

**Children's Mental Health Ontario
SUMMIT 2005**

**Progress Made in Delivering
Improved Child and Adolescent
Mental Health Services in
England**

**Dr. Bob Jeppard
Department of Health
London, UK
14th November 2005**

INTRODUCTORY REMARKS

In England:

- The 'hot button' issues are much the same
- The challenges you face are much the same
- The hopes for your system are much the same
- Your vision for the future (focused on the *whole* system for *all* children and youth) is much the same

But there are big differences:

- The services provided are not entirely determined by the 'providers' of mental health care
- Services are commissioned separately and in a multi-agency context
- CAMHS are 'health' led
- We have been supported by targeted additional £s

POLICY CONTEXT

- **Public Service Agreement Target – the standard for improving access to a comprehensive CAMHS to be achieved and maintained**
- **Increased Investment**
- **Every Child Matters – Next Steps**
- **Child Poverty Review**
- **Mental Health Bill – Safeguards for children**
- **National Service Framework for Children**
- **Public Health White Paper**

POLICY CONTEXT - continued

- **Youth Green Paper**
- **The ‘Respect’ agenda**
- **A ‘Patient-led’ National Health Service**
 - **Choice**
 - **Payment by Results**
 - **Practice based commissioning**
- **A White Paper for ‘Out of Hospital Care’**

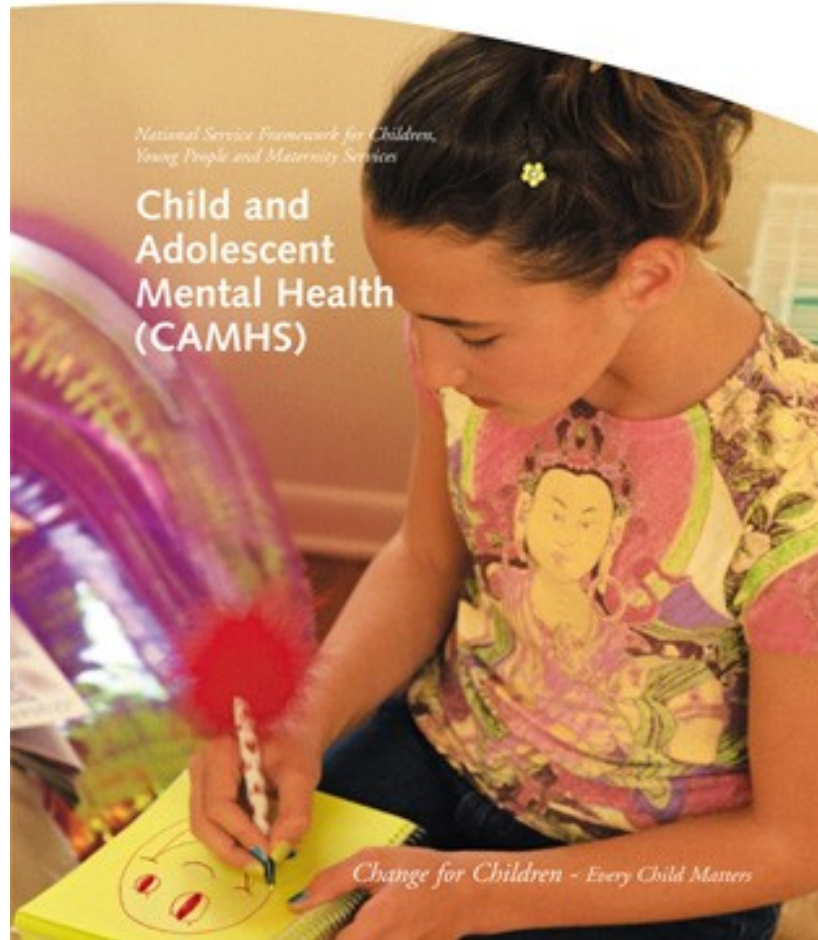
IN OTHER WORDS.....

