

Appendix 1 – Mental Health Update

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As presented to Recovery Co-ordination Group on 14 December



What are we doing to help?

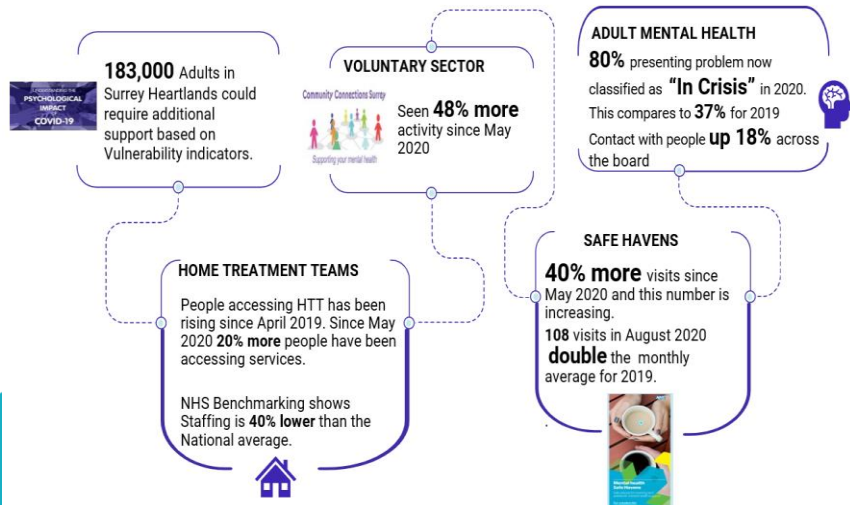
- Tech to Connect improving access to technology to those who are isolated and digitally excluded
- Surrey Virtual Wellbeing Hub self-referral gateway to VCFS support
- Emotional wellbeing advice and resources on the Healthy Surrey Website
- Webinars delivered by the Recovery College.
- Collaboration between Citizens Advice Bureau, DWP and MH providers.
- Spreading Mental Health First Aid training.
- Messaging and signposting

Acuity Pressures

- More people presenting in crisis who were not previously known or who had been stable
- increases in the use of emergency powers under the Mental Health Act with s135/s136 activity from January-August 30% higher than 2019 and a higher percentage of those people assessed also requiring admission
- Surrey Police data indicates an increasing trend in attendance at mental health incidents and increased use of s136 powers under the Mental Health Act.

DEMANDS ON ADULT MH SERVICES – May – Oct 2020

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Surrey Police Mental Health Activity Data to September 2020

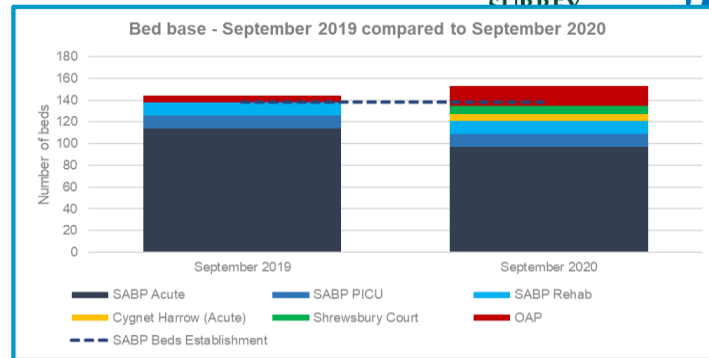
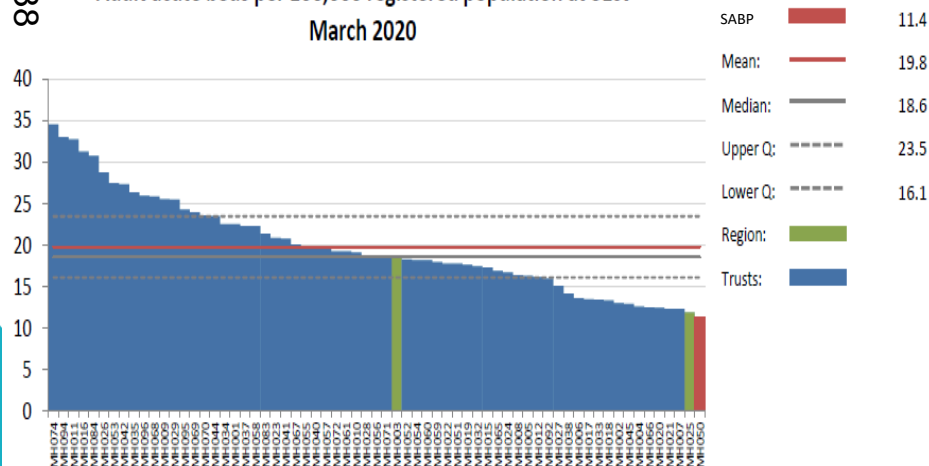


