

Written evidence submitted by NHS England and NHS Improvement (MHS0026)

# Health Select Committee Expert Panel on Mental Health

Follow-up information  
November 2021

NHS England and NHS Improvement



# The Mental Health Programme has a strong track record of delivering results for patients (1/2)



**Government support for better mental health has enabled the NHS to deliver one of the most ambitious transformation programmes in the history of the health service**, fast-tracking decades of improvements within a short few years. The additional £1bn underpinning the Five Year Forward View for Mental Health (FYFVMH) supported the NHS to address long-standing postcode lotteries in access to care, building a steady foundation for future growth in the years to come.

**The LTP will take us further towards the Government's promise to achieve parity with physical health and has strong sector backing within and beyond the NHS. By 2023/24, an additional 2 million people will receive mental health care, supported by £2.3bn ring-fenced funding per year.**

## Workforce

The directly-employed NHS Mental Health workforce has increased by 18,000 Whole Time Equivalents between March 2016 and March 2021.



## Finance

Actual mental health spend (including learning disabilities and dementia) has risen from £10.9bn in 2015/16, to a planned £14.3bn in 2020/21, allowing more people to access treatment



## IAPT

IAPT services have seen a steady increase in the number of people starting treatment. In 2015/16, 0.95 million people referred to an IAPT service started treatment. This increased to 1.17 million in 2019/20. IAPT waiting time and recovery standards are still being met nationally, in spite of more complex presentations exacerbated by COVID impacts.



## Perinatal

Prior to the FYFVMH, only ~15% of localities had comprehensive specialist community perinatal mental health services in place. As of April 2019, 100% of localities offer these services, which saw 30,700 people in 2020/21.



## CYP

The NHS achieved a CYP mental health services access rate of 39.6% in 2020/21, exceeding its 35% target.

70 new or expanded CYP eating disorder teams now cover all parts of England. 10,700 patients started treatment in 2020/21, compared to 8,000 in 2019/20.

Since the programme began in 2018/19, dedicated mental health support teams are now in place at 3,000 schools.



# Mental Health Programme has a strong track record in delivering positive results for patients (2/2)



## Mental health



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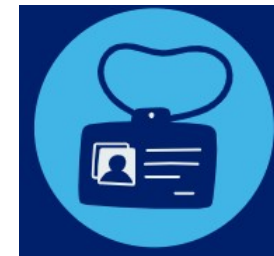
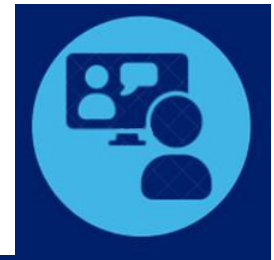
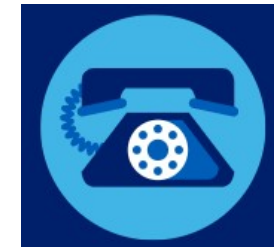
## Crisis

Prior to the FYFVMH, less than half of crisis services offered 24/7 care. Today, 100% of the country can access all-age, 24/7 urgent mental health support over the phone, and 97% of crisis resolution and home treatment teams operate around the clock.



Only 39% of hospitals offered a 24/7 mental health liaison service in 2016. As of December 2019, 78% hospitals had a 24/7 mental health liaison service. It is expected that by the time of the next survey (later this financial year), this will have risen to 100%.

## Achievements during the pandemic



## Capital

Funding secured from October 2020 has been allocated to over 50 projects across England to replace dormitories in the mental health estate with single rooms with ensuite bathrooms. To date 13 projects have been completed eradicating 191 dormitory beds. By end of 2021/22, the aim is to have eradicated over 450 dormitory beds.



## Suicide

As of this year, all areas in the country have received funding and quality improvement support to deliver localised suicide reduction programmes.



