

Title

Mental health crisis care for children and young people

Background

There has been a sharp increase in mental health problems experienced by children and young people. Prior to the pandemic, one in eight 5-19 year olds in England had a probable mental disorder. In 2020, amongst 5-16 year olds this figure had risen to one in six. Amongst those with a mental health difficulty, almost half of older teenagers and a quarter of 11-16 year olds report having self-harmed or attempted suicide. In this context, services for young people in crisis are a UK priority, and provision is expanding. However, very little research into crisis services for young people has been undertaken.

Aims

This project is answering the question, 'How are mental health crisis responses for children and young people up to the age of 25 sustained, experienced and integrated within their local systems of services'?

Methods

In work package (WP) 1, survey methods are being used to gather data on NHS, local authority, education and third sector approaches to the implementation and organisation of crisis care for children and young people across England and Wales. In WP2, qualitative methods underpinned by commitments to the use of normalisation process theory are being used to generate data on how services are organised, sustained, experienced and integrated in eight contrasting case studies. In WP3, findings from each case study will be compared and contrasted, and then synthesised to inform actionable lessons for policy and services.

Results

Our WP1 survey opened at the end of January 2023, with approaching 100 responses received from individual services by the middle of May 2023. WP2 fieldwork is scheduled to commence in summer 2023. This concurrent session opens with an introduction to our project, and summarises progress and findings to date. Further, comprehensive, findings will be presented at future MHNR conferences as the larger project progresses.

Discussions/conclusions

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Reading

Bennett C., Hannigan B., Elliott M., Elliott M., Evans N., Fraser C., Hails E., Jones A., McMillan I., Pryjmachuk S., Sawle L. and Vaughan R. (2023) Crisis care for children and young people with mental health problems: national mapping, models of delivery, sustainability and experience (CAMH-Crisis2). A study protocol. NIHR Open Research 3 (22) <https://dx.doi.org/10.3310/nihropenres.13414.1>

Evans N., Edwards D., Carrier J., Elliott M., Gillen E., Hannigan B., Lane R., Williams L. (2023) Mental health crisis care for children and young people aged 5 to 25 years: the CAMH-Crisis evidence synthesis. Health and Social Care Delivery Research 11 (3) <http://dx.doi.org/10.3310/BPPT3407>

Professional biography

Ben is Professor of Mental Health Nursing in the School of Healthcare Sciences at Cardiff University, and is past Chair of Mental Health Nurse Academics UK. His practice background is in community mental health nursing, and he now teaches and supervises across all academic levels from pre-registration undergraduate through to doctoral. As a researcher he has used ideas and methods from the health and social sciences to study: policy; service organisation and delivery; work, roles and values; the characteristics and wellbeing of the workforce; practitioner education; and user and carer experiences.

Claire Fraser is a mixed methods Research Associate and Programme Manager at the University of Manchester and Honorary Research Associate at Cardiff University. Her extensive research career spans almost 25 years during which time she has focused on a number of areas within health and social care. She has particular interest and expertise in the following areas: research with children and young people and families on a range of topics and using a range of methodological approaches; mental health access and service acceptability; patient and public involvement and engagement; research ethics and project management.

Authorship [* presenting speaker]

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