

Children and young people in mental health crisis

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Aim:

- To perform a deep dive audit of Children and Young People (CYP) that presented to the hospital during the first 6 months of the reporting year 2020.
- To identify and compare themes and trends to evidence excellence in service provision, identify themes and trends to support any changes to service development.
- Time frame
- Quarter 1 April 2020 to June 2020 and Quarter 2 July 2020 to September 2020.

First national lockdown

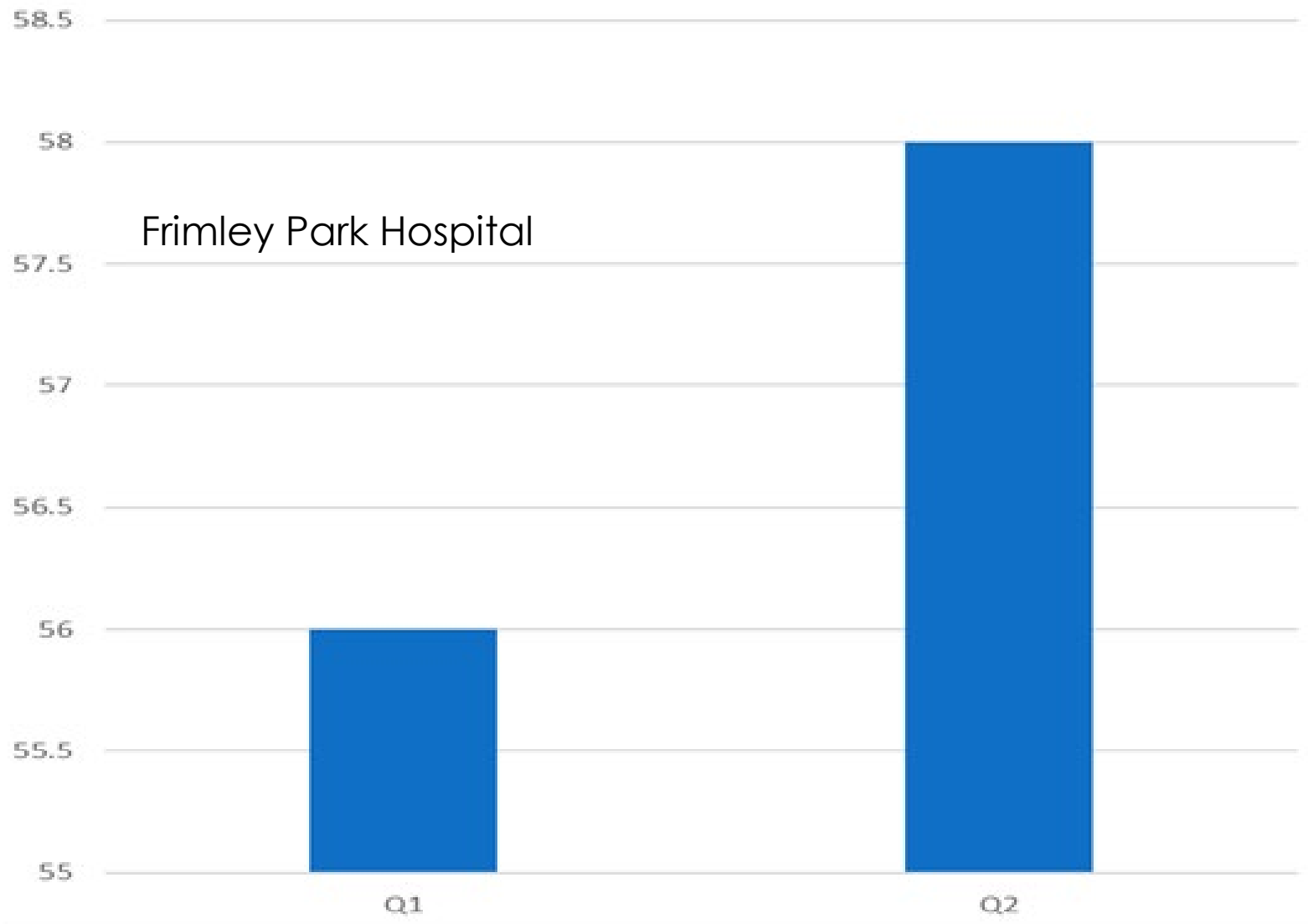
- Schools were closed
- Normal support services were stopped.
- Sports facilities and groups, Youth groups, all extracurricular activities were suspended.
- Local parks, playgrounds and skateparks were closed.
- Groups were not allowed to meet.
- The numbers of people attending the emergency department (ED) dropped in this three-month period at its lowest during April following government advice.
- The number of children and young people (CYP) that presented to the emergency department in mental health crisis dropped by 55.1% compared to the previous quarter's attendances.

