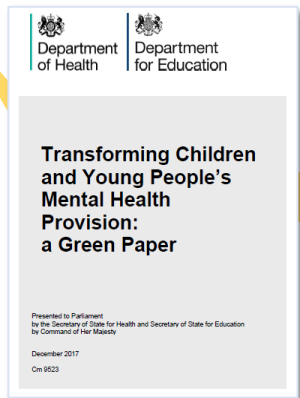
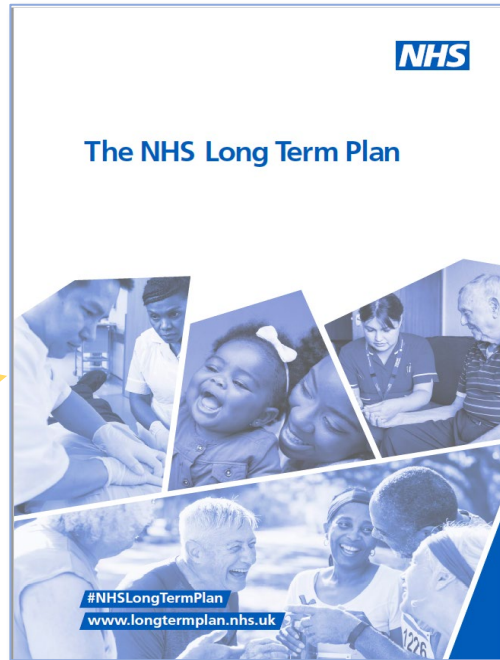


NHS England - Improving Services for Children and Young People's Mental Health

7th July 2023

*Professor Prathiba Chitsabesan
National Clinical Director, Children and Young People's Mental Health, NHS
England*

The current Mental Health transformation programme started with Future in Mind...



Our overall ambition

Enable every child and young person with mental health needs to achieve their goals and life potential

Our principles

- Evidence-based practice
- Outcomes inform treatment and service development
- Supervision
- Authentic co-production

This requires us to

- Build better mental health services
- Improve outcomes and experience
- Increase access
- Reduce health inequalities
- Continue to focus on prevention
- Support early intervention and the reduction of stigma
- Invest in the workforce

Recap on the NHS Long Term Plan commitments:



Access

- An additional 345,000 CYP aged 0-25 accessing support from NHS-funded mental health services by 2023/24
- By 2028/29, access to specialist support for all CYP who need it (subject to resources)

Mental Health Support Teams (MHSTs)

- MHSTs working in schools and colleges – early intervention and whole school approach across 20-25% of country by 2023/24

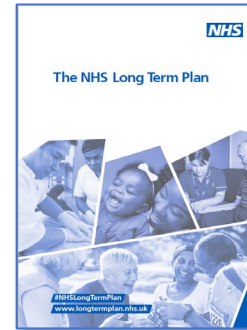
Waiting Time Pilots

- Test the feasibility and sustainability of introducing a waiting time standard for access to NHS-funded mental health support

Digital Therapies

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

A comprehensive offer for 0-25 year olds integrated across health, social care, education, and the voluntary sector to address health inequalities



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

Crisis Services

- All CYP experiencing crisis able to access crisis care 24 hours a day, 7 days a week by 2023/24, including via a single point of access through NHS 111

Whole pathways, including inpatient beds

- Extension of Provider Collaboratives continue to drive integrated pathways

Wider Commitments

- Additional investment in Youth Justice services
- Reduced waiting times and increased support for CYP 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

Appendix -NHS Long Term Plan included a focus on children and young people with complex needs



Framework for Integrated Care below, supported by the LTP ambition, aims to help address system challenges that hinder integrated and effective working across agencies

The Framework for Integrated Care (SECURE STAIRS)

- Provides a set of guiding principles for the system to support structural, process and cultural changes that are required to improve outcomes for children and young people held in custody or detention.
- Provide stable, integrated and therapeutic care for children and young people across the secure estate or those placed on welfare or on youth justice grounds.
- Drawing from Trauma Systems Therapy, Enabling Environments, and Psychologically Informed Environments, it aims to support trauma-informed care and formulation-driven, evidence-based, whole systems approach.
- A focus on the staff to be the primary drivers of change, 'therapeutic parents' and children being understood within the context of their development.
- All interventions driven by a formulation-based, multi-agency approach, which considers the child's life experiences rather than labels, categories, diagnoses or settings.

