Please find attached and detailed below information requested by the Health and Sport Committee at their meeting I attended on Wednesday 1 April.

Papers one and two detail progress on the implementation plan for ‘The Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care’.

Papers three and four are copies of the NHS Board papers on the Overall Model of Care for Mental Health Services in Ayrshire and Arran (January 2008) and The future location of acute inpatient Mental Health Services (November 2008)

Detailed below is information regarding our Maternity Liaison service more further detail on Psychiatric liaison is can be found in paper three.

**Maternity Liaison Service**

*This is part of the bigger liaison service which is detailed in the Mind your health paper attached. The Maternity liaison service has been developed by Dr Malcolm Cameron, Consultant Psychiatrist who has a special interest. Referrals are made direct to the liaison team mainly from inpatient maternity services for both pre and postnatal women. Response to referrals is fairly prompt and women are triaged and assessed for any presenting mental health problems, Dr Cameron runs a regular Psychiatric Maternity Liaison clinic. If appropriate patients may be referred on to CMHTs; Psychology; and or Addiction services.*

*The liaison team also deliver a range of training for maternity teams in recognizing symptoms, mental health first aid and risk assessment around child protection issues.*

I hope this information is useful and meets the requirements of the committee. Please do not hesitate to contact me if you have any questions or require any clarification.

Kind regards

Carol Fisher
Health Care Manager
Specialist Mental Health Services
Strathlea Resource Centre, Holmes Road,
Kilmarnock, KA1 1TR
Tel 01563 550144

Email carol.fisher@aapct.scot.nhs.uk
Implementation of MH Framework for Promotion, Prevention & Care
Progress report, April 2009

Background
Implementation of the Mental Health Framework for Prevention, Promotion & Care in October 2005 has been progressed through a working group in Ayrshire & Arran, which reports directly to the Senior Officers Group for Children. This multiagency group was tasked with carrying out an audit of existing services and identifying goals and milestones towards implementation of the framework. The initial audit of existing services was completed by 2007 but at this point further work was suspended while a substantial review of specialist Child and Adolescent Mental Health Service took place (the Mind your health review).

Where we are now
The working group was reconvened in November 2008, and includes representatives from each local authority area, educational psychology, clinical psychology, specialist CAMH services, public health, Barnardos and community paediatrics. While the group was suspended, work towards implementation of the framework continued through implementation of the integrated assessment framework (GIRFEC), the Mind your health review itself and additional policy initiatives such as health promoting schools.

Since November the working group has been updating information about progress towards implementing the framework from each locality. Key challenges include the size and scope of the framework and ensuring equitable delivery across each locality.

Next steps
Over the next 3 months, the working group will submit a progress update for the Senior Officers Group and recommendations for future action. A key component of this will be to ensure that more recent policy developments, such as the Early Years Framework are integrated with the Mental Health Framework. There is a recognition that progress towards implementation of the framework has been slower than expected and this was reported to the Scottish Government through the Delivering for Health Action Framework (May 2008). This was necessary in order to ensure that the Mind your health review was completed successfully.
AYRSHIRE & ARRAN CAMHS FRAMEWORK
POSITION STATEMENT
SERVICE ELEMENTS

• Arrangements for training and service provision and preventative work in ‘Non – Health’ settings
  ▶ Training, consultation, referral and review
  ▶ Provision of training on topic specific issues relating to mental health e.g. aggressive behaviour, self harm, ADHD, the Mental Health impacts of Child Protection issues
  ▶ Provision of confidential, accessible and non stigmatising counselling support for school pupils
  ▶ Opportunities for young people to explore emotional and mental health issues
  ▶ Provision of support for schools in developing and delivering activities to promote emotional literacy at times of transition
  ▶ School policies on tackling bullying
  ▶ Provision of support for schools in developing and delivering activities to promote peer support, especially at times of transition

• Arrangements to support staff
  ▶ To support the Mental Health and wellbeing of staff
  ▶ Provision of confidential, accessible and non-stigmatising support for staff

• Arrangements to support parents
  ▶ Provision of support for parents in dealing with issues relating to adolescence
  ▶ Involvement in provision of support for individual children and families, including targeted parent support
  ▶ Contribute to development and delivery of universal parenting programmes

• Information and Research Provision
  ▶ Involvement of expectant parents, parents and carers, prospective adoptive parents, children and young people in developing information, resources and services to support their Mental Health and wellbeing
  ▶ Involvement of children, young people, parents and carers in research

• Organisational Arrangements
  ▶ Pro-active multi-agency liaison to establish specific local policies and procedures to identify and support those in need of additional and specific emotional support in a range of contexts
  ▶ Interagency communication about assessment, action planning and reviews for children and young people with complex needs

• CAMHS Services
  ▶ CAMHS contribution to the health assessment of individual children and young people.
STAFF & SERVICE GROUPS

• MIDWIVES ETC.
Midwives, Public Health Nurses, Allied Health Professionals, Social Workers, Adult Mental Health Service (Non Medical), Care staff and Social Services care staff.

