

## **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**

This project is funded by the National Institute for Health Research (NIHR) under its Health and Social Care Delivery Research programme (Grant Reference Number 151811). The views expressed are those of the authors and not necessarily those of the NIHR or the Department of Health and Social Care.

## **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]**

\*Ben Hannigan, School of Healthcare Sciences, Cardiff University

Clare Bennett, School of Healthcare Sciences, Cardiff University

Mair Elliott, Consultant

Martin Elliott, CASCADE, School of Social Sciences, Cardiff University

Nicola Evans, School of Healthcare Sciences, Cardiff University

\*Claire Fraser, School of Health Sciences, University of Manchester

Euan Hails, Aneurin Bevan University Health Board

Aled Jones, School of Nursing and Midwifery, University of Plymouth

Iain McMillan, Consultant

Steven Pryjmachuk, School of Health Sciences, University of Manchester

Leanne Sawle, School of Healthcare Sciences, Cardiff University

Rachael Vaughan, CASCADE, School of Social Sciences, Cardiff University