

## Funding pro-forma for Mental Health Funds

|  |                                   |
|--|-----------------------------------|
| <b>Name of health board</b>  | Hywel Dda University Health Board |
| <b>Allocation amount for full year (please see covering letter).</b>   | 895,000                           |
| <b>Funding Pot (i.e. crisis / SIF / specialist CAMHS)</b>  | SIF                               |
| <b>Project Title</b>   | S-CAMHS Eating Disorder Service   |
| <p>Please provide a general description of the project. This needs to include a clear case for proposed changes / service development, evidencing how this will provide additionality and added value to current service provision.</p> <p>You should also indicate here how you will ensure equity of provision across the population. This section should also include any relevant engagement activity undertaken which enabled prioritisation of proposals. <b>(Max. 400 words).</b></p> <p>This funding proposal is to develop a Specialist Community Eating Disorder Service for children, young people and families, which will provide specialist services across the Health Board footprint. The service will comprise of the following staff:</p> <ul style="list-style-type: none"> <li>• 2 Sessions Speciality Consultant sessions</li> <li>• 1.00 WTE Systemic Psychotherapist</li> <li>• 0.50 WTE Psychologist</li> <li>• 1.00 WTE Community Psychiatric Nurse (CPN)</li> <li>• 2.00 WTE Specialist Eating Disorder Support Worker</li> <li>• 0.40 WTE Admin</li> </ul> <p>There is increasing recognition of the importance of addressing serious mental health disorders as early as possible. The Welsh Government's programme for Government 2016-2021, Prosperity for All includes a cross-cutting priority for all children to have the best start in life.</p> <p>This proposal will enable the recommendations of the National Review of Eating Disorders to be implemented, providing earlier intervention, implement NICE standards and work towards meeting the 4 week waiting time. This service will align closely to the Adult T3 Eating Disorder Service, which will address key issues in respect of Transition from SCAMHS to Adult Mental Health Services. The team will establish close links with the All Wales Community Eating Disorder Team, Tier 4 In patient Service and local Child Health Services (refeeding takes place within Paediatric Wards).</p> <p>This multidisciplinary team of medical and non-medical staff will have significant training and experience in the assessment, risk management and treatment of</p> |                                   |

children and young people with anorexia nervosa, bulimia nervosa and their variants. The team will hold a high level of expertise (both medical and non-medical) to manage the level of medical risk safely and to provide continuous high-quality supervision for the psychological treatments.

The expertise from the team can be applied to support primary care, non-eating disorder specialist services, education, social care, public health and other agencies to work in partnership. The relationships developed through the training utilised to provide regular support to the teams involved in improving early identification of children and young people at risk of developing an eating disorder. This should lead to a truly integrated approach, which will provide services that will strengthen relationships with family and carers.

This proposal was developed in collaboration with service users, Carer representatives, third sector organisations, Police and local authority colleagues through the Local Mental Health Partnership Board.

Please provide detail on the key milestones that will need to be achieved following approval of funding. **(Max. 150 words)**

| Key Milestones      | Date Completed               |
|---------------------|------------------------------|
| Funding Approved    | June 2021                    |
| Recruitment Process | June - July 2021             |
| Staff in post       | October 2021                 |
| Staff Training      | October 2021 – December 2021 |

Please provide detail here if your proposal includes any non recurrent funding in 2021/22 to support future planning or service delivery. **(Max. 150 words)**

N/A

Please provide detail on how you expect the proposal to achieve the expectations laid out in annex b of the covering letter. Please include how you will ensure that these are measured and monitored. **(Max. 200 words)**

This proposal meets the following priorities outlined in Together for Mental Health Delivery Plan 2019 -22:

- 6.2 – Improving support for eating disorders

And Welsh Government Service Improvement Funding guidelines 2021/22:

- Annex B: (i) Eating Disorders

All individuals accessing the Service will undertake a baseline assessment. Referral and pathway information will be captured to identify and track where

additional support has been offered and taken up by statutory and Third Sector organisations. Case studies will be developed to highlight and capture the impact the service has had.

