Progress towards improving Mental Health in Children in NHS England

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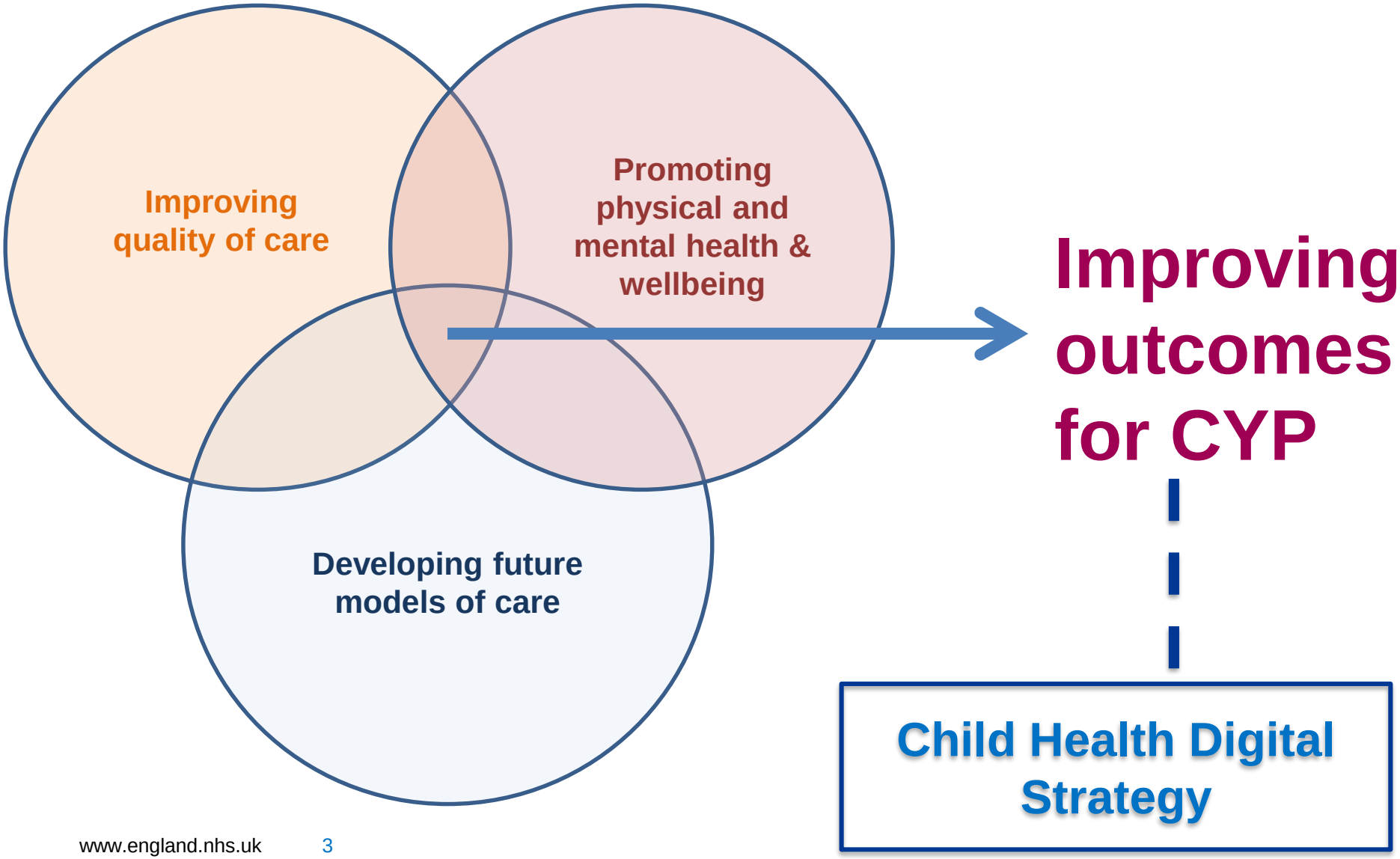
NHS England

“Children need champions – strong leaders who will advance their interests – at all levels in the NHS.”

