



**North East and
North Cumbria**

**Children and Young People's Mental
Health Provision
Update on current performance and
future provision**

Providers for CYPS / ADHD & ASD

Place	Pre School Autism / ADHD	Autism Assessment	ADHD Assessment	ADHD Titration / Monitoring	Other Secondary Care MH&LD CYPS Community Services exc ADHD/ASD
Newcastle	NUTHFT	CNTW	*CNTW / PUK	CNTW	CNTW
Gateshead	GHFT	CNTW	*CNTW / PUK	CNTW	CNTW
Northumberland	NHFT	CNTW / Toby H**	CNTW	CNTW	CNTW
North Tyneside	NHFT	NHFT	NHFT	NHFT	NHFT / CNTW***
North Cumbria	NCIC	NCIC	CNTW / NCIC	CNTW / NCIC	CNTW
South Tyneside	STSFT	CNTW	CNTW	CNTW	CNTW
Sunderland	STSFT	CNTW	CNTW	CNTW	CNTW
Durham	CDDFT	TEWV	TEWV	TEWV	TEWV

Caveats:

*CNTW Subcontracted to Psychiatry UK CYPS for some ADHD assessments

**Toby Henderson provide post diagnostic support

***Some specialist services such as CYPS Community Eating Disorders

Doesn't include shared care Primary Models

Individual Funding Requests go to straight to ICB

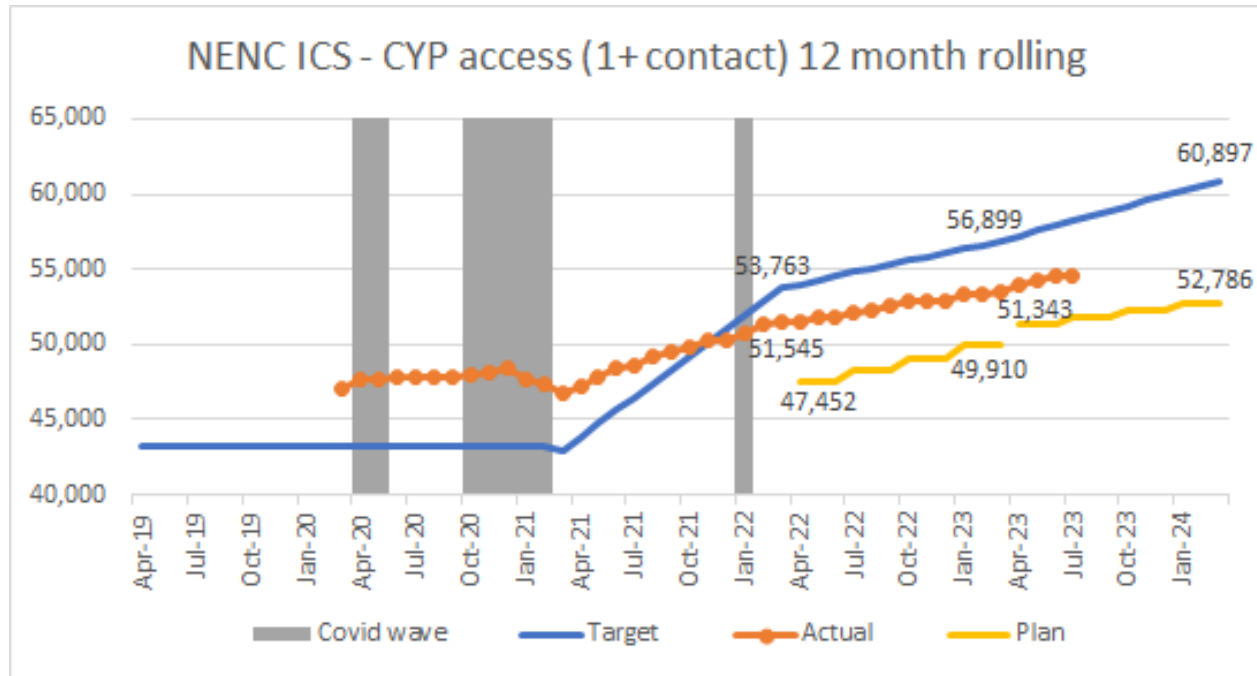
CYP MH national standards summary (July data)

Standard	Definition	NENC	NEY*	England
CYP 1+ contacts (July target 58,232)	The number of CYP aged under 18 supported through NHS funded mental health with at least one contact	54,590		
CYP Eating Disorders Urgent (95%)	The percentage of urgent patients starting treatment within 1 week of referral	82%	87%	67.5%
CYP Eating Disorders Routine (95%)	The percentage of routine patients starting treatment within 4 weeks of referral	66%	81%	71%

