Improving Children and Young People’s Mental Health - a work in progress
This presentation covers

- Policy update and issues
- NHS England programme
- Working with schools and education
- Future direction – the Green Paper
Children and young people’s mental health: a national focus

Mental health issues ‘ignored by schools’, head warns

The well-being of pupils is being ignored by some schools in pursuit of academic results, a former leading headmaster has warned.

Number of children prescribed antidepressants increases by 50% in seven years

World Health Organisations says use of drugs to treat children is concerning.

Mental health services 'turning care children away'

By Hannah Richardson
BBC News education and social affairs reporter

Betrayal of the vulnerable as rise in mentally ill children dumped on adult wards

Children who spend too much time online at risk of mental health, report claims
CYP Mental Health issues

Economics of investment
- CYP MH spend was 7% of total NHS MH spend (2016/17)
  - Getting it wrong is expensive
  - Low costs of intervening early

Infrastructure/resources
- High numbers of referrals
- Variable waiting times (2-48 weeks to first appointment)
- Limited workforce capacity

Systems
- There are many varied approaches
- Various commissioners

Varied approaches
- Tiered system
- Thrive
- 0-25s
- Step care models
- Integrated pathways
It’s a whole system……..
By 2020 there will be system-wide transformation of the local offer to children and young people underway, with LTPs embedding *Future in Mind* principles and fully integrated into STPs across the country.
The principles guiding transformation

- Improving outcomes accountability
- Access
- Improving access & engagement
- Increasing MH awareness & decreasing stigmatisation
- Delivery of evidence-based practices
- EBP
- Participation
- Enhancing youth, carer and community participation
NHS England’s CYPMH team builds participation into everything it does. It also holds a participation contract with YoungMinds to:

- Support the national NHS England team in their work engaging CYP and parents/carers;
- Support commissioners and services across the sector to embed participation and widen their reach, with an explicit focus on vulnerable groups in the first year,
- Support CYP and parents/carers to participate in a meaningful way and engage with their local services and with national work.

**Outline of the Amplified programme**

- National team
- Regional support: CYP IAPT collaboratives and Clinical Networks
- YoungMinds: website, social media, strategic support, producing tools and bespoke support for services
- Digital networks: CYP, parents/carers, professional
- Commissioners
- Health providers/services
- Local partner services: schools, youth services, local authorities
- Core advisory groups: CYP and parents/carers
- 18 Participation Trailblazers (each producing tools/models)
- Vulnerable groups toolkit
- Year 1: focus on vulnerable groups
- Communications and resources (social media campaigns, web resources)
- Co-production workshops
- Masterclasses
- Microsite and digital networks for CYP, parents and carers, and professionals

www.england.nhs.uk
NHS England Children and Young People’s Mental Health Transformation Programme
NHS England: 2020 Commitment

The £1.4b supports a range of central and local programmes to improve the capacity and capability of children and young people’s mental health services. STP plans incorporate Local Transformation Plans that set out how the following will be delivered.

• At least **70,000 more CYP** receiving swift and appropriate access to care each year
• Completed national roll-out of **CYP IAPT Programme** with at least 3,400 more staff in existing services trained to improve access to evidence based treatments
• **1,700 additional new staff** to support improved access to evidence based treatments
• Evidence based **Community Eating Disorder** services for CYP across the country: 95% of those in need of eating disorder services seen within 1 week for urgent cases & 4 weeks for routine cases.
• Improved access to and use of **Inpatient Care**, having the right number and geographical distribution of beds to match local demand with capacity, and leading to an overall reduction in bed usage.
• **Improved Crisis Care** for all ages, including investing in **places of safety**.
CYP MH transformation supported by £1.4bn additional funding announced during 2014/15:

- £1.25bn over 2015-2020 for wider transformation (including £15m per year for perinatal mental health)
- £30m per year for eating disorders
- Increasing proportion goes to CCGs each year

