Minutes of the thirteenth meeting of the APPG on Complex Needs and Dual Diagnosis

Transition
15th June 2011

AGM
- AGM- Lord Adebowale, David Burrowes MP and Tracey Crouch MP agreed membership and officers.
- David Burrowes asked all attendees for views of the group and what the group should be doing:
  - Andy Brock (North Devon Police) asked for a session around detaining on the MH act. Diversion from police station- better for police and better for outcomes. Nevertheless, there is a difficulty with the custody sergeant making appropriate decisions and referrals. He has stats that he is prepared to share: £58 saved for £1 spent.
    - Another participant identified the need to try to develop a screening tool to aid police make appropriate assessments/ diversions.
  - Irmani Darlington (Homegroup) identified issue of difficulty with cuts to preventative and diversionary services.
  - Another attendee identified hearing more from Richard Bradshaw about pathfinder schemes. Some are linked up with local schemes where budgets are being pulled on such innovations.
    - Charlotte Tailor of Independent MH Services Alliance agreed that another session around the Bradley Review would be useful, particularly regarding the 14 day target referral time. She also stated that the Bradley Review group is being wound up.
  - Heidi Elleray (Greenwich Addiction Service) identified issue of lack of housing/ street homeless. Accommodation is limited for 5 days. Hostel beds have been reduced across London, though recognised that Homeless Link are countering with ‘No Second Night Out’.
  - Another attendee identified the way Local Authorities are interpreting their health and wellbeing responsibilities.
    - Lord Adebowale agreed this would be useful topic in context of Localism Bill.
  - David Burrowes thought that considering outcomes from the Future Forum would be useful.
    - Lord Adebowale stated he was already represented Complex Needs at Future Forum.

Lord Adebowale- Introduction to Session on Transition.
- Explained how APPG would be sending covering letter with overview of meeting to non-attending Ministers.
- Stated how poor transition is aligned to complex needs and misery. Can be helped through integrated commissioning and joined-up work. This way of working is essential in current time of spending cuts, that what is spent derives optimum value. Also stated how commissioning process needs to be Risk Aware as opposed Risk Averse.

Sara Llewelin- Heads up T2A alliance and is CEO of Barrow Cadbury Trust
- Outlined Barrow Cadbury Trust and Quaker history of social justice.
- Outlined Transition 2 Adulthood alliance, and how this group focuses on 18-24 age group. Outlined that this age group are responsible for a third of all crime, trials and caseloads. They cost an estimated £20 billion/ year. She underlined the proportionally high reoffending rate too.
- Recently commissioned Comres in poll- cross party support exists to recognise this age group.
This year the T2A alliance will be majoring in maturity assessments. They are also developing a manifesto with 10 recommendations. Particularly that this group need access to work, education, training, housing, SM provision, diversion etc.

She then outlined a review on neurological, psychological, and criminological aspects of this age group. Main findings are that maturity can be understood as developmental concept- we grow into adulthood- it is not instantaneous on an 18th birthday.

As such, the concept of temperance emerges from this- this is something that young adults have not grown into- i.e. they cannot limit aggressive responses, and tend to take more risks as a result of a non-mature neurological function.

Many young adults site boredom has precipitating factor to negative behaviour.

As young adults carve out their personality, and engage as adults, they tend to desist from crime.

For solutions to these problems, she recommended reviewing the T2A website, particularly report on maturity.

In summary to address variable maturity- focus should be on encouraging desistance.

Also young adults need much better help with above ties as per the above manifesto recommendations.

Those people with complex needs in particular need better transition support services.

She sited the probation-led Cadbury service, which works in collaboration with Third Sector partners as a positive example of what can work. Oxford University review of this model indicates very positive outcomes, particularly where there are Third Sector and statutory sector collaborates.

On the other hand, the wrong intervention can extend period when someone is committing crime.

Compared UK situation to Germany, where this group is treated differently. Germany gets better results.

Finished by calling for approach that advocates attention to age-related individual needs.

Following the speech, Baroness Meacher asked what is source of evidence that short sentences tend to produce greater criminality.

Cheryl Dago, Project Manager from Young Addaction Derby

Cheryl Dago presented on the Young Addaction Derby service she oversees, particularly in the context of why young people are not accessing substance misuse services due to stigma.

She said that her service differs to adult services is the sense it is more holistic, particularly around the areas of education, finance and criminality.

She felt this was necessary since a lot of young people are not ready for adulthood and its associated pressures.

The service itself focuses on ACCE (Alcohol Cannabis, Cocaine, and Ecstasy).

Cannabis and alcohol are the predominant drugs her clients use. The secondary drugs are crack and cocaine. Mephadrone use is relatively low.

She felt that engaging with young people with diversionary activity is the most effective barrier to preventing negative behaviour- boredom is key to avoid. As such programmes around boxing, art, photography, gym have been found to be good diversions.

She read a poem written by one of her service users who had previously been a heroin user, to spontaneous applause from attendees. The author of the poem had joined Transitions and is now in second year of law degree.

