

# **NCAP 2024 State of the Nation Report**

Supplementary Analysis

# NCAP Standards

**Access and waiting times/Timely access:** For a service to achieve 'Standard Met', its service users with first episode psychosis were allocated to and engaged with an EIP care coordinator within 2 weeks of receipt of referral.

**Cognitive Behavioural Therapy for Psychosis (CBTp):** For a service to Achieve 'Standard Met', service users must have taken up Cognitive Behavioural Therapy for psychosis.

**Supported Employment (SEE):** For a service to achieve 'standard met', the service user- who is not in work, education or training at the time of their initial assessment- has taken up supported employment and education programmes.

**Family Intervention (FI):** To achieve 'Standard Met', service users who have a contactable carer, family member or friend who supports them take up 'Family Intervention'

**Carer Focused Education and Support Programmes (CESP):** To achieve 'standard met', the identified carer/family member/friend has commenced a course of carer focused education and support programme.

**Outcome Measures (OM):** To achieve 'Standard Met' the service user must have at least two different outcome measures recorded at least twice (assessment and other time point). Outcome measures include: HoNOS, HoNOSCa, DIALOG, GBO, ReQoL-10, QPR, Other.

**Clozapine:** To achieve 'Standard Met', service users who have not responded adequately to or tolerated treatment with at least two antipsychotic drugs are offered clozapine.

**Physical Health (PH):** To achieve 'Standard Met' the service user has been offered all physical health screenings and the relevant physical health interventions.

PH Screening:	PH Interventions:
Smoking status Alcohol intake Substance misuse BMI/Rapid weight gain Blood pressure Glucose Blood lipids	Smoking cessation Harmful alcohol use Substance misuse Weight gain/obesity Hypertension Diabetes/high risk of diabetes Dyslipidaemia

**England**

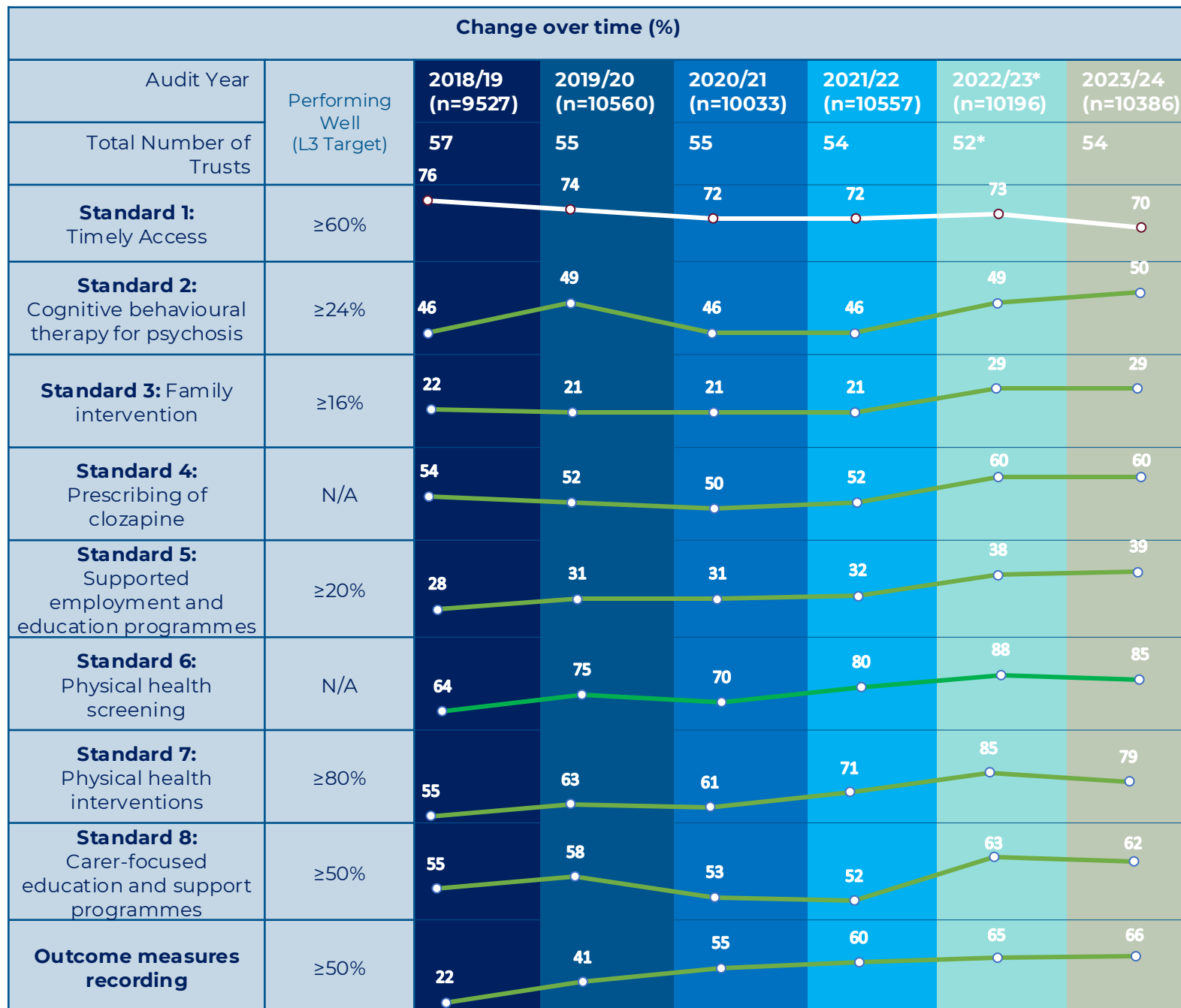
# Scoring Matrix (NHSE 2024)

		Scoring Matrix			
Domains		1 Greatest need for improvement	2 Needs improvement	3 Performing well	4 Top performing
<b>Timely access</b>					
1	Percentage of service users with first episode psychosis that were allocated to, and engaged with, an EIP care coordinator within 2 weeks of receipt of referral <sup>1</sup>	<25%	≥25%	-	≥60%
<b>Effective treatment</b>					
2.1	Percentage of service users with first episode psychosis that took up Cognitive Behavioural Therapy for psychosis (CBTp) <sup>2</sup>	<12%	≥12%	≥24%	≥36%
2.2	Percentage of service users with first episode psychosis that took up supported employment and education programmes <sup>2</sup>	<10%	≥10%	≥20%	≥30%
2.3	Percentage of service users with first episode psychosis and their families that took up Family Interventions <sup>2,3</sup>	<8%	≥8%	≥16%	≥24%
2.4	Percentage of carers that took up carer-focussed education and support programmes <sup>2</sup>	<25%	≥25%	≥50%	≥75%
2.5	Percentage of service users with first episode psychosis that have had a physical health review and relevant interventions in the last year <sup>2</sup>	<70%	≥70%	≥80%	≥90%
<b>Recording outcome measures</b>					
3	Percentage of service users for whom two or more outcome measures (from HoNOS/HoNOSCA, DIALOG, QPR ReQoL-10 and GBO) were recorded at least twice (assessment and one other time point) <sup>4</sup>	<25%	≥25%	≥50%	≥75%

# Scoring sub-matrix (NHSE 2024)

Scoring sub-matrix item		1 Greatest need for improvement	2 Needs improvement	3 Performing well	4 Top performing
Service set up					
4.1	Team provides service to under 35s	No	Provides one of these services	-	Yes
4.2	Team provides Cognitive Behavioural Therapy (CBT) for At-Risk Mental State to service users with At Risk Mental State <sup>5</sup>	No		-	Provision for those aged under 18 and 18-35 years
Provision for children and young people (CYP)					
5	Provision of specialist EIP services for CYP with FEP by EIP/CYP trained and experienced practitioners <sup>6</sup>	No EIP concordant CYP provision for under 18 years	Some provision of EIP concordant services to under 18 years	Provision of EIP concordant services to under 18 years	Provision of EIP concordant services to under 18 years with shared care protocol and joint/reciprocal training events between EIP and CYPMH teams

For more information on the scoring for item 5 provision for children and young people (CYP) please refer to pages 6-7 of the [scoring matrix](#).



# Change over time performance – England

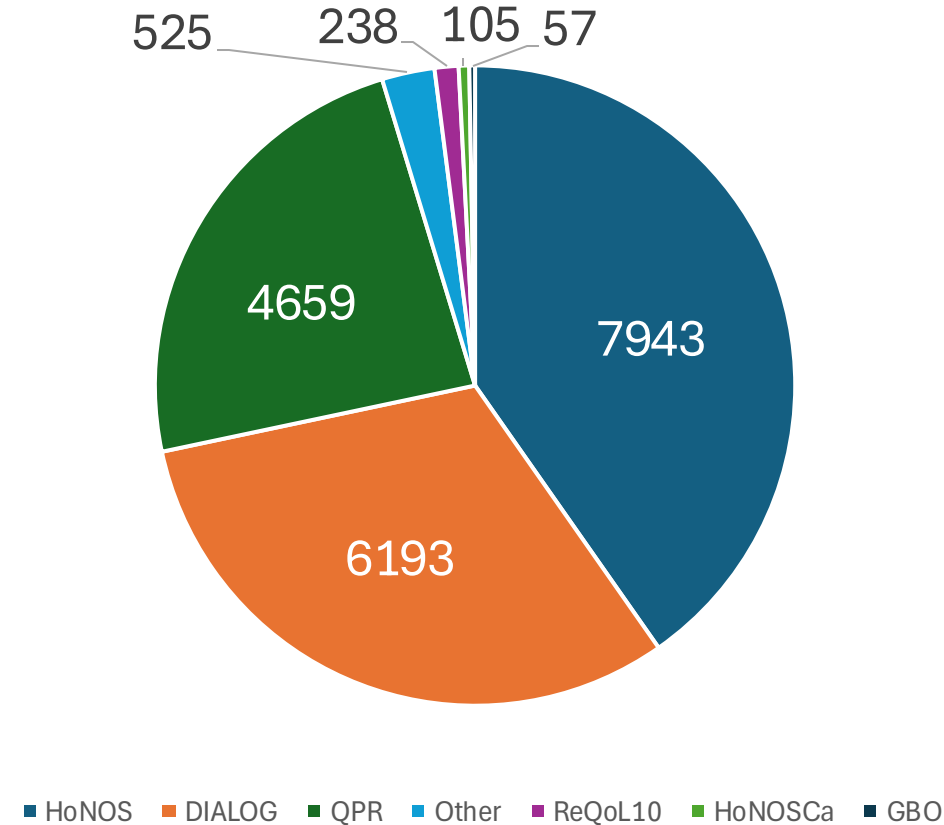
\* In 2023, some Trusts were excluded from the national averages due to the care notes outage

# EIP and CBT for ARMS Provision – England

No EIP Service	2022/23 (n=145)	2023/24 (n=155)
Under 18	1.40% (2)	3.87% (6)
18-35	0.70% (1)	0 (0)
36+	9.70% (14)	6.45% (10)
No CBT for ARMS	2022/23 (n=145)	2023/24 (n=155)
Under 18	29.70% (43)	27.70% (43)
18-35	30.30% (44)	25.20% (39)
36+	64.10% (93)	65.80% (102)

# Outcome Measures – 2023/24 England

Frequency of Outcome Measures recorded more than once (England 2023/24)



***Pie chart representing number of times each Outcome Measure was recorded more than once.***

***REQOL-10 and GBO were only introduced in Feb 2023 so most teams would not have had time to implement and repeat measures in time for 23/24 audit.***



# Physical health screening 2024 (England)



## Smoking

Offered – 94.6% (-1.2%)



## Alcohol

Offered - 94.9% (-0.8%)



## Substance misuse

Offered - 94.7% (-1%)



## BMI

Offered – 91.9% (-1.8%)



## Blood pressure

Offered – 92.9% (-0.8%)



## Blood glucose

Offered – 89.7% (-2.6%)



## Cholesterol

Offered - 89% (-2.6%)

# Physical health interventions 2024 (England)



**Smoking**  
Offered – 97.1%



**Harmful alcohol use**  
Offered – 97.6%



**Substance misuse**  
Offered – 92.2%



**Weight**  
Offered – 93.46%



**Elevated blood pressure**  
Offered - 89.7%



**Abnormal glucose control**  
Offered – 91.7%

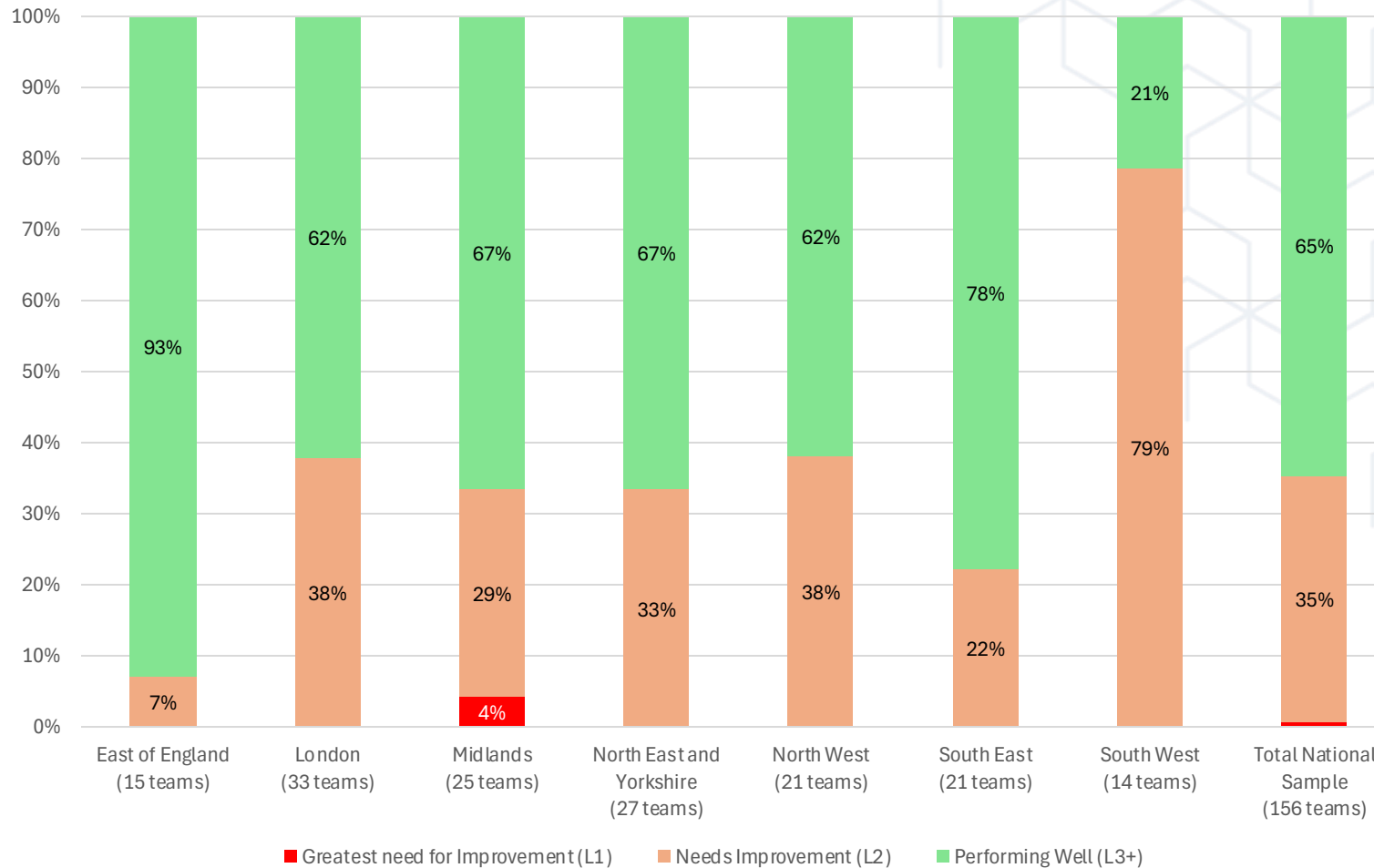


**Abnormal lipids**  
Offered – 91%

# Regional data – England

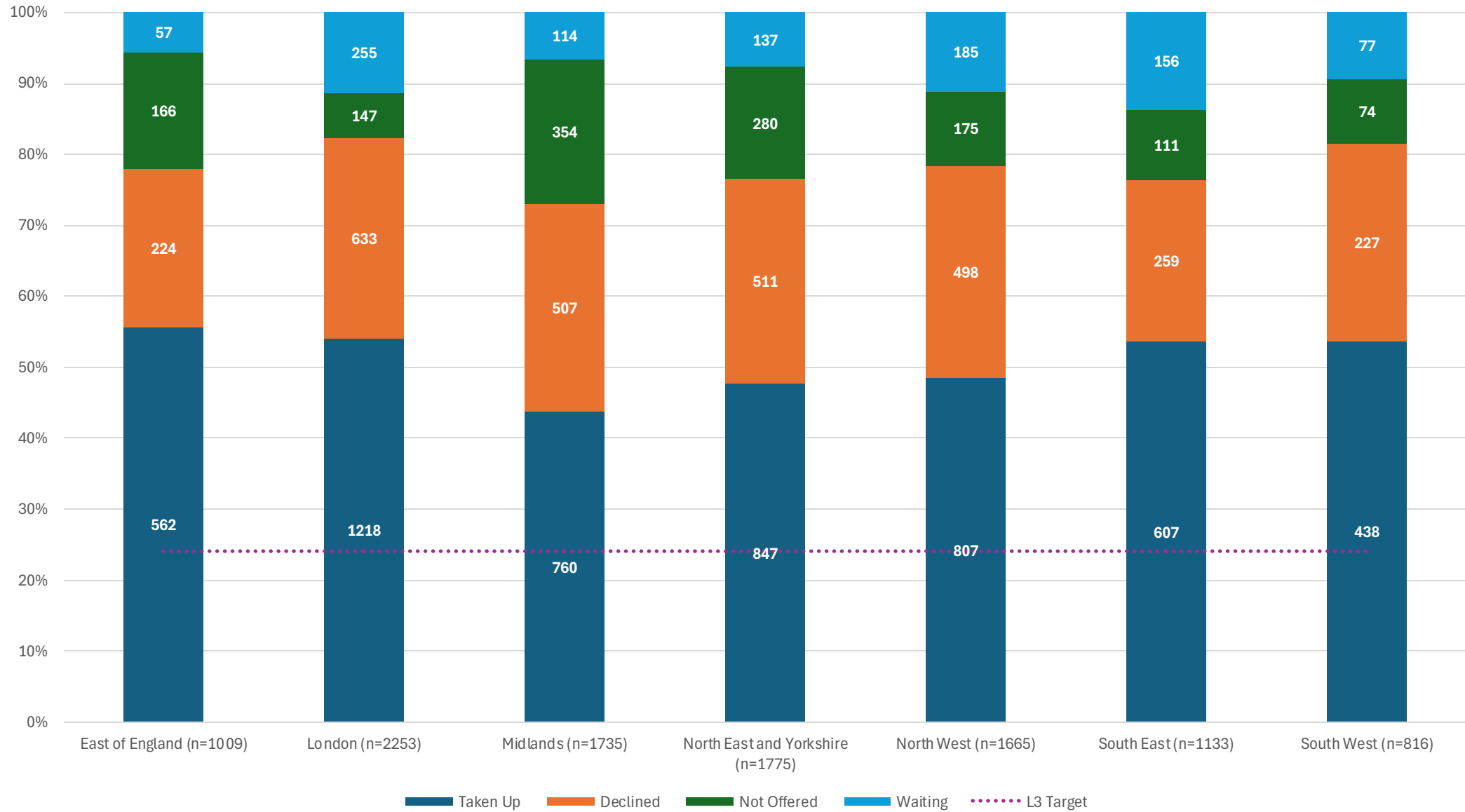
# L3+ performance (Overall score) variation by region

