



Regional report 2019

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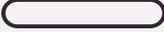
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CEDAR, University of Exeter

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Introduction



This report summarises data collected from services within the South West CYP IAPT Community of Practice between January 2017 and December 2019.

The **WP-CYP programme** aims to provide evidence based low-intensity psychological interventions for children and young people (CYP) experiencing common mental health difficulties, such as depression, anxiety and behavioural problems, who will often not meet clinical thresholds for support from specialised Child and Adolescent Mental Health Services (CAMHS).

The programme is designed to build upon the success of the Psychological Wellbeing Practitioner (PWP) role within the Adult Improving Access to Psychological Therapies (IAPT) programme.



SUMMARY FINDINGS



REFERRALS

A total of **4231 referrals** between January 2017 and December 2019.



SOCIODEMOGRAPHICS

- **62%** female
- **13 years** of age average
- **70%** White ethnic group



WAITING TIMES

Average waiting time from referral to initial assessment was **22 days**. Average time in service was **82 days**.



SERVICE PATHWAY

Of the 3658 discharged, **72%** attended initial assessment, **70%** attended a treatment session, **64%** finished a course of treatment and were discharged (closed case).



OUTCOMES

RCADS: 60% made a reliable improvement.
ORS/CORS: 43% made a reliable improvement.
GBO: 72% made a reliable improvement.
ESQ: Overall satisfaction was at **96%**.

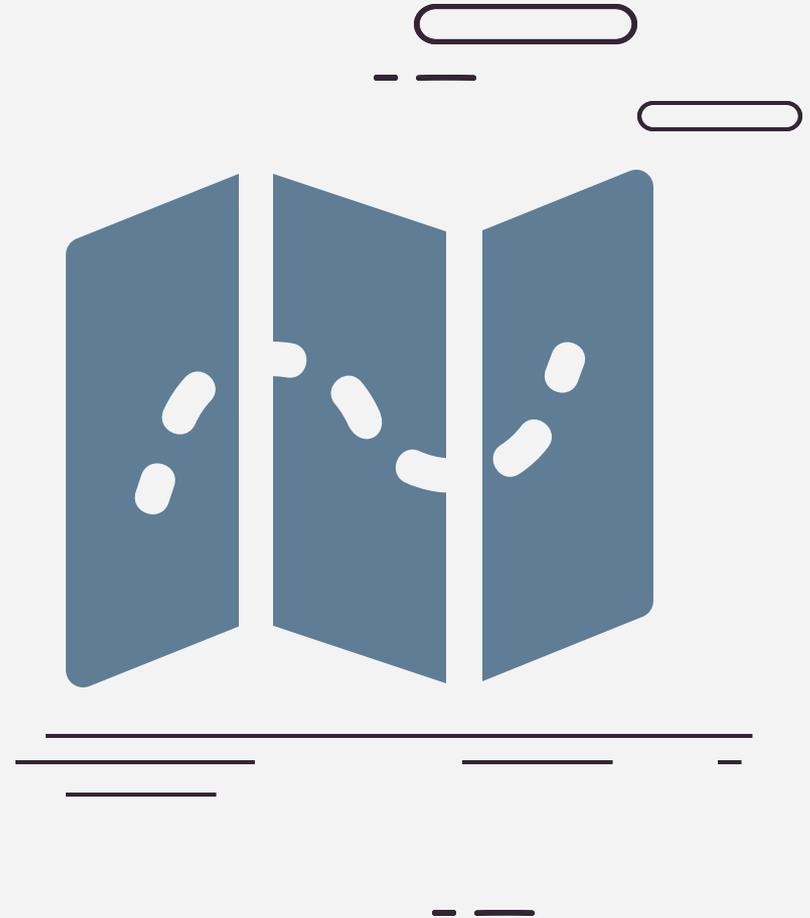


COMPLETION RATES

Target is 90% of paired outcomes
Current view: 28% of closed cases
RCADS: 79% of paired outcomes
ORS/CORS: 81% of paired outcomes
GBO: 62% of paired outcomes
ESQ: 28% of discharged cases
SFQ/SRS: 59% of discharged cases

SERVICE PATHWAY

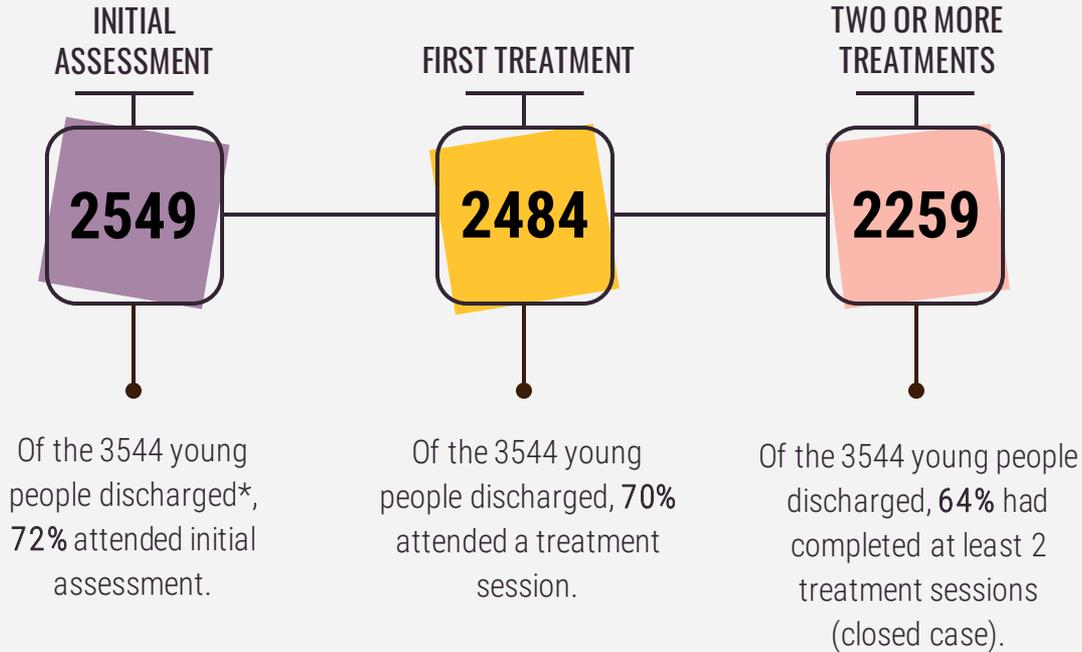
This section provides information about the number of children and young people referred and their journey through the service. Data is for all cases referred to the service by **December 2019**.