# Children and young people’s crisis services – further detail



- The FYFVMH committed to **developing a model for CYP crisis** offering intensive home treatment as an alternative to acute inpatient admission. **This led to the LTP ambition that by 2023/24 all children and young people experiencing a mental health crisis will be able to access crisis care 24 hours a day, seven days a week by 2023/24**, with a single point of access (through NHS 111). This LTP ambition was brought forward in response to the pandemic and all mental health providers have now established all-age helplines.
- **The results of NHSE/I’s latest monitoring process shows that 67% of the country either had full or partial coverage of the 4 components of a comprehensive crisis service.** The results of this survey represent a single point in time up to 31 March 2020. We have exceeded both the 2020/21 (35%) and 2021/22 (57%) coverage targets early.
- The funding profile for CYP crisis is included in the ‘CYP community and crisis’ line in the [Mental Health Implementation Plan 2018/19 – 2023/24](#) (p.21), however, local systems have the freedom to invest flexibly (within the Mental Health Investment Standard) to meet population health needs:

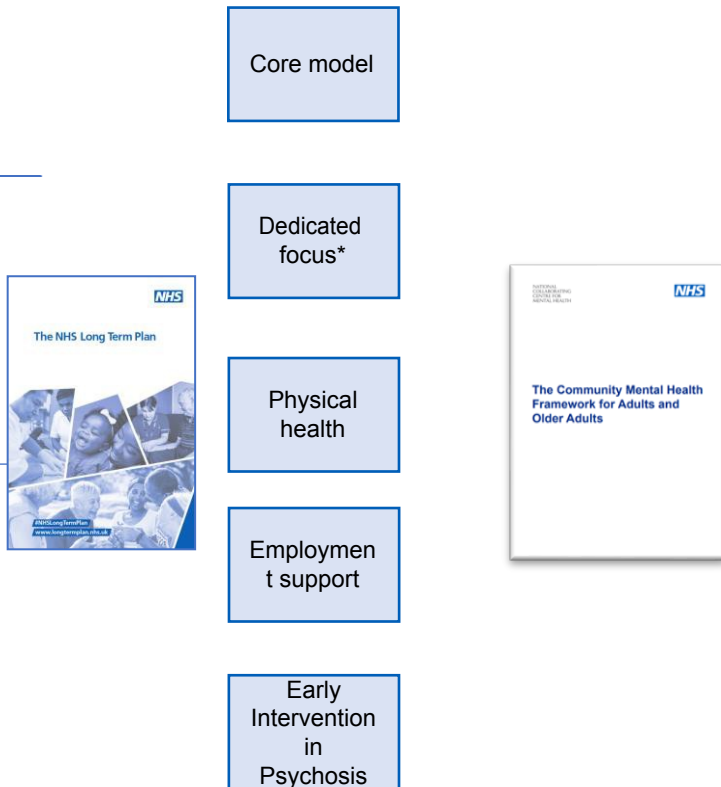
Funding Type (£ Million – Cash prices)		Baseline	Year 1	Year 2	Year 3	Year 4	Year 5
		2018/19	2019/20	2020/21	2021/22	2022/23	2023/24
Children and Young People’s Community and Crisis	Central / Transformation	65	68	49	113	150	218
	CCG baselines	170	195	231	261	319	383
	<b>Total</b>	<b>235</b>	<b>263</b>	<b>280</b>	<b>375</b>	<b>469</b>	<b>601</b>
Children and Young People’s Eating Disorders	Central / Transformation	0	0	0	0	0	0
	CCG baselines	30	41	52	53	53	54
	<b>Total</b>	<b>30</b>	<b>41</b>	<b>52</b>	<b>53</b>	<b>53</b>	<b>54</b>
Mental Health Support Teams (MHSTs) and 4 week waiting time pilots	Central / Transformation	24	76	115	136	185	249
	CCG baselines	0	0	0	0	0	0
	<b>Total</b>	<b>24</b>	<b>76</b>	<b>115</b>	<b>136</b>	<b>185</b>	<b>249</b>
Children and Young People’s (CYP) Mental Health Total	Central / Transformation	89	144	164	249	335	467
	CCG baselines	200	236	283	314	372	437
	<b>Total</b>	<b>289</b>	<b>380</b>	<b>447</b>	<b>563</b>	<b>707</b>	<b>904</b>

# Adult community mental health service transformation – further detail



- The Long Term plans sets out an ambitious transformation of care for people with severe mental illness (SMI), with its vision outlined in the Community Mental Health framework.

