**Transforming Care**

**CAMHS New Care Models**

**CAMHS and CCG**

**Date:**

Dear

We held a community Care, Education and Treatment Review (CETR) for you on the 18th April. This was your first full CETR and it was arranged to bring you and your family together with the people involved in planning and arranging services. You, Mum and I spoke on the phone to help prepare for the CETR and you gave your consent to go ahead.

I acted as the Chairperson and we also had an independent Clinical Reviewer, [name] who has clinical knowledge in the area of autism and mental health and an Expert by Experience, [name] who is a parent with lived experience.

These people took part in your CETR:

* You
* Mum and Dad
* **Care Team** Children’s Services – [names of professionals]
* **Education Team** – [names of professionals]
* **Treatment Team** – [names of professionals]

**A CETR finds out 4 main things:**

1. Is the person safe?
2. Is the person getting good care now?
3. What are the plans for the future?
4. Can the person’s care be given in the community?

**What YOU told us:**

1. You do not always feel safe at home. You did not feel safe when you were attending [\*\*\*\*] – you were bullied. You never want to go back.
2. You think some of your care is good – you like [\*\*\*\*\*]. The prescribed medication does help and you agree it should continue. A lot of the time you feel let down by services – you are not getting therapy that you have been told you need, you had a long time of college not working, and you think your family needs more help. You know your parents supervise you because they are worried, but this is hard and sometimes you want more freedom.
3. You have some really good ideas about what you want to do in the future and you really enjoy sport. You want help to pass your Maths and English GCSE’s so that you can have more choice for college courses that will help get you in to work. You want to be prepared so that you can start the cricket course in [\*\*\*\*\*] next year.
4. You engaged fully with your CETR and the conversations about how your care, education and treatment could be improved so that you do not have to spend a long time in hospital getting treatment for your mental health.

**What did the review find?**

**Is the person safe?**

When you feel distressed your behaviour can be very risky. The panel heard this is far more likely to happen when you are at home and not occupied. You manage your mental health most successfully when occupied in activities that interest you - [list activities] Your parents have learned how to keep you safe and can do this most of the time though they say how difficult this can be. Mum has stopped her job to be at home with you and Dad changes his work around so that he can be at home too. The panel were pleased to hear that you access the Safe Haven upto 3-times a week since January and this helpful. Your parents have taken you to [\*\*\*\*] Hospital 4 times since January as a place of safety and you have had some follow-up visits from the CAMHS Crisis Intervention Service. It is good that you can get help at [\*\*\*\*] but it is worrying each time you have to go to hospital because of your mental health.

CAMHS is prescribing medication and reviews are scheduled to monitor and make adjustment as needed. Your GP helps with physical health monitoring associated with your medication and is also a good source of support. [professional] was able to explain that you are sensitive to medication and extra care is needed to ensure safe prescribing. You wear a health tracker on your wrist which seems helpful to you for monitoring your physical wellbeing. You are open to [\*\*\*\*] Hospital for annual review due to being born with cleft palette (repaired 2017). The optician monitors your eyesight as this is very affected when you feel stressed.

You have an allocated Social Worker and a s17 Child in Need Plan. You do not meet the threshold for allocation to the [\*\*\*\*] Disabled Childrens Team but [name] is offering regular visits to help address issues that may lead to you or your family not being safe.

Whilst the panel heard about actions from individual services aimed at keeping you safe, there is not a good multi-agency risk plan in place. It is not clear who is leading on your plan or how services and individuals contribute towards your mental health and wellbeing.

**Is the person getting good care now?**

The panel did not think your care, education and treatment are joined up. This is not helped because staff are very busy and some teams have not got enough staff.

1. CAMHS has not had capacity to allocate a Care Coordinator
2. [\*\*\*\*\*] does not have enough staff for intensive support when you need it
3. [\*\*\*\*\*] is limited in hours that can be offered and transport / supported travel is not currently part of the education offer.
4. There does not seem to be a clear assessment or shared understanding of your care and support needs that are related to autism. You used to get DLA but you have been turned down for PIP – this stops you having access to some services that could help you and your family as well as the money.

**What are the plans for the future?**

You want to continue your education so that you can work in sport. You already coach younger children at cricket and the panel heard that you are good at this. You have completed some coaching training already. You are aiming for a 2yr cricket course that runs in [\*\*\*\*\*] and that will have an entry for September 2020 – you want to have passed Maths and English so you can enrol on this.

This is really good. The panel do worry that there is not enough attention being given to how you will take care of yourself as an adult and become independent of your parents.

**Can the person’s care be given in the community?**

The panel believes it will be best for your care, education and treatment to be given in the community, not hospital, except for the short spells like now when you need [acute hospital ED].

