

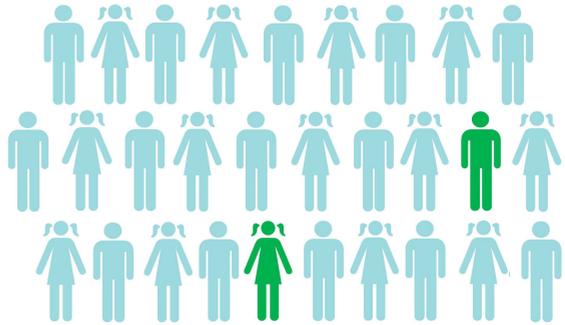
NSPCC

TRANSFORMING MENTAL HEALTH SERVICES FOR CHILDREN WHO HAVE BEEN ABUSED: JULY 2018

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Two children in the average primary school classroom have experienced abuse.¹

Early and effective mental health support for these children can be crucial in making the difference between overcoming trauma and living a life shaped by abuse.²



Abuse is associated with a wide range of mental health disorders, including depression, anxiety, eating disorders and suicidal ideation.³

Lifetime contact with public mental health services is **3 times higher** for those who are sexually abused as children than for those who have not suffered abuse.⁴



Experience of childhood maltreatment is associated with more severe and complex mental health disorders. For example, adults reporting a history of childhood maltreatment are twice as likely to have more chronic or recurrent depression and to respond less to treatment.⁵

¹ Radford, L et al (2011) *Child abuse and neglect in the UK today*. London: NSPCC.

² <https://www.nice.org.uk/guidance/ng76/chapter/Recommendations#early-help-for-families-showing-possible-signs-of-child-abuse-or-neglect>

³ Norman RE, Byambaa M, De R, Butchart A, Scott J, Vos T (2012) *The long-term health consequences of child physical abuse, emotional abuse, and neglect: a systematic review and meta-analysis*.

⁴ Cutajar, MC, Mullen, PE, Ogloff, JRP, Thomas, SD, Wells, DL and Spataro, J (2010) Psychopathology in a large cohort of sexually abused children followed up to 43 years. *Child Abuse and Neglect* 34: 813–822.

⁵ Nanni V, Uher R, Danese A (2012) Childhood maltreatment predicts unfavorable course of illness and treatment outcome in depression: a meta-analysis. *American Journal of Psychiatry* 169: 141–51.

Analysis of Local Transformation Plans

Between 2015-2021, Clinical Commissioning Groups (CCGs) in England are expected to publish local transformation plans every year. These are produced in partnership with other local agencies, such as NHS mental health trusts and local authorities. Local transformation plans are required for CCGs to receive additional government funding until 2021, and set out how children and young people’s mental health services will be improved locally. According to NHS England (2015):

“These Plans should cover the whole spectrum of services for children and young people’s mental health and wellbeing from health promotion and prevention work, to support and interventions for children and young people who have existing or emerging mental health problems...”¹

Since 2016, the NSPCC has carried out an annual analysis of these plans, to assess the extent to which they recognise the increased vulnerability of groups of children and young people (including those who have been abused) to mental health problems. The same criteria has been applied every year, with plans given a red, amber or green rating. This booklet presents the results of our analysis for 2017/18, alongside those of the preceding two years.

Key



No refreshed plan.*



No recognition of the increased mental health needs of vulnerable children and young people (including those who have been abused).



Some recognition of the increased vulnerability of groups of children and young people to mental health problems. Assessment of need may include data from service provision and Joint Strategic Needs Assessment (JSNA).



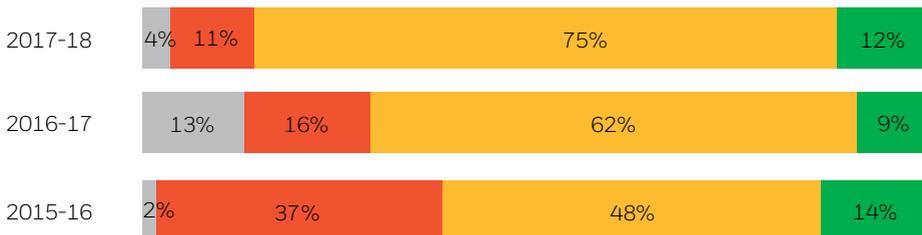
Explicit use of data from service provision and JSNA about the needs of children and young people vulnerable to mental health problems. Data used to assess local need and inform service provision.