.....**Policy for Child and Adolescent Mental Health Services needs to constantly adjust to the other policy imperatives and organisational changes**

*National Service Framework for Children,
Young People and Maternity Services*

Child and Adolescent Mental Health (CAMHS)

Change for Children - Every Child Matters



NATIONAL SERVICE FRAMEWORK (NSF) FOR CHILDREN

11 STANDARDS

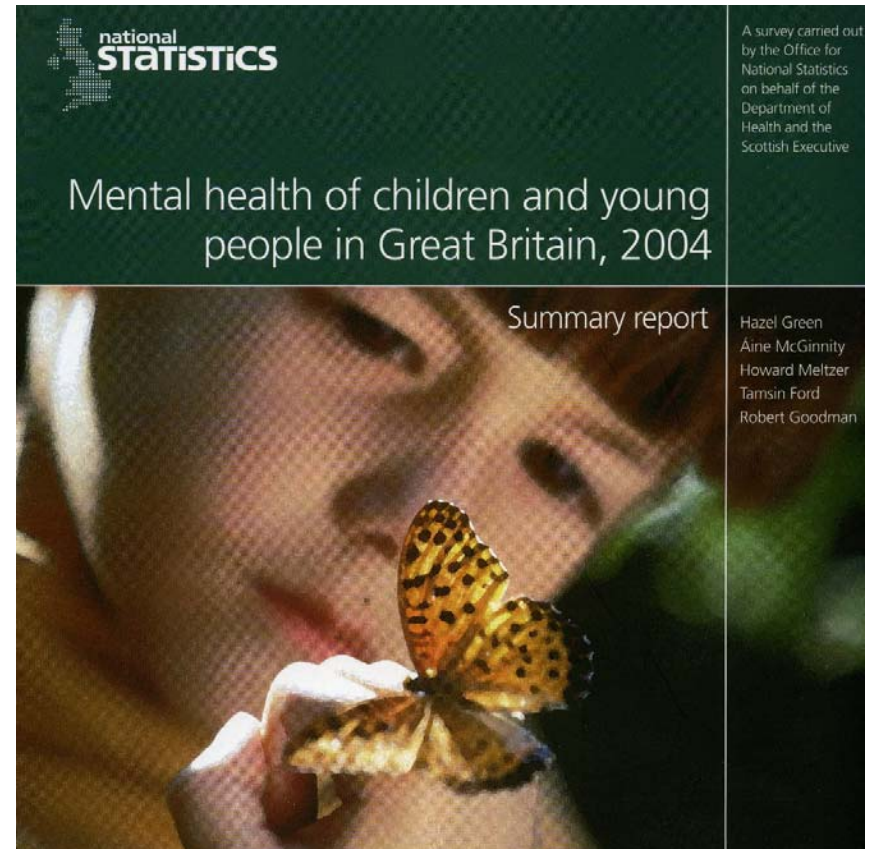
1. Promoting health & well-being, identifying needs and intervening early
2. Supporting parenting
3. Child, young person and family centred services
4. Growing up into adulthood
5. Safeguarding children and young people
6. Children and young people who are ill
7. Hospital standard
8. Disabled children & young people and those with complex needs
9. **Mental health and psychological well-being of children and young people**
10. Medicines for children and young people
11. Maternity services

WHAT EVIDENCE IS THERE FOR A NEED TO IMPROVE CAMHS?

- Evidence of mental health need
- Special reports that demonstrate unsatisfactory service delivery
- Association between children's mental disorders and other societal concerns
- Evidence from R & D programmes
- Evidence from voluntary sector reports

EVIDENCE OF MENTAL HEALTH NEED

- **National surveys of mental health morbidity**
 - 1999
 - Looked after children
 - 3 year follow-up
 - 2004
- **Local needs assessments**



