



# **The Mental Health of Children and Young People**

**Professor Wendy Burn**

**President**

**Twitter @wendyburn**



# Contents

- The Mental Health of children and young people
- Mental Health Services for children and young people: recent changes and plans for the future

Thanks to Bernadka Dubicka, Chair of RCPsych Child and Adolescent faculty for much of the content



# Mental Illness in childhood

- 75% of mental illness starts before age of 18
- 50% starts before age of 14
- The prevalence of mental disorders in children in England has been surveyed for the first time, results analysed by NHS Digital in 2018



# Preschool children (2 to 4 year olds)

- One in eighteen (5.5%) preschool children had a mental disorder



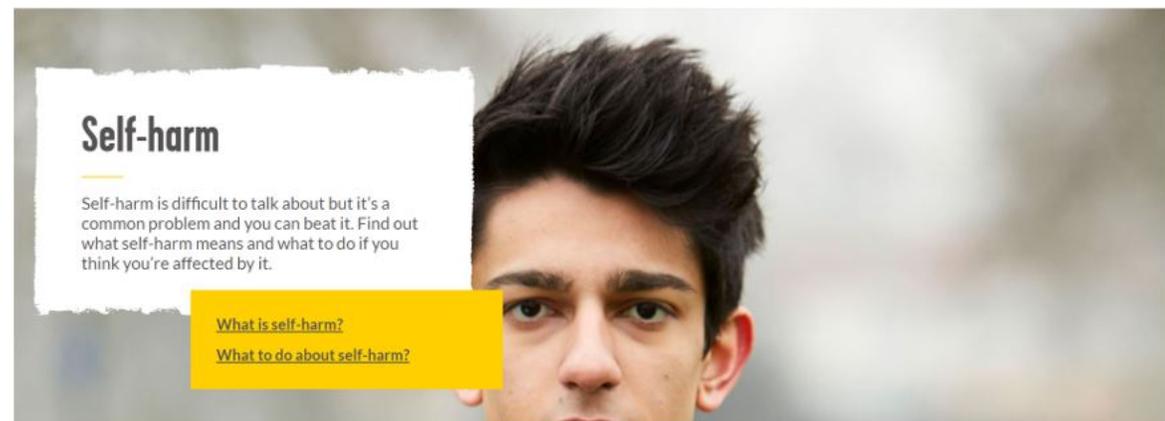
# 5 to 19 year olds

- One in eight (12.8%) 5 to 19 year olds had a mental disorder
- One in twenty (5.0%) met the criteria for two or more individual mental disorders at the same time



# Self-harm

- By age of nineteen 15% have self-harmed
- Sometimes self-harm is a suicide attempt
- Can be to release tension



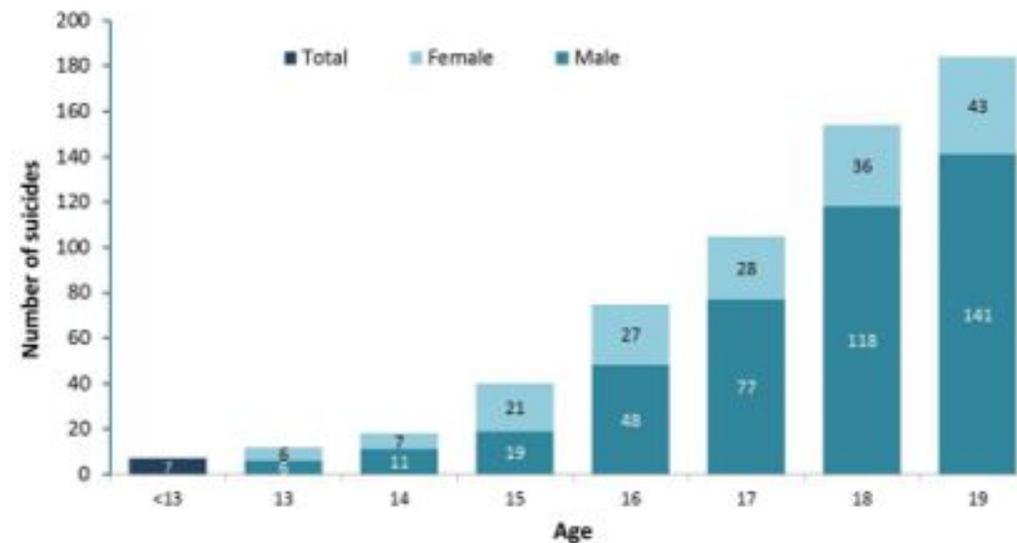
# Key features of suicides in the under 20s

- Number of suicides rises in late teens
- Around a quarter had used the internet in a way that was suicide-related, e.g. searching for suicide methods
- 60% had been in contact with services for children or young people at some time

# Numbers of suicides in people under 20

- More common in males

Figure 8: Number of suicides in people aged under 20 by gender and age



\* Note for those aged <13: males and females combined because of low numbers

# Factors in child suicides

- Family problems
- Abuse
- Bullying
- Physical ill-health
- Mental ill-health
- Alcohol or drug misuse



# Mental Health Services for Children in 2014



- Long waiting times
- Rates of illness thought to be increasing
- Lack of support for schools in dealing with mental health problems
- Schools unable to access CAMHS

# Plans for improvement: Future in mind

- Report of the work of the Children and Young People's Mental Health Taskforce
- Published March 2015
- Investment promised



# Future in mind recommendations

- Tackle stigma and improve attitudes to mental illness
- Introduce more access and waiting time standards for services
- Establish 'one stop shop' support services in the community
- Improve access for children and young people who are particularly vulnerable