*North East and Yorkshire

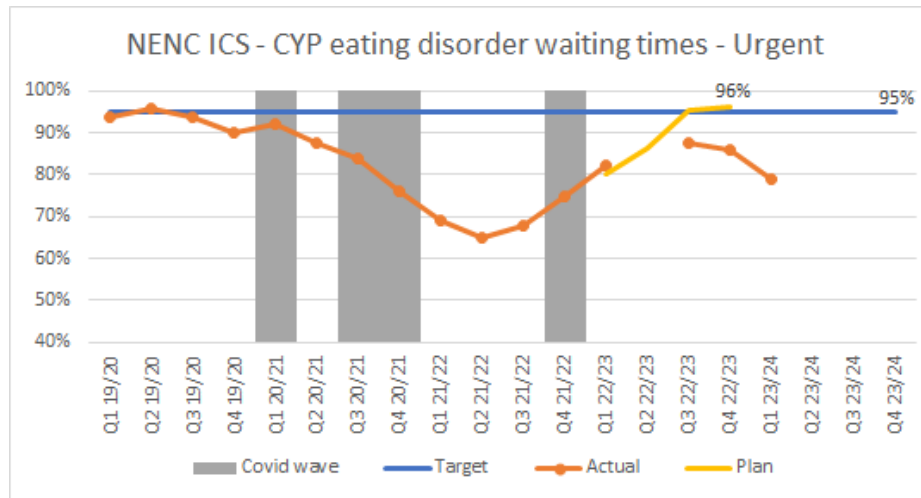
- NENC is not achieving the CYP1+ target but the position is improving
- NENC are not achieving the 95% target for both CYP ED Routine and Urgent metrics, however, neither are NE&Y or England
- NENC are performing better than the national position for CYP ED Urgent referrals, although below the NE&Y position
- For the CYP ED Routine referrals NENC are performing worse than both the national position and the NE&Y position

CYP access (1+ contact)



- The chart above shows the number of CYP aged under 18 supported through NHS funded mental health with at least one contact, rolling 12 month, (orange line) against the CYP targets that have been set (blue line) and the NENC operational plan (yellow line).
- Generally, the number of people aged 0-17 who have had at least one contact (either direct or indirect) in the previous 12 months has been increasing in NENC and July 23 shows the CYP access metric of 54,590 remains above plan (51,793) but below target (58,232).

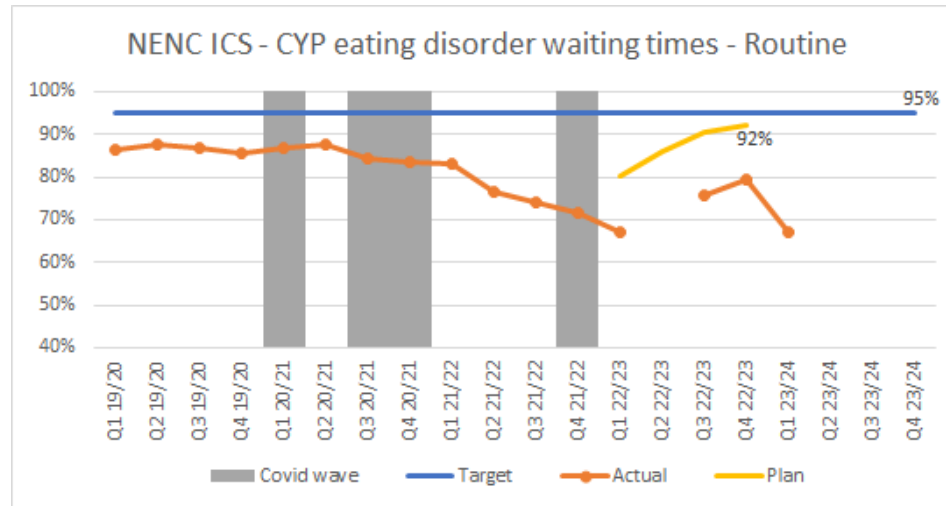
CYP Eating Disorders (ED) – urgent



- The charts above show the percentage of CYP referred with a suspected ED that start treatment within one week of urgent referral (orange line) against the 95% target (blue line) and the NENC plan (yellow line).
- The CYP ED metrics were not included in the operational planning round 23/24 and therefore no plan is shown from April 2023.
- The percentage of urgent patients across NENC ICS starting treatment within 1 week of referral deteriorated throughout 20/21 and into 21/22. However, this improved from Q2 21/22 and throughout 22/23.
- Q1 23/24 has seen a deterioration and remains below the target at 79%.