PREVALENCE OF MENTAL DISORDERS BY AGE AND SEX

Table 4.1
Prevalence of mental disorders by age and sex, 2004

All children
Great Britain

	5- to 10-year-olds			11- to 16-year-olds			All children		
	Boys	Girls	All	Boys	Girls	All	Boys	Girls	All
<i>Percentage of children with each disorder</i>									
Type of disorder									
Emotional disorders	2.2	2.5	2.4	4.0	6.1	5.0	3.1	4.3	3.7
Conduct disorders	6.9	2.8	4.9	8.1	5.1	6.6	7.5	3.9	5.8
Hyperkinetic disorders	2.7	0.4	1.6	2.4	0.4	1.4	2.6	0.4	1.5
Less common disorders	2.2	0.4	1.3	1.6	1.1	1.4	1.9	0.8	1.3
Any disorder	10.2	5.1	7.7	12.6	10.3	11.5	11.4	7.8	9.6
<i>Base (weighted)</i>	<i>2010</i>	<i>1916</i>	<i>3926</i>	<i>2101</i>	<i>1950</i>	<i>4051</i>	<i>4111</i>	<i>3866</i>	<i>7977</i>

1 Prevalence rates are based on the ICD-10 Classification of Mental and Behavioural Disorders with strict impairment criteria – the disorder causing distress to the child or having a considerable impact on the child’s day to day life.

AGE BY TYPE OF CONDUCT & EMOTIONAL DISORDER

Figure 6.1
Age by type of conduct disorder, 1999 and 2004 combined
 Great Britain

