

# Child and Adolescent Mental Health Services (CAMHS) – CHO 7

2017 Inspection Report

Community Healthcare Organisation:  
CHO 7

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**Inspection Date:**  
9 November 2017

**The Inspector of Mental Health Services:**  
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**Date of Publication:**  
25 July 2018

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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

CAMHS in CHO 7 were provided by Linn Dara CAMHS (six teams) and Lucena CAMHS (two teams). Lucena also had two further teams within the catchment area but all services from these teams were returned to CHO 6.

Linn Dara had three CAMHS teams serving South West Dublin, which were based in Cherry Orchard Campus in Dublin 10: Lucan, Ballyfermot/St James's and Clondalkin. Three further CAMHS teams were based in Kildare: North Kildare, South Kildare and Mid Kildare. A fourth team was under development in Mid-West Kildare, which would facilitate the planned move of West Wicklow from Lucena CAMHS to the Linn Dara service.

Linn Dara also had an in-patient unit in Cherry Orchard. It had 24 beds and provided a service to all of CHO 7, CHO 6 and part of CHO 8 for young people up to the age of 18. It provided in-patient beds for under 16 year olds for CHO 8, CHO 9 and part of CHO 1.

CHO 7 had experienced an increase in population of young people, especially in Kildare. Twenty-five percent of the total population were under 18 years.

Linn Dara also had an Adolescent Day Programme for young people aged 12 to 16 years.

CHO 7 Profile	
Total population	634,851
Population under 18	159,288
CAMHS funding	€12,060,000
Per capita funding for under 18's	€75.71
Number of CAMHS teams recommended in <i>A Vision for Change</i>	12 (8 for Linn Dara service)
Actual number of CAMHS Teams	8

CHO 7 is served by Linn Dara service and Lucena CAMHS. Lucena CAMHS also serves CHO 6 and returns for Lucena CAMHS for CHO 7 area to CHO 6, making it difficult to map out what is provided in for CAMHS in CHO7. The rationale behind this structure is unclear.

Linn Dara serves a total population of 394,551.

## Staffing

CHO 7 CAMHS Staffing Profile	Number (WTE)*
Linn Dara (in-patient unit)	43.4
CAMHS Intellectual Disability Team	2
Liaison Team	2.5
Day Hospital Team	8.6
Eating Disorder Team	10

\*WTE: Whole Time Equivalent

CHO 7 Linn Dara CAMHS Community Teams Staffing Profile	Number (WTE*)	A Vision for Change Recommendations	% A Vision for Change recommendations in place
Consultant Psychiatrist (Community)	7 (1 locum)	8	88%
Doctor in training	9	8	113%
Psychologist	7	16	44%
Occupational Therapist	5.5	8	69%
Social Worker	7.6	16	48%
Social Care staff	9	8	113%
Nursing staff	6.4	16	40%
Speech and Language Therapist	5.8	8	73%
<b>Total</b>	<b>57.3</b>	<b>88</b>	<b>65%</b>

CHO 7 CAMHS Vacancies (post approved but not filled)	Number	Comment
Consultant Psychiatrist	3	1 filled by locum
NCHD	0	
Psychologist	1	
Occupational Therapist	1	
Social worker	1	
Social care leader	0	
Nursing staff	3	2 of these vacancies in in-patient unit
Speech and language	1	
<b>Total</b>	<b>10</b>	

## Waiting times

### CHO 7 CAMHS Waiting times – From time of referral to first assessment

Emergency	Same day
Urgent	72 hours
Non-urgent	3 months

### CHO 7 CAMHS Waiting times – From first assessment to follow-up appointment

Emergency	Same day
Urgent	72 hours
Non-urgent	3 months

## Waiting list initiatives

There had been a decrease in the number of young people and their families not attending appointments (DNA rates) due to the use of text message reminders. There was also an automated Diary System in operation.

## Access to care and treatment

### CHO 7 Access to in-patient CAMHS facilities

Linn Dara	22 beds plus 2 high observation beds
Children admitted to adult mental health units in CHO 7 in 2017	11
Children treated abroad for mental illness in 2017	2

As part of the development of the New Children's Hospital, there will be 20 in-patient beds, eight of those dedicated for eating disorders. Linn Dara had been involved in a number of planning sub-groups and had signed off on the design and equipping of the CAMHS unit and the associated school.

### CHO 7 CAMHS Access

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

## Young people and family involvement

- There was an Eating Disorder Parents and Carers Group, facilitated by the multi-disciplinary team. This group met fortnightly.
- There was an in-patient parent and carers group, which met weekly. This was also facilitated by the multi-disciplinary team and provided information sessions.
- Two summer workshops took place for younger and older siblings of young people with a mental illness.
- There was a Summer Fun Day for families, which included a self-care session for parents.

## Quality initiatives

- In 2017, an Attention Deficit and Hyperactivity Disorder (ADHD) pathway was established in South Dublin. This will be supported by a registered nurse prescriber and multi-disciplinary staff in 2018.
- The provision of a CAMHS Intellectual Disability service was in early development. There were two teams, in South Dublin and Kildare.
- Academic links had been made across all disciplines with Trinity College Dublin.
- CHO 7 was a pilot site for Best Practice Guidelines.
- CHO 7 had introduced the Pediatric Early Warning System (PEWS). This provided a framework for care and empowered clinicians to act on behalf of a child with signs of deterioration or about whom they had clinical concerns.
- “Hello my name is” HSE initiative was in place.
- The service-based website is under further development as part of a HSE service improvement project for CAMHS. The HSE is partnering with the youth mental health website SpunOut.ie in this development.
- There was a specialist eating disorder team which delivered a standardised approach to assessment and treatment of eating disorders at secondary care level with clear pathways to and from primary care, Community CAMHS and in-patient services. This team is one established under the National Clinical Care programmes and the HSE National Model of care for eating disorders.

## Challenges

- The increasing population (6% at the 2016 census) and ethnic diversity with an increase in number and complexity of referrals, had caused difficulties in providing a comprehensive CAMHS service with resource constraints.
- There were difficulties in filling vacancies and recruitment delays. The main shortages are in medical and nursing staff.
- There was a need to ensure CAMHS services were integrated with Primary Care Networks.

- The increased recognition of Autism Spectrum Disorders (ASD) had presented a challenge to provide services to this group of young children in the absence of appropriate ASD services.
- The development of a new team in Kildare to facilitate the transfer of West Wicklow from Lucena CAMHS to Linn Dara CAMHS was also a challenge.

## Conclusion

CHO 7 had a well-organised system of CAMHS provision, with a care pathway through community CAMHS, day hospital and in-patient care. However, the increasing population of young people and ethnic diversity had posed challenges, especially in view of resource constraints. There were ten staff vacancies within CAMHS, including three consultant psychiatrist posts. The development of a new team in Kildare to facilitate the transfer of West Wicklow from Lucena CAMHS to Linn Dara CAMHS was also a challenge.

Young People and family involvement was good, especially in the area of providing support for families. Waiting times for non-urgent appointments was a maximum of three months which was considerably less than other CHOs. There was a specialist Eating Disorder team across community, day hospital and in-patient care, and there was an Attention Deficit and Hyperactivity Disorder (ADHD) pathway in South Dublin. In the absence of appropriate ASD services, CAMHS were struggling to provide a service for this group of young people.