

**Greater Glasgow Primary Care Division  
Adolescent Psychiatry Directorate  
Annual Report 2003/04**

**SERVICE DESCRIPTION**

The Adolescent Mental Health Directorate provides community-based generic and specialist mental health services across the Greater Glasgow NHS Board catchment area for 12 to 17 year olds inclusive. An adolescent inpatient service is provided for 12 to 17 year olds from West of Scotland Health Board areas.

**Community Services**

Outpatient adolescent mental health services are delivered by four community teams each covering a geographical sector of the city, the Academic team based at Caledonia House, Yorkhill Hospital, and by several specialist teams. The generic Tier 3 teams are co-located with the Child Psychiatry teams.

Generic adolescent mental health teams are located as follows:

- North Glasgow: Possilpark Health Centre, 81 Denmark Street, Possilpark.

Provides services to young people in North Glasgow, part of East Dunbartonshire and part of North Lanarkshire.

Total population: 180319

- South Glasgow: Old Mill Studios, 187 Old Rutherglen Road, Gorbals.

Provides services to young people in South Glasgow, parts of South Lanarkshire and parts of East Renfrewshire.

Total population: 353045

- East Glasgow: 90 Kerr Street, Bridgeton.

Provides services to young people in East Glasgow.

Total population: 117244

- West Glasgow: Knightswood Clinic, 127 Knightswood Road, Knightswood.

Provides services to West Glasgow, parts of East Dunbartonshire and parts of West Dunbartonshire.

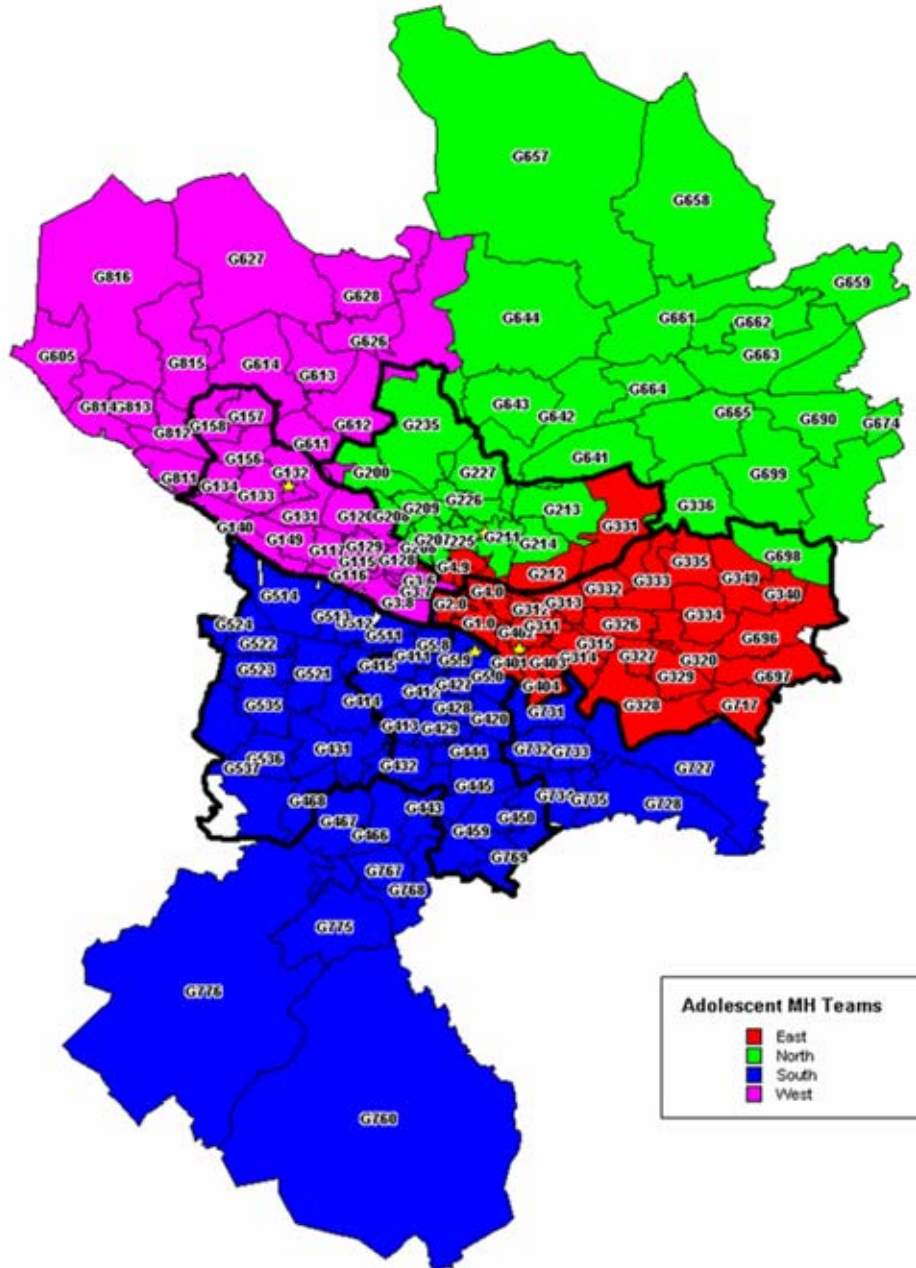
The total population of 12 to 17 year olds in Greater Glasgow is 65,563.

