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Your ref: Mental Health Inquiry
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Thank you for your letter of 27 July regarding the Committee's upcoming programme of focused inquiries and your request for information in relation to the Child and Adolescent Mental Health Services (CAMHS) inquiry.

To respond in order to the queries you raised your letter:

1. The extent to which The Mental Health of Children and Young People's Framework was implemented by its target date of 2015

The Mental Health of Children and Young People's Framework, published in 2005, was intended to be used by agencies working with and caring for children and young people as a planning and audit tool to identify goals and milestones for continuous improvement in the delivery of services and approaches. The framework acknowledged at the time of publication that much of what was described in it was already happening somewhere in Scotland. Individual agencies will have used the framework to identify areas for improvement and work towards delivery at a local level.

For its part, the Scottish Government set out policy and actions in Delivering for Mental Health, 2006, and a number of the elements contained within have been addressed further in subsequent Mental Health Strategies. The new mental health strategy will continue this approach, including support for child and adolescent mental health and mental wellbeing, both within and outwith NHS services.

Over the same period the Scottish Government has also undertaken the implementation and embedding of the Getting It Right For Every Child (GIRFEC) approach which underpins person centred, integrated and outcome focused planning and service delivery to support good mental health for children and young people.

Furthermore it is worth highlighting that The UN Committee on the Rights of the Child published its Concluding Observations on the fifth periodic report of the United Kingdom of Great Britain and Northern Ireland on 9 June 2016. The Scottish Government is considering carefully the full range of conclusions and recommendations raised by the Committee, including those relating to CAMHS, and will engage with relevant stakeholders shortly on next steps.

2. The current number of consultant psychiatrists currently working in CAMHS in Scotland.

The latest available figures are provided in a table in Annex A setting out the number of consultant psychiatrists currently working in CAMHS, in response to the Committee's request this provides a breakdown by Board as well as a Scotland wide figure.

3. The current number of clinical psychologists involved in research activities

The number of clinical psychologists involved in research activities is not currently collected by ISD (Information Services Division of NHSScotland) or the Scottish Government. Psychologists in the NHS, like other disciplines, do variable amounts of work in addition to their core clinical duties. For some this would be contributing to local clinical governance including research.

However it would be worth highlighting the development of the CAMHS Balanced Scorecard which has been developed by ISD and comprises of a detailed set of data tables to provide an interactive and comparative view of CAMH services. The Scorecard is based on a range of information including, waiting times for young people receiving mental health services, the workforce employed to provide those services, hospital activity and several other contextual measures.

The CAMHS balanced scorecard includes an indicator on the number of peer reviewed publications in a given time period. This indicator is still in development and was redefined earlier this year to clarify the definition and improve the quality and comparability of the data. ISD are keeping this under review to determine if it provides an informative return.

4. A breakdown of CAMHS staff per 100,000 of population in each Health Board area

Latest available figures are provided in a table in Annex B, based on the last census figures for NHSScotland. Figures for the NHS workforce show that the number of CAMHS psychology posts has more than doubled, from 120.8 WTE (141 headcount) in 2007 to 253.2 WTE (307 headcount). Since 2009 the overall CAMHS workforce has increased by more than a quarter – a 30% rise from 764.6 WTE (September 2009) to 993.5 WTE (March 2016) (equates to a headcount increase of 30.7%, from 883 to 1,154).

5. The current number and location of specialist in-patient beds now available across Scotland together with information on any current delays that exist in accessing places from the time of need being assessed

Figures are provided in a table in Annex C setting out the number of available beds for Mental Health, Learning Disability and Addiction patients, this provides a breakdown by Board as well as a Scotland wide figure. The figures included in the table are for 2014. An update for 2016 will be available on the Scottish Government website with a publication date scheduled for 13 September.