Finally, she outlined how in Greenwich there is currently a difficulty with GPs knowing what to do re methadone scripts for this age group.
Questions

- Baroness Meacher asked where Addaction get funding from: how many of these sorts of services are there across the country?
  - Cheryl Dago responded to say that they are funded by Cadbury Barrow Trust, and equally from their Local Authority. Service has experienced 25% cut. In order to continue providing the service they do, they are looking to work with wider age range of 10-24.
- Baroness Meacher asked to what extent such services can be found across the country.
  - Lord Adebowale responded to say such services are highly limited.
- Lucie Russell (YoungMinds) said that mental health is a very important and specialist issue for transition services, not least in helping people towards adulthood. She asked how the Addaction service collaborated with the CAMMS nurse there:
  - Cheryl Dago responded to say that CAMMS and mental health is commissioned differently in Derbyshire: up to age 19, rather than traditional age boundaries.
  - Andrew Rogers (Consultant Psychologist, British Psychological Society: working with underage adolescents). Further to this, early intervention on psychosis should begin age 14, and in transition terms should ideally end at around age 25. Nevertheless, a specific skill set of working with adolescents is required.
- Andrew Dray (Adviser to the North East Big Diversion Project for offenders with mental health and learning disabilities) asked how do we consider pathways where certain human aspects happen at particular age points. He asserted that what is required are assessment mechanisms that help people along the pathway, and this requires professional groups to work together re individuals. Nevertheless, one boundary is budgetary difficulty with budget flexibility and going outside of Pooled Treatment Budgets.
  - Catherine Hennessy (Revolving Doors) added that last year Revolving Doors published work with YoungMinds re good transition services. The report found that many services are funded by mixture of funding, and this meant that some services were in peril due to this mixture. Although the concept of bringing different agencies together is sound, they funding reality is that this is difficult to fund and maintain beyond pilot period.
- Vicki Helya-Cardwell (Catch 22) said that it is possible to think more creativity around needs to do with substance misuse and mental health, but in terms of the criminal justice system, the framework is very difficult to budge, largely because of Age of Criminality cut off point.
  - Sheryl Dago agreed, and added that her service has not seen enough specialist offender orders re transition.
- Andy Brock again raised the difficulty with communication in terms of police referrals. Custody officers often do not know enough about the agencies around who can be referred to. He called for the need to look at custody as a point of intervention.
- Baroness Meacher raised the current temporary legislation around young people and illegal highs as a way of working to potentially make more of, since she felt that the Government not penalising users under temporary order is a positive step. She suggested alternative regulatory procedures to ensure that young people are not criminalised under future legislation, since if you avoid criminalising people, they are more likely to recover, get on their feet, pay taxes etc. Alternatively, how can we use security and safety of criminal justice settings to truly provide continuity of care? How do we add value?
- Dr Jacqui Karn (Police Foundation) felt that the opportunities in custody, including transfer to NHS of responsibility are there to ensure continuity of care. In particular, Health and Wellbeing Boards should help provide these synergies.
- Charlotte Tailor (INHSA): re commissioning: what incentives are commissioners being give re transitions/ continuity of care? How can commissioners be encouraged to take a wider view of whole life costs?
  - Sheryl Dago responded to say that services need to demonstrate added value.
  - David Burrowes MP asked Sheryl Dago what is the commissioning case to keep service?
  - She responded to say it was the service’s family focus.
- Lord Adebowale asked in the current climate, what is the incentive to commission new services along these lines?
Sara Llewellin responded by saying it costs £40,000 per year to keep a young person in prison. She sited the Peterborough Prison initiative where Barrow Cadbury Trust is an investor in Social Investment Bonds to fund this forward-thinking initiative, which has been earning very positive results for young people, not least in reduced crime rates. Services like this provide opportunities for prevention and early intervention. In terms of making interventions like this pay to the Government, she did underline that ways to look at delivering alternative services for significant numbers so that whole prison wing is closed, need to be addressed.

- Lucie Russell added that in developing new services, it is important to be mindful of public, since she did not feel the public would understand that “they just haven’t grown up yet”.
  - Lord Adebowale responded to say that the public do not care what the problem is so long as it works.
  - Sara Llewellin added that the Barrow Cadbury Trust’s Comres poll demonstrates that a very high percentage of general public think this group should be treated differently. Only group that didn’t think that are young adults themselves.

### Summary

David Burrowes MP gave thanks for contributions. He felt that although the Derby approach enjoyed by Addaction is not replicated elsewhere, it is important to consider the addition of CAMMs nurses and other differences in terms of how to extend this good practice.

He also underlined that in terms of transition, it is 14-25 year olds which should really be addressed as an age group under this moniker. In terms of budgetary issues, he felt that there are barriers to this whole area, not least in terms of a requirement for whole system change, and also attitudinal areas as far as the commissioners and public alike are concerned.

Other areas to address included the increasing challenges of localism; Social Impact Bonds; devolving custody for under-18s; continuity needed for assessment across all complex needs.

Finally, Mr Burrowes stated that he would be undertaking a constituency meeting with parents regarding the forthcoming Special Educational Needs Green Paper, which he felt may go some way to addressing some of the identified issues. He also pledged for APPG on Complex Needs and Dual Diagnosis to continue addressing commissioning.