**There has been a change in how waiting times are now being captured and metric development is still on-going for the new official replacements for these metrics. Whilst this development is taking place, an interim measure is available and shown in the charts for Q1 23/24 however these measure's definition aren't directly comparable to the previous metrics.*

CYP Eating Disorders (ED) – routine

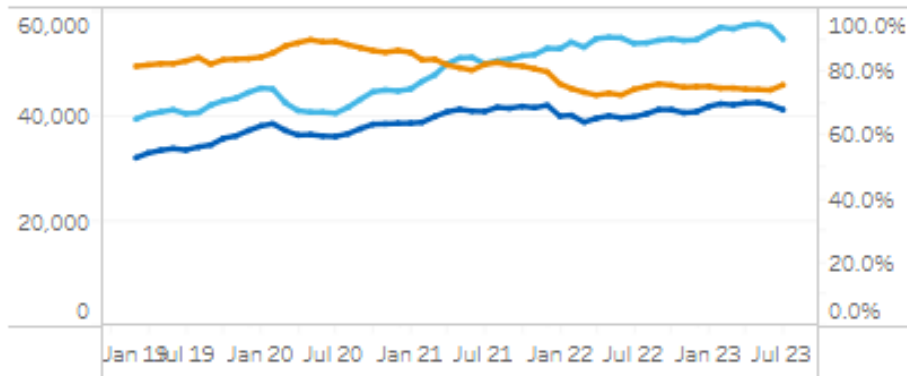


- The charts above show the percentage of CYP referred with a suspected ED that start treatment within four weeks of routine referral (orange line) against the target (blue line) and the NENC plan (yellow line).
- The CYP ED metrics were not included in the operational planning round 23/24 and therefore no plan is shown from April 2023. .
- The percentage of routine patients across NENC ICS starting treatment within 4 weeks of referral deteriorated throughout 20/21 and 21/22 and remained below target. However, this improved throughout 22/23, although remained below both target and plan.
- Q1 23/24 has seen a deterioration and remains below target at 67%.

**There has been a change in how waiting times are now being captured and metric development is still on-going for the new official replacements for these metrics. Whilst this development is taking place, an interim measure is available and shown in the charts for Q1 23/24 however these measure's definition aren't directly comparable to the previous metrics.*

CYP referrals and caseload

Open referrals, caseload, percent on caseload,



- **Caseload** is a measure of referrals that have had at least one attended contact and are still open at the end of the month
- **Open referrals** is a count of all referrals, including those yet to be seen
- **'percent on caseload'** is caseload as % of open referrals

The chart on left shows the number of open referrals and the caseload for NENC:

- The caseload has remained relatively stable over the last 12 months whilst the number of open referrals has increased.
- The gap between these 2 metrics is widening and this represents the number of CYP yet to be seen.
- NENC have gone from seeing around 83% of referrals on the caseload pre-pandemic to around 75% currently.

new and closed referrals



The chart on left shows the number of new and closed referrals for NENC each month:

- Throughout 19/20 and 20/21 there was more new referrals than closed referrals, resulting in the steeper increase in the number of open referrals and consequently the increasing numbers yet to be seen.
- Throughout 22/23 and into 23/24 the number of new and closed referrals have been a lot closer together, resulting in slower growth in the number of open referrals.

CYP Referral reasons

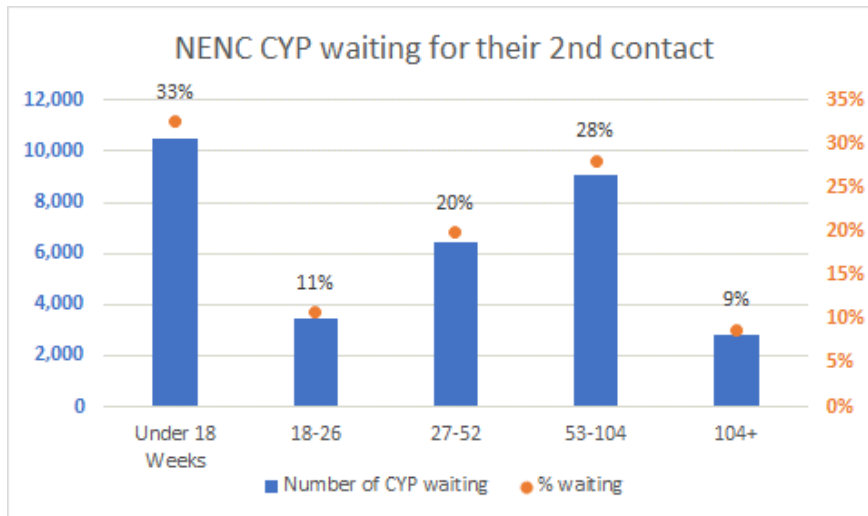
Primary Reason for Referral	Number of Patients by Weeks Waiting					
	Total Waiters	Under 18 Weeks	18-26	27-52	53-104	104+
Suspected Autism	10,457	2,726	1,256	2,499	3,444	532
Neurodevelopmental Conditions, excluding Autism	7,839	2,425	984	1,798	2,270	362
Unstated	6,805	1,830	599	818	2,510	1,048
Anxiety	2,190	1,064	174	391	288	273
Adjustment to health issues	1,695	1,112	178	262	82	61
Conduct disorders	576	227	34	156	84	75
Depression	535	241	38	120	71	65
Relationship difficulties	370	160	34	47	67	62
Self - care issues	325	59	14	78	136	38
Self harm behaviours	258	102	37	41	28	50
Post-traumatic stress disorder	252	71	19	113	40	9
Behaviours that challenge due to a Learning Disability	236	151	35	44	5	1
Gender Discomfort issues	213	9	4	10	19	171
In crisis	138	65	14	6	10	43
Attachment difficulties	115	57	13	27	7	11
Eating disorders	103	63	14	7	7	12
Diagnosed Autism	102	67	8	14	5	8
Other referral reasons	122	90	6	10	4	12
North East and North Cumbria	32,331	10,519	3,461	6,441	9,077	2,833

