

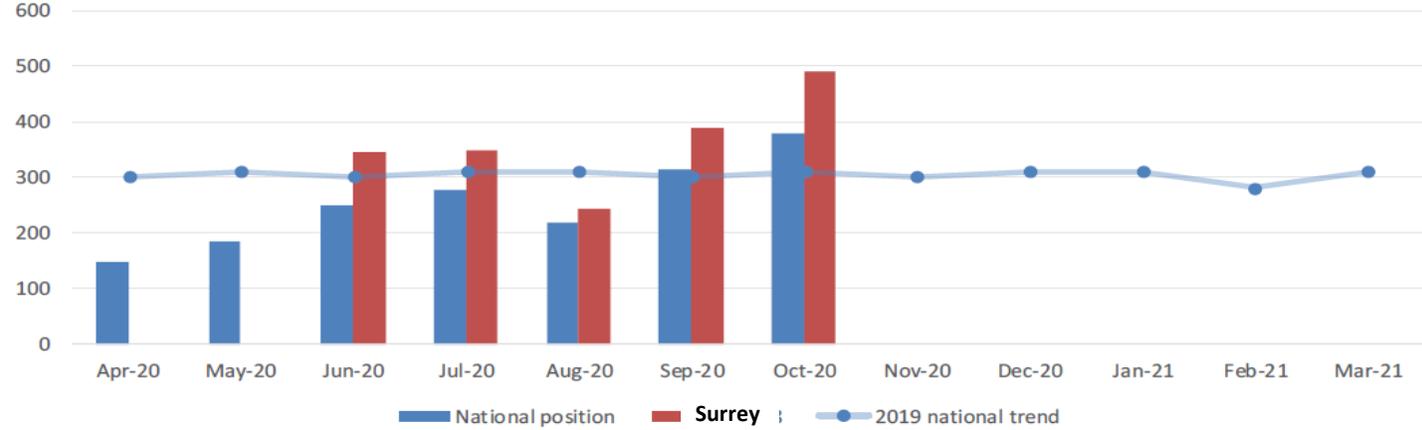
Current pressures – children

- CAMHS is currently showing a **22% increase in demand** above the same time last year. For example, experiencing a 66% increase in demand for children’s eating disorder services and a 3-fold increase in urgent cases.

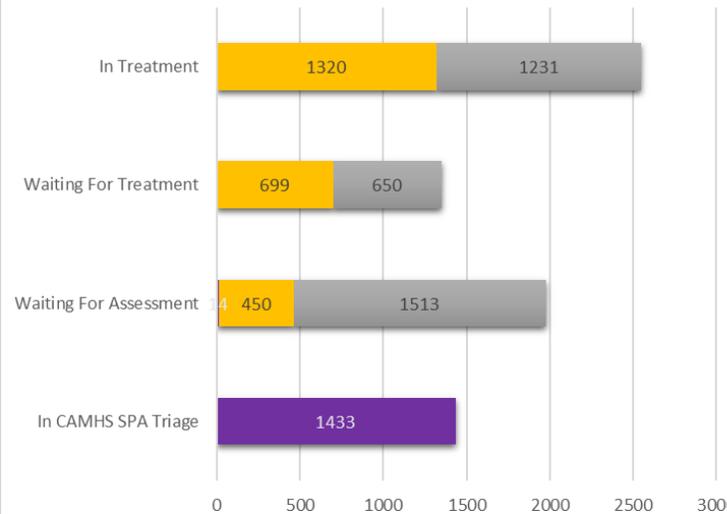
- Since November there has been an **89% increase** in referrals triaged by the Children’s Single Point of Access (SPA) from 758 on 1 November to 1433 on 14 Jan, and increasing delays creating a backlog

- There is also a 12% increase in referrals waiting for assessment.

Total referrals received by CAMHS community teams during the month per 100,000 registered population

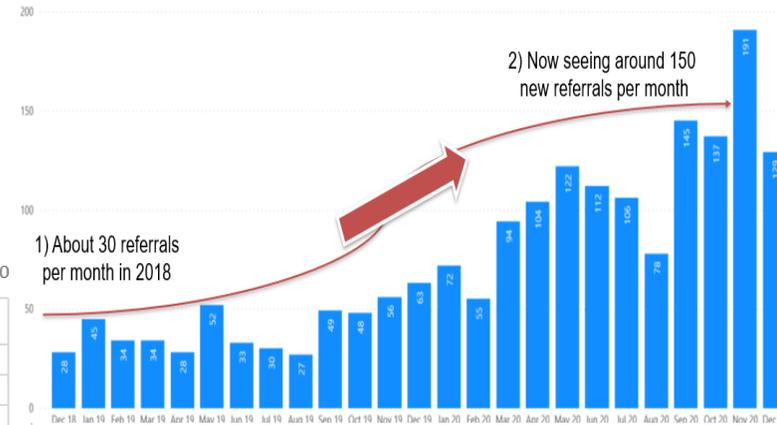


Referrals on 14th January 2021



	In CAMHS SPA Triage	Waiting For Assessment	Waiting For Treatment	In Treatment
■ CAMHS SPA	1433	14		
■ CAMHS CT		450	699	1320
■ ADHD / ASD		1513	650	1231