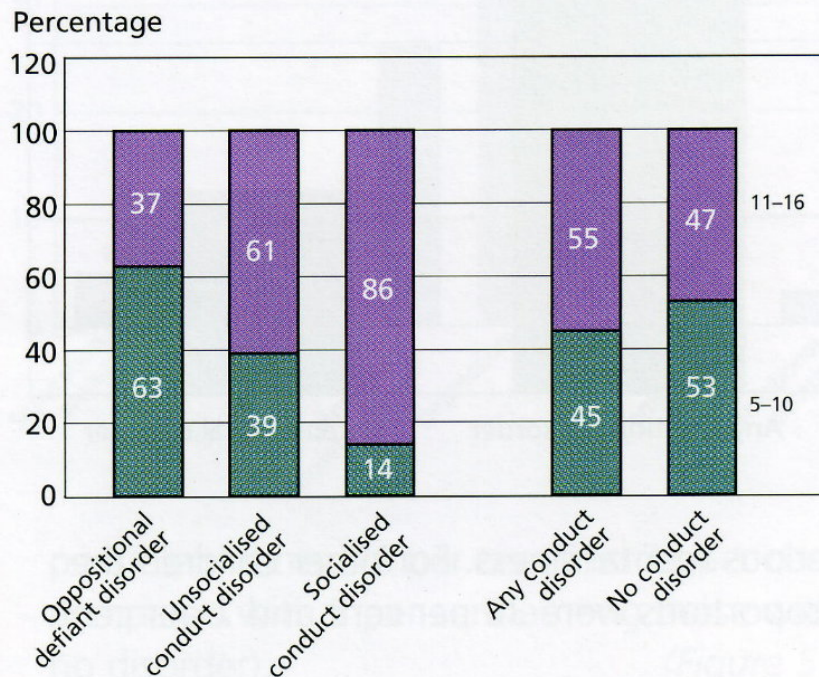
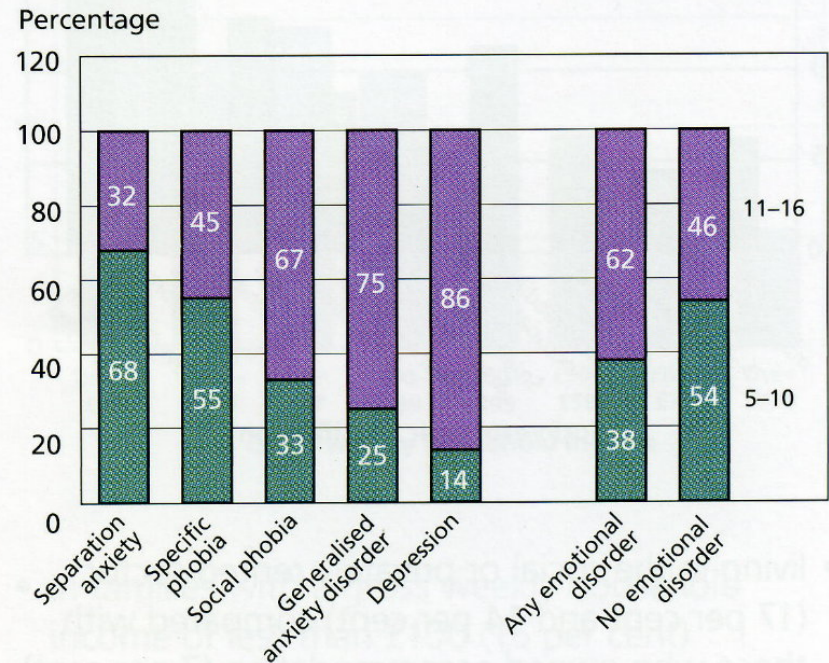
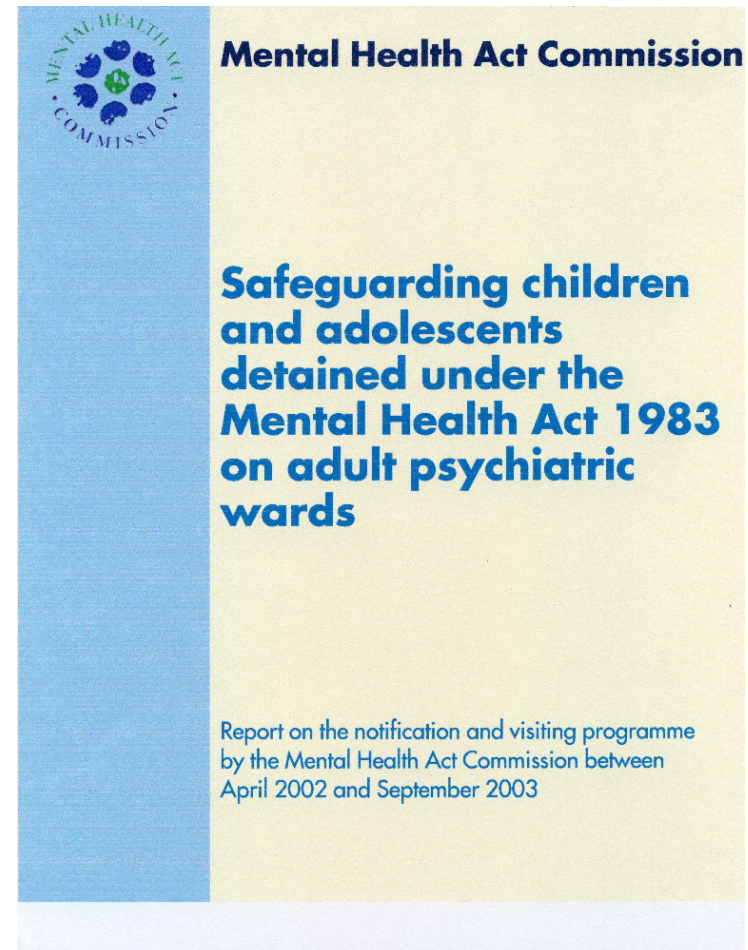


Figure 5.1
Age by type of emotional disorder, 1999 and 2004 combined
 Great Britain



REPORTS INTO SPECIFIC SERVICES

- **In-patient care for those with mental illness & complex disorders**
 - Children on adult psychiatric wards
 - Children on paediatric wards



