

IOW CCG Policy and Scrutiny Committee 7th March 2019

Children's Mental Health Services

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PAPER B



Content

- National and local context
- Local providers and funding
- System challenges and transformation
- Isle of Wight Mental Health Services Update
- CAMHS New Care Model
- Wider system reform and NHS 10 year plan
- Next Steps

Facts about mental health in children

- 12.8% of CYP (aged 5-19 years) have a clinically diagnosable mental problem yet, 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age
- 50% of mental health problems are established by age 14 and 75% by age 24
- 38% of parents do not know the signs and the symptoms to have in mind to assess the mental health of their children.
- The average wait for effective treatment is 10 years
- 34.9% of people aged 14 – 19 who identify as lesbian, gay bisexual, or with another sexual identity had a mental disorder, significantly higher than those who identified as heterosexual (13.2%)
- Suicide is the biggest killer of young people in the UK
- A quarter (25.5%) of 11 - 16-year-olds with a mental disorder had self-harmed or attempted suicide at some point compared to 3.0% of those who were not diagnosed as having a mental disorder.
- People with severe mental illness die between 10 and 20 years earlier than the general population - an equivalent or greater impact on life expectancy than heavy smoking
- For every person affected by mental illness, £8 is spent on research – 22 times less than cancer and 14 times less than dementia

Mental Health Foundation, 2018
 Mental Health Statistics: Children and Young People
<https://www.mentalhealth.org.uk/statistics/mental-health-statistics-children-and-young-people>



National priorities to be met by 2020

- **Eating Disorders:** an evidence-based community eating disorder service, 95% receive treatment within 1 week for urgent and 4 weeks for routine cases.
- **Access:** At least 35% of children and young people with a diagnosable mental health condition will be receiving treatment from an NHS-funded service by 2020 – equates to 70,000 CYP across the UK
- **In-patient stays** for children and young people will only take place where clinically appropriate and close to home as possible
- **Crisis resolution and home treatment teams (CRHTTs)** in place (all ages)
- At least **1,700 more therapists and supervisors** to be employed
- **Early Intervention in Psychosis** - 60% receive treatment within two weeks (all ages)

Summary of Local Need

It is estimated that one in ten children aged 5-16 years old will need support or treatment for mental health problems.

Extending Access to CYP Mental Health Support

Services on the Island are committed to extending access to appropriate emotional wellbeing and mental health support to the local population. Partner organisations and Community CAMHS specifically are on track to extend the range and number of CYP accessing Mental Health support.

IOW CCG monitors these figures on a yearly basis to ensure the collective intent to expand access is achieved. The below table provides details of the predicted estimated prevalence for children and young people living on the Isle of Wight with a diagnosable mental health condition until 2020:

Indicator	2016/17	2017/18	2018/19	2019/20	2020/21
Prevalence	1630	1646	1662	1679	1696
Prevalence increase year on year	1%	1%	1%	1%	1%
Target - CYP with a diagnosable MH condition receive treatment from an NHS-Funded Community MH Service	28%	30%	32%	34%	35%
Number of patients to hit target	456	494	532	571	594

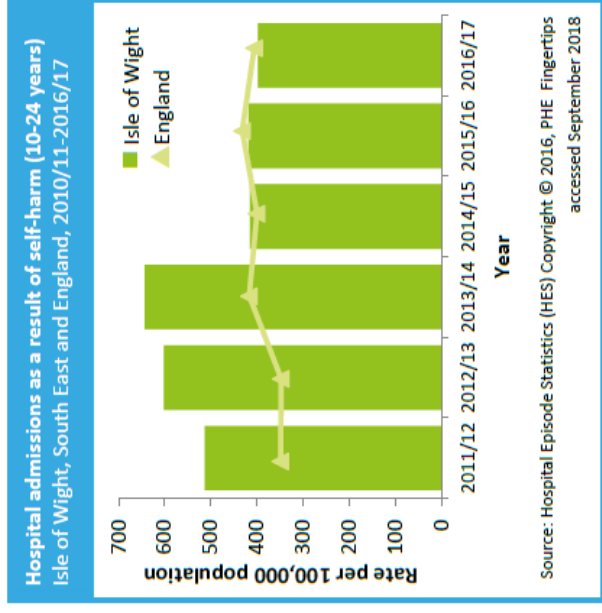
Summary of Local Need ctd

- In 2017/18, the service received 740 referrals, an increase of 5% from 2016/17.
- Quarter 1 of 2018/19 has already seen 260 referrals – a further increase of 2.8%



Child Hospital Admissions

The current child (0 to 17 year old) hospital admissions for mental health the Isle of Wight occurs at a rate of 182.5 per 100,000. This puts the Isle of Wight statistically higher than five of its comparator regions as well as against the national England average (81.5 per 100, 000).