Delivering NICE concordant care in EIP: 2023/24

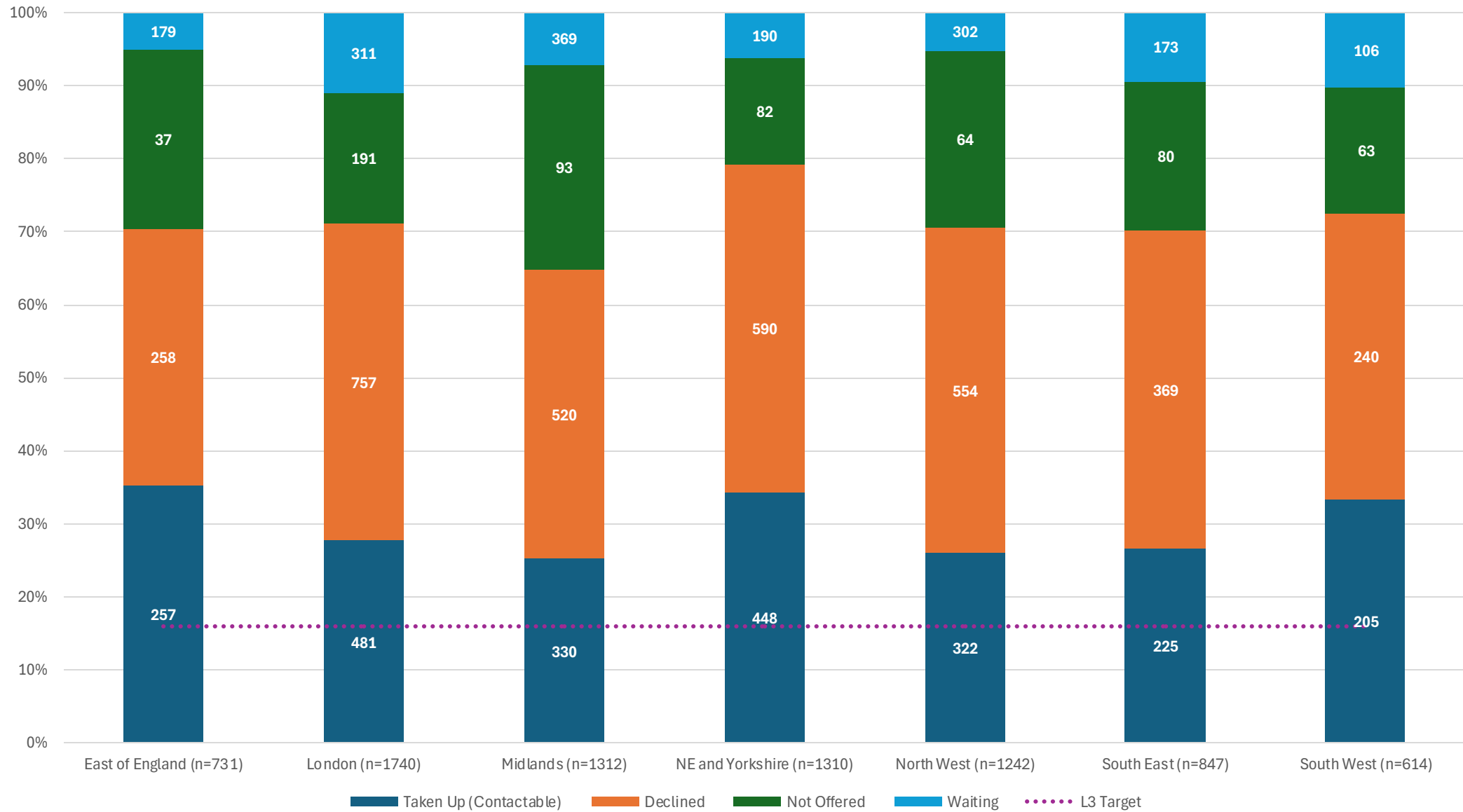


- **The 2023/24 LTP target for achievement of Level 3+ NICE concordance (95%) hasn't been met by any region.**
- Level 1 "Greatest Need for Improvement" was scored by 1 service in the Midlands.
- EIP services in East of England have improved their achievement of Level 3+ NICE concordance since 2022/23 (when 64% services achieved Level 3+). North West and North East and Yorkshire also recorded improvements of 0.8% and 1.6% respectively.
- For all other regions performance has decreased (vs. 2022/23) this is most apparent in Midlands (20% decrease), followed by South West (19% decrease), South East (10% decrease), and London (2% decrease).

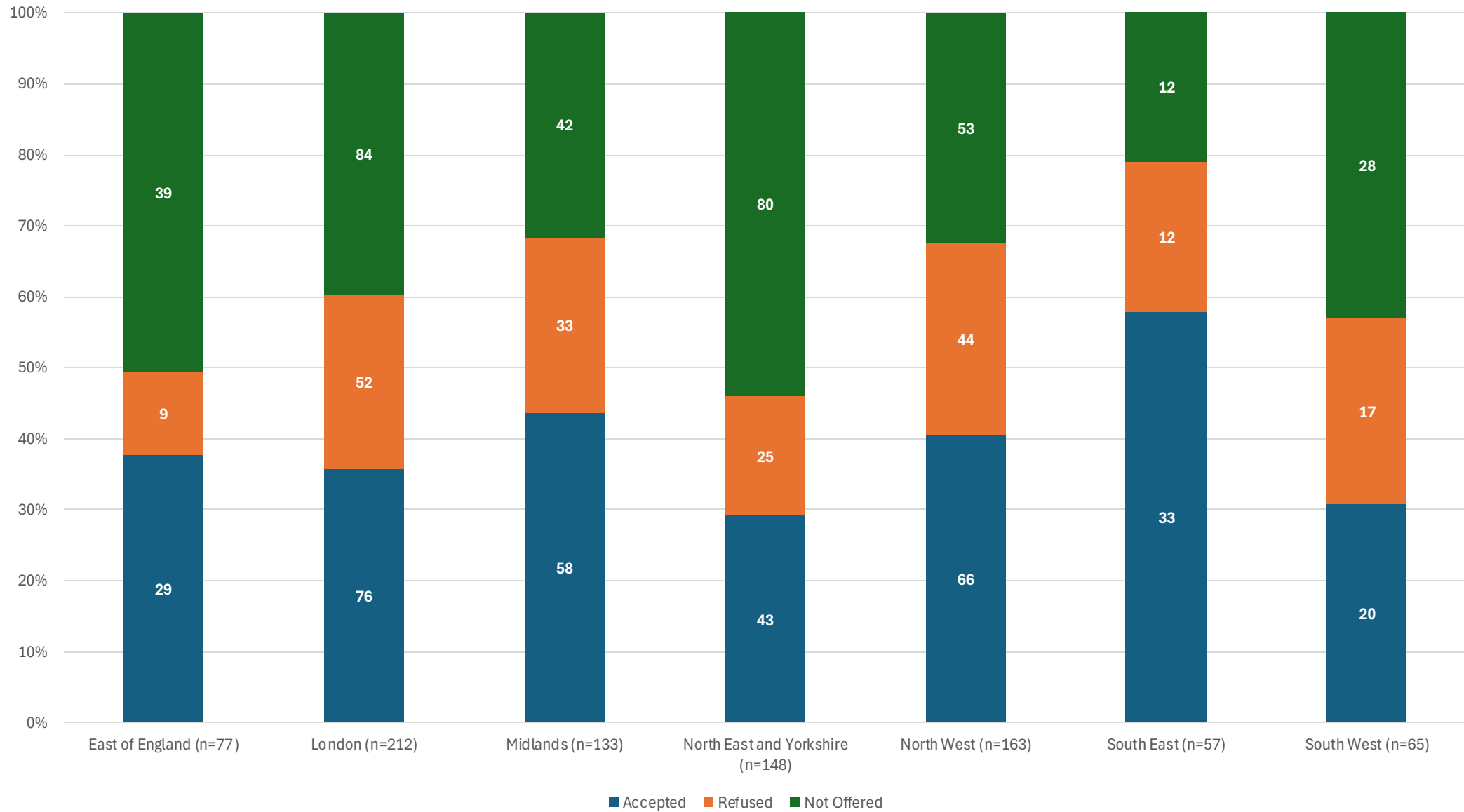
# CBTp Uptake - England Regional Breakdown 2023/24



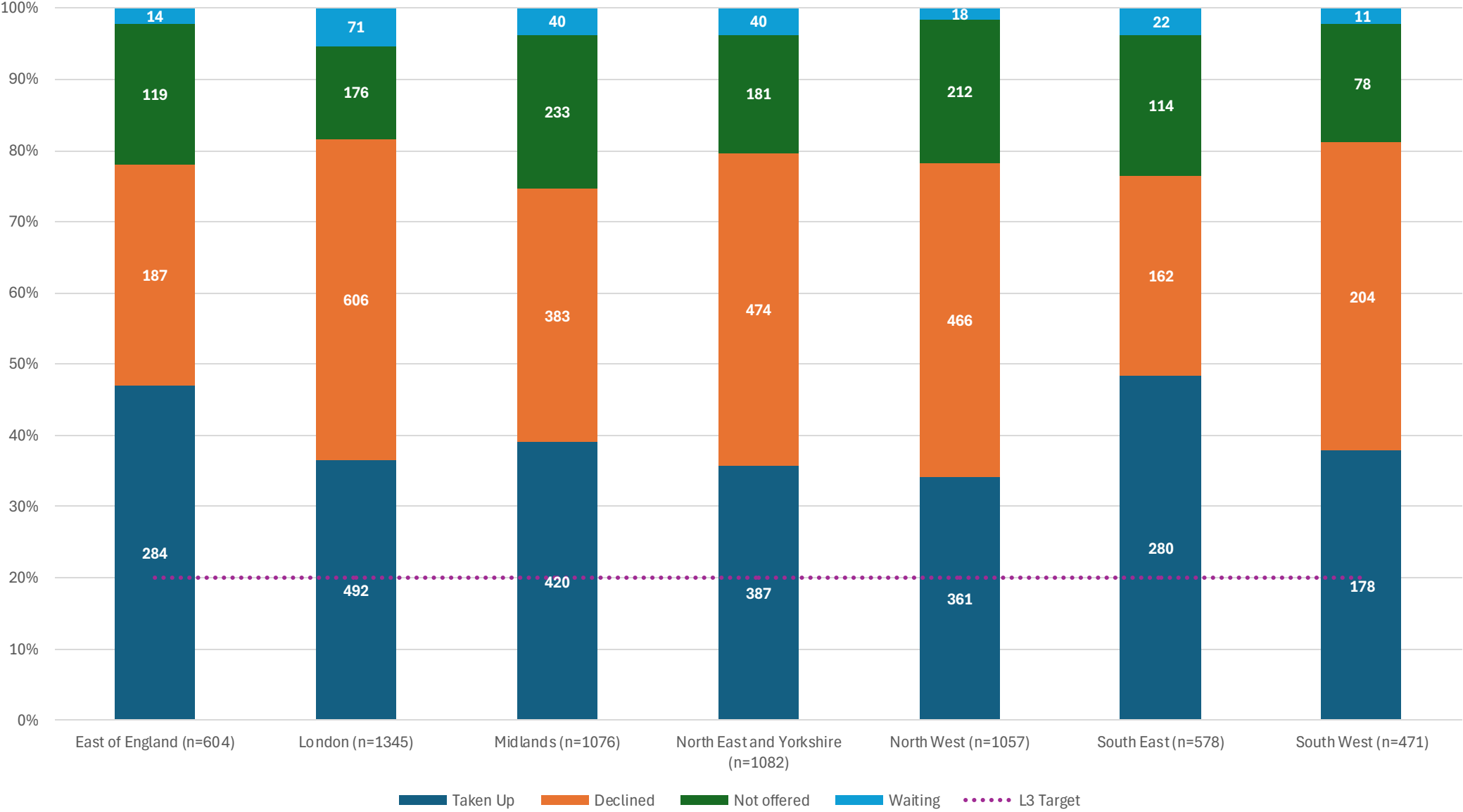
Family Intervention - England Regional Breakdown 2023/24



