

CYPMH Programme Update

22nd September 2021

NHS England and NHS Improvement



Recap on NHS Long Term Plan commitments:



Eating Disorders

- Boost investment in children and young people's eating disorder services to continue seeing 95% of urgent cases within 1 week, and within 4 weeks for non-urgent cases.

Access

- By 2023/24, at least an additional 345,000 children and young people aged 0-25 will be able to access NHS-funded mental health services

Crisis Services

- With a single point of access through NHS 111, all children and young people experiencing crisis will be able to access crisis care 24 hours a day, 7 days a week by 2023/24

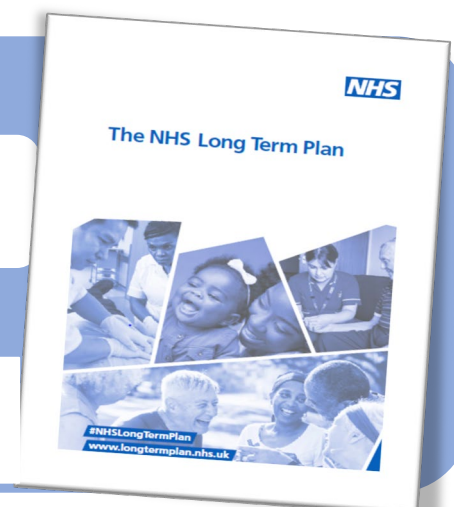
Digital Therapies

- Develop digitally enabled care pathways for children and young people in ways which increase inclusion

Equality

- NHS England and NHS Improvement will support local health systems to better address inequalities in access, experience and outcomes.

A strong start in life for children and young people



Whole pathways, including inpatient beds

- Extension of New Models of Care/Provider Collaboratives continue to drive integrated pathways

Mental Health Support Teams (MHSTs)

- MHSTs working in schools and colleges – early intervention and whole school approach across 20-25% of country by 2023

Four Week Waiting Times

- Test approaches that could deliver 4ww times for access to NHS support, ahead of introducing new national waiting time standards for all children and young people who need specialist MH services

Wider Commitments

- Additional investment in Youth Justice services
- Reduced waiting times and increased support for children and young people with learning disabilities and/or autism
- 6,000 highly vulnerable children with complex trauma will receive consultation, advice, assessment, treatment and transition into integrated services

The impact of COVID on children and young people's wellbeing



Disrupted education

Including keeping up with schoolwork, uncertainty over the future, getting good grades in exams, or being worried that exams may be cancelled.

Loss and uncertainty

- Bereavement, relationships, future opportunities
- Lack of predictability/routines

Health inequalities

- Children and young people with certain characteristics have experienced greater negative impacts on their mental health and wellbeing including families living in poverty
- Vulnerable groups (CYP with SEN, neurodisability, pre-existing MH needs, LAC, LGBTQ, BME, key transitions)

Rise in ACEs

- Parental distress and mental health needs
- Rise in domestic violence
- Economic repercussions

Increased demand for NHS support

- Prevalence of any 'mental disorder' (5-16 years) has increased from 10.8% in 2017 to 16.0% in 2020
- Following an initial drop in referrals in 2020, demand for NHS support has increased and numbers in contact are higher than pre-pandemic levels