- The table shows the number of CYP waiting for their 2nd direct or indirect contact at the end Aug 23 in NENC by primary referral reason and weeks waiting.

- Some 57% of the total CYP waiting across NENC are waiting with a referral reason of autism (33%) or neurodevelopmental conditions (24%), with a further 21% waiting where the referral reason is unstated. The remaining 22% are waiting for a variety of other referral reasons.
- The unstated referral reasons make up a large proportion of the longer 104+ week waits (37%) followed by suspected autism (19%) and neurodevelopmental conditions (13%).

CYP waiting times

	Number of Patients by Weeks Waiting					
	Total Waiters	Under 18 Weeks	18-26	27-52	53-104	104+
North East and North Cumbria	32,331	10,519	3,461	6,441	9,077	2,833

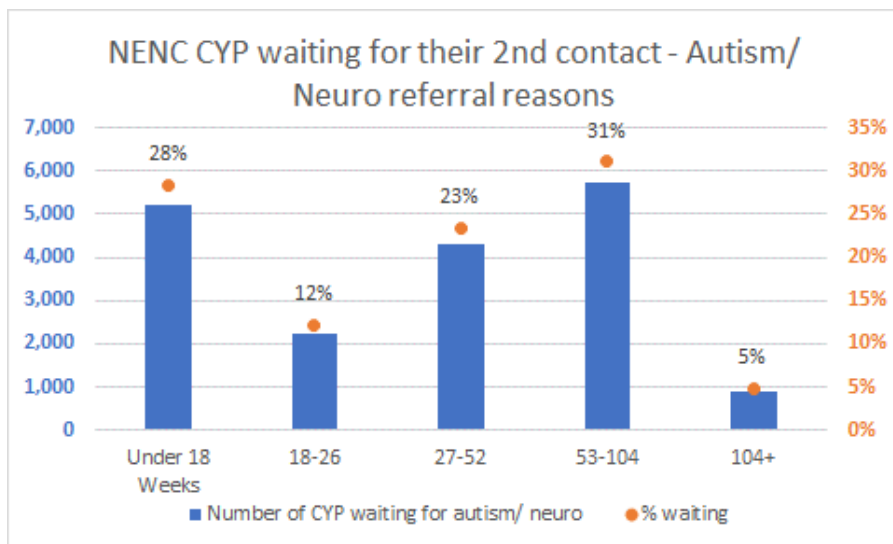


- As at the end of Aug 23 there were 32,331 CYP waiting for their second direct or indirect contact across NENC
- A large proportion of these have been waiting under 18 weeks (33%), however some 9% of patients have been waiting 104+ weeks

- County Durham LA accounts for 18% of the total number of CYP waiting across NENC followed by Sunderland LA (12%)
- 14% of the longer waiters (104+ weeks) are from County Durham LA, followed by 12% from Newcastle LA, 11% from Gateshead LA and 10% from South Tyneside LA.

CYP waiting times – Neurodevelopmental/autism

	Number of Patients by Weeks Waiting					
	Total Waiters	Under 18 Weeks	18-26	27-52	53-104	104+
North East and North Cumbria	18,398	5,218	2,248	4,311	5,719	902



- As at the end of Aug 23 there were 18,398 CYP waiting for their second direct or indirect contact across NENC with a referral reason of autism or neurodevelopmental conditions.
- A large proportion of these have been waiting 53-104 weeks (31%), however some 5% of patients have been waiting 104+ weeks

- County Durham LA accounts for 24% of the total number of CYP waiting with a referral reason of autism or neurodevelopmental conditions across NENC followed by Stockton on Tees LA (12%)
- 28% of the longer waiters (104+ weeks) are from County Durham LA, followed by 27% from Newcastle LA and 18% from Gateshead LA.