¹ https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

*CCGs may have subsequently published refreshed plans for the corresponding year, however this rating signals that they missed the stated deadline for publication and the plan could not be identified at the time of research.

How well do Local Transformation Plans recognise the needs of vulnerable children, including those who have been abused?

Overall what proportion of CCGs were covered by a plan which received a red, amber or green rating, or were not covered by a plan (2015/6-2017/18)?*



In 2017/18, just 12 per cent of the 195 CCGs in England were covered by a 'green' plan. This is a slight improvement from 9 per cent in the previous year. However, it means that the majority of CCGs are still not covered by plans which have used data on the number of young people vulnerable to mental health problems in order to inform service provision.

An encouraging trend is that over the past three years, there has been a significant reduction in the proportion of CCGs which are covered by a 'red' plan. These contain no recognition of the increased need for mental health services for vulnerable children, including those who have been abused (and the percentage has decreased from 37 per cent of CCGs in 2015/16 to 11 per cent in 2017/18). This has been accompanied by an increase in the proportion of CCGs covered by a plan with an 'amber' rating, which contains some recognition that some children and young people have a heightened vulnerability and need for mental health services (from 48 per cent in 2015/16 to 75 per cent in 2017/18).

And there has been a significant reduction in the proportion of CCGs which failed to produce a refreshed local transformation plan in 2017/18 by the stated deadline (4 per cent, compared to 13 per cent in 2016/17).

While there have been positive steps over the past year, our analysis shows that there is still significant room for improvement. We estimate that 1.3m children who have been abused live in areas where there is inadequate planning of mental health services to meet their needs. Given their increased vulnerability to mental health problems, it is crucial that these children are supported to get back on track and lead healthy and happy lives. Going forward, we want to see more plans that not only recognise the increased vulnerability of these children to mental health problems, but that go further and ensure that services are there to support them. This means that, in 2018/19, we want to see a significant shift in CCGs covered by 'amber' plans to being covered by 'green' plans.

This will require CCGs and their partners making the best use of available data to build a picture of local need which informs the transformation of services. We will continue to work with CCGs, NHS England and local partners to drive improvements, raise awareness and share learning. Early and effective mental health support for these young people can be crucial in making the difference between overcoming trauma and living a life shaped by abuse.

* Please note that in previous years, we reported the ratings as a percentage of refreshed plans. This year we are reporting the percentage of all CCGs with a red, amber, green or no plan. Some of these percentages will not total 100 per cent. This is because some CCGs are included in more than one plan.

How well do Local Transformation Plans recognise the needs of vulnerable children, including those who have been abused?



How have individual plans' ratings changed over time (2015/16 - 2017/18)?

Local Transformation Plan	2015/ 2016/ 2017/		
	16	17	18
Barking & Dagenham	No plan*	Amber	Amber
Barnet	Green	Amber	No plan*
Barnsley	Amber	Amber	Green
Bath & North East Somerset	Red	Amber	Green
Bedfordshire (Bedfordshire; Luton)	Amber	Amber	Amber
Berkshire West (Newbury & District; North & West Reading; South Reading; Wokingham)	Amber	Amber	Amber
Bexley	Amber	No plan*	Amber
Birmingham and Solihull	N/A**	N/A**	Amber

Local Transformation Plan	2015/ 2016/ 2017/		
	16	17	18
Bolton	No plan*	No plan*	Red
Bradford (Airedale, Wharfedale & Craven; Bradford City; Bradford Districts)	Red	Amber	Amber
Brighton & Hove	Amber	Amber	Amber
Bristol, North Somerset & South Gloucestershire	N/A**	N/A**	Amber
Bromley	Amber	Green	Green
Buckinghamshire	Amber	Red	Red
Bury	Green	Green	Amber
Calderdale	Amber	Green	Green

*CCGs may have subsequently published refreshed plans for the corresponding year, however this rating signals that they missed the stated deadline for publication and the plan could not be identified at the time of research.