EVIDENCE LEADS TO PRESSURE FROM OTHER GOVERNMENT DEPARTMENTS

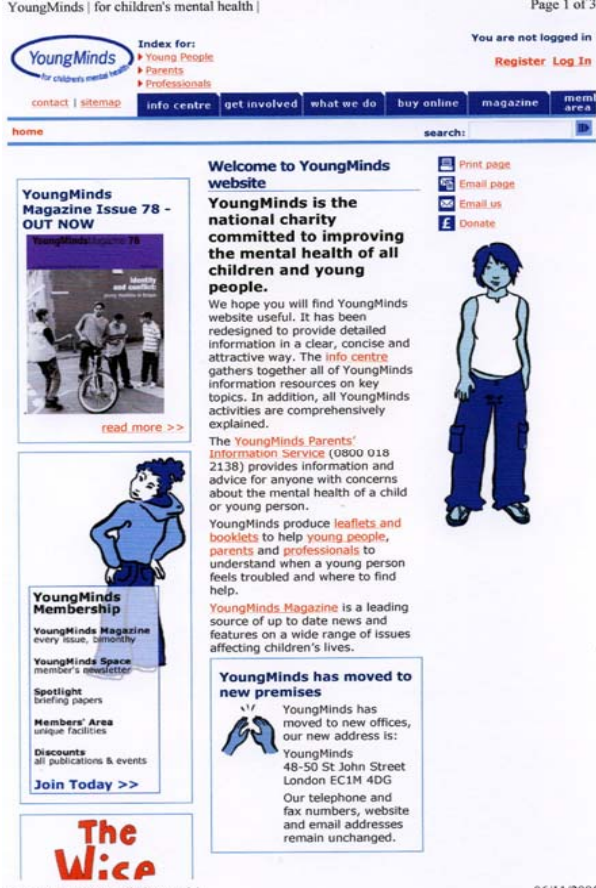
- **Concern about mentally ill young people in custody**
- **Concern about youth crime**
- **Concern about behaviour in schools**
- **Concern about educational attainment**
- **Concern about quality of parenting**

EVIDENCE FROM THE POLICY RESEARCH & DEVELOPMENT PROGRAMME

- **In-patient care (NICAPS & CHYPIE)**
- **Primary care**
- **Alternatives to in-patient care**
- **Transitions to adult services**
- **24/7 cover**
- **Learning disability**
- **Refugees & asylum seekers**

EVIDENCE FROM THE VOLUNTARY SECTOR

- Young Minds is the only UK charity dedicated to CAMHS
- But a number of other children's and mental health charities also have an interest
- Government gives grants to those that have a national relevance



YoungMinds | for children's mental health | Page 1 of 3

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Welcome to YoungMinds website

YoungMinds is the national charity committed to improving the mental health of all children and young people.

We hope you will find YoungMinds website useful. It has been redesigned to provide detailed information in a clear, concise and attractive way. The [info centre](#) gathers together all of YoungMinds information resources on key topics. In addition, all YoungMinds activities are comprehensively explained.

The [YoungMinds Parents' Information Service](#) (0800 018 2138) provides information and advice for anyone with concerns about the mental health of a child or young person.

YoungMinds produce [leaflets and booklets](#) to help [young people, parents and professionals](#) to understand when a young person feels troubled and where to find help.

[YoungMinds Magazine](#) is a leading source of up to date news and features on a wide range of issues affecting children's lives.

YoungMinds has moved to new premises

YoungMinds has moved to new offices, our new address is:
YoungMinds
48-50 St John Street
London EC1M 4DG
Our telephone and fax numbers, website and email addresses remain unchanged.