These figures were taken from the first Mental Health & Learning Disability Inpatient Bed Census, carried out by the Scottish Government and NHS Boards as at midnight, 29 October 2014. All 12 NHS Scotland territorial Boards which have psychiatric, addiction or learning disability inpatient beds provided a return - Orkney & Shetland have no inpatient beds. The State Hospital also provided a return. Every patient in Scotland at the census time of midnight at the end of October 2014 occupying an in-patient bed for all mental health, addiction and learning disability conditions were included.

The report provides evidence for Commitment 26 of the Mental Health Strategy for 2012 to 2015, but also enhances the Scottish Government's and NHS Scotland's understanding of mental health, addiction and learning disability services, and about the patients who use these services.

For adolescent inpatient beds, the boards collaborate in three regions and the provision is summarised in Annex D. The Scottish Government provided funding to allow the North of Scotland Region to increase the number of beds available at Dudhope House, Dundee, for children and young people with mental health problems, from 6 beds to 12 beds. The new unit opened in May 2015.

6. Statistics on current measurements of Hall 4 contacts and assessments across Health Boards

ISD confirm that the current universal preschool contacts that they collect information on are for Health Visitor First Visit, at 6-8 weeks, then at 27-30 months and pre-school vision screening. Based on the data collected at these reviews ISD produce three annual publications, Breastfeeding (at first visit and 6-8 weeks), 27-30 month review and on Primary 1 Body Mass Index.

The *Universal Health Visiting Pathway in Scotland - Pre-Birth to Pre-School* was introduced in October 2015 and sets out the most recent Scottish Government guidance on delivery of the Child Health Programme. This brings in two new universal health visiting reviews at 13-15 months and 4-5 years (preschool), which ISD will publish information on. The guidance includes a number of national assessment tools and specific reference is made at points within the pathway on the assessment of the child's mental health and wellbeing needs. The 13-15 month review will be implemented in April 2017, and the implementation dates for the 4-5 year review are still being discussed with NHS boards.

7. Progress on the alignment of community health nursing teams

The Community Health Nurse role was not implemented across Scotland. The Scottish Government introduced a Universal Health Visiting Pathway in Scotland: Pre-Birth to Pre-School in October 2015. The Pathway sets out the minimum core home visiting programme to be offered to all families. The programme consists of 11 home visits to all families - 8 within the first year of life and 3 child health reviews between 13 months and 4-5 years. As well as reviewing health and wellbeing, the new contacts at 13-15 months and preschool will have a strong focus on early development, using validated development assessment tools appropriate to the age range. This will lead to the identification of any developmental needs, including mental health and wellbeing needs of mother and child and provide the opportunity to intervene early to address any concerns.

In addition to the queries above the Committee's letter also sought an update on the evaluation and publication of the next mental health strategy. In response the Committee may wish to be aware that progress updates on the last Mental Health Strategy are available on the Scottish Government's website. The next Mental Health Strategy will build on the

previous strategy and be the centrepiece for this Government's focus on improving Mental Health. We will publish the next Strategy later this year.

The new mental health strategy will focus on themes including prevention and early intervention, responses in primary care settings, improving the physical health of those with mental health problems, and improving access to mental health services. A number of public events will be held so that people can give their views on a new plan to transform Scotland's mental health. The events will take place in four venues around the country in August and September. Feedback will be used to inform Scotland's new strategy for mental health.

Finally the request from the Committee asked for details of funding by the Scottish Government and how this flows into outreach work.

Funding on mental health outreach, together with other mental health services will be drawn from the overall funds allocated to NHS Scotland by the Scottish Government. It is the responsibility of NHS Boards to ensure they deliver fit for purpose services which respond to the needs of their local population, including for mental health outreach. In addition to services provided by NHS boards the Scottish Government also funds the following:

- i. £825k per year for Breathing Space - a free and confidential phone line provided by NHS24 and aimed at people experiencing low mood or depression. It is available to anyone calling from anywhere in Scotland;
- ii. £200k per year for Living Life - a free telephone service also provided by NHS24 which is available to anyone over the age of 16 who is suffering from low mood, mild to moderate depression and/or anxiety. Two types of telephone intervention and support are provided: Living Life Guided Self Help Cognitive Behavioural Therapy (CBT with a self-help coach) and Living Life Cognitive Behavioural Therapy (CBT with a therapist);
- iii. £200k per year funds the Combat Stress Scotland Community Outreach service which aims to provide a better response to the mental health needs of Veterans, their families and carers; and improve access to locally based care, screening and assessment; and facilitate an improved, integrated care pathway approach;
- iv. £200k per year for the Veterans First Point Lothian Service - to support veterans and their families, no matter what the (healthcare; housing; welfare; employment) need may be – and education.

