



## **Case Study: The Economic & Clinical Outcomes of NHS Fife Child & Adolescent Mental Health Service, Intensive Therapy Service.**

### **Service Summary:**

The Intensive Therapy Service (ITS) is part of NHS Fife Child & Adolescent Mental Health Service (CAMHS). The team was established in September 2002 and provides high levels of support and therapeutic interventions to young people aged 8-18 years who are experiencing severe and complex mental health problems, and their family/carers. The ITS is provided within community settings and is tailored with regards to intensity, frequency and therapeutic approach to meet the needs and clinical presentation of each individual young person.

The ITS is a multi-disciplinary service, led by a Nurse Consultant and including Senior Nurse Therapists, a Senior Occupational Therapist, a Clinical Psychologist and an Assistant Psychologist. The team receives consultation and intervention from 4 Consultant Psychiatrists and sessional input from a Family Therapist. The Team works extremely closely with the other service providers within Fife CAMHS to ensure a responsive and holistic care provision is achieved. This Fife-wide service offers core provision Monday to Friday, 8.30am-4.30pm and places an emphasis upon the collaborative

Interventions out- with core service times can be provided and are determined by service capacity, clinical need and individual client circumstances.

### **Context and Change Drivers:**

The closure of NHS Fife CAMHS Inpatient Unit in 2002 instigated the need for a re-provision of care for children and young people within Fife who experienced severe and complex mental health problems previously treated in an inpatient setting. On a national level the closure of the Fife Inpatient Unit emphasised the shortage and further reduced the number of inpatient beds available for this client group across Scotland<sup>1</sup>.

The establishment of the NHS Fife CAMHS ITS offered an innovative solution to the therapeutic management of young people who suffered from severe mental health problems by introducing a model that is strengths focussed, individually responsive and offers an alternative to inpatient care.

Within this context key drivers have been identified and implemented nationally to ensure children and young people are treated in inpatient settings that are age appropriate<sup>2</sup> and for no longer than is necessary<sup>4</sup>, access services in a timescale that

In 2007/08, detailed work was undertaken by SEAT which concluded that additional inpatient beds were not required in the NHS

## **NHS Fife CAMHS Intensive Therapy Service:**

### **Inputs:**

#### **Set up Costs:**

There were no initial set up costs for the ITS as these were met through the closure of the original inpatient unit and the transfer of assets.

#### **Operational Costs:**

Total Operational Costs 2011/2012: **£542,321**

### **Operational Costs Breakdown:**

#### **Staff Costs:**

Nurse Consultant (8A):	1.00 WTE	£51,700
Clinical Psychologist (8A):	0.50 WTE	£25,850
Nurse Therapist (6):		

## **NHS Fife CAMHS ITS: Service Outputs and Outcomes**

The investment in the Intensive Therapy Service provides key outputs which can be categorised into 3 main areas: Therapeutic, Clinical and Training/Consultation. These have a direct correlation to specific outcomes which have a positive impact on children and young

**Impact:**

NHS Fife CAMHS Intensive Therapy Service has been able to demonstrate significantly positive data which can be matched to the high level outcomes:

During the 2011/2012 period The Intensive Therapy service has discharged **44** young people, aged between **11-17 years** who presented with a wide range of severe and complex mental health difficulties that would have previously required admission to an inpatient care

### **Age Appropriate Inpatient Admissions:**

Admissions to the regional CAMHS Inpatient unit have increased over the past 3 years in line with South East Consortium partners which reflects ease of access to age appropriate facilities and demonstrates a significant reduction in admission to adult inpatient mental health facilities and private health care providers. The service can also demonstrate reduced length of stay statistics which are significantly lower than the national average.

Inpatient costs have shown a significant decrease over the period 2009-2012 indicating a 3 Year efficiency of: **£ 74,556.**

	2009/2010	2010/2011	2011/2012
NHS CAMHS Inpatient units	£140,348	£99,066	£209,106
Private Inpatient providers	£187,399	£180,796	£44,085
<b>Total</b>	<b>£327,747</b>	<b>£279,862</b>	<b>£253,191</b>

## **Cost Comparison Analysis:**

**Cost Avoidance Analysis:**

The Intensive Therapy Service identified avoidance of admission to inpatient care as



## **Summary:**

The NHS Fife CAMHS Intensive Therapy Service has been operational since 2002 and during this period has revised its role and function to meet the needs of the young people within Fife and the wider NHS Fife CAMH service. This service evolution has seen a static inpatient care provision develop into a multi-disciplinary service with the aim of developing inclusive partnerships between service user and service provider where the focus is on identifying and enhancing the strengths of individuals and their support systems to address their mental health needs by utilising the resources within their communities.

This model of care delivery has demonstrated itself to be economically viable however of paramount importance are the positive clinical outcomes that have continued to improve mental

CAMHS ITS has been able to engage organisations that have a significant influence on a young development such as the education system and the local community in the process of treatment and recovery. This demonstrates a marked improvement over the previous treatment models tendency to manage mental ill health in isolation thus extending the period a young person is out of their own environment and promoting the negative stigma of mental illness. The social value that this model of care provides is therefore invaluable.

It must be stressed that the current intensive home treatment model within NHS Fife is not a stand alone model and its success is a result of the wider Fife Child and Adolescent Mental Health Service functioning at its optimum level and delivering care that is responsive to the needs of this client group and in line with key national health drivers.

As economic challenges remain within wider society the Intensive Therapy model has demonstrated within Fife to be an economically viable intervention which, with