Clozapine - England Regional Breakdown 2023/24

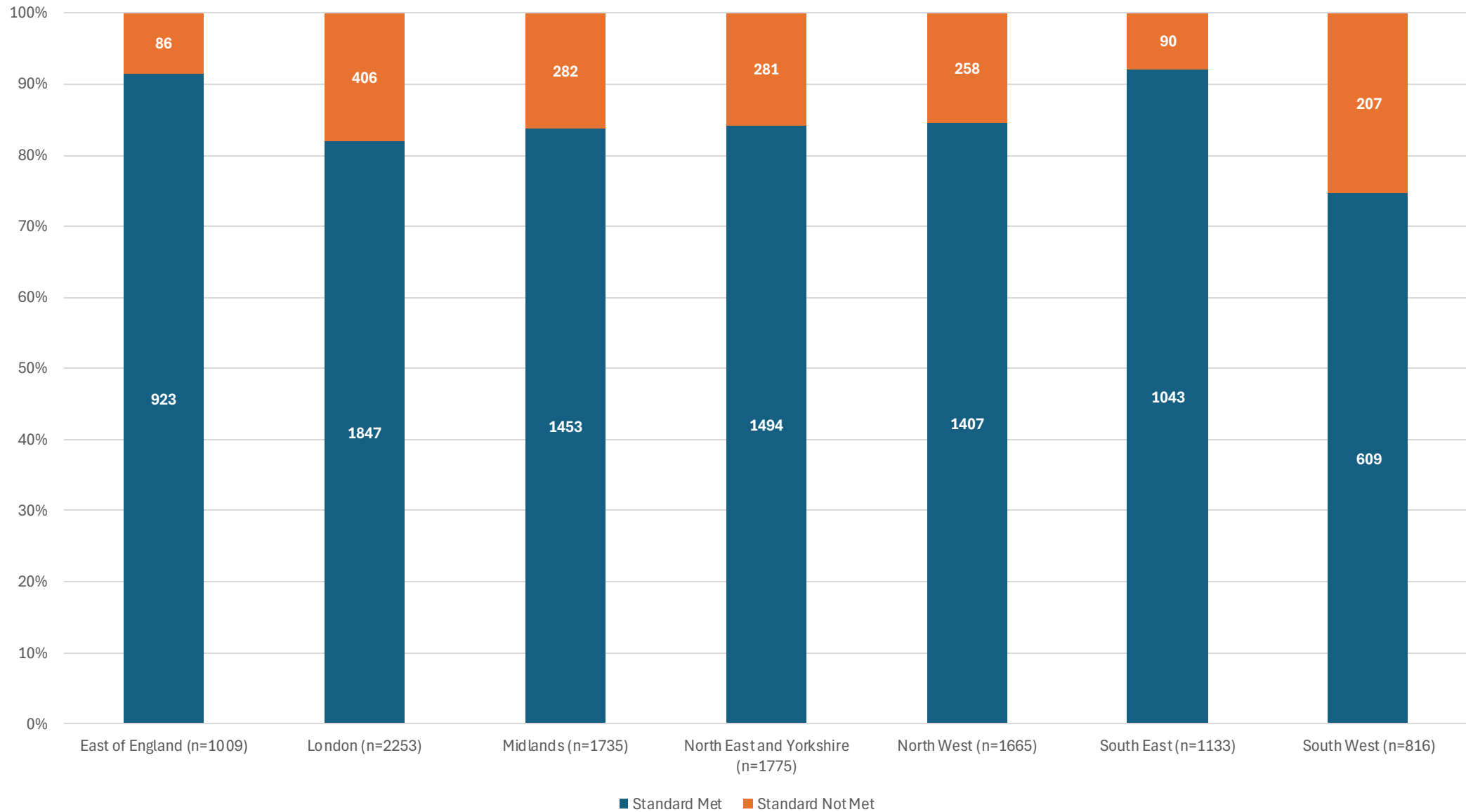


Supported Employment and Education Uptake - England Regional Breakdown 2023/24

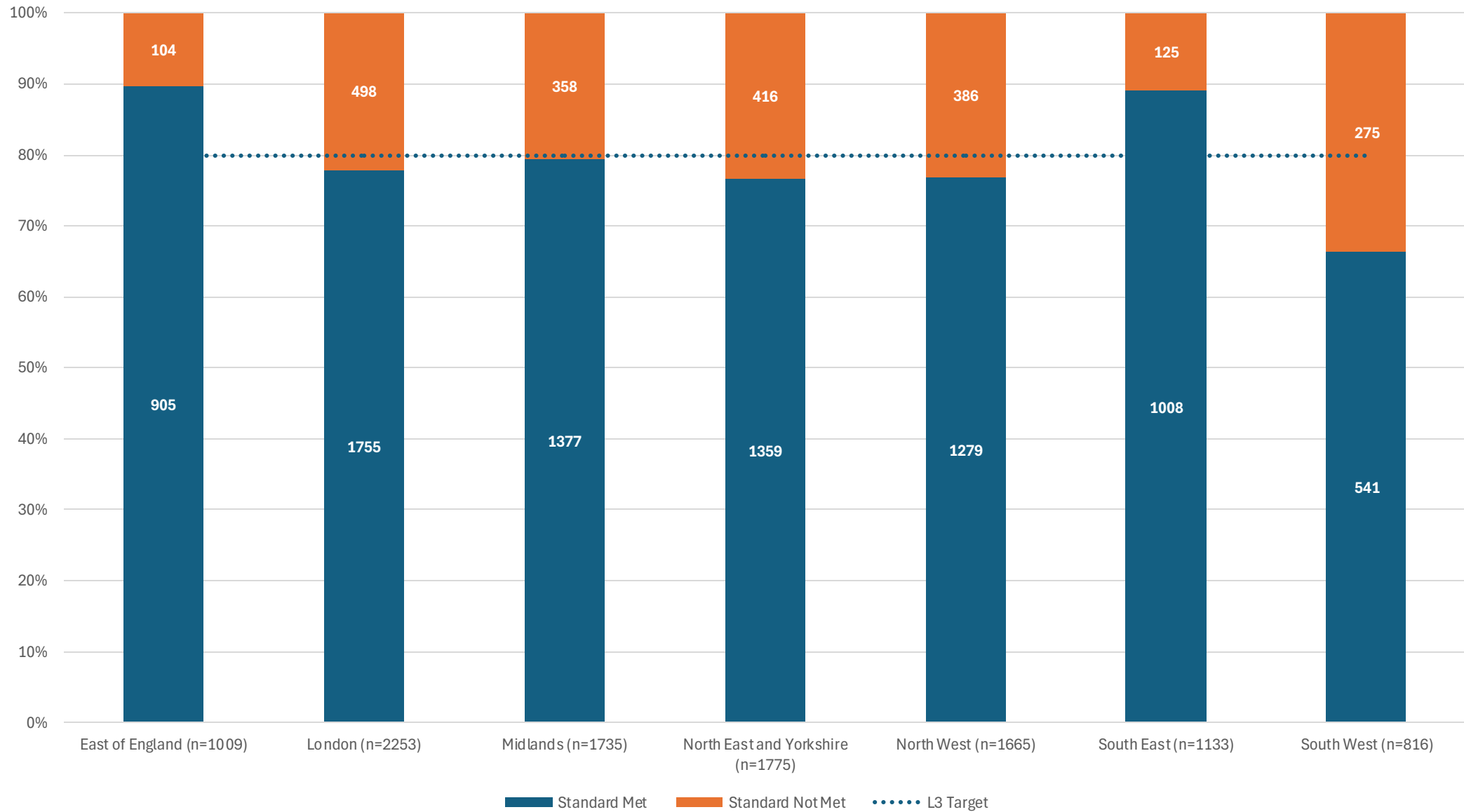




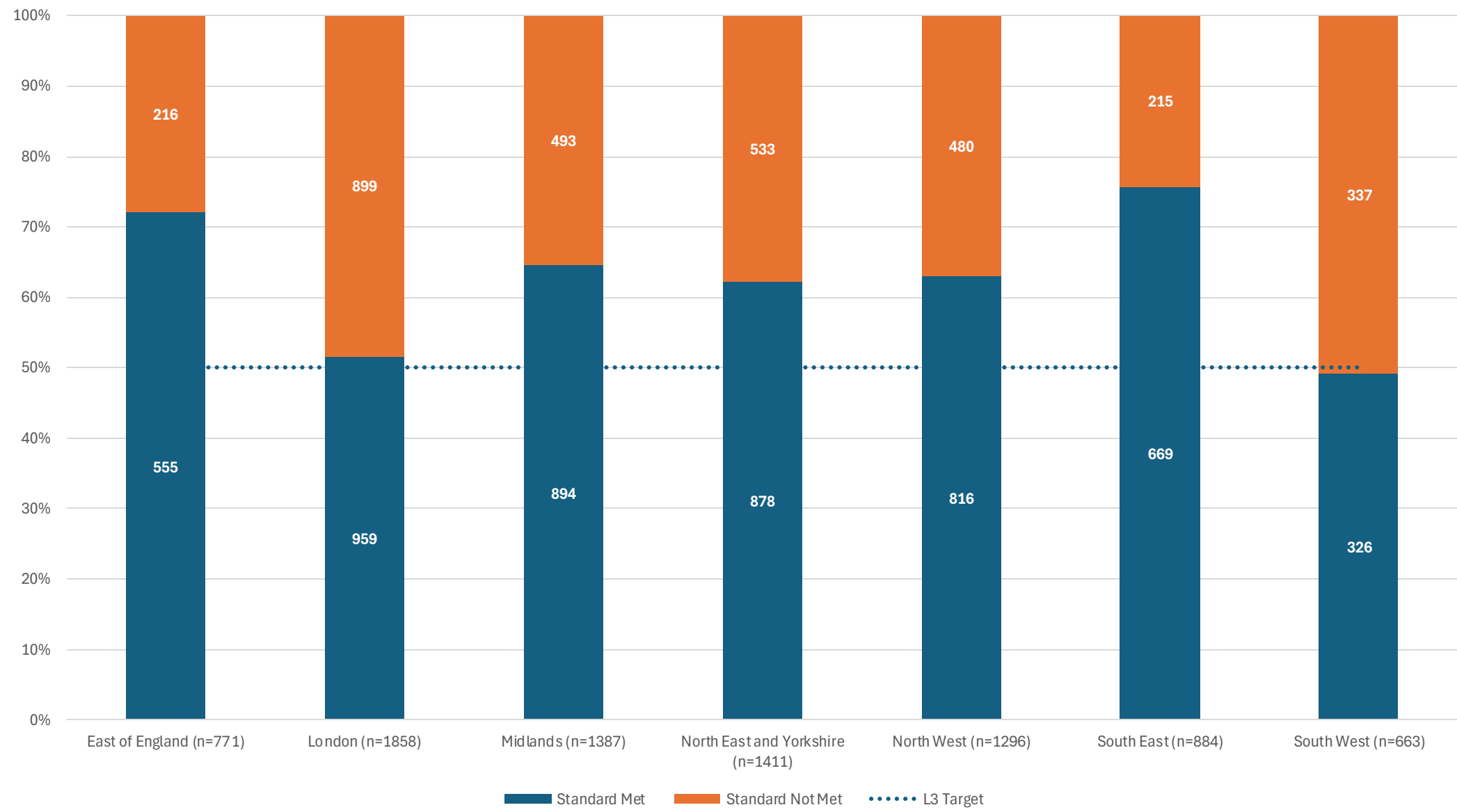
Physical Health Screening - England Regional Breakdown 2023/24



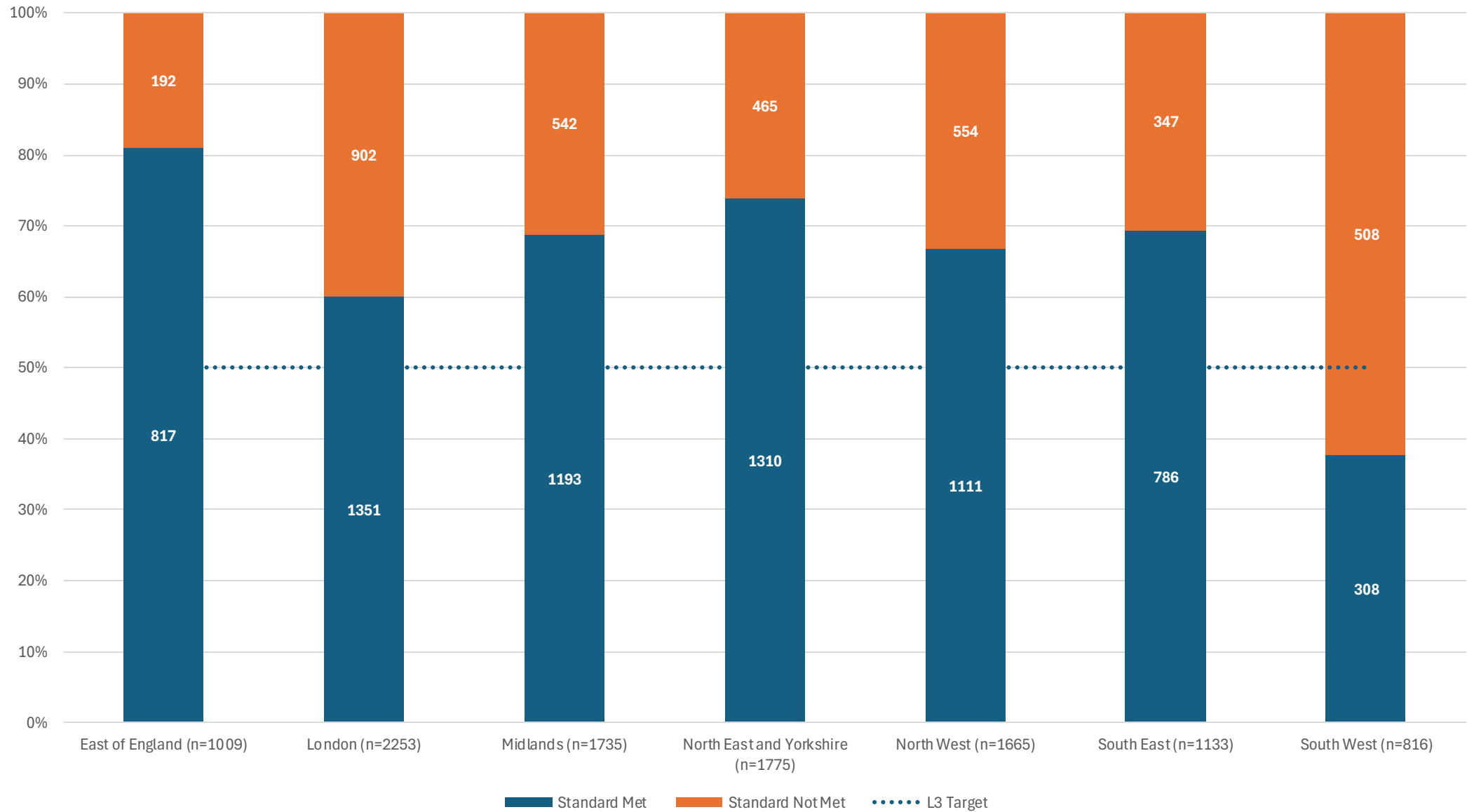
Physical Health Interventions - England Regional Breakdown 2023/24



Carer Support Uptake - England Regional Breakdown 2023/24



Outcome Measures Recording - England Regional Breakdown 2023/24



# Health Inequalities – England

# Health Inequalities (Age, Gender, Ethnicity) – England

## CBTp

**Age:** Increased uptake in all age categories, greatest increase in under 18s (+3.6%) since 2022/23, though under 18s had the lowest uptake rate (40.3%, n=106).

**Gender:** Increased uptake for male and female since 2022/23. Uptake by female is higher than male (approx. 10% difference).

**Ethnicity:** Increased uptake for White, Mixed, Other, and Unknown populations since 2022/23. White population has the highest uptake rate (53.1%).

## Family Intervention

**Age:** The under 18s category had highest uptake of family intervention (43.5%) compared to the 18-35 (29.69%) and 36+ (26.64%) categories. Note that there is a much smaller sample for under 18 (n=107).

**Gender:** Female (29.5%) and male (28.7%) had similar uptake.

**Ethnicity:** White (30.8%) and Mixed (31.9%) populations had a higher uptake rate than other ethnicities.

## Clozapine

**Age:** Under 18s (69.2%, n=18) and 18-35 (63.9%, n=391) categories had a higher percentage of Clozapine offered than 36+ age group (49.5%, n=108).

**Gender:** Males (63%) had a higher percentage of Clozapine offered than females (55.7%).

**Ethnicity:** Asian and Black populations have highest percentage of Clozapine offered. Increase in percentage Clozapine offered in Black population (+10.4%) since 2022/23.

## Supported Employment and Education Programmes

**Age:** 18-35 (44.8%) had higher uptake rates than under 18s (22.5%) and 36+ (29.8%). Under 18s face higher % of intervention not offered (40%)

**Gender:** Similar levels of uptake between females and males.

**Ethnicity:** The Black population is the most likely to take up 'Supported Employment', and the least likely not to be offered this intervention.

# Health Inequalities (Age, Gender, Ethnicity) – England

## Physical Health Screening and Interventions

**Age:** 36+ age group had the highest screening and related intervention offered rate (81.9%, n=3162), while the under 18s age group had the lowest screening and related intervention offer rate (66.9%, n=176).

**Gender:** Male (78.7%) and female (79.8%) have similar percentages of relevant interventions offered.

**Ethnicity:** White population had a higher screening and related intervention offered rate and was the only ethnicity category that achieved over 80% (L3+ NICE concordance).

## Carer-focused education and support programmes

**Age:** Similar levels of uptake across all age groups.

**Gender:** Carers of male service users had a higher uptake rate (63.6%) than that of female service users (59%).

**Ethnicity:** Carers of White service users had the highest uptake rate (64.4%). Black and Other ethnicity groups had the lowest uptake rates at 52.1% and 51.9% respectively.

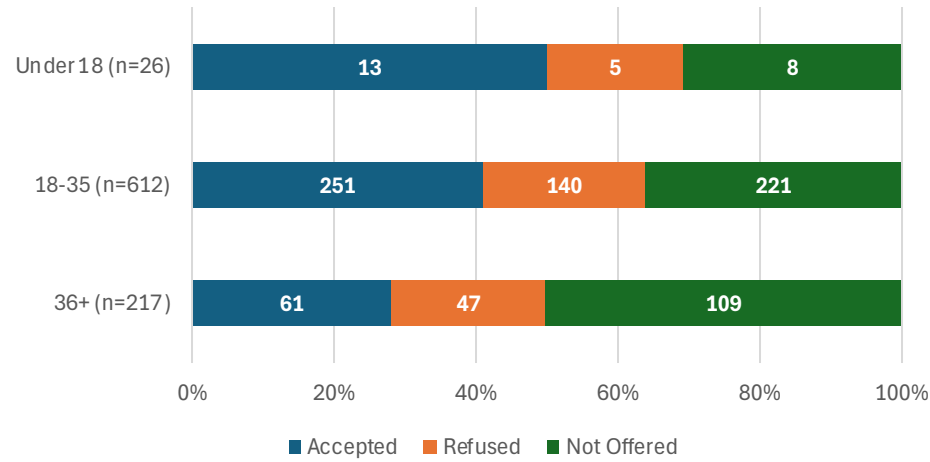
## Outcome Measures

**Age:** The 36+ category has the highest percentage of outcome measures recorded (69.6%, n=2686), while the under 18s category has the lowest percentage of outcome measures recorded (44.1%, n=116).

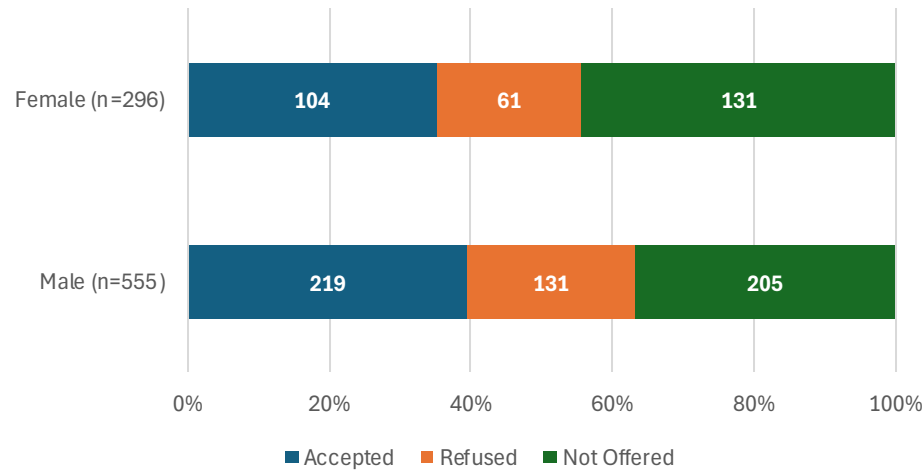
**Gender:** In 2024, female (69.4%) had a higher percentage of outcome measures recorded than male counterparts (63.8%).