We are also developing innovative approaches to widen our outreach work. For example, we are providing:

- i. £4.2 million over 4 years to test and develop the effectiveness of distress brief interventions to better support people in distress who turn to frontline services;
- ii. £1m over 3 years to the Scottish Association of Mental Health to improve the physical health of those with mental health challenges; and
- iii. £10m over 2 years to support over 30 innovative tests of change in primary care mental health services, many of which focus on improving the physical health of people with severe and enduring mental illness; improving support available in rural areas and in areas of high social-deprivation. The third sector, including link workers

will have a key role to play in this, signposting people to local community resources such as peer support, and helping them manage their own conditions.

Our forthcoming Mental Health Strategy will set out the priorities that we think will deliver significant improvements in the mental health of the population of Scotland. Mental health outreach work will have a key role to play in this – supporting a shift to prevention and early intervention, but also protecting the rights of people with mental health challenges by reducing inequalities of access and treatment for people living with mental health problems.

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Annex A – NHSScotland CAMHS Consultants by Board as at March 2016

	Consultants (WTE)
NHSScotland	64.1
NHS Ayrshire & Arran	3.0
NHS Borders	0.9
NHS Dumfries & Galloway	3.0
NHS Fife	3.3
NHS Forth Valley	2.0
NHS Grampian	9.4
NHS Greater Glasgow & Clyde	16.7
NHS Highland	2.9
NHS Lanarkshire	7.7
NHS Lothian	10.9
NHS Orkney	-
NHS Shetland	-
NHS Tayside	4.4
NHS Western Isles	-

Source: ISD Scotland National Statistics, NHS Scotland Workforce

<http://www.isdscotland.org/Health-Topics/Workforce/publications/2016-06-07/CAMHSMarch2016.xls>

Key: WTE, Whole Time Equivalent, - zero

Annex B - Clinical Staff Employed in NHSScotland CAMHS as at March 2016 by Professional Group & NHS Board

	Scotland	NHS Borders	NHS Fife	NHS Lothian	NHS Grampian	NHS Highland	NHS Orkney	NHS Shetland	NHS Tayside
Nursing	417.3	7.1	15.8	93.8	18.9	11.2	1.0	3.0	57.3
Psychology	253.2	5.6	18.8	41.7	17.4	14.7	0.0	0.7	15.1
Medical	80.6	3.3	3.3	12.7	9.6	3.5	0.0	0.0	6.3
Occupational Therapy	46.2	2.5	2.4	15.6	3.6	0.0	0.0	0.0	3.0
Social Work	27.8	0.0	0.0	4.7	2.3	4.0	1.0	0.0	1.0
Psychotherapy	12.7	0.4	3.3	0.0	0.9	0.0	0.0	0.0	0.0
Family Therapy	11.9	0.0	1.5	0.0	1.6	0.0	0.0	0.0	2.0
Counselling	6.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Speech & Language Therapy	10.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.8
Teaching	4.3	0.0	0.0	0.8	0.5	0.0	0.0	0.0	1.0
Art Therapy	8.7	0.0	1.8	0.5	0.8	1.0	0.0	0.0	0.0
Dietetics	9.0	0.0	0.0	3.6	0.0	0.0	0.0	0.0	1.7
Physiotherapy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Music Therapy	0.6	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Educational Psychology	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other Therapy	12.4	0.0	0.0	0.0	1.0	1.7	0.0	0.0	2.0
Other	92.4	0.0	1.0	24.2	1.5	10.6	0.0	0.0	18.7
<i>Healthcare Assistants</i>	<i>42.4</i>	<i>0.0</i>	<i>0.0</i>	<i>14.7</i>	<i>0.5</i>	<i>0.0</i>	<i>0.0</i>	<i>0.0</i>	<i>8.7</i>
Total: All Professional Groups	993.5	20.0	47.9	197.5	58.2	46.7	2.0	3.7	108.9
Population (mid 2015 estimate)	5,373,000	114,030	368,080	867,800	587,820	321,000	21,670	23,200	415,040
WTE Per 100,000 population	18.5	17.6	13.0	22.8	9.9	14.5	9.2	16.0	26.2