**N/A signals that we are unable to compare the rating due to a CCG merger.

Local Transformation Plan	2015/16	2016/17	2017/18
Cambridgeshire & Peterborough	Red	Yellow	Yellow
Camden	Yellow	Green	Green
Cheshire East (Eastern Cheshire & South Cheshire)	Red	Yellow	Yellow
City & Hackney	Grey	Green	Green
Cornwall & the Isles of Scilly (Kernow)	Red	Yellow	Grey
County Durham (Durham Dales; Easington & Sedgfield; North Durham)	Yellow	Yellow	Green
Coventry & Warwickshire (Coventry & Rugby; Warwickshire North; South Warwickshire)	Red	Red	Yellow
Croydon	Green	Grey	Grey
Cumbria (Morecambe Bay; North Cumbria)	Yellow	Green	Yellow
Darlington	Yellow	Yellow	Yellow
Derbyshire (Southern Derbyshire; Erewash; North Derbyshire; Hardwick)	Green	Green	Yellow

Local Transformation Plan	2015/16	2016/17	2017/18
Devon (South Devon & Torbay; North, Eastern & Western Devon)	Light Blue	Yellow	Yellow
Doncaster	Green	Green	Green
Dorset	Red	Red	Yellow
Dudley	Yellow	Yellow	Yellow
East Berkshire	Yellow	Grey	Grey
East Riding of Yorkshire	Yellow	Yellow	Yellow
East Sussex (Eastbourne, Hailsham & Seaford; Hastings & Rother; High Weald Lewes Havens)	Green	Yellow	Yellow
Enfield	Yellow	Grey	Green
Gloucestershire	Yellow	Yellow	Yellow
Greenwich	Grey	Grey	Yellow
Halton	Red	Grey	Yellow

Local Transformation Plan	2015/16	2016/17	2017/18
Hambleton, Richmondshire & Whitby	Red	Yellow	Red
Hampshire (North Hampshire; North East Hampshire & Farnham; Fareham & Gosport; South Eastern Hampshire; West Hampshire)	Red	Grey	Yellow
Haringey	Yellow	Green	Yellow
Harrogate & Rural District	Red	Yellow	Red
Hartlepool & Stockton-On-Tees	Green	Green	Yellow
Havering	Yellow	Yellow	Yellow
Herefordshire	Yellow	Yellow	Yellow
Hertfordshire (East & North Hertfordshire; Herts Valley)	Green	Red	Yellow
Heywood, Middleton & Rochdale	Yellow	Green	Yellow
Hull	Red	Red	Yellow
Isle of Wight	Yellow	Green	Green

Local Transformation Plan	2015/16	2016/17	2017/18
Islington	Red	Grey	Yellow
Kent (Ashford; Canterbury & Coastal; Dartford, Gravesham & Swanley; Medway; South Kent Coast; Swale; Thanet, West Kent)	Green	Yellow	Yellow
Kingston	Yellow	Grey	Green
Kirklees (North Kirklees; Greater Huddersfield)	Yellow	Yellow	Green
Knowsley	Green	Yellow	Yellow
Lambeth	Red	Yellow	Yellow
Lancashire (Blackburn with Darwen; Blackpool; Chorley and South Ribble; East Lancashire; Fylde & Wyre; Greater Preston; Morecambe Bay; West Lancashire)	Yellow	Yellow	Red
Leeds	Yellow	Red	Red
Leicestershire (West Leicestershire; Leicester City; East Leicestershire & Rutland)	Red	Red	Yellow
Lewisham	Yellow	Yellow	Yellow

Local Transformation Plan	2015/16	2016/17	2017/18
Lincolnshire (South West Lincolnshire; South Lincolnshire; Lincolnshire East; Lincolnshire West)	Yellow	Yellow	Yellow
Liverpool	Yellow	Red	Yellow
Manchester (Central, North & South)	Yellow	Red	Yellow
Medway	Yellow	Yellow	Yellow
Merton	Yellow	Grey	Yellow
Milton Keynes	Red	Red	Yellow
Newcastle Gateshead	Yellow	Yellow	Yellow
Newham	Red	Grey	Grey
Norfolk & Waveney (South Norfolk; North Norfolk; West Norfolk; Norwich; Great Yarmouth & Waveney)	Red	Yellow	Yellow
North East Lincolnshire	Yellow	Red	Yellow
North Lincolnshire	Green	Green	Green