Mental health crisis can be defined:

- *“an emergency that poses a direct and immediate threat to your physical or emotional wellbeing. There is no one set definition of what a crisis entails; it is highly personal to each individual case and can be escalated by service users, their careers, or family/friends according to what they consider normal/abnormal”.*

- *(MH Foundation 2021).*

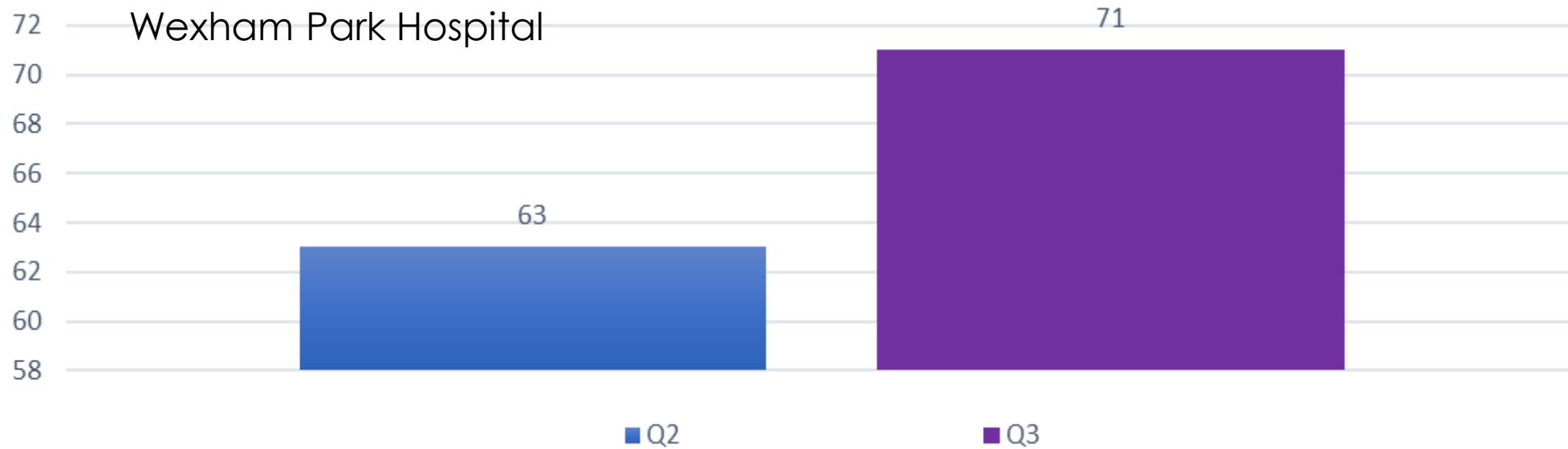
Number of CYP representing to the Emergency Department in Mental health crisis



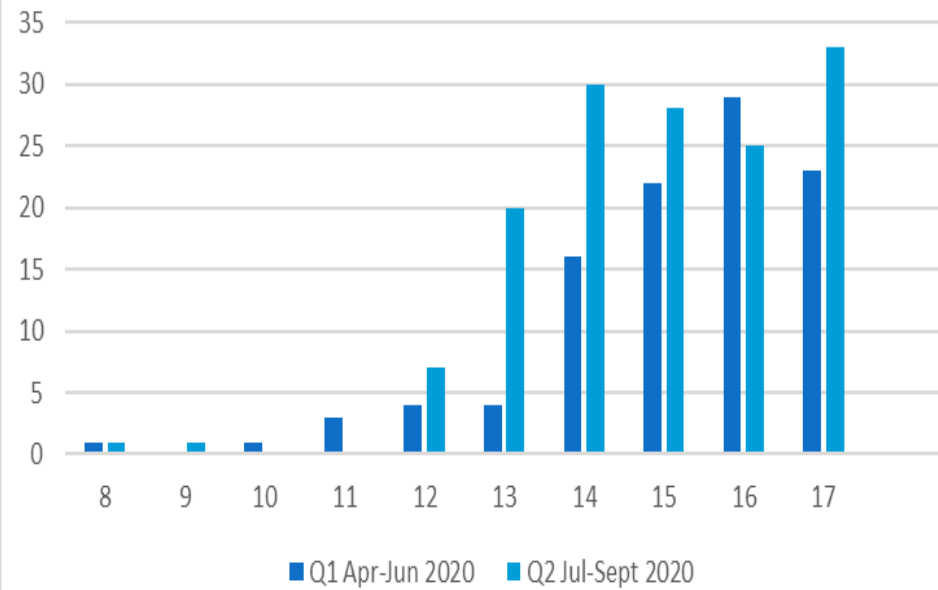
End of first lockdown:

During the first 6 weeks of returning to school, Frimley Park Hospital saw a 121% increase on CYP people attending in crisis compared to the same period last year.