	NHS Western Isles	NHS Ayrshire & Arran	NHS Dumfries & Galloway	NHS Forth Valley	NHS Greater Glasgow & Clyde	NHS Lanarkshire
Nursing	3.0	27.6	16.6	14.7	126.7	20.7
Psychology	0.0	13.4	7.8	13.9	63.1	41.1
Medical	0.0	3.0	3.0	4.5	23.1	8.3
Occupational Therapy	0.0	4.4	1.0	0.0	9.0	4.7
Social Work	0.0	0.0	1.0	2.1	2.0	9.7
Psychotherapy	0.0	2.9	0.0	0.0	2.7	2.5
Family Therapy	0.0	0.0	0.0	0.0	6.8	0.0
Counselling	0.0	0.0	0.0	0.0	0.0	6.4
Speech & Language Therapy	0.0	0.0	0.0	1.0	7.7	0.0
Teaching	0.0	0.0	0.0	0.0	2.0	0.0
Art Therapy	0.0	0.0	0.0	0.0	0.0	4.7
Dietetics	0.0	0.0	0.0	0.0	3.0	0.7
Physiotherapy	0.0	0.0	0.0	0.0	0.0	0.0
Music Therapy	0.0	0.0	0.0	0.0	0.0	0.0
Educational Psychology	0.0	0.0	0.0	0.0	0.0	0.0
Other Therapy	0.0	1.0	0.5	0.0	5.1	1.0
Other	0.8	1.0	1.8	0.0	28.8	4.0
<i>Healthcare Assistants</i>	<i>0.0</i>	<i>0.0</i>	<i>1.8</i>	<i>0.0</i>	<i>16.7</i>	<i>0.0</i>
Total: All Professional Groups	3.8	53.3	31.7	36.2	280.0	103.6
Population (mid 2015 estimate)	27,070	370,590	149,670	302,650	1,149,890	654,490
WTE Per 100,000 population	14.0	14.4	21.2	12.0	24.4	15.8

Annex C - The number of available beds for Mental Health, Learning Disability and Addiction patients in each NHS Board as at 29 October 2014

NHSScotland	Available beds	Patients
NHSScotland	4,532	3,909
NHS Borders	65	59
NHS Dumfries & Galloway	107	77
NHS Fife	346	256
NHS Forth Valley	240	217
NHS Grampian	383	339
NHS Greater Glasgow & Clyde	1,176	1,105
NHS Highland	195	169
NHS Lanarkshire	450	346
NHS Lothian	711	670
NHS Tayside	409	334
NHS Western Isles	19	18
State Hospital	132	121

Source: *Mental Health & Learning Disability Inpatient Bed Census, 2014*
<http://www.gov.scot/Publications/2015/06/7555>

Annex D – Adolescent Inpatient Bed Provision by Region

Unit	No of beds	Area served
NHS Scotland	48	
Royal Edinburgh Hospital	12	<u>South East of Scotland</u> Lothian, Fife and Borders
Skye House, Stobhill, Glasgow	24	<u>West of Scotland</u> Greater Glasgow and Clyde, Forth Valley, Lanarkshire, Dumfries and Galloway
Dudhope House, Dundee	12	Ayrshire and Arran <u>North of Scotland</u> Tayside, Grampian, Highland, Shetland, Orkney and Western Isles