

**Report to:** East Sussex Health Overview and Scrutiny Committee (HOSC)

**Date of meeting:** 22<sup>nd</sup> September 2022

**By:** Assistant Chief Executive

**Title:** Child and Adolescent Mental Health Services (CAMHS) update

**Purpose:** To provide the Committee with an update on the CAMHS service in East Sussex and the services for Children and Young People's Emotional Wellbeing and Mental Health.

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## **RECOMMENDATIONS**

- 1) The Committee is recommended to consider and comment on the report; and**
  - 2) identify if there are any areas it wishes to scrutinise further and add to the future work programme.**
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### **1. Background**

- 1.1. The Committee has a long-standing interest in mental health services for Children and Young People (CYP) and the Child and Adolescent Mental Health Service (CAMHS).
- 1.2. The Committee has expressed a particular interest in the specialist CAMHS services, and Members have received representations from residents about the waiting times for referrals to this service and in particular the time it takes for assessment and diagnosis to be undertaken for Autistic Spectrum Conditions (ASC).
- 1.3. The HOSC considered a report providing an overview of Children and Young People's Emotional Wellbeing and Mental Health services, which includes CAMHS specialist services, at its meeting in March 2022.
- 1.4. At the March meeting, the Committee requested a further update at its September meeting on CAMHS with particular emphasis on the progress being made to reduce referral and assessment waiting times for the various services provided by CAMHS and in particular those children and young people waiting for referrals and assessment from Autistic Spectrum Conditions (ASC), Attention Deficit Hyperactivity Disorder (ADHD) and eating disorders. Members also requested the report cover the use and impact of additional investment in CAMHS on service provision and performance.

### **2. Supporting information**

- 2.1. The report, which is attached as **Appendix 1** provides the requested update on CAMHS. It has been prepared by the Sussex Partnership NHS Foundation Trust (SPFT) and NHS Sussex, in consultation with the Children's Services Department of East Sussex County Council (ESCC).
- 2.2. This report is to update the East Sussex HOSC on the following areas:
  - The progress being made to reduce referral and assessment waiting times for the various services provided by CAMHS, in particular those children and young people waiting for referrals and assessment from ASC, ADHD and eating disorders.
  - The performance of the independent provider sourced to support with those waiting the longest for assessment.
  - The use and impact of additional investment in CAMHS on service provision and performance.

- Any details of further work done on transitions for Looked After Children (LAC), young people with special needs and those young people that are more vulnerable into adult services.
- Progress on the Mental Health Support Teams (MHSTs) in schools programme.

### **3. Conclusion and reasons for recommendations**

3.1 The report provides an update on the areas requested by HOSC at its March meeting. The HOSC will wish to consider whether there are any areas it wishes to scrutinise further and add to the future work programme.

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