

Funding pro-forma for Mental Health Service Improvement Fund

Name of health board	ABUHB - SCAMHS
Allocation amount for full year (please see covering letter).	£59,850
Project Title	EATING DISORDERS
<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. This section should also include any relevant engagement activity undertaken which enabled prioritisation of proposals. (Max. 400 words).</p>	
<p>In 2019, as an outcome of the Eating Disorder Service Review 2018 we were granted funding to develop a team of 4 clinicians to implement an early intervention pathway based on the SPEED model as described in Recommendation 7 of the ED Service Review. The primary function of this community embedded ED team is to: Improve wellbeing & health promotion in relation to eating disorders and provide early identification through triage, assessment and brief intervention for those young people assessed as lower risk as identified through the MARSIPAN Risk Framework. This community embedded eating disorders team is supported by the core ED team and collectively we work as an Integrated Eating Disorders Team (I-EDS).</p> <p>Through re-organisation within the CAMHS ABUHB workforce and an increase in referrals inclusive of low / medium / high risk presentations we have had the opportunity to address our referral pathway and patient clinical pathway. Our work continues to be underpinned by the Maudsley Model and a family based approach.</p> <p>In line with the ED Review, NICE Guidelines 69 and the Together for Mental Health Delivery Plan: 2019-22 we have identified a number of service improvements that are essential in the delivery of an eating disorder service in line with the CAPA Model ensuring that we can provide timely partnership and specific therapies as well as safe medical monitoring. They are:</p> <ol style="list-style-type: none">1. Develop our capacity to provide treatment from 1 week of referral for urgent cases and 4 weeks from referral to treatment for routine cases as described in Recommendation 9 of the ED Service Review.2. Eating Disorders staff require full and appropriate training in a number of therapies as stated in NICE Guidelines 69 and in line with ED review require specific specialist clinicians in order to deliver evidenced based interventions. (recommendation 10)3. Improve the medical management and physical monitoring as well as safe re-feeding within a hospital or community setting for young people	

presenting with an eating disorder with identified health professionals who have the required expertise as described in **Recommendation 11** of the ED Service Review.

These service improvements are a direct outcome of the Eating Disorders Service Review and engage well with the challenges described in the Together for Mental Health Delivery Plan in terms of addressing:

- Significantly reducing the number of children and young people waiting longer than 4 weeks to access treatment.
- Reducing mental health hospital admissions through an emphasis on more support in the community.
- Reduce stigma around mental health, with more people accessing support
- The implementation of the Mental Health Measure (Wales) 2010 with a focus on care and treatment planning.

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

A planning and organisation phase of 3 months from approval to establish clinical pathways and agree joint protocols with key stakeholders including paediatric and primary care services for young people presenting with a moderate to severe eating disorder as defined within the MARSIPAN framework.

From 3-9 months there will be an implementation phase with the priority of providing timely / immediate core partnership and specific targeted specialist interventions / treatments with standardized physical monitoring and refeeding protocols following the ED triage and assessment provided by the Community Embedded Eating Disorders Team.

After the first year evaluation tools, outcome measure and young people and carer's feedback will inform a review of the service and adjustments made in line with the evidence.

At the end of the first year the ED core team and specialist therapists will be providing:

- Core partnership and care-co-ordination (Mental Health Measure), a continuum of risk management underpinned by the use of MARSIPAN risk framework and WARRN. Engagement with the young person and their carer's in the family based approach treatment modality supported by specific clinicians in a range of specialist interventions and therapies.
- Prescribed medical management / physical monitoring including collection of blood samples. Agreed protocols between paediatric and primary care services. Safe re-feeding within hospital and community settings.
- Specific therapies and treatments as recommended by the Nice Guidelines 69 i.e. family therapy, CBT-E, DBT, MGFT

- All clinicians within the I-EDS will receive training and supervision in a range of other treatment modalities i.e. Motivational Interviewing, Non Violent Resistance (NVR), Cognitive-Remediation Therapy (CRT) and Compassion Focussed Therapy (CFT).

Please provide detail here if your proposal includes any non recurrent funding in 2020/21 to support future planning or service delivery. **(Max. 150 words)**

Initial set up costs for IT and furniture.

Access to Family Based Approaches Training (Tier 4 SCEDS)

Access to training budget (can be an all Wales budget)

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)**

In annex b of the eating disorders review we have had the opportunity to reconfigure some services into early intervention and this proposal directly aligns with the NG 69 in terms of delivering evidenced based therapies and meeting waiting times for assessment and access to timely treatment.

These posts will provide targeted and specific case management and treatment as outlined in NG69 from specialist eating disorders clinicians replacing the existing generic CAMHS response (current partnership could take up to 12 weeks for allocation and is generic CAMHS not specialist eating disorders). This will provide timely partnership following an eating disorders choice assessment and specific therapies as indicated.

All activity and data from the ED team will be recorded within a data base and outcomes measures recorded in order to monitor effectiveness and to inform improvements. Outcome tools listed are: Weight & Height with WFH% and BMI%, C-GAS scores, EDQ and A wellbeing questionnaire. Score 15 will be used for specific family therapy interventions.

User and carers questionnaires will also provide feedback.

Please provide a broad breakdown of costs for this proposal. *Please provide the detail for both 2020/21 and 2021/22 (where appropriate) To note costs for 2020/21 are expected to be for the six months currently being issued.*

2020/21 6 months	2021/22
<p>1 WTE band 7 CBT-E Therapist £ 22,250</p> <p>0.3 WTE band 7 Physiotherapist £ 6,675</p> <p>Total = £ 28925</p> <p>Plus initial set up costs £4000 Grand total £32925</p>	<p>1 WTE band 7 CBT-E Therapist £44,500 (£56,054 with on costs)</p> <p>0.3 WTE band 7 Physiotherapist £13,350</p> <p>Total = £57850</p> <p>£2000 clinical practice resources, equipment and travel. Grand total = £59850</p>
<p>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)</p>	
<p>No funding bids for eating disorders submitted with regards to the first six months responding to the pressure associated with the current covid-19 pandemic.</p>	

An electronic version of this form should be submitted to mentalhealthandvulnerablegroups@gov.wales for consideration once completed.