YoungMinds Magazine Issue 78 - OUT NOW

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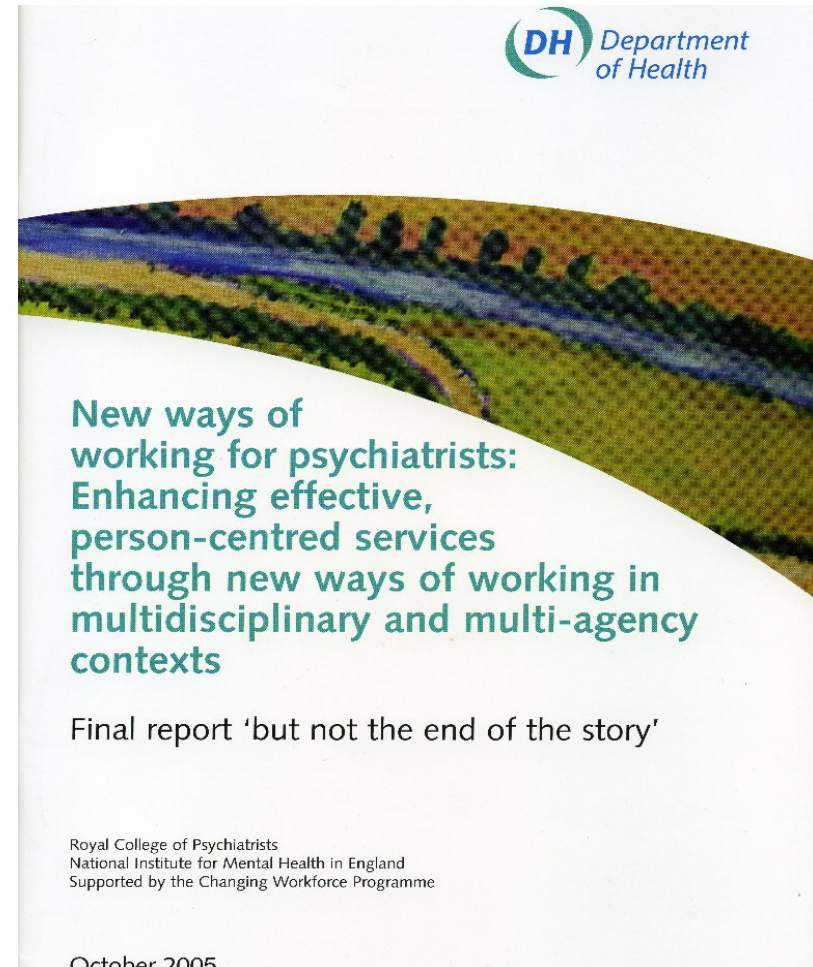
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DELIVERY OF IMPROVED SERVICES REQUIRES CHANGES AS WELL AS INCREASED RESOURCES

- **New ways of working**
- **Training to address the deficits in skills and competencies of the workforce**
- **A focus on evidence-based practice**
- **A focus on outcomes**

WORKFORCE ISSUES

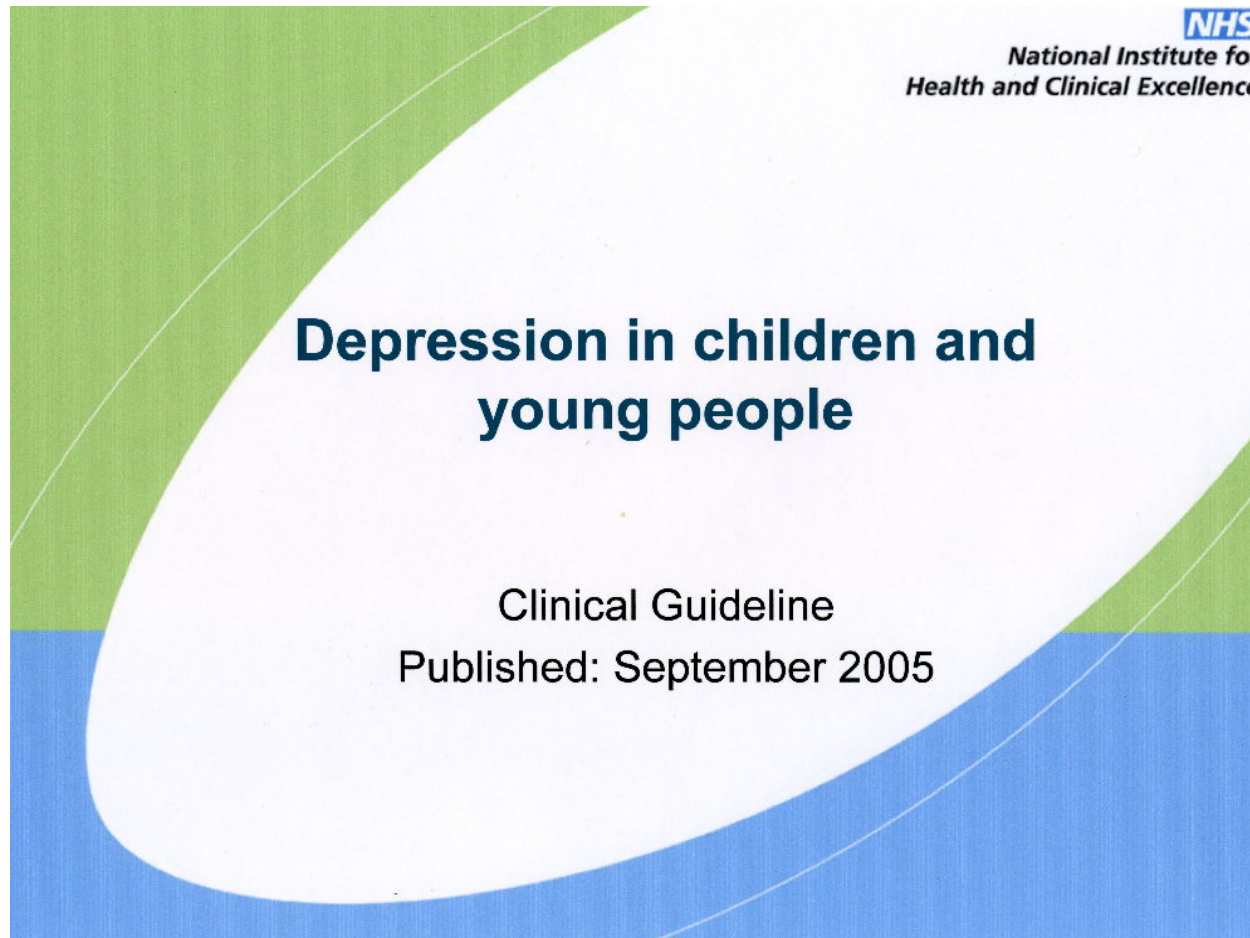
- **New Ways of Working**
 - Mental health workforce
 - Children's workforce
- **Planned increases in workforce**
 - Professionals
 - Generic workforce



