

# NHS Fife CAMHS Intensive Therapy Service – ITS (Cowie 2012)

## Inputs

### Investment

- › **Set up costs:** None, as assets transferred from NHS Fife CAMHS In Patient Unit (IPU) following closure
- › **Operational costs:** £542,321 per year (broken down below)

### Staffing

- › 1 x WTE Band 8A Nurse Consultant
- › 0.5 x WTE Band 8A clinical Psychologist
- › 3.6 x WTE Band 6 Senior Nurse Therapist
- › 0.8 x WTE Band 6 Occupational Therapist
- › 0.6 x WTE Band 3 Therapy Support Worker
- › 0.2 x WTE Band 8A Family Therapist
- › 0.8 x WTE Cons. Psychiatrist (costs met by wider CAMHS)

Total staff costs: **£256,830**

### Other resources

- › Travel expenditure: **£32,300**
- › NHS CAMHS IPU costs **£209,106**
- › Private provider IPU costs **£44,085**

## The service

### Journey through service

- › Referrals made through NHS Fife CAMHS referral pathway and emergency referrals via CAMHS Consultant psychiatrists/ Senior clinicians
- › 38 children and young people (CYP) referred in 2011/12 with severe and complex mental health needs
- › 44 CYP discharged from ITS in 2011/12. Most CYP likely to have required some inpatient care, pre-ITS being in place.

### Services

#### Therapeutic

- › Intensive mental health assessments
- › Individualised care packages
- › Risk assessment & management
- › Increased engagement in CAMHS
- › Increased access to social support
- › Access to psychological therapies

#### Clinical

- › Access to inpatient care
- › Collaborative care planning with partners
- › Medication prescribing
- › Medication monitoring
- › Psycho-education

#### Training/Consultation

- › Through Playfield Institute (a resource to improve CYP's emotional well-being, for carers and any staff working with CYP and their families.)
- › To education services
- › To tier II & III CAMHS staff
- › To primary care providers

## Summary of benefits

### Children and young people, carers

- › Improvements in mental health and social functioning outcomes for 90.9% of young people (using standardised measures: HoNOSCA)
- › Access to appropriate & effective therapeutic interventions
- › 95.5% of young people discharged from ITS had avoided hospital admission
- › Reduced number of admissions to CAMHS IPUs
- › Shorter admissions to IPUs when necessary (Average length of stay since ITS: 21 days. Pre-ITS: 56 days)
- › Reduced number of CYP admissions to adult IPUs, avoiding potentially inappropriate placements
- › Reduced stigma of having mental health needs and contact with services
- › Focus upon young person's and family's strengths

### For healthcare system

- › 3 yr consecutive reduction in costs of Inpatient care, demonstrating efficiency of **£74,556** since 2009/10
- › Positive cost comparison between NHS Fife CAMHS IPU & ITS, resulting in a saving of **£417,295** per year
- › ITS helps avoid costs of up to **£1,227,072**, compared with using external inpatient providers to fully meet current clinical need (Note: the successful operation of wider Fife CAMHS is key to sustaining positive outcomes for CYP and ITS impact.)

### For other local services

- › Collaborative working with partners
- › Increased skills to work with CYPs emotional and mental health needs
- › Community resources actively engaged in care, treatment and recovery process