

**Wiltshire Council**

**Health and Wellbeing Board**

**30 January 2025**

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**Subject: Children and Adolescent Mental Health Service**

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**Executive Summary**

The Children and Adolescent Mental Health Service (CAMHS) is provided by Oxford Health Foundation Trust and co-commissioned between BSW ICB, BANES Council and Wiltshire Council.

Cabinet recently approved the extension to the current contract, at the current funding level, from April 2025 for three years providing a continuity of support. The CAMHS service is part of a continuum of support for children and young people with mental health needs.

Wiltshire Council contribute £518,000 per annum towards the delivery of the service across the county. This represents 2.5% of the total annual funding, with the ICB providing £20,477,100 per annum.

Oxford Health continue to develop their offer and have enhanced the support for children and families to support with meeting need through the specialist service, including development of social prescribing and the trauma informed pathway. This is part of a wider expansion in the service offer which has taken have been implemented from 2020 onwards and are driven by to the local population health needs and strategic planning directives.

**Proposal(s)**

It is recommended that the Board:

- i) Notes the role of CAMHS within the continuum of support for children and young people with mental health needs
- ii) Notes the extension agreed by cabinet and governance arrangements
- iii) Notes the development in the service offer

**Reason for Proposal**

To provide and update and information on the commissioning of specialist mental health services in Wiltshire and wider approach to supporting children and families.

**Kai Muxlow**

**Head of Families and Children Commissioning  
Wiltshire Council**

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### **Health and Wellbeing Board**

**30 January 2025**

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#### **Subject:**

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#### **Purpose of Report**

1. To provide an update on the provision of support for children and young people with a mental health need.

#### **Relevance to the Health and Wellbeing Strategy**

2. This report outlines our approach to supporting children and their families with specific mental health needs. The report further highlights the role of early intervention in meeting need alongside the role of specialist provision. As this approach is managed through close working between the BSW ICB and Wiltshire Council, we can demonstrate integration and working together.

#### **Background**

1. The NHS England survey Mental Health of Children and Young People in England, 2023, Wave 4, which was a follow up to the survey in 2017, found that rates of probable mental health disorders for 8 to 25 years was about 1 in 5. This was 20.3% of 8 to 16 yr olds, 23.3% of 17 to 19 yr olds and 21.7% of 20 to 25 yr olds.
2. These rates remained stable in all age groups following a rise in prevalence between 2017 and 2020. In correlation to this, referrals to Children's and Young People's Mental Health services have risen to their highest rates.
3. It is widely accepted and recognised that half of all mental health conditions are established before the age of fourteen and that early intervention can prevent problems escalating and therefore bring societal benefits. This is evidenced by organizations such as, Foundations: What works for Centre for Children and Families (formerly known as Early Intervention Foundation)
4. In Wiltshire, acute hospital admissions for mental health conditions in under 18s are consistently higher than the national average. Self-harm admissions among 10-24 year olds in Wiltshire were also at a 5 year high in 2020/21 (700+; per 100,000 population).

5. The iThrive framework is used to develop a robust universal offer that ensures prevention and early intervention, as well as a timely response when children and young people require specialist intervention.
6. The CAMHS service is part of a continuum of support for children and young people with mental health needs. This starts with providing universal services to address emerging need. In Wiltshire we want to promote the wellbeing of our children, young people, and adults through good practice. Research shows that learners who experience positive relationships and feel like valued members of their community, feel better and learn better in school.
  - Trauma Informed Practice
  - Relational Approaches
  - Belonging-based practice
7. The THRIVE Framework is an integrated, person centred, and needs led approach to delivering mental health services for children, young people and families which conceptualises need in five categories; Thriving; Getting Advice and Signposting; Getting Help; Getting More Help; Getting Risk Support.
8. In addition to this the Five to Thrive approach in Wiltshire is used to ensure families are supported via Health Visiting, Family Hubs, Family Help, and Early Years settings to develop positive mental health and reduce the risk of childhood trauma.
9. A wide range of third sector providers provide a high level of support for children and young people with mental health needs
10. Targeted services also support families where a universal offer is not appropriate. With targeted short term intervention, it is expected that progress will be made with 1 to 1 support and other forms of support. All elements of the universal offer are also available alongside targeted intervention.
11. Where universal and target support are not able to meet need, specialist services are utilised. The CAMHS service provides multi-disciplinary intervention and specialist therapeutic treatment support for moderate to severe mental illness which includes anxiety based disorders, depression, significant self-harm and suicidal thoughts; ADHD, post traumatic stress disorder. This service will also offer support for children and young people who have a co-morbid learning disabilities and/ or an autism spectrum condition
12. The Children and Adolescent Mental Health Service (CAMHS) is provided by Oxford Health Foundation Trust and co-commissioned between BSW ICB, BANES Council and Wiltshire Council.
13. The current agreement has been extended from April 2025 for three years, providing a continuity of support.

14. Wiltshire Council contribute £518,000 per annum towards the delivery of the service across the county. As part of the extension agreement Wiltshire Council have asked that the “schedule 6”, which details the performance and monitoring requirements of the contract part, is reviewed to ensure we are receiving the information we need to understand sufficiency, capacity and delivery of the service from both a BSW and Wiltshire locality perspective.
15. Council commissioning colleagues attend monthly Oxford Health Foundation Trust Performance, Delivery, Quality and Finance monitoring meetings which are chaired by BSW ICB.
16. As part of the service improvement plan for CAMHS Oxford Health have increased access to mental health support for children and young people; across the BSW footprint this has risen from 5,850 young people in May 2023 to 6,127 in October 2024.
17. To ensure the right support Oxford Health provide a single point of access (SPA) to provide families and children with navigation to an appropriate offer including lower tier services including universal and targeted options.
18. The four week wait time trend is also improving with October 2024 data showing 63.84% of young people being seen within the timeframe again a national average of 61%. All urgent referrals have been attended to with the wait time standards.
19. It is anticipated that increasing capacity through Oxford Health’s digital and voluntary sector partnership will improve performance further.
20. Caseloads have remained relatively stable since April 2024, with referral and discharge numbers being similar in volume. However, the complexity of cases impacts on length of time a young person may remain with the service.
21. Caseloads are regularly reviewed in caseload management meetings and within team level performance meetings.
22. As part of the development of services supported through CAMHS, Oxford Health have commissioned Barnardo’s to deliver support in social prescribing. This is managed through a team of link workers embedded in CAMHS offering mental health support and social prescribing for children referred to CAMHS.
23. In further developing the offer for children and young people CAMHS have produced a trauma pathway approach recruiting specialists. The trauma service aims to increase access to specialist, trauma informed and evidence-based consultation and treatment to CYP who meet the criteria for CAMHS who have experienced significant complex trauma. There is a planned soft launch of March 2025 for this service, with official launch from May 2025

24. Additionally, Oxford Health are commissioned by the BSW ICB to deliver Mental Health Support Teams to schools across Wiltshire. There are currently 66 schools receiving this support covering 40% of Wiltshire pupils.
25. Wiltshire Council are leading on the development of SLA for the service and working with schools to promote the service further and increase usage.
26. A bid to increase the number of schools open to MHSTs was recently successful, with planning now in place for the additional 39 schools to be receiving support, providing covering for 60% of pupils.
27. In working with children and young people with needing specialist mental health services, and developing innovative plans to promote good mental health and deliver access to the right services at the right time it is intended that CAMHS will continue to see improvements in service delivery meet the needs of our communities.
28. Further service development and expansion of existing schemes have been an area of consistent focus, ensuring alignment to local population needs and aligned with long term planning directives and are noted below for reference in appendix 1.

### **Main Considerations**

29. The approach to supporting children and families is based on a continuum of care, with a focus on early intervention to evidence-based high quality services.
30. Where a universal and targeted approach is unable to meet need, a specialist service provision (CAMHS) is utilised. This service is a referral only route.
31. Mental Health services are co-commissioned with close working across the ICB and Wiltshire Council to ensure the service meets need and is focused on improving outcomes for children and young people.

### **Next Steps**

32. As we move into the extension period of the contract we will be ensuring the development of good data reporting to support in understanding areas of need and performance
33. We will additionally monitor the development of the new initiatives to support children and young people with mental health needs

34. Wiltshire will be developing an aligned approach to its children and young people mental health strategy to inform long term commissioning intentions
35. Following review of the final draft BSW ICB Mental Health Strategy, the development of the implementation plan will be shared with partners in draft form for review and shared with Health and Wellbeing Board as appropriate

**Kai Muxlow**  
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## Appendix 1

Developments of CYPMH offer in CAMHS from 2020-2025 aligning with long term planning directives and local population health needs

2020-2021	16-25 2 WTE Consultant Mental Health Practitioner (PYE)
	CYP ED
	CYP Crisis Resolution & Home Treatment
	Wilts & BaNES Mental Health Support Teams (Trailblazer) - Wave 2
	Winter Pressures-recruited 8A and (used Fair Share Allocation)
	0-18 Crisis Fair Share Allocation
	Discharge Funding (enhanced meal support into paed's wards and the community) -12 months funding
	MHST Wave 4
2021-2022	16-25 2 WTE Consultant Mental Health Practitioner (PYE)
	CYP ED
	CYP Crisis Resolution & Home Treatment
	Crisis proposal (Consultant MH Practitioner)
	Temporary additional funding in the SPA
	CYP Community & Crisis
	Wilts & BaNES Mental Health Support Teams (Trailblazer) - Wave 2
	Wilts & BaNES Mental Health Support Teams (Trailblazer) - Wave 4
	Wilts & BaNES Mental Health Support Teams (Trailblazer) - Wave 5&6
	16-25
	CYP Crisis

	CYP ED (AFRID)
2022-2023	Wilts & BaNES Mental Health Support Teams (Trailblazer) - Wave 2
	Wilts & BaNES Mental Health Support Teams (Trailblazer) - Wave 4
	Wilts & BaNES Mental Health Support Teams (Trailblazer) - Wave 5&6
	SDF: Adult Mental Health Community (AMH Community) (16-25)
	18-25 workstream
	CYP ED
	CYP ED
	CYP Crisis Resolution & Home Treatment
2023-2024	CYP Digital Offer
	CYP VCSE partnership
	CYP Apprenticeships, trainee roles and CAPs
	Phone Lines - added recurrently to block in 23/25 - previously invoiced on a n/r basis
2024-2025	CYP Digital Offer
	CYP VCSE partnership
	CAMHS Trauma Pathway - Jan 25
	Wilts & BaNES Mental Health Support Teams (Trailblazer) - Wave 12