

HERTFORDSHIRE COUNTY COUNCIL

**PUBLIC HEALTH, PREVENTION AND PERFORMANCE
CABINET PANEL
12 MARCH 2018 AT 10.15AM**

<u>Agenda Item</u> <u>No.</u> 3
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DEEP DIVE: UNDER 18 MENTAL HEALTH ADMISSIONS

Report of the Director of Public Health

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Executive Member: Richard Roberts, Public Health, Prevention and Performance

1. Purpose of report

1.1 The purpose of the Report is to inform Panel members of statistical data pertaining to children and young people's mental health in Hertfordshire, as well as relevant local treatment services and current prevention work.

2. Summary

2.1 The presentation "Deep Dive: Under 18 Mental Health Admissions" is being brought to the Panel in response to a request from the Panel made at the meeting on 2 February 2018 ([item 4.7 in the minutes](#)).

2.2 The presentation describes:

- Mental health hospital admissions data for those under 18 (including trend over time, comparison with other similar local authorities, and breakdowns of the data by cause of admission and type of NHS trust)
- Possible reasons for changes over time in the above statistics
- Local work undertaken to reduce under 18 mental health hospital admissions

- Child and Adolescent Mental Health Services (CAMHS) referral waiting times
- Further local data relating to the mental health and wellbeing of under 18s in Hertfordshire
- Steps that are being taken in relation to the prevention of mental illness, promotion of mental health, and earlier intervention work in Hertfordshire

3. Recommendation

- 3.1 Panel is asked to note and comment upon the content of the presentation.

4. Background

- 4.1 A statistical indicator on mental health hospital admissions in under 18s for Hertfordshire was included in the Public Health section of the [Hertfordshire County Council Quarterly Performance Monitor 2017/18, Q2 report](#) which was presented to the Cabinet Panel on 2 February 2018. Following this, a 'deep dive' presentation was requested by the Panel to provide Members with more detailed data related to the topic, as well as relevant local treatment services and prevention works which are currently in place.
- 4.2 The figures for under 18 mental health hospital admissions cover admissions where the primary cause was a mental health condition; they comprise:
- admissions to a mental health inpatient bed
 - admissions to a general hospital e.g. as a result of an eating disorder or self-harm
- 4.3 Specialist Child and Adolescent Mental Health Services (CAMHS) are delivered across the whole of Hertfordshire. The service treats emotional and behavioural problems in children and adolescents. Emotional problems include depression, anxiety and phobias. Behavioural problems include extreme aggression at home and school, delinquency and attention deficit hyperactive disorder (ADHD). Other serious issues can be anorexia, schizophrenia, obsessive compulsive disorder.
- 4.4 All community CAMHS services are commissioned by the Integrated Health Care and Commissioning Team (IHCCT) on behalf of NHS East & North Hertfordshire CCG, NHS Herts Valleys CCG and Hertfordshire County Council.
- 4.5 Hertfordshire County Council's Public Health Service has a remit around mental health promotion and the prevention of mental ill health at a population level.

In overview the Deep Dive indicates the following data:-

- Between 2012/13 and 2016/17 there has been a significant rise in under 18 admissions for mental health conditions within Hertfordshire, although Hertfordshire is still below the England rate. However, the projection for 2017/18, which is based on incomplete and unfinalised data, suggests that Hertfordshire's rate will continue to increase.
- There are an increasing number of acute admissions, whereas the rate of admissions to mental health trusts has remained broadly stable.
- The latest national data (2015/16) show that many areas are seeing an increase in under 18 mental health admissions.
- Hertfordshire has a statistically similar rate to most other areas, however it had a significantly lower rate than both England and Hampshire in 2015/16.
- A few medical conditions make up the majority of admissions over the last five years (2012/13-2016/17): eating disorders, anxiety, depression, disorders due to alcohol and developmental disorders.
- In the latest full year (2016/17), the same core set of conditions (eating disorders, anxiety, depression, disorders due to alcohol and developmental disorders) caused hospital admissions, although the proportion of admissions by each cause shifted.
- In relation to Eating Disorders and Other Anxiety Disorders in 2016/17, there appears to be a trend of increasing admissions to hospital.