Mental Health Services for Children

Across the Island there are multiple providers, delivering emotional wellbeing and mental health services for children:

- The core CAMHS contract is provided by St Marys NHS Foundation Trust
- Psicon Ltd and Healios Ltd have been commissioned to manage Autism waiting lists on a short term contract
- In addition, third sector providers deliver a range of early intervention & prevention services
 - The Youth Trust and Barnardo’s – Counselling
 - Barnardo’s - Parenting
 - The Local Authority Frankie workers – sexually abused children
 - HCC and Police Willow Team – counselling for Missing, exploited or trafficked children
 - Bereavement Counselling (Beaulieu House)

The Challenges

- Demand and capacity
- Access to Services
- Lack of specialist provision
- Reporting of data is variable
- Lack of engagement with children and young people
- Short term commissioning arrangements
- Limited national benchmarking that enables clear comparisons to be undertaken
- The NHS 10 year plan has very clearly set out the need for additional investment and improved access to services for children and young people, which will help shape future commissioning intentions, specifically a move to a 0-25 service offer
- Finances and the pace of change required is a significant concern specifically for Autism services;
- Closer working with schools is a key priority, both within the Green paper and for the system
- Recruitment and retention of the workforce

CAMHS New Care Models

- Bringing patients closer to home helps them to maintain a better connection with their families and friends, and improve how they interact with local services
- This programme aims to reduce length of stay and the number of patients who are out-of-area in a number of specialised mental health services
- It delegates responsibility for the budget for in-patient services to local provider partnerships so they can ensure funding is spent as effectively as possible
- Any expenditure gains are retained by the partnerships to invest in improving patient pathways, including in the community

Emerging Structure

- Area based teams focussed on intensive home treatment – both qualified and unqualified workforce
- Extended hours 7 days a week 8am-8pm
- Likely caseload of up to 32 young people with up to 3 visits per day
- Focus on those for whom hospital causes iatrogenic harm (often those with emotional dysregulation/eating disorders)

Making the system more cohere...

The NCM programme cannot be just about investment in enhanced crisis pathways to prevent hospital admission – need to work with local delivery systems to add value across the pathways

- Transforming Care Partnership funding
- Psychiatric liaison
- Out of hours/on-call arrangements
- Residential ‘crisis’ provision?
- Earlier intervention – ‘crisis cafes/lounges

Wider system reform

How do we bring the whole system together 0-25 services?

- Third sector – early intervention & Prevention
- Digital solutions – Being piloted in Hampshire
- Safe Havens – crisis cafes
- Closer working with Schools
- Autism pathways
- EHCP – reducing tribunals
- Schools
- Transition to adulthood
- Complex children – new models of care

The NHS Long Term Plan



TOP-LINE—£3.2bn additional funding for mental health

Guarantee that investment in primary, community and mental health care will grow faster than the overall NHS budget, with Children & Young people budgets accelerating ahead of wider mental health funding



Community Mental Health

New Offer for Community Mental Health provision

Focus on those with complex needs

Integrated multi-disciplinary services aligned in Primary Care Networks



Children & Young People*

Extension of pathways from 0-25 (from 0—18 previously)

Increased investments in Eating Disorder services*



Alternative Provision for those in crisis

Increase alternative forms of provision for those in crisis, working with voluntary sector as well as alternatives to inpatient admissions



Schools & Colleges

Specifically trained mental health teams to work in schools and colleges



Access to Psychological Therapies*

By 2023/24 an additional 380,000 people per year will be able to access NICE-approved IAPT services including access to online therapies



Learning Disabilities & Autism

Ensuring people with LD/Autism are offered better support including reducing wait times and faster diagnosis and support from specific keyworkers which enables them to live happier, healthier and longer lives



Physical Health in SMI*

Continue trajectories on PSMI and by 2023/2024 a further 110,000 per annum



NHS 111 & Access to 24/7 community care*

Develop a single universal point of access for those experiencing mental health crisis via NHS 111

24/7 crisis response service in community to include mental health nurses, with a 2 hour response*

Next Steps

Service ReDesign

- Engagement
- ASC Needs Led Service
- Youth Counselling Contracts
- CAMHS – Service development (focus on Eating Disorders)
- Psychiatric Liaison
- Paediatric Assessment Unit
- Access Standards

Winter Pressures Funding

- SENCO Training
- Crisis Café