**Ethnicity:** The White population is most likely to have outcome data recorded at 69.4%.

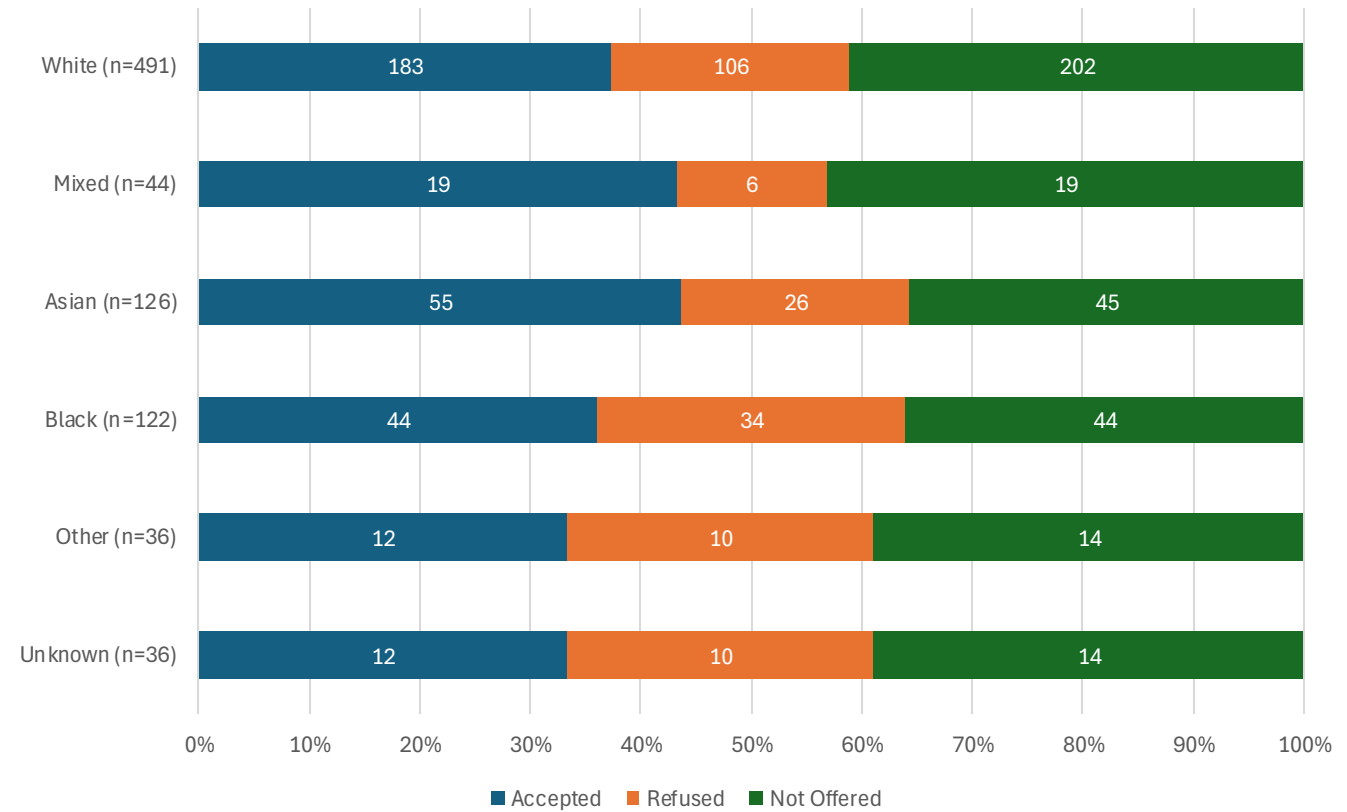
### Clozapine Uptake by Age 2023/24



### Clozapine Uptake by Gender 2023/24



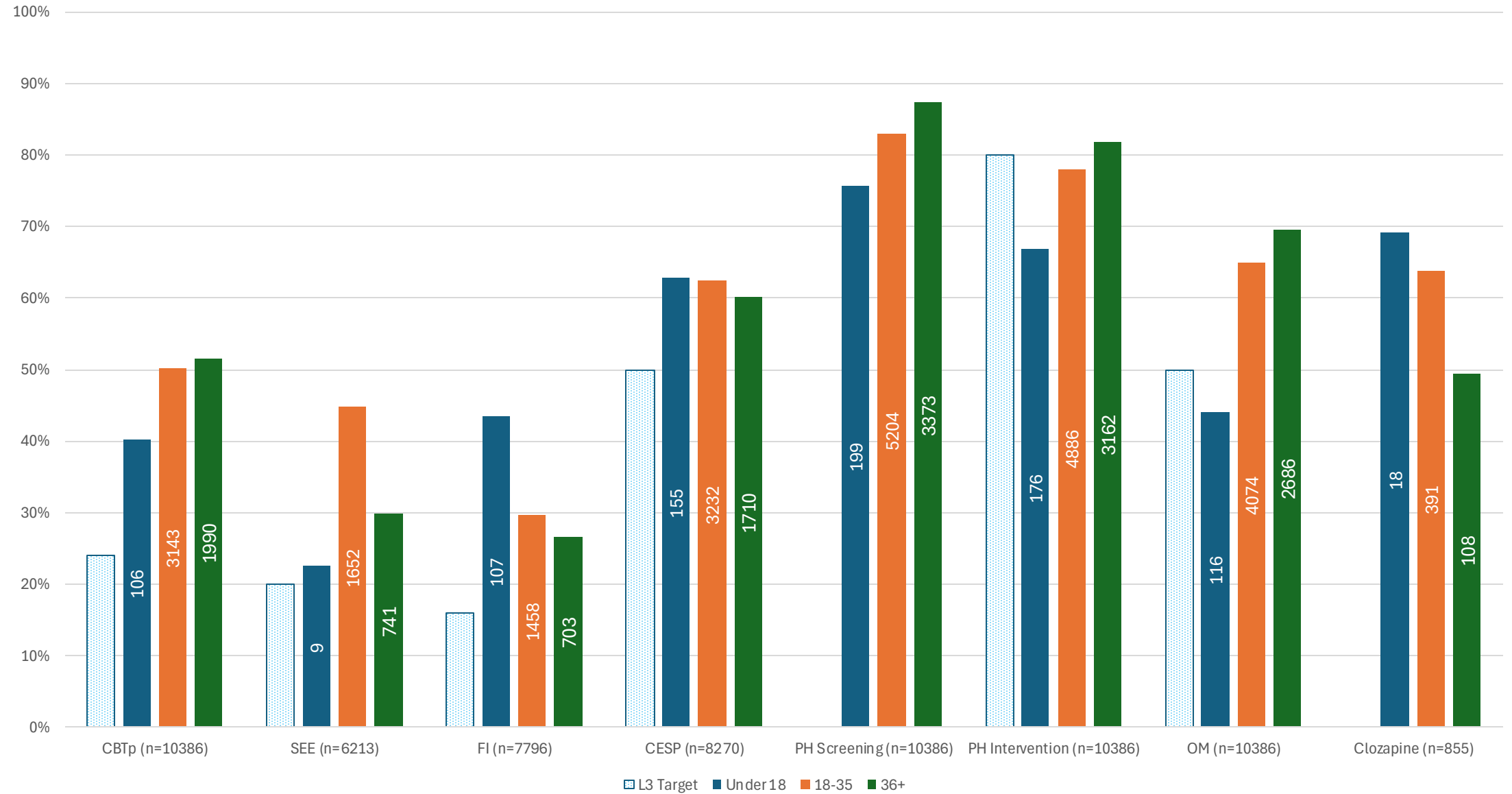
### Clozapine Uptake by Ethnicity 2023/24





# Health Inequalities – Age

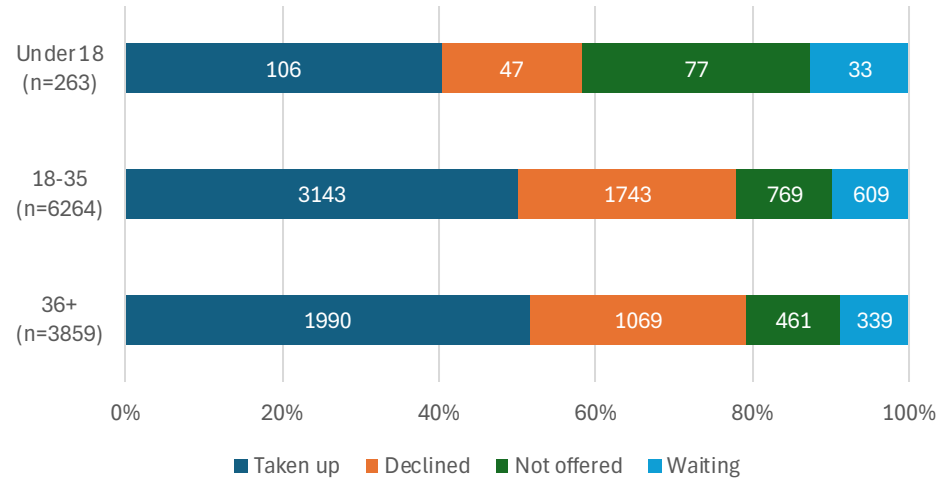
Percentage of each Age Group meeting Standards 2023/24



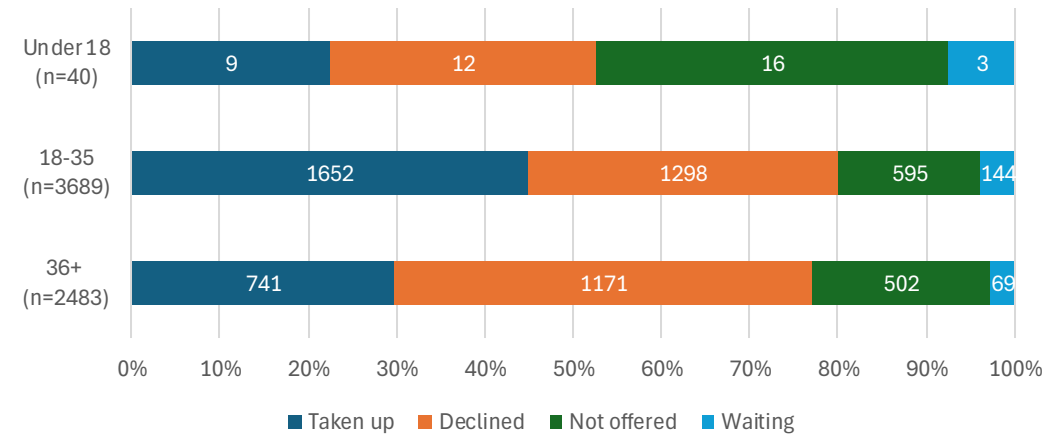
N.B. Small numbers for SEE, FI and Clozapine, read with caution

# Psychosocial interventions (detailed) by Age

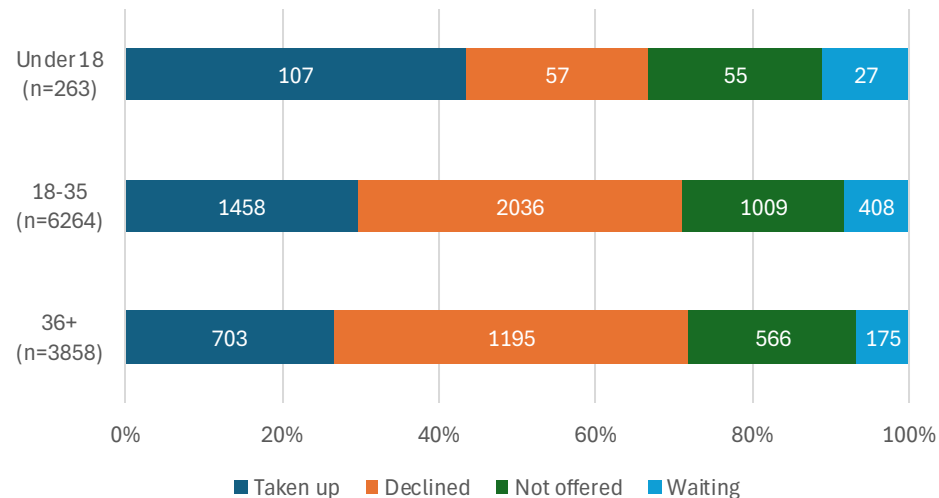
## CBTp Uptake by Age 2023/24



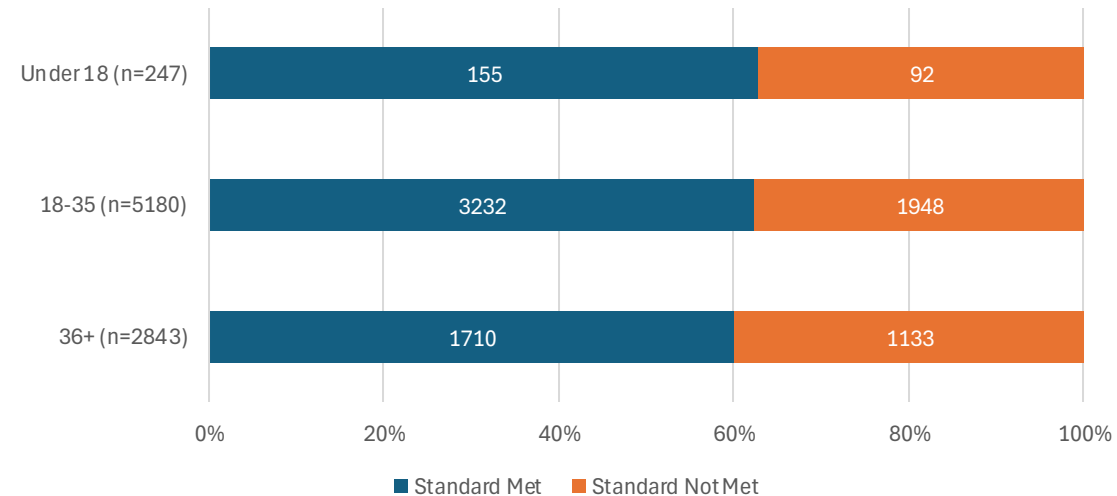
## Supported Employment and Education Uptake by Age 2023/24



## Family Intervention Uptake by Age 2023/24



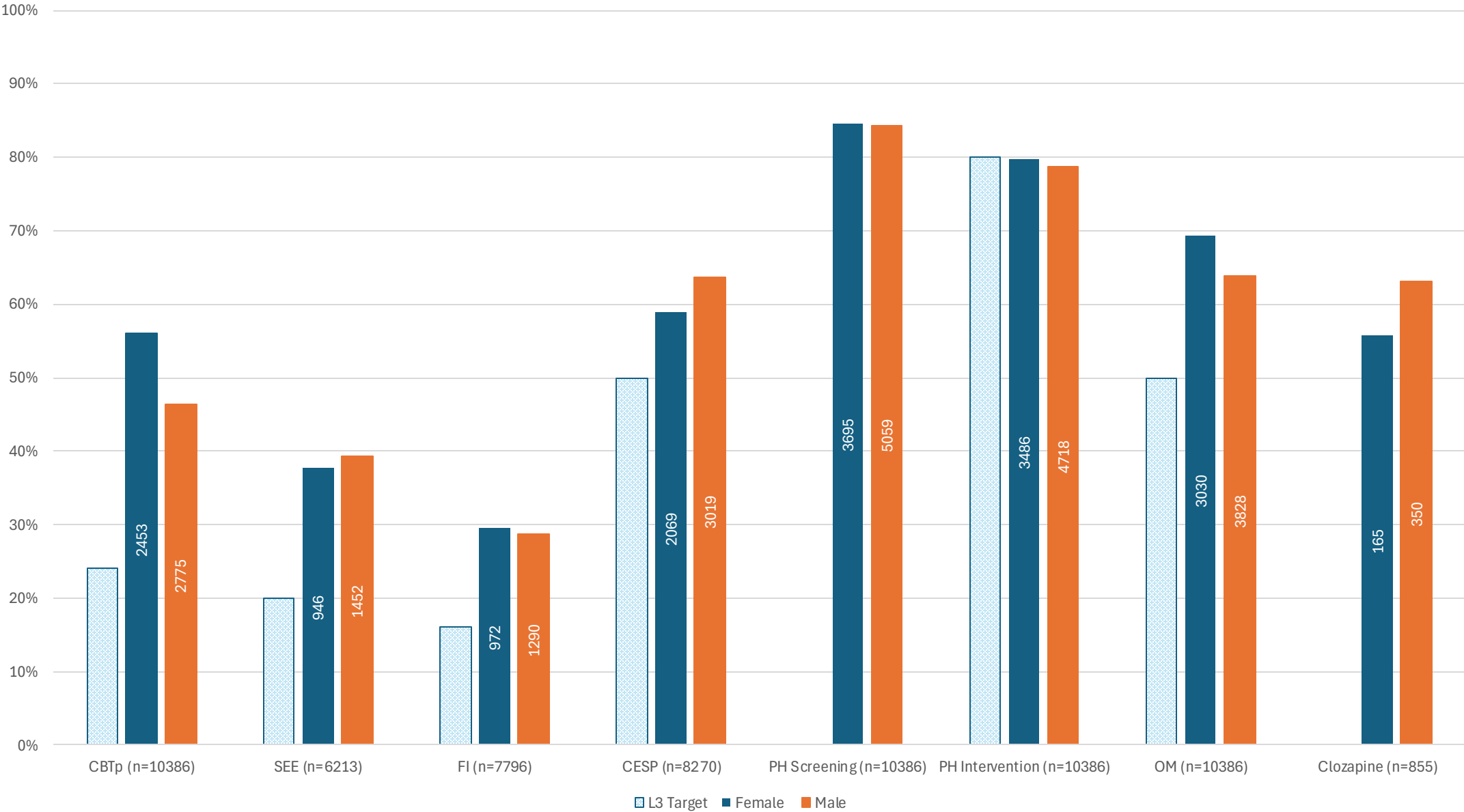
## Carer Support Standard Met / Not Met by Age 2023/24



# Health Inequalities – Gender

\* Other/Non-binary category not shown due to small numbers

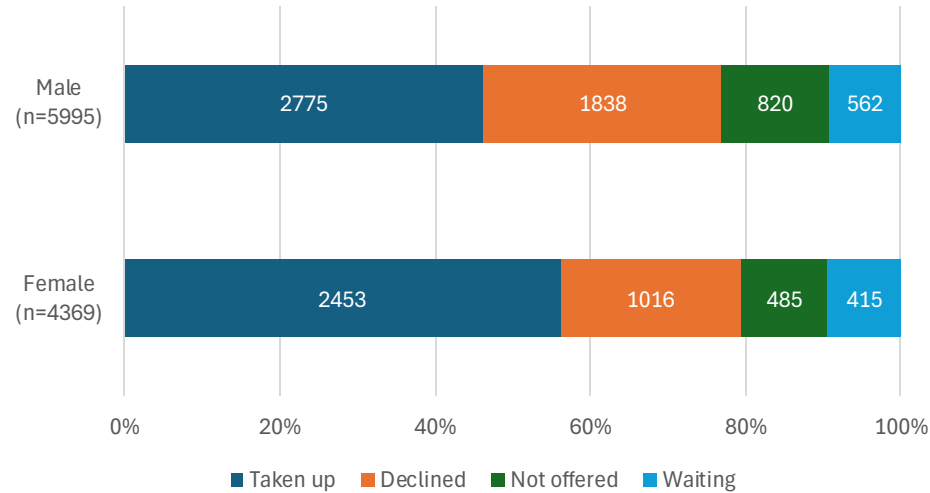
Percentage of Genders meeting all Standards 2023/24



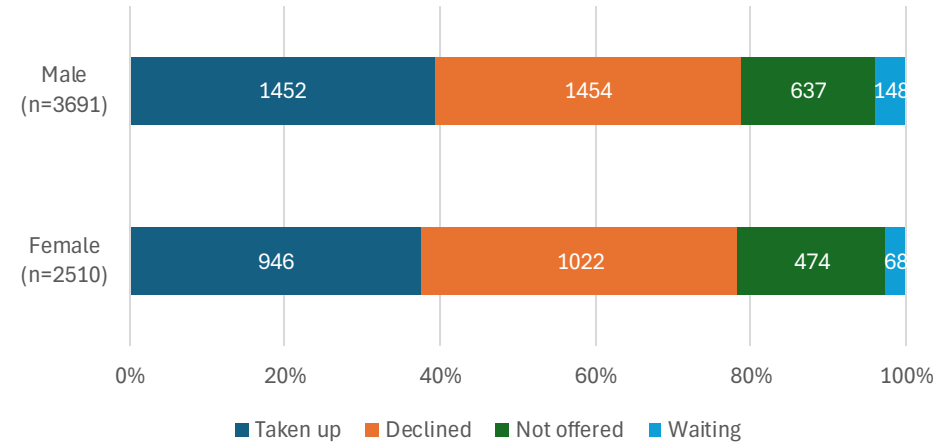
\* Other/Non-binary category not shown due to small numbers