- Professor Sir Ian Kennedy, 2010

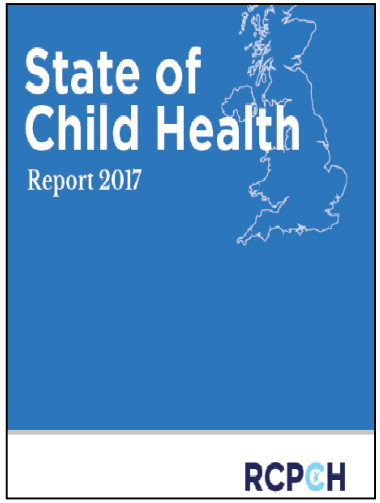
NHS England's approach

NHS England



Child Health Digital Strategy - Context

NHS England



"Develop integrated health and care statistics"

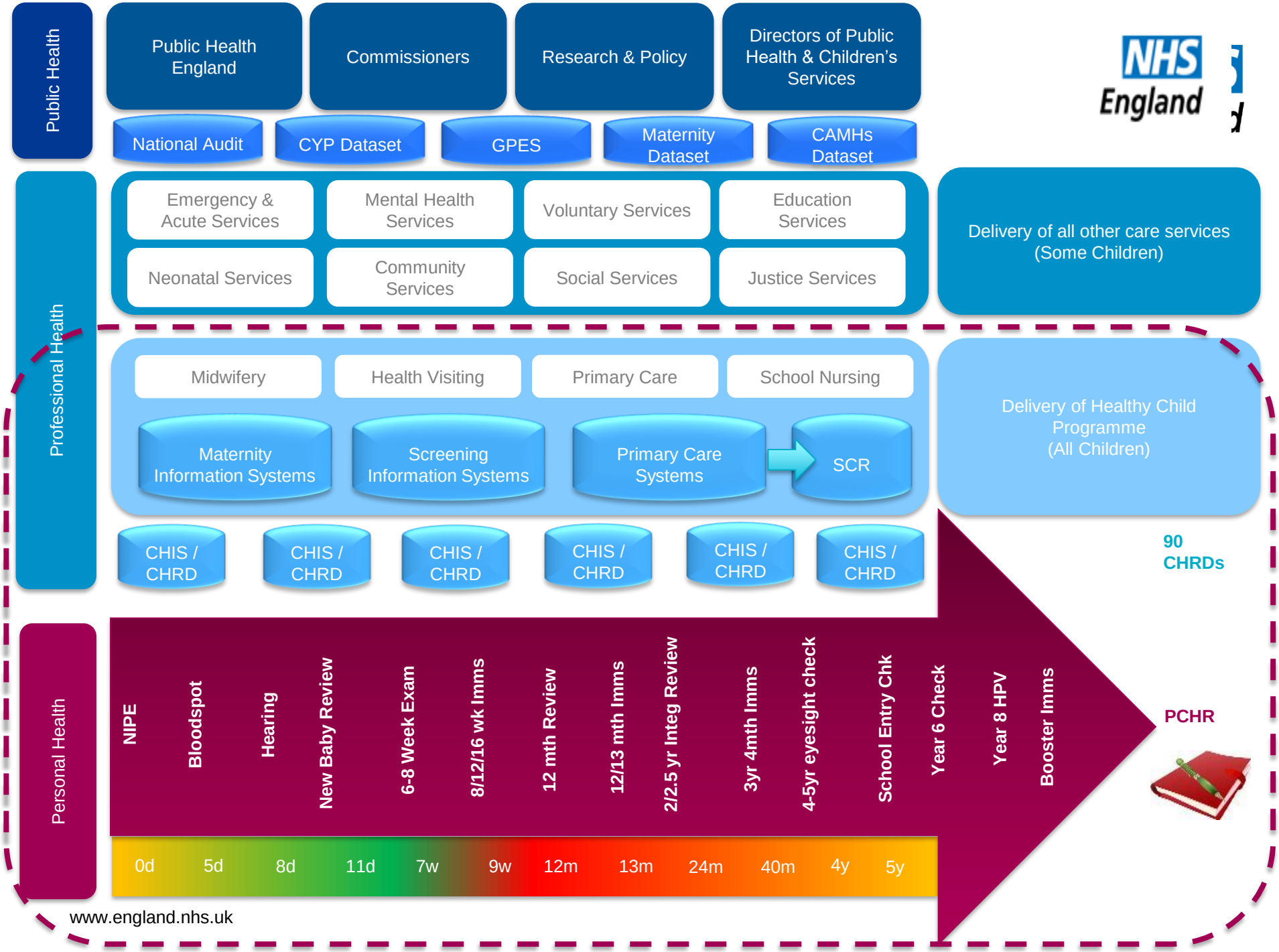
'Knowing where every child is and how healthy they are'

