge of care

In November 2022, the CAMHS Children Looked After Service was launched to prioritise some of the islands most vulnerable children for specialist support within CAMHS. The team provides:

- Specific treatment options to meet the needs of these children and young people.
- Oversight of the CAMHS intervention currently being provided to ensure it is robust and intensive.
- Information, advice and support to the Children's Social Care workforce to promote good mental health in the young people they support.
- Increased support for care leavers who are transitioning to Adult Mental Health Services.
- Support for Residential Child Care Officers (RCCO), including supervision for high-risk children and young people.

Quality Assurance Service

The Quality Assurance Service develops, collects, manages and analyses performance data about the service children, young people and families receive. The Quality Assurance Service is also responsible for sharing this data more widely to provide the CAMHS with insight needed to improve.

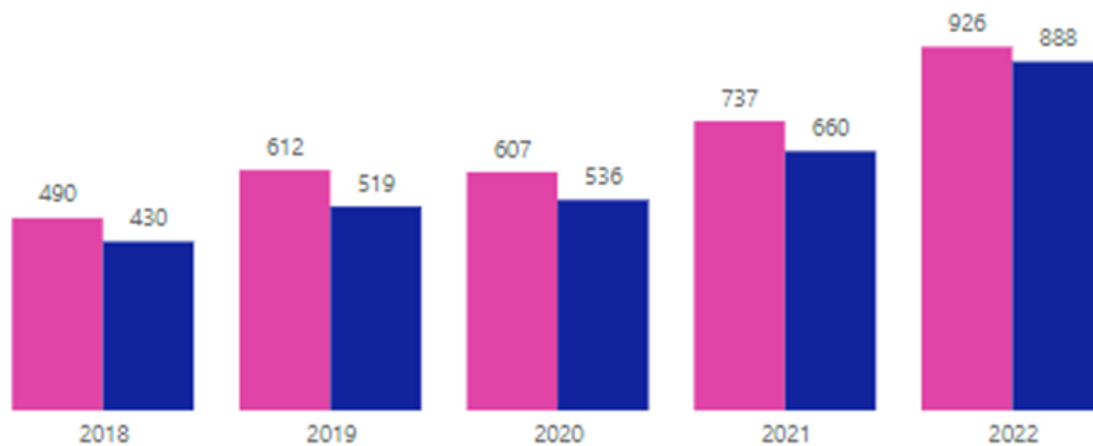
The Quality Assurance Service team is made up of two members of staff and as part of its core offer, the team:

- Measures the performance of teams across Key Performance Indicators (KPIs) and objectives.
- Collates standardised information from and about service users to evaluate the success of the interventions delivered by CAMHS.
- Provides staff training on relevant data collection systems and methods.
- Develops and managing systems for collecting feedback from parents, carers, children and young people.
- Implements and supports the Government of Jersey feedback procedure.

Key Service Data for 2022

Referrals

● Total referrals ● Referrals accepted



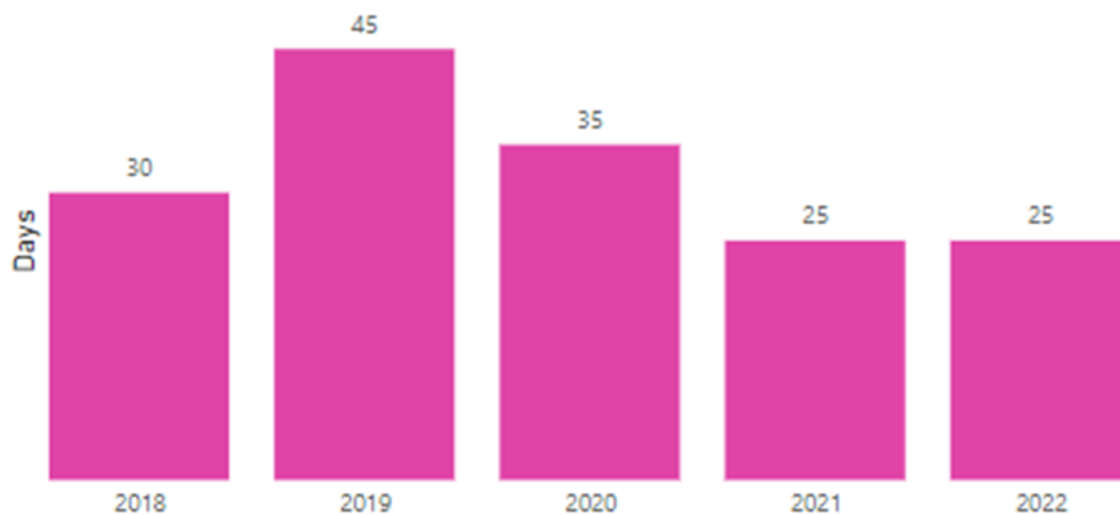
In total, CAMHS received 926 new referrals in 2022. Of this figure, 356 referrals were for ADHD assessments and 227 were for Autism assessments. These figures have increased significantly from 2020, when CAMHS received 51 referrals for ADHD assessments, and 81 referrals for autism assessments.

