

Annex 1



England

CYPMH national programme update

Date

David Lockwood

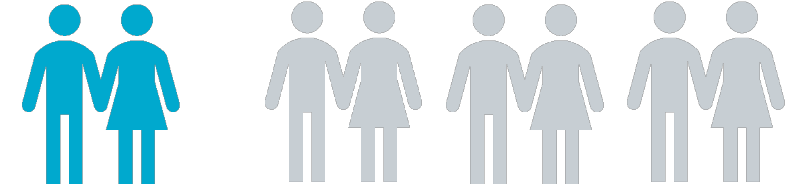
Head of CYP and Perinatal Mental Health, NHS England



The continued case for improving the mental health of children & young people

The problem of mental ill-health in children and young people is real and serious...

Children and young people aged 10-24 years account for a quarter of the world's population



Mental ill-health is a long-term condition, and represents the number one threat to their health

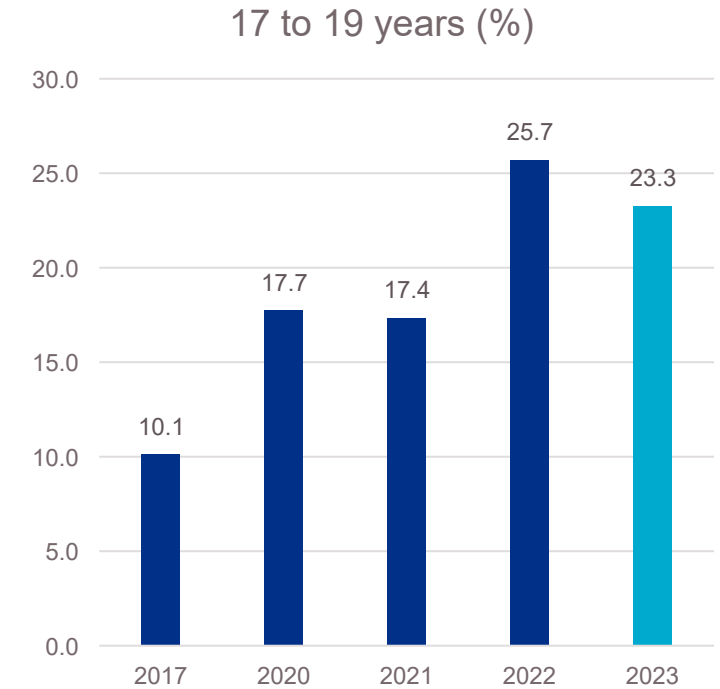
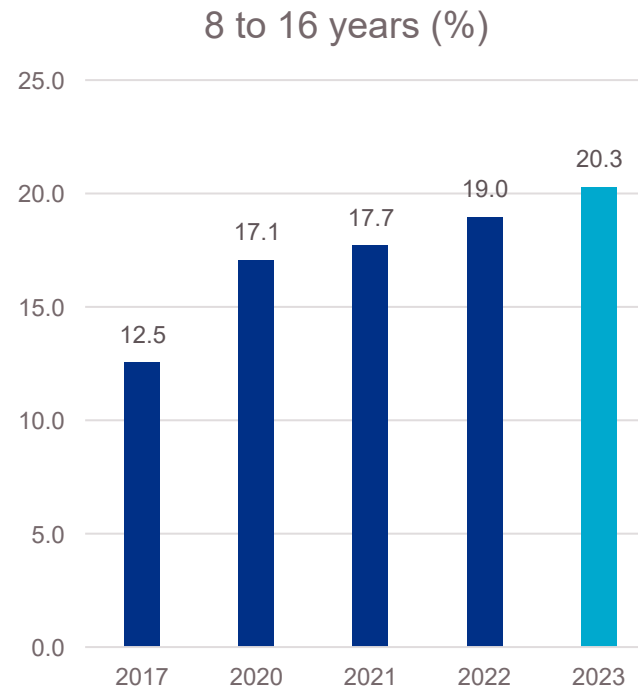
- 10-24 years mental ill-health accounts for 45% of the overall burden of disease
- Suicide 2nd most common cause of death