'Appropriate access to information for all involved in the care of children'

Why focus on children's health and information?

NHS England

- **Public Health England and the NHS Outcomes Framework 2015/16** stress that a focus on children's health is essential and that we should be striving to provide the best start in life possible for our children.
- The recent **National Maternity Review** has highlighted that this begins not just with the newborn child but with the mother's experiences in pregnancy and the birth itself.
- The importance of ensuring this good start for the **future health of children** for the sustainability of the NHS and the economic prosperity of Britain is one of the key themes of the **Five Year Forward View**.
- **We need to redesign information services to support the new emphasis on:**
  - the importance of **early interventions and preventive** measures
  - integration across different care settings, particularly **joining up maternity and newborn care – Perinatal Mental Health and early development**
  - the need to enfranchise children, young people and parents as equal partners in their care.
- **We also need to take on the challenges posed by the current organisation of information services.**



www.england.nhs.uk

(3 to 5 years)

Central data sharing hub

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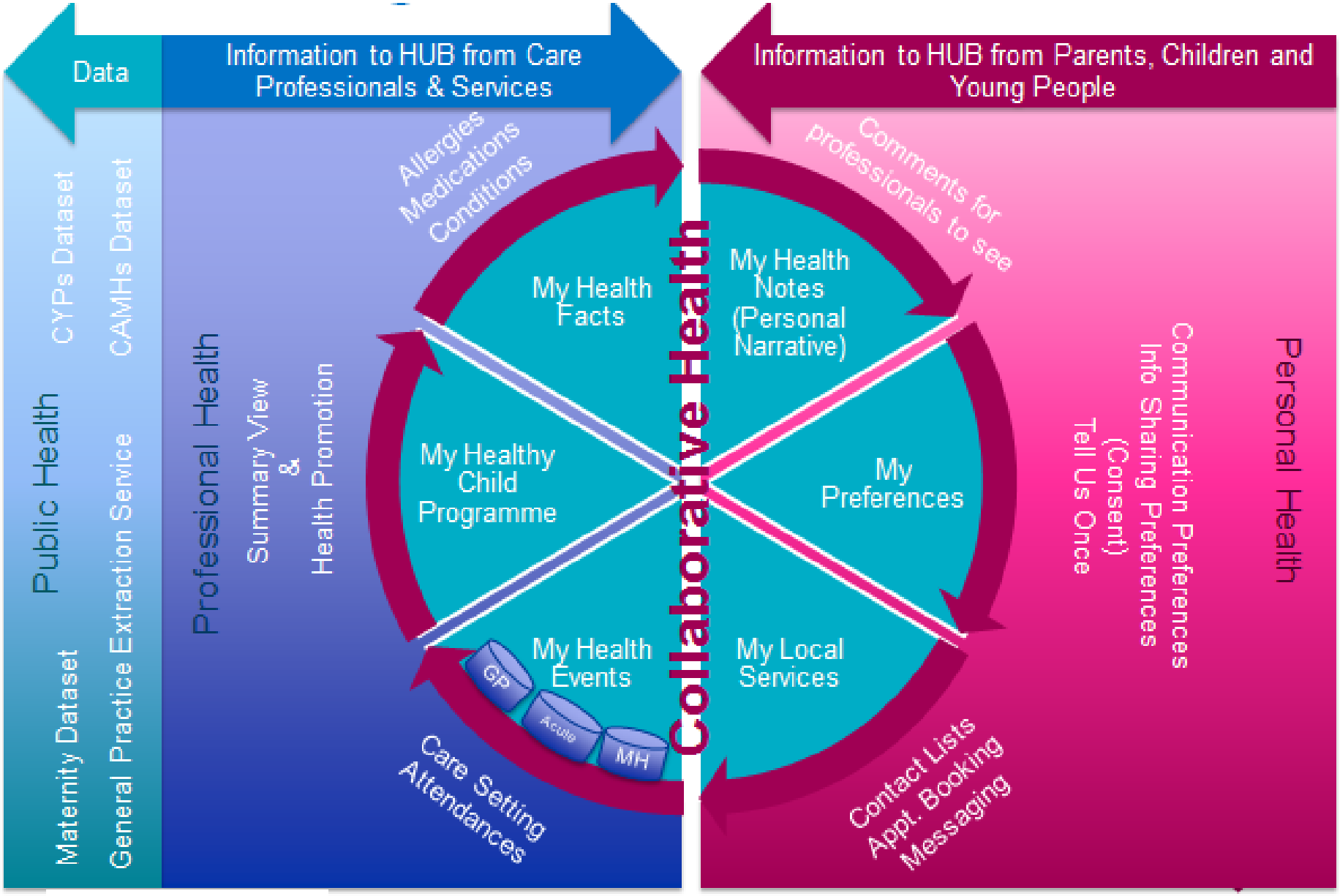