In 2022, there were 284 additional referrals received for clients that were already open to CAMHS. This may have been the result of presentations at hospital, or requests for additional assessments, such as neurodevelopmental.

CAMHS has an acceptance rate of referrals of 95.9% compared to an average 88.3% in the UK, according to NHS benchmarking data.

Jersey's re-referral rate (those who are re-referred to CAMHS within 12 months of being discharged from the service) was 9% in 2022. This is compared to 12.6% according to NHS benchmarking data.

Average waiting time from referral to initial assessment (routine)

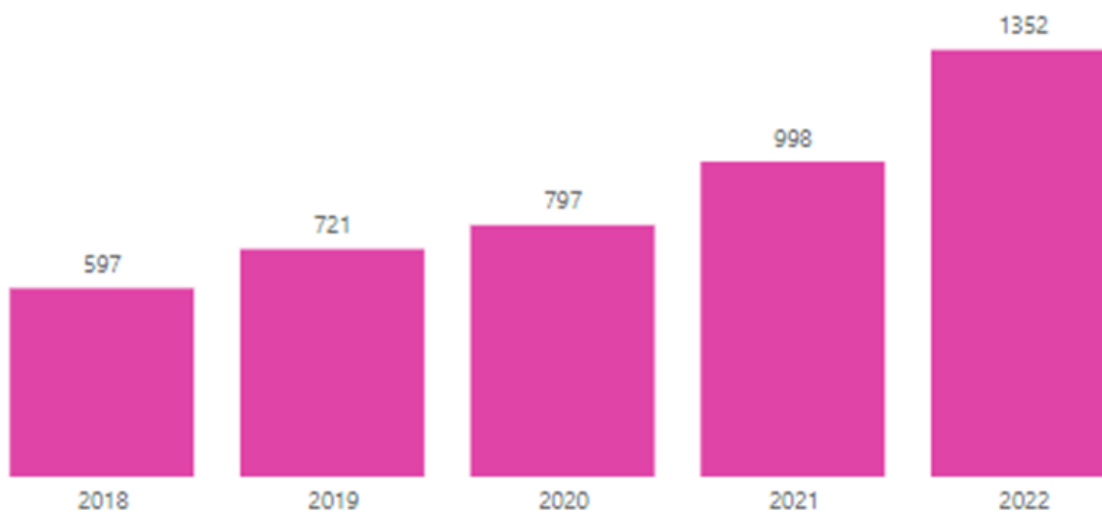


The CAMHS target for the completion of routine referrals is 36 days from the date the referral was received. Despite the significant volume of referrals, routine referrals were completed on average within 25 days post-referral.

People accessing CAMHS waited on average 5 weeks for the initial treatment contact after the assessment, though in most instances also continued to receive Duty Nurse support including therapeutic sessions. This compares to 8 weeks in the UK, according to NHS benchmarking figures.

Despite the significant increase in neurodevelopmental referrals, assessments were completed on average within six months.

Number of young people open to CAMHS (end of year)



In line with the increase in referrals, and the expansion of the team, the caseload figures increased between 2021 and 2022. Of this, a significant number of children and young people are open to the service because the service is dispensing ADHD medication and/or treatment.

In 2022 there were a total of 42 inpatient admission for mental health for young people.

81% of these admissions were to Robin Ward. In a small number of cases it was necessary to admit young people to Orchard House or Cedar Ward. Between 2021 and 2022, admissions to Orchard House dropped and there were 66% fewer bed nights on Robin Ward for young people known to CAMHS. The majority of young people admitted to Robin Ward were discharged after a few days' treatment. Admissions to hospital for mental health treatment are dominated by females (88%) with a mean age of 15 years.