Care for people with severe mental illness



The [Community Mental Health Framework](#) was published in 2019 with the vision of how community Mental Health services should be transformed in line with the LTP. People with SMI have historically experienced disjointed care and are likely to face far worse outcomes, including significantly reduced mortality. The commitments in the LTP seek to address the historic treatment gaps through the vision set out in the Framework.

- Core principles:**
- Tailored services based around individuals and their whole-life needs, not just mental health needs
  - Services being delivered as close to home as possible and shaped to meet the specific needs of local communities
  - A one team approach with local NHS and non-NHS services working together to deliver care and support
  - Embedded co-production and co-design with people with lived experience and their carers/families
- Core features:**
- Fully integrated primary and community mental health services built around Primary Care Networks which includes improved access to psychological therapies, improved physical health care, employment support, personalised and trauma informed care, medicines management and support for self-harm and coexisting substance use
  - A specific focus on young adults (18-25), older adults and the physical health of people with severe mental illnesses
  - Formal partnerships to be developed with primary care, the voluntary, community and social enterprise sector and local authorities

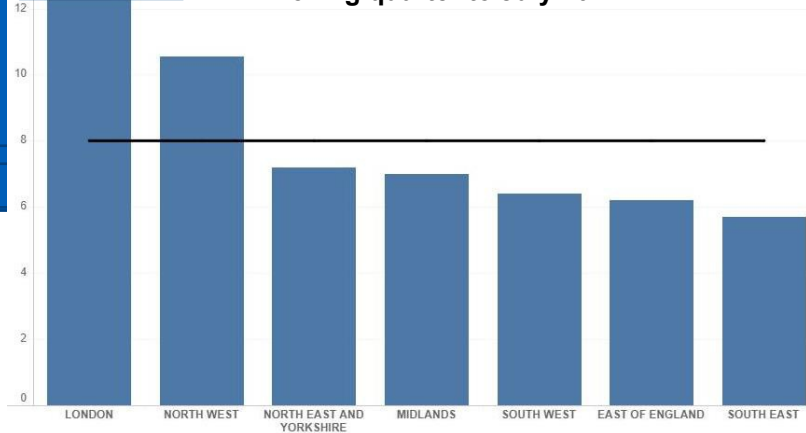
\*Dedicated focus areas include people with complex emotional needs associated with a diagnosis of ‘personality disorder’, eating disorders and in need of community mental health rehabilitation

# Adult inpatient care – further detail



- Charts below depict Length of Stay data and the proportion of discharges with 72hr follow-up

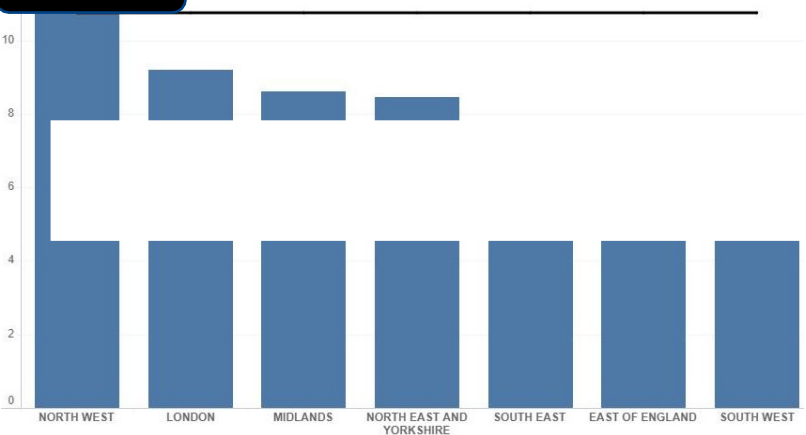
Length of stay 60+ days (per weighted 100k population) – rolling quarter to July 2021