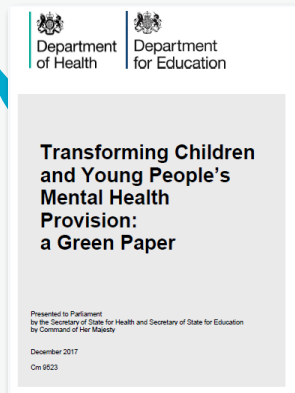
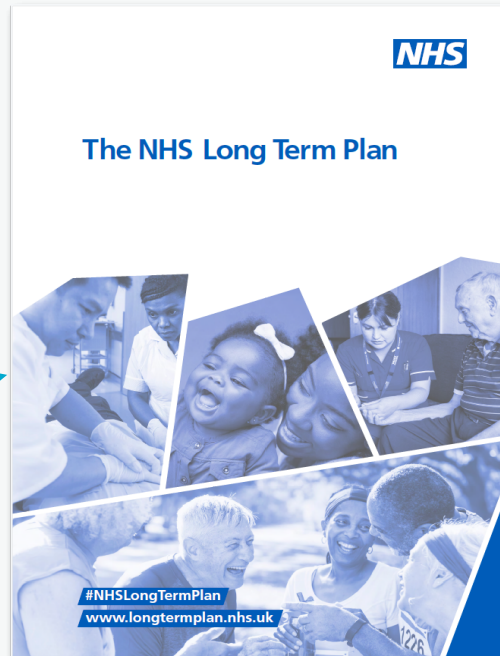
First onset of mental disorders occurs before the age of 14 in 1/3 of individuals, almost half by 18 (48.4%), and 62.5% by 25



And rates of probable mental disorder in children and young people in England **remain high**...



The current 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

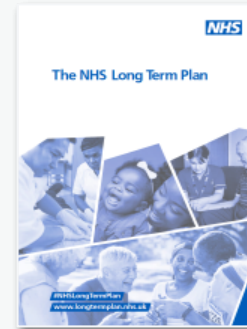
Waiting Time Pilots

- 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

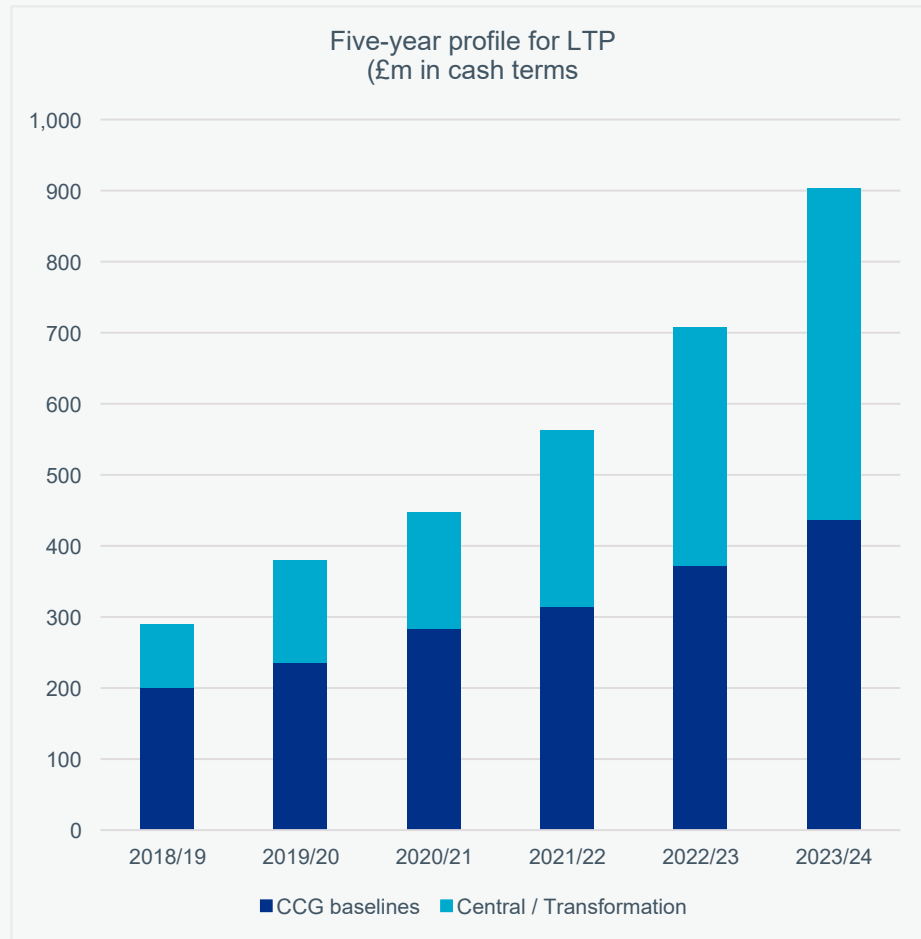
Whole pathways, including inpatient beds