Number of Referrals made to safeguarding with CYP Presenting to the Emergency Department in Mental Health Crisis

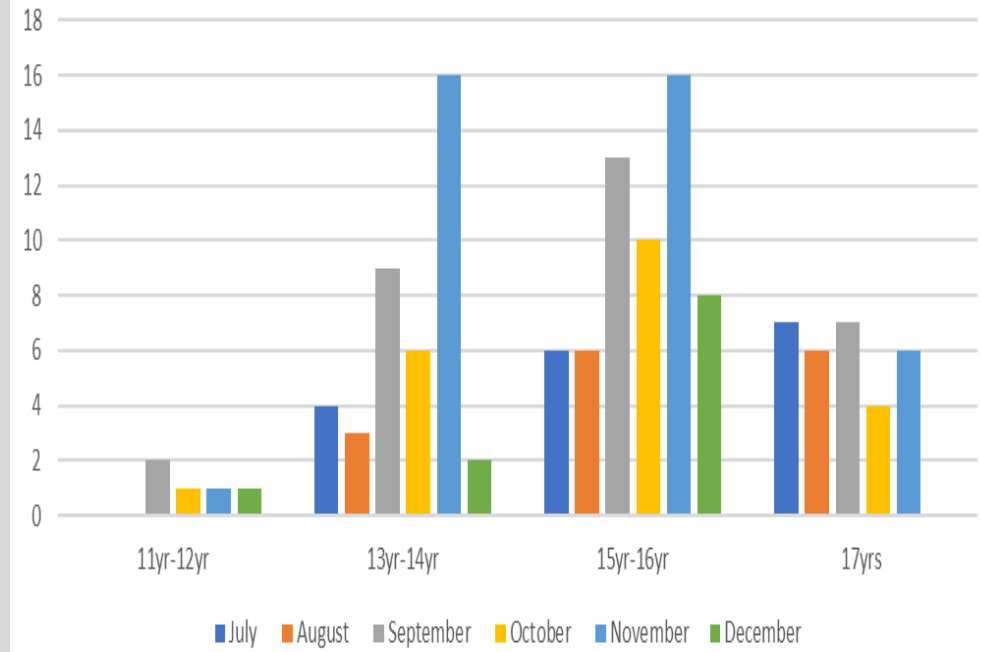


Age of Children Presenting in Mental health Crisis



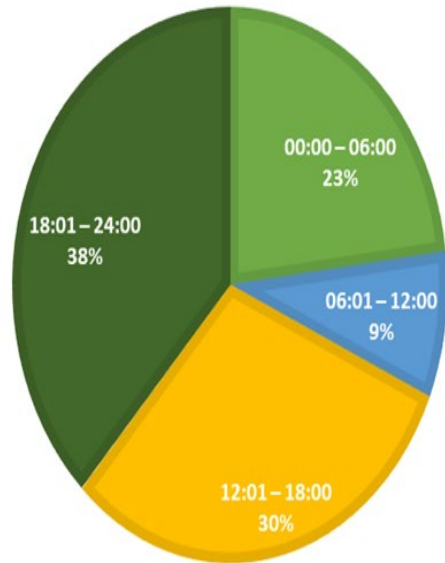
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Age of children presenting in mental health crisis



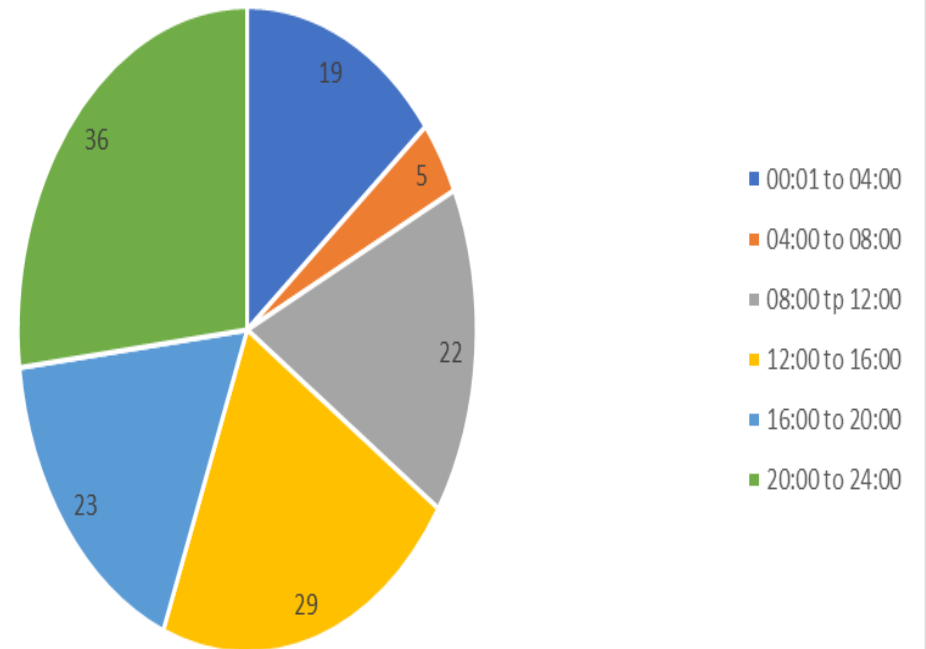
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ARRIVAL TIME PRESENTING TO THE EMERGENCY DEPARTMENT IN MENTAL HEALTH CRISIS
APRIL-SEPT 2020