CNTW Number waiting over 4 weeks for treatment on 31st October 2023

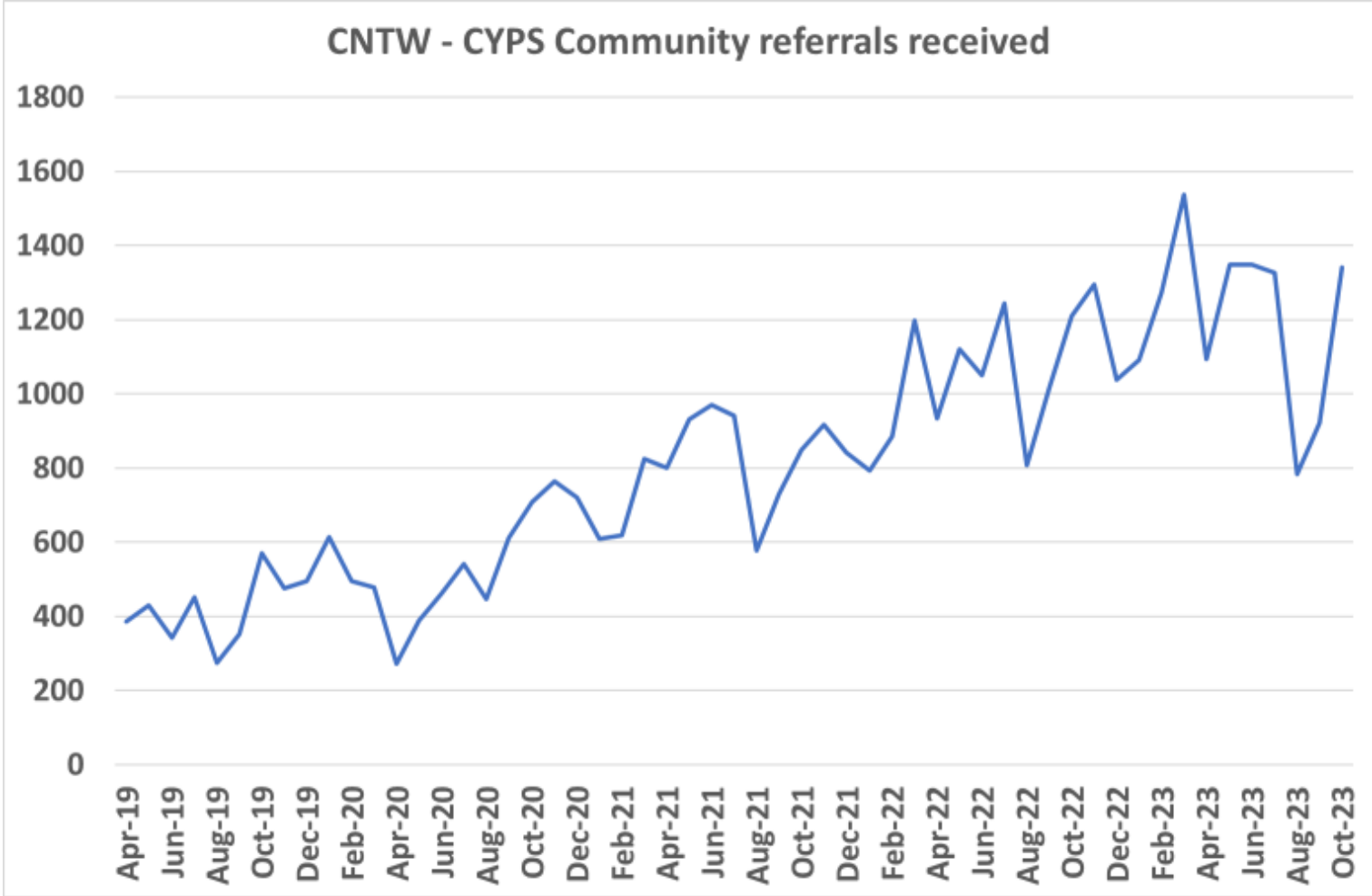
Place	Neurodevelopmental Pathways					Learning Disability	Mental Health	Total waiting over 4 weeks
	Diagnosed ADHD	Undiagnosed Neurodevelopmental, excluding ASD	Suspected Autism Spectrum Disorder (ASD)	Diagnosed Autism Spectrum Disorder	Neurodevelopmental Pathways Total			
NEWCASTLE	75	831	498	0	1,404	20	125	1,549
NORTH CUMBRIA	554	521	68	81	1,224	84	84	1,392
GATESHEAD	90	721	537	1	1,349	8	25	1,382
NORTHUMBERLAND	22	42	16	1	81	0	5	86
SOUTH TYNESIDE	9	0	2	0	11	0	3	14
SUNDERLAND	1	0	0	1	2	0	11	13
Out of Area	2	1	5	0	8	1	0	9
NORTH TYNESIDE	0	4	1	0	5	0	1	6
CCG not known	0	0	0	0	0	1	0	1
TOTAL	753	2,120	1,127	84	4,084	114	254	4,452