### Funding

<table>
<thead>
<tr>
<th>Funding type</th>
<th>2016/17</th>
<th>2017/18</th>
<th>2018/19</th>
<th>2019/20</th>
<th>2020/21</th>
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<tbody>
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<td><strong>CCG baseline allocations</strong></td>
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<tr>
<td>CYP mental health</td>
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<td>140.0</td>
<td>170.0</td>
<td>190.0</td>
<td>214.0</td>
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<tr>
<td>Eating disorders</td>
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<td>30.0</td>
<td>30.0</td>
<td>30.0</td>
<td>30.0</td>
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<td><strong>National programmes (indicative)</strong></td>
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<td>Crisis care models</td>
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<td>Workforce development (HEE)</td>
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<td>38.0</td>
<td>22.0</td>
<td>17.0</td>
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<tr>
<td>Workforce development (Other)</td>
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<td>18.0</td>
<td>12.0</td>
<td>4.0</td>
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<tr>
<td>Specialist in-patient/outreach</td>
<td>21.0</td>
<td>11.0</td>
<td>4.0</td>
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<tr>
<td>Vulnerable groups</td>
<td>20.0</td>
<td>24.0</td>
<td>25.0</td>
<td>24.0</td>
<td>21.0</td>
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<tr>
<td>Other programmes</td>
<td>13.5</td>
<td>4.0</td>
<td>2.0</td>
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</table>
**So far - a local and national programme of delivery**

20,000 more CYP under 18 seen in 2016-17, on target for an extra 70,000 by 2020

123 Local Transformation Plans refreshed and republished setting out local offer and how new money will be used

50% of areas are changing their local model of delivery

67 new or enhanced Community Eating Disorder Teams in place

8 Emergency and Urgent Care Vanguards testing CYPMH Crisis Models

Infrastructure support to commissioners and providers via clinical networks

Training and support programme for commissioners underway

Monitoring of spend, process markers for delivery through CCG IAF process

NCCMH are developing a Generic and crisis CYP MH pathway to support commissioners and providers

**Developing new national pathways** across CYP mental health, including crisis care

Review of inpatient beds complete and plans to realign beds to local needs - 150-180 new beds

7 New Models of Care Provider taking over inpatient budget to create more effective pathway with community.

Joint work with Health Education England so 90% of 0-19 population covered by CYP IAPT change programme

Extra support for Youth Offending Institutions, Secure Children’s homes and Forensic CAMHS underway

Piloting Integrated Personal Budgets for looked after children in 6 areas

Strategic case managers in place across the country to repatriate CYP with LD/ASD in hospital

Evaluation published of DfE-NHSE Schools Pilots - 22 sites and 255 schools

Looked after children’s EWG to produce quality standards, recommendations, and support tools

www.england.nhs.uk
Children and Young People’s Improving Access to Psychological Therapies

Following recruitment of 6th collaborative, programme on target to work with services covering 100% of population by 2018 (90%-Jan 17)

Services are supported to release staff and to take up the offer of training places

Curricula include:
- learning disabilities or autistic spectrum disorder
- Working with 0-5s
- Counselling
- Combination - Prescribing and therapy
- Inpatient CAMHS
- Eating Disorder
Is it working? NHS data shows promise

MH Dashboard – Q3 2016/17

<table>
<thead>
<tr>
<th>Children and Young people (CYP) Mental Health</th>
<th>Q2 2015/17</th>
<th>Q3 2015/17</th>
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</thead>
<tbody>
<tr>
<td>CYP(i) % of CCGs with a total greater or equal to 5 in the CCG IAF mental health transformation CYP MH milestones</td>
<td>▲ 26.8% N/A</td>
<td>▲</td>
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<tr>
<td>CYP(ii) Number of CYP receiving at least two contacts in NHS funded community services in the reporting period</td>
<td>Q3 2015/17</td>
<td>N/A 41,356 N/A</td>
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<tr>
<td>CYP(iii_a) Proportion of CYP with eating disorders seen within 1 week (urgent)</td>
<td>Q3 2015/17</td>
<td>▲ 67.2%</td>
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<tr>
<td>CYP(iii_b) Proportion of CYP with eating disorders seen within 4 weeks (routine)</td>
<td>Q3 2015/17</td>
<td>▲ 79.0%</td>
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<tr>
<td>CYP(w) Total number of bed days for CYP under 18 in CAMHS tier 4 wards</td>
<td>Q3 2015/17</td>
<td>▲ 102,567 ▼</td>
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<tr>
<td>CYP(v) Total number of admissions of CYP under 18 in CAMHS tier 4 wards</td>
<td>Q3 2015/17</td>
<td>▲ 2,434 ▼</td>
</tr>
<tr>
<td>CYP(u) Total bed days of CYP under 18 in adult in-patient wards</td>
<td>Q3 2015/17</td>
<td>▲ 2,700 ▼</td>
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<tr>
<td>CYP(vi) % of CCGs that are fully compliant in CCG IAF mental health transformation milestones-Crisis Q3b</td>
<td>Q2 2015/17</td>
<td>▲ 31.6% N/A</td>
</tr>
<tr>
<td>CYP(vii) CYP MH total planned spend - excluding learning disabilities and eating disorders (£k)</td>
<td>2016/17</td>
<td>N/A N/A N/A N/A</td>
</tr>
<tr>
<td>CYP(viii) CYP MH planned spend: eating disorders (£k)</td>
<td>2016/17</td>
<td>N/A N/A N/A N/A</td>
</tr>
</tbody>
</table>

