

Children and Young People Mental Health November 2019



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**Everyone working together so that the people of Buckinghamshire
have happy and healthy lives**



Prevalence

- Estimated 9,080 (10% of the 5 – 18 population) children and young people in Buckinghamshire with a diagnosable mental health disorder
- Primary School : One in ten (9.5%) will have a mental health disorder
- Secondary school : One in seven (14.4%) 11 to 16 yrs
- Transitioning to adulthood: One in six (16.9%) 17 to 19 yrs
- Upward trend in mental health disorders in 5 to 15 year olds; 9.7% in 1999, 10.1% in 2004 and 11.2% in 2017

Types of disorder

- Emotional disorders were the most prevalent type of disorder experienced by 5 to 19 year olds (8.1%). Rates were higher in girls (10.0%) than boys (6.2%). Anxiety disorders (7.2%) were more common than depressive disorders (2.1%).
- About one in twenty (4.6%) 5 to 19 year olds had a behavioural or conduct disorder, with rates higher in boys (5.8%) than girls (3.4%).
- About one in sixty (1.6%) 5 to 19 year olds had a hyperactivity disorder, with rates higher in boys (2.6%) than girls (0.6%).
- About one in fifty (2.1%) 5 to 19 year olds were identified with one or more of other type of less common disorder
- Types of disorders seen within CAMHS services include anxiety based disorders – Obsessive compulsive disorder (OCD)/ Post Traumatic Stress Disorder (PTSD) and Depression. Emotionally Unstable Personality Disorder (EUPD) and Eating Disorders.

Self – Harm

- Nationally, the rate of young people being admitted to hospital as a result of self-harm is increasing. This is also the case in Buckinghamshire, however, our admission rate remains lower than the national average
- CAMHS run therapy based group sessions via the getting help and getting more help pathways. The OSCA crisis team also offer DBT - specific treatment for young people who may be experiencing heightened suicidal urges and self-harming
- A self harm pathway and self injurious behaviour toolkit has been developed across partners
- Public Health led work on emotional wellbeing includes focus on supporting training opportunities for schools including around suicide prevention
- Psychological Perspectives in Primary care evidence based training is delivered by CAMHS to professionals across the county (including foster carers). One of the topics addresses self-harm.

Associations and Inequalities

According to mental health prevalence data and national research there are some groups of young people that are more likely to experience mental ill health



- People that identify as Lesbian, Gay, Bi-sexual, Transsexual (**LGBT**)
- **Ethnicity:** Acknowledged as an under-researched area nationally. However, people from Black and Minority Ethnic communities are considered more likely to have a mental health condition due to a number of external factors.
- **Socio economic circumstances:** Families on low income, young people that have a co-morbid physical health concern and Looked After Children