To help this be successful, some extra resources have already been identified and are either in place or due to start:

1. Children’s Services – [\*\*\*\*] – initial 6 sessions and then review
2. Children’s Services - sessions for [\*\*\*\*]
3. Children’s Services – referral for [sibling] to Young Carers
4. Children’s Services – regular meetings for you with Social Worker [\*\*\*\*]. This will include some keeping safe work around the use of social media. [\*\*\*\*] is also asking the [\*\*\*\*] for advice as they also help young people with risky behaviours.
5. SEN - Extra Wednesday slot (2hrs) at [\*\*\*\*]. \*Supported internship was also explored but not right for you at this time.
6. NHS - Private therapist for CBT – initial 6 sessions and then review

The panel is really clear that everyone should work hard together so that you feel safe and are treated as a valued member of your local community.



**The panel recommended these actions:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **KLOE/ Barrier** | **What we found out** | **Recommendations - what needs to happen?** | **Who will do it?** | **By when?** |
| CARE | You do not feel supported for your mental health. | Make sure the Individual Funding Request is approved and that the private CBT therapist identified makes direct contact with you to arrange the first meeting. Whilst waiting for a CAMHS care coordinator to be allocated, make sure you and parents are clear who will contact them and when for checking-in.  |  |  |
| FUTURE | You do not feel safe in [\*\*\*\*]. You do not want to go back for any reason which includes taking exams. | * Stop funding [college] – this money can then be used differently.
* Identify an exam centre where you can take your Maths and English GCSE exams.
* Update your EHCP document to name [\*\*\*\*] and capture the health and social care needs that must be met if education is to be completed.
 |  |  |
| FUTURE | You really want to continue your education. There is a 2-yr level 3 diploma course run by the English Cricket Board that you think will be really good for you. You need to pass English and Maths GCSE for this and have the skills to travel daily. You are aiming to start Sept 2020.  | * Arrange individual tutoring for Maths and English to the [\*\*\*\*] Offer. You have asked to focus on Maths until November and then English after. Actual number of hours to be agreed.
* [SEN] has asked your parents to take a look at a service called [\*\*\*\*] to see if this might have something to offer.
 |  |  |
| FUTURE | Services are not working together to prepare you for adulthood. This is not good for you or your parents. The panel was told that it is not safe for you to travel independently to [\*\*\*\*] but there is not a plan in place to address this.  | * How you get to and from education must be considered as part of the multi-agency plan. It is likely to need some provision of transport and some independent travel training with very clear measures of your progress.
 |  |  |
| AUTISM | Your needs that relate to autism seem to be masked by your mental health needs.  | Invite professional network to discuss Positive Behaviour Support and what else may be needed to support your mental health and wellbeing:* functional analysis of behaviour
* sensory and communication assessments.
 |  |  |
| RISK | There is not a multi-agency risk and safety plan in place. You and your family think that advice you are given by different agencies can be conflicting. This is confusing and increases anxiety.  | Agree who will lead on the multi-agency risk and safety plan and identify clearly who will do what and when. All agencies must contribute to this. |  |  |
| INVOLVED | You rely on your parents to keep track of all your appointments but they do not always receive clinic letters or reports.  | Provide a letter / e-mail / written note to support all meetings and conversations so that you and your parents can keep track.  |  |  |

**\*I will ask [\*\*\*\*] if these actions can be written into the CIN Plan for monitoring and review.**

At the bottom of this letter there is some more information.

* The feedback form: You can choose if you want to give feedback about your CETR.
* Information about Joining the Best Support at Risk of Admission Register:

You have given consent for your name to be added to the register to help services work better together in planning support. Let me know if you change your mind about this. When you reach 18, the people that manage the Adult register may ask you for consent to review your needs and possibly arrange an Adult CETR. You can tell me if you do not want this to happen.

Kind regards,



## Sarah Imrie - LD Commissioning Assessor for Children and Young People

Copied to: All at CETR plus [people with responsibility who could not attend]

**Care, Education and Treatment Review Feedback Form**

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| --- |
| This form can be used by anyone who took part in a CETR. Your information will be kept safe. You don’t have to tell us your name or the date of your CETR, but if there was a problem this would help to get it sorted out. Please fill in this form and send it to: **nehfccg.cetr@nhs.net** or Complex Needs Coordinator for Children and Young PeopleNorth East Hampshire & Farnham CCG (Working collaboratively across Hampshire 5 CCGs)The Castle, Elizabeth ll Court West, 3rd Floor, Winchester, Hampshire, SO23 8UJ |
| Name: | Date of CETR: |
| If you want someone to reply, how can they get in touch with you? |
| Did you get enough help and information before the CETR? |
| What was the CETR like on the day? |
| What would have made the CETR better? |
| What difference did the CETR make for you? |
| Have you got any other comments or questions? |