

# Away from hospital and into the community

A research report into alternative options for young people's mental health crisis care



# Context for research & aims

- Review the experiences and views of young people, their families and carers, and mental health professionals about the current system
- Raise awareness and influence national debate around the current challenges
- Develop a research informed, community-based service for children and young people in mental health crisis

# About the research

- Initial desk-based research to identify current services available, gaps and local approaches
- In-depth interviews with professionals connected with children and young people mental health crisis services and children, young people and families with personal experiences
- 22 participants interviewed across the NHS and health and social care sector
- 10 participants interviewed with lived experience
- Independent ethics review undertaken to guide interview processes
- An economic cost-benefit analysis of an alternative services

# Current Trends and Approaches in CYP mental health crisis care

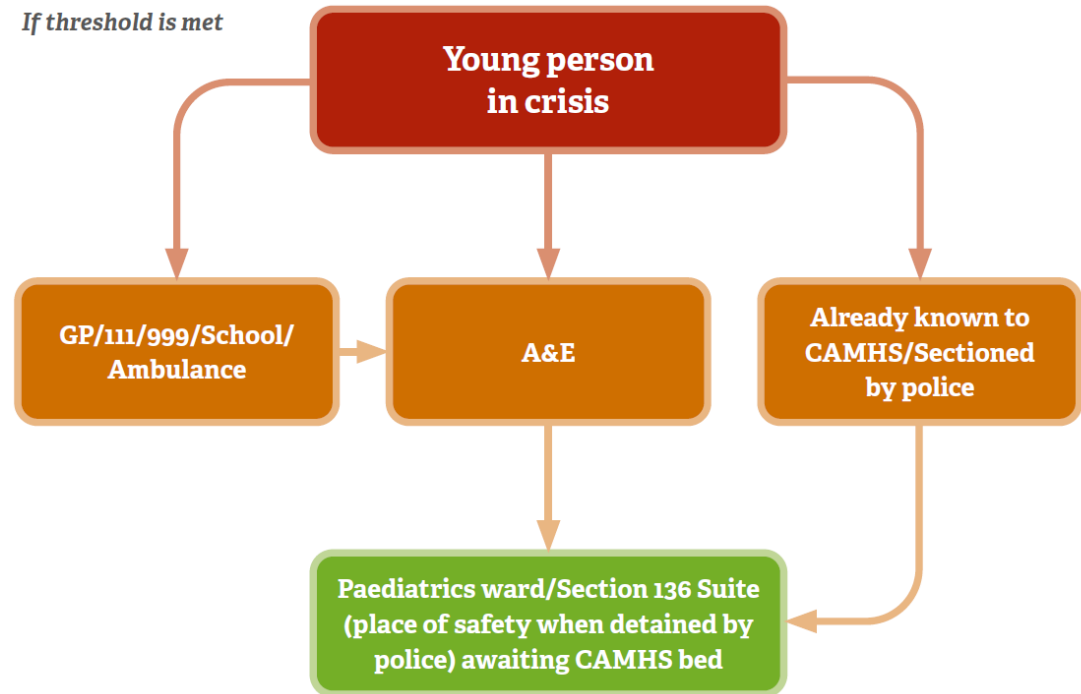
## Prevalence of mental health crisis in young people

2020/21*			
Age	Rate of detentions per 100,000	Rate of Short Term Orders (Section 136) per 1,000,000	Rate of Community Treatment Order (CTO) per 100,000
15 and under	3.0	1.9	0.2
16-17 year olds	64.9	40.4	5.0
2021/22**			
15 and under	3.4	7.7	0.3
16-17 year olds	48.3	118.4	4.0

\*Figures sourced from NHS Digital, 2021

\*\* Figures sourced from NHS Digital, 2022

## Typical referral process for young people in crisis



# Findings: Demand and access of mental health crisis care for young people

- Social factors
- Challenges of obtaining support including:
  - Often A&E is playing a front door role for accessing mental health services
  - Parents and young people found the high thresholds
  - The challenge of access put particular strain on parents

# Findings: The challenges of service delivery

- Capacity, staffing and waiting times
- Transitions (between and out of services)
- Lack of alternatives to admission

*I've got parents who are sobbing at me saying "What does my child have to do? They've already taken a significant overdose. What does my child have to do before you will help me?" I've got no answer. I'm sick of saying, I don't know what to say to you. I'm so sorry.*

**Children and Adolescent Mental Health Services (CAMHS) nurse**

# Findings: Potential Solutions to admission

- Positive feedback on the proposed model
- Costings and cost implications

*“These types of services are desperately needed to prevent lengthy hospital admissions or to get somebody out of hospital and when they're not quite ready for full community.”*