HOPE Service Referrals



Current pressures – adults

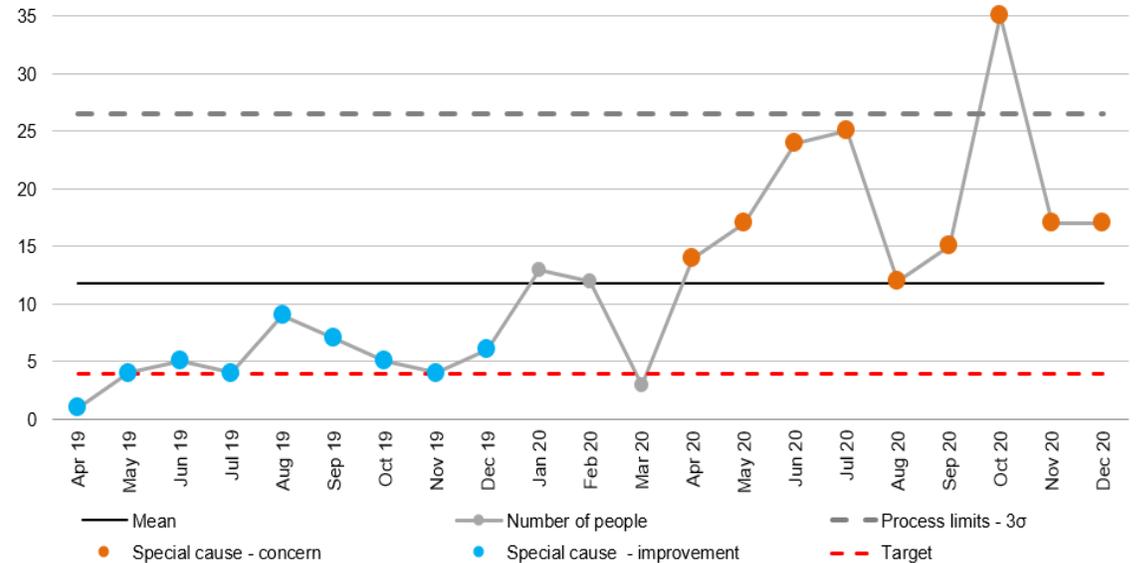
- Contacts 'in crisis' now over 80% compared to 37% in 2019, with a 45% increase in referrals to Home Treatment Teams, Psychiatric Liaison and intensive support teams

- Increased inpatient admissions and higher average **occupancy rates of over 96+%** are leading to significant increase in Out-of-Area placements. Accommodation is the biggest barrier to discharge with approx. 40% of those medically fit delayed as a result.

Crisis, Liaison and Intensive Support Teams Activity



Admissions-Inappropriate Out of Area starting 01/04/19



Pandemic Impacts

Community Impact Assessment (CIA)

Key concerns from residents

- social isolation due to lockdown (particularly on working-age adults living alone and those in poor health)
- loss of coping mechanisms (e.g. ability to connect with friends and family and taking daily outdoor exercise)
- fear of becoming infected (self and family)
- conflicting information
- ability to access care (patients as well as carers)
- working in frontline

Key findings

- 75% of residents reported lockdown affected their mental wellbeing.
- 52% of 16-25 year-olds and 46% of those in low income (under £25k) households felt more lonely.
- An increase in unhealthy behaviour: smoking (↑38%) drinking (↑35%).
- Increase in number of residents claiming Universal Credit or Job Seekers Allowance by over 300%.



ins Up 8%

Demand Continues to Rise for Kooth

We are seeing more young people than ever turning to Kooth for support. Now that traditional means of support are closed to many, it's clear that digital has a vital role to play in supporting mental health and wellbeing. Offering anonymity and freedom to access help when it's needed is key; we're there

Suicidal Thoughts See 40% Increase on Last Year, Accounting for 19% of all Issues on Kooth

