

PARTNERSHIP BRIEFING ON CYP MENTAL HEALTH AND EMOTIONAL WELLBEING

Plymouth City Council, NHS Devon CCG & Livewell Southwest

CYP mental health and emotional wellbeing

- Current demand data and emerging themes
- Current services and response to the pandemic
- Looking ahead – planning for recovery

Background paper alongside slide pack

Strategic links – A Bright Future

- Healthy and Happy
- Safe
- Achieve and Aspire



Current data and emerging themes

- Increase in acuity and numbers of children with an eating disorder

Pre-pandemic early intervention providers reported:

- Anxiety/stress, family relationships, suicidal thoughts

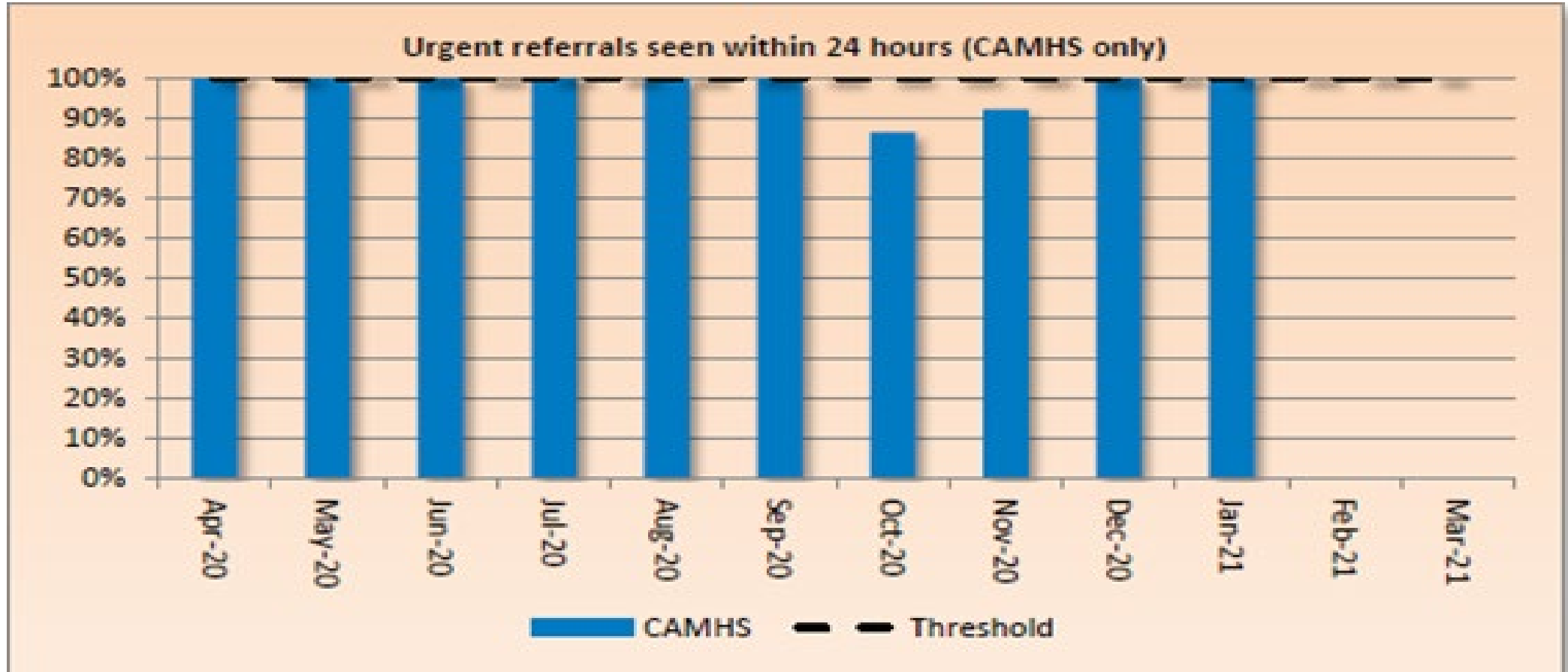
During the pandemic:

