



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Oibríochtaí Meabhairshláinte
Ospidéal Naomh Lómáin Baile Phámar Baile Átha Cliath 20.
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Mental Health Service
St Loman's Hospital, Palmerstown Dublin 20
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24/06/2019

Deputy Louise O'Reilly
Dail Eireann
Dublin 2.

PQ Number: 25855/19

To ask the Minister for Health the number on waiting lists for CAMHS by county; the number waiting by periods (details supplied) in tabular form; and if he will make a statement on the matter. **-Louise O'Reilly**

Details Supplied: 0 to 3, 3 to 6, 6 to 9, 9 to 12, 12 to 18 and more than 18 months, respectively

Dear Deputy O'Reilly,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response.

I have examined the matter and the following outlines the position based on the data for April 2019 - - waiting list has reduced from 2738 in March.

Total No. to be seen or waiting to be seen by CAMHS Apr 2019	Total Waiting No	%	<= 3Mths No.	%	>3<=6 Mths No	%	>6<=9 Mths No	%	>9<=12 Mths No	%	>12<=15 Mths No	%	>15<=18 Mths No	%	>18 Mths No	%
National Total	2,606		1,224	47.0%	587	22.5%	285	10.9%	194	7.4%	122	4.7%	64	2.5%	130	5.0%
CHO 1	295	11.3%	175	59.3%	59	20.0%	28	9.5%	28	9.5%	5	1.7%	0	0.0%	0	0.0%
CHO 2	22	0.8%	21	95.5%	1	4.5%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
CHO 3	212	8.1%	72	34.0%	33	15.6%	23	10.8%	22	10.4%	20	9.4%	17	8.0%	25	11.8%
CHO 4	669	25.7%	177	26.5%	124	18.5%	85	12.7%	79	11.8%	68	10.2%	36	5.4%	100	14.9%
CHO 5	215	8.3%	122	56.7%	31	14.4%	19	8.8%	17	7.9%	16	7.4%	9	4.2%	1	0.5%
CHO 6	383	14.7%	192	50.1%	127	33.2%	36	9.4%	20	5.2%	8	2.1%	0	0.0%	0	0.0%
CHO 7	158	6.1%	102	64.6%	37	23.4%	19	12.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
CHO 8	415	15.9%	228	54.9%	116	28.0%	50	12.0%	13	3.1%	2	0.5%	2	0.5%	4	1.0%
CHO 9	237	9.1%	135	57.0%	59	24.9%	25	10.5%	15	6.3%	3	1.3%	0	0.0%	0	0.0%

Initiatives previously outlined e.g. in PQ 19959/19 continue.



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There are two types of referral; an urgent referral and a routine referral. Every effort is made to prioritise urgent referrals so that young people with high risk presentations are seen as soon as possible and this is often within 24 to 48 hours. This may impact on wait times for cases that are considered, by a clinician, to be less severe. The CAMHS referral teams meet every week to review all referrals and to assess the risk to the young person. Waiting lists vary according to Community Healthcare Organisation where although some areas have relatively short waiting lists regrettably waiting times are longer in other counties. Severity of the symptoms reported affects waiting times where waiting times for those with high risk presentations are shorter. The reasons for differences around the country relate to availability of specialist CAMHS clinicians, current vacancies and difficulties in recruiting in an international context. CAMHS wait lists are also related to capacities in other parts of the system including primary care psychology and disability services where young people may not receive early intervention and thus their needs escalate necessitating referrals to CAMHS. However there are initiatives underway to address capacity in primary care psychology.

A number of actions are underway to address waiting lists:

- The CAMHS Waiting List Initiative which is focussing on ensuring that no-one is waiting over 12 months is continuing despite the challenges presented by the level of vacancies and the difficulty in recruiting. Where there are recruitment gaps, Community Healthcare Organisations make significant efforts to fill positions on a permanent basis while also looking at the possibility of vacancies being filled on an interim or temporary basis in order to ensure the least impact on service provision.
- In 2018, 114 new Assistant Psychologists and 20 psychologists were recruited to assist Primary Care Teams in their provision of psychological intervention for young people. These posts are designed to ensure that young people whose clinical needs are at primary care level receive appropriate intervention and do not end up on secondary care waiting lists due to lack of appropriate assessment and resources in primary care.
- The HSE has funded 10 new posts for Advance Nurse Practitioners (ANPs) which will enhance the current service. These new ANPs will play a key role in delivering improved access, reduced waiting lists and increased sustainability of service delivery. These posts will be specifically directed to the CAMHS service nationally. Advanced Nurse Practitioners work in collaboration with the multidisciplinary teams to increase efficiency, reduce waiting times and improve outcomes for young people within the CAMHS service.
- There are also an additional 20 beds planned for the new children's hospital and an additional 10 forensic beds in the National Forensic Mental Health Service.
- HSE Primary Care has developed a computerised cognitive behaviours therapy called eWell for young People 12-18 Years. Designed by the HSE, working in collaboration with the Mental Health Reform



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(MHR) & HSE Service Users for the past 4 years and more recently Reachout Ireland. The aspiration is that this program will empower service-users to develop a Mental Health skill-set, whereby users acquire skills that will increase self-awareness, coping strategies and psychological resilience. Training for this programme is currently underway.

Interventions to support young people in distress and those with mental health problems have been developed at a number of different levels within the system.

We now know from the evidence base that a number of young people wish to avail of information and support around mental health through online channels. HSE Mental health services have recently invested resources into a digital mental health service improvement project. This project is now progressing enhanced online mental health services with engaging online content, signposting of supports and services and an active listening service based on the provision of text support. This new digital resource will meet significant public mental health need by responding to changing help-seeking behaviours and opening up awareness of the fullest possible range of supports for people experiencing mental health difficulties

The HSE fund Jigsaw to provide early intervention mental health services which focus on the needs of 12-25 year olds. Their early intervention model provides tangible supports for young people at primary care level who have mild and emerging mental health difficulties. There are 13 Jigsaw Services in communities across Ireland providing mental health support to young people.

In addition the Counselling in Primary Care (CIPC) service is available to young adults. This is a national service provided under the governance framework of the National Counselling Service (NCS) of the HSE. Short term counselling is provided for adults with mild/ moderate psychological problems aged 18 and over and who hold a valid medical card. Referral into the service is by the person's GP or other member of the Primary Care Team.

I trust this information is of assistance to you but should you have any further queries please contact me.

Yours sincerely,

Sinead Reynolds
General Manager Mental Health Services



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