- 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

Supported by continued investment into CYPMH services...



Long Term Plan additional funding rises to **over £900m by 2023/24.**

This is **on top of existing mental health spend** before 2018/19

£40m additional specialised commissioning funding over 3 years from 2021/22

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

- The CYPMH sector continues to **transform and grow** services across the country.
- In the year to October 2023, **730k children and young people** accessed NHS-funded mental health services.
- Since the start of the long term plan, approximately **37% more** Children and Young People (CYP) had accessed support since 2019/20.
- Several LTP commitments are **on track** to be met by 23/24, and some have been **met ahead of schedule**:
 - Mental Health Support Teams (35% coverage a year ahead of target)
 - Roll-out of 24/7 all age mental health crisis lines
- **Integrated models of mental health support for children and young people** are being rolled out across primary care and paediatric acute settings.

730,000 children and young people aged 0-17 accessed NHS funded mental health support in year to Oct 23



Since the start of the Long Term Plan, c. 37% more CYP have received NHS funded MH support



On track to deliver comprehensive CYP crisis services across the country, with 76% coverage of the four functions at the end of 22/23



24/7 all age crisis lines rolled out, now receiving 200,000 calls every month



35% of pupils and learners (3.4m CYP) now covered by Mental Health Support Teams, on course for c.50% (5m) by 2025



Increasing transparency and accountability, by publishing (in November 23), data on median and longest waits for CYPMH services



47% more CYP started treatment for eating disorders in 22/23 (11,807) compared to 19/20 (8,034)



Worked across mental and physical health to launch the Framework for integrated support for CYP with mental health needs in paediatric acute settings



Launched CYPMH metric to track impact of support through measurable change in MH outcomes



Established, with DfE, a cross-government task and finish group to improve support for young people in most complex situations



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

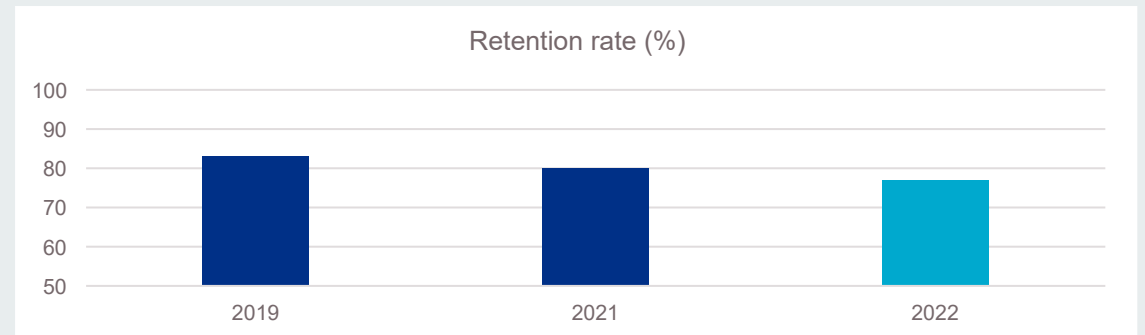
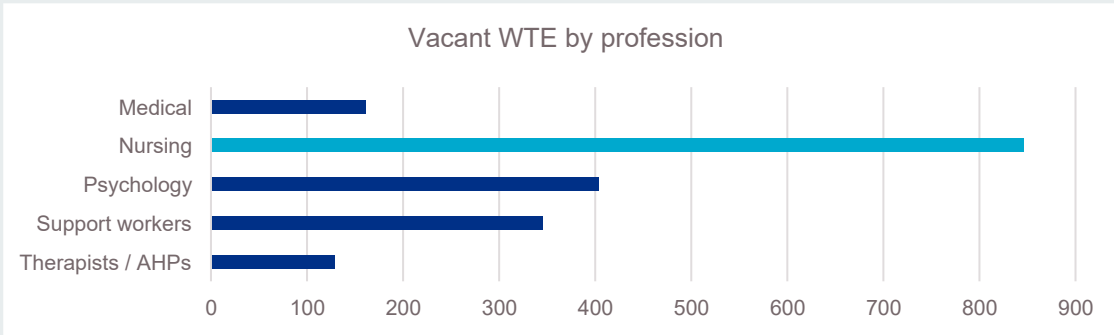