Integrated Care

NHS England

"Integrated care is about joining things up in order to meet health needs, and in ways that make sense to children and their families. Therefore it should make an important contribution towards improving child health"

- Wolfe et al, 2016

NHS England's current targeted activity on children and young people

NHS England

Theme	Priorities in 2016/17
Improving and integrating physical and mental health and wellbeing	Transformation of children and young people's **mental health** services
	Reducing **childhood obesity**
	Improving care for children and young people with **long-term conditions** e.g. epilepsy, asthma, diabetes, complex disabilities and end of life care
Improving quality of services	Service reviews of **neonatal critical care, paediatric general surgery** and **paediatric intensive care** – led by specialised commissioning
	Improving **care for children with complex needs**, including learning disability and autism, with greater personalisation of care through the **Integrated Personal Commissioning** programme
	Improving the **child death review** process – simplifying procedures, and establishing a **National Child Mortality Database** for better identification of modifiable factors in deaths and trends
Developing future models of care	Working to develop **New Models of Integrated Care for CYP**, opportunities through the creation of **STPs** and an **Integration Collaborative**
	Support to the development of pilots to improve decision making around children and young people in **NHS 111 services**.

Long Term Conditions

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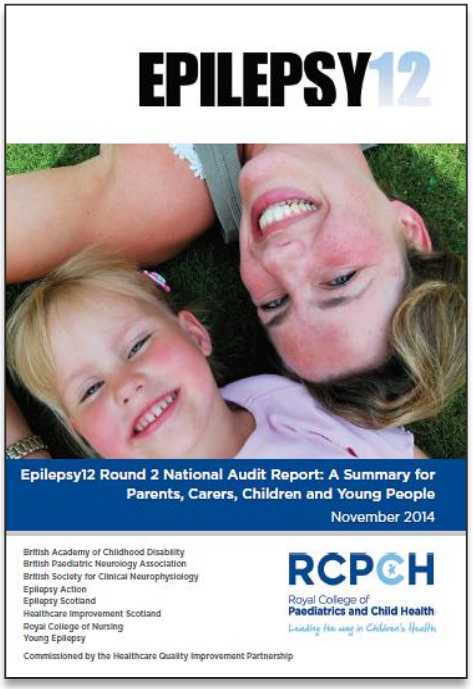
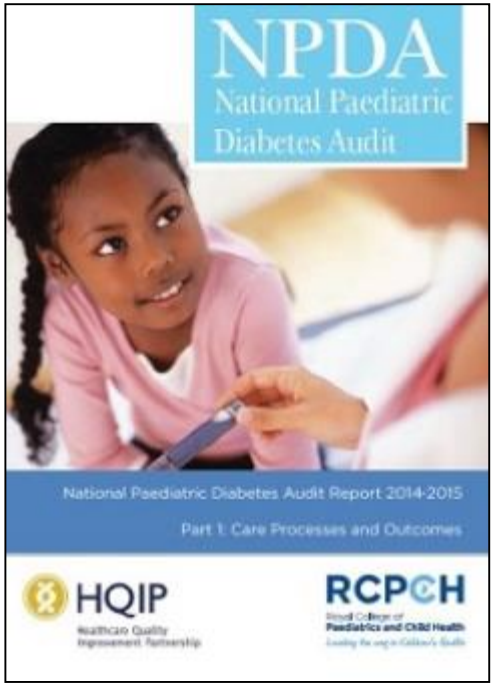




