



Three children in every classroom suffer from mental health problems. Only one can currently access the support they need.

- **40% of children with mental health problems have complex conditions often arising from early trauma or adverse childhood experiences, which are likely to require specialist input.**
- **The planned expansion of mental health services in schools in the NHS Long-Term Plan will increase access to effective support for more children but will also uncover greater numbers of children with complex mental health needs who need specialist help.**
- **There is currently a significant misalignment between levels of need and provision for those with complex difficulties. Short-term interventions to address immediate capacity pressures help some children but can be ineffective for those with more complex needs, increasing costs for the patient and the NHS in the long-run.**
- **More funding alone will not solve the problem. In line with the increase in access, there needs to be a corresponding recognition of the important role of specialist clinicians and an increase in specialist services otherwise children with complex needs will continue to go without the support they require.**

Implications of not providing the right treatment at the right time in the right place:

Patient mental health gets worse

In 2017, suicide was the most common cause of death for children aged 5-19

NHS resources are put under further strain

A&E attendances by under-18s with psychiatric conditions have doubled in 5 years

The cost of patient care increases

£100,000 a year per inpatient vs £3,000 per year CAMHS community support

The Importance of Specialist Provision

- Children and young people with complex needs need to be able to access effective specialist services able to offer a range of treatments at the right time in the right place.
- Such services need to include professionals with a range of skills, competences and trainings working together in well-led multi-disciplinary teams.
- Alongside other specialist and generic clinicians Child and Adolescent Psychoanalytic Psychotherapists (CAPPT) play a crucial role as part of these teams.
- They are amongst the most highly qualified and rigorously trained mental health professionals and have the skills to provide treatment to some of the most unwell children and young people aged 0-25.
- They are well placed to contribute to initial assessments to ensure that complex needs are identified and children are referred to the most appropriate provision, as well as to provide training, supervision and leadership to other professions across the children's workforce.

Recommendations

We are calling on the Government to ensure:

- That NHSE/I commissions work to define a model specification for specialist multi-disciplinary CAMHS.
- That NHSE/I ensures that local systems have plans in place for multi-disciplinary services for children and young people with the most complex needs.
- That the core NHS profession of CAPPT is recognised alongside other psychological professions in the NHS People Plan as a vital component of community-based CAMHS.
- That national and local workforce plans include an increase in the number of CAPPT in training and employment to support the ambitions of the Long Term Plan and address regional shortages.

We would welcome your support in making representations to Health Ministers and letting us know of any response. For any further information please contact ACP CEO Dr Nick Waggett on nick.waggett@childpsychotherapy.org.uk

Delivering the NHS Long Term Plan

Effective multi-disciplinary teams will be an essential component of the required expansion and transformation of services for children, young people and their families.

Children and young people who are some of the most vulnerable in society, such as those with experience of abuse, neglect, parental mental illness or substance misuse, and those in social care, have complex needs that require specialist teams providing a range of care and treatment.

Child and Adolescent Psychoanalytic Psychotherapists are one of 12 professions in the Government's Psychological Professions Workforce Group working to support the implementation of the Long Term Plan.

Long Term Plan Aim

By 2023/24, an additional 345,000 children and young people aged 0-25 will be able to access mental health support

Mental health support teams will be embedded in schools and colleges.

By 2021 the NHS will create the 'triple integration' of primary and specialist care, physical and mental health services, and health with social care

How CAPPT Can Support Delivery

- The rigorous training of CAPPTs enables them to sustain intensive work with the most unwell children who can have a troubling impact on the professional network surrounding them.
- CAPPTs are the only mental health specialists whose training focuses exclusively on the 0-25 age group.
- Psychodynamic psychotherapy is recommended in NICE guidelines for treating depression and victims of sexual abuse.

- CAPPTs have a strong history of working effectively in schools and colleges, both with individual children and using whole-school approaches.
- They can help those working in schools and the community to identify children with complex needs so they can be directed to appropriate treatment.

- CAPPTs can help understand and communicate a child's thoughts and relationships to ensure that the treatment approach is coordinated.
- They provide case consultation, clinical leadership and training to other professionals across the children's workforce helping to boost morale and increase retention.

Evidence from Practice

"Our CAPPT is hugely helpful in formulation, complex case discussion and supervision meetings. For longer term work she will see young people (sometimes intensively) who otherwise might be hospitalised."

Consultant Child and Adolescent Psychiatrist, North Yorkshire Community CAMHS

"Without the CAPPT, I would be blindly going on my instincts without knowing what to do. As a teacher, I don't have the time in the day or the skills to dig deeper into a child's problems... As long as the CAPPT is on board, we can see positive change in vulnerable children." **Primary School Teacher, London**

"Our CAPPT will lead workshops in which we meet once a week to collaborate and decide what is the best individual work for that child... He'll often be consulted in cases when there are medically unexplained symptoms." **Ward Manager, London Hospital**