• PRE-SCHOOL & CHILD CARE SETTINGS

• SCHOOL YEARS
- Teaching, non teaching and out of school care staff

• CLDT & VOLUNTARY
- Community Learning and Development workers
- Voluntary sector youth work
- Social Workers
- Housing Staff

• PARTICULAR GROUPS
- Residential care workers
- Foster carers
- LAC Designated Teachers
- Respite carers
- Adoptive parents
- Social workers
- Housing staff
- Youth justice teams
- Police
- Children’s Reporters
- Members of the Children’s Panel
- Safeguarders
- Adoption Panel members
- Foster Panel members
- Child Protection Committee members

• LAAC
Ayrshire & Arran CAMHS Framework

**Arrangements for training and service provision and preventative work in ‘Non – Health’ settings**

- Training, consultation, referral and review
- Provision of training on topic specific issues relating to mental health e.g. aggressive behaviour, self harm, ADHD, the Mental Health impacts of Child Protection issues
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- School policies on tackling bullying
- Provision of support for schools in developing and delivering activities to promote peer support, especially at times of transition
### AUTHORITY:

**CAMHS FRAMEWORK POSITION STATEMENT**

**SERVICES:** UNIVERSAL

## SERVICE ELEMENT: Training, consultation, referral and review

### OUTCOMES:
- Staff have a basic understanding of mental and emotional health and development (and midwives to support parents in this)
- Staff recognise the importance of their contribution to children’s mental and emotional wellbeing
- Staff have a basic understanding of protective factors and how these can be nurtured
- Staff have an understanding of the contribution that physical activity and development can make to emotional health
- Staff understand and are able to identify risk factors
- Staff know what specialist advice is available and how to access it
- Referral protocols for CAMHS are agreed and transparent.

### SETTINGS

<table>
<thead>
<tr>
<th>MIDWIVES ETC.</th>
<th>PRE SCHOOL &amp; CHILDCARE SETTINGS</th>
<th>SCHOOL YEARS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ACTIVITY</strong></td>
<td><strong>CURRENT ACTIVITY</strong></td>
<td><strong>CURRENT ACTIVITY</strong></td>
</tr>
<tr>
<td>1.1 Provision of training opportunities in Mental Health &amp; Mental Health promotion to identified staff in each setting</td>
<td>Midwives: See also Page 1 of Framework nos 4, 5 &amp; 6 None</td>
<td>CAMHS has a specialist health visitor who does link in with some generic health visitors, but no formal training offered</td>
</tr>
<tr>
<td>1.2 Provision of consultation, advice and support as necessary from CAMHS staff and service in each setting, e.g. health promoting schools</td>
<td>None</td>
<td>Consultation advice provided by on call staff as part of their role. Consultation also provided by all CAMHS staff if requested. Specialist Health Visitor provides consultation to all under 5 services</td>
</tr>
<tr>
<td>1.3 Referral protocol agreed including CAMHS named link/links</td>
<td>Referral criteria are being developed in line with national guidance</td>
<td>Referral criteria are being developed in line with national guidance</td>
</tr>
<tr>
<td>1.4 Regular planning and review meetings between Services and CAMHS</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>
### SERVICE ELEMENT: Training, consultation, referral and review