CNTW CYPS waits over 4 weeks – all pathways

Place	4 weeks to 18 weeks	18 weeks to 52 weeks	52 weeks to 104 weeks	2 years and longer	Total waiting over 4 weeks
NEWCASTLE	398	573	397	181	1,549
NORTH CUMBRIA	319	582	337	154	1,392
GATESHEAD	243	648	358	133	1,382
NORTHUMBERLAND	75	10	1	0	86
SOUTH TYNESIDE	8	3	2	1	14
SUNDERLAND	12	1	0	0	13
Out of Area	2	4	0	3	9
NORTH TYNESIDE	1	3	2	0	6
CCG not known	0	0	1	0	1
Total	1,058	1,824	1,098	472	4,452

CNTW – CYPS Community Referrals

– 3 times increase in 4 years (largely due to ADHD/Autism)



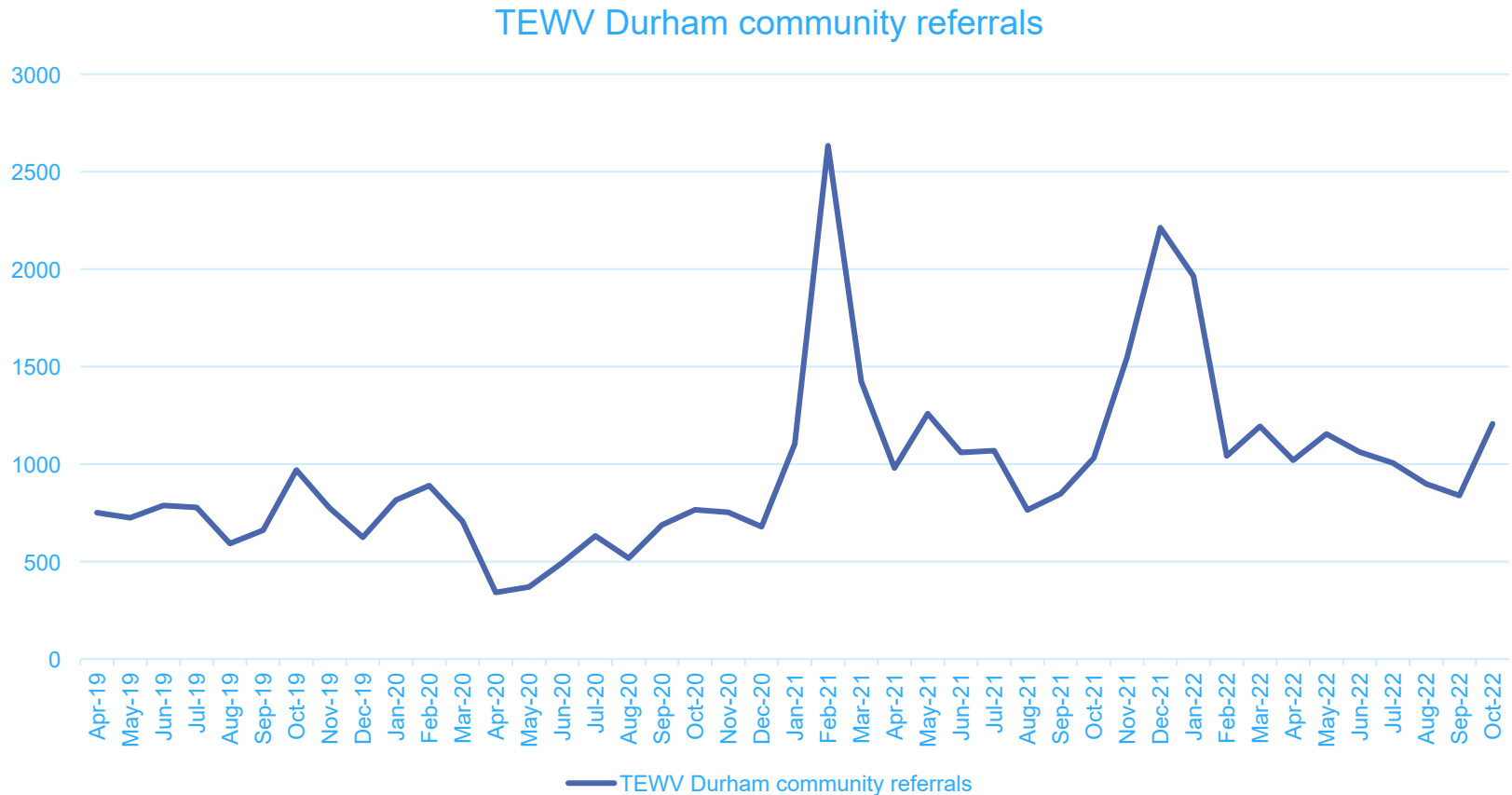
CNTW Improvement Progress

- Weekly operational meetings at CNTW:
 - Implementation of new national waiting times standard process within CNTW
 - Waiting Times performance management
 - Risk management - quality and safety management such as keeping in touch and reallocation
- Review, redesign and planned roll out of new CYPs neurodevelopmental pathway with partners including:
 - Clear process map involving partner touch points
 - Improved Referral Triage
