Fit for purpose? Towards an effective children and young people's mental health system

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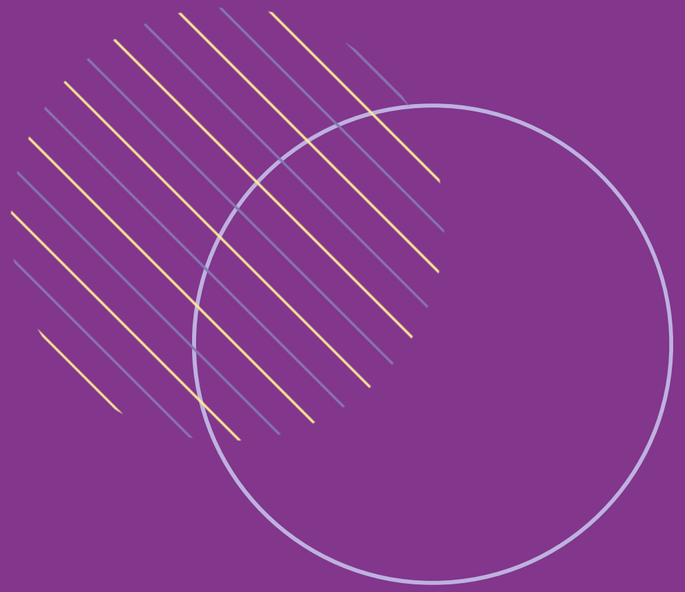


Children & Young People's
Mental Health Coalition

About us

- The Children and Young People's Mental Health Coalition brings together over 270 organisations to campaign and influence policy, with and on behalf of children and young people, in relation to their mental health and wellbeing.

- We are chaired by Sir Norman Lamb.

What do we know about the mental health of young people?

The current prevalence of mental ill-health

- Compared to 2017, rates of probable mental health problems in 2021 increased from one in nine to one in six in 6- to 16-year-olds, and from one in ten to one in six in 17- to 19-year-olds (NHS Digital, 2021)

Which groups are disproportionately impacted by poor mental health?

- LGBT+ young people were more likely to have a mental disorder (34.9% vs 13.2%)

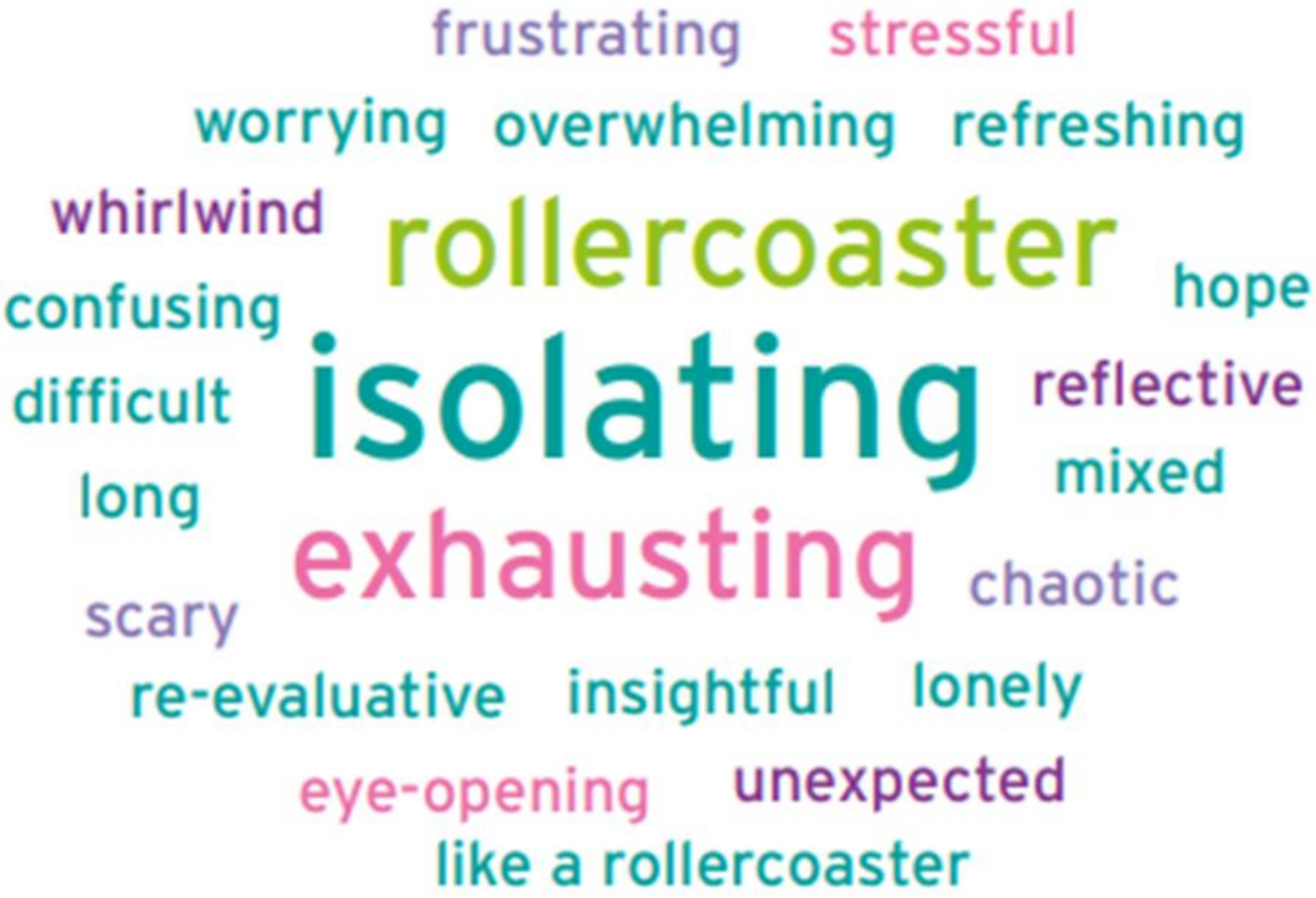
- Disorders are more common in children living in lower income households (9% vs 4.1%)

