

Improving Mental Health Services for Children and Young People

Hampshire and Isle of Wight Local Transformation Plan 2019



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Background

- Future in Mind – 2015
- Local Transformation Plans – Hampshire and Isle of Wight
- Structure mandated by NHSE
- Emotional Wellbeing and Mental Health Strategy for Children and Young People in Hampshire, 2019 - 2022
- Increasing access by 2021 to mental health support by 35% (70,000 more children and young people):
- **Current Performance for 2019/20 (34%)**

North East Hampshire and Farnham	34.9%
North Hampshire	38.1%
West Hampshire	34.4%
South East Hampshire	36.1%
Fareham and Gosport	43.2%
Isle of Wight	60.6%

All CCGs on track to meet the target pf 35% by 2021

By 2023/24, nationally 345,000 additional CYP aged 0-25 will have access to support via NHS-funded mental health services and school or college-based Mental Health Support Teams (LTP);



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Number of children and young people with a diagnosable mental health condition:

Age Range	% with MH Diagnosis	Hampshire	Isle of Wight
2-4 years	5.5%	2,529	177
5-10 years	9.5%	9,833	838
11-16 years	14.4%	13,769	1,278
17 – 19 years	17.1%	7,486	597
Total	11.7%	33,617	2,858

CYP Mental Health CCG spend – 2018/19

Organisation Name	CYP Mental Health CCG spend – excluding Eating Disorders	CYP Mental Health CCG spend Eating Disorders
NHS Fareham and Gosport CCG	£1.9m	£267k
NHS North East Hampshire and Farnham CCG	£2.9m	£102k
NHS North Hampshire CCG	£2.4m	£277k
NHS South Eastern Hampshire CCG	£2.1m	£306k
NHS West Hampshire CCG	£5.3m	£712k
NHS Isle of Wight CCG	£2.8m	£77k



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Summary of Need – Children and Young People

Estimated prevalence of mental health disorders in children and young people % population aged 5-16	Hampshire	Isle of Wight	10 closest CIPFA nearest neighbours	SE England	England	Year	Comments
% of school pupils with social emotional and mental health needs (school age)	8.4%	9.6%	9.6%	8.5%	9.2%	2015	
Percentage of 15 year olds reporting positive life satisfaction	2.9	2.8%	3.0%	2.4%	2.4%	2018	Source: Fingertips tool
Self - Harm Admissions 10-24 year olds per 100,00	69.2	60.3	62.4%	63.3%	63.8%	14/15	
First time entrants to the youth justice system aged 10-17 year olds per 100,00	591.8	453.3	530.8	467.6	419.5	17/18	Source: Fingertips tool
Looked After Children rate per 10,000	220	379	291	169	239	2018	
Children in Need per 10,000	56	90	82.3	51	64	17/18	LAI tool – comparators are children's statistical neighbours
Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)	319.4	482	475.9	245.1	341	Apr 18	
Care Leavers	48.3	46.2	47.2	47.5	47.6	14/15	Source: Fingertips tool

Current Services:

Across Hampshire and the Isle of Wight here are multiple providers, delivering emotional wellbeing and mental health services for children:

	Hampshire	Isle of Wight
CAMHS	Sussex Partnership Foundation Trust	St Marys NHS Foundation Trust
Attention Deficit Hyperactivity Disorder (ADHD) Services	Sussex Partnership Foundation Trust	St Marys NHS Foundation Trust
Autism Spectrum Condition (ASC) Assessment Services	Psicon Ltd	Psicon Ltd
Youth Counselling	No Limits	Isle of Wight Youth Trust Barnardos
Parenting Support	Barnardos Hampshire Parent Carer Network	Barnardos
Frankie Workers (Sexually abused children)	Hampshire County Council	Hampshire County Council
Breakout Youth (LGTQ+)	No Limits	No Limits
Safe Havens	Solent Mind	No Limits



National Progress:

Achievements in first three years of FYFVMH funding: Children and Young People's Mental Health



- 377,866 children and young people accessed mental health services in 2018/19, an access rate nationally of 36.1% based on ONS 2004, 33.1% based on ONS 2018



- CYP eating disorder services are on track for 95% access target by 2020/21
- Over 180 new Mental Health Support Teams in the process of being established since 2018
- 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.



- Increased spend on CYP MH and Mental Health Investment Standard met in all CCG plans 2018/19
- CYP IAPT rolled out across 100% of the country and is now business as usual with existing and new staff trained to deliver evidence-based therapies
- Re-distribution of inpatient beds to provide more beds across a range of needs and in places where previously there were no beds



- 20% increase in core CYP MH posts, with a 23% increase in WTE in NHS Trusts
- 13 FCAMHS regional teams established, SECURE STAIRS evidence based interventions in all secure settings



Future in mind

Working in partnership with mental health professionals to improve the lives of children and young people.



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Local Progress:

- Successful bids for additional funding;
 - Mental Health Support Teams in Schools
 - Avoidant Restrictive Food Intake Disorder
- Redesigning Autism Pathways
- Safe Havens Pilot
- Digital Self Help App 'Think Ninja'
- Primary Mental Health Workers – Hampshire and Isle of Wight
- Joint Commissioning
- Partnership Working between Health and Local Authority – Aligning our priorities



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Key focus Areas for 2019/20 - Emotional Wellbeing and Mental Health Strategy for Children and Young People in Hampshire 2019-22)

- Children and young people's emotional wellbeing and mental health is everybody's business
- Support for good mental health of parents
- Whole school /educational settings approach to mental health
- Supporting mental health of vulnerable children and young people
- Reducing rates of self-harm
- Improvement of service provision.
- Improving access and waiting times for Child and Adolescent Mental Health Services



What difference will this make?

- Children and young people's needs will be identified and responded to much earlier, reducing complex conditions and episodes of crisis;
- Parents and Carers will feel better supported, confident and equipped better manage distressed behaviours in the home;
- Schools will be upskilled to offer support that compliments home-based interventions;
- Children and young people will achieve better outcomes educationally, emotionally and socially;
- Children, young people, parents and carers will be able to access support in a timely manner
- Reduced transitions to adult services;
- Reduced attendance at Accident and Emergency (A&E) departments;
- Access to mental health support in schools and other early interventions settings will reduce referrals in specialist mental health services to allow focus on complex and urgent cases as well as reduce long waiting times;
- Children, young people, parents, carers and professionals will have access to seamless support services that are able to provide appropriate interventions in a timely way.



Local Transformation Plan 2019 – Next Steps

- **Approval and sign off**
- **Final amendments**
- **Easy Read Version**
- **Summary Document**
- **Republication**
- **Work towards 2020 Local Transformation Plan**