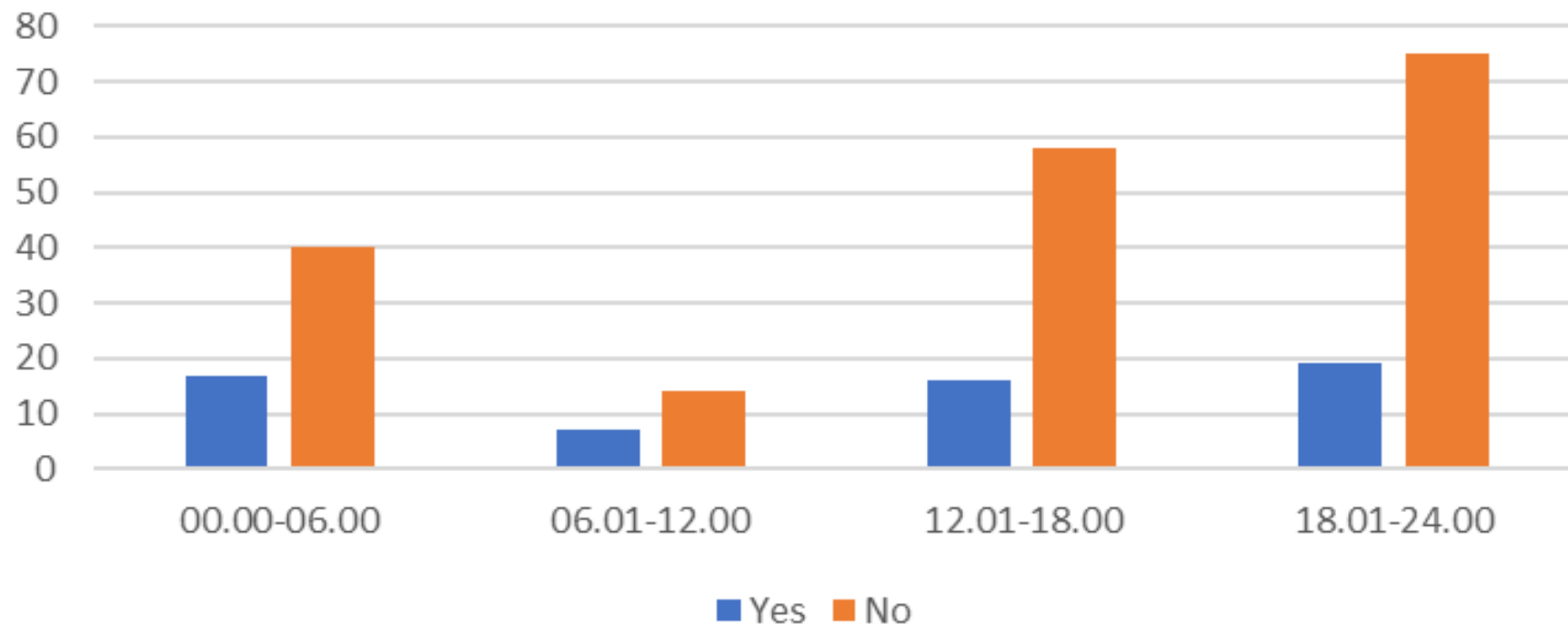
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Time of presentations to ED