REFERRAL TO DISCHARGE



ASSESSMENT TO TREATMENT



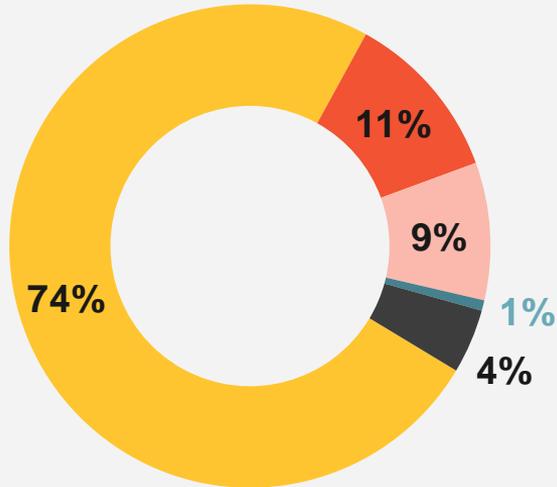
*Based on young people accepted and discharged

CASE CLOSURE REASON

Data consist of all cases referred by December 2019.
(out of 4231 cases)

CLOSED CASES

Based on 2259 children and young people who were discharged and finished two or more treatment sessions.



COMPLETED

DROPPED OUT

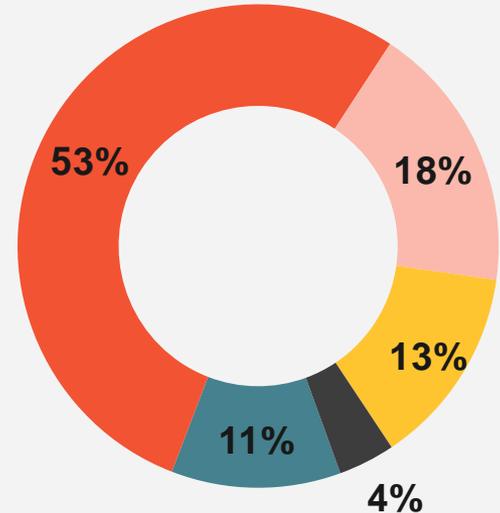
REFERRED ON

NOT SUITABLE -
BACK TO REFERRER

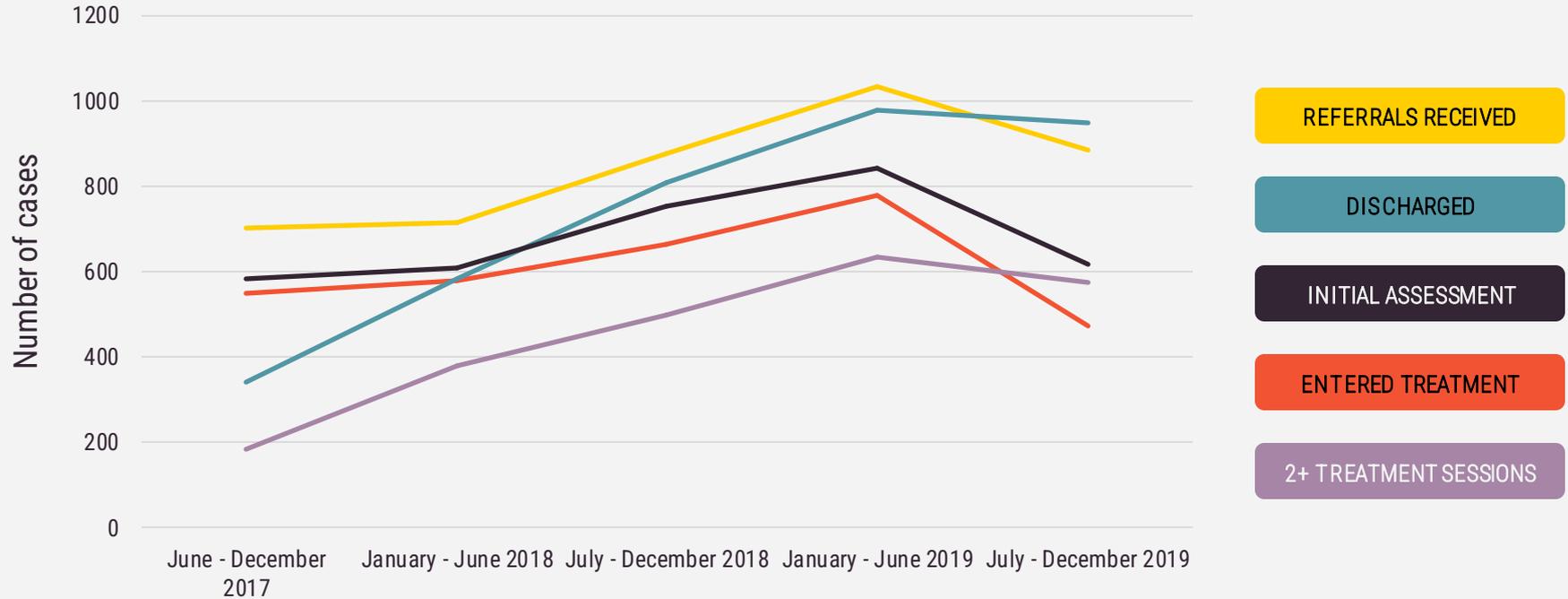
UNKNOWN

DISCHARGED CASES

Based on 1399 children and young people who were discharged but not a closed case.