Local Transformation Plan	2015/16	2016/17	2017/18
North Tyneside	Red	Yellow	Yellow
North West London (Brent; Harrow; Hammersmith & Fulham; West London; Central London; Hounslow; Hillingdon; Ealing)	Red	Yellow	Yellow
Northamptonshire (Nene; Corby)	Yellow	Grey	Red
Northumberland	Green	Yellow	Grey
Nottingham City and Nottinghamshire (Bassetlaw; Mansfield & Ashfield; Newark & Sherwood; Nottingham City; Nottingham North & East; Nottingham West; Rushcliffe)	Yellow	Yellow	Yellow
Oldham	Red	Grey	Yellow
Oxfordshire	Red	Yellow	Yellow
Portsmouth	Red	Red	Yellow
Redbridge	Yellow	Grey	Yellow
Richmond	Yellow	Yellow	Yellow

Local Transformation Plan	2015/16	2016/17	2017/18
Rotherham			
Salford			
Sandwell & West Birmingham			
Scarborough & Ryedale			
Sefton (South Sefton; Southport & Formby)			
Sheffield			
Shropshire, Telford & Wrekin (Shropshire; Telford & Wrekin)			
Somerset			
South Tees			
South Tyneside			
Southampton			

Local Transformation Plan	2015/16	2016/17	2017/18
Southend, Essex & Thurrock (West Essex; Mid Essex; North East Essex; Basildon & Brentwood; Thurrock; Southend; Castle Point & Rochford)			
Southwark			
St Helens			
Staffordshire & Stoke-on-Trent (east Staffordshire; Cannock Chase; South East Staffordshire & Seisdon Peninsula; Stafford and Surrounds; Stoke-on-Trent; North Staffordshire)			
Stockport			
Suffolk (Ipswich & East Suffolk; West Suffolk)			
Sunderland			
Surrey (East Surrey; Guildford & Waverley; North West Surrey; Surrey Downs; North East Hampshire & Farnham; Surrey Heath)			
Sutton			

Local Transformation Plan	2015/ 16	2016/ 17	2017/ 18
Swindon			
Tameside & Glossop			
Tower Hamlets			
Trafford			
Vale of York			
Wakefield			
Walsall			
Waltham Forest			
Wandsworth			

Local Transformation Plan	2015/ 16	2016/ 17	2017/ 18
Warrington			
West Cheshire & Vale Royal			
West Sussex (Coastal West Sussex; Crawley; Horsham & Mid Sussex)			
Wigan			
Wiltshire			
Wirral			
Wolverhampton			
Worcestershire (Redditch & Bromsgrove; Wyre Forest; South Worcestershire)			

Case studies of plans that received a green rating for 2017/18

Barnsley



Barnsley's plan includes a very detailed needs analysis in order to understand its population of children and young people. It uses estimates based on figures from the Office for National Statistics (ONS), the 2011 census and peer-reviewed published studies. This detailed consideration of local need allows for a clear overview of the CCG's gaps in knowledge (for example, the extent of need for some groups of young people, such as the LGBT community). Identifying these gaps is an important first step in building the evidence base to inform improved service provision. This helps Barnsley's plan to focus primarily on how it will deliver the transformation of services, rather than reflecting only on the shape and scale of current provision.

Wakefield



Wakefield's plan builds a clear picture of how the CCG and its partners are transforming services for children and young people locally. It sets out: current levels of service provision, a very detailed needs analysis (communicated through the use of infographics), a list of priorities (based on the gaps identified by comparing need and current provision); and subsequent plans for the transformation of services. The plan also describes changes to the local workforce, financial position and investments – all of which are identified as factors in influencing future service provision. Finally, it includes qualitative case studies in an Appendix, which helps to create a strong and persuasive narrative on the mental health needs of children locally.

Isle of Wight



The Isle of Wight's plan incorporates a needs analysis which uses multiple sources, including surveys with children and young people. The plan compares the local context with that of other areas across England, which helps to build a clear picture of the level of need and demand for mental health services amongst children and young people in the Isle of Wight, relative to other parts of the country. The plan sets out an excellent overview of service provision for young people locally, including a list of priorities. Each priority states clearly what actions are needed, when these will be performed, what level of investment will be required, and the expected outcomes for children and young people.