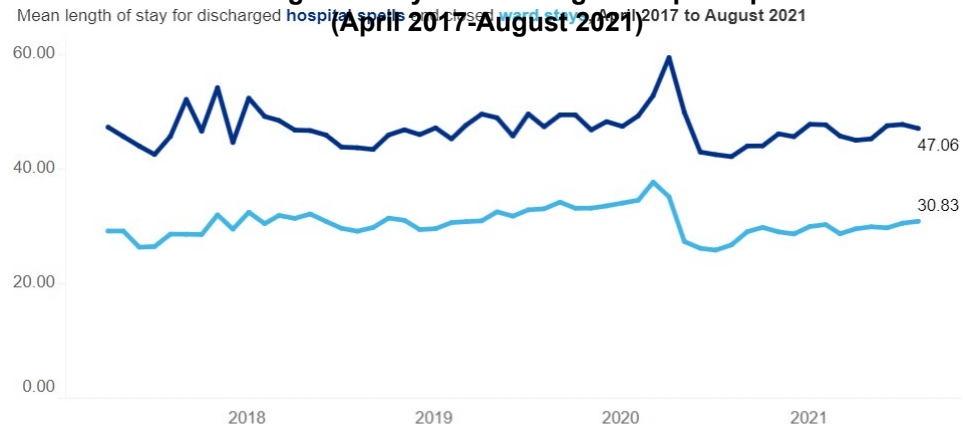
Proportion of discharges with follow up within 72 hours



Length of stay 60+ days (per weighted 100k population) - rolling quarter to July 2021



Mean Length of Stay for discharged hospital spells



# Outreach models in IAPT and Adult community mental health services– further detail



**IAPT providers** have been reaching-in to communities either underrepresented in services or are more likely to have a mental health problem. Examples include:

Developing IAPT roles within current services leading on in-reach to BAME communities including delivery of focussed wellbeing sessions [London]

Appointing Community Champions who work with different under-represented groups and hiring community spaces to make services more accessible [Midlands]

Resourcing targeted communications campaigns focussing on groups most effected by COVID-19, specifically: BAME communities, older adults, people with long term conditions and students [North West]

Holding workshops in the community to raise mental health awareness and promote psychological wellbeing which focus on BAME communities, Veterans, people with Learning Disabilities and older Adults [London]

**Adult community mental health services** have been undertaking outreach to support people with SMI to receive physical health checks and access both COVID-19 and flu vaccinations. Examples include:

Peer support workers from VCSE orgs with GP surgeries to provide support to people with SMI to access health-care. This has included gaining access to the GP-SMI register to obtain details of people with SMI who would benefit from tailored support to access health-checks. [Sheffield]

Commissioned co-produced leaflets and support information for people with SMI to support greater understanding of the health-check and its benefits. [Bradford]

Social Prescribing Link Workers are providing direct support to people with SMI to promote the health-check and support access [Cumbria]

Screen and Intervene services have been commissioned from the VCS sector and are currently being mobilised [Sussex]

# References and data sources



Slide	Data reference	Source
3	Workforce growth	HEE ESR Data [Management information]
3	Growth in spend	External Mental Health Dashboard [Public]
3	Perinatal community team coverage	Five Year Forward View for Mental Health, and the Mental Health Services Dataset (MHSDS) [Public]
3	CYP Access	MHSDS (note, baseline access figures pre-FYFVMH are unavailable due to data quality issues) [Public]
3	CYP Eating Disorders	Special Data Collection Service – Eating Disorder collection [Public]
3	MHST Coverage	Quarter 1 2021/22 Programme Assurance Template [Management information]
3	IAPT Access	NHS Digital IAPT Annual Report [Public]
4	EIP Waiting Times	MHSDS [Public]
4	Access to transformed community mental health teams	Quarter 1 2021/22 Programme Assurance Template [Management information]
4	Crisis Resolution and Home Treatment Team functionality	Quarter 1 2021/22 Programme Assurance Template [Management information]
4	Liaison team coverage and functionality	5 <sup>th</sup> Annual Survey of Liaison Psychiatry [Public]
6	Length of stay data	MHSDS [Public]
6	Discharge data	MHSDS [Public]

Nov 2021