# Psychosocial Interventions (detailed) by Gender

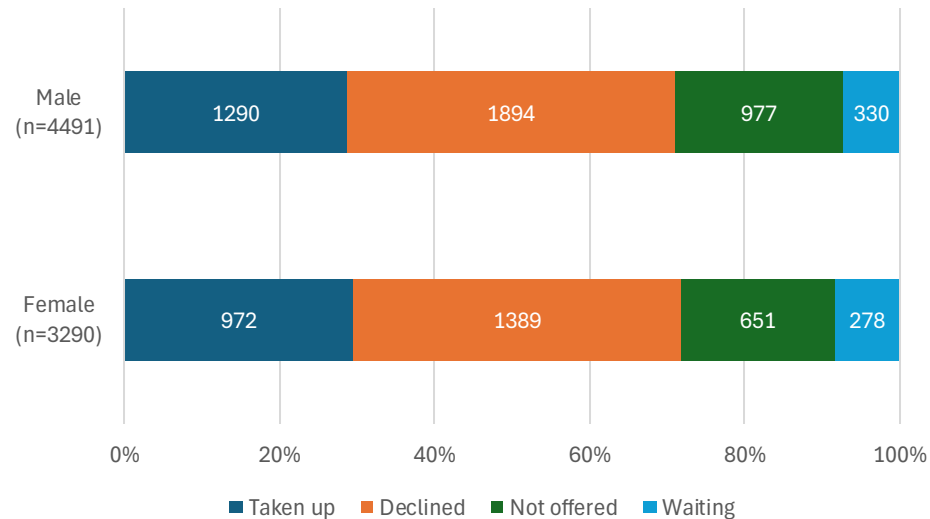
## CBT Uptake by Gender 2023/24



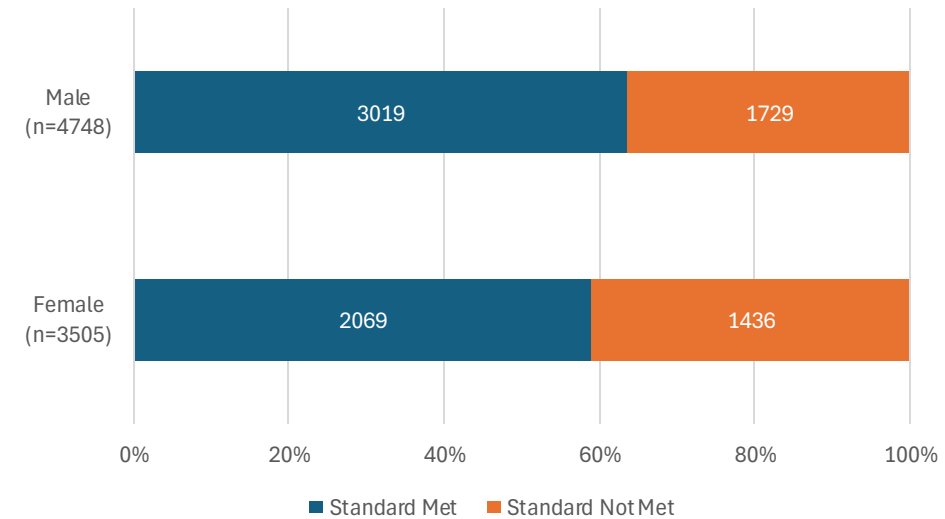
## Supported Employment and Education Uptake by Gender 2023/24



## Family Intervention Uptake by Gender 2023/24



## Carer Support Standard by Gender 2023/24



\* Other/Non-binary category not shown due to small numbers

# Health Inequalities – Ethnicity

## White

- 1 = White British;
- 2 = White Irish;
- 3 = White Any other background;

## Mixed

- 12 = Mixed Asian & white;
- 13 = Mixed Black African & white;
- 14 = Mixed Black Caribbean & white;
- 15 = Mixed Any other mixed background;

## Asian or Asian British

- 7 = Asian/Asian British Bangladeshi;
- 8 = Asian/Asian British Indian;
- 9 = Asian/Asian British Pakistani;
- 11 = Asian/Asian British Any other Asian background;

## Black

- 4 = Black/Black British African;
- 5 = Black/Black British Caribbean;
- 6 = Black/Black British Any other black background;

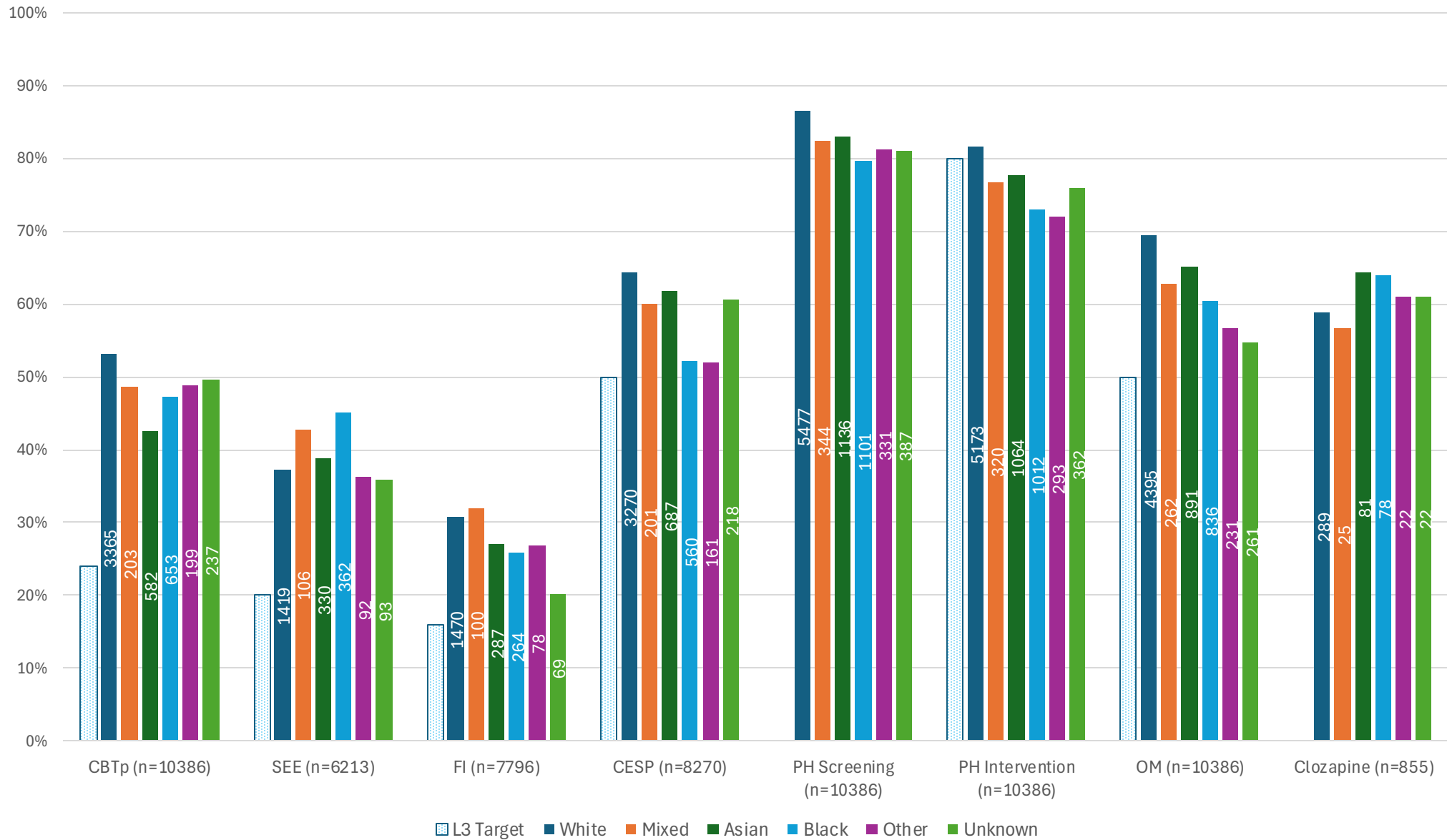
## Other

- 10 = Asian/Asian British Chinese;
- 16 = Any other ethnic background;

## Unknown

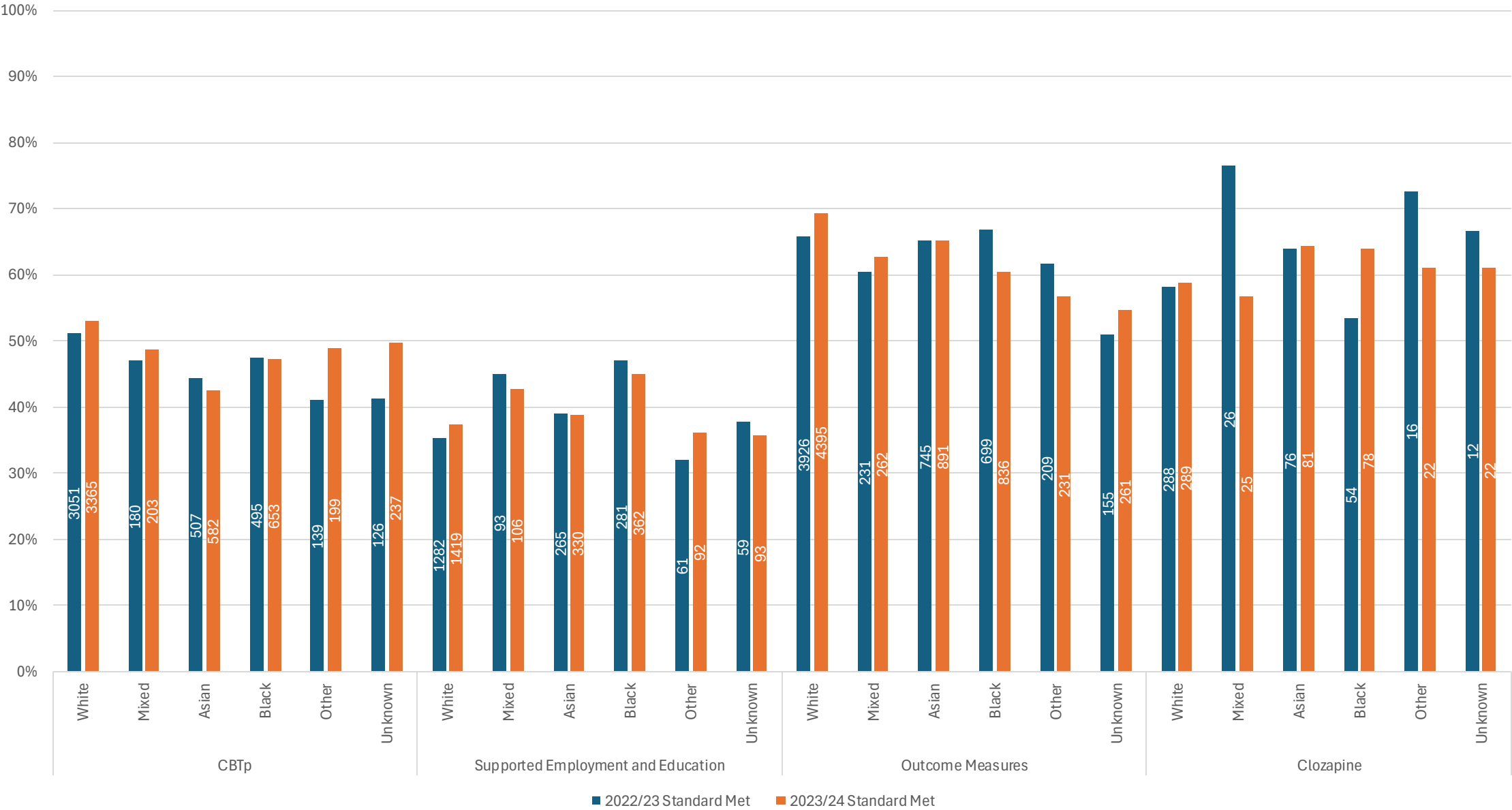
- 17 = Declined;
- 18 = Unknown/not documented;

## All Standards by Ethnicity, England 2023/24



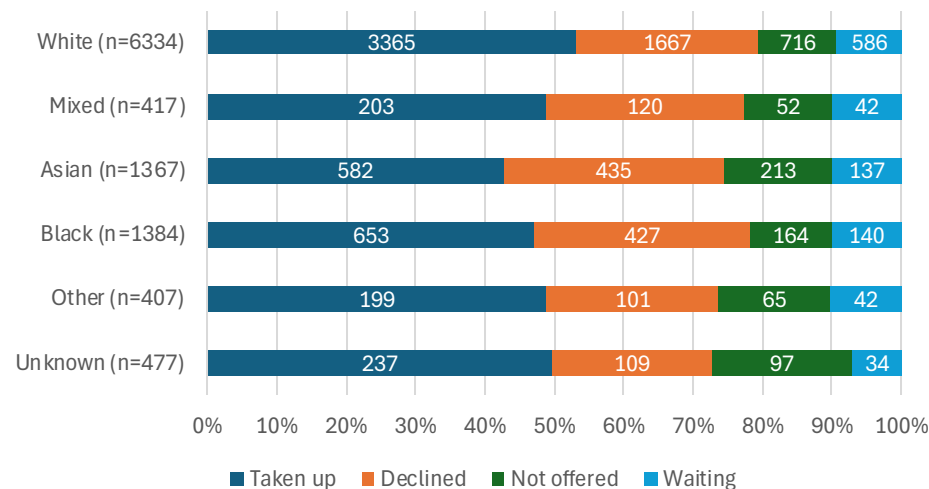


2022/23 and 2023/24 Comparison of Standards Met by Ethnicity

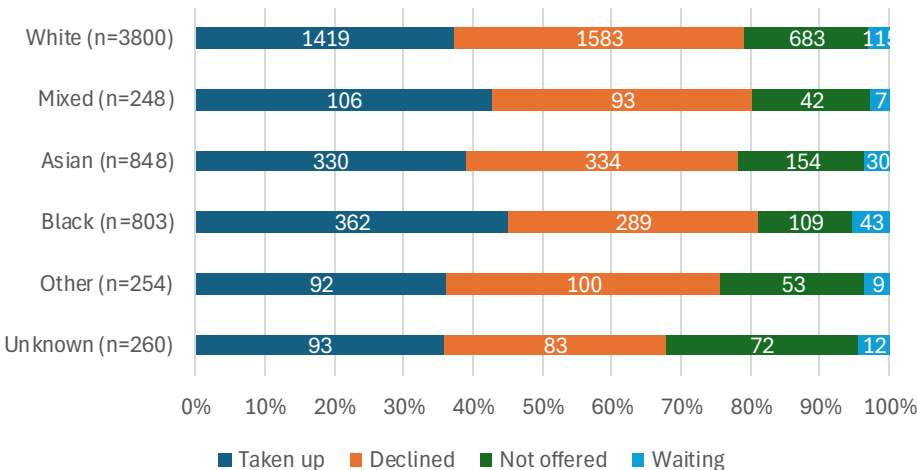


# England Psychosocial Interventions by Ethnicity

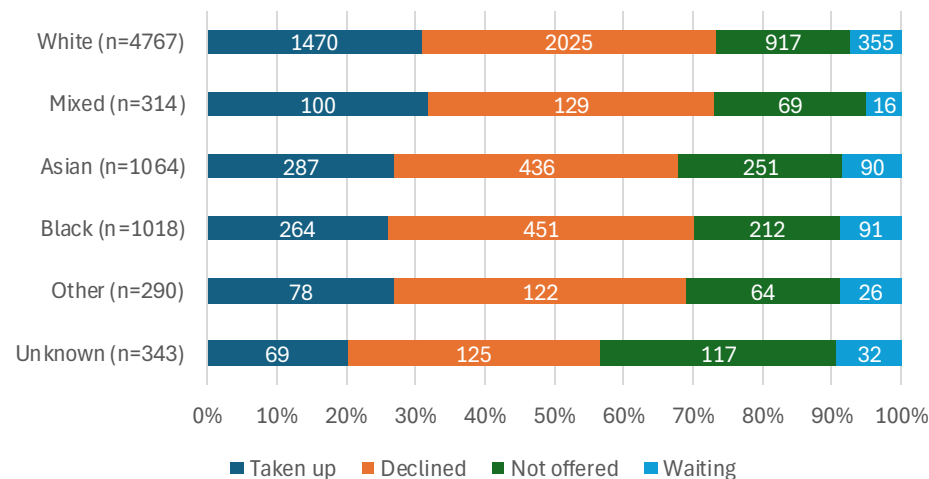
CBTp Uptake by Ethnicity 2023/24



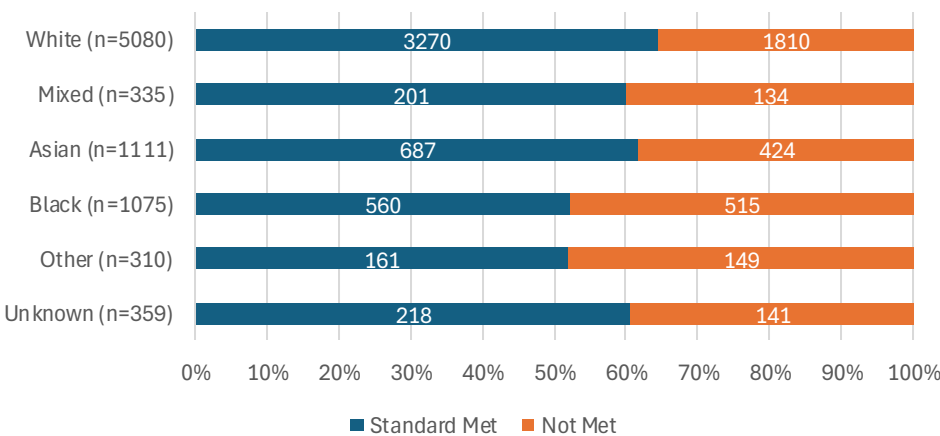
Supported Employment and Education Uptake by Ethnicity 2023/24



