

Why it's time to update College
reports on the **role** of
psychiatrists in a **sustainable**
CAMHS?

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- CR182 'Building and Sustaining Specialist CAMHS' (2013)
 - CR195 'When to see a Child and Adolescent Psychiatrist' (2014)
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- Update in 2023 in new combined document

Who?

- Faculty members and clinical leads
- Paula Lavis (NHS Confederation)
- Public Mental Health Implementation Centre (PMHIC)
- Stakeholders (co-production)
- Devolved nations

Why the need for an update?

- Outline:
 - ONS Data
 - Prevalence data
 - Health economics
 - COVID19 pandemic
 - Demand
 - Recruitment and retention
 - New skills-based roles

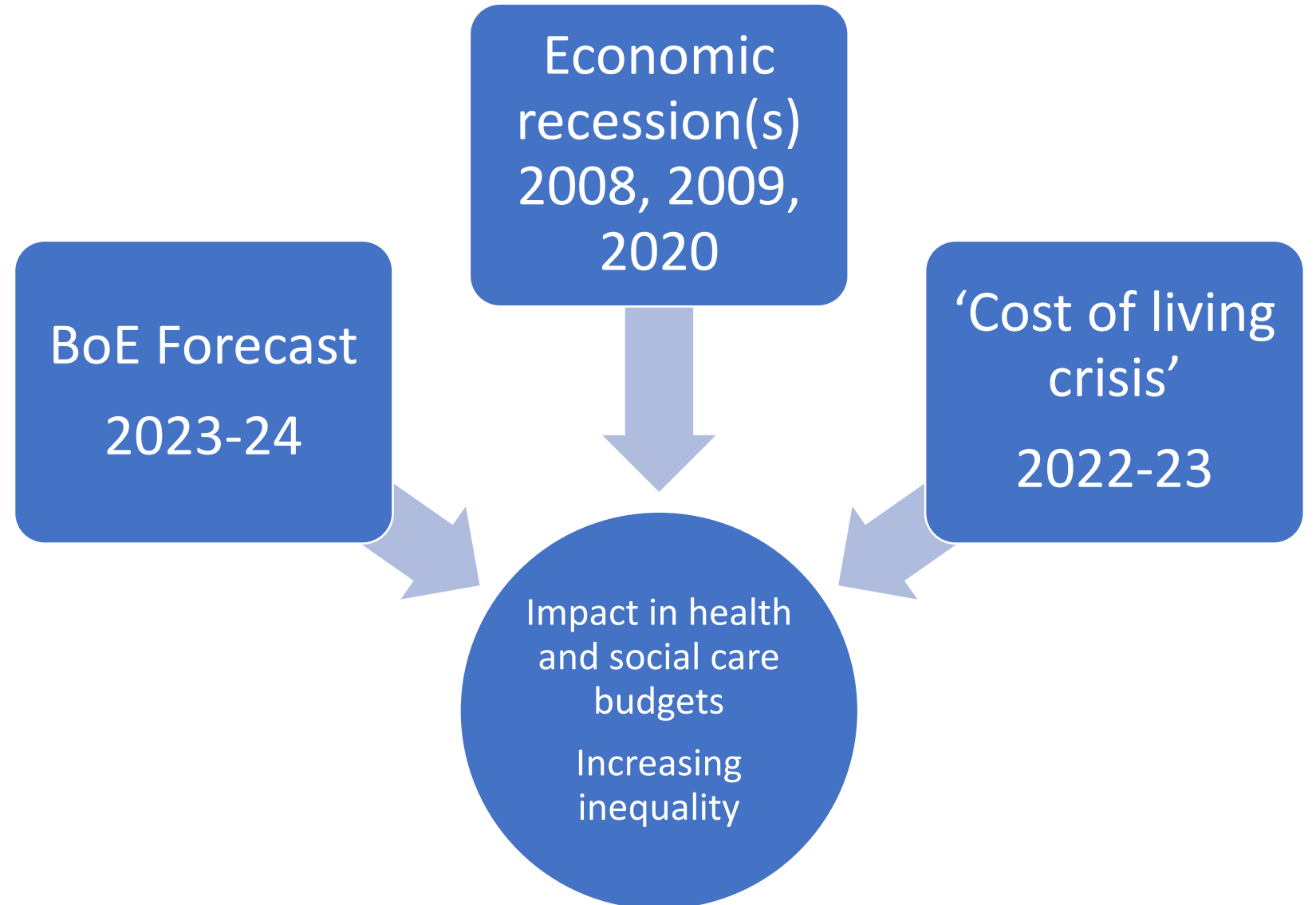
Why the need for an update?

