Learning from the Provider Collaboration Reviews into Children and Young People's Mental Health

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Our role and purpose

The Care Quality Commission is the independent regulator of health and adult social care in England.

We make sure health and social care services provide people with safe, effective, compassionate, high-quality care and we encourage care services to improve

Provider Collaboration Reviews: Mental Health Care of CYP during the COVID-19 Pandemic

- Reviews during June / July 2021 in 7 Integrated Care Systems
- Bristol North Somerset and South Gloucestershire Integrated Care System
- Birmingham and Solihull
- Buckinghamshire, Oxfordshire and Berkshire West
- Hertfordshire and West Essex
- North London Partners in Health and Care
- Nottingham and Nottinghamshire
- South Yorkshire and Bassetlaw
- Feedback from nearly 1700 CYP
- Interviews and focus groups with providers, system leaders and community groups

Provider Collaboration Reviews: Mental Health Care of CYP during the COVID-19 Pandemic

- Covid-19 has exacerbated pre-existing challenges, gaps and poor-quality care in some areas
- CYP in some groups have been disproportionately affected
- Digital access has improved but this also raised safeguarding concerns
- Post lockdown surge in referrals has led to increase in hospital admissions
- Increase in care in unsuitable environments
- Emerging picture with likely sleeper effects

How did Covid-19 affect CYP specifically?

- Social restrictions during lockdowns
- School / college closures
- Loss of family income through furlough
- Bereavement
- Uncertainty about the future
- The digital world and online safety
- Increase in domestic violence
- Increased risk of abuse and exploitation
- Eating disorders
- Anxiety
- Self harm and suicidal thoughts
- Increase in completed suicide?

Care of CYP in unsuitable settings

- Increase noted as part of the CQC led Provider Collaboration Reviews
- Emergency departments; acute medical units; general paediatric wards; health based places of safety; adult wards.
- These services have a key role to play in supporting CYP in an acute crisis but this is not their primary or ongoing function.
- CYP who are ready for discharge but cannot be discharged, particularly:
- Those with eating disorders
- Those who need a CAMHS inpatient bed
- Those whose home or care placement has broken down
- There is frequently multi-agency disagreement
- Disjointed and fragmented care
- CYP and their parents or carers can have a negative experience of care.

What else is the CQC doing?

- ICS level pathway based reviews / inspections
- Focused inspections – e.g. mental health on acute paediatric wards
- Draft guidance for inspectors
- Potential good practice resource

Provider Bulletin

https://www.cqc.org.uk/news/newsletters-alerts/email-newsletters-cqc or Search: CQC bulletin

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Any questions?