

North Region CAMHS Tier 4 Network Development

Following a significant and growing political interest in the provision of CAMHS in NHS Scotland, additional funding was provided by the Scottish Government to improve local Tier 3 and 4 service access. Previously within the North Region, there was only one dedicated Tier 4 inpatient service based within NHS Tayside (Dundee) which comprised of a 6 bedded inpatient unit with day services located in Aberdeen and an intensive outreach / home based treatment team operating in Tayside.

All local CAMHS Tier 3 specialist outpatient services (multidisciplinary specialist teams) encountered young people whose needs escalated beyond that which they were structured or resourced to safely manage. When the need for access to inpatient care was identified, there was a significant waiting time or alternative admission to Adult Mental Health facilities, paediatric environments or the private sector. This posed particular challenges in ensuring the delivery of age-appropriate care by staff with the requisite expertise for a group of extremely vulnerable young people. A North Region Mental Health Needs Assessment was therefore undertaken in 2010, coinciding with a significant and growing political interest in the provision of CAMHS in Scotland, which indicated that there was a need to develop Tier 4 services for young people with severe and complex mental health disorders in the North of Scotland. The Needs Assessment recommended that:

- The literature was clear that there was a need for a mixed economy of investment across a spectrum of care that included both inpatient and community based Tier 4 services
- Access to inpatient psychiatric beds was a prerequisite of a comprehensive child and adolescent mental health service

Following completion of the Needs Assessment in 2010, a new 12 bedded psychiatric young people's inpatient unit was built and opened in April 2015 in Dundee to replace the previous NHS Tayside 6 bedded unit. The development of an obligate network resulted in a fundamental change to the way CAMHS inpatient clinical services are provided within the North of Scotland.

The Needs Assessment concluded and agreed on the development of a regional inpatient bed capacity in the North of Scotland consisting of 12 beds. This was appropriate on the basis of investment by all North of Scotland Boards in local / community based Tier 4 service delivery, with the development of an integrated network model of delivery equating to an investment in 16 inpatient beds as designated by the Scottish Government. The development would ensure a more equitable and formalised approach to ensuring access to required expert care. This model would benefit the young people across the North of Scotland who required intensive CAMHS care. It would also benefit the investing NHS Boards through service and governance improvements which would have otherwise presented increased challenges. Early implementation of the network model involved the development and appointment of a Clinical Lead, Regional Network Manager, Regional Consultant Psychiatrist, Information Officer, Lead Nurse and Network Liaison Nurses based within each of the investing mainland Health Boards.

The network supports the most unwell young people, in terms of mental ill-health, in the North of Scotland population, at times, in the most remote and rural areas. These young people will be suffering from severe, complex and often enduring mental ill-health including schizophrenia, early onset psychoses, severe clinical depression, those who persistently self harm, significant mental health co-morbidities including autism and those with severe and protracted eating disorders. These young people have significant long-term morbidity and mortality problems which can be reduced by early, vigorous and age appropriate treatment of their illness.

The obligate network operates across five of the constituent NHS Health Board areas that contribute to the North Region Health and Care Collaboration; NHS Grampian, NHS Highland, NHS Orkney, NHS Shetland and NHS Tayside. The obligate network model operates on the expectation that formal arrangements are already in place within, and between, North Region NHS Boards and their partners to promote access to high quality tier 4 CAMHS care. To support this, an Integrated Care Pathway (ICP), which is neither condition nor setting specific, was implemented. The ICP feeds into and informs the regional governance arrangements and assurances which are central to the network. Through monitoring planned care with care actually provided or received, and examining the variances from the pathway that arise, there is a sound basis for performance monitoring and driving up equity, consistency and quality. The network comprises of three elements:

1. Local tier 4 services
2. Regional tier 4 network resources
3. Access to the regional inpatient unit



The key objectives of the tier 4 Network are that young people with tier 4 mental health needs receive: appropriate and timely care that is equitable across health boards, as local as possible, and as specialist as necessary; continuity of care through step up step and down care; peer support and training; governance and clinical pathway development in collaboration, as part of a network model. This is achieved through the establishment of a network of health boards supported by the regional network team, including the inpatient unit. More specifically:

- Appropriate and timely care for adolescents in the North of Scotland Region with severe and / or complex mental health problems and illness (Tier 4)
- Improved patient safety, better patient outcomes and person centred care for young people with tier 4 needs
- Local access to an enhanced level of specialist treatment and care when required supported by network staff trained and skilled to work with this group of patients across a variety of settings. The aim is to provide the required level of care locally but to have easy and rapid access to inpatient care when appropriate
- Young people with severe mental illness tier 4 have equitable response to their needs wherever they live, and irrespective of any additional physical disabilities
- All young people with severe mental illness receive care consistent with recommended standards
- Routine availability of family facilities and support during any periods of tier 4 care
- Successful transitions to lower level or more local care when clinically appropriate
- Improved joint working with Local Authorities and third sector partners
- Professional access to consultation with shared expertise and good practice across the North of Scotland region through the establishment of a Specialist CAMHS Network
- Peer support, training and supervision for specialist CAMHS colleagues across the North of Scotland region working with young people with tier 4 needs