National Paediatric Asthma Collaborative

- Improved Outcomes
- Integrated Mental and Physical Health
- Transition to Adulthood
- Student Health

Childhood Obesity – co-existent MH

NHS England

CYP Mental Health

NHS England

The report makes a series of recommendations:

Maximise mental health and wellbeing throughout childhood

CYP Mental Health - Key issues

NHS England

Access | Waiting times | Vulnerable groups | Transition

Economics of investment

Not enough is being spent

7%

CYPMH as proportion of MH NHS spend (2016/17). LA and schools unknown

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

The low cost of investing early

£229 → **Group CBT** → **£7,252**

Unit cost — **Total lifetime benefit**

Infrastructure/resources

Low workforce capacity

0.67 → **102**

Number of WTE CYPMH clinical workforce per 1,000 0-17 yr olds in England. (NHS Benhmarking)

Number of 5-16 yr olds with a diagnosable MH condition per 1,000 in England.

High numbers of referrals

44%

Approx increase in referrals last four years referrals (NHS Benchmarking)

Variable waiting times

2 - 48 weeks

Shortest to longest wait for first appointment (NHS benchmarking)

Systems

0-25s

Tiered system

Thrive

Varied approaches

Step care models

Integrated pathways

CCGs

LAs

Various commissioners

NHSE

MoJ

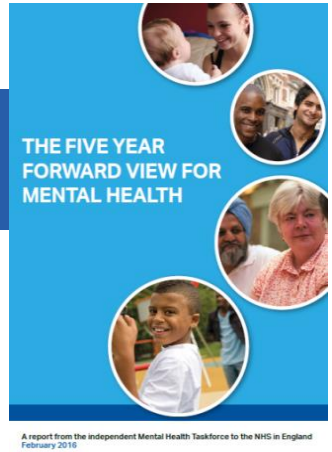
Schools

CYP Mental Health

NHS England

Future in Mind - Five Year Forward View

Common themes



- Promoting **resilience**, **prevention** and **early intervention**.
- **Improving access** to effective support.
- Care for the **most vulnerable**.
- **Accountability** and **transparency**.
- Developing the **workforce**.

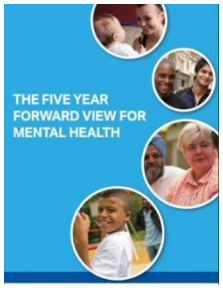
- **Promoting good mental health** and **preventing poor** mental health.
- A **7 day NHS** – right care, right time, right quality.
- **Complex need services** nationally from 2016.
- '**Hard-wiring**' mental health across the NHS.

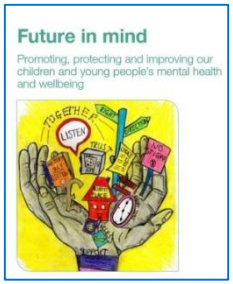
NHS England: 2020 Commitment

NHS England

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**.





Local & National Programme of Delivery

NHS England

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**

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

2 New Models of Care Providers taking over **inpatient budget** to create more effective pathway with community. Wave 2 to be announced shortly.

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, Forensic CAMHS** underway

Piloting Integrated Personal Budgets in 6 areas

National development of evidence based **Generic CAMHS Pathway – 0-18** based on need not conditions or Tiers of Service, focusing cross system not just NHS, to include neurodevelopmental problems and ASD

Future focus for inpatient services

NHS England

- Eliminating inappropriate **out of area placements**
- Improving **local bed availability** aligned with community services
- Eliminating inappropriate **under-18 placements** in adult beds
- Ensuring a sufficient **national bed stock** for surge management
- Integrating and collaborating with **local commissioners and providers**
- Developing **service specifications** that support these ambitions

Is the CYP MH Programme working?

