

# Child and Adolescent Mental Health Services (CAMHS) – CHO 2

2017 Inspection Report

Community Healthcare Organisation:  
CHO 2

Inspection Team:  
Dr Susan Finnerty

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Dr Susan Finnerty MCRN009711

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## Introduction

In 2017, the Inspector of Mental Health Services sought information from each Community Healthcare Organisation (CHO) about Child and Adolescent Mental Health Services (CAMHS) in their area. Information was collected by questionnaire on 15 September 2017 and a meeting held with the Executive Clinical Directors, and Head of Mental Health for the CHO.

## Description

Community Healthcare Organisation (CHO) 2 consisted of Galway/Roscommon and Mayo. It had eight Child and Adolescent Mental Health Service (CAMHS) teams: two in Mayo and six in Galway/Roscommon. There was an in-patient CAMHS unit in Merlin Park University Hospital, Galway, which had 20 beds and a day hospital with five staff. The school was off-site at the time of inspection but the new school building on the Merlin Park campus had been completed.

CHO 2 Profile	
Total population	453,413
Population under 18	117,550
CAMHS funding	€10,794,363
Per capita funding for under 18's	€91.83
Number of CAMHS teams recommended in <i>A Vision for Change</i>	9
Actual number of CAMHS Teams in 2017	8

## Staffing

CHO 2 CAMHS Staffing Profile for Community CAMHS	Number (WTE)*	<i>A Vision for Change</i> requirements	% <i>A Vision for Change</i> recommendations in place
Consultant Psychiatrist	9.2	9	102%
Doctors in training	10	9	111%
Psychologist	7.28	18	40%
Occupational Therapist	4.73	9	53%
Social worker	9.3	18	52%
Social care staff	3.65	9	41%
Nursing staff	8.5	18	47%
Speech and language	5.7	9	63%
<b>Total</b>	<b>58.36</b>	<b>99</b>	<b>59%</b>

\*WTE: Whole Time Equivalent

CHO 2 CAMHS Staffing Profile for CAMHS inpatient unit, Merlin Park	Number (WTE)
Consultant Psychiatrist	2
Doctors in training	3.5
Psychologist	1.8
Occupational Therapist	1
Social worker	2
Social care staff	1.72
Nursing staff	33.5
Speech and language	0.5
Dietician	1
<b>Total</b>	<b>47.02</b>

CHO 2 CAMHS Vacancies (post approved but not filled)	Number (WTE)
Consultant Psychiatrist	1
Doctors in training	1
Psychologist	4
Occupational Therapist	2
Social worker	2
Social care staff	2
Nursing staff	4
Speech and language	1

## Waiting times

There is no waiting list for CAMHS in CHO 2.

CHO 2 CAMHS Waiting times – From time of referral to first assessment	
Emergency	Same day
Urgent	24 hours
Non-urgent	3 -6 weeks

CHO 2 CAMHS Waiting times – From first assessment to follow-up appointment	
Emergency	Immediate
Urgent	Immediate
Non-urgent	Immediate

## Access to care and treatment

The CAMHS in-patient unit in Merlin Park University Hospital, Galway received referrals from CHO 1 (Donegal, Sligo), and CHO 3 (Limerick, Clare and North Tipperary) as well as nationally when necessary. It was the only CAMHS in-patient unit that had an emergency bed to which there was 24-hour access and this had reduced the admissions of children to adult psychiatric units. While a modern building, the Special Care Unit was too small and catered for only one young person, although designed with three beds.

The day hospital was open seven days a week and had an assertive outreach team of an occupational therapist and project leader.

The CAMHS intellectual disability consultant psychiatrist post had been approved but was not yet filled.

### CHO 2 Access to in-patient CAMHS facilities

CAMHS In-patient Unit, Merlin Park University Hospital	20 beds
Children admitted to adult mental health units in 2017	3
Children treated abroad for mental illness in 2017	0

### CHO 2 CAMHS Access

CAMHS out of hours cover provided to emergency departments	No (Mayo)
CAMHS team input if child admitted to adult unit	Yes
Provision of CAMHS to 17 year olds	Yes

## Young people and family involvement

- An advocacy service was being piloted in the in-patient unit in Merlin Park. If successful this was to be rolled out nationally. Training was provided for peer advocacy.
- There was a steering group for the day hospital, with input from young people who have experience of CAMHS. This had included media training, a young person's champion role, psychoeducation, focus groups and plans to set up a consumer panel.
- A youth panel was in operation which provided information and had a website.
- Information leaflets about CAMHS were developed with input from young people.

## Quality initiatives

- There was a pilot project in the in-patient unit to start naso-gastric feeding for severely ill young people with anorexia nervosa who require this intervention. This would reduce the necessity to transfer young people to general hospital services.
- There was a support service for young people whose parents have a mental illness.
- Four staff had completed training in Behavioural Family Therapy.

## Challenges

- The autism service was being moved at the time from CAMHS to the disability service. However, referrals for young people with Autistic Spectrum Disorder (ASD) continued to come to CAMHS, although governance had been moved to disability and funding to provide this service was not available.
- While there were no waiting lists for CAMHS in CHO 2, there was constant pressure on resources to maintain this.
- Mayo CAMHS had a separate governance structure. Plans were in place to develop a CHO-wide governance structure.
- There was no on-call rota in Mayo CAMHS, resulting in no emergency cover. This resulted in children being assessed by adult services NCHD who then discussed the case with the CAMHS psychiatrist on call in Galway.
- There were large gaps in the provision of clinical psychology due to vacancies for clinical psychologists.
- There were difficulties in recruiting and retaining consultant psychiatrists in Mayo. One consultant psychiatrist also provided CAMHS intellectual disability service. There was one agency consultant psychiatrist in Mayo at the time.
- There was no day hospital service in Mayo. Discussions were being held with a view to providing a mobile day hospital in the area.
- The CAMHS intellectual disability team had not yet been developed as planned in 2017. Four posts had been approved but there is only 0.6 WTE consultant psychiatrist in post.
- Needs of young people with mild mental health issues were not being met in primary care resulting in inappropriate referrals to CAMHS.

## Conclusion

CHO 2 had a reasonably well developed CAMHS. This was more evident in Galway/Roscommon, which had five community CAMHS teams, a day hospital and a well-functioning in-patient CAMHS unit in Merlin Park. In contrast, Mayo CAMHS had two community CAMHS teams and no access to day hospital. It could admit

young people to the in-patient unit. While Galway had an on-call rota, providing emergency service, this was not the case in Mayo. There were moves to integrate the governance structures, which should provide for a better service in Mayo.

There were an impressive number of projects that young people and their families who have experienced CAMHS have been involved in and it was evident that the service user is to the forefront of service delivery.