CAMHS Service

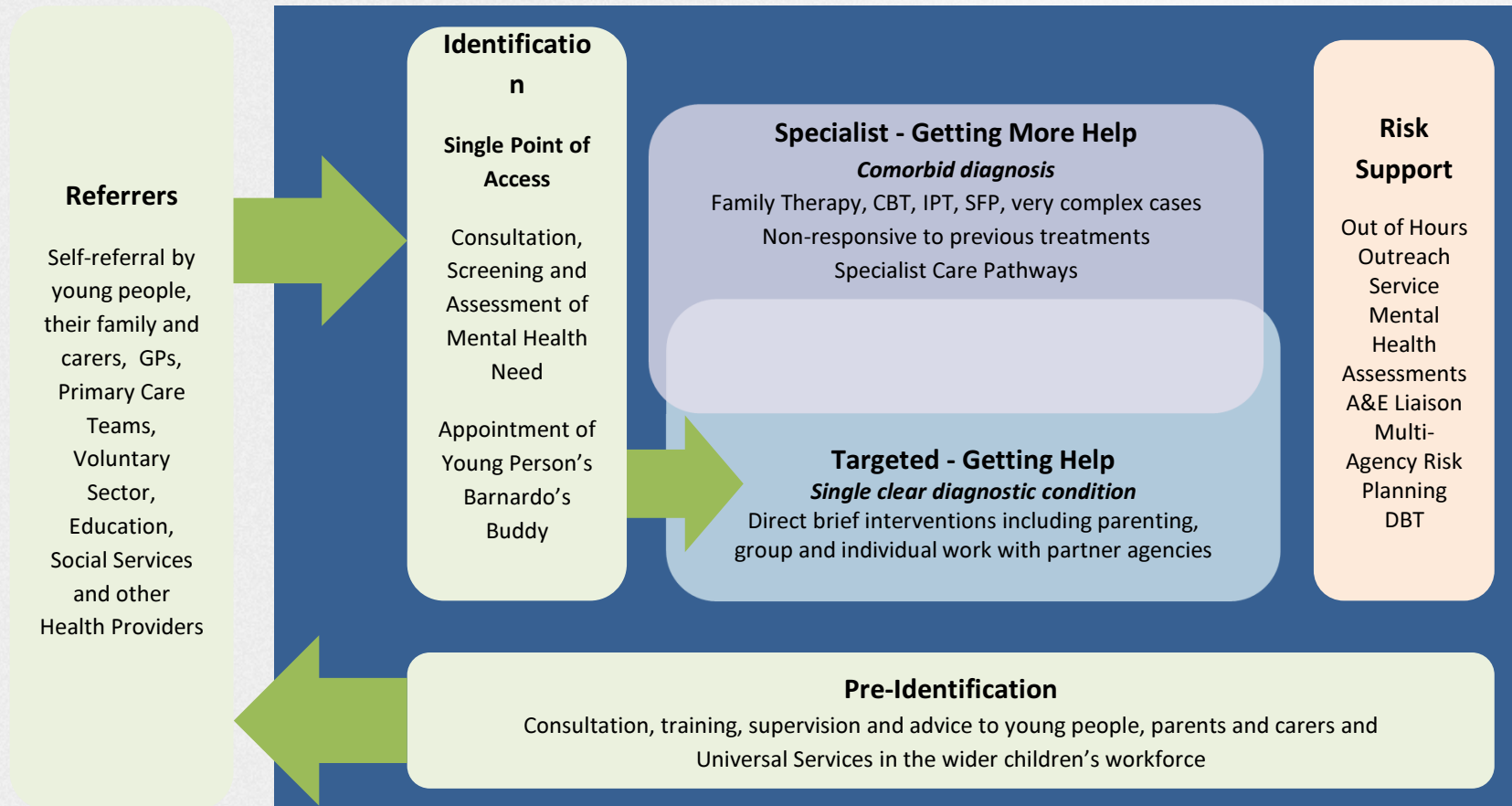


Buckinghamshire CAMHS
Positive mental health for young people


Oxford Health
NHS Foundation Trust

 Believe in children
Barnardo's

CAMHS Service Model



CAMHS Referrals

	2014/15	2015/16	2016/17	2017/18	2018/19
Total number of referrals received – all services	3988	6091	5275	5943	6291
Number of referrals by source:					
Self	Not available	262	250	436	258
Carer	Not available	19	140	228	816
GP	Not available	1466	1799	1602	1553
Education	Not available	380	491	608	717
Number of referrals accepted - All pathways	2396	4468	4153	4821	5047
Average total caseload (as at 31st March)	2481	3089	3261	3793	3328
Number of LAC Caseload average	Data not available			61	74
Total Education Health and Care Plan (EHCP) completed	Data not available			52	65

CAMHS Wait Times

	2014/15	2015/16	2016/17	2017/18	2018/19
Waiting times (routine) Referral to Assessment - % seen within 4 weeks of referral Target 90%	57%	48%	50%	52%	86%
Waiting times (Tier 2 – targeted) Referral to Assessment - % seen within 8 weeks of referral	76%	69%	42%	54%	88%
Waiting times (Tier 3 – specialist) Referral to Assessment - % seen within 8 weeks of referral	88%	60%	90%	90%	84%
Waiting times Urgent (7days) OSCA	Not reported	100%	100%	100%	96%
Waiting times Emergency (24 hours) OSCA	Not reported	100%	100%	100%	100%

