

# Healthy London Partnership Children & Young People's Programme

## CAMHS Commissioner Workshop: Eating Disorders 28<sup>th</sup> January 2016



# 01

## Introduction and welcome:

### **Dr Steve Ryan**

*Strategic Lead for CAMHS Transformation, Healthy London Partnership, CYP Programme*

### **Dan Devitt**

*Joint Children's Commissioning Manager, Barnet CCG  
Commissioning Lead for CAMHS Transformation, Healthy London Partnership, CYP Programme*

# Agenda

Time	Session	Speaker
0830	Registration & Coffee	Dr Steve Ryan Dan Devitt
0900	Welcome and Introductions	
0905	CAMHS transformation plan overview – Eating Disorders	Dr Steve Ryan
0935	Patient perspective	Kat Cormack
0955	Commissioning quality Eating Disorder services and the impact of CAMHS Transformation	Dan Devitt
1015	National Update	Anne O’Herlihy
1045	<b>Coffee</b>	
1110	Effects of diabetes on CYP mental health and diabetes transition clinic training	Dr Christopher Garrett
1135	Eating Disorders – latest thinking and research findings	Dr Mima Simic
1200	Community focus – Specialist Eating Disorder provision	Dr Mark Berelowitz
1225	<b>Lunch</b>	
1210	Study Club break out session	All
1310	<b>Conclusions and close</b>	Dr Steve Ryan Dan Devitt

# 02

## **CAMHS transformation plan overview – Eating Disorders**

**Dr Steve Ryan**

*Strategic Lead for CAMHS Transformation, Healthy London  
Partnership, CYP Programme*

# Future in Mind and eating disorders

- Important and noted imminent investment
- Standards for access and waiting times planned for 2017/18
- Five-yearly national survey to include questions relating to eating disorders

# CAMHS Transformation Planning Guidance

- Best practice model of care & waiting and access standards.
- Plans should include details of how local areas will enhance or develop their community eating disorder services.
- Capacity freed-up redeployed to crisis and self-harm care.
- CCGs and providers to plan together to commission services/teams across the appropriate population footprint to deliver timely access to an evidence based service that includes self-referral pathways.
- New Mental Health Services Data Set will include the specifications to measure referral to treatment pathway activity and outcomes for assessment and treatment.

# Eating Disorder Guidance

- Make sure co-morbidities identified and treated (such as anxiety or depression)
- CYP involved at every stage of commissioning, design and delivery, so services develop to meet needs now and in future.
- Able to access effective help quickly. NICE-concordant treatment asap can improve recovery rates with fewer relapses.
- Treatment to be received <4 weeks from first contact with a designated professional for routine, <1 week for urgent and < 24 hours in emergency cases.
- Availability of dedicated, community eating-disorder services shown to improve outcomes and cost effectiveness and reduce admission risk within the following year.

# Eating Disorder Guidance

- Providers will be required to show that they deliver evidence-based, high-quality care.
- Supported through a national quality improvement and accreditation network to produce transparent and accessible data for all including the general public.
- To enable providers to assess and continue to improve the quality of care and ultimately become accredited services.
- Training commissioned at a national level to improve clinical and management skills
- Services need to be able to respond to the broader needs of families and carers as well as the CYP – further support, information and expert advice.

# Eating Disorder Guidance - Workforce

- Commissioners to specify and contract for services that have the right numbers of staff with the appropriate level of skills and competencies.
- Provider to ensure that the service meets the specification with appropriately qualified and supervised staff to deliver high-quality, evidence-based care.
- Workforce calculator provided

# Eating Disorders Guidance - Transition

- NHS England, clinical commissioning groups (CCGs), local authorities, education providers and other eating disorder services (including adult mental health) should work in partnership to improve outcomes for children and young people with eating disorders and support their transition between services. This is an effective way to increase capacity and share resources to deliver better care.

# Top three investments (Q4 spend) in London's 32 CAMHS Transformation Plans

- Eating disorders (24) • £2 560 000
- CAMHS Access including Hubs and SPOA (19) • £1 940 000
- Schools (10) • £ 782 000
- Learning/neuro disability and ASD (12) • £ 764 000
- Crisis (7) • £ 600 000
- Upstream/drop-in (4) • £ 430 000
- Waiting list initiative (1) • £ 300 000
- IT/informatics/digital (5) • £ 292 000
- Planning/admin/strategy (5) • £ 255 000
- Evidence-base/IAPT (2) • £ 300 000

# Key points/findings from London's local transformation plans

# North West London

- A single plan investing £1.1 M developing new defined accessible (85% by March 2016) CEDS
- Family intervention at core and CBT and CBT-E
- Strong links to primary care
- Building proposition with current providers & professional and market-test in 2017

# North Central London

- Collaborative commissioning by 5 CCGs
- Currently service good satisfaction and outcomes but only half seen in 4 weeks
- Focus on capacity building
- Training all ED staff using CYP-IAPT
- Outreach education
- Telephone support to GPs

# North East London

- Now: Good access if low weight with rapid triage but ongoing monitoring and pre-therapy group during 12-16 week wait
- Increase staffing 5 therapists and 0.3 WTE paediatrician to deliver through increased CBT-E, family therapy, IAPT and some alternatives
- Funding of collaborative redesign and innovation

# South East London

- Need to get more accessible local delivery with neighbouring CCGs (7/7, telephone, self-referral)
- Training backlog and limited resource
- Plan for increased caseload by increase of cost and volume contract
- New role to work on prevention with schools and Tier 2 support to Tier 1 dealing with emergent ED

# South Central London

- Access already to new standards with strong links to paediatrics with 8 modalities of care
- Want to focus more on multifamily therapy
- Access to senior clinician 0830-1800 by phone
- “Thinkbody” schools programme available to all year 7/8 pupils
- Parent buddying/networking

# Southwest London

- 5 CCGs building on presence of dedicated ED team
- Meet waiting times by 2020; easier routes in
- Increase CBT and Systemic Family Therapy and availability of day care
- Provider outlined 3 levels of option – middle option preferred: responsive, paediatrics, single point of access, on-line, NICE compliant, multifamily therapy, intensified mealtime support