SERVICE PATHWAY ACTIVITY OVER TIME

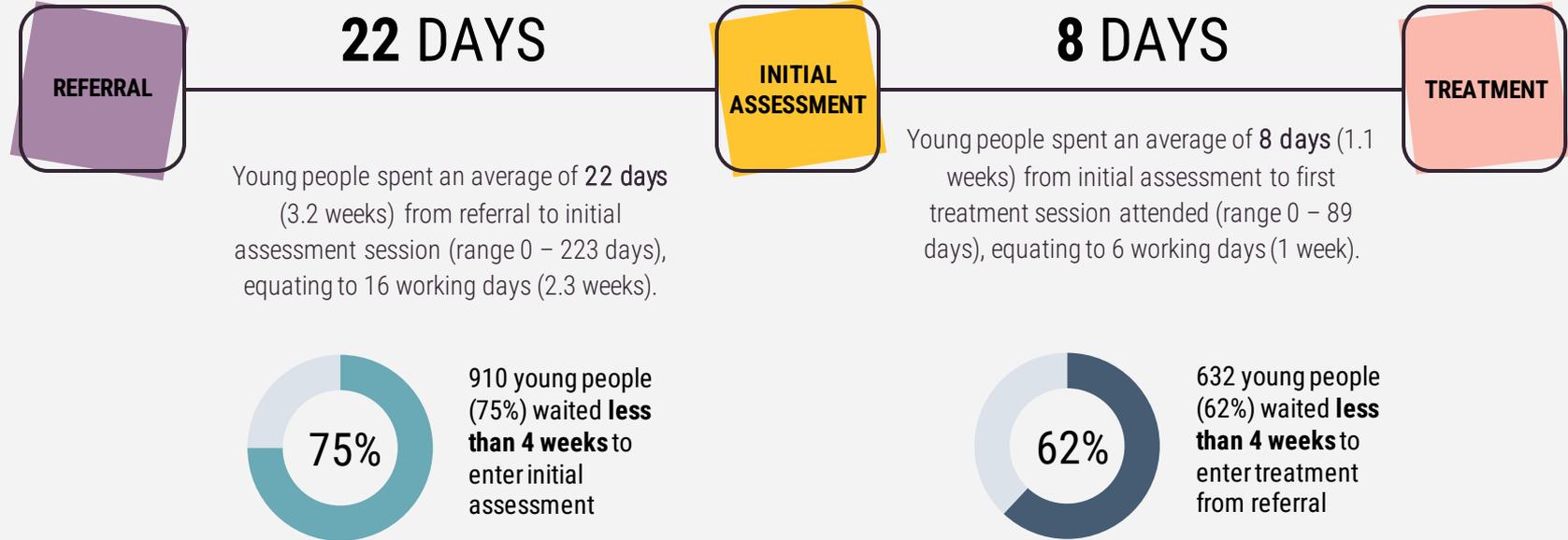


WAITING TIMES

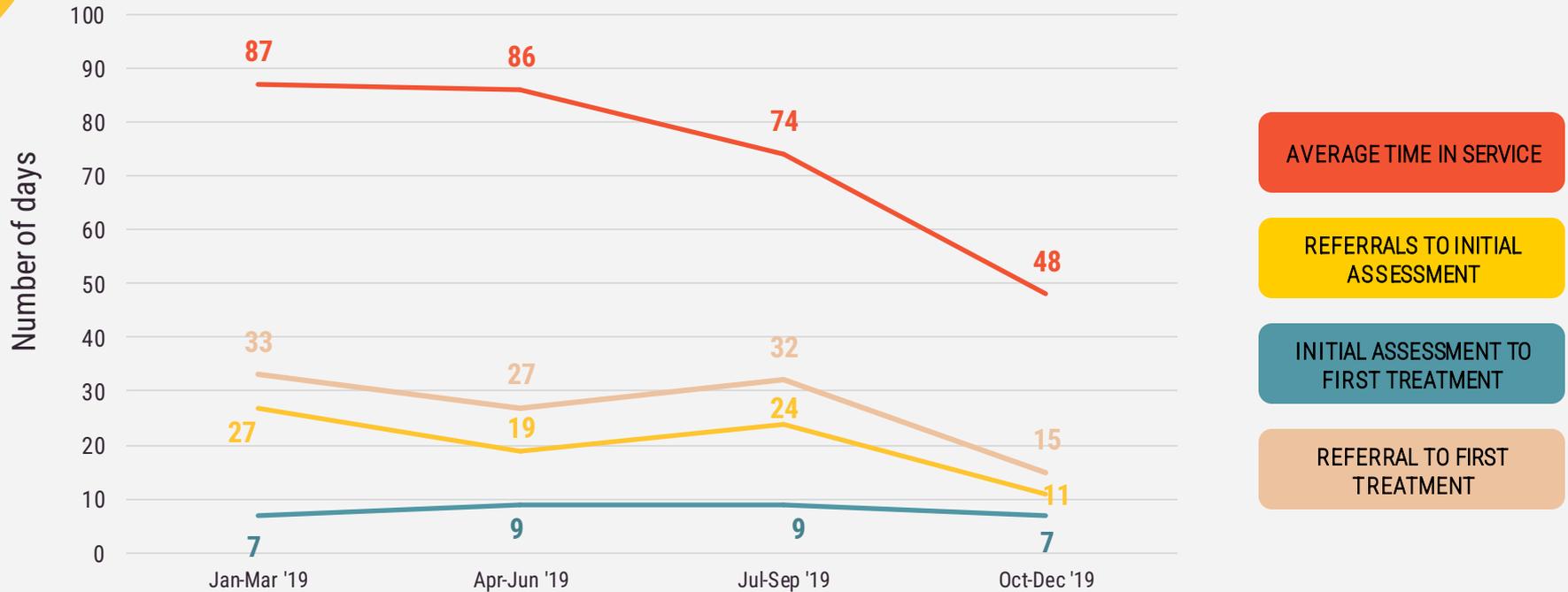
This section provides information about the average time children and young people spent in the service. Data relate to only those cases referred between **January** and **December 2019**.



82 AVERAGE NUMBER OF DAYS SPENT IN SERVICE



WAITING TIMES OVER TIME



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January to December 2019

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Children and young people

This section provides information about the people seen in services and the source of their referral. Data relate to only those cases referred between 1st January and 31st December 2019 (1914 cases).



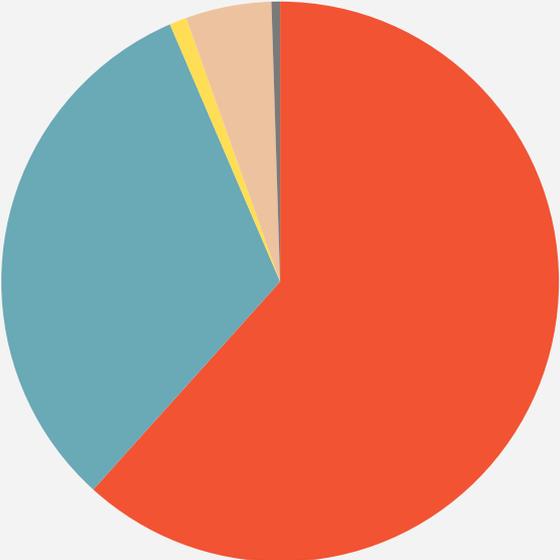
SOCIODEMOGRAPHICS

GENDER

The majority of children and young people were **female (62%)**, and 32% were male.