**OUTCOMES:**
- Staff have a basic understanding of mental and emotional health and development (and midwives to support parents in this)
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<table>
<thead>
<tr>
<th>SETTINGS</th>
<th>CLDT &amp; VOLUNTARY</th>
<th>PARTICULAR GROUPS</th>
<th>LAAC</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>CURRENT ACTIVITY</th>
<th>CURRENT ACTIVITY</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1.1 Provision of training opportunities in Mental Health &amp; Mental Health promotion to identified staff in each setting</td>
<td>None</td>
<td>• See also p16 number 5</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• None</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>PENUMBRA and Barnardoes commissioned by CAMHS to provide training on deliberate self harm to residential units across Ayrshire</td>
<td></td>
</tr>
<tr>
<td>1.2 Provision of consultation, advice and support as necessary from CAMHS staff and service in each setting, e.g. health promoting schools</td>
<td>Consultation available from CAMHS if requested</td>
<td>Consultation available from CAMHS if requested</td>
<td>Provided in the North by LAAC nurse therapist.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.3 Referral protocol agreed including CAMHS named link/links &amp; explicit arrangements for LAAC</td>
<td>No</td>
<td>No</td>
<td>Referral protocol for LAAC in North Ayrshire</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.4 Regular planning and review meetings between Services and CAMHS</td>
<td>no</td>
<td>no</td>
<td>In North with LAAC nurse therapist</td>
</tr>
</tbody>
</table>
**SERVICE ELEMENT:** Provision of training on topic specific issues relating to Mental Health e.g. aggressive behaviour, self harm, ADHD, the Mental Health impacts of Child Protection issues.

Provision of confidential, accessible and non stigmatising counselling support for staff and for School pupils.

**OUTCOMES:**
- Staff understand children’s behaviour and are more confident in responding
- Staff are supported and feel confident in implementing specific approaches to address these issues
- Staff and pupils have opportunities to talk in confidence when feeling troubled
- Common issues are identified and efforts made to prevent recurrence

<table>
<thead>
<tr>
<th>SETTINGS</th>
<th>MIDWIVES ETC.</th>
<th>PRE SCHOOL &amp; CHILDCARE SETTINGS</th>
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</tr>
</thead>
<tbody>
<tr>
<td>ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
</tr>
<tr>
<td>2.1 Provision of topic specific training on specific issues for identified staff in each setting</td>
<td>No</td>
<td>Consultation and advice available from specialist health visitor</td>
<td>Advice and consultation available from mental health school advisor in East until post ends in June 2009, but primary mental health link worker will then be in post in all 3 localities to deliver this. Tier 2 primary mental health development workers in all localities can provide advice and consultation as well</td>
</tr>
<tr>
<td>2.2 Provision of non-stigmatising and accessible counselling and support for school pupils, including those receiving care &amp; treatment for mental illness.</td>
<td>no</td>
<td>Provision to primary feeders from PMHLWs</td>
<td>Will be provision by the 3 primary mental health link workers in schools when in post. Provision at Belmont School by mental health nurse advisor</td>
</tr>
</tbody>
</table>
2.3 Quality improvement process in place for review of issues arising

<table>
<thead>
<tr>
<th>AUTHORITY:</th>
<th>CAMHS FRAMEWORK POSITION STATEMENT</th>
<th>SERVICES: UNIVERSAL</th>
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**SERVICE ELEMENT:** Provision of training on topic specific issues relating to Mental Health e.g. aggressive behaviour, self harm, ADHD, the Mental Health impacts of Child Protection issues.

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**SETTINGS**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>CLDT &amp; VOLUNTARY</th>
<th>PARTICULAR GROUPS</th>
<th>LAAC</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1</td>
<td>CURRENT ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
<td></td>
</tr>
<tr>
<td></td>
<td>no</td>
<td>no</td>
<td></td>
</tr>
</tbody>
</table>

Training on deliberate self harm minimisation provided by PENUMBRA and Barnardoes on behalf of CAMHS to all residential units in Ayrshire.

Training provided by LAAC nurse therapist in North

| 2.2      | no               | no                | no   |
|          | no               | no                |      |

Impact analysis going on at Belmont and formal evaluation. Primary mental health link worker posts will be evaluated.
### Authority:

**CAMHS Framework Position Statement**

**Services: Universal**

### Service Element:

- Provision of opportunities for young people to explore emotional and mental health issues
- Developing and delivering activities to promote emotional literacy at times of transition
- Policies and arrangements for bullying
- Peer support arrangements, especially at times of transition

### Outcomes:

- Children and young people feel comfortable talking about their feelings and emotions.
- Staff feel confident to introduce emotional literacy activities.