12 Vanguards delivering the Framework for Integrated Care, providing formulation driven trauma informed care to over 3,000 CYP since April 2022



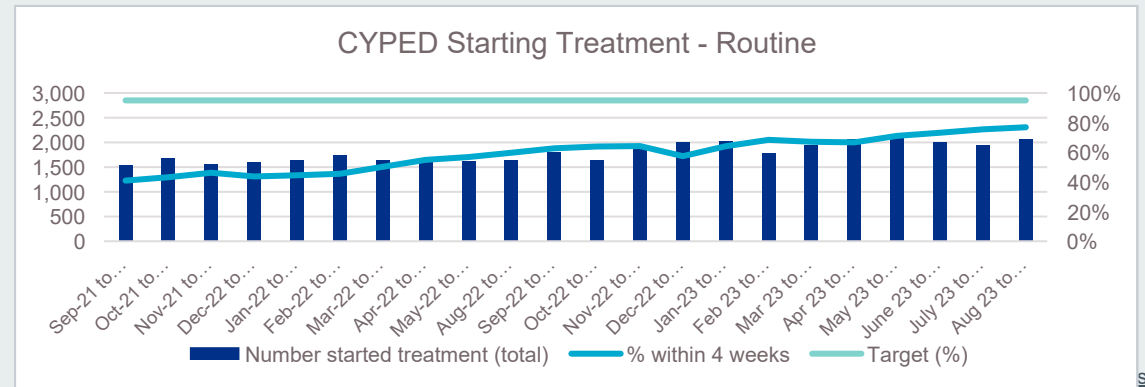
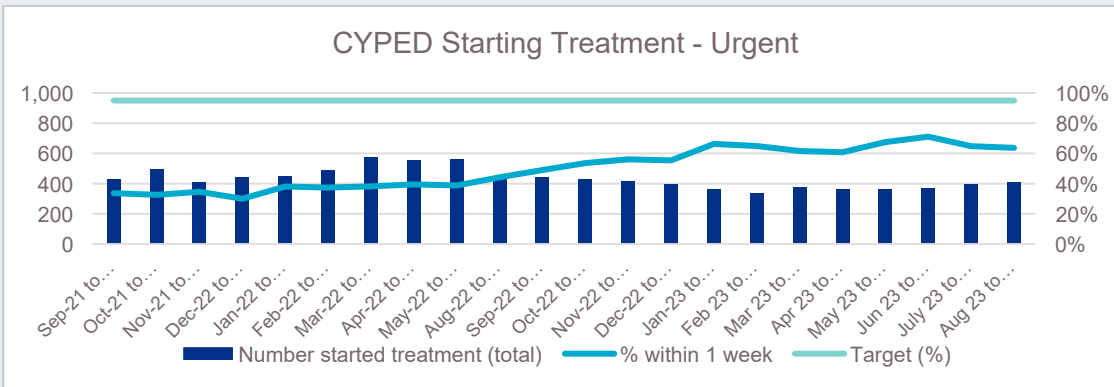
But significant challenges remain, so it's job begun, not job done...