1% did not classify themselves as male or female (“indeterminate”).

5% cases were unknown and less than 1% of data were missing.



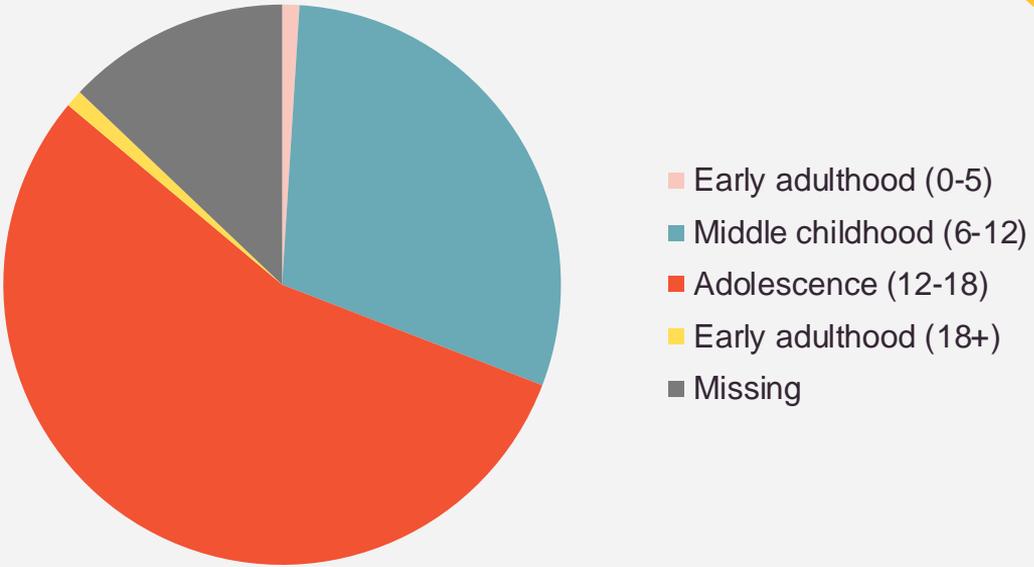
- Female
- Male
- Indeterminate
- Unknown
- Missing

SOCIODEMOGRAPHICS

AGE

The average age of children and young people was **13 years**, with range between 3 and 25.

Most cases were in the adolescence group (55.5%), followed by middle childhood (30.3%), early childhood (0.8%) and adulthood (0.5%).

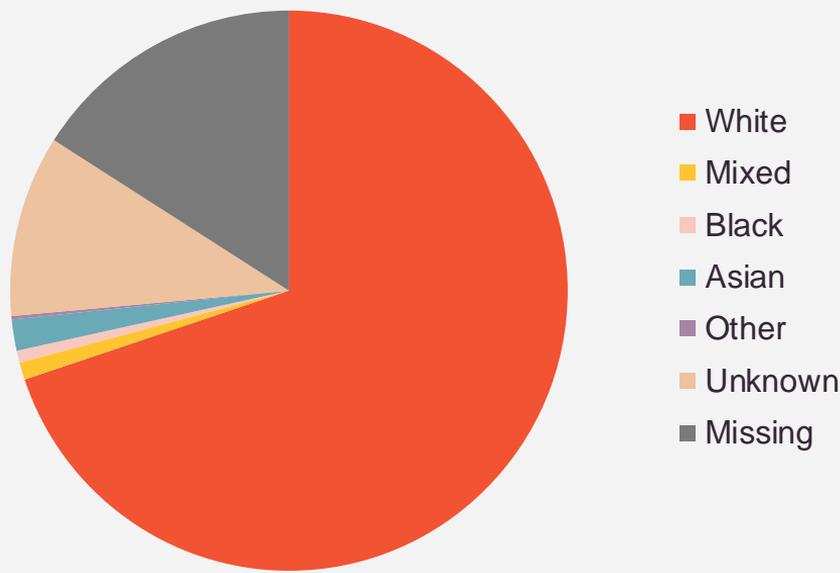


SOCIODEMOGRAPHICS

ETHNICITY

The majority of children and young people were **White** (70%), followed by mixed race (1.8%), Black (1%) and Asian (0.7%), and 0.2% were of other ethnic group.

10.5% of cases did not wish to state their ethnic background (unknown), and 16% of data were missing.



SOCIODEMOGRAPHICS

DISABILITY

71% children and young people reported no disability.

2% reported Learning disability, 2% Behaviour and Emotional, 2% Other, 8% were not stated. 14% was missing.

YOUNG CARER

3% of children and young people were young carers.

39% weren't young carers. 1% not 'stated'.
2% were 'unknown', 55% was missing.

LOOKED AFTER CHILD

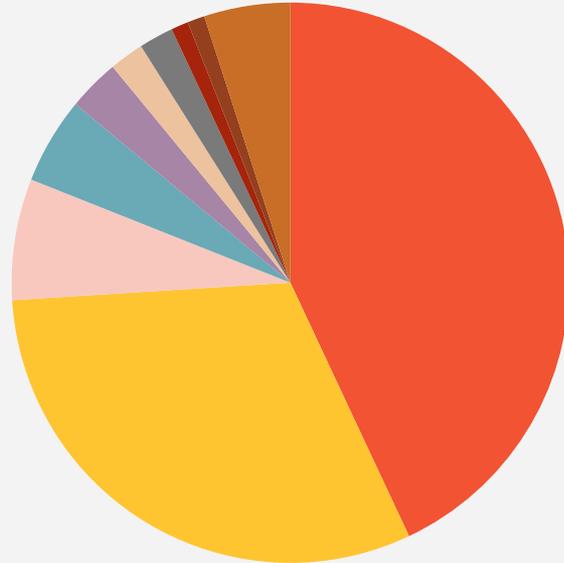
3% cases were looked-after children.

55% were not looked-after child.
24% were 'not known', 18% was missing.