- Increased prevalence for mental health disorders
 - Increase in prevalence of anxiety and depression (Sadler et al. 2018)

Year	Children and YP meeting diagnostic criteria (Newlove Delgado et al, 2020)
2004	9.7%
2017	11.2%
2020	17%

Why the need for an update?

- Health economics



Why the need for an update?

- COVID19 pandemic
 - Deterioration in mental health all ages/ethnicities/genders
 - More pronounced in (Newlove Delgado et al, 2021)
 - children with pre-pandemic poor mental health
 - SEN or Disability
 - families with socioeconomic hardship
 - boys 5 to 10 years
 - girls late teens
 - Increased inequality (Newlove-Delgado et al, 2021):
 - Black or Black-British families more likely to report falling behind with bills
 - White or Asian-British families more likely to report being able to work from home

Why the need for an update?

- Increased demand in all services (Newlove Delgado et al, 2020)
 - Reduction in referrals to CAMHS in 2020
 - Rates increased beyond pre-pandemic levels post 2021, some exponentially:
 - urgent referrals for eating disorders
 - Significant increase in routine referrals (Solmi et al, 2021)
 - More young people with complex MH needs in the community (Crisis/IHT)

Why the need for an update?

recruitment and retention

(some)
Good
news

- RCPsych 'Choose psychiatry' campaign: 100% CT recruitment for the last 3 years.
- CAP run-through training
- Increases in total training numbers (NTNs) for CT and CAP higher training in England
- Higher training '81%' 'fill rate' (Aug 2022)
- Less than 8% of the total NTNs (4 nations) vacant due to non-recruitment vs 2018 (over 40%)

Not so
good
news

- 12% posts are vacant due to OOP & Parental leave
- 30% of all trainees in CAP are LTFT
- Fewer WTE trainees than expected
- Filling a 'perpetually leaky bucket' due to **retention** crisis:
 - low morale, high stress
 - stagnant pay, pension taxation
 - culture of racism and bullying
 - withdrawal of support
 - access to private practice,
 - reduced parity of esteem

