



## **Improving outcomes for children and young people with severe mental health conditions**

### **An economic assessment of the NHS Fife Child & Adolescent Mental Health Intensive Therapy Service**

#### **Understanding the service**

The Scottish Government is committed to ensuring that everyone lives longer, healthier lives at home or in a homely setting and receives high quality healthcare, wherever this is delivered<sup>1</sup>. For children and young people with severe mental health conditions this will mean being cared for effectively and safely in their own home or local community wherever this can be achieved, with any necessary hospital stays lasting for as short a time as possible. This study shows that NHS Fife's Child and Adolescent Mental Health (CAMHS) Intensive Therapy Service can support delivery of the Scottish Government's vision.

When NHS Fife closed its child and adolescent mental health inpatient unit in 2002, the board set up a new nurse-led Intensive Therapy Service (ITS) to provide personalised community-focused care for 8-18 year olds. Under the leadership of a Nurse Consultant, the ITS brought together nurses, psychiatrists, psychologists and therapists to offer high-intensity home-

## **Key benefits of this innovation**

### ***For those using the service***

The NHS Fife ITS provides a high quality service that results in positive outcomes for service users. Benefits include access to appropriate and effective therapeutic interventions, which result in overall improvements in young people's mental health.

Since the service was set up, scores on the well-established Health of the Nation Outcome Scales for Children and Adolescent (HoNOSCA)<sup>2</sup> have shown a **marked improvement in 90.9% of cases**. This covers both indicators of mental wellbeing

At the extreme case, if no new service h

*This case study was completed by **Lee Cowie, RMN, BSc, MSc**, nurse consultant in CAMHS Acute Services for NHS Fife in **June 2013**.*

*Lee successfully completed a collaborative learning programme designed to empower nurses to understand, generate and use economic evidence to continuously transform care. The programme was delivered by the Royal College of Nursing and the Office for Public Management, funded by the Burdett Trust for Nursing and endorsed by the Institute of Leadership and Management.*

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# NHS Fife CAMHS Intensive Therapy Service (ITS)

## Inputs

### Investment

## The service

### Journey through service

## Summary of benefits

### Services

### Staffing

### Target

