



Children & Young People's  
Mental Health Coalition

# Children & Young People's Mental Health: Policy Landscape

Prof Dame Sue Bailey, Chair, Children & Young People's Mental Health Coalition  
*Conflicts of interest /loyalty*

*Chair, Academy of Medical Royal Colleges*  
*Senior Clinical Advisor to Health Education England For Mental Health*  
*External Advisor to Minister of Health and Social Care - Review of CAMHS Wales*

# The Children & Young People's Mental Health Coalition

We work with over 100 organisations to campaign and influence policy, with and on behalf of children and young people in relation to their mental health and wellbeing.

We are hosted by the Mental Health Foundation.



Children & Young People's  
Mental Health Coalition

# Supported by:



Paul Hamlyn  
Foundation



# Steering Group Members



# Prevalence of Children's Mental Health Problems

- 1 in 10 or about 850,000 5-16 year olds have a mental disorder, only about 25% receive any help.
- Of these children:
  - 3.7% will have an emotional disorder (anxiety, depression etc.)
  - 5.8% will have a conduct disorder
  - 1.5% will have ADHD
- This is based on data from 2004, new data coming next year
- Some evidence mental health problems increasing in teenage girls

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# Prevalence of Children's Mental Health Problems

- 28% of preschool children face problems that impact on their psychological development (Sabates and Dex, 2013)
- 32% of girls aged 15 and 11% of boys self-harm
- Approximately half of children with early onset conduct disorders have serious problems that continue into later life
- 75% of adult mental health problems begin before the age of 24, and 50% by the age of 14



# Prevalence – Vulnerable Groups

Prevalence higher in some groups

- 36% of CYP with a learning disability also have mental health problems (Emerson & Hatton, 2007)
- 71% of children with autism have a mental health problem (NAS, 2010)
- About 60% of children and young people in care have a mental disorder (NICE, 2010)
- CYP with Traumatic brain injury - twice as likely to have mental disorder in adulthood (Parsonage, 2016)



# Outcomes in Adulthood

Young people with mental health problems are more likely to:

- Drop out of full time education by age 15
- Not be in education, employment or training
- Have lower earnings
- Be in contact with justice system
- Have marital problems



# What Children & Young People Tell Us They Need from Services

- Easier access to mental health support – when, where and how they want to access it.
- Easier access within schools - counsellors
- Learning how to look after their own mental health; know where to go for help
- Want teachers to have some knowledge of mental health and wellbeing
- Improve transitions to adult services
- Listening to and acting on what children and young people say
- Reduce stigma



# What Does Excellence Look Like?

- Positive outcomes for children and young people (CYP) – clinical as well as personal (get back to school ..)
- CYP involved in their own care & in developing & commissioning services
- Easy access to services – when, where and how CYP want to access them
- Flexible service based on their needs
- Services work together in best interest of CYP and families
- Evidence based/informed services
- Values based services



# Key Policy Developments

- Future in Mind
- Five Year Forward View for Mental Health
- Suicide Prevention Strategy
- Parity of Esteem
- ‘Shared Society’ - PM’s vision
  - Pilot training for school staff
  - Strengthen links between schools & CAMHS
  - Thematic Review of CAMHS by CQC
  - Green paper on cyp mental health – include how to transform services in schools, universities & for families



# Future In Mind

- Government policy
- Sets out blueprint for a whole systems approach for CYP Mental Health
- Covers whole spectrum of support from prevention to specialist services
- Informed by experts including children and young people
- Recommendations include Local Transformation Plans



# Implementing Future in Mind

## Key Issues

- CYP Mental Health needs whole system response – not just NHS
- Funding to transform CAMHS – being used to plug other gaps
- Wide variation in access, waiting times to CAMHS across country
- Local transformation plans (LTPs) – all quality assured, but still variation - some more ambitious than others
- Good narrative in LTPs - needs to be put into action
- Majority LTPs refer to schools, but most schools unaware of LTPs
- LTPs not always including services for 18-25s – concerns about transition to adult services



# Whole System

Consensus we need a Whole System approach

Definition: Different sectors involved in CYP Mental Health - education, health, social care, public health and justice working together in an integrated way.