### Settings

<table>
<thead>
<tr>
<th>Activity</th>
<th>School Years</th>
<th>CLDT &amp; Voluntary</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>3.</strong> Provision of opportunities for young people to explore emotional and mental health issues (p8).</td>
<td>PMHLWs will provide this. At present it is only provided in the schools where there is a mental health school advisor/ school nurse advisor</td>
<td>no</td>
</tr>
<tr>
<td><strong>3.</strong> Developing and delivering activities to promote emotional literacy at times of transition (p8)</td>
<td>A/A</td>
<td>no</td>
</tr>
<tr>
<td>4. Policies and arrangements for bullying (p9)</td>
<td>PMHLWs will facilitate development in schools</td>
<td>no</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>-----------------------------------------------</td>
<td>----</td>
</tr>
<tr>
<td>5. Peer support arrangements, especially at times of transition (p10)</td>
<td>Will be a focus for the pilot project at Belmont Academy and something that PMHLWs will address once in post with schools</td>
<td>no</td>
</tr>
</tbody>
</table>

**AUTHORITY:**

**CAMHS FRAMEWORK POSITION STATEMENT**

**SERVICES:** UNIVERSAL

**SERVICE ELEMENT:** To support the mental health and wellbeing of staff

Provision of confidential, accessible and non-stigmatising counselling support for staff

**OUTCOMES:**

- Staff feel valued and supported, and are therefore more able to support others.

<table>
<thead>
<tr>
<th>SETTINGS</th>
<th>PRE-SCHOOL &amp; CHILDCARE</th>
<th>SCHOOL YEARS</th>
<th>CLDT &amp; VOLUNTARY</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
</tr>
<tr>
<td>6.1 Build on <em>see me</em> initiatives on mental health in the workplace</td>
<td>no</td>
<td>Currently being done in schools with mental health school advisors and will be continued by PMHLWs</td>
<td>no</td>
</tr>
<tr>
<td>6.2 Plan and provide a range of supports for staff to access before they become unwell, e.g. counselling / stress management / relaxation opportunities</td>
<td>no</td>
<td>no</td>
<td>no</td>
</tr>
<tr>
<td>6.3</td>
<td>Provision of non-stigmatising accessible counselling and support for staff including those receiving care and treatment</td>
<td>no</td>
<td>no</td>
</tr>
<tr>
<td>------</td>
<td>-------------------------------------------------------------------------------------------------</td>
<td>----</td>
<td>----</td>
</tr>
<tr>
<td>6.4</td>
<td>Quality improvement process in place for review of issues.</td>
<td>no</td>
<td>Evaluation of PMHLWs and Belmont project</td>
</tr>
<tr>
<td></td>
<td>-------------------------------------------------------------------------------------------------</td>
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</tr>
</tbody>
</table>
**Arrangements to support parents**

- Provision of support for parents in dealing with issues relating to adolescence
- Involvement in provision of support for individual children and families, including targeted parent support
- Contribute to development and delivery of universal parenting programmes
**SERVICE ELEMENT:** Provision of support for parents in dealing with issues relating to adolescence

**OUTCOMES:**
- Parents/carers have a better understanding of issues for adolescents and the emotional changes their child is experiencing.
- Parents/carers understand their child’s behaviour and feel able to respond.

<table>
<thead>
<tr>
<th>SETTINGS</th>
<th>CLDT &amp; VOLUNTARY</th>
<th>SCHOOL YEARS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ACTIVITY</strong></td>
<td>CURRENT ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
</tr>
<tr>
<td>7.1 Plan and provide generic sessions for parents and carers on a variety of topics such as maintaining relationships.</td>
<td>no</td>
<td>Will be addressed by PMHLWs by facilitating schools to carry out this role</td>
</tr>
<tr>
<td>7.2 Plan and provide sessions for parents and others who care for children and young people who may be at risk of developing mental health difficulties.</td>
<td></td>
<td>CAMHS provides some parents groups whose children are being seen by the CAMHS</td>
</tr>
<tr>
<td>7.3 CAMHS staff ensure that children and young people receiving mental health care and treatment are enabled to access mainstream activities which promote emotional literacy.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SERVICE ELEMENT: Involvement in provision of support for individual children and families, including targeted parent support
Contribute to development and delivery of universal parenting programmes.

OUTCOMES:
- Key workers have a full understanding of attachment and are able to support this.
- Parents have a basic understanding of protective factors and how these can be nurtured.
- Parents feel confident in dealing with their child’s behaviour.
- Parents’ coping skills are developed and affirmed.
- Parents understand the importance of infant interaction and have the skills to put into practice.
- Parents know where they can access advice and support. Parents are supported to care for their child.