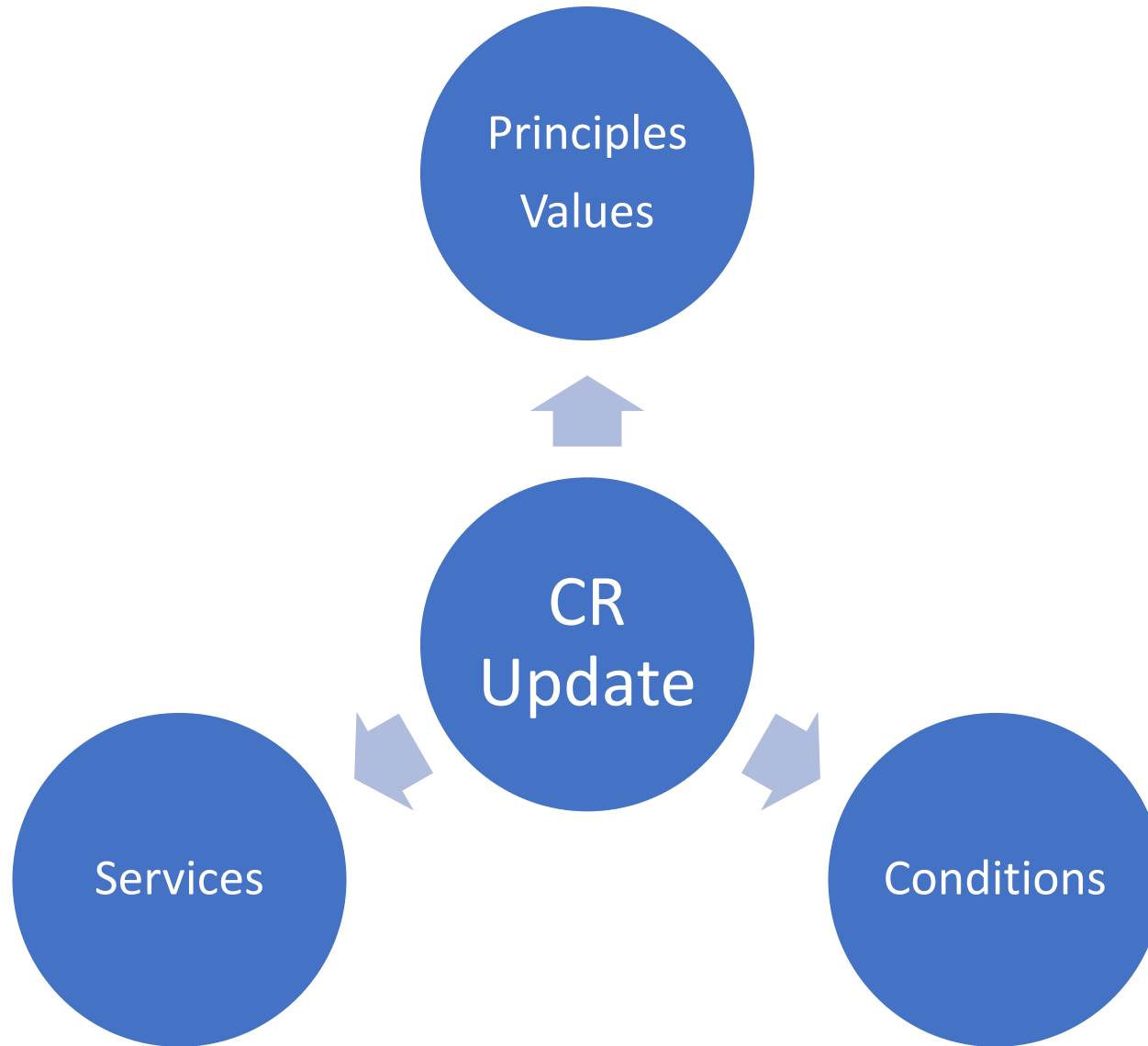
Why the need for an update?

- new skills-based clinical roles
 - Non-medical Responsible Clinicians
 - Nurse and other non-medical prescribers
 - Physician Associates

Focus of CR update

1. Child and Adolescent Psychiatrists as clinical leaders
2. Values-based care
 - effective MDTs
 - advocates for excellence
3. Reappraise current mental health needs (vs 2013)
4. Define range of services for each level of need
5. Describe excellence in care
6. Delivering quality and effective interventions (Public Mental Health Implementation Centre, 2022)
 - promote mental wellbeing
 - prevent onset
 - prevent impact
 - treat mental disorders
7. Innovating services through QI
 - embed culture, small scale, continuous improvement
 - meaningful data collection
 - emphasis on co-production

