

Young People's Mental Health Services: an overview

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Youth Access

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The national membership association for young people's information, advice, counselling and support services (YIACS)

National
Policy
focus for
sector

Develop
the
evidence
base

Over 200
members

Provide
training,
support,
consultancy
resources

Set
standards
and
promote
best
practice

Young People's Mental Health Services

Mental health services for young people in England are "stuck in the dark ages" and "not fit for purpose"

Norman Lamb,
Previous Minister for Care and Support

Overview

- ▶ Mental health: greatest health issue for YP
- ▶ Postcode lottery: inconsistent & patchy provision
- ▶ Cinderella services: vulnerable to cuts
- ▶ Poor & absent data: reliance on 2004 national data
- ▶ Poor translation of policy into local implementation
- ▶ Poor to low recognition of value of VCS
- ▶ Lack of appreciation of the potential for harm

Young People

- ▶ Adolescence and early adulthood peak age of onset for mental ill-health
- ▶ 75% adult MH problems start before 24 years
- ▶ Some evidence of increased need
- ▶ Age profile of stat. CAMHS tails off post 15 years
- ▶ Many 16- 25 year olds cannot access NHS help
- ▶ YPs want easy to access, non-stigmatizing help in yp-friendly settings

Current provision

- ▶ Mismatch funding to need: 0.7% of total NHS budget & c.6.4% MH budget
- ▶ Cuts to CYP services: VCS and statutory CAMHS
- ▶ Long and growing waiting lists
- ▶ CAMHS raising entry criteria
- ▶ CAMHS, schools, GPs increasing referral to Youth information, advice & counselling services (YIACS)
- ▶ YIACS reporting increasing severity and complexity of need
- ▶ VCS open door policy compromised
- ▶ YIACS see 16-25 year olds: adult commissioners failing to respond to need

Future in Mind: Key themes

- ▶ Prevention from birth; building resilience to adulthood
- ▶ Easy access to the right support from the right service at the right time
- ▶ Dismantling barriers and reaching out to most vulnerable
- ▶ Improving standards of performance, outcomes and value for investment
- ▶ Excellence in workforce: best evidence and committed to partnership and integrated working
- ▶ By 2020: England a world leader in improving CYP MH outcomes

To be taken forward now

- ▶ Anti-stigma campaign building on Time to Change
- ▶ New whole school approaches & joint training programme to support lead contacts in MHS and schools
- ▶ Move away from “Tiers” & harness vital contribution of VCS
- ▶ Implement best practice in transition and MH Crisis Care Concordat
- ▶ Develop bespoke care pathways & active follow up of DNAs
- ▶ Comprehensive assessment and referral for CSA and CSE
- ▶ Improve teachers, health and social care professionals training
- ▶ 2015/16 Local Transformation Plans to deliver a “local offer”
- ▶ National governance to oversee service transformation to 2020
- ▶ Accelerate service transformation via co-commissioning (pilots)
- ▶ Local lead commissioning arrangements: a single integrated plan
- ▶ DH to conduct prevalence survey of CYP MH & WB
- ▶ H & WB Boards to challenge/confirm JSNA & HWB strategies

With more investment

- ▶ Enhance maternal, perinatal & early years' health services and parenting
- ▶ National portal for tools/services; new self-care apps/digital tools
- ▶ Building the network of YIACS
- ▶ Every area: named points of contact in MHS, schools and one stop shops
- ▶ Legislation to prevent under 18s detention in police cells as place of safety
- ▶ Pilot roll-out of CSA/CSE specialist teams, possibly on sub-regional basis
- ▶ Embed MH practitioners in services working with most excluded
- ▶ Comprehensive access and waiting times standards
- ▶ Repeating MH prevalence survey every 5 years
- ▶ National expansion of CYP IAPT transformation programme; extend principles and competencies to MH/WB workforce and schools
- ▶ Comprehensive workforce strategy: audit skills, capabilities, age, gender & ethnic mix
- ▶ Improve evidence base via world class research programme

Immediate context in London

- ▶ Improved recognition and valuing of youth counselling by NHS MHS and Health generally
- ▶ Cuts continue
- ▶ Mixed picture for VCS YIACS: CAMHS funded provision fared better than LA
- ▶ Varied capacity of commissioners
- ▶ Varied VCS/YIACS voice in local planning & commissioning
- ▶ Young people's views in shaping services mixed
- ▶ Recognition of 18 - 25 year olds by adult commissioners limited
- ▶ Numbers accessing YIACS continue to rise
- ▶ Fragile and limited VCS infrastructure: IT systems, training, policy and research