Inpatient Admissions and Flow Trends

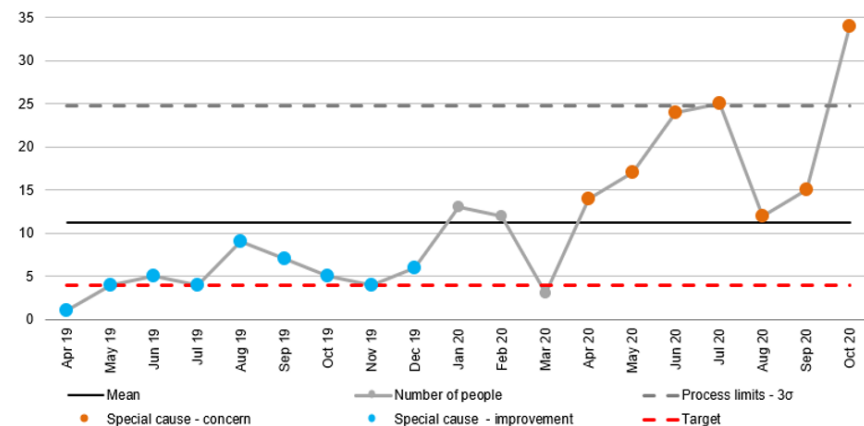
- Low bed-base per 100k weighted population and further reductions experienced due to social distancing, safety works and contractual changes
- High occupancy rates of over 95+%
- Significant increase in Out of Area placements due to low number of available beds but also increases in admissions and acuity
- Managing flow is critical and there has been a reduction in length of stay to national average levels but delayed transfers of care can create pressures

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Adult acute beds per 100,000 registered population at 31st March 2020



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



Adult Emotional Wellbeing & Mental Health Pressures

- General impact of Covid-19 on adult emotional wellbeing and mental health
- Increased acuity
- Bed pressures and flow management
- Increase in Out of Area Placements
- Delayed transfers of care, especially for people with complex needs such as Autism
- Optimising the community pathway
- Workforce capacity pressures
- Growing pressure on 3rd sector resources and lack of long-term contracting options create fragility
- Significant health inequalities and under provision of physical health checks

	Solutions and actions	Status
1	Increase bed team capacity through private sector	In Place
2	Virtual ward and enhanced bed bureau	In Place
3	OPEL reporting	In Place
4	RESET weeks	In Place
5	Hospital discharge team	In Place
6	Home First and Home Fast initiative and intensive home support	In Progress
7	Housing support and welfare worker	In Progress
8	24/7 crisis line	In Place
9	24/7 rapid response and home treatment team	In Place
10	Safe Havens	In Place
11	24/7 Safe Havens	Delayed
12	Mental health liaison in all acute hospitals	In Place
13	Police triage	Delayed
14	Restoration of community services and increase in face-to-face contact	In Place
15	Integrated mental health in primary care (GPIMHS) roll out	In Place
16	IAPT restoration of services	In Place



Anxiety/Stress

Anxiety and stress is the largest presenting issue by volume.
Up 53% from last year



Sadness

Sadness now accounts for 9% of all issues presented.
Up 211% from last year



Self Harm

A worrying amount of CYPs are presenting with self harm issues.
Up 45% from last year



Suicidal Thoughts

A huge spike in CYPs presenting with suicidal thoughts
Up 40% from last year



Family Relationships

Relationships with family members remain strained.
Up 50% from last year



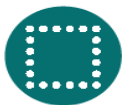
School / College Worries

Such as returning to school or handling education virtually.
Up 246% from last year



Friendships

Friendships have suffered while schools and colleges are closed.
Up 20% from last year



Loneliness

Our young people are growing lonelier during lockdown.
Up 135% from last year

What headlines can we pull from this data?

