

# PAPER

BOD 74/2015

(Agenda item: 8)

# Report to the Meeting of the

# Oxford Health NHS Foundation Trust

# Board of Directors

**Board Meeting**

**27 May 2015**

**Chief Operating Officer’s Report**

**For Information**

This month’s report provides the Board with an update on:

* CAMHS Contract in Buckinghamshire.
* Funding for Innovative Sleep Treatment.
* Breaking the Cycle Week 23-29th April.

**Recommendations**

The Board is asked to note the report.

**Lead Executive Director: Yvonne Taylor, Chief Operating Officer**

1. **CAMHS Contract in Buckinghamshire**

Following a competitive tender process earlier this year the Children and Young People’s Directorate were delighted to be awarded the contract to continue to provide CAMHS in Buckinghamshire.

Clinical and operational leaders worked with staff within the current Buckinghamshire CAMHS service and with partners to develop a clinically led CAMHS model for children, young people and families of Buckinghamshire. The Directorate has taken a value based approach to the development of the service model ensuring that each element is designed to enable efficient and effective care to enable children and young people to meet their recovery goals. The design was also informed by the recommendations from the Future in Mind report from the National CAMHS Taskforce, feedback from children and young people, parents, and referrers and will provide an evidence based approach to deliver the best possible outcomes for young people and their families.

Oxford Health NHS Foundation Trust will be the prime contractor retaining clinical and operational oversight across the service. This is an outward facing service model offering consultation, promoting a self-care approach where appropriate, giving advice, support and expertise into the Buckinghamshire localities where named staff will provide education sessions, act as a point of contact for consultation enabling referrers to discuss cases without the need for a for a formal referral.

Our main partner in delivery is Barnardo’s, who will work with us in developing a single point of access. Their staff will also provide the innovative role of a “Buddie” who will support and guide children and young people and their families through their journey of recovery in CAMHS.

Barnardo’s staff will also work within care pathways, providing psycho-education, parenting, promoting emotional wellbeing and linking young people into support available within their local communities. Barnardo’s will also lead on service user participation ensuring that the voice of CYP remains at the heart of future service developments.

We are also working in partnership with B-eat who are a third sector provider with expertise in eating disorders. They will provide on line support to young people who are receiving treatment within our eating disorder pathway. This will include online peer support around key times of transition as well as moderated online discussion forums.

We have moved away from the traditional tiered approach and care will be delivered through care pathways which have been developed to provide an evidenced based approach at all stages of a child or young person’s journey. The pathways developed include: Eating Disorders, Neuro-developmental, Mood and Stress, Learning Disability, Attachment and Vulnerable Children.

Senior clinical staff will undertake initial assessments so that young people will be offered the right level and type of care and treatment first time.

In order to evaluate this new model the Directorate is working with colleagues in the AHSN to develop a rigorous evaluation of this approach and with Harvard University who are interested in undertaking detailed costing of pathways.

1. **Funding for Innovative Sleep Treatment Trial at Warneford Hospital**

Oxford Health NHS Foundation Trust and the University of Oxford are collaborating to trial an innovative sleep treatment, tailored for people admitted to an acute psychiatric ward. This is an evidence-based approach to transforming treatment for patients with significant mental health problems at a time of major crisis in their lives, and is being supported following selection by the Health Foundation, an independent healthcare charity, to be part of its new £1.5 million programme, Innovating for Improvement.

The Innovating for Improvement programme is supporting 17 projects across the UK with the aim of improving healthcare delivery and the way people manage their own healthcare by testing and developing innovative ideas and approaches and putting them into practice.

Empirical evidence shows that sleep disturbance is a contributory cause of poor mental health and low psychological well-being and 8 out of 10 patients admitted to psychiatric wards report clinically significant insomnia. The treatment offered as part of the trial is designed to address this clinical need.

The project involves treating sleep problems using the latest evidence-based techniques and technologies, with three key elements: state-of-the-art sleep monitoring devices to promote patient discussion about their sleep; regulation of the body clock through the timing of light and darkness; and targeting unhelpful cognitions and behaviours that disrupt sleep using cognitive behavioural techniques.

The effects of the intervention will be tested in a pilot randomised controlled trial with patients admitted to Vaughan Thomas ward, at the Warneford Hospital, Oxford and will be led by Dr Alvaro Barrera, Consultant Psychiatrist. Half of the participants will be randomly allocated to the novel intervention and half will continue with their usual care. By comparing assessment data of these two groups, it is hoped that the team will discover whether the intervention has had a significant impact on improving sleep and emotional wellbeing as well as overall psychiatric symptoms and speed of recovery.

1. **Breaking the Cycle Week 23-29th April**

The Trust took part in the Oxfordshire Breaking the Cycle week which was sponsored by the Oxfordshire Systems Resilience Group (SRG).

The initiative brought together local hospital, community, ambulance and social care staff who trialled new ways of getting patients who need urgent care seen, treated and, if appropriate, discharged more efficiently.

Much was learned from the week and some examples of this included improving access to porters and therapists as well as pooling knowledge on support available in the community. Health and social care partners are looking forward to using the analysis of the week to act as a spring board to achieve more than 95 per cent of patients seen in 4 hours every day in local A&E departments.

Other activities included putting more social care staff on hospital wards, GPs working with paramedics to undertake home visits earlier, carrying out extra patient transport journeys, carrying out scheduled operations earlier and cancelling non urgent meetings to help patients move through hospitals more efficiently.

‘Breaking the Cycle’ is a national initiative and has been shown to bring about positive changes in other parts of the country, improving A&E performance, reducing ambulance waiting times as well as reducing delays in transfers of care.

The SRG comprises OCCG and health and social care partners including Oxford University Hospitals NHS Trust, Oxford Health NHS Foundation Trust, South Central Ambulance Service NHS Foundation Trust, Oxfordshire County Council, the voluntary sector and Oxfordshire Local Medical Committee. They help to review the support required for the health and social care services to operate successfully throughout the year.