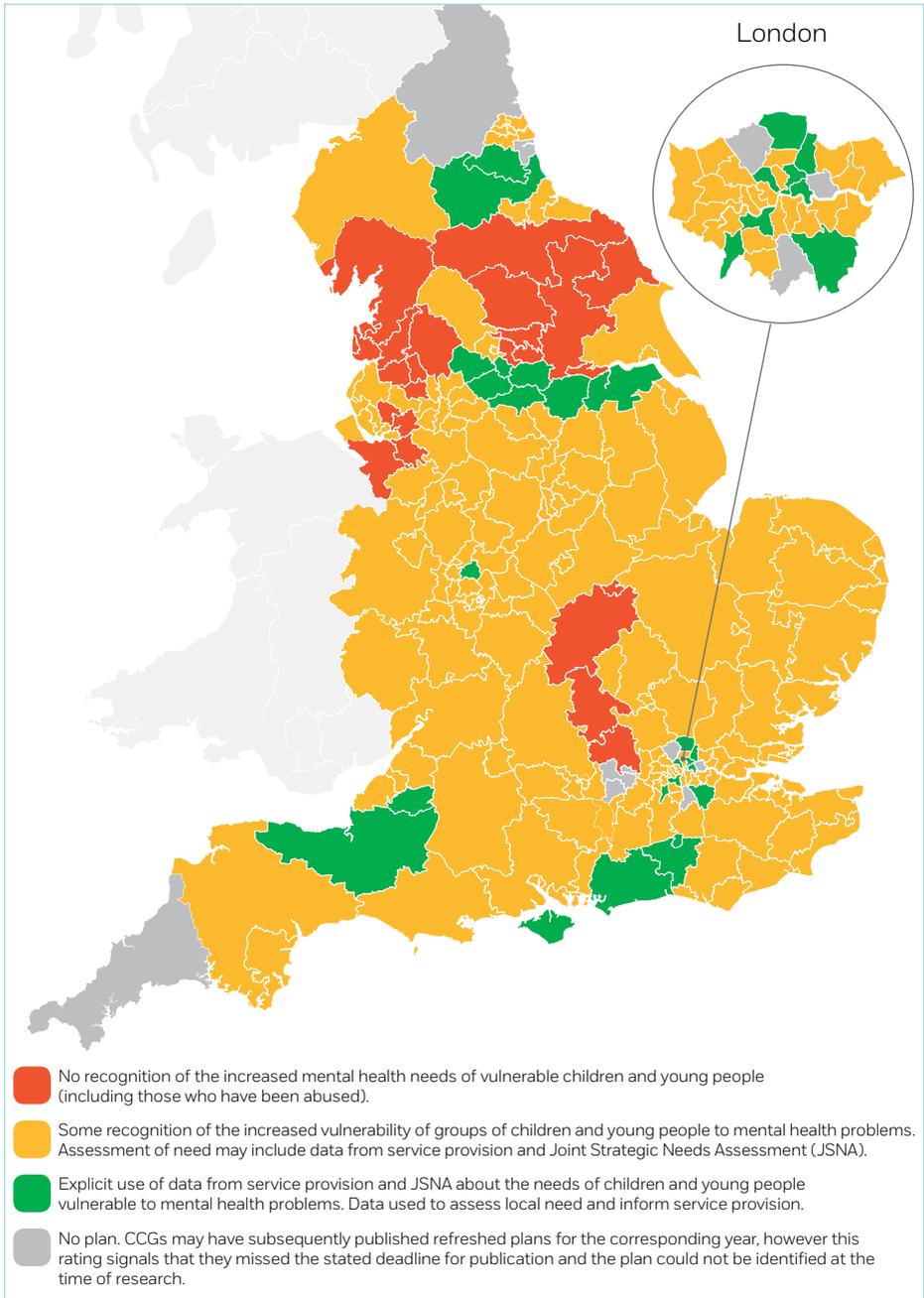
Next steps

The NSPCC will continue to carry out an annual analysis of local transformation plans until 2021, in order to ensure that the needs of children who have been abused are considered in the planning and delivery of mental health services. We are keen to work in partnership with CCGs and local agencies to ensure that vulnerable children have equal access to timely and appropriate mental health support.

For guidance on how to plan mental health services for children who have been abused, please see the [NSPCC Local Transformation Plan Toolkit](#).

If you have any comments or queries, please contact Janaya.Walker@NSPCC.org.uk

Map of Local Transformation Plan ratings



This map represents the most recently available illustration of CCG boundaries. Please note it may not capture a small number of recent mergers.