

Via email: publicaudit.committee@Parliament.Scot; HSCS.committee@Parliament.Scot;

12th May 2023

Dear Convenor,

NHS Lothian: Stage 2 De-escalation for Mental Health

I am writing to the Committee to inform you of the de-escalation of NHS Lothian to level 2 of the NHS Board Performance Escalation Framework in relation to mental health.

In July 2019, NHS Lothian was escalated to Stage 3 on the Board performance Escalation Framework for mental health performance. A formal recovery plan was requested with clear milestones and a package of tailored support made available from the Scottish Government to help to develop and implement the single recovery plan, addressing all of the areas listed above.

Following a review in November 2020, NHS Lothian was prioritised to receive enhanced support from the Scottish Government based on the assessment of their mobilisation plan and their performance on waiting times for Child and Adolescent Mental Health Services (CAMHS) and Psychological Therapies (PT).

This enhanced support included input from Scottish Government professional advisers on CAMHS and PT working with NHS Lothian Mental Health leads and colleagues to review existing recovery plans; analyse performance and capacity data and advise on the development of modelling and trajectories.

A draft improvement plan, for CAMHS and PT was received in July 2021 and Scottish Government advisors continued to meet with NHS Lothian CAMHS and PT service leads and local teams. The then Minister also met NHS Lothian's Chief Executive in to discuss the draft improvement plan.

Since this plan was put in place, the Scottish Government has worked closely with NHS Lothian who have provided sufficient assurance of continued improvement and that appropriate leadership and planning for mental health services is in place. The key areas of improvement include:

- A significant decrease in the number of patients waiting to start treatment for CAMHS compared to the period prior to escalation.
- Significant reductions in waiting lists.

- Of the children and young people waiting to start treatment in CAMHS at end November 2022, 96 children and young people (6.4%) had been waiting longer than one year, an 82.4% decrease from the number at the end of December 2021 (547).
- For PT, 3,933 patients were waiting to start treatment at end November 2022, a 4.9% decrease from 4,136 in September 2022 and a 22.6% decrease from 5,082 at the same time last year.
- Clear assurance that NHS Lothian is undertaking appropriate planning for Mental Health Services with clear progress indicators linked to updated trajectories.

As a result of these improvements, the Scottish Government has proposed that NHS Lothian be de-escalated to Stage 2 for mental health, with continued support and monitoring from advisors and officials. This was approved by the National Planning and Performance Oversight Group (NPPOG) on 20 February 2023.

I, supported by Health and Social Care Management Board (HSCMB), agreed to de-escalate NHS Lothian for Mental Health on this basis.

I have informed Calum Campbell, Chief Executive of NHS Lothian, of my decision and the Scottish Government website has been updated to reflect these changes.

Yours sincerely



Caroline Lamb