



Wandsworth

Mental Health Needs Assessment

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Why undertake a mental health needs assessment?

- Significant increase in the profile of mental health in recent years with the launch of the NHS Long Term Plan in 2019 which committed to improving access to mental health support for those who need it.
- Growing concerns about mental ill health and the number of people seeking help, exacerbated by the COVID-19 pandemic.
- There is evidence of growing mental health need in Wandsworth.
- Currently lacking up-to-date understanding of the mental health needs of the Wandsworth population.

Aims and objectives

Aims:

- Understand the level of mental health need across the life course in Wandsworth and how this is being met by services.
- Inform policy and commissioning intentions for mental health services over the next five years.

Objectives:

- Estimate the scale of mental health need in the Wandsworth population, including in groups at increased risk of mental ill health.
- Estimate levels of unmet mental health need.
- Understanding the impact of the COVID-19 pandemic on the mental health of the Wandsworth population and whether any specific groups have been disproportionately affected.
- Developing recommendations for more effective and efficient services that better meet the mental health needs of the population.

The needs assessment covers the following cohorts:

- Childhood and adolescence (0 – 19)
- Working age and adults (16-64)
- Older people aged 65+

Methodology

Steering Groups:

- Set up two steering groups – one for children and young people and one for adults/older adults – to guide the development of the needs assessment and support strategic decision making.
- Representation from South West London CCG (now ICB), Children's Services, Social Care, the Data, Insights and Analytics Team, voluntary sector organisations and the local mental health trust.

Data:

- Identified core data sources:
 - Mental Health of Children and Young People in England, 2017 [PAS], NHS Digital
 - Mental Health of Children and Young People in England, 2020: Wave 1 follow up to the 2017 survey
 - Adult Psychiatric Morbidity Survey: Survey of Mental Health and Well-being, England, 2014, NHS Digital
- Developed data specifications for service data from the NHS, local authority and CCG (ICB) commissioned services, social care and the voluntary sector.

Stakeholder Engagement:

- Focus groups with multiple stakeholders using a semi-structured discussion guide.

Focus groups

- Wandsworth Mental Health Clinical Reference Group
- Wandsworth Mental Health Stakeholder Forum
- Wandsworth Children's Emotional Wellbeing & Mental Health Partnership Board
- Wandsworth ALD Support Group
- Wandsworth Learning Disabilities Partnership Forum
- Hestia Recovery Café
- Black and Minority Ethnic Mental Health Forum
- Free2B LGBTQ+ Youth Group
- Wandsworth Mental Health Support Team Cluster Meeting
- Talk Wandsworth
- Housing Allocation Group
- Elias Ward, Tolworth Hospital

Key statistics – children and young people

National data estimates that:

- One in nine 6-16-year-olds has a probable mental health disorder.
- One in seven young women aged 17-19 years-old has a probable mental health disorder.

Key findings – children and young people

Data analysis showed:

- Increased prevalence of common mental disorders (CMD).
- 17-19-year-olds have the highest rates of mental disorder but the lowest number of CAMHS referrals.
- A decrease in boys being referred to the CAMHS Single Point of Access.
- Commonest reasons for referral are anxiety and neurodevelopmental (excluding ASD).
- A decrease in referrals to most services during 2020/21, associated with the COVID-19 pandemic.
- Increased waiting times for services in 2021/22 suggest a surge in need.
- A noticeable increase in eating disorders in girls.

- Significant unmet need in children and young people requiring a single professional response (tier 2 services).
- A surge in young people requiring crisis care during the height of pandemic restrictions.
- Increased levels of inpatient and crisis care, disproportionately affecting girls.
- A high prevalence of children with Special Educational Needs in schools with social and emotional needs as primary issue.
- Crisis care was the third most common reason for referral.