Current context and challenges

Prevalence of disorders have increased between 2017 and 2020

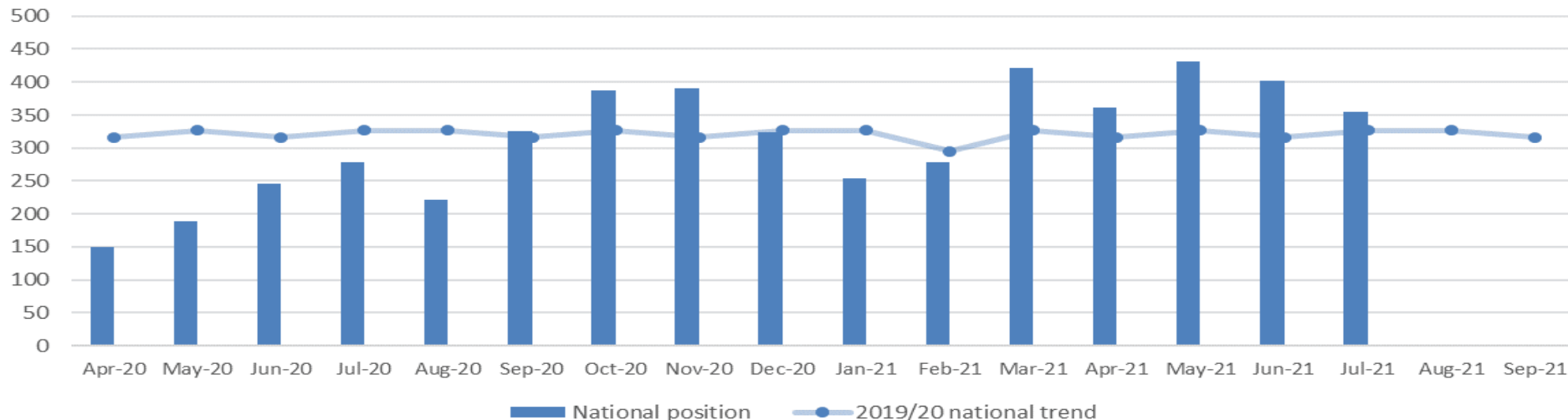
- Prevalence of any 'mental disorder' (5-16 years):
 - **10.8%** in **2017** to
 - **16.0%** in **2020**
- **1 in 6** children and young people aged **5 to 16** years had **at least one** 'mental disorder'.
- Prevalence remains greater for **young women aged 17-22 (27.2%)** compared with **13.1% of young men**. Age and sex remain important factors.

Increasing reports of self-harm and crisis referrals

- Kooth have reported a peak of those accessing their services after the 3rd lockdown, with key presenting issues of anxiety, relationships and thoughts of self-harm and suicide.
- NHS England & Improvement analysis is showing a steady flow of self-harm related A&E attendance, and an increase in crisis referrals in under 18's since the start of the pandemic
- This is leading to pressures across the system, especially in inpatient and UEC pathways.