SOURCE OF REFERRAL

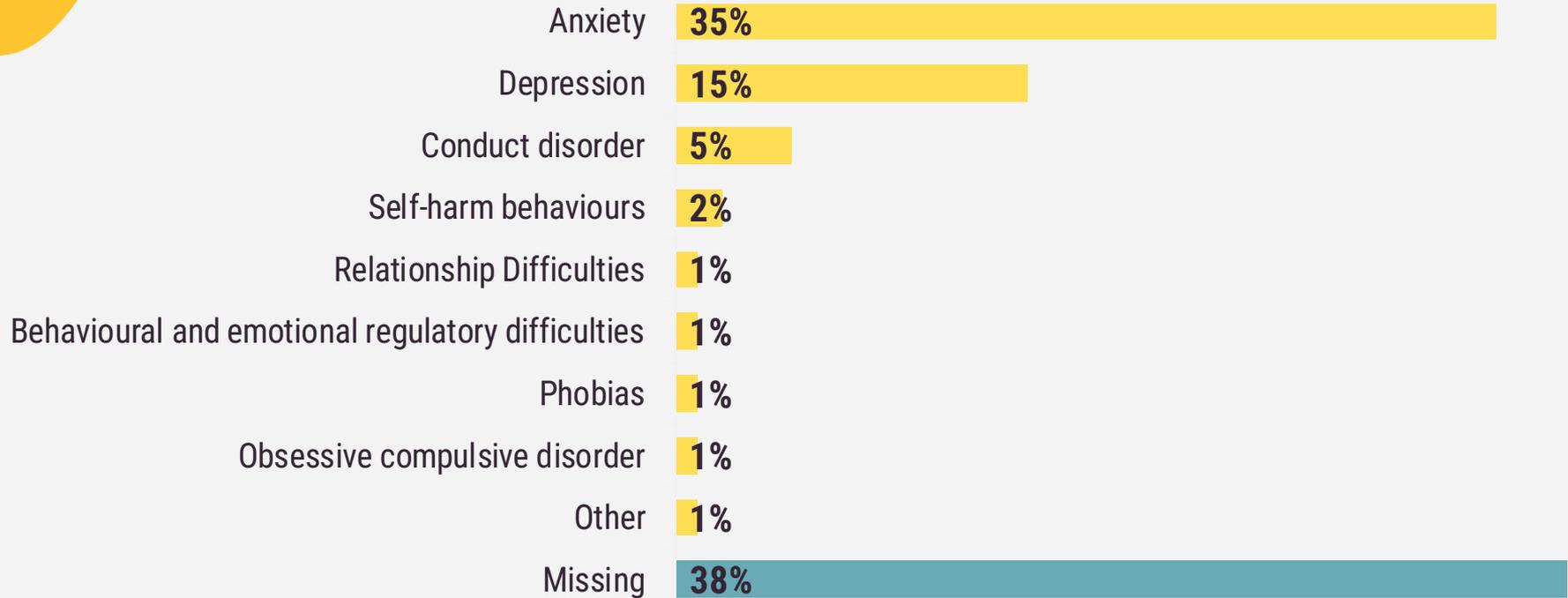
The majority of children and young people were referred from an **educational setting** (43%), followed by self (31%), GP (7%), other (5%), CMHT (3%), parent/carer (2%), social services (2%), paediatrics (1%) and voluntary (1%).

5% of data were missing.



- Education
- Self
- GP
- Other
- CMHT
- Parent/Carer
- Social services
- Paediatrics-hospital
- Voluntary
- Missing

PRIMARY REASON FOR REFERRAL



APPOINTMENT BREAKDOWN

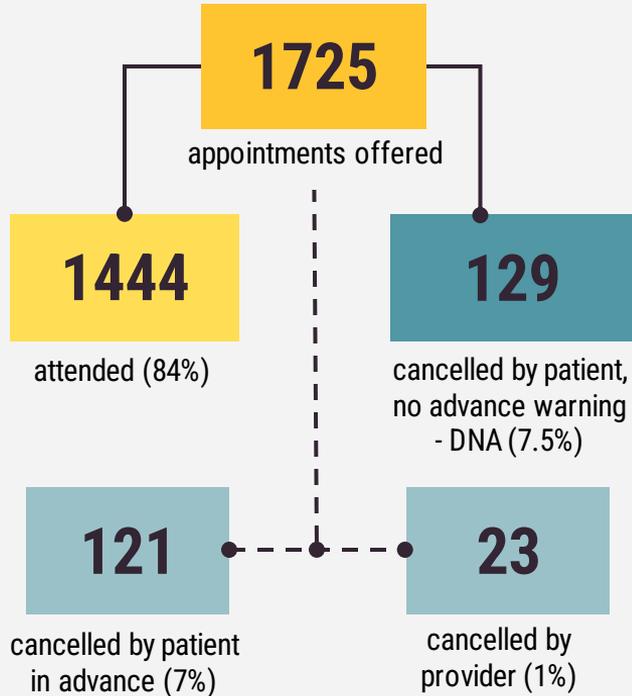
This section provides information about the number of sessions offered and attended, as well as an overview of all assessment and treatment sessions between **January** and **December 2019**.



INITIAL ASSESSMENT OVERVIEW

Based on 1023 children and young people.

SESSION ATTENDANCE



1.7 AVERAGE NUMBER OF INITIAL ASSESSMENTS PER CASE

96% face to face communication (1484). 3% by phone (44), 1% via email, SMS or other (24). 10% missing (165)*.

83% within school hours (1424). 54% between 09:00 and 12:00.

80% within recommended 60 minutes (189/237). 61 minutes average duration. **

58% at school (758). 13% at charitable premises (163). 10% at child's home (125). 24% missing*.