Family Intervention Uptake by Ethnicity 2023/24

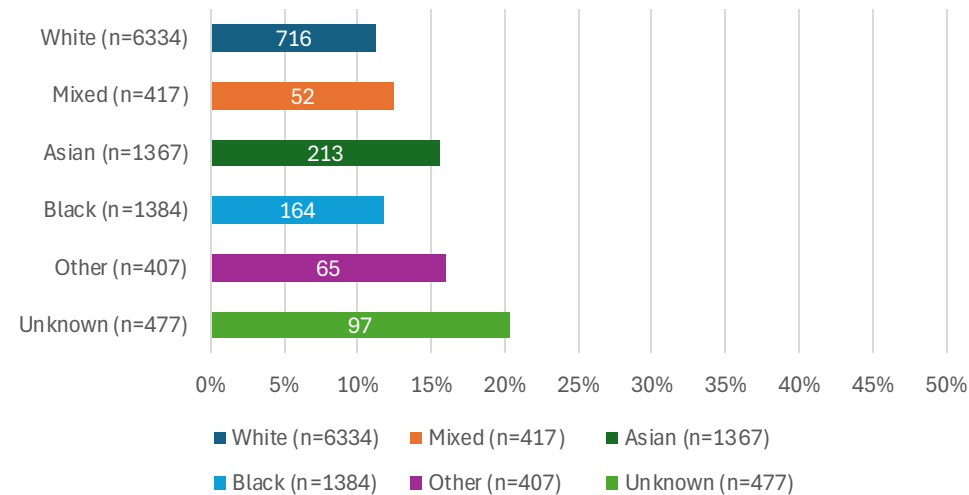


Carer-focused Education and Support by Ethnicity 2023/24

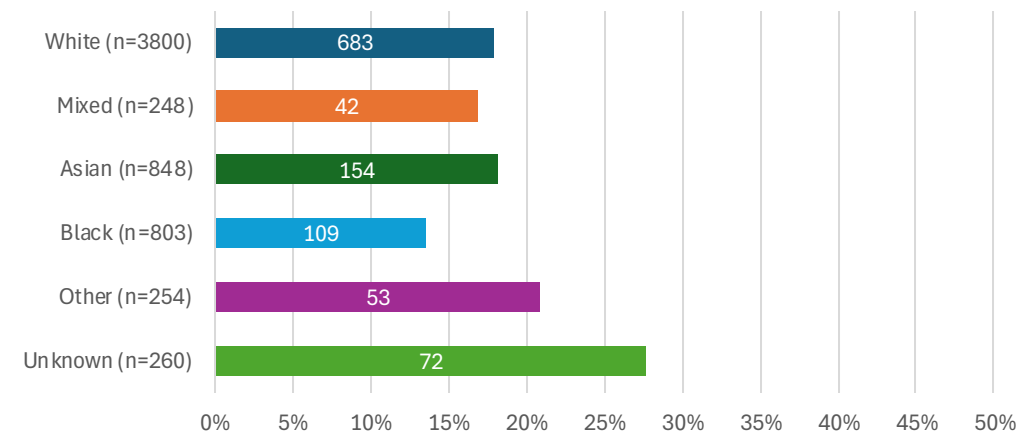


# Percentage of psychosocial interventions Not Offered by Ethnicity

CBTp Not Offered by Ethnicity 2023/24



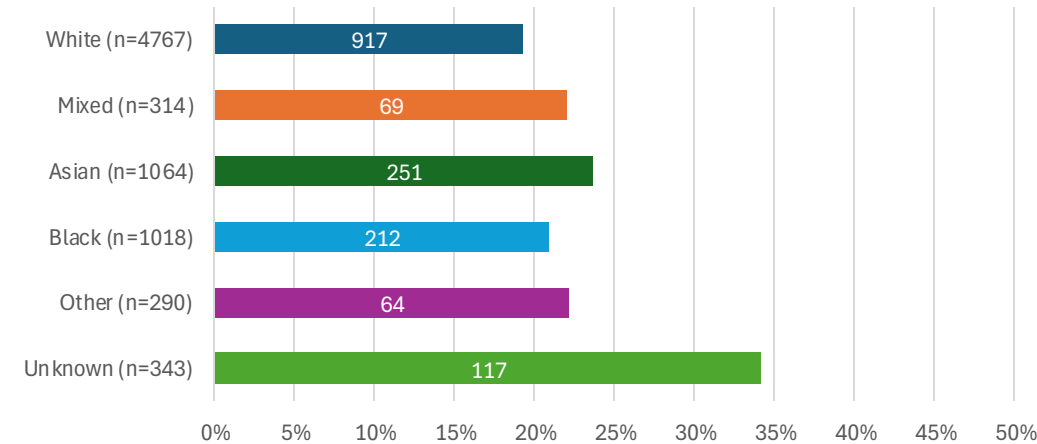
Supported Employment and Education Not Offered by Ethnicity 2023/24



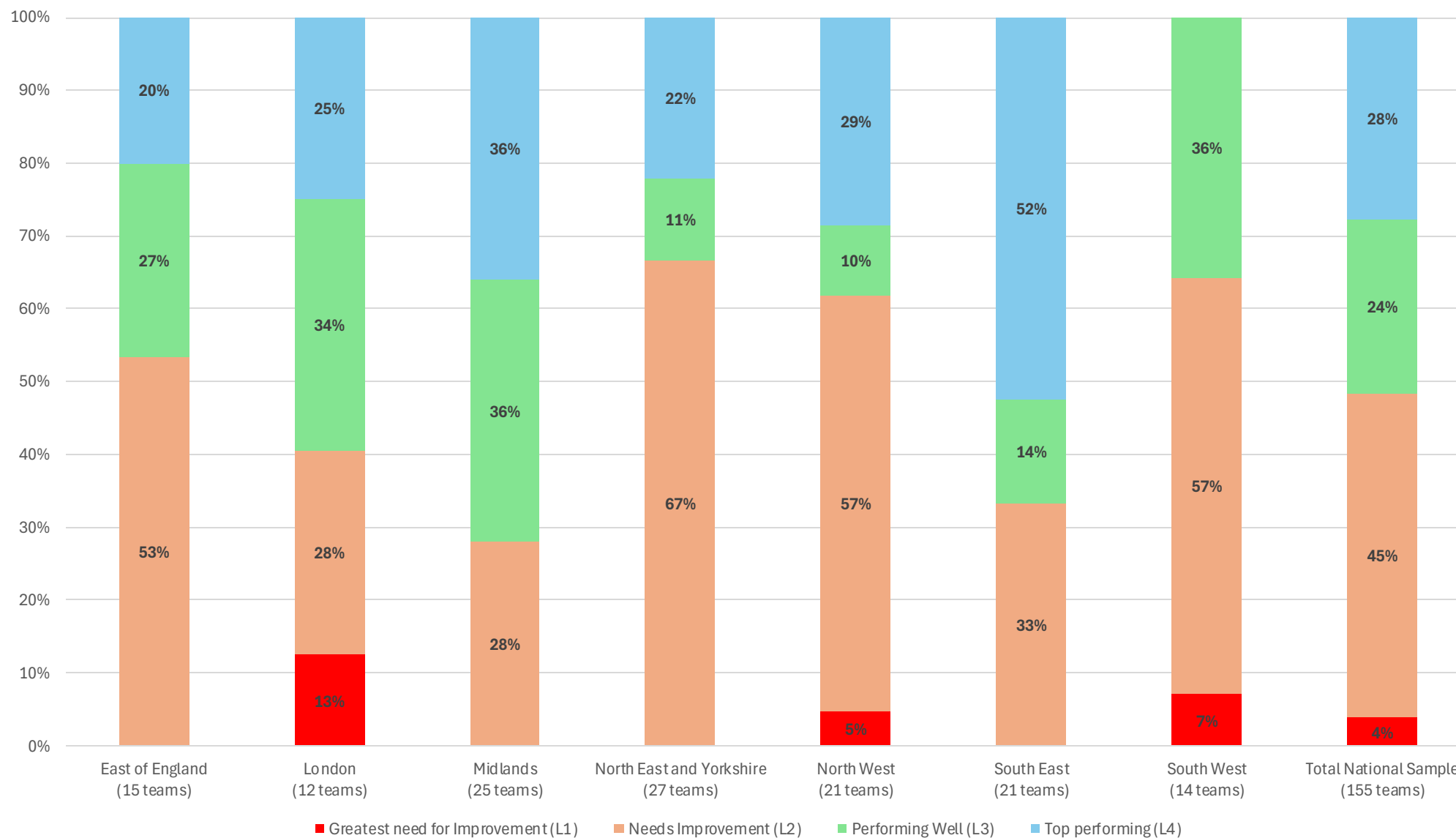
**\*Other category** includes 'Asian/Asian British Chinese', and 'Any other ethnic background';

**Unknown category** includes 'declined', 'unknown', and 'not documented'.

Family Intervention Not Offered by Ethnicity 2023/24



England EIP Teams Performance based on CYP Sub-matrix Scores



**Wales**

Audit Year	Change over time (%)					
	2018/19 (n=247)	2019/20 (n=205)	2020/21 (n=248)	2021/22 (n=239)	2022/23 (n=212)	2023/24 (n=239)
Total Number of Teams	6	6	6	6	7	8
<b>Standard 1:</b> Timely Access	N/A	33	36	33	36	51
<b>Standard 2:</b> Cognitive behavioural therapy for psychosis	43	51	52	48	43	37
<b>Standard 3:</b> Family intervention	22	24	25	30	21	26
<b>Standard 4:</b> Prescribing of clozapine	55	66	61	85	80	87
<b>Standard 5:</b> Supported employment and education programmes	17	18	25	36	26	35
<b>Standard 6:</b> Physical health screening	15	21	24	51	66	77
<b>Standard 7:</b> Physical health interventions	12	12	13	30	59	71
<b>Standard 8:</b> Carer-focused education and support programmes	29	44	23	25	37	45
<b>Outcome measures recording</b>	0	5	7	15	17	16

## Change over time performance – Wales

# EIP and CBT for ARMS Provision – Wales

## No EIP Service

2022/23 (n=7)

2023/24 (n=8)

Under 18

0

0

18-35

0

0

36+

85.7% (6)

100% (8)

## No CBT for ARMS

2022/23 (n=7)

2023/24 (n=8)

Under 18

71.4% (5)

62.5% (5)

18-35

71.4% (5)

62.5% (5)

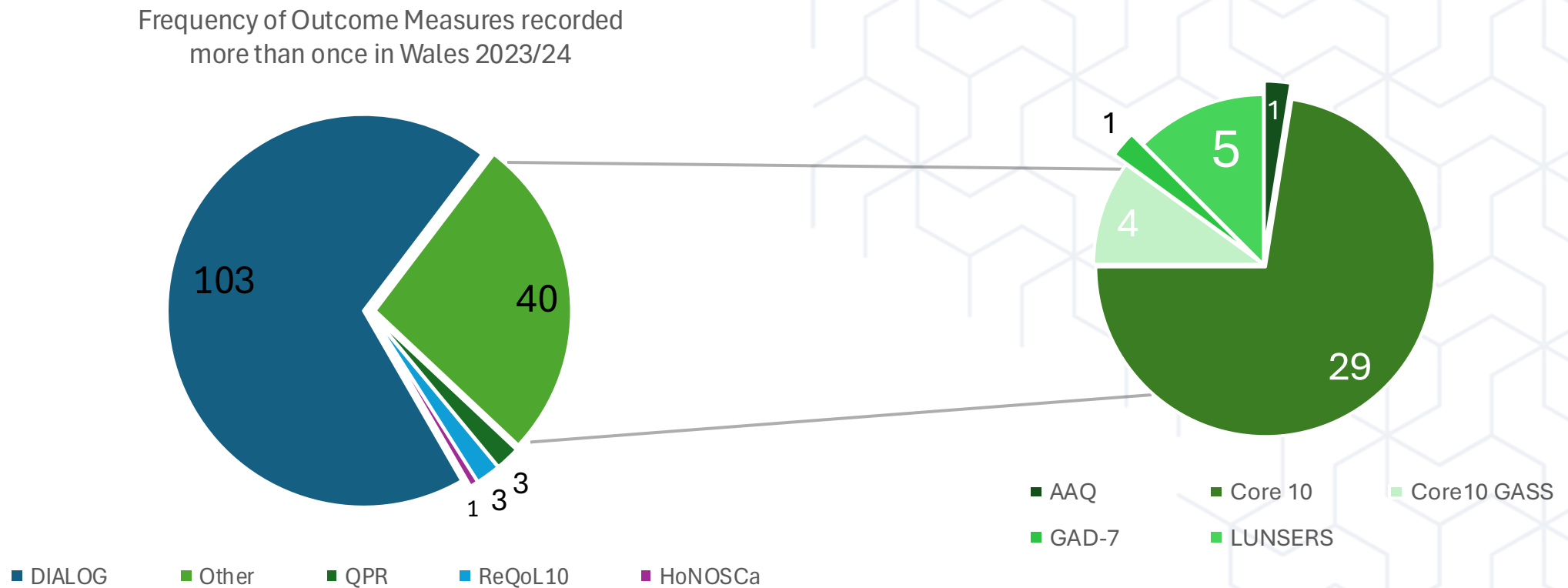
36+

100% (7)

75% (6)

# Outcome Measures – 2023/24 Wales

- DIALOG and 'Other' were the most used outcome measures in Wales.
- Most common outcome measures in "Other" include CORE-10, LUNSERS, GASS.



*Pie chart representing number of times each Outcome Measure was recorded more than once.*



# Physical health screening 2024 (Wales)



## Smoking

Offered – 90.8% (-1.7%)



## Alcohol

Offered – 91.6% (+0.1%)



## Substance misuse

Offered - 91.2% (-0.8%)



## BMI

Offered – 85.8% (+1.8%)



## Blood pressure

Offered – 88.3% (+2.5%)



## Blood glucose

Offered – 86.2% (+7%)



## Cholesterol

Offered - 86.6% (+7.8%)

# Physical health interventions 2024 (Wales)



**Smoking**  
Offered – 91.3%



**Harmful alcohol use**  
Offered – 100%



**Substance misuse**  
Offered – 97.3%



**Weight**  
Offered – 92.24%



**Elevated blood pressure**  
Offered – 84.6%



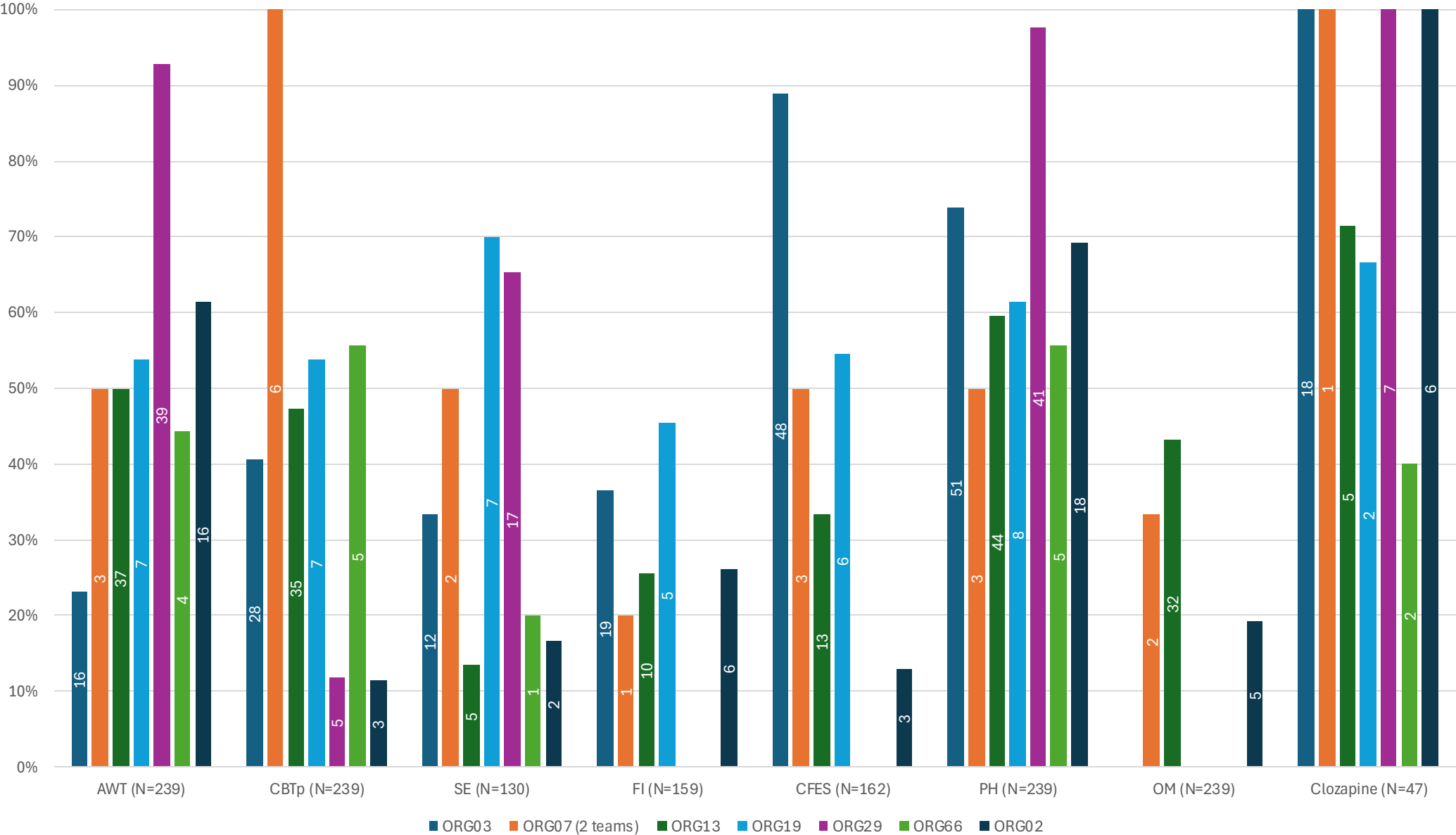
**Abnormal glucose control**  
Offered – 87.5%