A HUGE NEED FOR A BETTER TRAINED WORKFORCE

- **Generic skills of the whole children's workforce**
- **Courses for primary mental health workers**
- **Skills for those helping particular groups of children**
- **Specific therapy skills**

EVIDENCE-BASED PRACTICE: APPRAISALS & GUIDELINES

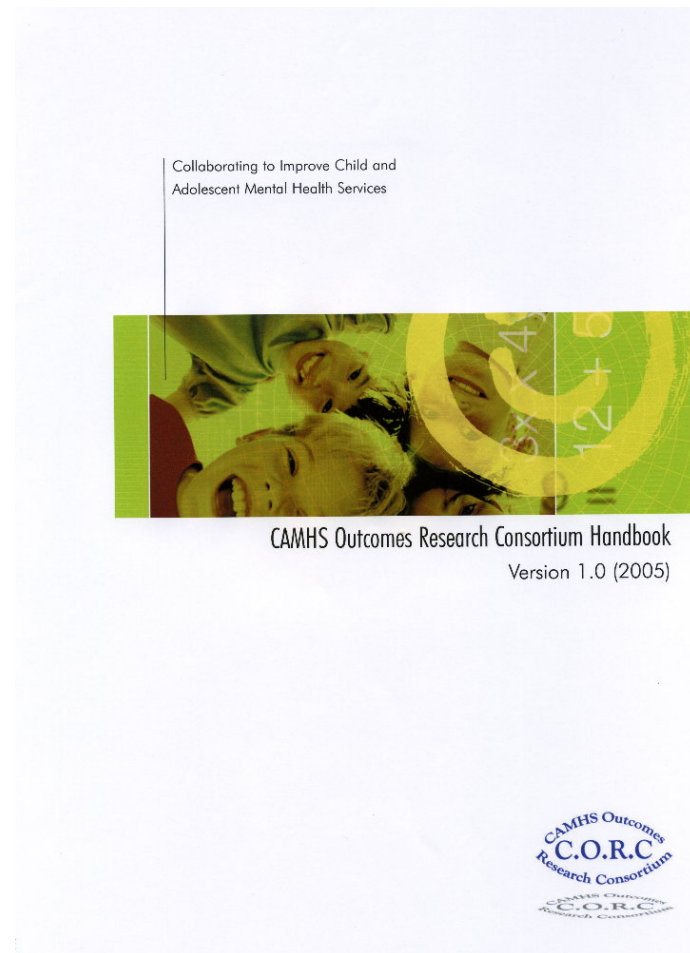


PUBLICATION OF GUIDELINES

- **ADHD – Medication**
- **Eating disorders**
- **Post traumatic stress disorder**
- **Depression in children & young people**
- **OCD**
- **Parent management training for conduct disorder**