 - More effective referral forms to ensure CYPs are supported in the right place for their needs first time
 - Split standard and complex assessment

County Durham (TEWV) CAMHS (mental health) waiters position

- Mental Health team: At end of September...
- 211 CYP waiting to be assessed
- Average wait = 47 days
- Median wait = 16 days
- 1 patient had waited over 2 years (due to initial autism referral with mental health needs identified later); 2 patients waiting 6-9 months

Durham CYP referral trends



Referral rates are higher post covid than pre-covid. This may link to evidence that CYPs mental health was negatively impacted by the covid / lockdown period

County Durham – general CAMHS actions looking forward

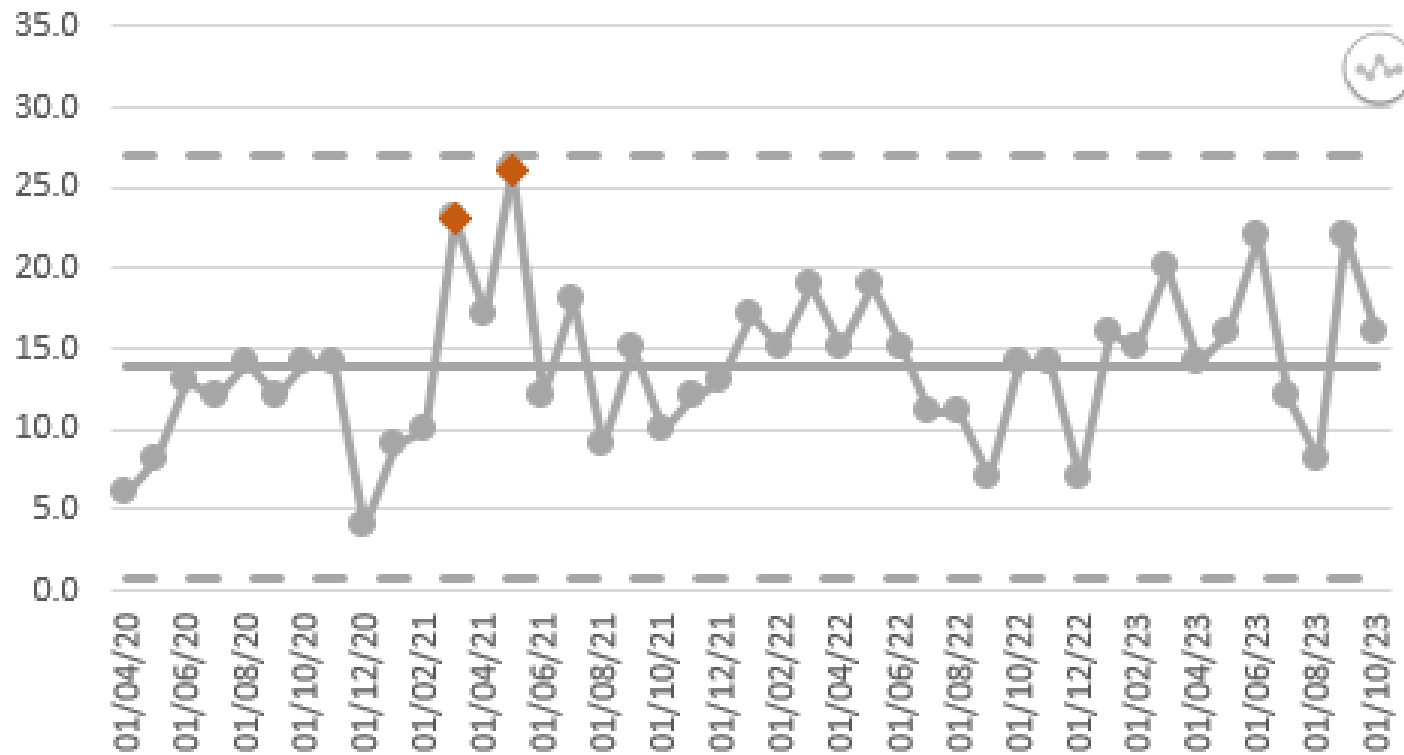
- Seek to extend coverage of Mental Health Support teams for schools as coverage allows
- Development of I-Thrive model, including development of VCSE / Community assets and capacity
- Embedded CYP focussed clinicians in primary care (ARRS roles) as funding allows
- Improve transitions to adult services