In particular the following quantitative and qualitative outcomes will be achieved:

- Reduction in waiting times
- Increased access to Eating Disorder Services, within the 4 week standard
- Improved outcomes as indicated by sustained recovery and reduction in relapse
- Reduced need for inpatient admissions and long term stays
- Qualitative experience of service users, carers, staff and wider professionals
- Measurement of engagement pre and post intervention
- Qualitative experience of service user, staff, wider professionals (collected in the POEM outcome measure and CORE-OM)
- Quantitative measurement through satisfaction questionnaires (POEM)
- Improved knowledge and training for those working with C&YP, including a better knowledge of how to recognise eating disorders and how to access appropriate care when needed

Please provide a broad breakdown of costs for this proposal. *Please provide the detail for both 2021/22 and 2022/23 (where appropriate).*

| Job Title                                 | Band | WTE          | 2021/22        | 2022/23        |
|---|------|--------------|----------------|----------------|
| Speciality Consultant 2 Sessions          |      | 0.10         | 13,681         | 27,362         |
| Systemic Psychotherapist                  | 7    | 1.00         | 26,038         | 52,076         |
| Psychologist                              | 8A   | 0.50         | 14,601         | 29,202         |
| Community Psychiatric Nurse               | 6    | 1.00         | 21,012         | 42,024         |
| Specialist Eating Disorder Support Worker | 4    | 2.00         | 30,277         | 60,554         |
| Admin                                     | 3    | 0.40         | 5,270          | 10,540         |
| Mobile phone                              |      |              | 450            |                |
| Mobile contract                           |      |              | 344            | 344            |
| RSA remote access                         |      |              | 70             |                |
| Licenses                                  |      |              | 1,210          |                |
| Travel                                    |      |              | 3,825          | 7,650          |
|   |      | <b>Total</b> | <b>116,779</b> | <b>229,753</b> |

Please use this space to provide a high level overview of how the initial six months funding was utilised within the health board to respond to the pressures associated with the current pandemic situation in mental health. **(Max. 300 words)**

The initial six months of Service Improvement Funding was utilised within Hywel Dda University Health Board to respond to emerging pressures associated with the

current pandemic in mental health services. In particular aspects of the Delivery Plan which aligned to the Health Boards Transforming Mental Health Programme have been accelerated at pace during the Pandemic, in order to provide extended and more efficient Mental Health services. Such as:

- A conveyance scheme to support service user flow to and from inpatient settings has been developed and is now operational. This will support inpatient flow and add capacity to the workforce.
- The co-location of CRHTs and CMHTs has taken place to deliver intensive home treatment or a community assessment for new patients alongside the care and treatment provided for our 'Relevant Patients' who are patients that meet the criteria for secondary mental health care under the Mental Health (Wales) Measure.
- The S136 Place of Safety was centralised to Bryngofal Ward, Llanelli during the pandemic and this arrangement has continued in accordance with the implementation of the Transforming Mental Health agenda. The alternative place of safety in Ceredigion is operational at weekends and it is planned for this to extend to 24 hours a day over a 7 day week.
- A Psychiatric Liaison Service has been developed across the four DHG sites as an essential service. Carmarthen was identified as a pilot site and service development continues as we integrate Adult Mental Health into our existing Older Adult Liaison Service. The Service will provide a single cross age/speciality liaison team with a single point of referral across the Hywel Dda footprint for adult, older adult and learning disability individuals. A Senior Nurse and Consultant Psychiatrist have been appointed in order to lead, develop and recruit staff into the team with a vision for a Liaison Psychiatric Service.

**An electronic version of this form should be submitted to [mentalhealthandvulnerablegroups@gov.wales](mailto:mentalhealthandvulnerablegroups@gov.wales) for consideration once completed.**