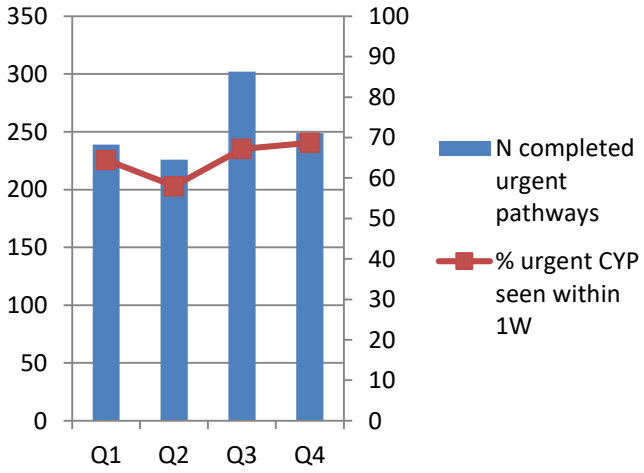
NHS England

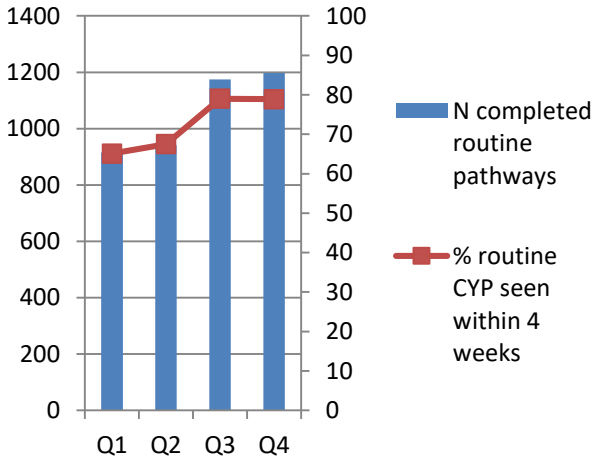
MH Dashboard – Q3 2016/17

Children and Young people (CYP) Mental Health						
CYP(i)	% of CCGs with a total greater or equal to 5 in the CCG IAF mental health transformation CYPMH milestones	Q2 2016/17	▲	26.8%	N/A	▲
CYP(ii)	Number of CYP receiving at least two contacts in NHS funded community services in the reporting period ǂ	Q3 2016/17	N/A	41,356	N/A	▲
CYP(iii_a)	Proportion of CYP with eating disorders seen within 1 week (urgent)	Q3 2016/17	▲	67.2%		▲
CYP(iii_b)	Proportion of CYP with eating disorders seen within 4 weeks (routine)	Q3 2016/17	▲	79.0%		▲
CYP(iv)	a. Total number of bed days for CYP under 18 in CAMHS tier 4 wards	Q3 2016/17	▲	102,567		▼
	b. Total number of admissions of CYP under 18 in CAMHS tier 4 wards	Q3 2016/17	▼	2,434		▼
CYP(v)	a. Total bed days of CYP under 18 in adult in-patient wards	Q3 2016/17	▲	2,700		▼
	b. Total number of CYP under 18 in adult in-patient wards	Q3 2016/17	▼	83		▼
CYP(vi)	% of CCGs that are fully compliant in CCG IAF mental health transformation milestones- Crisis Q1b	Q2 2016/17	▲	31.6%	N/A	▲
CYP(vii)	a. CYP MH total planned spend - excluding learning disabilities and eating disorders (£k)	2016/17	N/A	N/A	N/A	N/A
	b. CYP MH planned spend: eating disorders (£k)	2016/17	N/A	N/A	N/A	N/A

Q3 Improvement in data quality and an increase in compliance with the CCG IAF process markers