"School is the only place I'm safe from taking my own life. But they can't take me now. Because of the risk, I have tried to take my life a few times. Everything seems to be bad and getting worse."
- **Anonymous Kooth User**

 <p>Anxiety/Stress Anxiety and stress is the largest presenting issue by volume. Up 53% from last year</p>	 <p>Sadness Sadness now accounts for 9% of all issues presented. Up 211% from last year</p>
 <p>Self Harm A worrying amount of CYPs are presenting with self harm issues. Up 45% from last year</p>	 <p>Suicidal Thoughts A huge spike in CYPs presenting with suicidal thoughts Up 40% from last year</p>
 <p>Family Relationships Relationships with family members remain strained. Up 50% from last year</p>	 <p>School / College Worries Such as returning to school or handling education virtually. Up 246% from last year</p>
 <p>Friendships Friendships have suffered while schools and colleges are closed. Up 20% from last year</p>	 <p>Loneliness Our young people are growing lonelier during lockdown. Up 135% from last year</p>

What headlines can we pull from this data?

1. **Anxiety/Stress** sees 53% increase among young people
2. 1 in 5 Young People Struggling with Issues around **Family Relationships**
3. **Self-Harm** sees Major Increase in Prevalence under Lockdown
4. **Suicidal Thoughts** see 40% Increase on Last Year
5. Young People Struggle with **Friendships** During Lockdown
6. **School or College-Related** Mental Health Issues Surge
7. **Sadness** sees Threefold Increase under Lockdown
8. **Loneliness** Among Young People up 134%

Issues are registered against a service user following any interaction that displays this issue. This is typically during counselling, during any other interaction, such as comments in a forum. The comparison to last year is based on the proportion of the presented with the particular issue, compared to the proportion last year, during the same time period. Dataset size: 70,007



Pandemic impacts - CIA Rapid Needs Assessment

- 69% of adults in the UK report feeling somewhat or very worried about the effects of COVID-19 on their lives
- Both Surrey Drug and Alcohol Care (SDAC) helpline and Community Communications reported an increase in the number of calls and referrals respectively.
- Increase in the presentation of MH related issues were also reported by the local community helplines set up during the lockdown.
- There was also a significant increase in the use of the Emergency MHA (Mental Health Act) Powers. This was demonstrated by an increase in the MHA Detention rate of 37% in 2020 compared to 30% and 31% in previous 2 years.
- Data also shows an upward trend both in the number of people with mental health social care packages and the average cost of the package.
- The mental health burden and the long-term health impacts of job losses will be unequally distributed across society. In addition, older, younger people, homeless, those from BAME groups, people with drug and alcohol dependencies who don't access services under normal circumstances are more likely to have been impacted by further lockdowns.

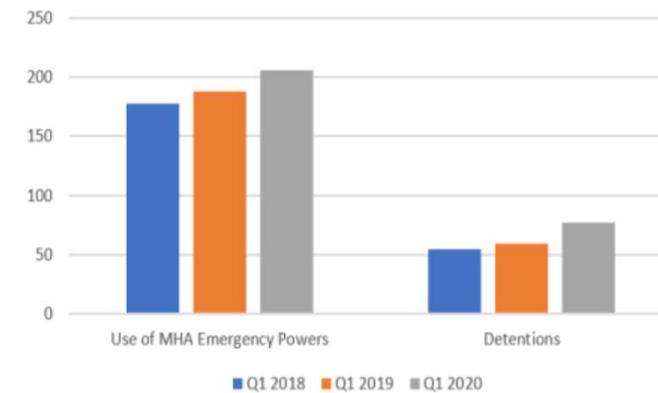


Figure 5A change in use of Emergency MHA and detention rate from 2018 to June 2020

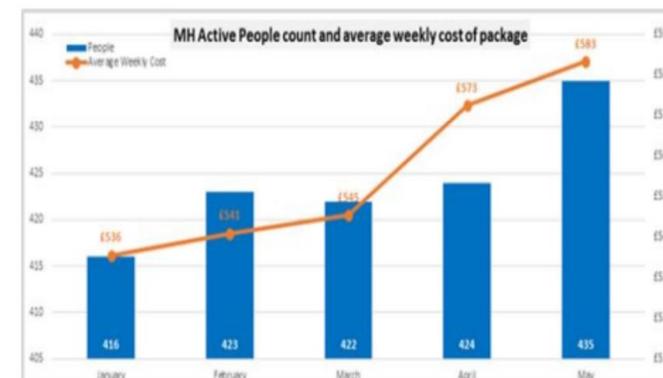


Figure 5B Trend in number of people and average weekly cost of Mental Health package from Jan 2020 to June 2020