Key findings – children and young people

Stakeholders reported:

- Increased prevalence, complexity, acuity and longevity of mental health conditions, especially self-harm and eating disorders, particularly since the COVID-19 pandemic.
- Rising demands on mental health services are leading to increased wait times and insufficient care.
- Schools are struggling to cope with pupils' increased mental health needs.
- Transition from child to adult mental health services is a significant service disjuncture.
- Black, Asian and minority ethnic and LGBTQ+ children and young people are particularly vulnerable groups.

Recommendations – children and young people

Recommendation	Key stakeholder(s)
Develop a public mental health strategy to prevent mental disorder and improve community resilience.	Public health South West London Integrated Care System
Ensure that Mental Health Support Teams cover all schools and colleges.	NHS South West London Integrated Care Board
Consolidate whole school approaches to improve the mental health and well-being of children and young people.	Schools NHS South West London Integrated Care Board Wandsworth Children's Services Public health
Increase access to advice, guidance, and targeted early intervention to meet unmet mental health needs.	NHS South West London Integrated Care Board South West London Integrated Care System
Implement a needs-based system of support for children experiencing mental health disorder based on the Thrive Framework.	South West London Integrated Care System
Integrate voluntary and third sector provision with statutory services to provide a seamless, comprehensive CAMHS.	NHS South West London Integrated Care Board South West London St George's Mental Health NHS Trust Voluntary and community sector

Recommendation	Key stakeholder(s)
Increase access to targeted support for children and young people with emerging anxiety, depression and self-harm.	South West London Integrated Care System
Increase the use of personalised, co-produced safety and coping plans for children and young people experiencing mental health crisis.	Schools Wandsworth Children's Services South West London St George's Mental Health NHS Trust
Develop and disseminate clear care pathways for children and young people's mental health need based on NICE guidance.	NHS South West London Integrated Care Board South West London St George's Mental Health NHS Trust
Improve communication, support and resources for children and families waiting for treatment.	NHS South West London Integrated Care Board South West London St George's Mental Health NHS Trust
Improve crisis care, self-harm and suicide prevention pathways.	South West London Integrated Care System Public health
Prioritise a multi-agency, multi-disciplinary workforce development strategy to improve recruitment and retention of the children's workforce.	South West London St George's Mental Health NHS Trust South West London Integrated Care System Wandsworth Children's Services

Recommendation	Key stakeholder(s)
Develop effective professional development programmes to improve staff ability to support the mental health of children with special educational needs.	Schools Wandsworth Children's Services South West London St George's Mental Health NHS Trust
Improve mental health support for ethnic minority children and young people through culturally appropriate co-produced evidence-based community programmes.	NHS South West London Integrated Care Board South West London Integrated Care System
Develop and communicate a clear menu of local community, voluntary sector and national resources to support children and families to access appropriate levels of support.	NHS South West London Integrated Care Board Wandsworth Children's Services Voluntary and community sector Public health

Key statistics – adults and older people

National data estimates that:

- One in six adults meet the criteria for a common mental disorder.
- One in three adults with a common mental disorder reported current use of mental health services.

Key findings – adults and older people

Data analysis showed:

- Women are more likely than men to report symptoms of CMD.
- Women are more likely to access mental health services than men.
- Young women have emerged as a high-risk group with higher rates of CMD, self-harm and PTSD.
- Mental health disorders are more common in people living alone, in poor physical health or with a disability or who are unemployed.
- Parents and carers, people who are unemployed and lower income families, young adults, people with existing conditions and ethnic minorities have experienced increased prevalence of CMD due to the pandemic.
- A drop in referrals across most treatment services during 2020/21.
- An increase in referrals to services during Q1-3 of 2021/22 compared to the previous year.

- 25-34-year-olds are the most common age group in services.
- Ethnic minorities are represented proportionately in psychological therapies and community services.
- Ethnic minorities are overrepresented in inpatient services.
- The Adult Social Care Mental Health Team experienced a surge in referrals during 2021/22.
- There has been a steady increase in numbers of residents assessed as having mental health care and support needs.
- More men than women require social care for mental health needs.
- Minority ethnic groups are under-represented in Home Treatment and Crisis Intervention Teams.
- Early intervention in psychosis referral rates and the number of accepted referrals have decreased.