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

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

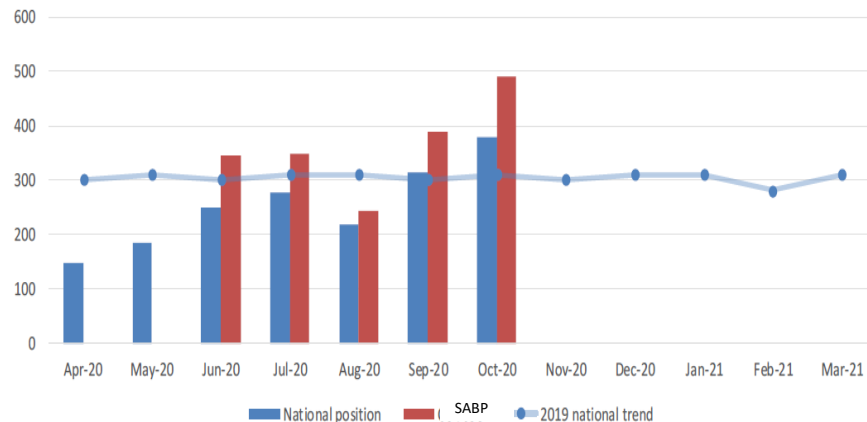
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Demand and Capacity Trends

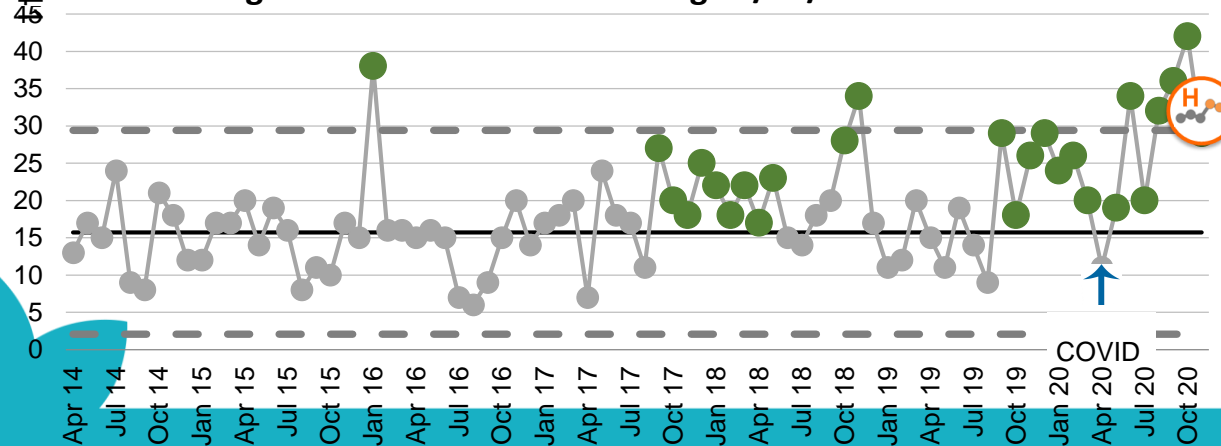
- National benchmarking data shows a year-on-year increase in CAMHS referrals since 2018/17.
- CAMHS is currently showing a 22% increase in demand above the same time last year.
- 66% increase in demand for children's eating disorder services and a 3-fold increase in urgent cases.
- Comparatively small workforce, with a higher than average number of agency staff. However, productivity is above the national average.

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



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Children's Eating Disorders Referrals- starting 01/04/14



Average number of months waited for children currently in treatment

CAMHS CT	3 months
PMHT	3 months
ASD	6 months
ADHD	7 months

Children's Emotional Wellbeing & Mental Health Pressures

- Demand pressures and high referral rates
- Eating Disorders
- Tier 4 CAMHS
- High community referral acceptance rates and high caseloads
- Long waits for neurodevelopmental services
- Relatively low discharge rates
- Workforce pressures, high agency staffing but relatively high productivity
- Inequalities

	Solutions and actions	Status
1	24/7 crisis line	In Place
2	Children's Havens	In Place
3	Paediatric liaison	In Place
4	Integrated role in Emergency Duty Team	In Place
5	HOPE House	In Place
6	Tier 4 CAMHS Provider Collaborative	Shadow Form
7	Eating disorders safety plan	In progress
8	Physical health monitoring pathway for eating disorders	Delayed
9	Review of waits and waiting list initiatives	In Progress
10	Support to schools	In Progress
11	Emotional Wellbeing and Mental Health Service retender	Outcome awaited