Q3 Improvement in data quality and an increase in compliance with the CCG IAF process markers
Progress is promising but need to remain focussed on those who have not been treated within the waiting time:

Q4 Unify 2 data shows
- 47 urgent cases waited more than a week
- 233 routine cases waited more than 4 weeks
The future for inpatient services

We are focussing on

- eliminating inappropriate out of area placements;
- Ensuring inpatient stays are as short as possible
- improving local bed availability aligned with community services;
- eliminating inappropriate under-18 placements in adult beds;
- ensuring a sufficient numbers of beds to cope with surges in demand;
- integrating and collaborating with local commissioners and providers;
- developing service specifications that support these ambitions
- Strengthening crisis and community services to help more people at home
Three Phases of Implementation

**2016**

**Phase 1a**
- Establishing baseline
- Planning
- Mobilising the regions to deliver
- Communications and engagement

**Phase 1b**
- Stabilising capacity situation where need is greatest
- Robust bed management
- Second wave of new care models
- Reducing LoS

**Phase 2**
- Decommissioning of beds
- Expanding place-based commissioning
- Optimising care pathways

**Phase 3**
- Transition to community services
- Delivering savings and investing in community
- Reduced inpatient numbers and length of stay

**2021**

Increase to approx. 1,630 due to double running: dealing with urgent capacity issues

More commissioning at local level

Final bed numbers not yet known – dependent on community investment and other factors
Improving access in a Crisis

8 Urgent and Emergency Care vanguards

New Models of Care – 2 in 2016-17, 5 in 2017-18

Durham and Darlington Liaison service

Reduction in attendances at A&E and admissions to paediatric beds overnight for young people in a mental health crisis. The service led by young people and families/carers. Liaison and consultation with other professionals and members of the children’s workforce. 100% of assessments for young people have been conducted by the crisis team and 407 overnight beds have been freed up by the service.

98% of respondents to the Friends and Family test in Teesside rated the service as either excellent or good
Working with schools and education
NHS England/DfE Schools pilot

- Pilot programme clearly demonstrated the value of strengthening links between NHS CYPMHS and schools. Key elements included:
  - Single points of contact / access
  - Clearly defined protocols and pathways to specialist support
  - Strategic leadership from health and education
  - Making best use of existing resources (local CYPMHS networks)

- Further work to fully test and embed sustainable delivery models, and to understand their associated costs and benefits – additional resources almost certainly needed for ‘universal’ offer.

- Most pilot areas are committed to sustaining the work from the pilot.
Innovation In Schools

COMPASS services Norfolk
Compass Schools  http://www.nsft.nhs.uk/Our-services/Pages/Compass-Schools.aspx
Compass outreach  http://benjaminfoundation.co.uk/compass-outreach-service

Healthy Minds Sheffield

Tapton School Emotional Health & Wellbeing
http://mentalhealth.taptonschool.co.uk/
Future direction – The Green Paper
Background to the CYP Green Paper

• Announced by the PM on 9th January 2017 as part of a suite of commitments to improve and transform CYP mental health

• Reconfirmed in the recent manifesto: A Conservative government will publish a green paper on young people’s mental health before the end of this year

• Being jointly developed between DH and DfE with close involvement from NHS England and PHE

• Consider CYP mental health across different themes and settings, not just the NHS

• Builds on Future in Mind – continuing to take forward the vision it set out
Preventing mental illness

- Focusing on the educational setting to offer information and support at the earliest possible point in a collaborative way
- Addressing the negative impacts of social media, whilst harnessing the positives which improve the lives of CYP with mental health problems