- More than half of children with a special educational need or disability (SEND) had a probable mental disorder (56.7%), compared with 12.5% of those without SEND

- Mental disorders tended to be highest in children living with a parent with poor mental health

Source: NHS Digital, 2020

The impact of the pandemic on young people’s mental health


frustrating
stressful
worrying
overwhelming
refreshing
whirlwind
rollercoaster
hope
confusing
isolating
reflective
difficult
mixed
long
exhausting
chaotic
scary
re-evaluative
insightful
lonely
eye-opening
unexpected
like a rollercoaster

Mental health service provision

The state of mental health services

- In May 2022, over **450,000** young people were waiting for or undergoing treatment for a mental health condition.

- Only around **a third of children** with a probable mental health disorder are able to access treatment.

- Waiting times have decreased from **43 days in 2019/20 to 32 days in 2020/21,** but waiting times vary in different parts of the country.

- Increased risk of young people being cared for in unsuitable environments.

What are the government doing?

- Transforming children and young people's mental health provision: green paper
  1. Roll out of Mental Health Support Teams
  2. New 'Senior Lead' role in schools and colleges
  3. 4-week waiting time pilot for specialist services

- NHS Long-Term Plan
  1. Investing in children's mental health services
  2. Creating a comprehensive 0-25 offer
  3. Expanding access to an additional 345,000 cyp aged 0-25 by 2023/4 and 100% by the end of the decade.

What are the government doing?

- Ten-Year mental health plan
- Reform of the Mental Health Act 1983

What can be done to manage demand?

Prevention and early intervention

- Invest in whole school and college approaches
- Recognise and respond to the risk factors of poor mental health, including child poverty and experiences of racism, discrimination and exclusion.
- Prioritise whole family approaches
- Increase support in the early years
- Invest and increase the availability of early intervention support in the community through the provision of early support hubs and social prescribing initiatives.

Fund the Hubs

Improving the quality and effectiveness of treatment

- Urgently addressing issues with access, waiting times and transitions.
- Improving communication with children, young people and families about the mental health support on offer
- Creating culturally competent services
- To increase the use of community-based provision as an alternative to inpatient care
- Protect children's rights in upcoming reforms to Mental Health Act

Resources and integration

- Increased investment in the children's mental health system
- Workforce strategy to be developed setting out how the government will increase the children and young people's mental health workforce.
- Mental health as everyone's business
- Realising the 0-25 ambition
- Join up of government reforms

Thank you for listening!

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