CAMHS Nursing Lead

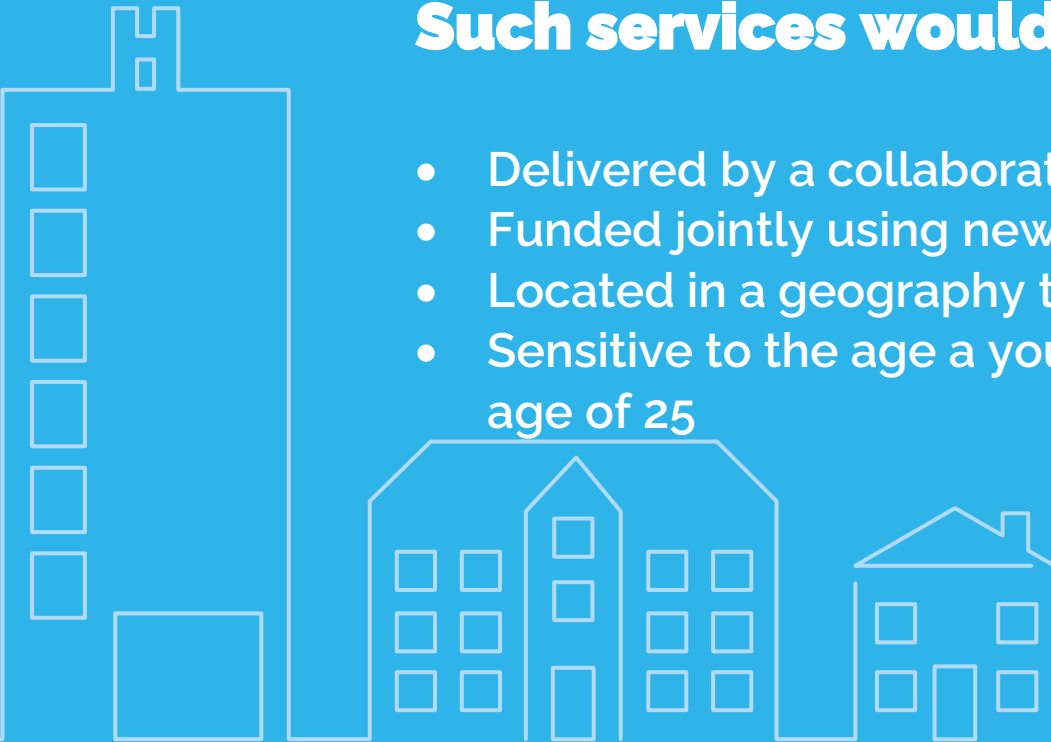
Type of service	Weekly cost	% cost of community-based alternative @ £2,000 per week
General admission (CAMHS)	£4,200	47.6%
Secure unit (CAMHS)	£4,567	43.8%
Unregulated mental health placement	£9,650	20.7%
Semi-independent high needs placement (average weekly cost across 5 placements)	£4,550	44%

# Recommendations

This report recommends the commissioning of new accommodation based or community in-reach services that support young people at a time of mental health crisis.

## Such services would be, amongst other factors:

- Delivered by a collaboration of the NHS, supported housing and local authorities
- Funded jointly using new integrated care structures
- Located in a geography that works for the young people and their families
- Sensitive to the age a young person would need to leave, ideally up to the age of 25





# Recommendations

**In addition, the report makes the following recommendations concerning day-to-day crisis care for young people:**

- Wherever possible, the wider system supports the NHS in its aim to deliver 0–25-year-old services, thereby making the transition from CYP to adult services as flexible as possible
- The NHS and wider partners enhance their capacity to keep young people in crisis away from A&E
- Where this is unavoidable, we recommend:
  - Provision of a dedicated national crisis support line for young people (as per NHS Long-term plan)
  - More training for medical staff in supporting CYP with mental health issues
  - Dedicated space/teams for young people experiencing a mental health crisis in A&E

# Quotes from families, carers & young people

*It kind of felt that at that time CAMHS were only interested if he attempted it, which obviously we didn't want him to do.*

**Parent of service user**

*That was my biggest fear before I turned 18, was that they will stop caring because I'm not a child anymore. It will be, "You're on your own now, you've got this," and that is literally how it ended up.*

**Service user**

*Children and adolescent mental health services (CAMHS) can't do enough for my son, they have never given up on him, even when he gave up on himself.*

**Parent of CAMHS service user**

*It's not good for her here (in the general paediatric ward), ...I think the alternative was in the end while she's going into a bedsit in (a distant town), she won't be able to access her support network because she'd be too far away...That was all they could provide.*

**Parent of service user**

*"It would be somewhere that has that ability to be cosy and homely, making it so you don't feel like you're trapped in a place for a long period of time because you're being monitored, even though you are."*

**Service user**

# Get in touch

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