Budget and Recruitment

Historically CAMHS staffing levels in Jersey have fallen below equivalent island communities and UK services. Government Plan investment in 2022 and recruitment has begun to address this issue.

There was some underspend in 2022 as not all new posts were recruited to from the beginning of the year despite being budgeted for the entire 12 months. Most Government Departments reported struggles recruiting in 2022, so the additional staff recruited by CAMHS was extremely positive.

Children's Health and Wellbeing Budget and Expenditure	2022 Budget	2022 expenditure	2021 Expenditure
Duty and Assessment	£597,000	£890,673	£0
Specialist CAMHS	£2,517,000	£1,966,471	£1,368,243
Early intervention	£405,000	£394,244	£0
Quality Assurance	£143,000	£212,649	£0
Home Treatment	£403,000	£0	£0
Neurodevelopment	£218,000	£0	£0
Total	£4,283,000	£3,464,038	£1,368,243

Service Feedback

The Government of Jersey allows Islanders to provide a complaint, compliment, suggestion or comment.

Given the relatively small numbers of complaints and compliments received, a full breakdown of the data will not be published here. Instead, below is a summary of the headline figures:

- CAMHS received 19 complaints and 43 compliments during 2022.
- The most common reason for complaints were the attitude and behaviour of staff, and how individuals access the service.
- Email was the most popular channel for both complaints and compliments. 11 complaints and 30 compliments were received via email. Telephone was the next most popular with method, with 7 contacts being made.

Overleaf is a selection of compliments from service users, which were submitted through the feedback system.

"Staff listened to what she was saying and she felt validated."

"I'm so proud of what this staff member achieved with my daughter: she's changed a little girl's life and we're very thankful."

"I cannot thank you enough for all the work you put into this family. Your compassion and empathy are inspirational."

"Thank you for your help, I'll miss you a lot."

"The team have been really fantastic and we can't thank you enough. It is not an exaggeration to say that your intervention may well have saved this child's life."

"Overall, we wanted to say thank you to this staff member for the excellent work he is doing - he's making a really big difference in children's lives."

"I just wanted to let you know how grateful we are to have received such a fantastic service from CAMHS."

"Thanks for supporting them during this difficult time."

"All the staff have been extremely supportive."

Goals for 2023

Service Area	Goals
Overall Service	<ul style="list-style-type: none"> • Address and implement concluding recommendations from the C&AG Review Report • Continue to update the CYPES estate to ensure disability, accessibility and safeguarding requirements are addressed
Duty and Assessment	<ul style="list-style-type: none"> • Extend Duty and Assessment hours to 8am-8pm seven days a week • Maintain positive waiting times for initial assessments • Conclude further recruitment
Early Intervention	<ul style="list-style-type: none"> • Consolidate and promote the Early Intervention offer • Use school-based consultation more effectively and more widely to aim to reduce referrals to specialist CAMHS • To promote better partnership working, including closer work with school Special Educational Needs Coordinators (SENCOs), Mind Jersey and other Government colleagues • Develop and deliver an increased training offer for professionals, and for parents and carers
Specialist CAMHS	<ul style="list-style-type: none"> • Establish the Neurodevelopmental pathway and recruit a Service Manager • Continue to focus on delivering prompt waiting times for neurodevelopmental assessments • Recruit CAMHS-experienced therapeutic staff to reduce waiting times for therapy and allow greater choice of therapists for young people • Introduce more groups to develop resilience and coping skills in children and young people

Service Area	Goals
CAMHS Children Looked After	<ul style="list-style-type: none"> • Develop a pathway for Children Looked After (CLA) being referred to CAMHS • Deliver mental health education and support for CYPES within residential homes • Develop CAMHS Specialist practitioners who can provide specialist support to looked after and adopted children and their carers • Development of a CAMHS Attachment Pathway • Develop and deliver training programmes on attachment and other relevant mental health training for foster carers, adopters, and social workers
Quality and Assurance	<ul style="list-style-type: none"> • Implement new data and recording systems to improve measurement, monitoring, and improvement to performance standards • Launch service user and parent/carer feedback forms • Work to embed minimum data set, performance measures, and liaise with data officer to inform teams on performance against goals. • Prepare for inspection by the Jersey Care Commission under the new legislation (Regulation of Care (Regulated Activities) (Amendment of Law) (Jersey) Regulations 2022 and the Regulation of Care (Standards and Requirements) (Amendment) (Jersey) Regulations 2022