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



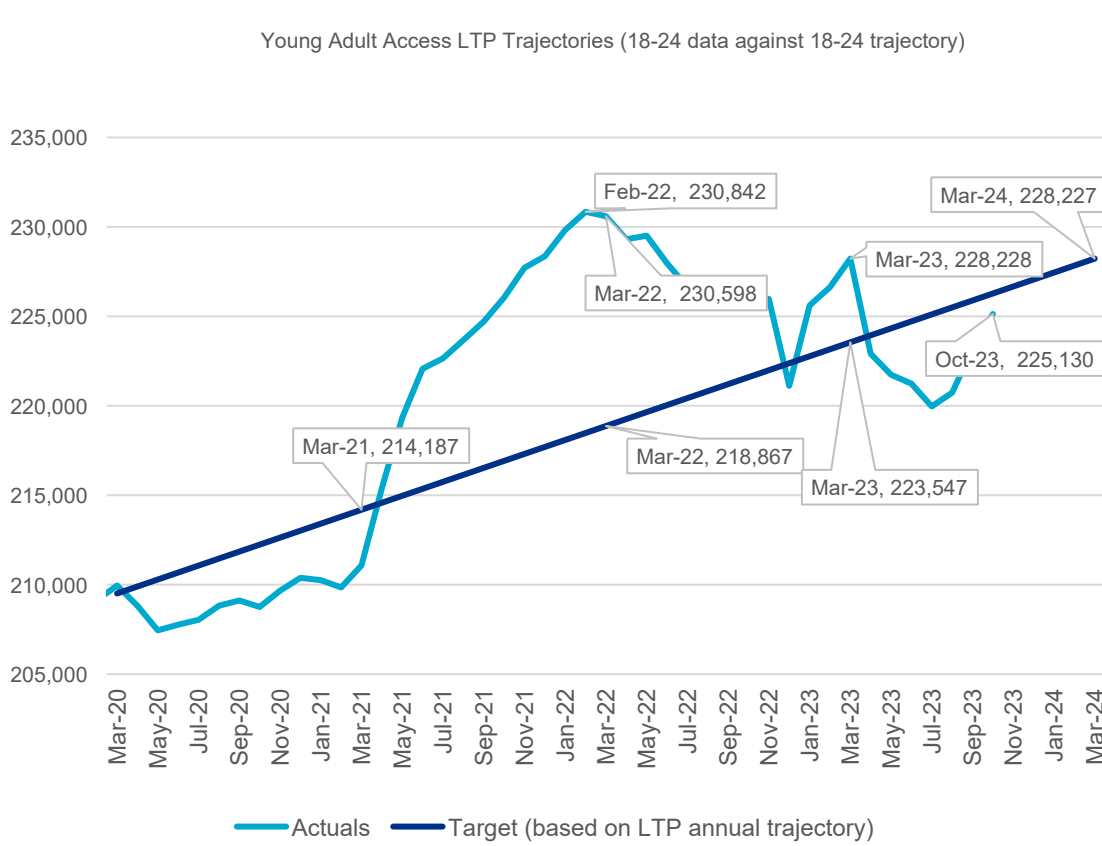