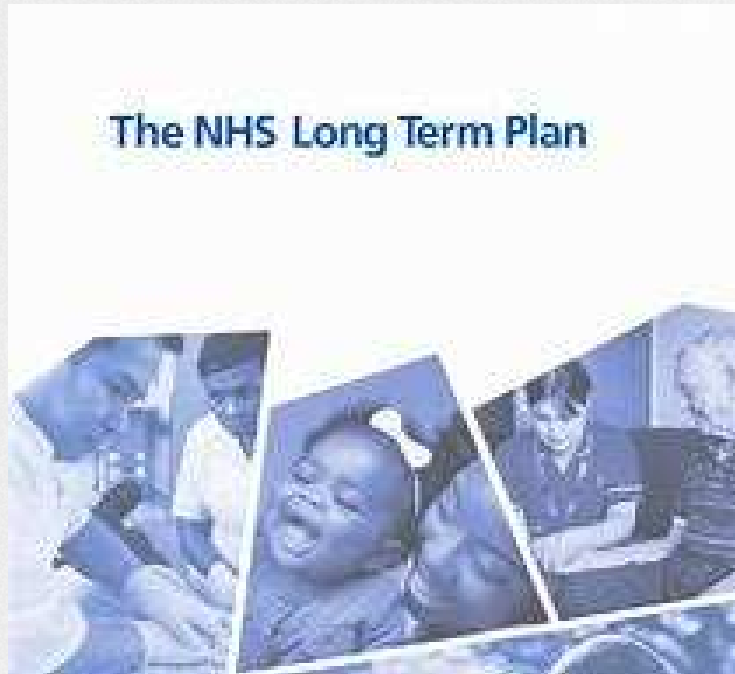
Eating Disorder Service

Eating Disorder Service Specific				
	2015/16	2016/17	2017/18	2018/19
Number of referrals received	42	77	109	100
Average waiting times urgent referrals (1 week target)	0 urgent referrals	60% seen within 1 week	100% seen within 1 week	100% seen within 1 week
Average waiting times non-urgent (4 week target)	67% seen within 4 weeks	95% seen within 4 weeks	84% see within 4 weeks	84% seen within 4 weeks

Local Transformation since 2015

- Single Point of Access
- On going development of CAMHS website
- Technological counselling solutions
- Enhanced collaboration and joint working with system partners
- Use of 3rd sector in the CAMHS pathway eg
 - >> link worker and Barnardo's buddy posts
 - >> Patient participation worker
- Increased access
- Psychological Perspectives in Education and Primary Care training
- Named CAMHS consultant link for GPs

NHS Long Term Plan



- 100% of CYP with mental health needs will be able to access specialist services
- 345,000 additional CYP aged 0-25 will have access to support by 2023/4
- 24/7 mental health crisis provision
- A comprehensive offer for 0-25 year olds improving access to targeted support, especially in transition
- The 95% CYP eating disorder referral to treatment standard to be maintained (Eating Disorders mental health plans will align from 2022/23)
- New service for children with complex needs, including up to 6,000 children and young people with complex trauma

Service Priorities 2019/20



- Improved baseline data and targeted interventions to address health inequalities
- Increase access to NHS commissioned services
- Continue to embed a whole system approach to meet the mental health needs of our young people
- Commissioned services to demonstrate improvements in our young people's mental wellbeing

Mental Health Support Team



- Implementation of two mental health support teams
- 32 Buckinghamshire educational settings
- Teams based in Aylesbury and Wycombe
- Providing interventions to young people with low to moderate mental health needs
- Working alongside established provision such as counselling, educational psychologists and school nurses

Challenges



- Maintaining the 90% referral to assessment target
- Increase in demand
- Workforce pressures
- Attainment of National targets for all eating disorder services by 2020/21.
- Strengthening partnership response to meeting the needs of children with complex behavioural needs
- Identifying the right provision (including in-patient) for children with complex needs

CAMHS Budget 2015/16 – 2019/20

Year	Buckinghamshire CC		Buckinghamshire CCG				Total – Pooled budget
	££	%	££	Transformation ££	Total CCG	%	
19/20	1,599,903.00	22.33%	3,823,497.00	1,740,426	5,563,923	77.67%	7,163,836.00
18/19	1,612,731.29	22.52%	3,959,005.52	1,590,426	5,549,431	77.48%	7,162,162.81
17/18	1,634,467.29	24.55%	3,882,571.14	1,140,426	5,022,997	75.45%	6,657,464.43
16/17	1,617,540.07	25.77%	3,360,294.01	1,298,426	4,658,720	74.23%	6,276,260.08
15/16	1,618,249.53	29.5%	3,082,916.10	784,426	3,867,342	70.5%	5,485,591.63