The Framework for Integrated Care (Community)

- Developed as a response to the LTP commitment to provide additional support for the most vulnerable children and young people
 - ✓ **High risk and high harm behaviours**
 - ✓ **Highly vulnerable to harm from others**
- Addresses system challenges that hinder integrated working across agencies
- Provides a set of guiding principles and practices that act as a template for genuine co-production and integration of services for children and young people presenting with some of the most complex needs in a specific locality.
- Recognises that this cohort may requires support as they transition to other services

Twelve vanguard sites across England are implementing this version of the framework and share learning on implementing and delivering multi-agency support across health, social care, education and youth justice.

This investment has allowed us to make significant progress since 2016...



Over 721,000 CYP aged 0-17 accessed NHS-funded support in the rolling 12 months to March 2023

[MHSDS Monthly Statistics](#)

Since the start of the LTP, 40% more CYP have received NHS-funded support

Compared to an LTP baseline of 514k 0-17s

[MHSDS Monthly Statistics](#)

35% of the school-age population (3.4m CYP) is covered by MHSTs

As of Spring 2023, nearly 400 MHSTs are operational, and we exceeded our ambition for 20-25% coverage by Spring 2023 a year early

The total CYPMH workforce has increased by 46% since the start of the LTP, and by 70% since 2016

From 12,683 in 2016 and 14,857 in 2019, to 21,643 in 2022

[CYPMH Workforce Census 2022](#)

CYP CEDs are treating 47% more children and young people

In 2022/23, 11,809* CYP started routine or urgent treatment compared with 8,034 in 2019/20. *Due to the cyber incident National Estimates were inputted from Q2 2022/23 onwards.

[CYP ED Waiting Times](#)

Urgent mental health lines cover 100% of the country

And systems are on track to provide comprehensive coverage across crisis assessment, brief response and intervention, and intensive home treatment by the end of 2023/24

Review of inpatient services through CYP Provider Collaboratives and the Quality Transformation Programme



Provider Collaborative

Bring together commissioning skills with the skills of providing services and people who use them. Clinically and EbyE-led approach to planning and delivering services with collaboration between providers, with a focus on:

- Transforming the care pathway to support more CYP in the community
- Reducing inappropriate admissions
- Bringing care closer to home
- Quality assurance
- Tackling inequalities
- Improving outcomes and experience
- Local decisions about pathways of care – with coproduction in commissioning

Phase One CYP Services:

General Adolescent, Psychiatric Intensive Care Units (PICU), Specialist Eating Disorders Units, Low Secure, Low Secure Learning Disability & Autism

Phase Two CYP services:

Children's (under 13s), F-CAMHS, Medium Secure and Deaf

Quality Transformation Team & Clinical Reference Group Programme

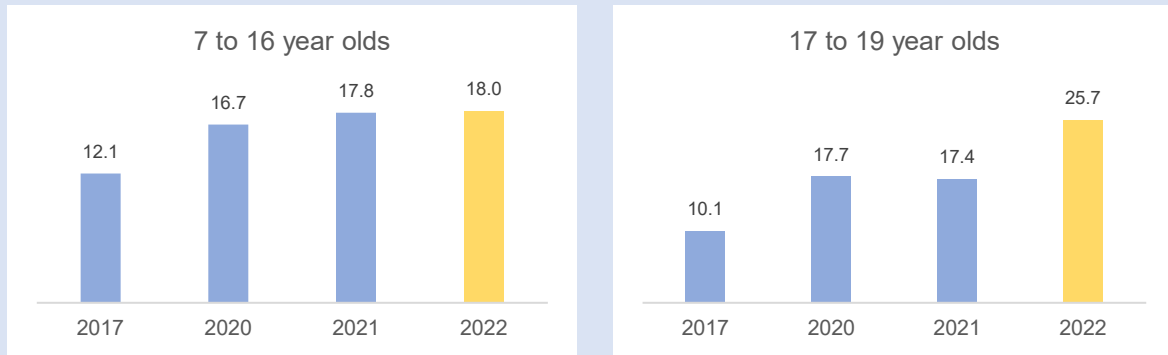
Looks at the quality of inpatient services for CYP with mental health needs, a learning disability and/or autism, with a focus on:

- Improving quality of care and workforce development and training
- Reviewing service models and specifications for specialised services to support care close to home in the least restrictive environment

However, significant challenges remain...