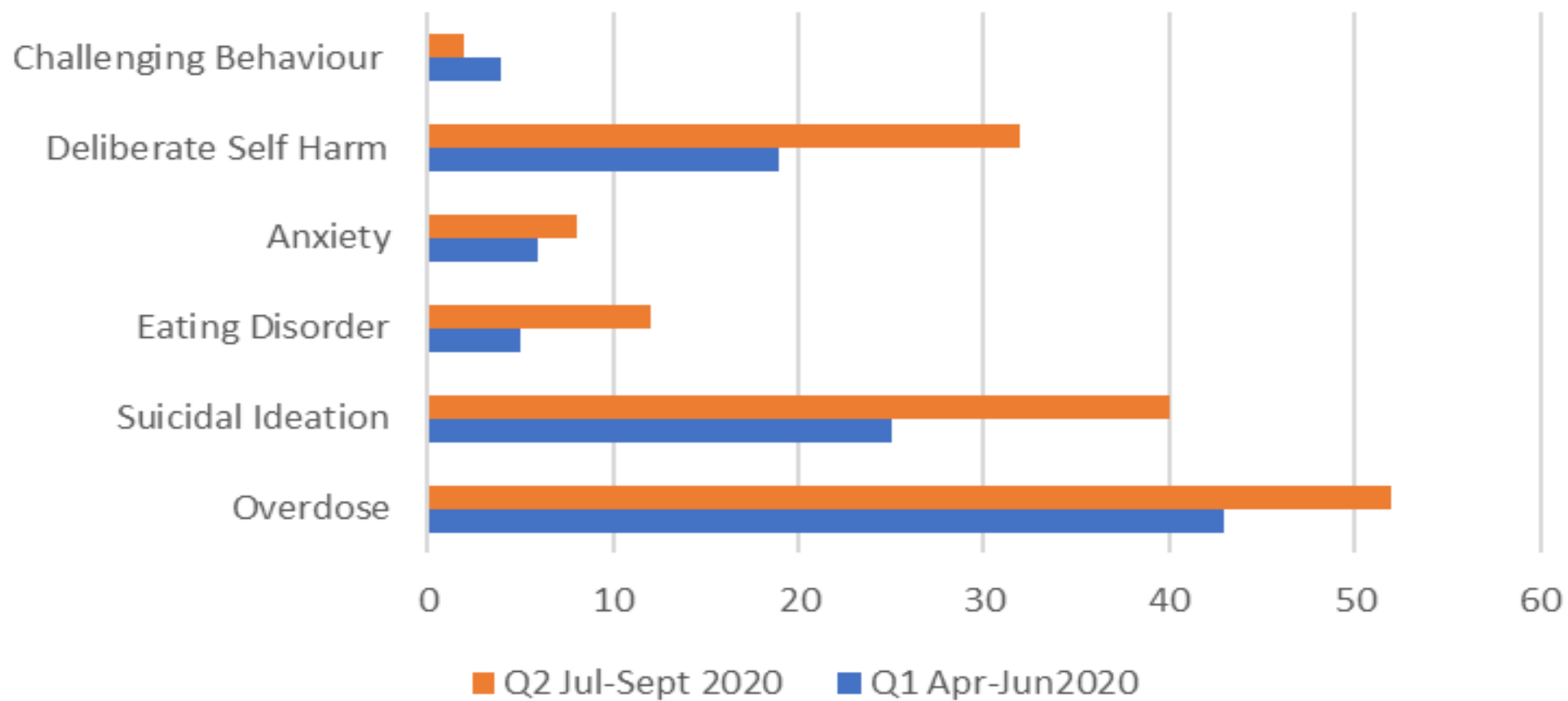
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CYP in crisis comparing the intial presentation time comparing those who required medical intervention or treatment