Referrals to the service will occur predominantly via professional workers in primary care settings or alternatively via other professional workers such as social workers and educational psychologists involved with young people in community settings. In addition, a small proportion of referrals come seeking psychiatric reports, requested by reporters to the Children's Panel or alternatively from the District and Sheriff Courts.

The service is available 9.00am to 5.00pm Monday to Thursday and 9.00am to 4.30pm on Fridays with additional clinical appointments in response to identified needs.

**Map**

**Adolescent Mental Health Teams**



**Specialist Teams**

### **FCAMHS**

The Forensic Child and Adolescent Mental Health Service accepts referrals from all agencies, and sees children and young people up to the age of 17 years inclusive who present a high forensic risk and/or have evidence of mental health disorder and a forensic history. Strong links are established with forensic services in the community and Kerelaw Secure Unit.

Recruitment issues:

Recruitment to the team has been very successful but it remains difficult to recruit a Consultant Child and Adolescent Forensic Psychiatrist to the service.

### **CAMHS-LD**

The Child and Adolescent Mental Health and Learning Disability Service accepts referrals from all agencies of 5-17 year olds inclusive. The team has established strong links with education and social services and has been a key player in transition planning for young people with learning disabilities. The service has rolled out from East Glasgow to North and West Glasgow and consultation and support is offered to South Glasgow as roll out to the south of the city is planned. The CAMHS-LD team has developed a triage system of assessment to facilitate accurate prioritisation of cases to be seen.

### **DELIBERATE SELF HARM SERVICE FOR YOUNG PEOPLE**

The DSH nursing team delivers an assessment and intervention service for 12 to 17 year olds who self harm. The team accepts referrals from Accident and Emergency Departments in Glasgow's acute hospitals and from all agencies. DSH team staff work in partnership with Adolescent Mental Health Service staff in each sector of the city.

### **PARRY JONES EATING DISORDERS DAY SERVICE FOR YOUNG PEOPLE**

This service for 12 to 17 year olds inclusive was launched in March 2003 and accepts referrals of young people with anorexia nervosa and low weight eating disorders. A group based therapy programme is provided for young people referred by CAMHS clinicians, and a parents/carers' support group is also offered to families.

Because of restrictions on funding this service remains very small in scale.

### **DIRECT ACCESS SERVICE FOR YOUNG PEOPLE**

This multi-disciplinary service is designed to provide early intervention mental health input for young people aged 12 to 17 years inclusive. The service remit is to spend 50% of staff time on direct clinical contact with young people and 50% on joint working with community health care staff and staff from other agencies in the community. Referrals are accepted from all agencies and joint working is encouraged in line with the recommendations of the Scottish Needs Assessment Programme Report on Child and Adolescent Mental Health.

### **INPATIENT UNIT**

The Adolescent Inpatient Unit at Gartnavel Royal Hospital is the regional inpatient unit providing a specialist Tier 4 service for all the West of Scotland Health Boards. The Unit provides 16 beds for adolescents aged 12-17 years inclusive.

The philosophy of care in the Unit is to treat psychiatric and psychological difficulties in the context of the young person's personal development, his/her family life and continuing education.

