

CURRENT ARRANGEMENTS

In Solihull many people think of CAMHS as a single service for children and young people who have a serious mental illness. However the term can be used to describe a whole system of support for children and young people with different needs, across four 'tiers' (Joint Commissioning Panel for Mental Health, October 2013):

Universal Services (tier 1): these include general practitioners, primary care services, health visitors, schools and early years provision. Their role is to promote mental wellbeing, identify developmental or mental health needs that universal services cannot meet, and know what to do when this is the case.

In Solihull:

- The CCG has a nominated GP clinical lead for mental health.
- The majority of schools are continuing to work towards enhanced Healthy School status and Public Health fund the Education Improvement Service to support this.
- Some schools also use the SEAL programme (Social and Emotional Aspects of Learning).
- The Local Authority has published curriculum resources on healthy and safe relationships.
- There are range of universal services including children's centres, youth clubs, health visiting and school nursing which support good emotional wellbeing.
- All schools have pastoral leads for each child and young person.
- The Local Authority commissions Heart of England Foundation Trust to co-ordinate Solihull Approach parenting programmes from antenatal to teens, including those targeted at more vulnerable parents.

Targeted Services (tier 2): these include mental health professionals working singularly rather than as part of a multi-disciplinary mental health team, often based in universal settings such as school counsellors; primary mental health workers who either work directly with children or support professionals in universal services to do so; or support roles specifically for children and young people who are more at risk of developing mental health problems such as looked after children or young offenders.

In Solihull:

- There is no 'primary mental health service'.
- There are a range of voluntary sector organisations that provide 1:1 or group support, including Solihull Bereavement Counselling, the Samaritans, the Family Care Trust, the Anti-Bullying Behaviour Alliance, Solihull Mind for young people aged 17+, Family Equip, This Way Up for young people affected by separation or bereavement,
- There are a number of national organisations and resources available to Solihull families, including Young Minds (parent helpline, training and consultancy), Childline, SANE (helpline and online support forum), and Mindfull (online support, information & advice for 11 – 17 year olds).
- Solihull Council commissions Birmingham and Solihull Mental Health Foundation Trust to provide targeted mental health support to mothers with children under the age of 5; Barnardos Amazon counselling for children who are victims of violence and abuse; the

Solihull Carers Centre to provide 1:1, group and peer support for young carers; and Heart of England Foundation Trust to provide LATCH which is a psychological support service for Looked After Children.

- Solihull CCG commissions Birmingham and Solihull Mental Health Foundation Trust to provide psychological talking therapies for people over 16 (Healthy Minds); and Heart of England Foundation Trust to provide 'Universal Plus' specialist mental health support through Midwifery and Health Visiting Services.
- Solihull Council provides an educational psychology service; a YISP service to prevent young people from entering the youth justice system; a CHES therapeutic foster care and post adoption support service.

Specialist Services (tier 3): these are multi-disciplinary teams of mental health professionals providing a range of therapeutic interventions for children and young people who have complex, severe or persistent mental health needs. This can also include intensive home support teams for children and young people at risk of admission to in-patient care.

In Solihull:

- Solihull CCG commission Heart of England Foundation Trust to provide a multi-disciplinary specialist service for children and young people to the age of 16 who have severe and enduring mental health needs, and an Intensive Community Outreach Service (ICOS) to prevent hospital admissions.
- Solihull CCG also commissions Birmingham Children's Hospital to provide a Place of Safety for children and young people who may be a danger to themselves or others.
- Solihull CCG also commissions Birmingham and Solihull Mental Health Foundation Trust to provide an Early Intervention Service (from age 14) to treat and support young people experiencing an early episode of untreated psychosis, and the RAID multidisciplinary mental health Service (Rapid Assessment, Interface and Discharge) for people over the age of 16 who present at Solihull and Birmingham Hospitals.

Highly Specialist Services (tier 4): these include day and inpatient services, and highly specialist outpatient services for children and young people with the most serious problems. It can also include crisis or home treatment services which provide an alternative to hospital admission. These services are usually commissioned on a regional or national basis, as is the case in Solihull by NHS England.