



REPORT TO: MORAY INTEGRATION JOINT BOARD CLINICAL AND CARE GOVERNANCE COMMITTEE ON 27 MAY 2021

SUBJECT: OUT OF HOURS MENTAL HEALTH SERVICE PROVISION FOR 16-18 YEAR OLDS

BY: SERVICE MANAGER, CHILD AND ADULT MENTAL HEALTH SERVICES

1. REASON FOR REPORT

1.1. To inform the Committee of the current gap in out-of-hours mental health service provision for young people aged 16-18 years in Moray and actions that are being taken to address this.

2. RECOMMENDATION

2.1. It is recommended that the Committee:

- i) note the contents of this initial report; and**
- ii) agree to receive a fuller report with update on progress made at the next meeting on 26 August 2021.**

3. BACKGROUND

3.1. The specialist Child and Adolescent Mental Health Service (CAMHS) in Grampian is a Tier 3 and Tier 4 outpatient service for children and young people aged 0-18 years. The service operates from two sites – the CAMHS Rowan Centre, adjoined to the Glassgreen Centre in Elgin, and the CAMHS Links Unit on the City Hospital site in Aberdeen. Core operating hours for the service are 9am till 5pm, Monday to Friday, excluding public holidays.

3.2. CAMHS, along with operational responsibility and the associated budget for Grampian-wide inpatient and specialist Mental Health and Learning Disability Services, are delegated to the Aberdeen City Integration Joint Board. Ward 4 Dr Gray's Hospital and Muirton Ward, Buckie remain delegated to Moray Integration Joint Board. However, the remit of the service remains pan-Grampian and CAMHS can accept referrals from a range of professionals across health, social care and education, including GPs, Paediatricians, Liaison Psychiatry, School Nurses, Health Visitors, Social Workers, Guidance Teachers and Educational Psychologists.

- 3.3. There is not specific out-of-hours CAMHS provision in Grampian and this is the case for most CAMH services across Scotland. Due to the ongoing challenges with capacity and demand and requirement to meet the national 18-week referral-to-treatment target (which will shortly change to 4 weeks) in an already overstretched service, CAMHS has been unable to redirect in-hours/scheduled care resource to out-of-hours provision.
- 3.4. The out-of-hours mental health provision for children and young people accessing Aberdeen services (i.e. patients from Aberdeen City and Aberdeenshire) is different to the provision available for children and young people in Moray. The structure of out-of-hours mental health service provision in Moray is different from Aberdeen, which is a bigger site.
- 3.5. It would appear that a change of practice with regards to out-of-hours provision for 16 and 17 year olds with mental health problems in Moray has occurred since the onset of the COVID-19 pandemic. This largely went unnoticed for a period due to low frequency of events but has become more apparent due to the increase in need for an out-of-hours response to mental health presentations from young people in Moray, and demand for inpatient crisis admissions.
- 3.6. As part of the COVID-19 contingency plan, the short stay paediatric assessment unit (Ward 2) at Dr Gray's Hospital agreed to take 16 and 17 year olds presenting with mental health issues to ease pressure on the Emergency Department. There had been an assumption that these patients would be able to be seen by the Nurse Practitioners on the generic Mental Health rota for Health and Social Care Moray, to assess for fitness for discharge out-of-hours. However, this has not been the case.

4. KEY MATTERS RELEVANT TO RECOMMENDATION

- 4.1. Whilst there is an existing out-of-hours pathway for children and young people under 16 years with mental health problems in Moray, there is no out-of-hours service at present for 16-17 year olds. As such, there is a gap in service provision for this age group, and inequity in comparison with their peers from Aberdeenshire and Aberdeen City.
- 4.2. Young people aged 16-17 years who present following overdose or with suicidality are declined an out-of-hours assessment by the Consultant Psychiatrist on the generic Mental Health rota for Health and Social Care Moray. Nurse Practitioners at Dr Gray's Hospital are willing to undertake mental health assessments for these young people, as long as Consultant Psychiatrists are able to supervise them.
- 4.3. Some Consultant Psychiatrists in Moray have advised that they do not want to provide input to under 18's because they are not child mental health specialists and they have concerns about support from the organisation, should something go wrong. Some defence unions are stating that members should not see young people under 18 years.
- 4.4. The Mental Health (Care and Treatment) (Scotland) Act 2003 (updated in 2015) states that children in Scotland are defined as those young people being under 16 years of age. Where required for young people aged 14 years and over

from Aberdeen City and Aberdeenshire, an out-of-hours assessment is provided via the generic Mental Health and Learning Disabilities rota (Royal Cornhill Hospital).

- 4.5. As a result, necessary clinical conversations are not taking place out-of-hours with regards to these young people in Moray, and there is increasing frequency of 16 and 17 year olds with mental health presentations staying on Ward 2 at Dr Gray's Hospital, beyond 24 hours. This is creating additional pressures on paediatric staff and paediatric medical beds.
- 4.6. For Ward 4, the Adult Mental Health ward at Dr Gray's Hospital, the acuity has changed over time and more acutely mentally ill adults in crisis are having to be admitted. The historical staff profile has also changed. Staff who would have had experience of assessing young people under 18 in Moray have moved on. Health and Social Care Moray have developed adult community based services and they are providing more community based care to adults at home.
- 4.7. Presently, there is a lack of a multi-disciplinary system for these young people when they are in crisis and a short-life working group has recently been convened with key stakeholders from across our system in Moray to work collaboratively to develop options for when young people in Moray simply need a "safe space" out-of-hours rather than a hospital bed.
- 4.8. A full report with update on any progress made by the Short-Life Working Group to address this gap in service provision will be submitted for consideration by this Committee on 26 August 2021.

5. **SUMMARY OF IMPLICATIONS**

(a) Corporate Plan and 10 Year Plan (Local Outcomes Improvement Plan (LOIP)) and Moray Integration Joint Board Strategic Plan "Moray Partners in Care 2019 – 2029"

This reports links to delivery of Outcome 7 of the Strategic Plan to ensure People using health and social care services are safe from harm.

(b) Policy and Legal

The content of this report relates to services provided in relation to The Mental Health (Care and Treatment) (Scotland) Act 2003 (updated in 2015)

(c) Financial implications

There are no financial implications associated with this report.

(d) Risk Implications and Mitigation

This report outlines the risks that currently exist and the measures that are in place to mitigate them in the short term, and outlines the plan for developing a sustainable service for the longer term.

(e) Staffing Implications

None arising directly from this report

(f) Property

There are no property implications arising from this report.

(g) Equalities/Socio Economic Impact

An Equalities Impact Assessment is not required as there is no change to policy and procedures resulting from this report.

(h) Consultations

Consultation on this report has taken place with the Chief Officer, Chief Social Work Officer, Head of Service, Corporate Manager, HSCM and Tracey Sutherland, Committee Services Officer, Moray Council; who are in agreement with the content of this report as regards their respective responsibilities.

6. CONCLUSION

- 6.1. This reports sets out the current position in relation to the service provided for 16 and 17 year olds in Moray, the mitigation in place and the steps that are being taken to establish a longer term provision.**
- 6.2. It is proposed that a future report be submitted to this committee setting out the plan for the future.**

Author of Report: Alex Pirrie, Service Manager, CAMHS

Background Papers:

Ref: