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LEGACY 2014
XX COMMONWEALTH GAMES
SCOTLAND

Ur faidhle/Your ref: PE1438
17 April 2013

Dear Dave,

I am writing in response to the Public Petitions Committee consideration of Petition PE1438 and your letter of 18 March. You asked for further information on CAMHS and the psychological therapies HEAT access targets. I hope that the additional information is helpful in considering the Petition further.

Definition of the CAMHS HEAT Target

In the NHS Scotland Local Delivery Plan Guidance 2012-13 which was issued in December 2011, we announced that target would be reduced to 18 weeks for delivery by December 2014, in line with the access to psychological therapies target which covers people of all ages i.e. the waiting times targets are the same for people of all ages.

The initial HEAT target stated "no patient shall wait longer than 26 weeks between referral and treatment for specialist CAMHS by March 2013". It was set as a challenging but realistic target to deliver significant service improvement, reducing what we recognised were unacceptably long waits for referral to specialist CAMHS. We set the target to drive service improvement. Once that initial improvement was delivered locally, we aligned the target with the all-age psychological therapies target.

The targets are not intended to override clinical decisions. When a person needs to be seen urgently on the basis of clinical need, that is what should happen.

Progress to Deliver the CAMHS HEAT Target

We are on track to deliver the HEAT target of 26 weeks by March 2013, reflecting a significant service improvement and reduction in waiting times.

Waiting time data is produced by ISD on a quarterly basis and the most recent data (up to December 2012) <http://www.isdscotland.org/Health-Topics/Waiting-Times/Child-and-Adolescent-Mental-Health/> shows that 91% of patients started treatment within 26 weeks and the average wait was 7 weeks (using adjusted waits).

Data on delivery of the 26 week target by the end of March 2013 will be published by ISD in May 2013. NHS Boards are now working towards meeting the 18 week target by December 2014.

Action to Support Access to CAMHS

Building the capacity of the specialist CAMHS workforce was essential to delivering faster access to services. Over a 4 year period we have invested £10 million to increase the number of child psychologists from 143.8wte in 2009 to 215.7wte, with a further £2 million investment per year to increase the specialist CAMHS workforce. The size of specialist CAMHS workforce has increased by over 35% since the end of 2008. ISD publishes data about the CAMHS workforce which is available at <http://www.isdscotland.org/Health-Topics/Workforce/CAMHS/>

NHS Education for Scotland (NES) has been supporting CAMHS workforce development in a number of ways including development of Essential CAMHS, an online learning tool, and the CAMHS Competence Framework. NES has also developed the Matrix (more information below in section on psychological therapies) to support commissioners of psychological therapies make decisions about what evidence-based psychological treatments are required in their local areas. The Matrix includes a chapter on evidence-based interventions for children and adolescents.

The Scottish Government's Quality, Efficiency and Support Team (QUEST) supports NHS Boards on delivery of the mental health HEAT targets and development of high quality effective and efficient community mental health services.

Monitoring Performance

The Scottish Government continually monitors the performance of NHS Boards through a number of channels, including monthly management waiting times data from ISD, assessment of NHS Boards' self assessments and through our twice yearly Mental Health Implementation review visits to each of the NHS Boards.

This allows us to identify variation between NHS Boards across a range of indicators and, where necessary allows us to facilitate additional support. We have also developed a CAMHS Balanced Scorecard which includes information across a range of indicators to provide a broader picture of a Board's performance and to assist Boards to benchmark their performance and identify areas for improvement. ISD is developing the scorecard with the intention to publish the data later in 2013.

In addition, the CAMHS Implementation and Support Group provides the Scottish Government with advice about implementation of the CAMHS HEAT target and provides governance on progress with the child and adolescent mental health commitments within the Mental Health Strategy.

Sharing Good Practice

In addition to the CAMHS Implementation and Monitoring Group, the Scottish Government facilitates the CAMHS Stakeholder Reference Group which provides an opportunity for CAMH services across Scotland to share good practice and support the Scottish Government's mental health policy development. QUEST and NES also facilitate engagement across NHS Boards to share learning and shape their work programmes.

Improving Access to Psychological Therapies

The HEAT target to improve access to psychological therapies covers people of all ages. It includes children and young people where their treatment is a psychological therapy and it will include older adults.

NHS Boards are collecting and submitting data to measure progress towards meeting the HEAT target. The target is complex, as psychological therapies for mental illness are delivered by a number of different services and professional groups e.g. by community mental health teams, substance misuse services, psychology services and highly specialist teams e.g. learning disability. We anticipate that the psychological therapies waiting time data will be of a consistency and quality to allow ISD to publish it from Autumn 2013.

Support for delivery of the target includes QUEST's mental health programme (described earlier) and NES's programme to support improving access to psychological therapies. In collaboration with the Scottish Government and other key stakeholders, NES has set standards for training in psychological interventions, and produced guidance for Boards on the delivery of safe, effective and efficient care: *The Matrix – A Guide to Delivering Evidence-based Psychological Therapies in Scotland*.

NES is also involved in the commissioning and delivery of training in specific psychological therapies and interventions as recommended by the Matrix e.g. Cognitive Behavioural Therapy, Parenting Interventions, Interpersonal Therapy, Motivational Interviewing. In the last twelve months, 660 multi-professional staff have received training in psychological care/therapies/interventions.

Michael Matheson