

March

2019

Briefing: children and young people's mental health waiting times

Context

The Greater Manchester Health and Care Partnership, the body overseeing the city-region's £6bn health and care budget, made mental health, and specifically supporting better children and young people's mental health an early priority for health and care devolution.

Since we took charge in 2016, we've worked together across Greater Manchester to make some big improvements. We have started to make good progress to ensure mental health is treated as seriously as physical health. We are doing this by improving mental health treatment services but also by investing in prevention.

Mental health services across all ages have been chronically underinvested in for many years. This despite the fact that 50% of mental health problems are established by the age of just 14, 75% by 24 [<https://www.mentalhealth.org.uk/statistics/mental-health-statistics-children-and-young-people>], and contributing to 23% of the nation's health needs [The King's Fund, 2015]. Yet only around 7% of the national mental health budget is spent on children and young people [<https://www.england.nhs.uk/mentalhealth/wp-content/uploads/sites/29/2015/08/nhse-camhs-baselining-summary1.pdf>].

In July 2017, the Partnership announced a £134m investment to transform mental health in Greater Manchester – the biggest and most ambitious of its kind in the country. A total of 60 per cent of this cash (around £80m) was focused on supporting the mental health needs of children, young people and new mums as part of a wider commitment to increase the proportion of the budget focused towards early intervention.

At the end of 2018 the Mayor of Greater Manchester, Andy Burnham announced Greater Manchester will be the first place in the country to start collating and publishing publicly waiting times data for children and young people's mental health services. This second briefing continues that pledge of transparency and shows data from 1st April 2018 to 31st December 2018, recognising both the progress we have made locally in increasing access and how far we still need to go to deliver on its timeliness cross Greater Manchester.

This data covers specialist NHS community child and adolescent mental health services only, including eating disorders. We recognise that there are a number of voluntary, community and social enterprise providers who deliver at least 10% of the other community mental health services – these are currently out of scope for this report, but we have plans to capture and reflect the data across the whole system as a priority.

There is no national mental health equivalent to the 18 week referral to treatment pledge enshrined in the NHS constitution for physical health – and in fact best practice guidance suggests that where appropriate, initial assessments should begin within 4-6 weeks and then be followed up by access to specialist treatment where warranted within a further 6-8 weeks.

As such, in the longer-term, in Greater Manchester, we want people seen within 4 weeks for their first appointment and within a school-term for their second appointment (referral to treatment).

This will require significantly more services and professionals, and the Partnership is will launch a new workforce plan for children and young people's mental health. The aim will be to get at least 150 more clinicians in place across Greater Manchester by 2021.

Improving Access

- The NHS England access target for 20/21 is for 35% of the prevalence – based on 2004 prevalence study children and young people (CYP) to be seen. This equates to around 4,000 more children in Greater Manchester and 70,000 nationally accessing evidence-based treatment and support.
- The total number of children and young people being seen in Greater Manchester in 2017/18 was 19,615 while those with a possible diagnosable mental health condition has been estimated at 59,099. The Greater Manchester ambition is and must therefore be to close this gap further.
- The current NHS England access standard (2018/19) is that 32% of children and young people with a diagnosable mental health condition (based on a national 2004 prevalence study) receive treatment from an NHS-funded community mental health service. Nationally, forecast outturn performance is at 28.6%. In December, in Greater Manchester, we are performing at 35.4% - so above the national target at this time – and forecasted to deliver the national 20/21 target two years ahead of the ambition.

Information on the data

- Information shown is based on the activity within NHS CYP Mental Health Services. Activity is defined as the time that a Therapist or Clinician spends on direct and indirect patient related activity.
- Waiting times shown are taken from direct patient activity only, which involves a direct contact with a patient (CYP) or the patient's proxy (e.g. parent, carer) where an assessment is undertaken, or care / treatment is given.

What the data is showing

- GPs remain the single biggest single referrer to services at 38.7%. Other referrals come from amongst other individuals, education, community paediatrics, social workers and A&E.
- A total number of 19,864 children and young people referrals were accepted in the period 1st April 2018 to 31st December 2018 to NHS CYP Mental Health Services.
- More were male (53.51%) than female (46.40%) and most referrals are for children ages 5 – 16, with a small number on either side.

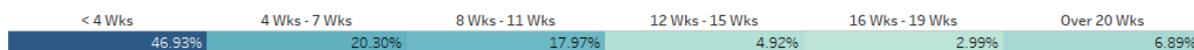
Referral to first appointment by CCG (clinical commissioning group):

This is the total number of weeks waited between the referral being received and the first direct (usually face-to-face) appointment divided by the number of children and young people who waited.

Waited Weeks Referral to First Appointment by CCG



Referral to First Appointment by Week Band

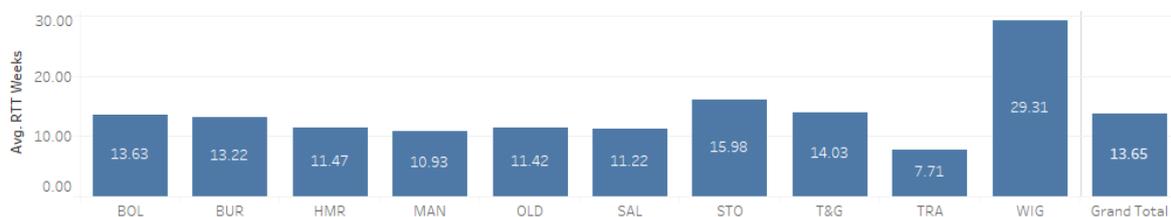


- The average wait across Greater Manchester for a first appointment has increased since on the last quarter to 7.99 weeks.

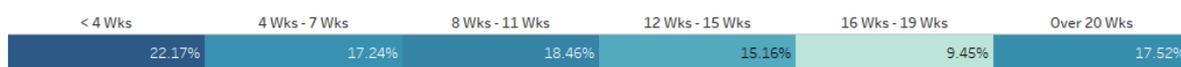
Referral to second appointment (or referral to treatment) by CCG:

This is the total number of weeks waited between the referral being received and second direct (usually face-to-face) appointment divided by the total number of children and young people who waited.

RTT Weeks (2nd Direct Appointment) by CCG



RTT by Week Band



- Average wait across Greater Manchester for a second appointment has increased to 13.65 weeks.

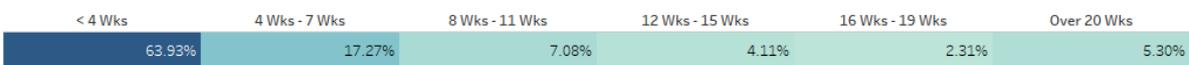
Second appointment to third appointment (Average time to next treatment appointment from assessment completed) by CCG:

The total number of weeks waited between the second direct appointment and the third direct appointment (usually face-to-face) divided by the total number of children and young people who waited.

Waited Weeks Second to Third Appointment Wait by CCG



Second to Third Appointment by Week Band



- Average wait across Greater Manchester for a third appointment once accepted into treatment is marginally improved to 5.23 weeks.