The objective is to provide an effective and appropriate multi-disciplinary service which provides for the assessment, diagnosis and treatment of young people with mental health problems, when outpatient care has ceased to be able to meet their needs, with the aim of preventing long term chronic illness whenever possible. The service aims to be responsive to the needs of young people presenting with a wide range of disorders.

The Adolescent Unit also provides a Tier 4 specialist outpatient assessment to meet the following needs:

- Detailed work up of outpatients being considered for inpatient management at the Adolescent Unit.
- The provision of second opinion reports.
- Consultancy to CAMHS teams across the West of Scotland.

The Unit team aims to provide the highest standard of care possible, based upon a continuing appraisal of developments within the field of child and adolescent psychiatry.

#### User/Carer Involvement

Directorate representatives were nominated to take forward strategies for user/carers involvement in services. In conjunction with the audit department an audit of patient information was carried out in the directorate and from that, user/carers information leaflets are being developed. The Divisional Users Survey is being modified for our client group and taken forward in the directorate and a parents/carers group has been set up in the Adolescent Inpatient Unit. The specialist teams in the directorate are using or planning consultation on aspects of service design.

#### Advocacy

There is a plan to review available advocacy services for young people which is being co-ordinated by the directorate Clinical Governance Committee in consultation with Greater Glasgow NHS Board and children's services.

#### Joint Working/Community Involvement

Mary Hattie, on secondment to an Organisational Development post based at Yorkhill, is leading a process to review and improve child and adolescent mental health service working with other agencies.

FCAMHS, CAMHS-LD and Direct Access services are working actively with other agencies. In addition, each community team has a social worker and liaison teacher, and the inpatient unit has a social worker and a hospital-based school.

#### Finance

- |                        |                   |
|------------------------|-------------------|
| • Facilities/Equipment | £379,734          |
| • Staffing             | £4,646,056        |
| • Supplies             | £280,786          |
| • Travel & Training    | £157,770          |
| • <b>Total Budget</b>  | <b>£5,464,346</b> |

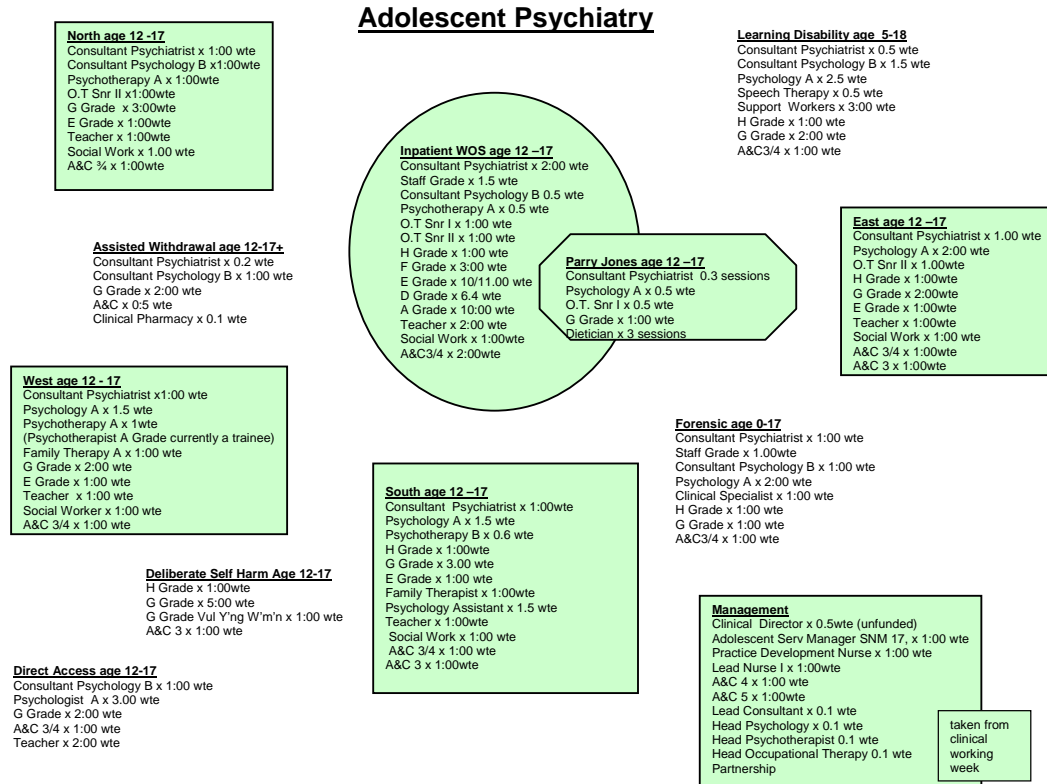
#### Inpatient Unit Finance

Salaries (Gross cost 03/04):  
Supplies:

£1,321,873  
£ 371,171

## Staffing

- **Current Staffing:**



- **Recruitment Issues:** Vacancies remain for a Consultant Child and Adolescent Forensic Psychiatrist. All possibilities are being explored but this remains a difficult post to fill. Recruitment and retention of staff in the inpatient adolescent unit has improved but remains an ongoing challenge.
- **PDPs and Training:** Personal Development Planning is ongoing for all staff groups in the directorate. PDPs are used to guide annual training requirements and a process of confirmation of outcomes of training is being developed. An in-house learning programme is now being finalised in partnership with the Department of Child and Family Psychiatry. Evaluation of learning will be carried out.

## Service Developments

### **ASSISTED WITHDRAWAL SERVICE FOR YOUNG PEOPLE**

A service proposal has been developed in partnership with Glasgow City Social Work Department to provide a mental health service for young people aged 12-25 years resident in an Alcohol and Drugs Assisted Withdrawal Unit and Rehabilitation Centre in Glasgow. These services are based at the Archdiocese of Glasgow Community Social Services Support Service for Young People and Quarriers' James Shield

Project. The mental health aspect of the service has the following initial staffing profile:

- 1wte Consultant Clinical Psychologist
- 2wte G Grade Nurse Therapists
- .2wte Consultant Psychiatrist

### **LIAISON PSYCHIATRY SERVICE FOR YOUNG PEOPLE**

Proposals for a liaison psychiatry service for young people attending acute hospitals are being developed with Greater Glasgow NHS Board.

#### **Service Activity**

Outpatient Activity:                      New appointments: 804    Return Appointments: 7607  
%DNA:    22%  
Waiting times:                                At year end there were 12 people waiting more than 9  
Weeks and the longest wait was 13 weeks.

Inpatient Activity:                      Number of patients:  
Total percentage occupancy: 101.71%

#### **Clinical Governance Issues**

- **Clinical Effectiveness:** The Adolescent Directorate has implemented SIGN guidelines on ADHD in community teams and set up a working group to make recommendations for the implementation of the NICE guidelines on eating disorders. A review of nurses' clinical activity is underway and a number of databases have been set up to record clinical outcomes in specialist services.
- **Critical Incidents:** There have been four critical incident review processes carried out in 2003-2004. Recommendations made as a result of these incidents have led to an ongoing review of care of under 18's in adult wards, a review of joint working processes with community forensic services, a review of consent protocols and a review of protocols for risk assessment and management in the inpatient unit. The Clinical Governance Committee is developing a system for dissemination and monitoring of critical incident recommendations in the directorate.
- **Complaints:** The directorate continues to receive a small number of clinical complaints which it manages in line with Divisional policy. Complaints continue to be viewed as an opportunity to critically review and improve on our current practice. This year we have reviewed communication processes in the service as a result of issues highlighted by the Complaints Process.
- **Quality Monitoring:** QIS standards on Health Acquired Infection, Food and Nutrition and Generic standards are being implemented and monitored. The directorate has a nominated lead and a working group focusing on level 2 CNORIS standards. Evaluation of directorate-delivered CPD and the in-house learning programme is planned. The Adolescent Services Review process is developing systems to implement an integrated care pathway for those attending the service.

- **Audits:** The Adolescent Directorate is involved in an audit of parenting programmes across Greater Glasgow carried out by a researcher employed by Yorkhill. The Scottish Development Centre is carrying out an audit of the experience of families attending the Inpatient Unit.
- **Research:** (i) The Eating Disorders Day Service is involved in a research project with Chris Williams to evaluate the effectiveness of a CD on bulimia nervosa.
  - (ii) Dr Michael Van Beinum and Dr Zara Lipsey are carrying out research into the effectiveness of exercise in addition to usual treatment in the management of depression in young people.

**Future Proposals:** The directorate is reviewing its information management systems. The directorate has a very active Organisational Development Programme which is moving services towards more effective integrated care pathways. This programme is continuing and expanding to include more integrated working with other agencies.