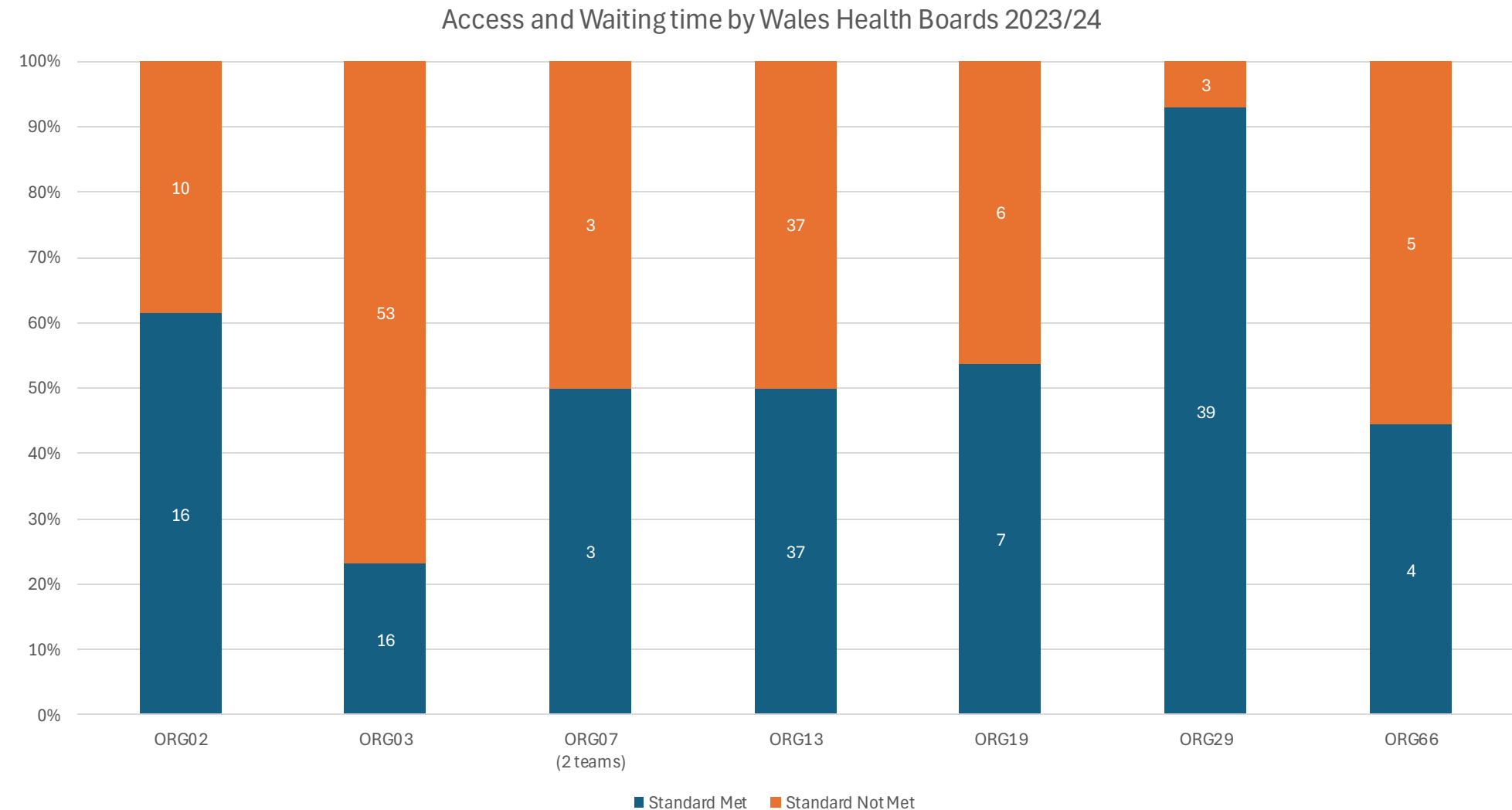
**Abnormal lipids**  
Offered – 100%

# Health Board Data – Wales

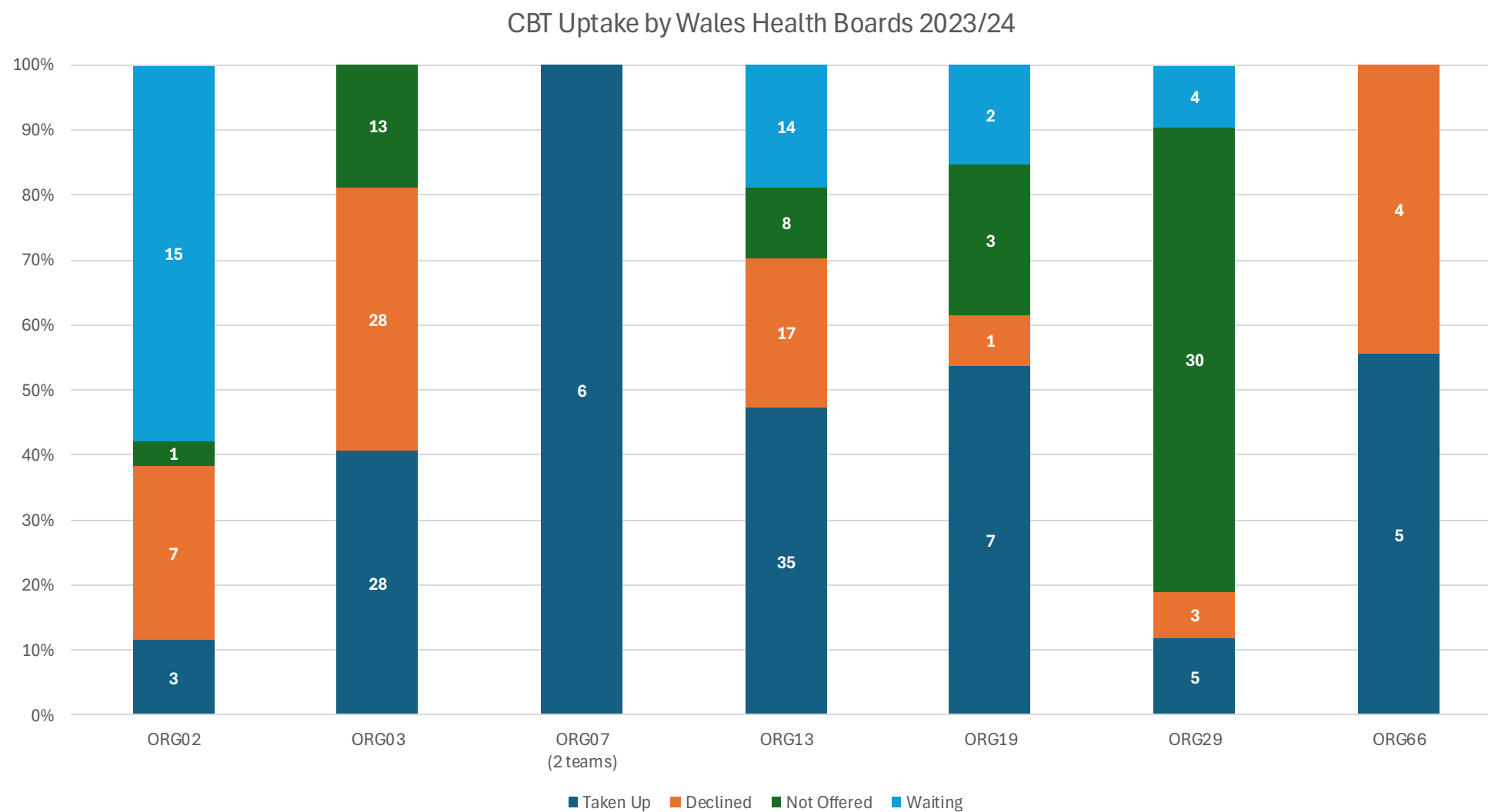
Wales Health Board performance across standards 2023/24



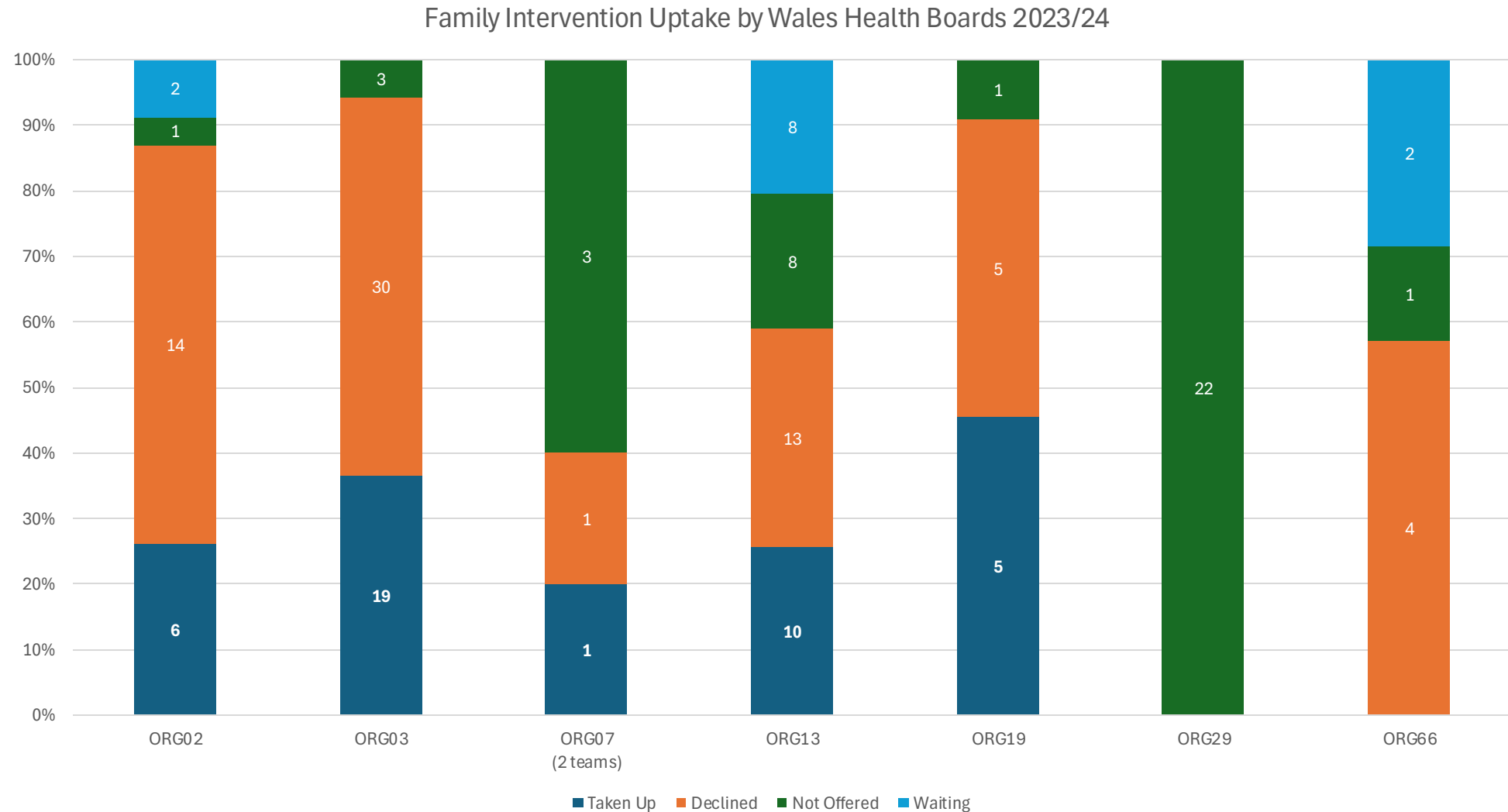
# Health Board variation in AWT standard (2024)



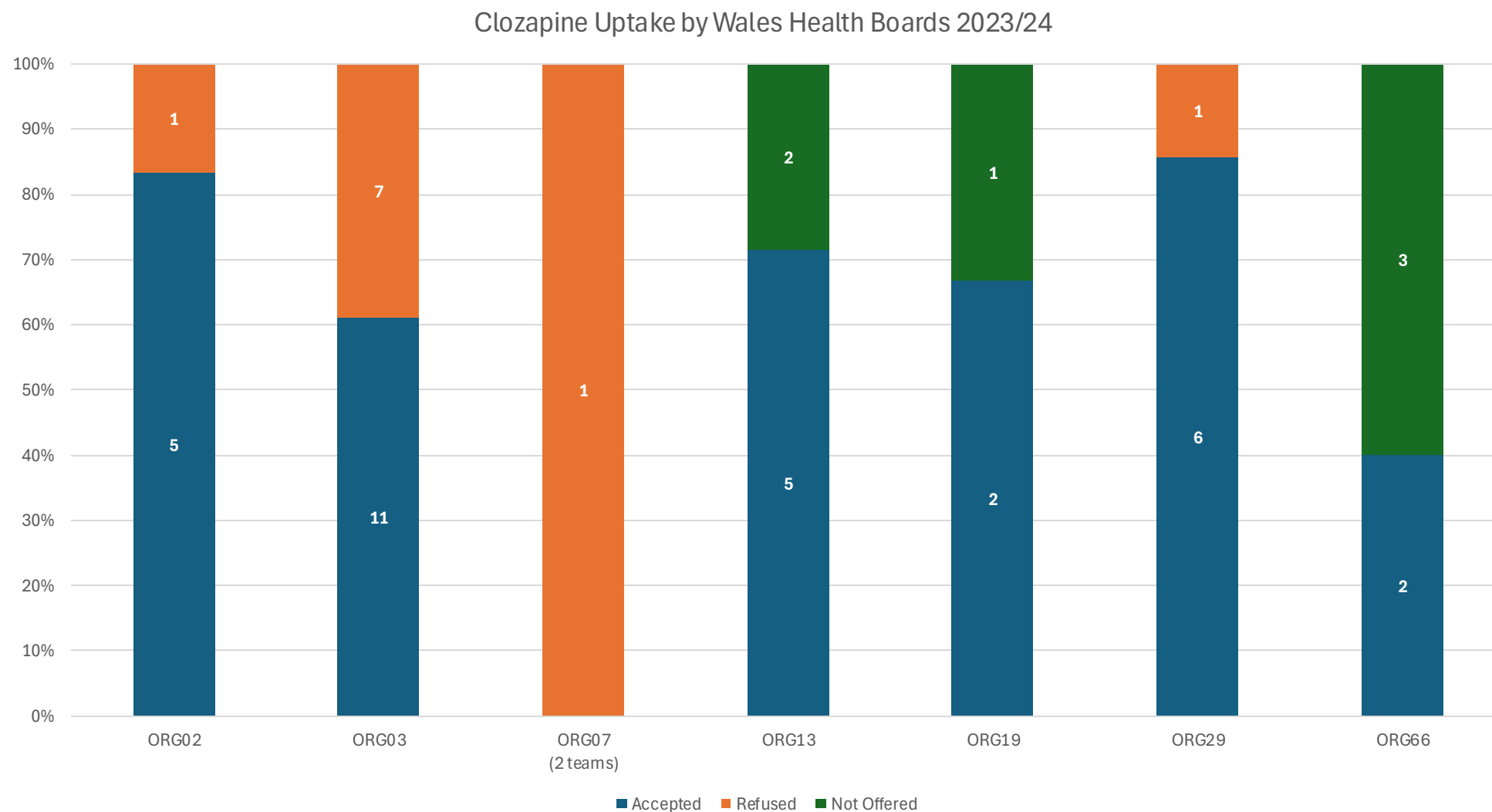
# Health Board variation in CBTp provision (2024)



