



## NHS England Mental Health Briefing

January 2016

For too long, too many people with mental health needs have struggled to get the support they need, have experienced unequal outcomes compared to those with physical health needs, and have experienced stigma and discrimination. While progress has already been made in key areas including enabling over 3.5 million people with common mental health problems to access psychological therapies, kick starting local areas to develop plans to transform children and young people's mental health, and ensuring that two-thirds of people with dementia are diagnosed, we need to go further to truly transform services and deliver parity with physical health.

[The independent Mental Health Taskforce's report](#) recommended investing significantly to improve care – crisis care, psychological therapies, liaison services in A&Es, suicide prevention, perinatal and children and young people's services – supported by additional investment in mental health growing to £1bn annually by 2020/21.

NHS England together with our partner Arm's Length Bodies has accepted the Taskforce's recommendations and we are almost a year into implementing a new mental health programme to deliver the change outlined by 2020/21 that will see an extra 1m children, young people and adults receiving high quality support when they need it.

### Children and young people's mental health:

NHS England is committed to delivering the transformation of children and young people's mental health set out in [Future in Mind](#), endorsed and extended in the Taskforce's report. By 2020/21, 70,000 more children and young people will receive swift and appropriate access to care each year.

Local areas are being supported to develop joint agency [Local Transformation Plans](#), aligned with Sustainability and Transformation Plans, to set out action plans for change across the whole pathway, from inpatient care to crisis care and community

service provision. 123 Local Transformation Plans were refreshed in October 2016 by CCGs and their partners, including schools and colleges.

Following the introduction of the referral to treatment standard for children and young people with eating disorders in 2015, there are now 61 community eating disorder teams for children and young people across the country.

Local performance against the standard is being monitored. By 2020, 95% of those referred for assessment or treatment for an eating disorder should receive NICE concordant treatment within one week for urgent cases and within four weeks for routine cases.

A national public consultation on specialised inpatient children and young people's services will shortly be launched, as part of a reconfiguration of care aimed at improving access to services as close to home as possible, and ending avoidable out of area placements.

## **Funding headlines:**

#futureNHS

An additional £1.4bn in the life of this Parliament has been committed by the Government to ensure that more children and young people have access to high quality care when they need it.

NHS England's extra investment into children and young people's mental health services this year has seen investment by CCGs increase from 2015/16, and includes the following:

- £119m in children and young people's mental health;
- £30m to develop community eating disorder services for children and young people;
- £25m to help children and young people's mental health services to address waiting times.

Additionally, £1.8m has been invested to test new approaches in children and young people's mental health crisis services and secure adult mental health services, focused on reducing hospital admissions and offering care closer to home. An additional £4.4m is being invested in nine Urgent and Emergency Vanguard's to test new models of mental health crisis response for children and young people.

NHS England has also:

- allocated £55m to increase the availability of psychological therapies in general practice,

- launched a community services development fund for specialist perinatal mental health services, with the initial 20 sites to receive c£40m over three years beginning in 2016/17
- Launched a transformation fund for mental health liaison services in acute hospitals, with A&E Delivery Boards able to bid for the first waves of £15m funding in each of 2017/18 and 2018/19.

## Acute mental health:

#crisiscare #concordat futureNHS #mentalhealth #psychosis #eip

We have invested £120m in introducing the first waiting time standards for mental health for psychological therapies and early intervention in psychosis to ensure that more people have timely access to treatment. The standards were introduced in April 2016 and we are already meeting the waiting time element of the standard for access to psychological therapies, enabling the 15% of people who could benefit from psychological therapies to access treatment within six weeks.

The early intervention in psychosis standard requires that at least 50% of people with suspected first episode psychosis begin treatment with a NICE-recommended care package within two weeks of referral. The latest data (between 1 July and 30 September) show that 2,131 referrals with suspected first episode psychosis commenced treatment, of which 1,347 (63.2%) waited two weeks or less. A national programme of support to improve capacity and the quality of care will improve delivery of the NICE recommended treatment element of the early intervention in psychosis standard.

New evidence-based treatment pathways – for early intervention in psychosis and liaison mental health services – are helping to reduce variations in care and improve access to treatment.

## Improving Access to Psychological Therapies (IAPT):

#iapt #mentalhealth

End of year data showed the target for 15% of people who could benefit from IAPT to access treatment and the six week waiting time standard has been met.

Waiting times surpass the standard that 75% of people should start treatment within six weeks and work continues to achieving the 50 per cent national recovery target.

Action is being taken, through a new quality premium for 2017/18 and CQUIN, to improve access to therapy for older adults and improve outcomes for those from BME backgrounds.

Tens of thousands of people will benefit from the new IAPT early implementer programme which started this month (JAN17) to offer integrated physical and mental health support in [22 areas](#) to those with long-term conditions such as diabetes and heart disease. Additional therapists will be based in GP surgeries and practitioners and staff will receive training to understand and support the physical health and mental health needs of patients.

## **Perinatal mental health services**

#perinatalmh #futureNHS

A five-year £365m transformation programme for perinatal mental health services is underway.

[20 schemes across](#) England are benefitting from a new £40m fund to create or expand community perinatal mental health teams to offer quicker access to expert care and support in local areas

NHS England is investing in four new mother and baby units. Women with severe perinatal mental illness in the South West, South East, East Anglia and the North West will get the urgent specialist inpatient care they need without the distress and trauma of having to travel far from home for treatment.

## **Transparency:**

#futureNHS

NHS England created the [Five Year Forward View for Mental Health Dashboard](#) (which incorporates data from the CCG Improvement and Assessment Framework and the Mental Health Services Data Set) to monitor progress in delivering core elements of the five-year transformation programme for mental health and to help assure that funding is being spent appropriately. This is available at: <https://www.england.nhs.uk/mentalhealth/taskforce/imp/mh-dashboard/>

New data collections will help to show how far local areas are to ending avoidable out of area placements and deliver specialist mental health treatment as close to home as possible for children and young people and non-specialist mental health treatment as close to home as possible for adults.