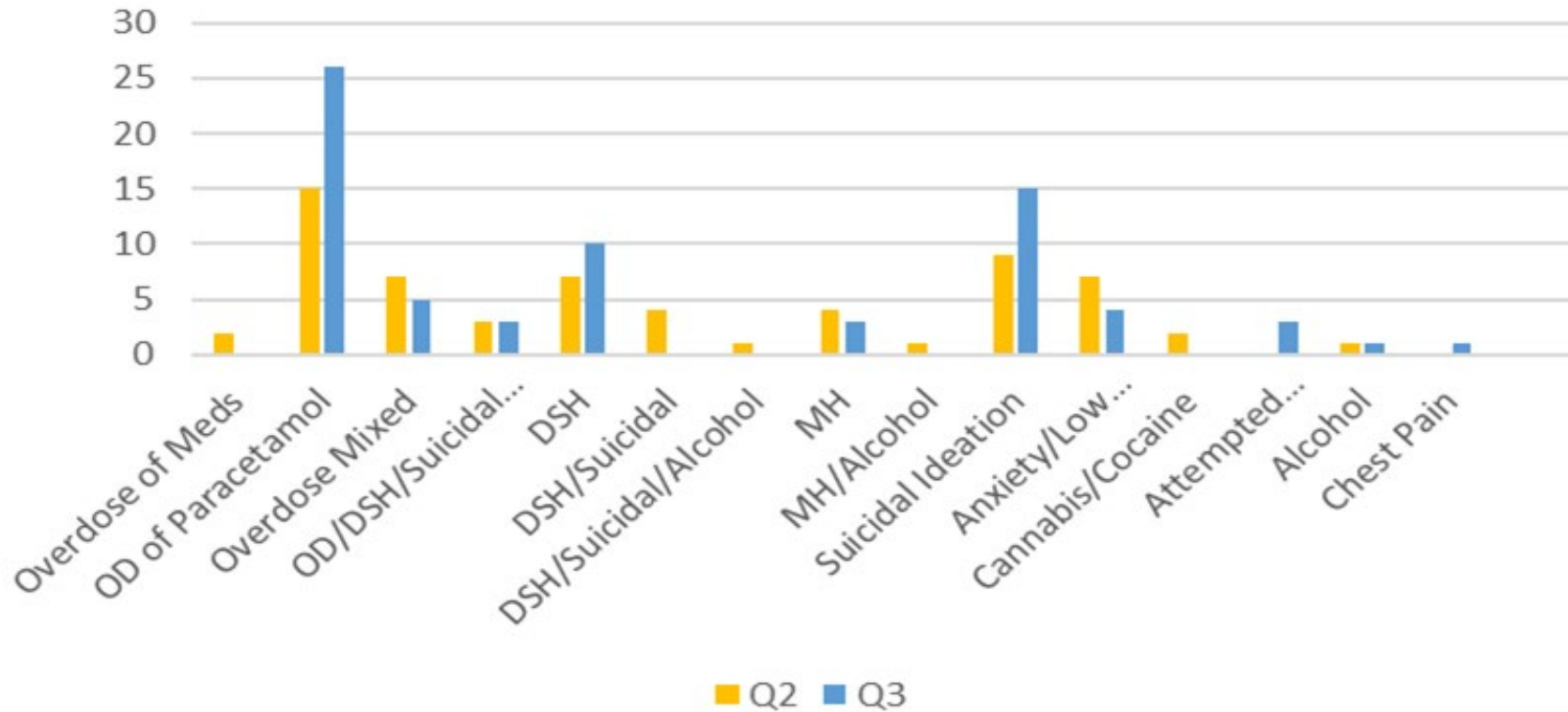
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Primary Mental health Crisis Presentation