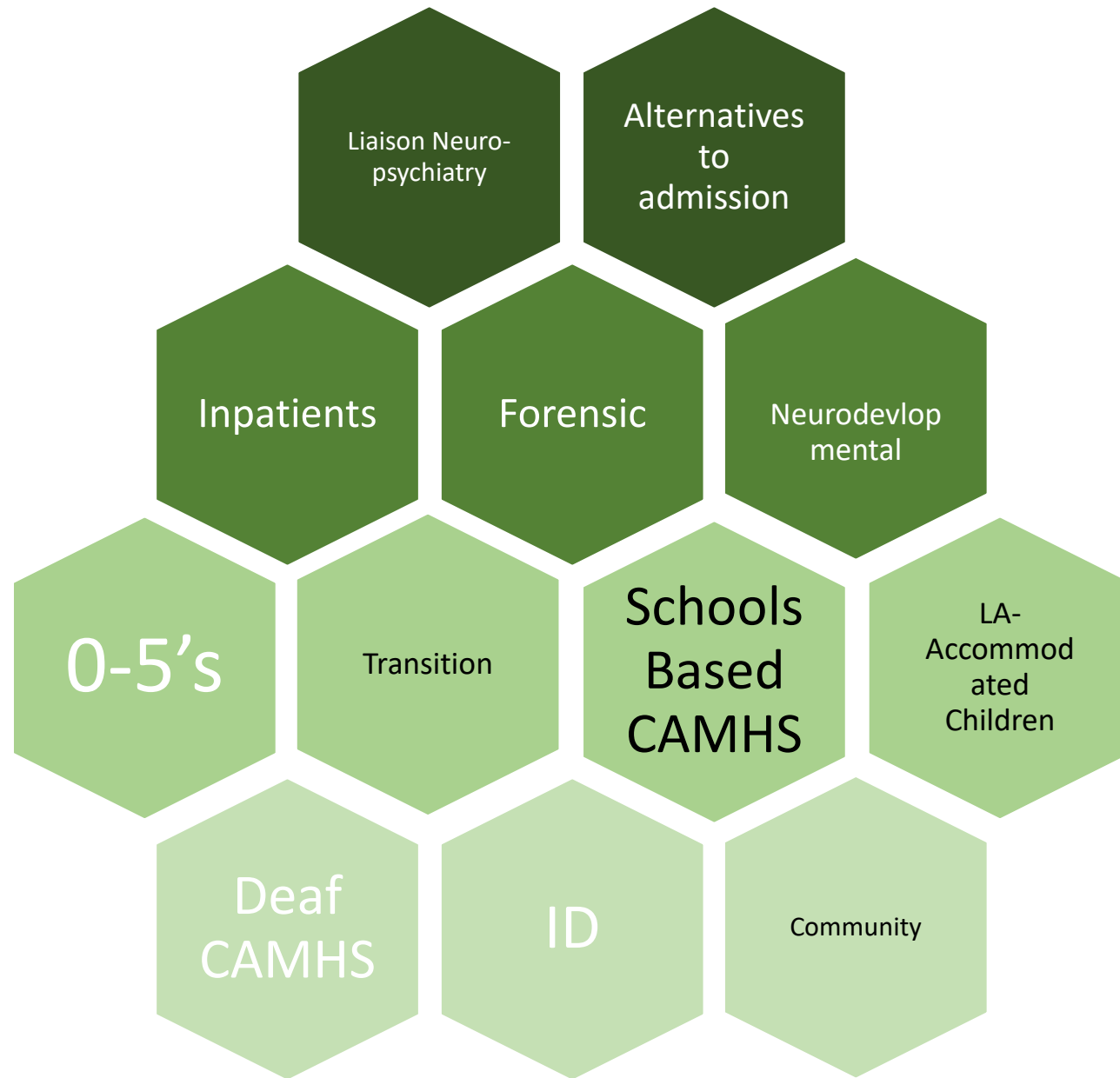
Update



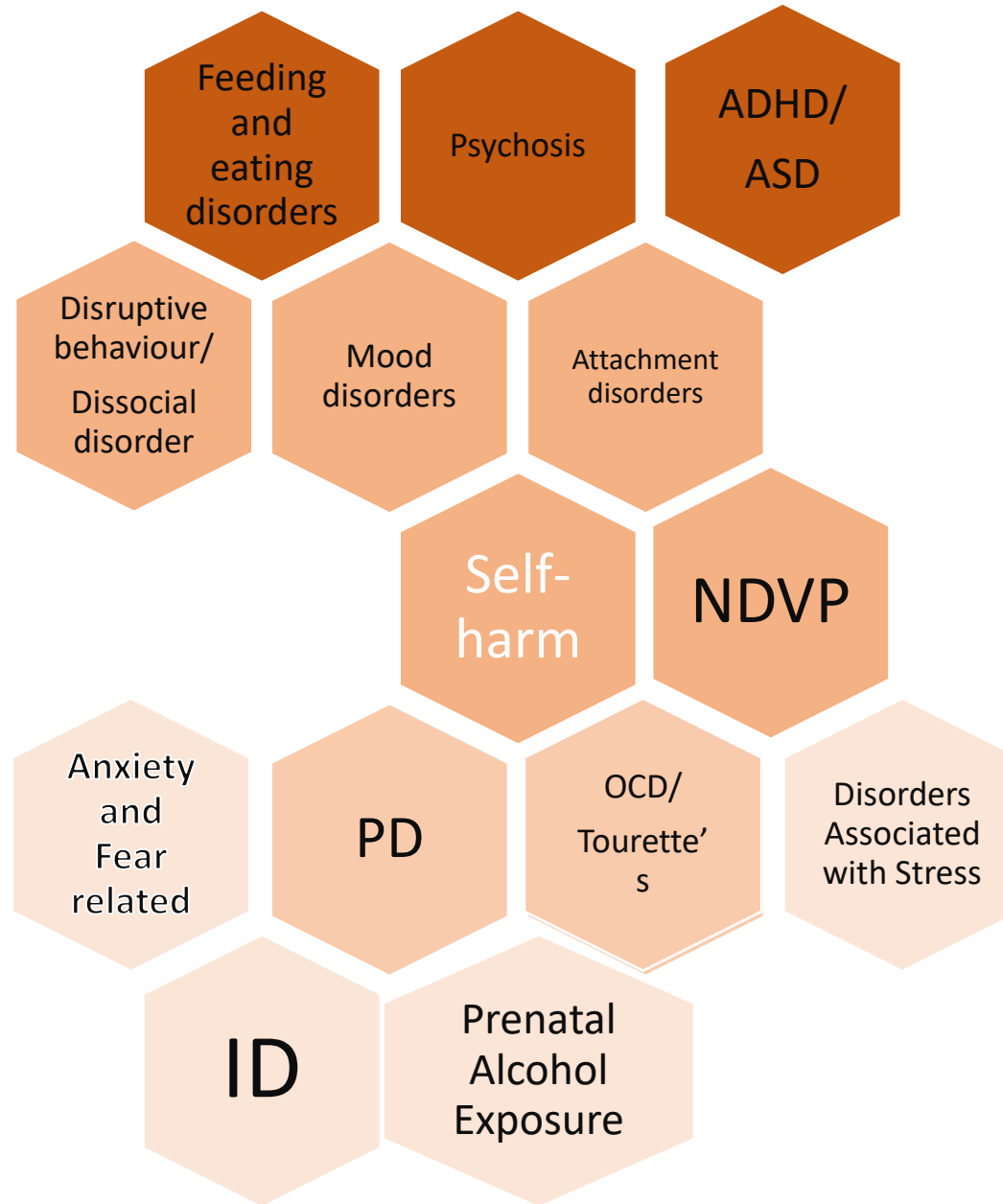
Principles/Values



Services



Conditions (ICD-11)



Will it make a difference?

- Assessing impact
 - Citations
 - Searches
 - Press
 - Job descriptions
 - Job planning
 - Recruitment and retention
 - References in service planning
 - Right care, at the right time, for the right people

Next steps

- **Workforce** (Child and Adolescent Psychiatrists) needed per
 - Service
 - Population
- Establish safe/desirable **caseloads**
- Consider effect of MDT/vacancies
- Consider minimum and 'gold standard' provision

Questions?

- Are we missing anything?
 - Suggestions to assess impact of CR update?
 - Collaborations?
 - Workforce/caseload?
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- Please comment in the chat or
 - email jose.mediavilla@nhs.net
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- Thank you