Providing the right treatment at the right time in the right place

- Improving the referral to treatment pathway
- Improved working together between education and health

Raising awareness amongst young people and adults to seek help

- Increasing information and confidence of the wider children’s workforce and parents to seek help
- Support for parents and carers in terms of family interventions

Supporting CYP in clinical settings, schools & wider world

- Review of ‘what works’ in educational settings
- Continued support for CYP with more complex needs including transitions
“If I’d had the help in my teens that I finally got in my thirties, I wouldn’t have lost my twenties”
Mental health stigma campaign starts

Spotlight on children and young people’s mental health research – launched today

Government set to publish three-year youth strategy

New child mental health support service launched

It is estimated that in every school classroom in the UK, at least three children are suffering from a mental health issue

Out-of-hours crisis service for young people facing mental health problems to be launched after £456,000 investment

Ground-breaking podcast series launched

14th August 2016 | By: Anastasia Bow-Bertrand
Thank you…

David.lockwood@nhs.net
## Summary of key NHS England commitments

<table>
<thead>
<tr>
<th>Project</th>
<th>Outcome/deliverables</th>
<th>Date</th>
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</table>
| **National and regional support for transformation: leadership and scrutiny** | • CCGs and partners refresh and republish 123 LTPs, incorporated into STPs  
• Maintain system support via MH improvement teams  
• Commissioner development programme: guidance, training and tools  
• Pilot and report on proposed CAMHS currencies for payments  
• Develop national data/MHSDS/dashboard of metrics | Annual cycle  
March 2018  
December 2017  
March 2018  
Continuous |
| **Workforce development: shared responsibility with HEE** | • CYP IAPT: increase to 100% coverage by 2018  
• Support provision of new workforce for improved access (HEE) | 2018/19  
2020/21 |
| **Improving access and quality** | • Develop generic CYPMH access to treatment pathway | 2017/18; 2018 |
| **Eating disorders** | • Deliver dedicated community ED teams to meet standards  
• Whole-team training and service specification  
• Extend pathway guidance to include in-patient services | 2020/21  
2017  
2017 |
| **Crisis care** | • Develop 24/7 emergency response pathway  
• Test new models of care for CYP in crisis in UEC vanguards | 2017/18 |
| **Specialised commissioning** | • Recommissioning of Tier 4 beds  
• Guidance to support collaborative commissioning with CCGs | 2017/18  
2017/18 |
| **Vulnerable groups** | • Develop forensic CAMHS/complex needs service and pathway  
• Specialised framework of integrated care across YOIs, SCHs etc.  
• Health and justice collaborative commissioning networks and JSNAs  
• Ensure Care and Treatment Reviews for CYP are in place at transition  
• Test personal budgets for looked after children | 2017/18  
2017/18  
2017/18  
2017-19 |
### CYP Mental Health issues

#### Access

- Vulnerable groups

#### Waiting times

- Transition

#### Vulnerable groups

- Economics of investment
- Infrastructure/resources
- Systems

**Economics of investment**

<table>
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<tr>
<th>£ spent</th>
<th>Infrastructure/resources</th>
<th>Systems</th>
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<tbody>
<tr>
<td>CYPMH as proportion of MH NHS spend (2016/17). 17/18 CCG plans 3.9% increase in spend on CYP, 2% increase in spend on CYP EDs LA and schools unknown</td>
<td>Low workforce capacity</td>
<td>0-25s</td>
</tr>
<tr>
<td>The high cost of getting it wrong YP with a MH problem are… • 8x more likely to have contact with YJS • Twice as likely to be claiming benefits</td>
<td>High numbers of referrals</td>
<td>Thrive</td>
</tr>
<tr>
<td>The low cost of investing early Group CBT</td>
<td>Variable waiting times</td>
<td>Varied approaches</td>
</tr>
<tr>
<td>£229</td>
<td>2 - 48 weeks</td>
<td>Step care models</td>
</tr>
<tr>
<td>Unit cost</td>
<td>Total lifetime benefit</td>
<td>Integrated pathways</td>
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<tr>
<td>£7,252</td>
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<td>CCGs</td>
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<td>Various commissioners</td>
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<td>MoJ</td>
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<td>Schools</td>
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- Tiered system
- Signposting
- Thrive
- Step care models
- Integrated pathways
- Various commissioners
- LAs
- NHSE
- MoJ
- Schools