But .....

# Whole System -Challenges

- Those supporting CYP with MH needs are passionate about supporting them, but:
- Different sectors are all pulling in slightly different directions
  - funding issues, different priorities - uncoordinated
- Produces tensions within the system – make it less productive
- Children, young people and their families who bear the brunt



# Key Policy Targets

- Transformation process – local transformation plans
- By 2020/21 - 70,000 more children and young people should have access to high-quality mental health care when they need it.
- Complete roll out of CYP IAPT across England by 2018
- Develop workforce. By 2020 there will be:
  - 3,400 upskilled staff available to services, currently through the CYP IAPT route,
  - 1,700 new therapists in CYP MH services.



# Challenges - Staffing

- Staffing issues
  - Increase in referrals - in 2013/14 – 14/15 referral rate increased 5 times faster CAMHS workforce
  - Some areas 1 in 10 appointments cancelled because of staff shortages
  - Specialist CAMHS run by junior staff, & too few therapists
  - Cuts to health visitors, schools nurses
  - Teacher recruitment and retention



# Challenges - Funding

- Even with new money – still can't help all CYP with mental health problem
- Pressures on budgets in wider system
  - Money promised for CAMHS diverted to other priorities in NHS
  - Cuts to social care, youth services, public health budgets
  - Impacts on voluntary sector
  - Pressures on education budgets – impact on ability to commission mental health and wellbeing support

# Challenges – for CYP

## Impact on Children, Young People and Families

- Often very ill before accessing specialist mental health services
  - But wide variation across country
- CYP still lost in transitions between services
- Impact of wider health issues e.g. obesity, drug abuse
- Impact of cuts to public health e.g. health visitors – not getting off to a good start in life
- Know what CYP want – but it isn't always implemented



# What we Need to Do

- Need to work smarter and change the way we work
  - Invest in Public Health Approach to Mental Health
  - improve everyone's mental health
- decrease the number who need specialist CAMHS
- Joint initial training on child development and mental health – incl. teachers
- Mental health support within Schools – in partnership with wider system



