What Services Do Children With Mental Health Disorders Use?

Analysis Of Mental Health Related Service Contact Over Three Years In The 2004-2007 British Child and Adolescent Mental Health Survey

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Mental health problems in children

Prevalence of disorder

1 in 10

Impact on:

- Education
- Work
- Relationships
- Physical health
- Psychiatric disorder as adults
Service use in children with mental health problems

1999 BCAMHS – 42% reported no contact with any service

Growing evidence for effective interventions
Why use BCAMHS?

National snapshot of naturalistic service contact

Identify:
- groups of children who may currently be under-served
  - extent of potential unmet need
  - Common disorders in those presenting to services

Informs:
- Training
- Planning and commissioning
QUESTIONS
What percentage of children with psychiatric disorders had contact with services in relation to their mental health?

- By service
- By disorder
In children who had mental health related contact with teachers:

- How common were psychiatric disorders amongst these children?
- Which disorders were most prevalent?
- How severe were their difficulties?
BCAMHS 2004-2007

2004
- 7,977 participants
- Socio-demographics, service contact, Developmental and Wellbeing Assessment (DAWBA), Strengths and Difficulties Questionnaire (SDQ)

Interim waves: 6,12,24 months
- Parent SDQ

2007
- 5,325 participants
- Service contact, DAWBA and SDQ
What did service contact mean in BCAMHS?

- Parents were asked:

  "whether they or their child had contact within the past 12 months with services specifically in relation to concerns about the child’s mental health in terms of difficulties with one or more of the following: emotions, behaviour or concentration"
Analysis of contact in children with a disorder 2004-2007

BY SERVICE
• Any service (2004 and/or 2007)
• Service type: Teacher, primary care, CAMHS, special education, paediatrics, social work

BY DISORDER
• Disorder status: persisting (2004 and 2007)
• Disorder type
Analysis of disorders and difficulties amongst children in contact with teachers, 2007

PREVALENCE OF DISORDER  
(defined by DAWBA)

- Any
- By type

PREVALENCE OF DIFFICULTIES  
(defined by SDQ)

- Parent rated total difficulty score
- Parent rated impact score
RESULTS
CHILDREN WITH ANY DISORDER
84.5% of children with a disorder had any mental health related service contact 2004 and/or 2007.
Teachers were the most commonly contacted service in children with any disorder 2004-2007
CHILDREN WITH A PERSISTING DISORDER
Half of children with a persisting disorder had any contact with CAMHS 2004 and/or 2007.
CHILDREN IN CONTACT WITH TEACHERS, 2007
Children in contact with teachers in 2007 had significant levels of mental health disorder and difficulty.

**PREVALENCE OF PSYCHIATRIC DISORDERS**

- 15.6% Conduct/ODD
- 8.5% Anxiety disorders
- 5.2% ADHD
- 3.2% Depressive disorders
- 3.7% PDD

28% had any disorder

**PREVALENCE OF DIFFICULTIES**

- 23% had an SDQ total difficulty score in abnormal range
- 29.9% had a high parent-rated SDQ impact score
Limitations

• Data on service contact is not 'fine grained'
  • Snapshot of reported contact in 2004 and 2007
  • Relies on parental recall
• Lack information on:
  • Duration
  • Intensity
  • Intervention
• Analysis did not include self harm, and rarer disorders e.g. eating disorders
• Changes since 2007 (more of which later…)
Summary

1. Majority of children with disorders in contact with services
   - Prevalence of disorders has not increased
   - Expansion of awareness and services?

2. Minority report contact with CAMHS
   - Barriers to access
   - Missing out on opportunities to benefit from specialist management?

3. Teachers remain the most commonly approached service
   - Teachers managing children with high levels of difficulty
   - Implications for time, resources, stress etc.

4. Levels of service contact have risen since first BCAMHS 1999-2001
   - Prevalence of disorders has not increased
   - Expansion of awareness and services?

• Positive
• What predicts contact?
• Does contact = effective intervention?
• Barriers to access
• Missing out on opportunities to benefit from specialist management?
The need for new data

The impact of recession?

59 out of 98 local authorities in England have cut or frozen their Children and Adolescent Mental Health Services budgets since 2010/2011

74 out of 96 NHS Clinical Commissioning Groups have frozen or cut their CAMHS budgets between 2014/2015 and 2013/2014

Other changes?

GUARDIAN GRAPHIC

SOURCE: YOUNG MINDS
Thank you
References

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