<table>
<thead>
<tr>
<th>SETTINGS</th>
<th>EARLY YEARS AND MIDWIVES ETC.</th>
<th>NHS PRIMARY CARE TEAM</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
</tr>
<tr>
<td>8.1 Primary care staff encourage and support parents to participate in tailored parenting programmes.</td>
<td>Link with HVs</td>
<td>Link with GPs and school nurses</td>
</tr>
<tr>
<td>- Information on parenting support available</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Provision of accessible drop in &amp; advice points for parents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.2 Training for key workers on mental health and parenting issues.</td>
<td>no</td>
<td>no</td>
</tr>
<tr>
<td>8.3 Access for primary care practitioners to clinical psychology consultation and advice on families in their care.</td>
<td>Tier 2 offers this</td>
<td>Tier 2 offers this</td>
</tr>
<tr>
<td>8.4 Arrangements by CAMHS staff to ensure that young parents who are receiving care and treatment are enabled to engage in parenting programmes.</td>
<td>no</td>
<td>no</td>
</tr>
</tbody>
</table>
Information and Research Provision

- Involvement of expectant parents, parents and carers, prospective adoptive parents, children and young people in developing information, resources and services to support their Mental Health and wellbeing

- Involvement of children, young people, parents and carers in research
**SERVICE ELEMENT:** Provision of information re local support services and access
Involvement of parents, children and young people in developing information and resources
Involvement of parents, children and young people in research

**OUTCOMES:**
- Staff and pupils know what information and support is available to them and are able to access it.

<table>
<thead>
<tr>
<th>SETTINGS</th>
<th>MIDWIVES &amp; EARLY YEARS</th>
<th>SCHOOL YEARS</th>
<th>CLDT &amp; VOLUNTARY</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
<td></td>
<td>CURRENT ACTIVITY</td>
</tr>
<tr>
<td>9.</td>
<td>Provision of information re local support services and access (p17)</td>
<td>Provided By tier 2 and mental health advisors in schools. Will be carried out by PMHLWs</td>
<td>Tier 2</td>
</tr>
<tr>
<td>10.</td>
<td>Involvement of parents, children and young people in developing information and resources (p18)</td>
<td>no</td>
<td>no</td>
</tr>
<tr>
<td>11.</td>
<td>Involvement of parents, children and young people in research (p19)</td>
<td>no</td>
<td>no</td>
</tr>
</tbody>
</table>
**SERVICE ELEMENT:** Proactive multi-agency liaison to establish specific local policies and procedures to identify and support those in need of additional or specific emotional support in a range of contexts.

Interagency communication about assessment, action planning and reviews for children and young people with complex needs

CAMHS contribution to the health assessment of individual children and young people.

**OUTCOMES:**
- All policies, procedures and practices relating to children and young people in need of additional support have an explicit mental health promotion element.
- Integrated delivery of accessible support services for children, young people and their parents/carers.
- Referral protocols and pathways for NHS CAMHS are agreed and transparent.
- All professionals in contact with an individual child understand their needs.
- Children, young people and parents/carers know what will happen and are actively involved in the assessment, action planning and review processes.
- Children’s needs are met holistically.
- Children, young people and their parents/carers experience seamless services.
- All of the child’s or young person’s needs are assessed to inform holistic care planning.

**SETTINGS**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
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</thead>
<tbody>
<tr>
<td>12.1</td>
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</table>

<table>
<thead>
<tr>
<th>GENERAL</th>
<th>CURRENT ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>no</td>
<td>As part of IAF, Partnership Forums IN North Ayrshire</td>
</tr>
<tr>
<td>no</td>
<td>Interventions offered but not joint commissioning</td>
</tr>
<tr>
<td>Yes. Shared read only access to FACE patient management system between healthcare professionals.</td>
<td></td>
</tr>
</tbody>
</table>
## SERVICES: UNIVERSAL

### SERVICE ELEMENT: Awareness raising and joint working with housing services and organisations about children’s and young people’s support needs e.g. when an adult is discharged from care.

### OUTCOMES:
- The housing support needs of individual children and young people are recognised and addressed.
- Housing is appropriate for the needs of individual children and young people.
- Housing support services are appropriate for young people.

<table>
<thead>
<tr>
<th>SETTINGS</th>
<th>HOUSING SERVICES</th>
<th>OTHER ORGS</th>
<th>LAAC</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
<td>CURRENT ACTIVITY</td>
</tr>
<tr>
<td>13.1 Policies and protocols are established to ensure links between social and work services, health services, and housing services.</td>
<td>no</td>
<td>no</td>
<td>No actual policies between agencies but good working relationships between LAAC nurse therapist and other agencies</td>
</tr>
</tbody>
</table>