NHS Benchmarking COVID Tracker

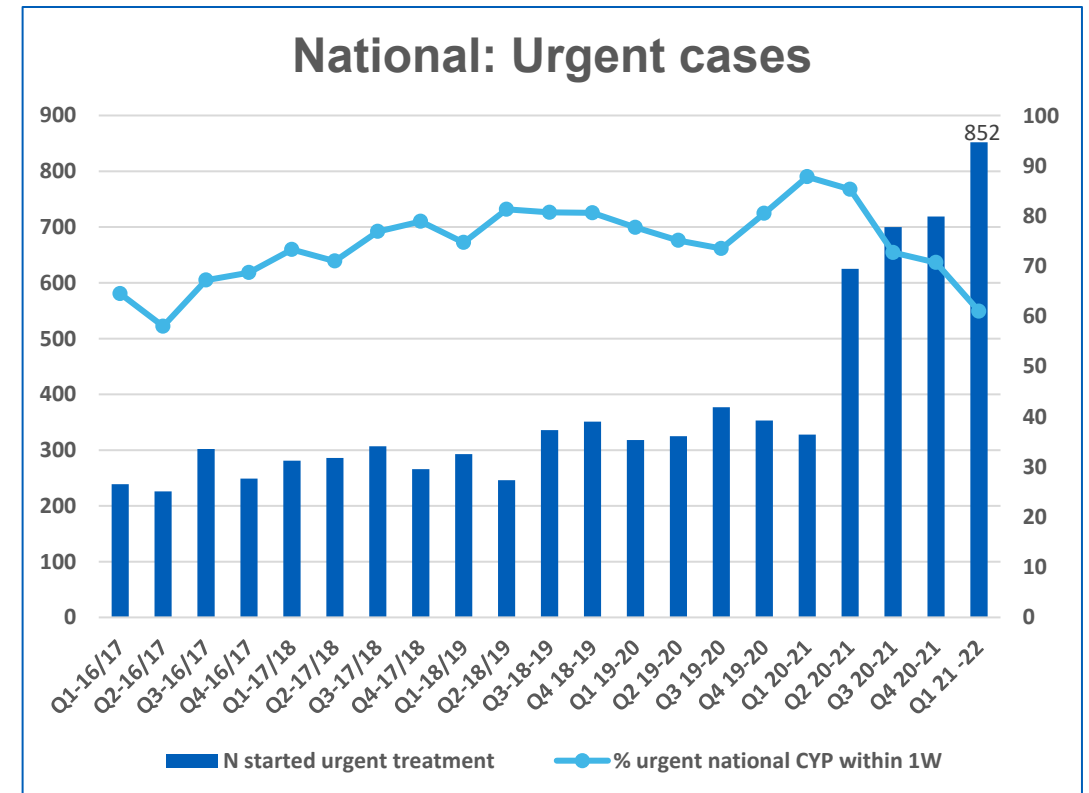
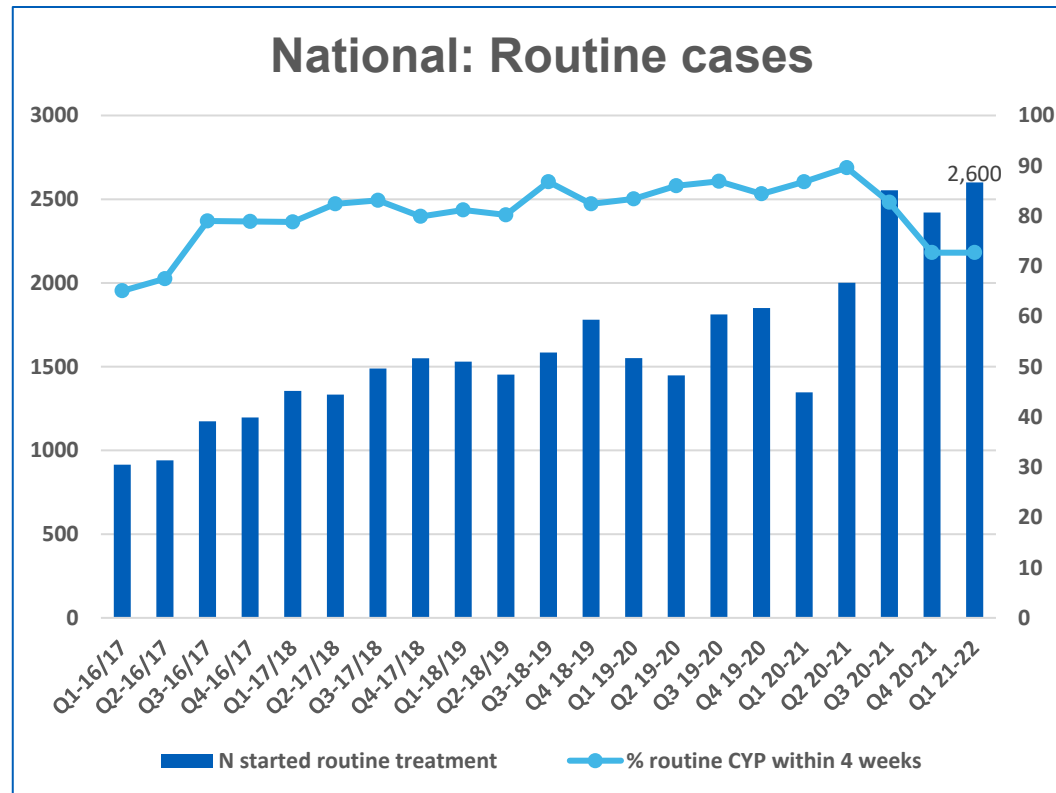
Total referrals received by CAMHS community teams during the month per 100,000 registered population



Significant surge in eating disorder cases with teams treating more than ever

- There has been a **surge in the number of CYP requiring treatment*** for eating disorders over the last 12 months.
- In spite of this huge rise in demand during COVID-19, services have continued to see **increased numbers of CYP**
- However this is **impacting on waiting times** for routine and urgent care.