Rates of probable mental disorder have continued to rise...



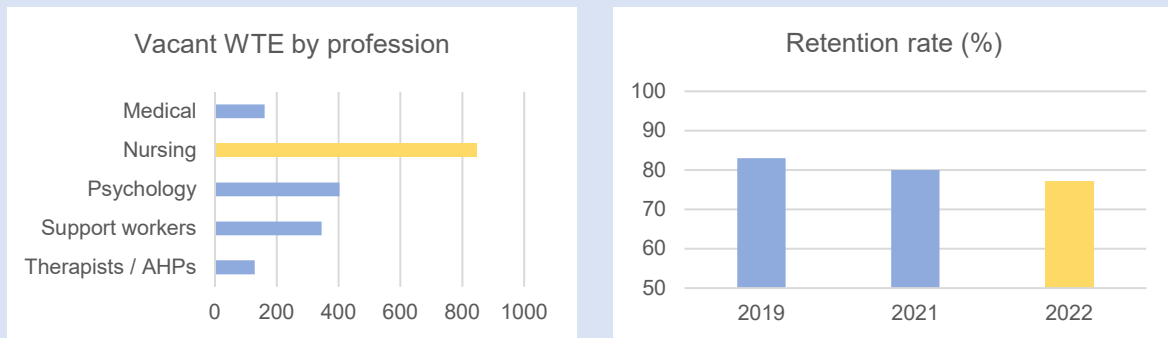
[Mental Health of CYP in England 2022 - wave 3 follow up to 2017 survey](#)

Children and Young People in Complex situations

Judgements made by Sir James Munby (2017), Sir Andrew McFarlane (2023) and others highlighting lack of provision for these children and the use of DOLS authorisation.

“Our analysis confirms the complexity and severity of risk faced by children subject to DoL applications and highlights an urgent need for increased resource, creativity and collaboration across all systems responsible for their care if we, as a society, are going to better meet their needs.....[there is an] urgent need to develop new provision, at a local level, with joint input from children’s social care, mental health services and schools. It is not something that can be left to chance. It will require a nationwide strategy, with significant commitment at local and national level, including national government” *Nuffield Family Justice Observatory, February 2023*

Vacancy rates remain high and retention rates have fallen...



[CYPMH Workforce Census 2022](#)

But we can do more to support joint work across the system



DfE and NHSE are jointly leading cross-government work to improve how system partners work together to improve outcomes for children who are currently (or at risk of) being deprived of their liberty and who are in the most complex situations.

During 2023/24 we plan to convene:

- **Task and Finish Group** (NHSE, DfE, DHSC, MoJ, ADCS, YCS and OCC,)
- **Stakeholder Council** (children, young people, parents/carer with lived experience, clinical and practitioner leads, academics, provider and commissioner leads)

Work will aim to:

- Develop evidence-based guidance, integrated pathway design and other resources for the system across health, social care, education and youth justice building on the **Framework for Integrated Care (Community)**
- Agree recommendations to pilot and evaluate implementation of integrated models of safe, therapeutic care for these children and young people

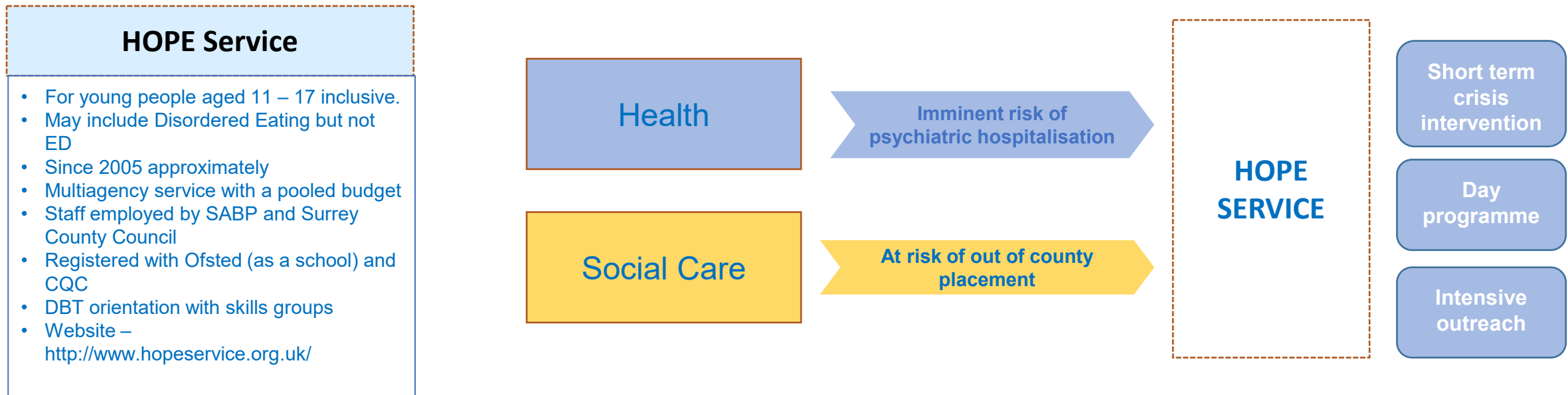
Cohort of focus:

- In first instance we will prioritise a subset of 'complex needs' children who are currently (or at risk of) being temporarily deprived of their liberty because they pose a danger to themselves or to others and/or who have been detained for criminal justice reasons who are not currently getting the right support.

For example: Hope & Extended Hope (SABP NHS Trust & Surrey County Council)



- The Hope service is a multiagency partnership between health, education and children's services in Surrey. The service provides out-of-hours crisis support for young people aged 11-18 years experiencing complex mental health, emotional, social and behavioural needs on a short-term basis of 6 to 12 months.
- The service works to prevent and shorten inpatient hospital admissions, and out of area fostering, community, home or residential school placements for young people, and prevent family breakdown.
- Extended Hope is an assessment and support service to support young people facing emotional and mental health crises outside of normal office hours and offers respite/crisis beds in Hope House for up to 7 days.



And we need to work in partnership with those with lived experience



Co-production and participation must be at the heart of all work to empower children, young people, parents and carers at every level from local service design and delivery to national strategy and policy setting.

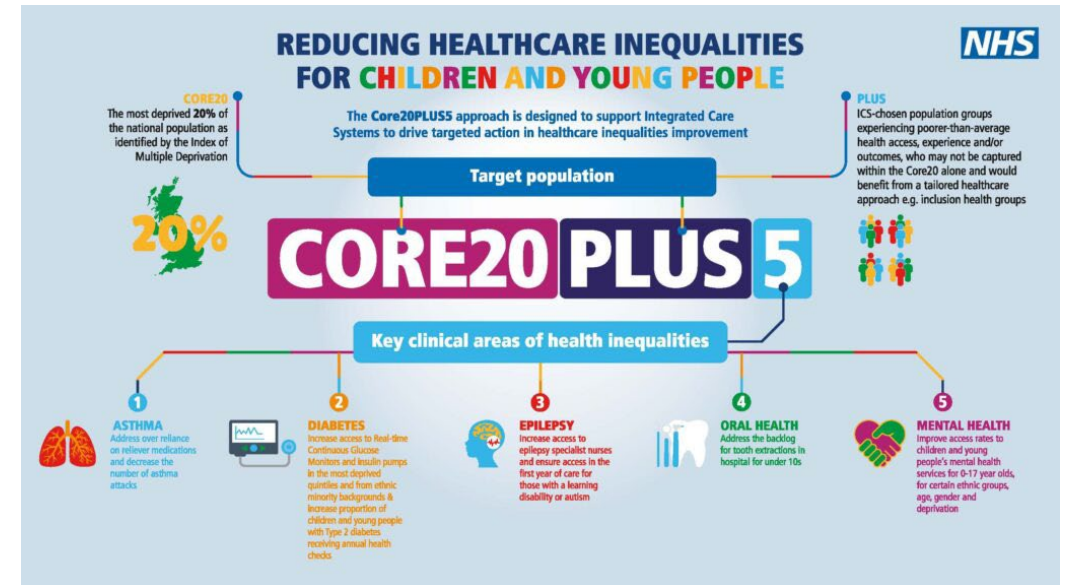


All of this is only possible if we continue to tackle health inequalities

Reducing inequality in **access, outcomes and experience**

Focus on **communities marginalised** in current service model

Greater **transparency and accountability**



Advancing Mental Health Equalities Strategy

Patient & Carers Race Equality Framework (PCREF)

Thankyou