

Improving infant, children and young people's mental health: Policy progress and pitfalls

Local Government Association Annual Conference

**CENTRE FOR
MENTAL
HEALTH**

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WHO WE ARE



Centre for Mental Health is an independent charity.

We take the lead in challenging injustices in policies, systems and society, so that everyone can have better mental health.

By building research evidence to create fairer mental health policy, we are pursuing equality, social justice and good mental health for all.

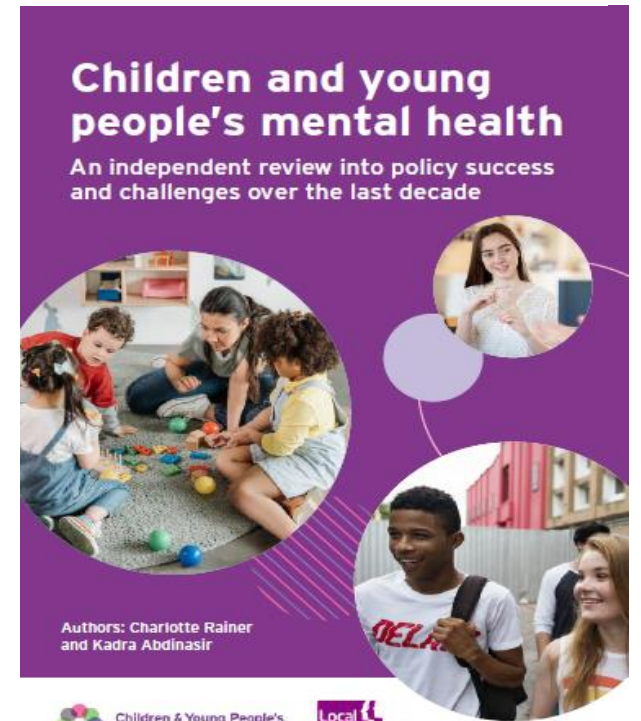
The mental health of children and young people in England

- ⦿ In 2022, one in six children aged 7 to 16 had a mental health problem, an increase from one in nine in 2017 (NHS Digital, 2022).
- ⦿ Evidence suggests that some groups of children and young people are disproportionately impacted by mental health problems.

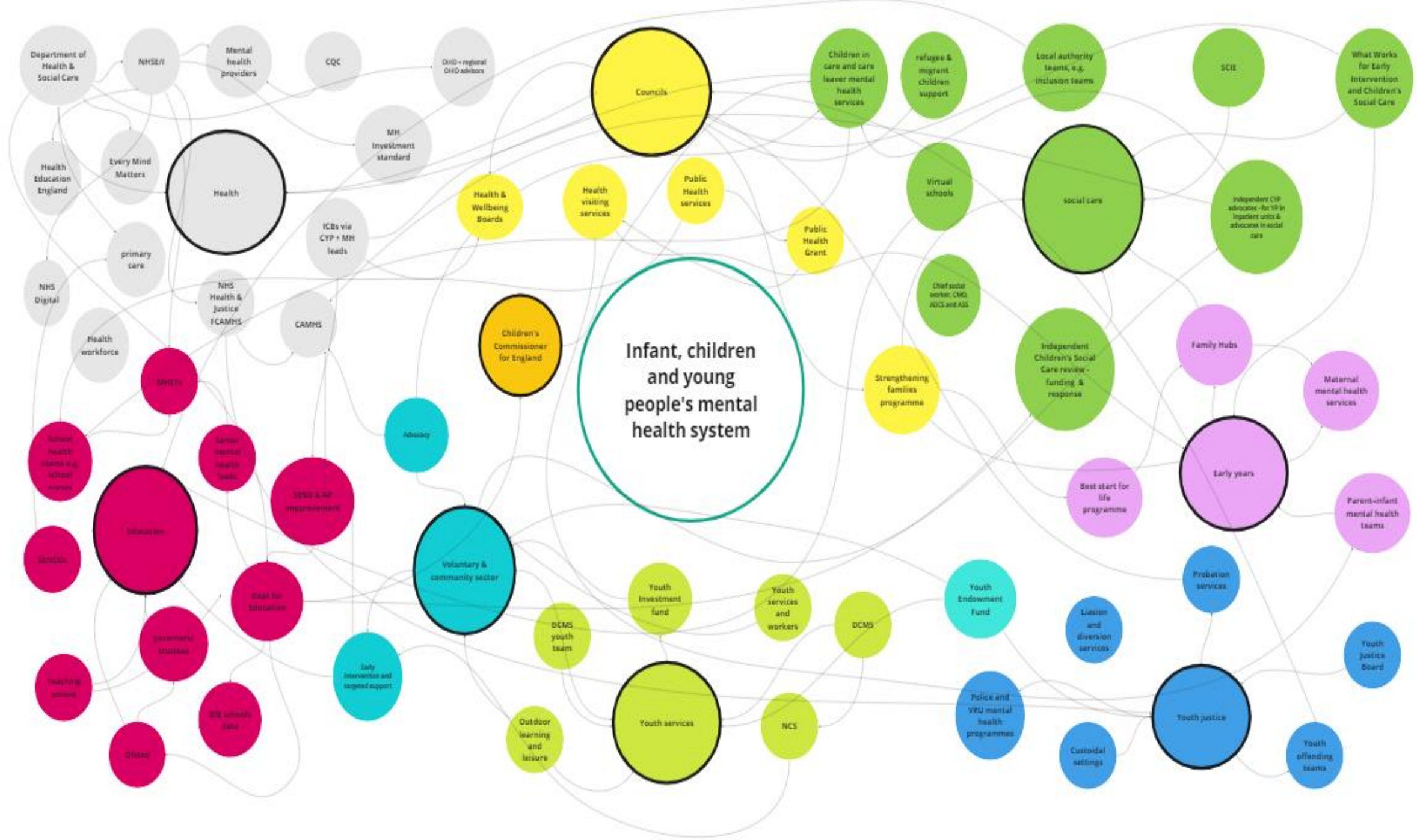
Young people's mental health policy over the last decade