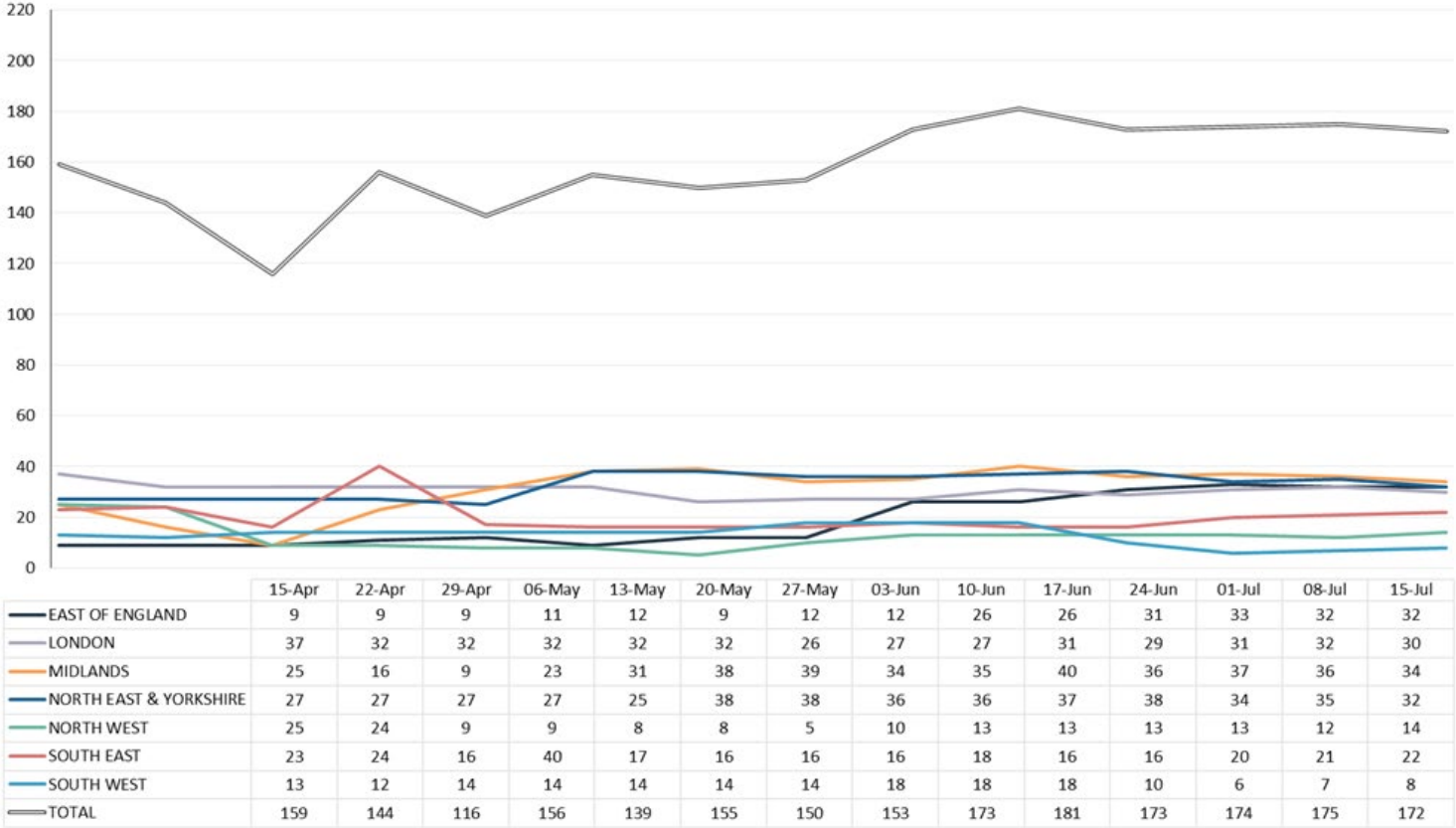
* Requiring treatment refers to number starting and still waiting to start treatment



CYPMH inpatient context



Temporary bed closures - trend



- **On 30 June, 174 beds were reported as closed.** Staffing was the main reason identified for these closures. COVID was identified as the reason for 8 closures. There are existing pressures on CYPMH Tier 4 services.
- On 30 June, **only 66 of the 1329 commissioned CYPMH beds were reported as available** (5% of the bed stock).
- There has been slow but **steady progress in reducing bed numbers due to COVID 19** which peaked at 50 closed beds in Dec 2020 and is currently 8.
- Regional colleagues are **working with providers to reopen closed beds or units as quickly and as safely as possible.** We have seen progress since the start of the pandemic, but pressures in some localities and service lines remain in particular Eating disorders, Medium and Low Secure and PICU with the South East currently the most pressured.
- **Additional Funding** - Medium term schemes: all regions have now been notified of their allocations and the schemes that are supported. Revenue forms have been shared with regions detailing their schemes and once confirmation is received, the first revenue allocation will be available on 15th July. Capital will follow shortly once the financial allocations in the forms has been completed. National schemes are being mobilised in the same way.
- **Whole pathway challenge for young people presenting with eating disorders**, particularly challenging in the Midlands and South East regions with growing waiting lists for admission to inpatient services. Escalation calls between all partners have been taking place to ensure acuity is assessed and admissions are prioritised.