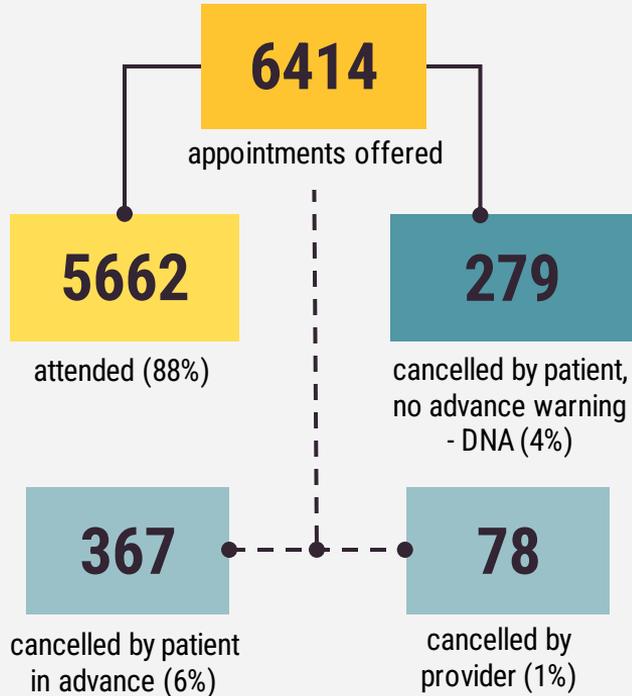
*Percentages calculated on available data and don't include missing data. Missing data calculated from total amount of cases without DNAs.

** Session duration data only available for 237 out of 1717 appointments.

TREATMENT SESSIONS OVERVIEW

Based on 1160 children and young people.

SESSION ATTENDANCE



5.5 AVERAGE NUMBER OF TREATMENT SESSIONS PER CASE

93% face to face communication (5134). 5% by phone (267), 2% via email, SMS or other (98). 14% missing (909)*.

84% within school hours (5314). 55% between 09:00 and 12:00.

54% within recommended 45 minutes (507/946). 51 minutes average duration. **

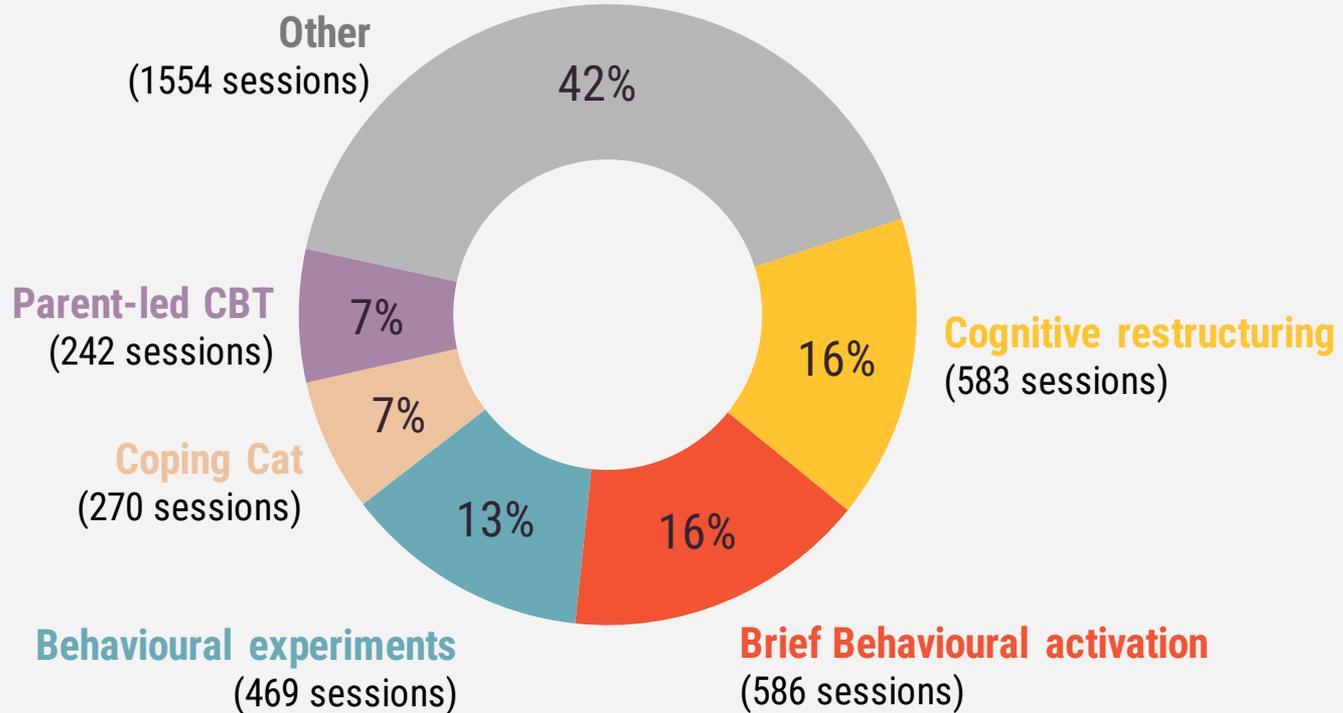
59% at school (2602). 11% at charitable premises (502). 9% at child's home (125). 31% missing*.

*Percentages calculated on available data and don't include missing data. Missing data calculated from total amount of cases without DNAs.

