



**North East and
North Cumbria**

MHLDN Improvement Plan

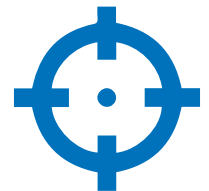
**Addressing Mental Health, Learning Disabilities,
and Neurodiversity Challenges**

Prepared for:
ICB Board -
September 2024

Purpose and summary of the improvement plan

The improvement plan aims to:

- **Address** gaps in mental health, learning disability, and neurodiversity services
- **Focus** on children, adults, older people, and neurodiverse populations
- **Improve** approaches tailored to severity, locality, and specific challenges
- **Consider** strategic and financial approach



Context...

"The Darzi Review has laid bare the scale of the challenges facing the NHS and the impact these issues are having on patients and staff across the country. It rightly highlights the need for direct action to improve the provision of mental healthcare and the long-term benefits this will bring."

- Dr Lade Smith CBE, President of the Royal College of Psychiatrists in response to the Independent investigation of the NHS in England by Lord Darzi



Scale of the challenge – national

- **Increased demand:** 3.6 million people in contact with mental health services by 2024, up from 2.6 million in 2016
- **Long waiting times:** 1 million people waiting for mental health services, with over 34,500 waiting more than a year
- **Neurodiversity diagnosis:** ADHD assessments backlog could take 8 years to clear in some areas
- **Inequity:** People with learning disabilities have a 20-23 year lower life expectancy than the general population
- **Workforce shortages:** limits diagnostic capacity



Scale of the challenge – regional

- High demand exceeding current capacity
- Improving the consistency of performance data but significant waiting times, especially CYP neurodiversity and adult ADHD
- Has investment increased proportionate to match increase in demand?

Mental health



(Reporting period June - August 24)

47.2% Talking Therapies - reliable recovery **67.7%** Talking Therapies - reliable improvement

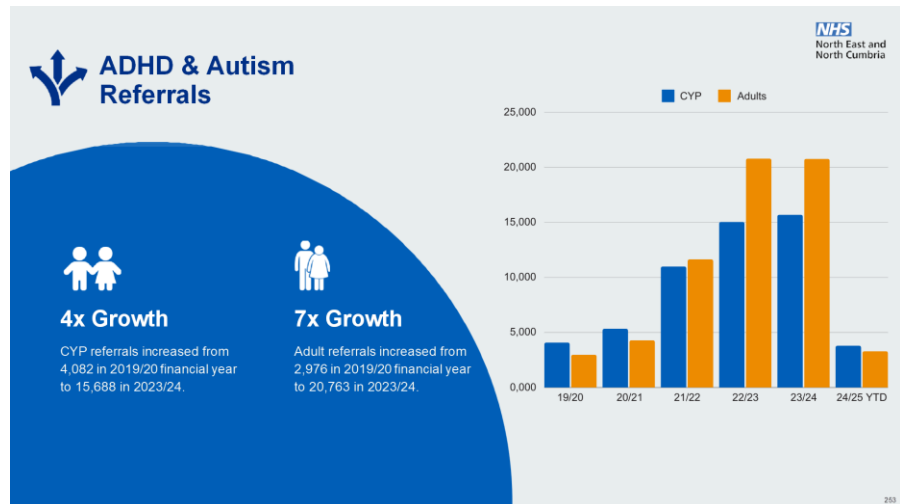
58,735 young people accessing mental health support

14,890 people supported by community mental health services

Dementia diagnosis at: 68.5%

2,320 accessed perinatal mental health support

18.2% of people on the GP learning disability register had an annual health check



We have made some progress...

- ✓ **Dementia Diagnosis:** **Achieving and exceeding the national target of 68% dementia diagnosis** rate, with ongoing efforts to improve post-diagnosis support
- ✓ **Learning Disability Annual Health Checks:** **Successfully meeting the target of 75%** of individuals aged 14+ with learning disabilities receiving annual health checks for the past two years
- ✓ **Reduction in Out-of-Area Inpatient Placements:** **Significant reductions in the use of out-of-area placements** for inpatient care, especially in Durham and Tees Valley
- ✓ **Community Mental Health Transformation:** **Early signs of improvement in Tees Valley and County Durham** from integrated community mental health teams reducing referrals into secondary care
- ✓ **Talking Therapies:** Achieving a **reliable improvement rate of 68.8%**, better than the national average



Directly addressing the reality

- Money won't solve every problem
- Everyone's business— partners and the public
- Returning to parity of esteem
- Under-performance in national standards is endemic
- Diagnostic capacity (e.g. ADHD, Autism) is a massive bottleneck
- High suicide rates in North East
- Workforce shortages – major constraint



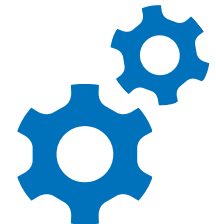
Action...



Components for improvement



- Performance management in place to reduce waiting times
- Incremental improvement approaches across the board
- Best practice sharing across providers and regions
- Planned investments to expand key services
- Role of Experts by Experience



Four key areas of focus





Improvement approaches for children and young people

- Expand Mental Health Support Teams in schools
- Increase diagnostic capacity for ADHD and Autism
- Reduce waiting times and improve trauma-informed care
- Address gaps in eating disorder services and crisis teams





Adult mental health services

- Expand Talking Therapies capacity for anxiety and depression
- Target 10% access rate for perinatal mental health services
- Invest in Individual Placement Support (IPS) to aid recovery
- Complete community mental health transformation projects





Learning disabilities services

- High rates of inpatient care due to developing community support models and out of hospital capacity especially accommodation
- Focus on improving annual health checks and supported living options
- Executive leadership in partnership with NHSE for Transforming care
- Embed Reasonable Adjustments





Neurodevelopmental, Autism and ADHD Challenges

- System redesign required to meet growing referrals
- Large scale transformation for children's neurodiversity inc. Local Authority services
- Temporary capacity increases while long-term pathways are developed
- Additional in-year investment for adult ADHD





Investments: 2024–2025

- **£1.4m** investment in children and young people's mental health
- **£0.84m** in perinatal mental health expansion
- **£1.7m** recurrent investment for mental health services in 2025/26
- **£1.0m** Additional investment to expand adult ADHD and Autism diagnostic services
- **£0.5m** Additional investment to expand children's ND services





Investment proposals: 2025-26

- **£1.7m** recurrent investment in children and young people's mental health services
- **£1.5m** for expanding maternal and perinatal mental health services
- **£1.2m** for adult talking therapies (anxiety and depression)
- **£3.86m** for addressing neurodiversity diagnostic services
- **£3m** to transform community mental health services





Performance: 2024-2025

- Reduce waiting times for children, adults, and neurodiverse individuals
- Expand Mental Health Support Teams to cover 56% of schools
- Reach 10% access rate in perinatal mental health
- Reduce inpatient admissions for people with learning disabilities



Action plan for the next 12 months

- Monitor and evaluate service performance regularly
- Focus on expanding workforce and service capacity
- Initiate system transformation for neurodiversity and community mental health
- Strengthen partnerships to improve community-based support, inc. role of VCSE
- Continued focus on investment profile