Developments since April 2021



Access

- The 2020/21 access rate was 39.6% against 2004 prevalence target of 35%.

Eating Disorders

- There has been a significant surge in demand that has had an impact on achieving the standard by the end of 2021. Despite this surge, 2,661 more CYP started treatment in 2020/21 compared with 2019/20.
- This surge in demand continues, with the numbers of patients starting routine and urgent treatment increasing by 93% and 160% respectively from Q1 (April-June) in 2020/21 to Q1 in 2021/22. Equally, the number of CYP waiting to start urgent or routine treatment at the end of June 2020 increased from 497 (56 urgent, 441 routine).to 2,039 (207 urgent, 1,832 routine) at the end of June 2021.

Workforce

- HEE CYPMH workforce audit
- HEE secured funding for 21/22 for Child Wellbeing Practitioners and Recruit to Train courses, as well as 25% increases in Clin Psych, and Children and Adolescent psychotherapist, and further support to achieve equality of access to clin psych training.
- Working with HEE on Crisis and Eating Disorder training and workforce solutions

Funding and assurance

- £79m additional funding in 2021/22 in response to the COVID-19 pandemic
- £40m additional specialised commissioning funding over 3 years.
- Quarterly deep dives between MH Director and regional colleagues provide an opportunity to focus on ensuring the impact of the additional funding for CYPMH

CYP with MH needs in acute/UEC environments

- To support system with improved integration between PH and MH, we have recently launched a [webpage](#) with a range of resources

CYPMH inpatient services

- Data pack for regions to support patient flow. Medium term funding to support delivery of inpatient and intensive community services as well as workforce development

Provider Collaboratives

- Roll out of provider collaboratives and support for new roles through clinical forums and webinars.

- The national CYP Transformation Team and CYP Mental Health Team have come together to **ensure that the paediatric workforce is supported** when caring for CYP presenting to hospital (A&E and paediatric wards) with acute physical and mental health needs such as eating disorders or crisis presentations.
- We are working with **Royal Colleges, regions, experts by experience, professional bodies and local systems** to ensure there are clear pathways and guidance to support joint working, and integration, across physical and mental health.
- We have recently **launched a [webpage](#)** to provide resources and support to systems on integration.

UEC and Acute Settings Framework

- The Task and Finish Group and programme team are co-developing a framework for systems which will include
 - core principles when working in an integrated way,
 - best practice examples of integration between physical health and mental health teams,
 - proposed approaches in relation to escalation and system working and
 - information on workforce and training.
- The Task and Finish Group has representatives from across the royal colleges, regional MH colleagues, regional colleagues from other interdependent programmes.

Annex

CYPMH LTP Ambitions: Progress to date



Access

- **We have achieved the FYFV target for CYP access** of 70,000 additional CYP accessing treatment which equated to 35% of 2004 prevalence by 2020/21: Almost 560,000 CYP received at least one contact from NHS funded services in 2019/20, and 391,940 had two or more contacts. 2019/20 MHSDS data shows an access rate of 36.8% against 2004 prevalence. **The 2020/21 access rate was 39.6% against 2004 prevalence.**
- The LTP builds upon the FYFV commitment to widen access so that by 2023/34, an additional 345,000 children and young people have access to support from an NHS funded service, school or college based MHST. **A new headline access metric monitoring access to 'at least one contact' was introduced in April 21** to better align with the aims of the LTP, which **focuses on access to support** as opposed to the FYFVMH focus on access to treatment. This support may involve immediate advice, support or a brief intervention, help to access another more appropriate service, the start of a longer-term intervention or agreement about a patient care plan, or the start of a specialist assessment that may take longer.

Four Week Waiting Times

- **Extended the piloting phase** of the 4 week wait pilots by an additional year due to the recent SR announcement of £79m for CYPMH . **Two additional pilot sites** have joined the programme.