** Session duration data only available for 946 out of 6414 appointments.

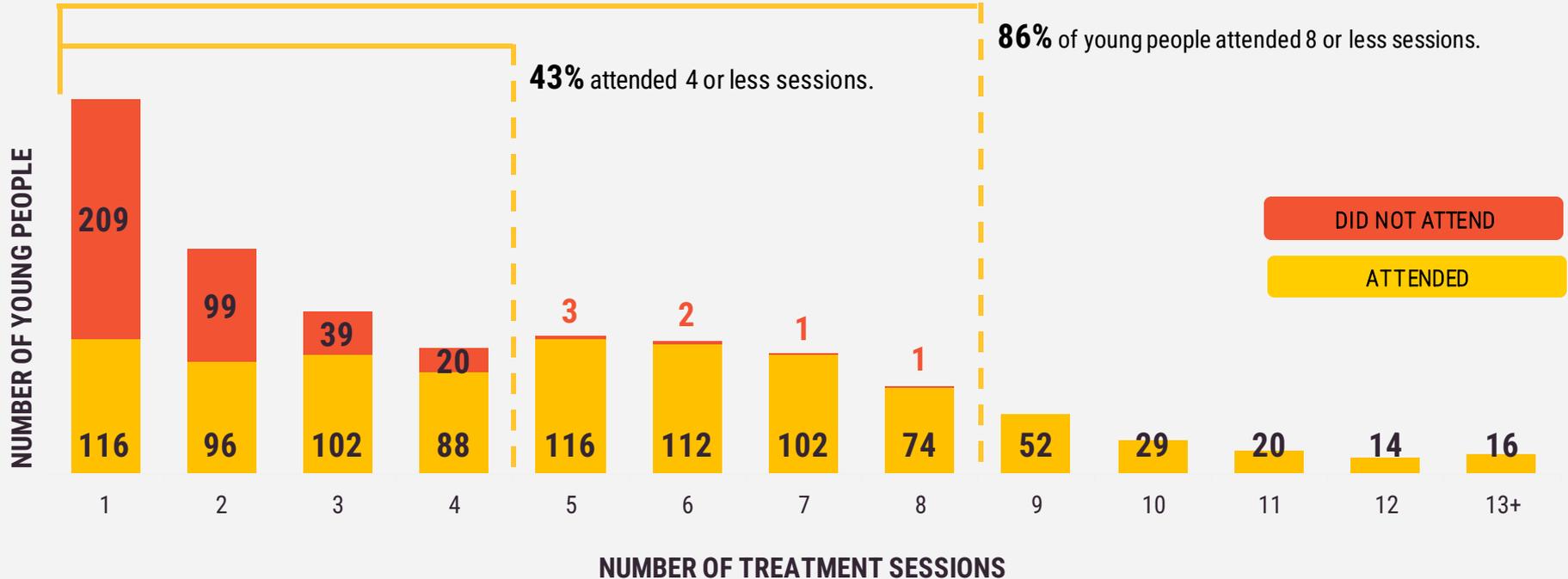
THERAPY TYPE

Percentage of sessions conducted using the top 5 types of therapy. Based on 1160 children and young people.



TREATMENT SESSION ATTENDANCE

The total number of treatment sessions attended by each young person from January to December 2019 (discharged cases only). Guidance suggests 4-8 treatment sessions but this can extend to 12 sessions if required. Young people attended **an average of 6 treatment sessions**, ranging between 1 and 23 sessions.



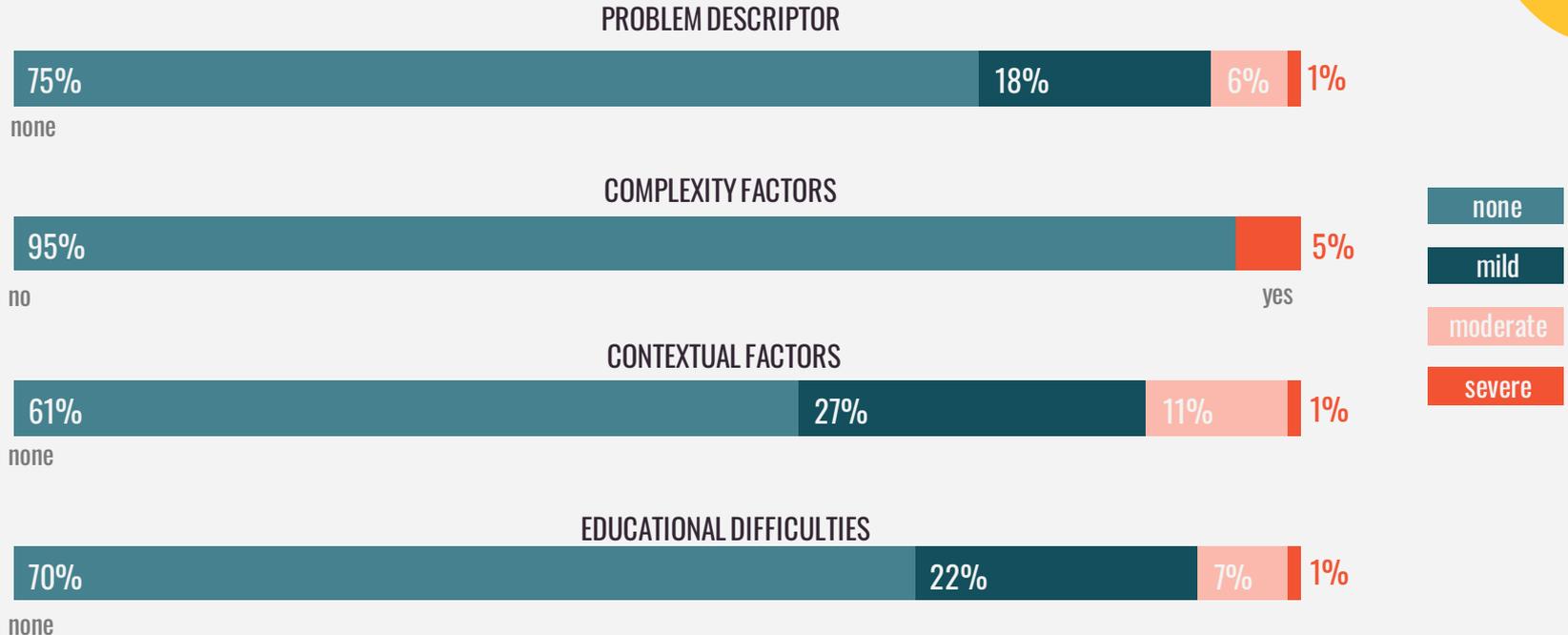
CURRENT VIEW

The following slide relates to ratings of severity on a variety of problems as per the Current View measure. Data relate to only those cases that were discharged between **January** and **December 2019** (1928 cases).



CURRENT VIEW

Rating of presenting problems within each category signifies the impact it has on the child/young person. Below, problems within each category are averaged to provide overall scores.



Overall completion rates were 537 out of 1928 cases (28%), and the full measure was completed for 200 cases (10%).

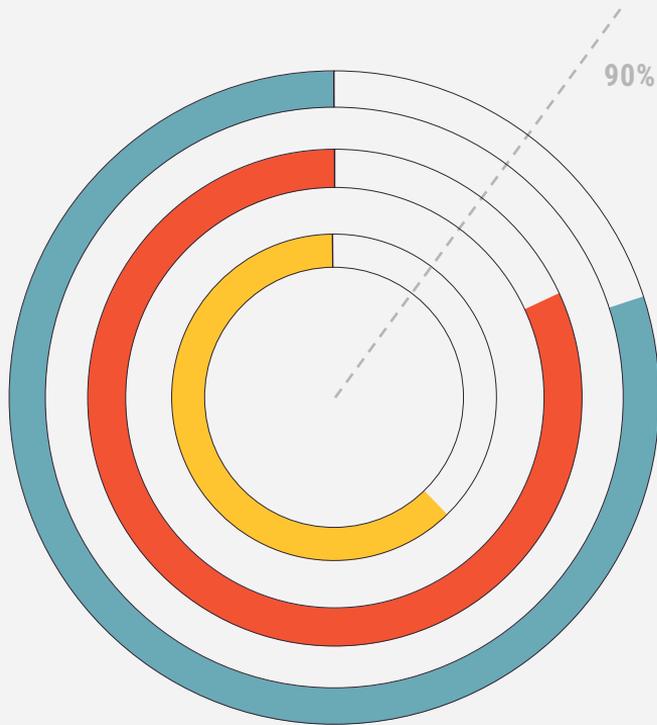
OUTCOME MEASURES

This section provides information about the outcomes of children and young people as measured by the routine outcome measures. Data relate to only those cases that had two or more treatments (closed cases) and were discharged between **January** and **December 2019** (1205 cases).