Key findings – adults and older people

Stakeholders reported:

- Increasing prevalence of mental health conditions, particularly severe anxiety and depression, trauma and complex needs, particularly since the COVID-19 pandemic.
- Significant barriers to accessing and receiving mental health services – long waiting lists, limited time and resources and threshold for acceptance.
- Awareness of and understanding the pathway between local mental health services is challenging.
- Service users with neurodiversity and/or learning disabilities, those with co-occurring mental health and substance misuse disorders, carers and Black, Asian and minority ethnic groups are particularly vulnerable.

- A lack of an integrated approach to mental and physical health in older people.
- Older people are experiencing high levels of isolation and facing barriers to accessing mental health service due to increase digital delivery.
- The community is under resourced to support mental health.
- Individuals face increasing stressors on their mental health, particularly in light of the cost-of-living crisis.
- COVID-19 has reduced the confidence of older people, decreasing social contact and exacerbating loneliness.

Recommendations – adults and older people

Recommendation	Key stakeholder(s)
Develop a public mental health strategy to prevent mental disorder and improve community resilience	Public health South West London Integrated Care System
Develop clear and accessible evidenced-based treatment pathways to support residents with mental health disorders.	NHS South West London Integrated Care Board South West London St George's Mental Health NHS Trust
Build capacity in the community and voluntary sector to improve care, support and recovery.	NHS South West London Integrated Care Board Voluntary and community sector
Improve the uptake of psychological therapies for 18–24-year-old women.	NHS South West London Integrated Care Board South West London St George's Mental Health NHS Trust Primary care (general practice)
Review service provision to ensure adequate provision for the increasing numbers of residents experiencing trauma related conditions especially in young adult populations.	NHS South West London Integrated Care Board
Explore ways to reduce the number of people who do not attend appointments.	NHS South West London Integrated Care Board South West London St George's Mental Health NHS Trust Voluntary and community sector

Recommendation	Key stakeholder(s)
Increase ethnic minority representation in early intervention services.	Primary care (general practice) South West London St George's Mental Health NHS Trust
Develop the capacity for ethnic minority communities to provide support, care and early intervention through co-produced community-based services	NHS South West London Integrated Care Board Public health Voluntary and community sector
Explore the barriers to ethnic minorities accessing home treatment and crisis intervention care.	NHS South West London Integrated Care Board South West London St George's Mental Health NHS Trust
Increase access to appropriate psychological therapies for older people.	NHS South West London Integrated Care Board South West London St George's Mental Health NHS Trust Primary care (general practice)
Increase emphasis on maintaining recovery to avoid mental health crisis.	NHS South West London Integrated Care Board Primary care (general practice) South West London St George's Mental Health NHS Trust

Recommendation	Key stakeholder(s)
Improve integrated working for people with co-occurring mental health and substance misuse conditions.	Public health Local authority commissioners South West London St George's Mental Health NHS Trust
Prioritise workforce development plans to improve recruitment and retention of mental health professionals.	South West London St George's Mental Health NHS Trust South West London Integrated Care System
Improve engagement and support for vulnerable groups including LGBTQ+, learning disabled and neurodiverse communities.	South West London Integrated Care System South West London St George's Mental Health NHS Trust Voluntary and community sector
Reduce ethnic inequalities in mental health care by improving; access, experience of care and outcomes through the expansion of co-produced community mental health programmes.	NHS South West London Integrated Care Board South West London St George's Mental Health NHS Trust Voluntary and community sector
Engage General Practitioners in the development of early intervention in psychosis pathways to improve access.	NHS South West London Integrated Care Board South West London St George's Mental Health NHS Trust Primary care (general practice)

The Mental Health Needs Assessment can be found at the following link:

- <https://www.wandsworth.gov.uk/mental-health-needs-assessment>