County Durham (TEWV) position

- Crisis – 92.6% of CYP in crisis seen by MH practitioner within 4 hours (Apr-Sept 23)
- Eating Disorders:
 - **31** children and young people with a suspected eating disorder started urgent treatment within the 12 months ending September 23; of those, **21** waited 1 week or less from referral
 - **61** children and young people with a suspected eating disorder started treatment within the 12 months ending September 2023; of those, **51** waited 4 weeks or less from referral
 - Need / demand levels seem to have stabilised

Eating Disorder Referrals

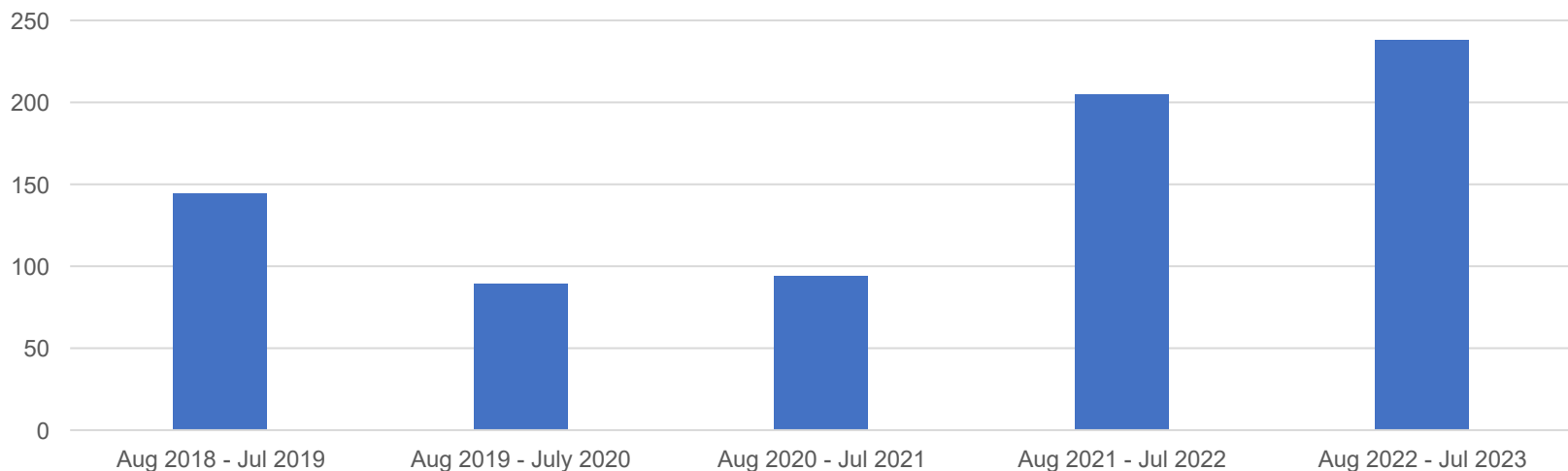
NHS County Durham SICBL - CYPS Eating Disorder Referrals - 01/04/20 - 01/10/23



County Durham – Autism and ADHD (TEWV) – end Sept

Suspected condition	Number of CYP waiting for assessment	Average days waiting	Median days waiting	Maximum wait
ADHD	2121	325	179.5	1,102
Autism	1328	605	688	1,060

Average Monthly Referrals 2018 - 2023



Durham (TEWV actions)

- Patient tracker, allowing longest waiters to be prioritised
- Keeping in Touch - letter every 3-months with key information, pathway updates, contact numbers for ongoing and further support, including in crisis or urgent discussion, links to self help and support
Additional efforts to recruit to fill vacant positions
- Piloting group assessment sessions
- Introduced keyworker model to ensure consistency
- Considering learning from Tees Valley's introduction of initial clinical review of all Autism / ADHD referrals

Improvement and transformation

- Building on Health and Care integration and early intervention services
- Using the evidence base to inform planning and investment
- Inclusive schools programme
- Improving access
- National Taskforce
- Perinatal Collaborative development
- Local transformation plans for CYP mental health and emotional wellbeing



Future services

- Planned investment into early help in the localities with the longest waits
- Further investment into the Mental Health in Schools Teams
- Investment forecasted for Maternal and Perinatal pathways in parts of the region where this is most needed
- Development of **needs led** place systems with access to effective and timely neurodevelopmental diagnostic pathways where needed for CYP