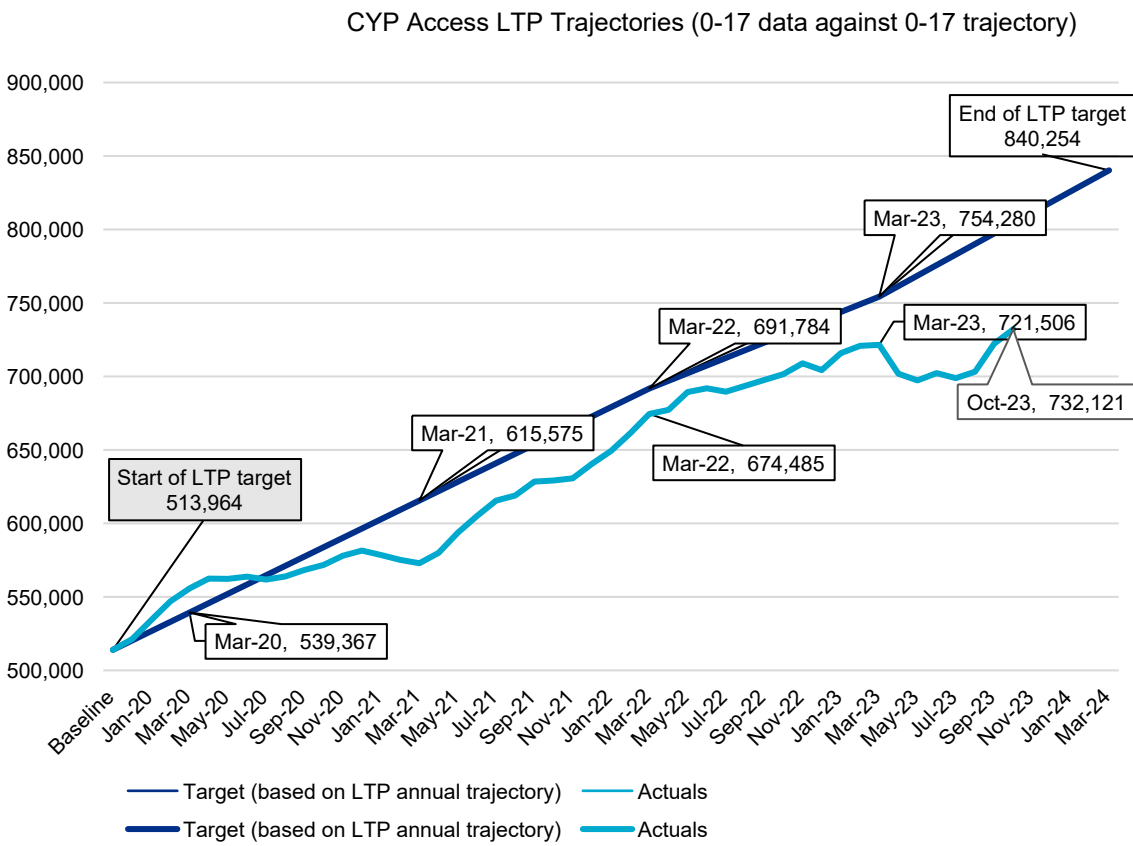
[CYPMH Workforce Census 2022](#)

