

Mental Health facts and figures from pinpoint network meetings in June 2015

Summary of the presentation from Jo Rooney, Senior Commissioning Manager, Cambridgeshire & Peterborough Clinical Commissioning Group.

Mental Health in the UK

Nationally, there is a high level of Mental Health need.

The *Future in Mind* report from 2015, published by the Department of Health/NHS reveals:

- 1 in 10 children aged 0-18 need support or treatment for mental health problems
- 75% of mental health problems in adult life start by the age of 18
- Early intervention is key to preventing young people falling into crisis and avoiding long and expensive treatment
- Depression and anxiety are persistent conditions that have a huge impact and affect whole families
- Only about one in four people with mental health issues actually seek treatment
- Nearly 850,000 children aged 5-16 nationally are thought to have a mental illness.

The picture in Cambridgeshire

Cambridgeshire has seen a 12% increase in under 18s with mental health problems. The following numbers are projected, based on UK Census figures.

- Conduct disorders (behavioural issues not associated with ADHD or ASD): 5.8% or 8,398 children
- Anxiety: 3.3%, 4,778 children
- Depression: 0.9%, 1,300
- Hyperkinetic disorder (severe ADHD): 1.5%, 2,172 children

Cambridgeshire and Peterborough Foundation Trust, which provide the county's CAMHS (Child and Adolescent Mental Health Services) has seen a year on year increase in demand for specialist CAMH on-call staff for self-harm assessments at hospitals.

Closing the waiting list to families for ASD and ADHD assessments in February this year was not an easy decision to make. Families on the list were waiting up to two years to be seen. It is hoped that closing the waiting list to new referrals will ensure that these cases are assessed within the next few months – but it may be up to 6 months to clear the back log.

CAMHS figures for April 2015

- Accepted new referrals: 287 (over 95% of referrals are accepted)
- 38 children and young people required urgent assessment (hospital A & E)
- Numbers :1076*
- ADHD: 264
- ASD: 224

*Priority goes to those with the highest risk/clinical need

The Plan for Cambridgeshire

- Another £600,000 has been added to the MH services budget in the county.
- A new county-wide "early intervention" strategy is being developed by September this year
- There is money to open the list again, once the back log has been cleared or significantly reduced to a reasonable waiting time for assessment.