COMPLETION RATES

Data completion for four main outcome measures. CYPIAPT aims to achieve a **90% data completion** for paired outcome measures in closed cases.



1205 closed cases

79% RCADS - Child/Parent (953)

81% ORS/CORS (978)

62% GBO (746)

RCADS (SELF-REPORT)

The Revised Children's Anxiety and Depression Scale (RCADS) assesses symptoms of anxiety and depression in children and young people across six subscales.



RCADS (PARENT-REPORT)

The Revised Children's Anxiety and Depression Scale (RCADS) assesses symptoms of anxiety and depression in children and young people across six subscales.



OUTCOME RATING SCALE

The Outcome Rating Scale (ORS) for 13-18 year olds and Child Outcome Rating Scale (CORS) for 6-12 year olds are measures that can be used to monitor children's, young people and their families or carers feedback on progress.

RELIABLE IMPROVEMENT

43%

442 out of 978 closed cases significantly improved after a course of treatment.
70 case deteriorated, 466 haven't changed.

CORS specific

37%

94 out of 253 cases

ORS specific

48%

348 out of 725 cases

RECOVERY

41%

333 out of 805 closed cases who were above the clinical threshold before treatment moved to recovery.

CORS specific

48%

95 out of 199 cases

ORS specific

39%

238 out of 606 cases

GOAL BASED OUTCOMES (GBO)

The Goal Based Outcomes measure is a useful way to gain information about progress in an intervention.

AVERAGE GOAL DIFFERENCE

4.5

Average goal difference from before treatment to after treatment.

2.6



7

average
GBO before
treatment

average
GBO after
treatment

COMPLETION RATES

62%

746 out of 1205 closed cases had matched-paired GBOs.

RELIABLE IMPROVEMENT

72%

537 out of 746 cases achieved a reliable improvement.

27%

no change

1%

deteriorated

CLIENT SATISFACTION

This section provides information about the outcomes of children and young people as measured by the routine outcome measures. All data relates to cases who were discharged between **January** and **December 2019** (1928 cases).

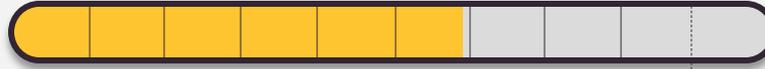


COMPLETION RATES

Data completion for four main outcome and experience measures.

90% target

Session Feedback Questionnaire (SFQ)
& Session Rating Scale (SRS)



59% (1141)

Experience of Service Questionnaire (ESQ)



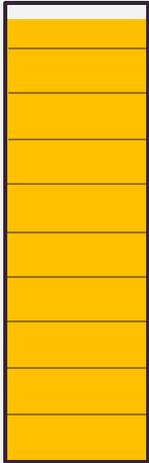
28% (532)

Data based on 1928 discharged cases

SESSION FEEDBACK QUESTIONNAIRE (SFQ)

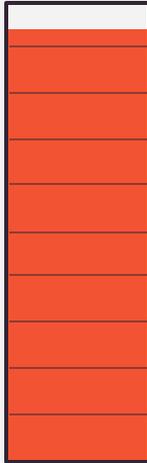
This short four-item measurement tracks if young people feel listened to, understood, discussed what is important to them, and if the session has given them ideas to work on. Scores lower than 90% on any scale or overall may raise concerns.

97%
average



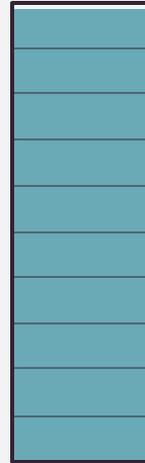
Felt listened to

95%
average



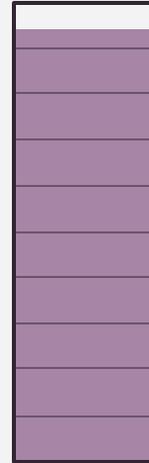
Felt understood

95%
average



Discussed what is important

92%
average



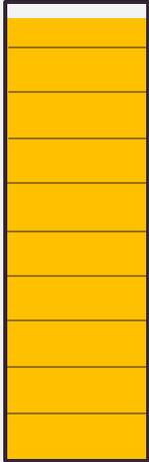
Given ideas to work on

Based on 3093 responses from 775 young people. Overall average **95%**.

SESSION RATING SCALE (SRS)

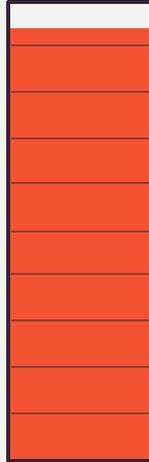
The SRS is a simple four-item visual scale designed to assess the young person's perception of respect and understanding, relevance of goals, the client-practitioner fit and overall alliance. Below is the CYP's satisfaction with the service represented as a percentage. Scores lower than 90% on any scale or overall may raise concerns.

89%
average



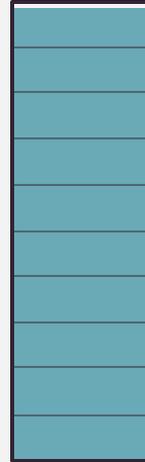
Respect and understanding

87%
average



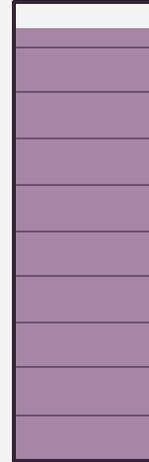
Client-practitioner fit

88%
average



Relevance of goals

89%
average



Overall alliance

Based on 1516 responses from 380 young people. Overall average **88%**.