# The Five Year Forward View for Mental Health

- Five-year all-age national strategy for mental health in England to 2016-2021
- Developed by an Independent Mental Health Taskforce
- Endorsed vision for children set out in Future in mind



# Funding for Five Year Forward View/Future in mind

- £1.25billion by 2020 to support improvements in children and young people's mental health and wellbeing
- £150million for eating disorder services



# Five Year Forward View: achievements

- An extra 35,000 children and young people were treated by NHS in 2017/2018 compared to 2014/15
- This is equivalent to approximately 30.5% of children and young people with a diagnosable mental health condition
- Will continue to rise



# Five Year Forward View: achievements

- New Eating Disorder teams for children
- NHS England is funding 50-180 new CAMHS Tier 4 specialist inpatient beds to reduce travel distances for treatment



# Transforming Children and Young People's Mental Health Provision



Green paper 2018. Proposals include:

- Creating a new mental health workforce of community-based support teams working across health and education
- Every school encouraged to appoint a designated lead for mental health
- A new 4-week waiting time for piloted in some areas

Notes to be



# Education Mental Health Practitioners

- Pilots currently running
- Are being trained at universities, curriculum developed by HEE
- One year training course
- High numbers of good applicants

## Could you be an education mental health practitioner?

Training for a new role to support mental health in schools and colleges gets underway in January 2019.

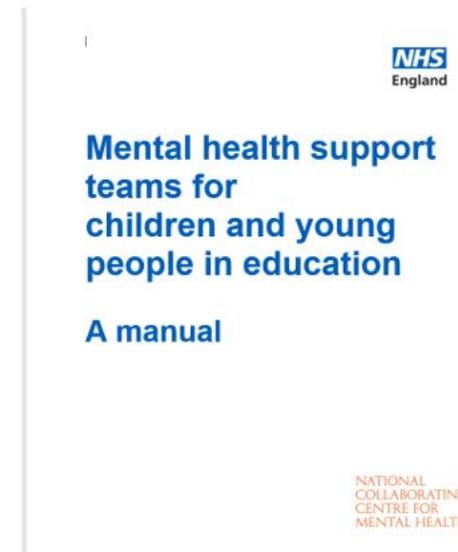
As part of mental health support teams, education mental health practitioners will work in both education and healthcare settings to support children and young people with mental ill health. The new support the Government's priority of increasing access to and availability of mental health and wellbeing support for children and young people.



# Manual in development for new teams

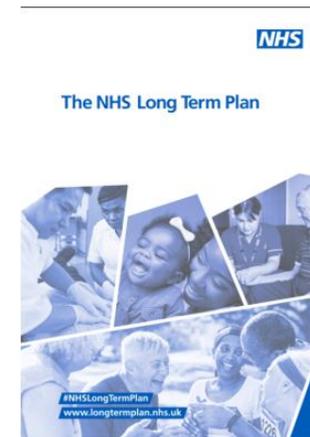


- Supports Mental Health support teams for children and young people in education



# Long Term Plan (LTP)

- Published January 2019
- Makes a commitment to increase spending on mental health services faster than the NHS budget overall for each of the next 5 years



# Funding for LTP

- The NHS in England is to get an extra £20.5bn over the next 5 years
- The budget will rise by average of 3.4% annually
- £2.3bn over the next 5 years for Mental Health



# LTP: Children and young people's mental health

- NHS is making a new commitment that funding for Children and Young People's MH services will grow faster than both overall NHS funding and total MH spending



# LTP: Children and young people's mental health

- Over the next 5 years access to community-based MH services for CYP will expand
- By 2023/24, 345,000 more children and young people aged 0-25 will be able to access support via NHS funded MH services and school or college-based Mental Health Support Teams
- Over the coming decade the goal is to ensure that 100% of CYP who need specialist care can access it

# LTP: Children and young people's mental health

- More will be invested in CYP's eating disorder services
- All CYP experiencing crisis will be able to access age-appropriate crisis care 24 hours a day, seven days a week, by calling 111



# New Standards currently being piloted

- Four week maximum waiting time for children and young people who need specialist mental health services
- Access within one hour of referral to mental health liaison services in A&E



# LTP: Children and young people's mental health

- Mental health support for children and young people will be embedded in schools and colleges as set out in the Green Paper
- Over the next five years the NHS will fund new Mental Health Support Teams working in schools and colleges



# LTP: Children and young people's mental health

- A new approach to young adult mental health services for people aged 18-25 will support the transition to adulthood
- Current service models will be expanded to create a comprehensive offer for 0-25 year olds
- The new model will deliver an integrated approach across health, social care, education and the voluntary sector

# LTP: Learning disability and autism

- Action will be taken to tackle the causes of morbidity and preventable deaths in people with LD and autism
- The whole NHS will improve its understanding of the needs of people with LD and autism
- Improved access to services

autism diagnostic



# Workforce for the LTP

- Biggest threat to implementation of LTP
- NHS is short of every type of worker
- Please make your pupils aware of careers in Mental Health
- College has been running a successful recruitment campaign
- This film is part of it

# What can schools do?

- Early detection of abnormal development, social behaviour & poor academic performance
- Reduction of bullying
- Promotion of resilience
- Prevention of health risk behaviours, e.g. substance use
- Promotion of mental and physical health

- Thank you for your attention
- Any questions?
- Wendy.burn@rcpsych.ac.uk
- Follow me on Twitter @wendyburn