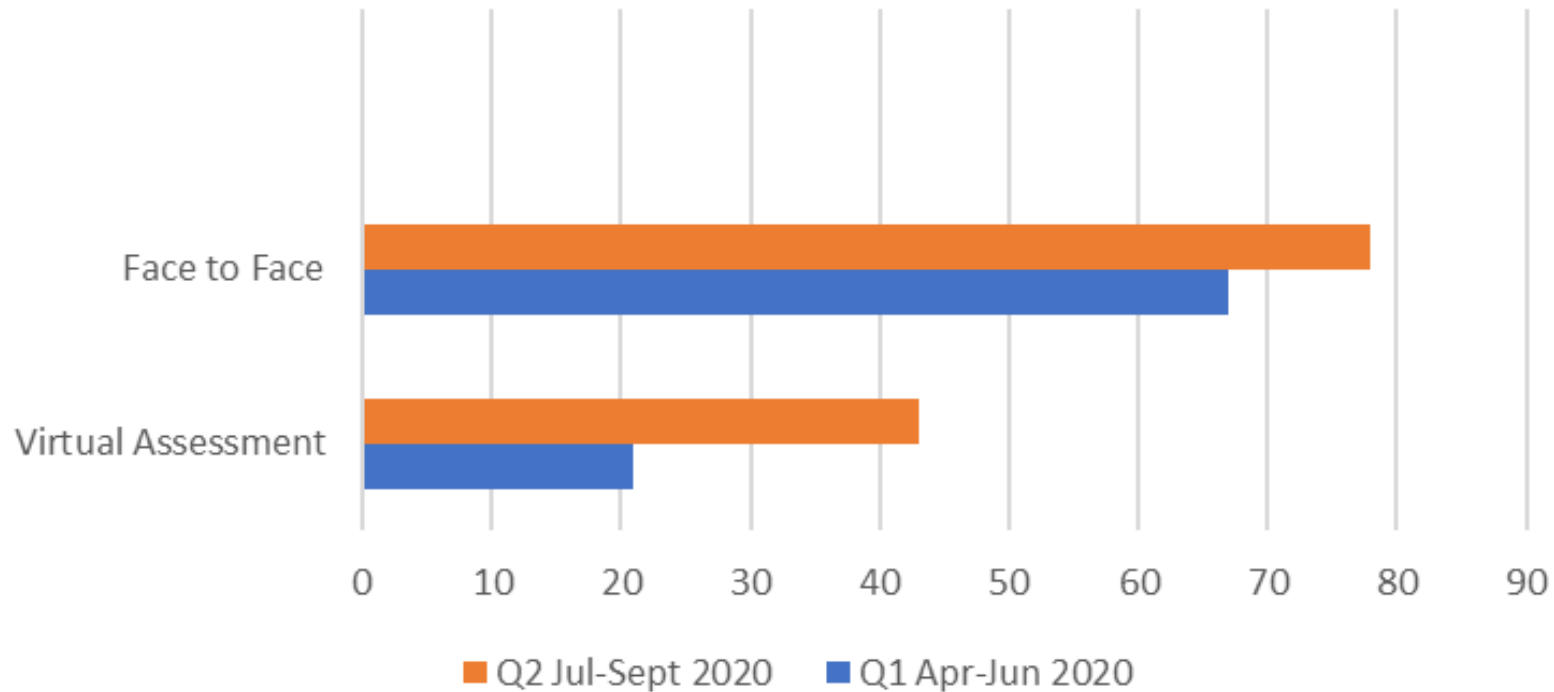


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Primary Mental health crisis presentations



Type of Mental health assessment



Virtual or face to face assessment?

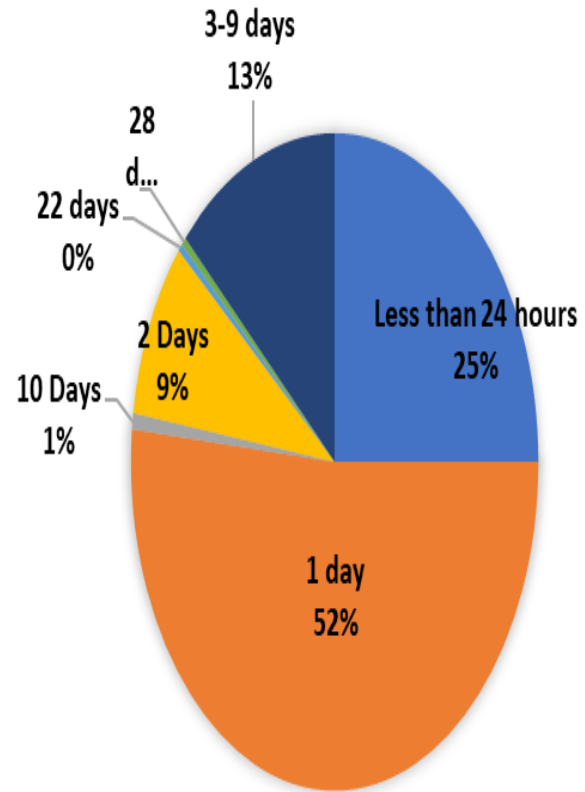
Digital fatigue

Cost effective but possible detrimental to CYP?

Anxiety inducing phone calls.