Eating Disorders UNIFY2 Collection





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**

National Work Streams with other Agencies

NHS England

- **Health Education England** – Workforce strategy, new training posts, new roles, self harm training, MindEd
- **Improved data** - prevalence data, Mental Health Services dataset, revised *FingerTips* tool
- **PHE** : Prevention and early intervention, including new *Prevention Concordat*, *Return on investment calculator*, JSNA guidance, refresh of 'You're Welcome' Standards, public health approach to resilience, data and fact sheets
- **Anti Stigma campaign** – Time to Change
- **DH research strategy,** Voluntary and Community programme, Health Based Places of Safety, Routine Enquiry
- DfE research into mental health provision in schools, peer support, adoption support, **Schools Link Pilot**
- Shared **DfE/DH** Looked After Children Expert Reference Group
- **Home Office** work on Child Sexual Abuse and Exploitation

CYP MH Schools Link Pilot Objectives

NHS England

In Summer 2015 NHS England and Department for Education jointly funded (£3 million) 22 pilot sites (27 CCGs and 255 schools) to test the named lead approach within CYP MH services and schools and to trial a joint training programme.

Understand how training and joint working can improve identification of mental health and well-being issues.

Develop ways to improve joint working between school settings and CYP mental health services

Test whether improved knowledge of the system improve timely referrals to appropriate services delivering children and young people's mental health care

Understand the development and maintenance of effective local referral routes

Test the concept of a lead contact in schools and CYP mental health services

Key Findings of the Pilot Evaluation

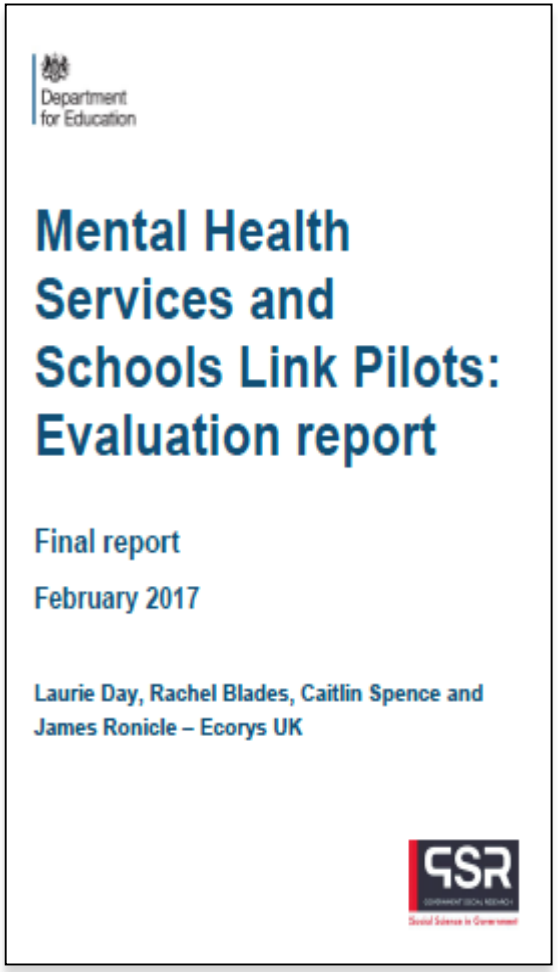
NHS England

Clear evidence of a contribution towards improvements in the frequency and quality of communication between schools and NHS CYPMHS in many areas.

Corresponding perceived improvements to the quality and consistency of referrals, without a corresponding net increase in total referrals across the pilot.

Very promising early signs of changes to whole school policies, resources and staffing within pilot schools.

Uptake of evidence-based interventions and common outcome measures featured less prominently.