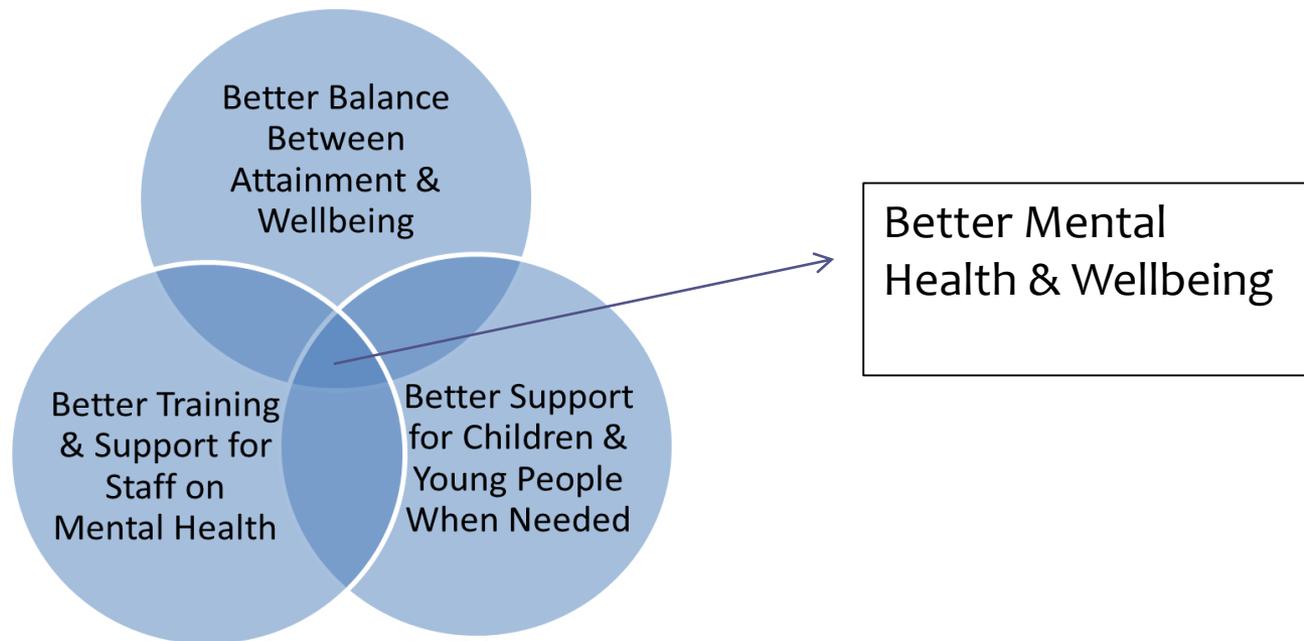
# Values Based Approach

## Values Based Commission

- Shared understanding of what matters
  - Sits alongside Evidence Based Practice
- Values - to be shared and adopted
  - Equal Partnership – inc CYP & families
  - Empowerment – of CYP
  - Workforce
  - Whole System
  - Leadership
  - Long-term Relationship



# 3 Key Principles for Improving CYP MH in Schools



# 3 Key Principles – Better Balance

## **Better Balance between attainment and wellbeing**

- Within the curriculum – learn about mental health & wellbeing
- Virtuous circle – social & emotional wellbeing progs. improve attainment & vice versa
- Schools rewarded for promoting mental health and wellbeing



# 3 Key Principles – Training & Support

## Better Training & Support

- Good quality initial and ongoing training/CPD in child development & mental health wellbeing for school staff
  - More confident about what they can do
  - Able to identify mental health problems
- Better support for teachers' mental health & wellbeing
  - Be less stressed
  - Model good mental health



# 3 Key Principles – Better Support

## **Better Support for Pupils when Needed**

- School staff better able to identify & signpost mental health problems
  - Able to refer on to relevant services
  - Agree referral pathway to CAMHS
- Easier access to services either within school or in community – statutory or vol. sector organisations



# Our Other Work Around Schools

- Resilience and Results – guidance on why mental health and wellbeing is important for schools
- Schools Competition to highlight good practice
- Commissioned by Public Health England to develop a framework to help schools implement a whole school approach



# More Information

Find more information on our website -  
<http://www.cypmhc.org.uk/schools>

Or contact our Coordinator – Paula Lavis –  
[plavis@mentalhealth.org.uk](mailto:plavis@mentalhealth.org.uk)



# Useful Resources

- Public Health England & Children & Young People's Mental Health Coalition's briefing on the Whole School Approach - <http://bit.ly/18OboaD>
- Children & Young People's Mental Health Coalition – Resilience and Results - <http://bit.ly/2elMSIX>
- Katherine Weare's/NCB's - What Works in Promoting Social and Emotional Wellbeing ... - <http://bit.ly/2dnF5GF>
- Fiona Brooks/Public Health England's briefing for heads on wellbeing and attainment -<http://bit.ly/1pIIXST>
- Public Health England – building Children & Young People's Resilience in Schools - <http://bit.ly/1HCRlai>



# Useful Resources

MindEd – free elearning resource - <https://www.minded.org.uk/>

Future in Mind - <http://bit.ly/1wUwiQx>

Counselling in School: blueprint for the future – DfE <http://bit.ly/1CrDFj7>

Mental Health and Behaviour in Schools – DfE <http://bit.ly/1D15yk6>

PSHE Association guidance to help teach mental health – <http://bit.ly/1la16tf>

Values Based Commission - <http://www.rcpsych.ac.uk/pdf/Values-based%20ofull%20report.pdf>

NSPCC - Advice for Children and young people worried about terrorism - <http://tinyurl.com/lmnlkd7>

RCPCH advice on responding to people’s psychosocial & mental health needs after disasters -

<http://www.rcpsych.ac.uk/usefulresources/publications/collegereports/op/op94.aspx>