# Health Board variation in Family Intervention provision (2024)

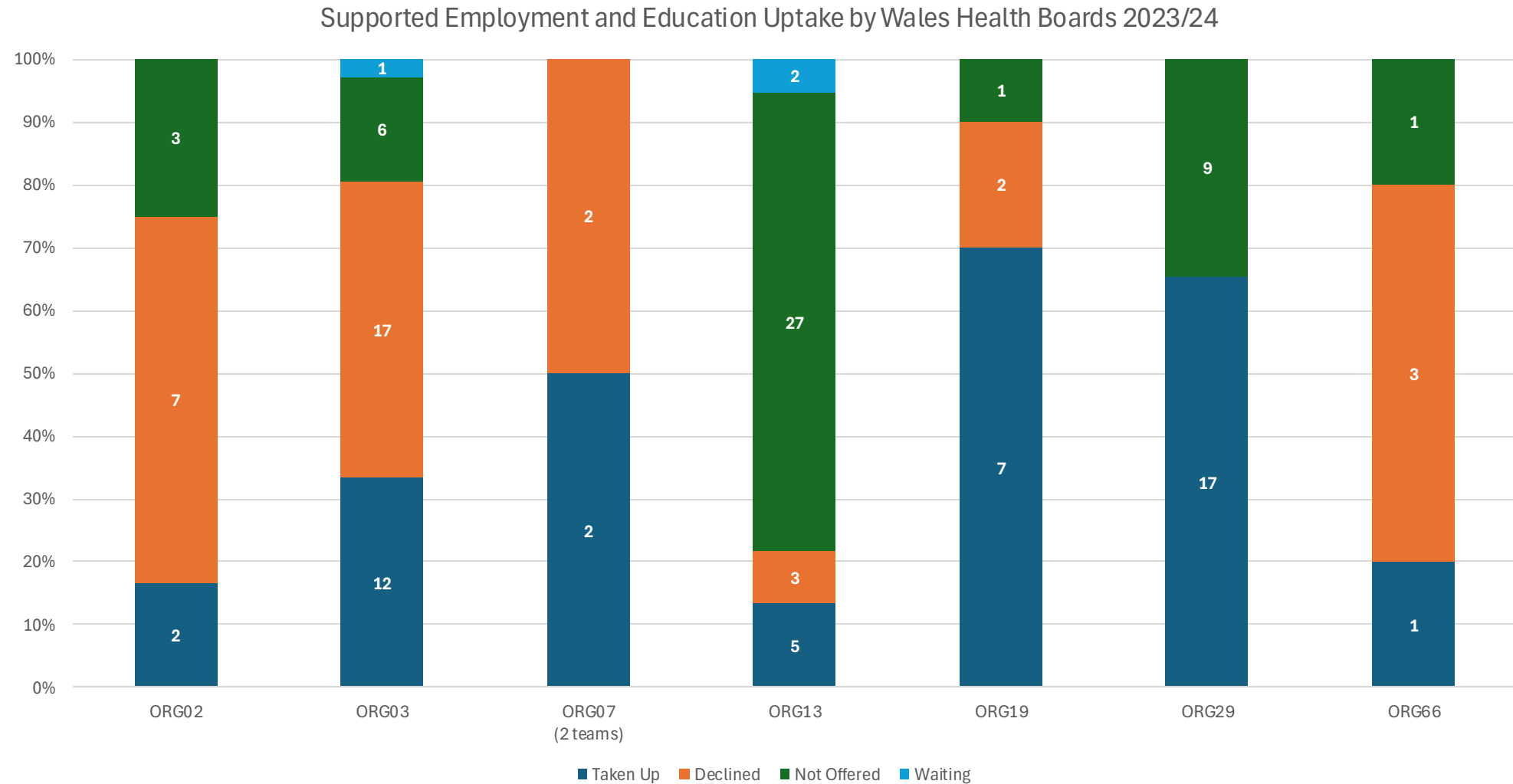


# Health Board variation in Clozapine provision (2024)

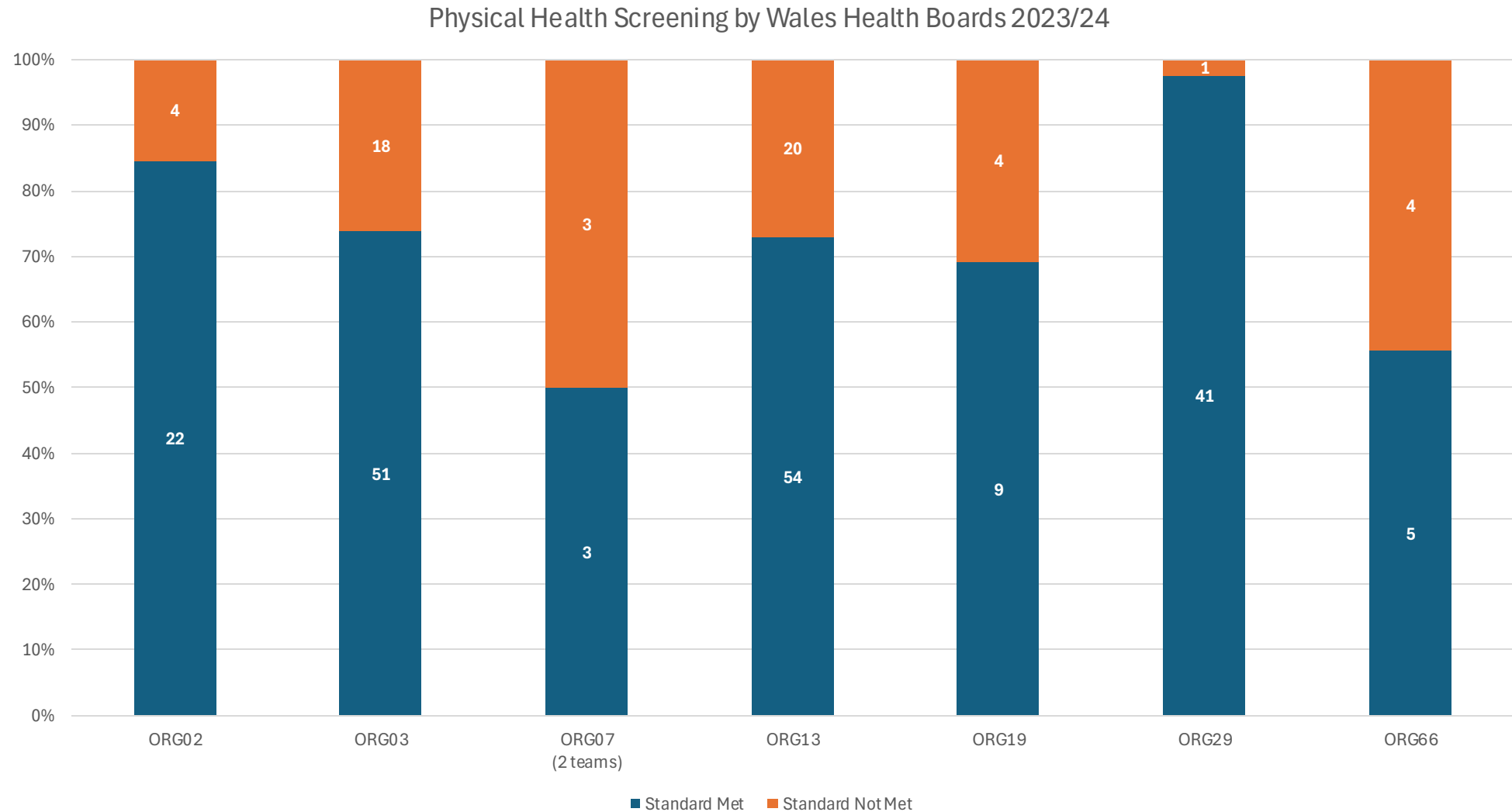




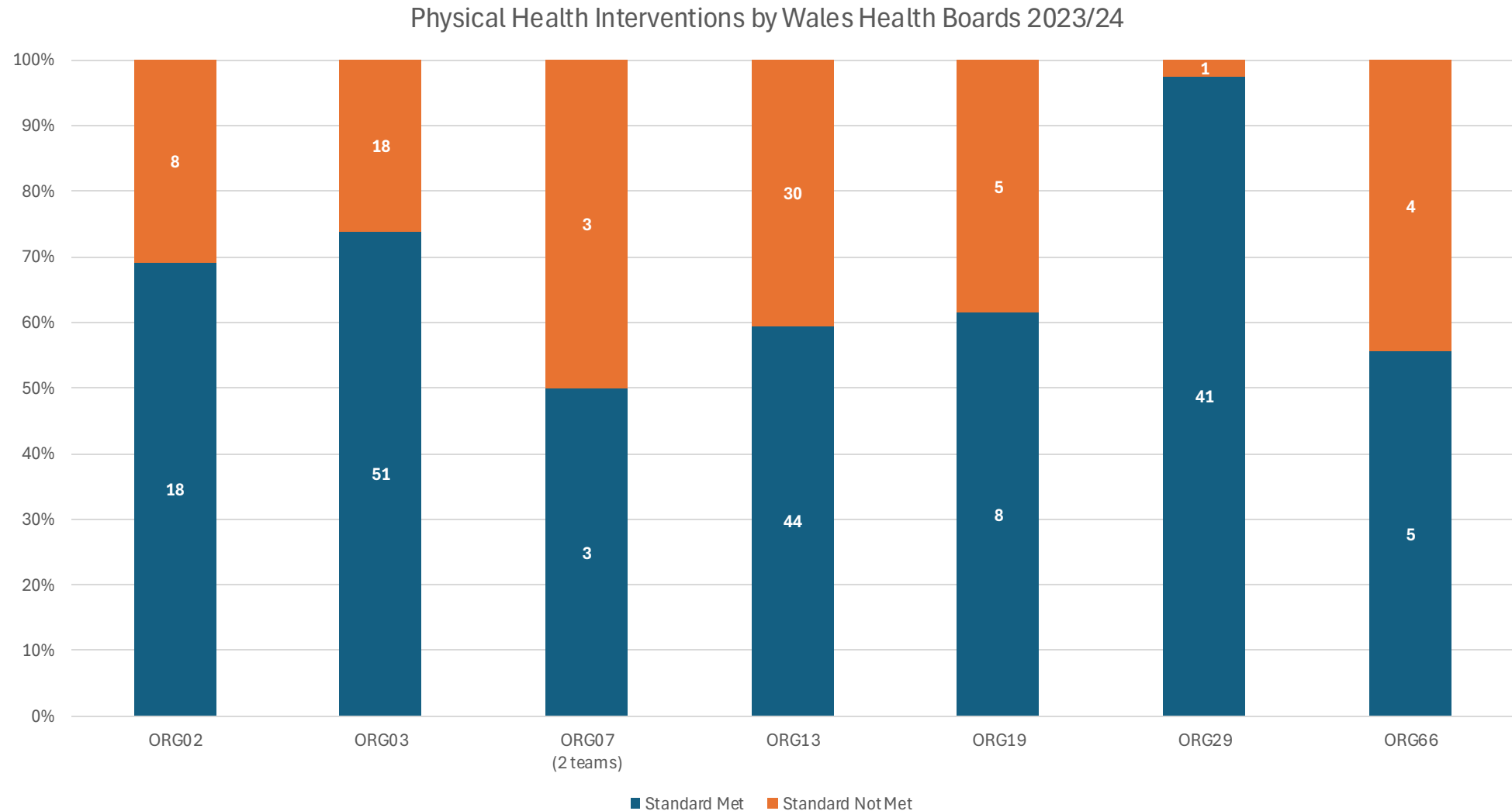
# Health Board variation in Supported Employment and Education provision (2024)



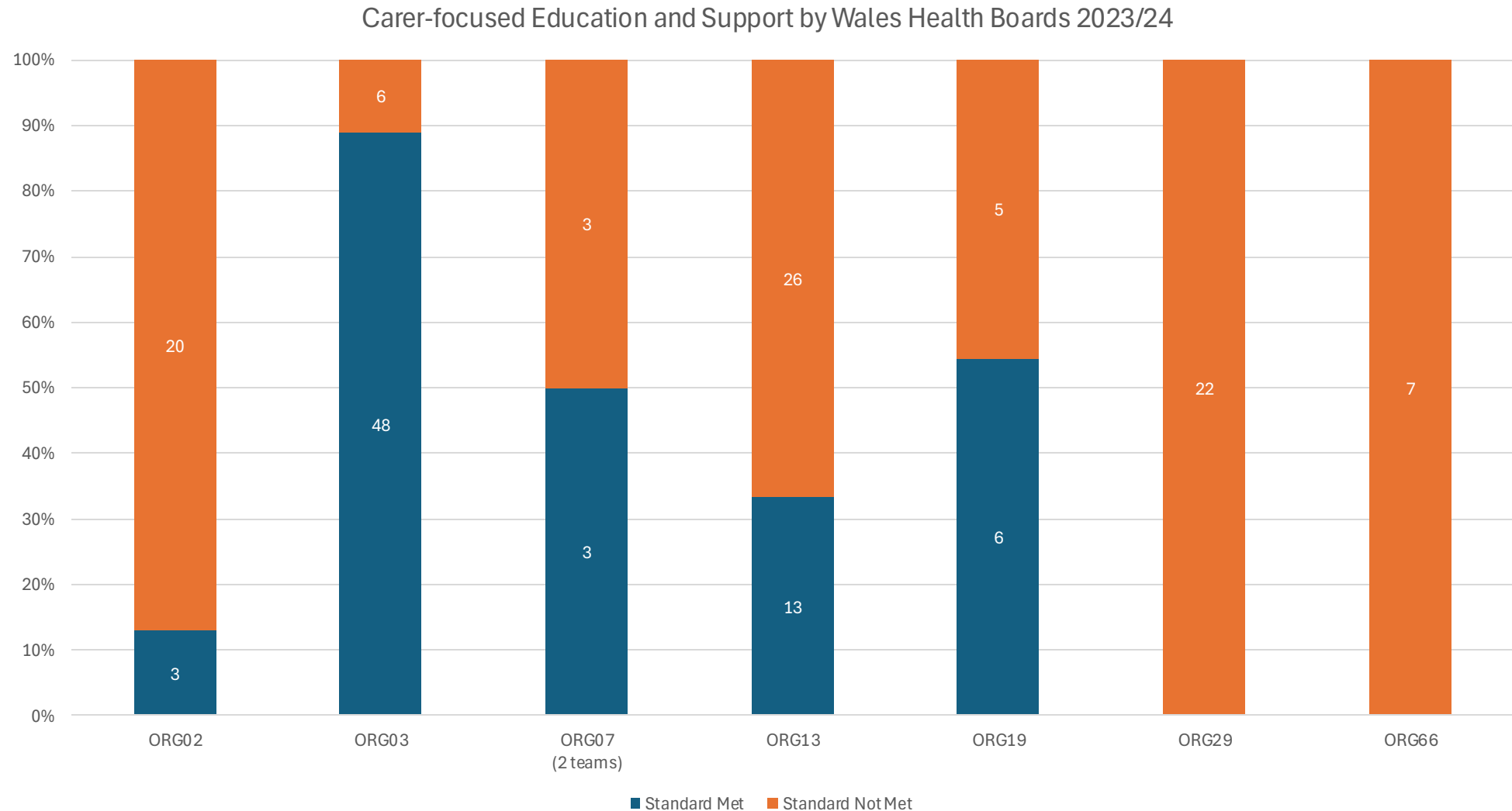
# Health Board variation in Physical Health Screening provision (2024)



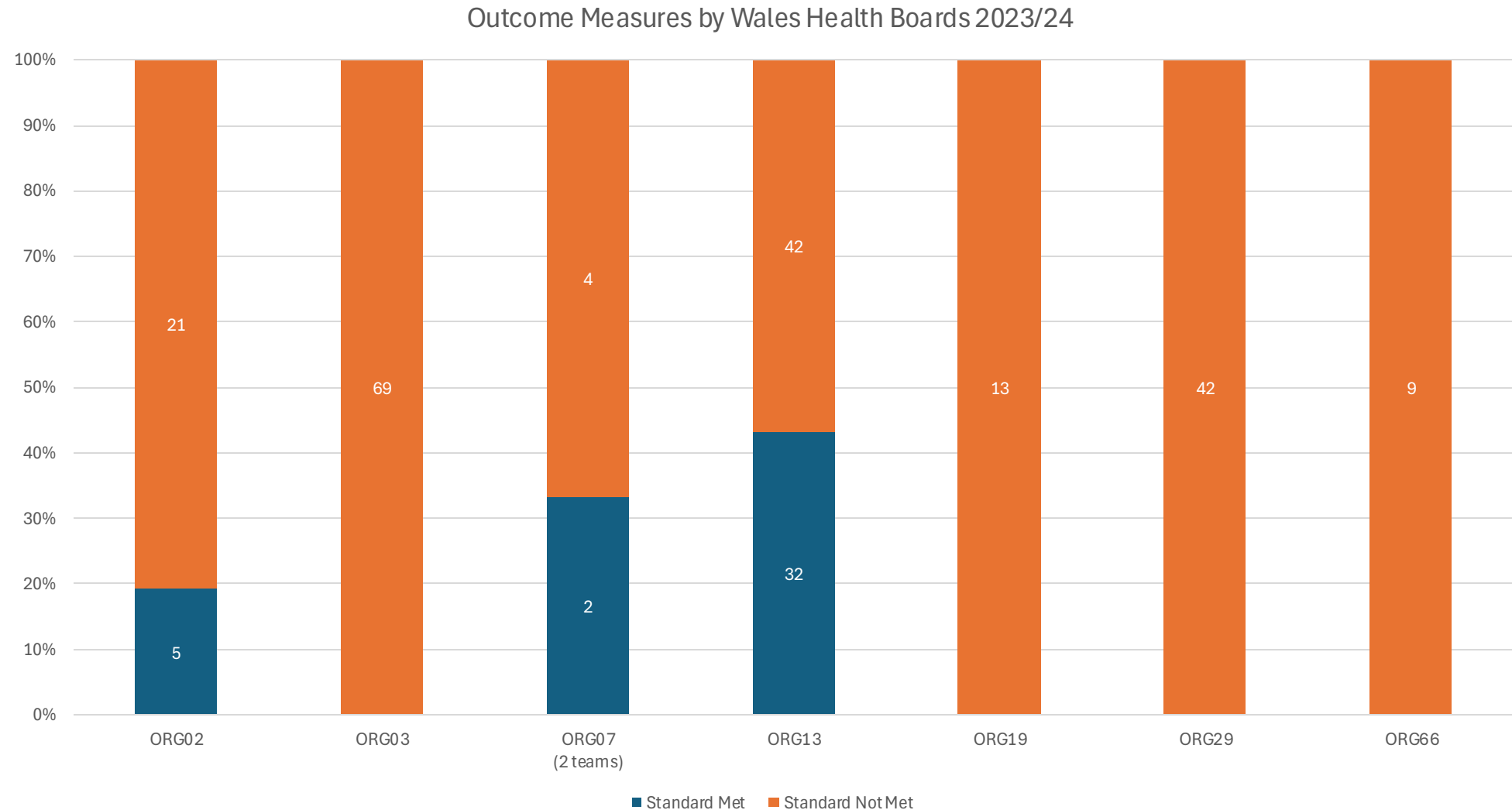
# Health Board variation in Physical Health Interventions provision (2024)



# Health Board variation in Carer Support provision (2024)



# Health Board variation in Outcome Measures recording (2024)



# Health Inequalities (Age, Gender, Ethnicity) – Wales

## CBTp

**Age:** There was no uptake for Under 18s in 2022/23 and 2023/24. Uptake for 18-35s decreased by 5% between 2022/23 and 2023/24. Small sample sizes for 36+ category.

**Gender:** Uptake decreased for both female and male between 2022/23 and 2023/24.

**Ethnicity:** Uptake in the White population decreased between 22/23 and 23/24 from 44.9% to 35.1%.

## Family Intervention

**Age:** 43.2% service users aged 18-35 declined family intervention and 24.5% was not offered it. Small sample sizes in other age groups.

**Gender:** Similar levels of uptake between females and males in 2023/24.

**Ethnicity:** 27.6% of service users of White ethnicity took up family intervention, while 42.2% declined and 25.9% was not offered the intervention. Small sample sizes across all other ethnicities.

## Clozapine

**Age:** Clozapine offer increased among 18-35s between 2022/23 and 2023/24 from 84% to 87.2%. Small sample sizes in other categories.

**Gender:** Clozapine offer increased across all genders between 2022/23 and 2023/24.

**Ethnicity:** Clozapine offer increased from 77.4% to 89.7% for the White population between 2022/23 and 2023/24. Small sample sizes across all other categories.

## Supported Employment and Education Programmes

**Age:** Among 18-35s, uptake has increased from 27% to 36.2% between 2022/23 and 2023/24. Small sample sizes in other categories.

**Gender:** Uptake increased across all genders between 2022/23 and 2023/24.

**Ethnicity:** Uptake increased from 28% to 41.1% for the White population between 22/23 and 23/24. Small sample sizes across all other categories.

# Health Inequalities (Age, Gender, Ethnicity) – Wales

## Physical Health Screening and Interventions

**Age:** Physical health reviews and related interventions were offered to 72.9% of service users aged 18-35. Small sample sizes in other categories.

**Gender:** 73.9% of male service users were offered physical health review and relevant physical health interventions, 9% more than females in 2023/24.

**Ethnicity:** White population had largest percentage of physical health review and related interventions offered (74.7%).

## Carer-focused education and support programmes

**Age:** Increase in uptake among 18-35s from 36% to 45.5% between 2022/23 and 2023/24. Small sample size in other categories.

**Gender:** Uptake by carers of female service users increased by 21.4% from 22/23 to 23/24.

**Ethnicity:** Uptake increased in the White population from 40.5% in 22/23 to 48.7% in 23/24. Small sample size in other categories.

## Outcome Measures

**Age:** Outcome measures recorded only among 18-35s. Small sample size in other categories.

**Gender:** Similar levels of outcome measures recorded between 2022/23 and 2023/24 across genders.

**Ethnicity:** Approximately 20% increase in outcome measures recorded for the black population (n=19) since 2022/23. Similar levels in the White population between 22/23 and 23/24.

Wales EIP Teams Performance based on CYP Sub-matrix Scores