OUTCOMES

- **Clinical Outcomes**
 - The experience of the CAMHS Outcomes Research Consortium
- **PSA target outcomes**
 - 3 Proxies
 - Assessment of Local Delivery Plans
 - Intelligence from the NCSS



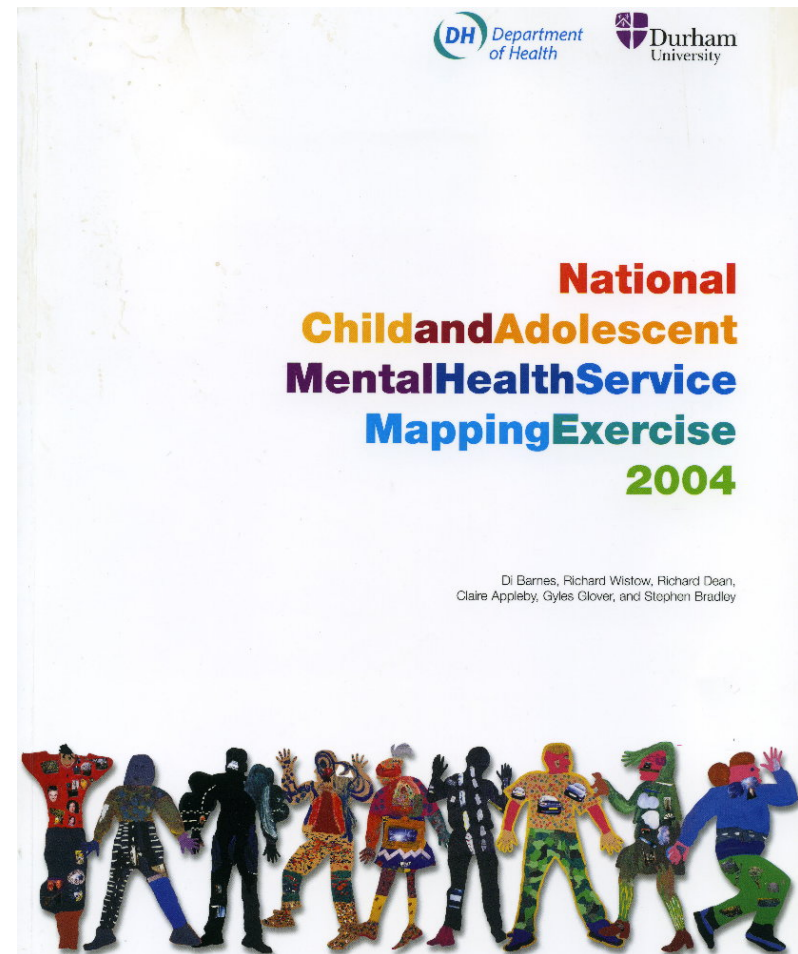
FACILITATING DELIVERY

- **The National CAMHS Support Service (NCSS)**
 - Regional Development Workers
- **The National Institute of Mental Health in England (NIMHE)**
 - CAMHS Fellow
- **Performance management by Strategic Health Authorities**
- **Inspections of services**
 - Health Care Commission
 - Joint Area Reviews
 - Commission for Social Care Inspection

MEASURING PROGRESS

THE ANNUAL MAPPING OF SERVICES

- Staff numbers have increased
- Investment in services has increased
- Activity has increased
- On-call provision increased
- Learning disability services have increased in numbers
- Services for 16/17 year olds has increased



IN SUMMARY

- **Address and adapt to the constantly changing political and organisational context**
- **Harness the evidence from all quarters**
- **Address the changes in practice and structures that need to be made**
- **Establish mechanisms for facilitating delivery**
- **Establish mechanisms for monitoring progress**