

Children and Young People's Mental Health

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Mental Health is a big issues for children and young people:

Can you guess:

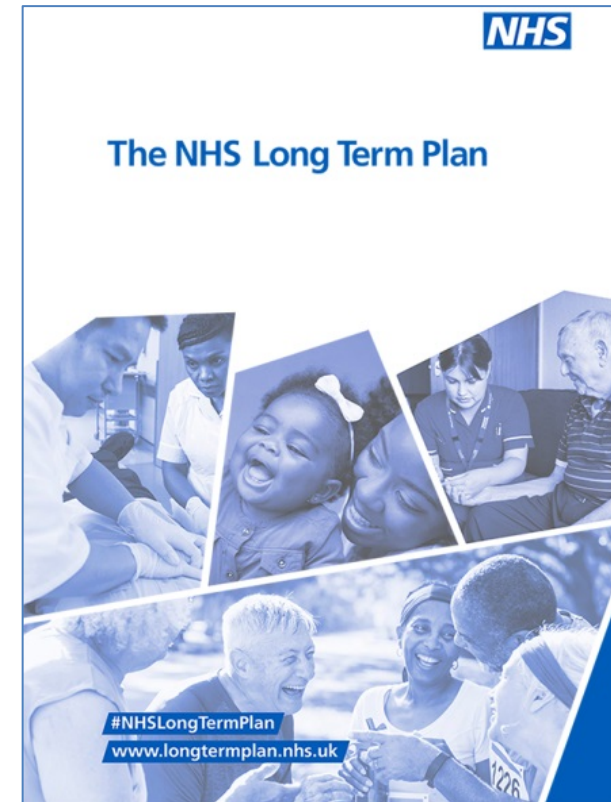
- 1 in ? children have a diagnosable mental health disorder – that's roughly ? children in every classroom
- 1 in ? young people aged 16-24 has symptoms of a common mental disorder such as depression or an anxiety disorder
- Half of all mental health problems manifest by the age of ?, with 75% by age ?
- In 2017, ? was the most common cause of death for both boys (16.2% of all deaths) and girls (13.3%) aged between 5 and 19
- Nearly ? of 17-19 year olds with a diagnosable mental health disorder have self-harmed or attempted suicide at some point, rising to ? for young women

National Context

The [NHS Long Term Plan](#) has committed to:

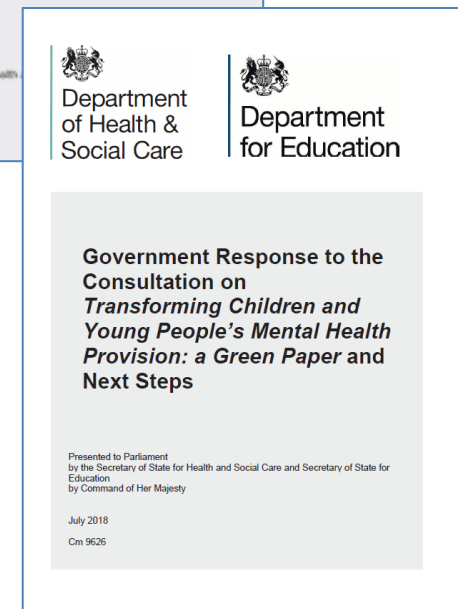
- An extra £2.3billion for mental health services per year by 2023-24, with a commitment to a proportional growth in funding for children's mental health
- An ambition to support an additional 345,000 more children and young people with their mental health through Children and Adolescent Mental Health Services (CAMHS), community mental health services, as well as support in schools and colleges by 2022/23.
- An expanding age appropriate crisis care for children and young people, including a 24/7 telephone hotline for anyone experiencing a mental health crisis.
- Creating a comprehensive mental and physical health model for 0-25 year olds to avoid difficult transition into adult services at 18 years old
- New services for children with complex needs which are not being met, including children who have been subject to sexual assault

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National Developments : Green Paper

- Every school and college will be encouraged to appoint a designated lead for mental health
- Creating-community-based **Mental Health Support Teams**, helping children and young people in schools and colleges
- Pilots in a small number of areas to test the feasibility of achieving and maintaining a **4-week waiting time for NHS children and young people's mental health services**
- Roll out of Mental Health Support Teams working in schools and colleges in trailblazer areas to cover one fifth to a quarter of the country by the end of 2023
[The NHS Long Term Plan](#)



Who delivers Child and Adolescent Mental Health Services ?

Child and Adolescent Mental Health Services (CAMHS) are provided through a network of services which includes:

- Universal services such as early years services and primary care
- Targeted services such as youth offending teams, primary mental health workers, and school and youth counselling (including social care and education)
- Through to specialist community CAMHS – in East Berkshire this is Berkshire Healthcare NHS Foundation Trust , and
- Highly specialist services such as inpatient services and very specialised outpatient services (Tier 4 CAMHS).

NHS East Berkshire CCG priorities

- Reducing waiting times for specialist Children and Adolescent Mental Health Services (CAMHS)
- Working with partners inc Local Authorities and the voluntary sector to develop early intervention support
- Review of crisis support for children and young people presenting with a mental health crisis
- Continue to strengthen children and young people's participation – Young Health Champions
- Improve communication so people know what services and support there is available
- Continue to work with all stakeholders to improve mental health and wellbeing services/support

Children and Young People's Mental Health & Wellbeing - Highlights

- Additional services include online support, community counselling across the patch
- Training delivered to professionals including GPs & teachers
- Eating Disorder & Rapid Response service in place
- New Anxiety and Depression support tier 2 support via Andy Clinic (Reading University)
- Children and young people's participation – survey and focus groups and Young Health Champions
- Increase in Tier 4 admissions slowed down with reduction in the average length of stay

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Current challenges

- Growing numbers of children and young people with emotional health difficulties and mental ill health
- Our specialist child and adolescent mental health services (CAMHS) have recently seen a considerable increase in both referral rates and in the complexity of the cases they are dealing with.
- A fragmented service offer – children and young people don't always know about the additional support that has been commissioned
- Rising demand on specialist CAMHS (this continued in the first quarter of 2018, with the total number of referrals up by 14.5% compared to the same quarter in 2017)
- A lack of dedicated mental health roles for support early intervention
- A high number of inappropriate referrals to specialist CAMHS – approximately 50% of East Berkshire referrals fall into this category
- Waiting times for specialist services are too long

Local Context – Local Transformation Plan Children and Young People’s Mental Health and Wellbeing (East Berkshire) East Berkshire Clinical Commissioning Group



- NHS England asked Clinical Commissioning Groups (CCGs) to work with commissioners and providers across health, social care, education, youth justice & voluntary sectors, to develop Local Transformation Plans (LTPs) and Children and Young People
- The Local Transformation Plan describes how we will work together to improve children and young people’s mental health across the “whole system”.

Mental Health Support Teams

- A new NHS-funded team (trained and recruited under this programme) of mental health support staff will:
 1. Provide interventions for Children and Young People with mild to moderate needs in schools and colleges across their patch,
 2. Work with school or college staff – including designated mental health leads - to ensure mental health and wellbeing is supported as part of a ‘whole school’ approach.
 3. Work as part of an integrated referral system with Children and Young People mental health services
- Each Mental Health Support Team will cover population of 8,000 and 500 interventions per year across approx 20 schools
- Prescribed function and interventions
- East Berkshire have applied for three teams to start in either Sept 2019 or Jan 2020. We will know the outcome of this in July 2019



East Berkshire
Clinical Commissioning Group

Thank you!