- Poor sleep, loneliness, isolation

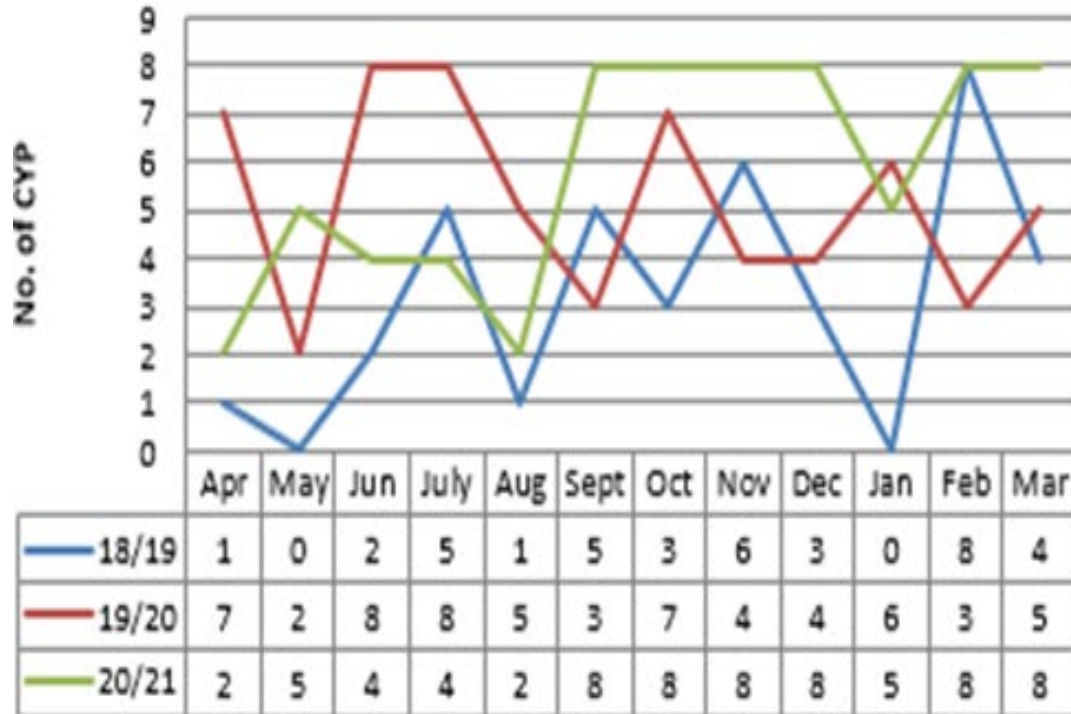
Now:

- Combination of all of the above

Camhs performance – urgent referrals



Eating Disorders - trends



	Accepted referrals	Increase no.	% increase no.
18/19	38	n/a	n/a
19/20	55	17	48%
20/21	70 (predicted)	15	27%

Current services and response to the pandemic

- Camhs
- MHST
- Young Devon
- Kooth
- Progeny
- Wellbeing for Education Return
- Other community support and services commissioned directly by schools

Focus on maintaining contact, use of social media, creative ways of delivering services

Looking ahead – planning for recovery

- Potential increase in demand of around 77% for children and young people's mental health
- Across the range of need from emerging issues to more serious concerns
- Demand forecasting based on risk factors including experience of domestic abuse, sexual violence and other safeguarding concerns, as well as parental mental health and the impact of loss of income
- Forecasting is being used to identify additional capacity and resource allocation

Looking ahead – planning for recovery

Priorities:

- Ensuring early identification and timely access to specialist mental health services for those with an eating Disorders;
- Ensuring a crisis provision which combines crisis assessment, brief response, and intensive home treatment functions
- Ensuring that children and young people have access to support at an earlier point to prevent escalating mental health needs.

Looking ahead – planning for recovery

- Livewell Southwest and CCG have provided additional investment to increase capacity across pathways including 24/7 crisis phone line, eating disorder, non-medical prescribing within severe learning disabilities teams, CBT teams, therapies and earlier intervention pathways within CAMHS.
- Plymouth City Council will continue to support community-based projects to support low level mental health needs, to create additional resilience in early intervention.
- There are ongoing planning meetings to continue discussions.

Other useful resources

<https://www.plymouthonlinedirectory.com/healthandwellbeing/healthandwellbeing/mentalhealth/childrenyoungpeople/directory?p=2>

<https://www.healthforkids.co.uk/plymouth/>

<https://www.healthforteens.co.uk/plymouth/>