Timeline of children and young people's mental health policy

<p>2011 No Health Without Mental Health DHSC</p>	<p>2012 The National Suicide Prevention Strategy The Health and Social Act DHSC</p>	<p>2014 Closing the Gap: Priorities for Essential Change in Mental Health DHSC The Children and Families Act DFE</p>	<p>2015 Future in Mind DHSC NHS England Mental Health and Schools Link Pilot launched DFE</p>	<p>2016 The Five Year Forward View for Mental Health NHS Health and Justice Specialized Commissioning Workstream established NHS England</p>	<p>2017 The Children and Social Work Act DFE Prevention Concordat for Better Mental Health established Office for Health Improvement and Disparities</p>
<p>2018 The Transforming Children and Young People's Mental Health Provision: A Green Paper DFE, DHSC Independent Review of Mental Health Act 1983 published DHSC</p>	<p>2019 The NHS Long Term Plan NHS England Introduction of statutory relationships and sex education and health education DFE Mental health assessments pilots for looked-after children launched DFE Every Mind Matters campaign and online platform launched Office for Health Improvement and Disparities</p>	<p>2020 Wellbeing for Education Return and Recovery programme launched DFE 2021 Covid-19 Mental Health and Wellbeing Recovery Action plan Cross-departmental</p>	<p>2021 Mental Health Clinically Led Review of Standards consultation NHS England Reforming the Mental Health Act: White Paper published DHSC</p>	<p>2022 Independent Review of Children's Social Care published DFE Draft Mental Health Bill published DHSC Youth Review published DCMS National Youth Guarantee DCMS Best Start for Life and Family Hubs programme launched DFE, DHSC SEND Review: Right Support, Right Place, Right Time published DFE Health and Care Act DHSC Ten Year Mental Health Plan announced, and consultation published DHSC</p>	<p>2023 Major Condition Strategy announced DHSC Stable Homes, Built on Love Strategy published DFE Rapid Review of Data on Inpatient Settings DHSC</p>



Infant, children and young people's mental health system



What progress have we seen?

- ⊙ A vision for children and young people's mental health via Future in Mind policy
- ⊙ Expanding access to specialist mental health services
- ⊙ Perinatal and infant mental health rises up the agenda
- ⊙ Investment of £1.4bn +
- ⊙ Significant growth of workforce
- ⊙ Mental health in schools and colleges – roll out of Mental Health Support Teams and Senior Mental Health Leads
- ⊙ Waiting time standards for Early Intervention in Psychosis and Eating Disorders
- ⊙ Development of Integrated Care Systems and Boards (ICBs and ICPs)
- ⊙ Data and insights: annual NHS Digital prevalence survey data and Mental Health Services Data Set

Gaps and opportunities

Gaps:

- ⊙ Lack of preventative and early intervention support
- ⊙ Inequalities persist
- ⊙ Patchy provision for 16–25 Y/Os
- ⊙ Variability in support across local areas
- ⊙ Accountability arrangements unclear
- ⊙ Workforce challenges
- ⊙ Gaps and inconsistencies in data
- ⊙ Poor quality inpatient care

Opportunities:

- ⊙ Major Conditions Strategy
- ⊙ The NHS Long Term Workforce Plan – further roll out of MH support team
- ⊙ King's Speech – introducing Mental Health Reform
- ⊙ General Election

Key recommendations

- ① The Government should develop a comprehensive, cross-government strategy on mental health and wellbeing. This should be supported by a clear implementation framework, and a cross-government oversight group should be established to oversee implementation.
- ① Integrated Care Boards (ICBs) and Integrated Care Partnerships (ICPs) should work with local providers, such as those across education, voluntary and community sector and digital platforms, to improve children and young people's access to support through their planning and commissioning.

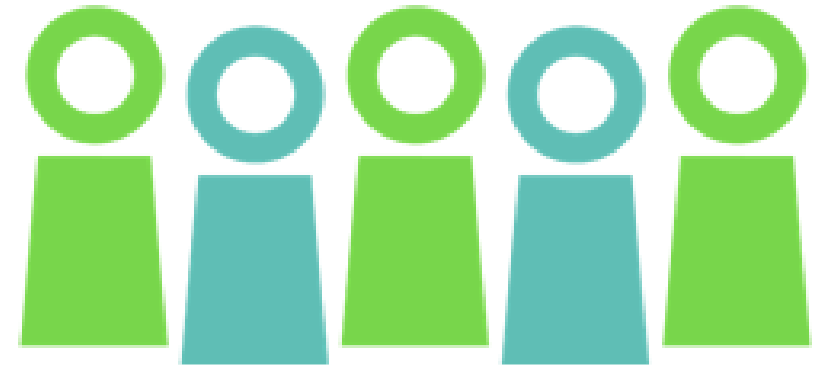
Mentally Healthier Councilors Network

- Open to council officers as well as councillors.
- Free to all local government councillors and officers
- News, training and events to support mental health improvements through local government
- Takes seconds to sign up here! (Please sign up using your 'gov.uk' email address)

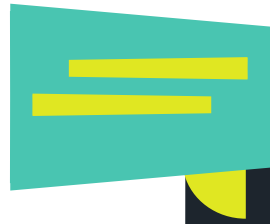


<https://bit.ly/3Ndv1ht>

**MENTALLY HEALTHIER
COUNCILS NETWORK**



THANK YOU



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