Department for Education

Mental Health Services and Schools Link Pilots: Evaluation report

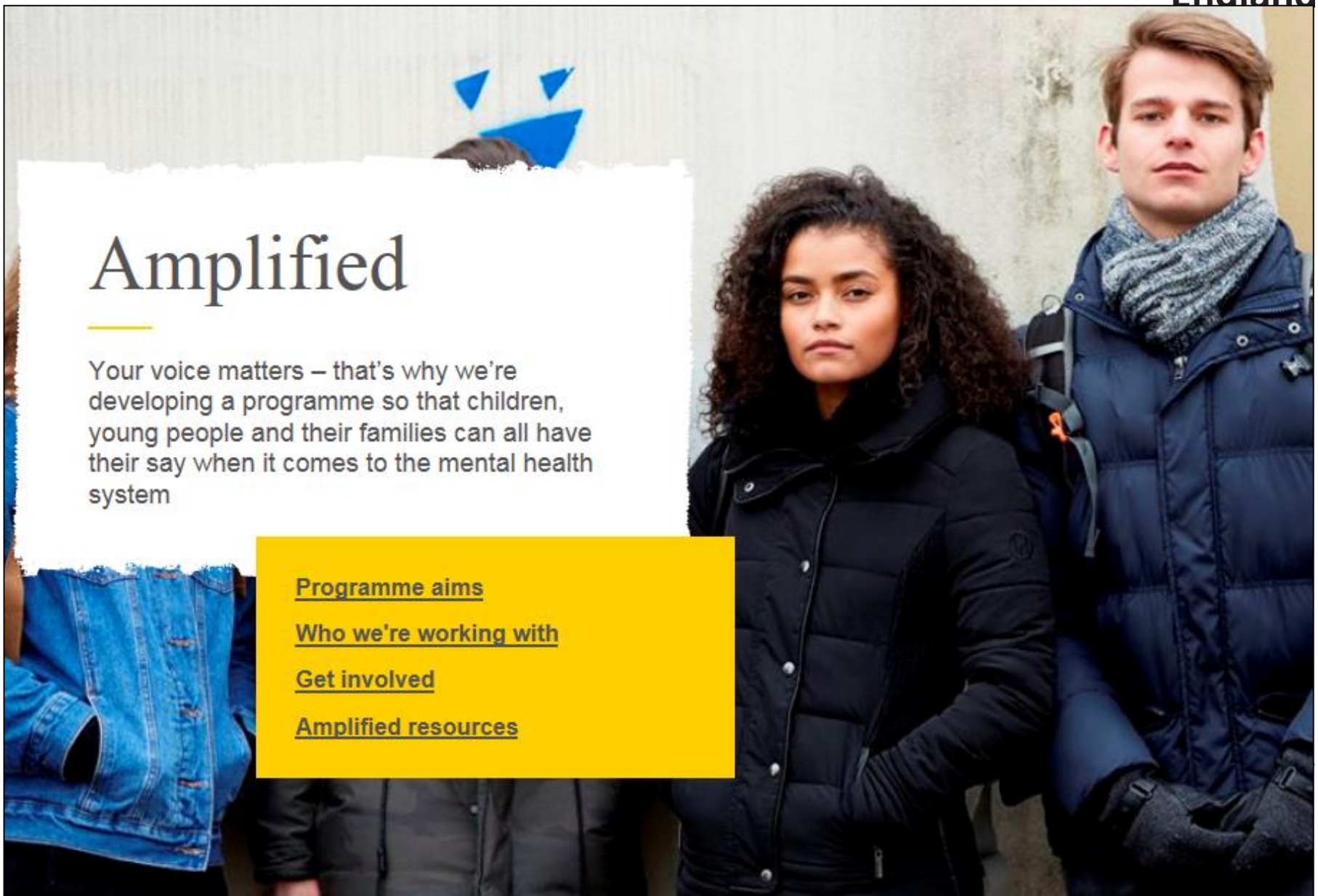
Final report

February 2017

Laurie Day, Rachel Blades, Caitlin Spence and James Ronicle – Ecorys UK

Involving Children, Young People & Parents is fundamental to our work in NHS England

NHS England



Queen's Speech – June 2017

NHS England

- **"My Government will reform mental health legislation and ensure that mental health is prioritised in the National Health Service in England"**

- "The Government will publish a **Green Paper** on **Children and Young People's Mental Health** focused on helping our youngest and most vulnerable members of society receive the best start in life. This will make sure best practice is being used consistently and will help to accelerate improvements across all services so that children and young people get the right mix of **prevention and specialist support"**.

"It is easier to build strong children than to repair broken men."

- Frederick Douglass, 1818 - 1895