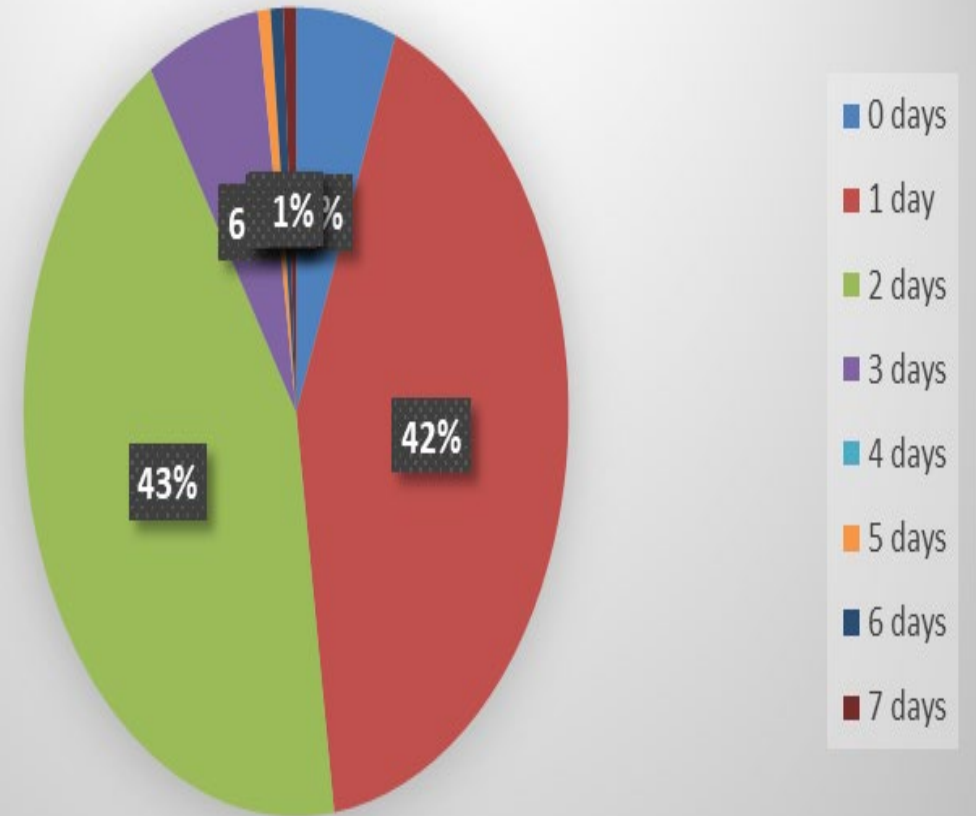
Vital non-verbal communication lost

LENGTH OF STAY IN HOSPITAL



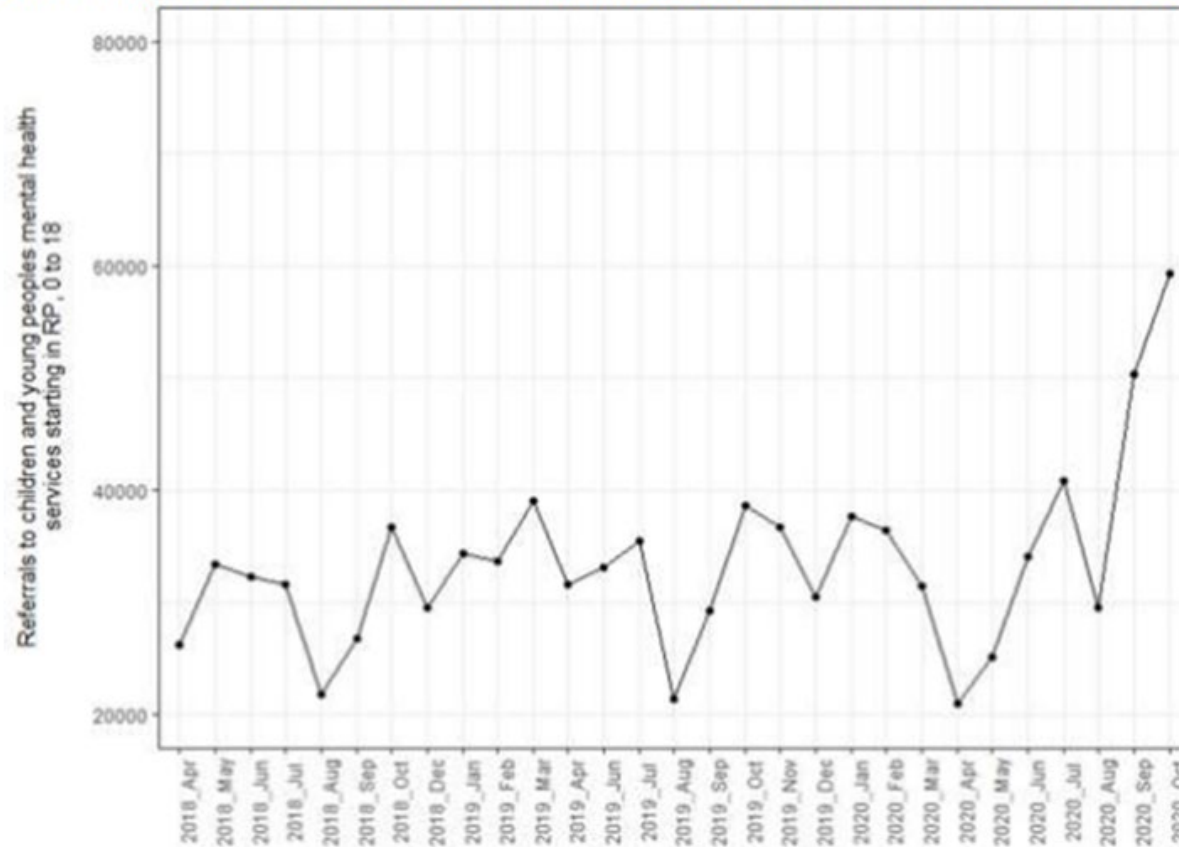
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Length Of Stay



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Figure 1: Monthly referrals to children and young people's mental health services in England



Monthly referrals to CAHMS in England

System at breaking point or society?

Cited from: Children's Commissioner for England. Lightning Review: Access to Child and Adolescent Mental Health Services. 2016. Available from <https://www.childrenscommissioner.gov.uk/wpcontent/uploads/2017/06/Childrens-Commissioners-Mental-Health-Lightning-Review.pdf>

Child's voice.....

- A survey by the YMCA (August 2020) about the impact of COVID-19 and lockdown on young people.
Key findings:

- 1. Young people are lonely
- 2. A virtual world can't be the new normal they are digitally fatigued
- 3. CYP are struggling with school and their aspirations for the future are changing
- 4. CYP need safe spaces outside of the home improve family cohesion
- 5. Prevention of CYP's poor mental health is key.