The rise in demand for CEDs continues to impact on waiting times...

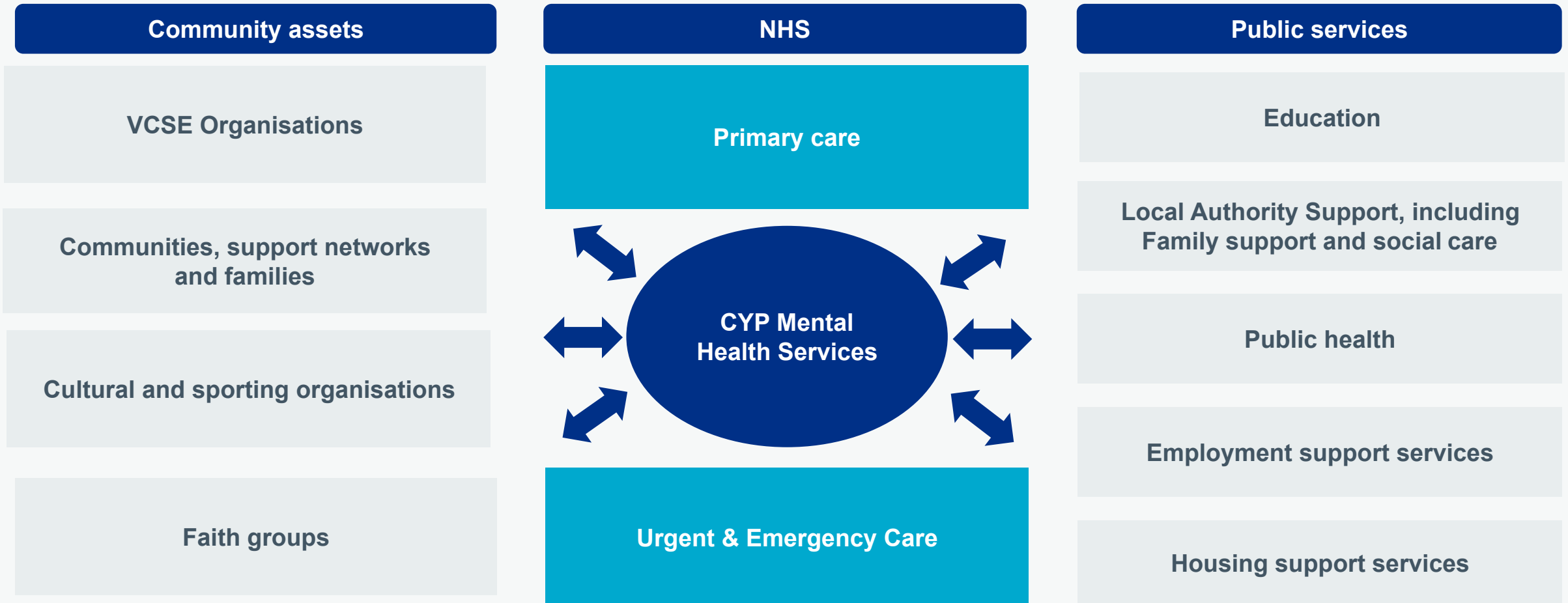


But significant challenges remain, so it's job begun, not job done...

And although access is increasing, we are behind where we planned to be...



Supporting children and young people with mental health problems requires collective effort and the NHS cannot do it alone...

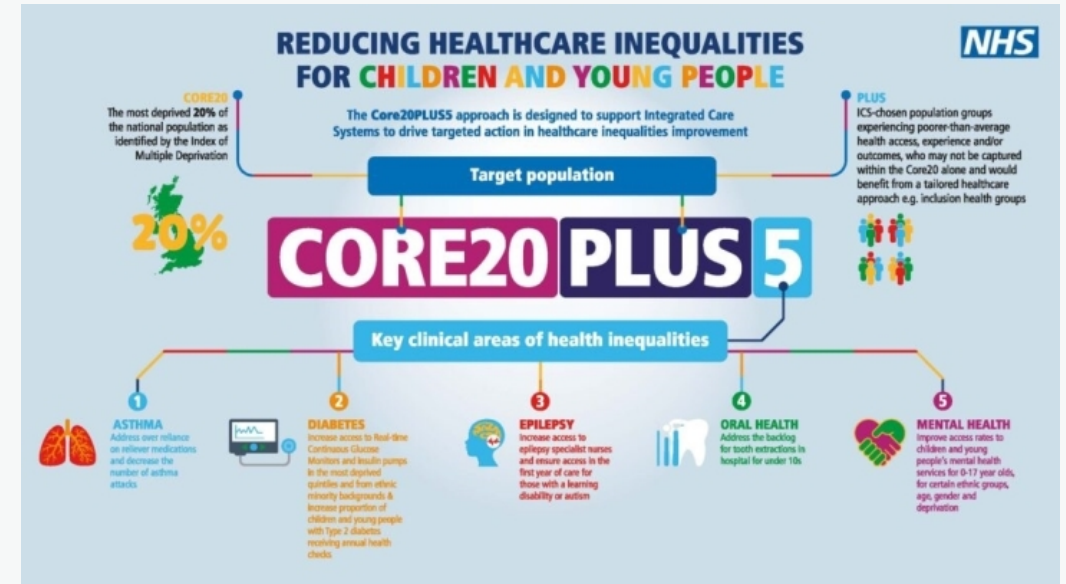


All of this is only possible if we continue to tackle health inequalities

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)

Thank You



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