Workforce

- **20% increase in core CYPMH posts**, with a 23% increase in whole time equivalents [WTE] in NHS Trusts.
- **Children and Young People's Improving Access to Psychological Therapies [CYP IAPT] programmes rolled out across 100% of the country** and is now business as usual with existing and new staff trained to deliver evidence-based therapies.
- **HEE secured funding for 21/22** for Child Wellbeing Practitioners and Recruit to Trains, as well as 25% increases in Clin Psych, and Children and Adolescent psychotherapist, and further support to achieve equality of access to clin psych training.
- The LTP Mental Health Improvement Plan [MHIP] gave indicative targets for workforce growth across a range of roles. HEE's recent MH eCollection shows **overall planned ICS/STP CYPMH workforce growth of 2.7% above MHIP** (2,220.9 vs 2,280). However, this conceals planned growth substantially **below MHIP within specific role categories**, including psychology, consultant psychiatry, and psychotherapy/psychological professions.
- HEE has commissioned an **updated CYPMH workforce audit** from NHS Benchmarking which will report in late summer 2021.

CYPMH LTP Ambitions: Progress to date



Mental Health Support Teams (MHSTs)

- 180 new Mental Health Support Teams [MHSTs] are **operational covering 15% of pupils**. Over 200 more are in training or being commissioned. We expect this to **reach the 20% to 25% target a year early (2022)**.
- Regional multi-year plans have been completed and assured. Wave 5 set up and recruitment has commenced.

Eating Disorders

- 70 plus CYP community eating disorder services across England **working to deliver 95% access to treatment target** for all with a suspected eating disorder. We have seen a huge rise in demand during COVID-19 and **Community Eating Disorder Teams are treating more CYP than ever before**.
- Services continue to deliver treatment using remote ways of working alongside face to face appointments when required. Includes working with primary, community, schools/FE colleges to help identify CYP who need treatment and those at risk of relapse during Covid-19 and lockdown.

Crisis Services

- 24/7 open access urgent mental health helplines are **available across the country** for anyone who needs to access them.
- The 2018 survey of crisis services shows an **increase in comprehensive offer** (crisis assessment, brief response and intensive home treatment being commissioned, as well as significant **growth in services operating 24/7 or over extended hours**).
- The CYP crisis LTP metric will be **included in the MH dashboard** for first time to allow for in year monitoring of the programme.

Whole pathways, including inpatient beds

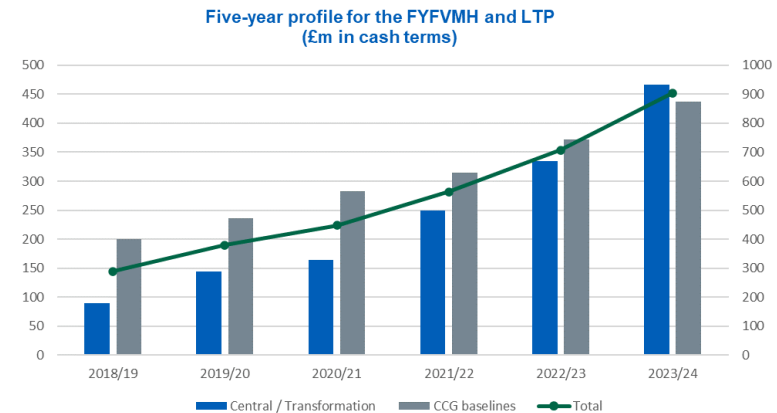
- **Re-distribution of inpatient beds** to provide more beds across a range of needs and in places where previously there were no beds.
- **Roll out of Provider Collaboratives** to support place-based commissioning.

Continued investment into CYPMH



Long Term Plan additional funding rises to over £900m by 2023/24. This is on top of existing mental health spend before 2018/19. It will provide:

- Growth in existing CYP Mental Health services (CAMHS) and CYP crisis
- Continued expansion of CYPMH community eating disorder services to meet the referral to treatment access standard
- Implementation of Mental Health Support Teams in schools and colleges



£79m additional funding in 2021/22 in response to the COVID-19 pandemic

- This is intended to accelerate MHST and improve capacity for CYPMH community and crisis and eating disorder. This funding forms part of the £500 million for mental health announced at the 2021 to 2022 spending review.

£40m additional specialised commissioning funding over 3 years.

- This is intended to support specialised services including inpatient / day treatment services and home treatment service with a particular focus to support CYP with eating disorders, training and workforce development and capital funding.