

The Mental Health of Children and Young People in Cambridgeshire & Peterborough: A Summary of Needs

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Cambridgeshire County Council/Peterborough City Council - Public Health

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Background

One in ten children aged 5-16 years needs support or treatment for mental health problems¹. These range from short spells of depression or anxiety through to severe and persistent conditions that can significantly affect the individual, their family and peers¹. Mental health problems can impact upon a young person's educational attainment and are also associated with certain lifestyle choices such as smoking, substance misuse and risky sexual behaviour¹.

This report gives an overview of the local population and summarises key child and adolescent mental health data for the Cambridgeshire and Peterborough area. Additional information and data is available from a number of other national and local sources, which include:

- Child Health Profiles 2016:
<http://www.chimat.org.uk/resource/view.aspx?RID=101746®ION=101633>
Appendix 1 gives an overview of key health and wellbeing indicators for children and young people in Cambridgeshire and Peterborough.
- 'The Mental Health of Children and Young People in Cambridgeshire 2013' Joint Strategic Needs Assessment report: <http://cambridgeshireinsight.org.uk/joint-strategic-needs-assessment/current-jsna-reports>
- The Peterborough 'Children & Young People's Joint Strategic Needs Assessment 2015': <https://www.peterborough.gov.uk/healthcare/public-health/JSNA/>
- Peterborough JSNA Core Data Set:
<https://www.peterborough.gov.uk/healthcare/public-health/JSNA/>
- Public Health Outcomes Framework: <http://www.phoutcomes.info/>
- Children and Young People's Mental Health and Wellbeing Profiling Tool:
<https://fingertips.phe.org.uk/profile-group/mental-health/profile/cypmh>

¹ Department of Health/NHS England (2012). Future in mind. Promoting, protecting and improving our children and young people's mental health and wellbeing.

Local Population

Cambridgeshire & Peterborough are areas of considerable growth and development. The county is a mixture of rural and urban areas that experiences significant health inequalities. Cambridgeshire and Peterborough have a combined population of an estimated 830,279 (639,818 living in Cambridgeshire and 190,461 living in Peterborough)². In 2017 it is estimated that there are approximately 130,318 children and young people aged between 5-17 years, and a further 86,567 aged 18-25 years old living in the area³.

A breakdown of the schools in the local area is presented in Appendix 2.

1. Deprivation

The Indices of Multiple Deprivation (IMD) is an overall measure of multiple deprivation experienced by people living in an area. The IMD 2015 is based on 37 separate indicators, organised across seven distinct domains of deprivation which are combined, using appropriate weights, to calculate the Index of Multiple Deprivation 2015⁴. Every such neighbourhood in England is ranked according to its level of deprivation relative to that of other areas.

Cambridgeshire consists of 5 districts (Cambridge, East Cambridgeshire, Fenland, Huntingdonshire and South Cambridgeshire – see Figure 1) which vary considerably in terms of demographics and geography. Overall Cambridgeshire is a relatively affluent county, but significant pockets of deprivation exist across the area, most notably in Fenland, north Huntingdon and north of Cambridge City. Certain areas of inequality may, however, be masked by surrounding more affluent areas. Almost 80% of children in poverty in Cambridgeshire live in the less deprived areas.

² ONS population estimates, 2014.

³ 2017, based on mid-2014 population estimates (ONS).

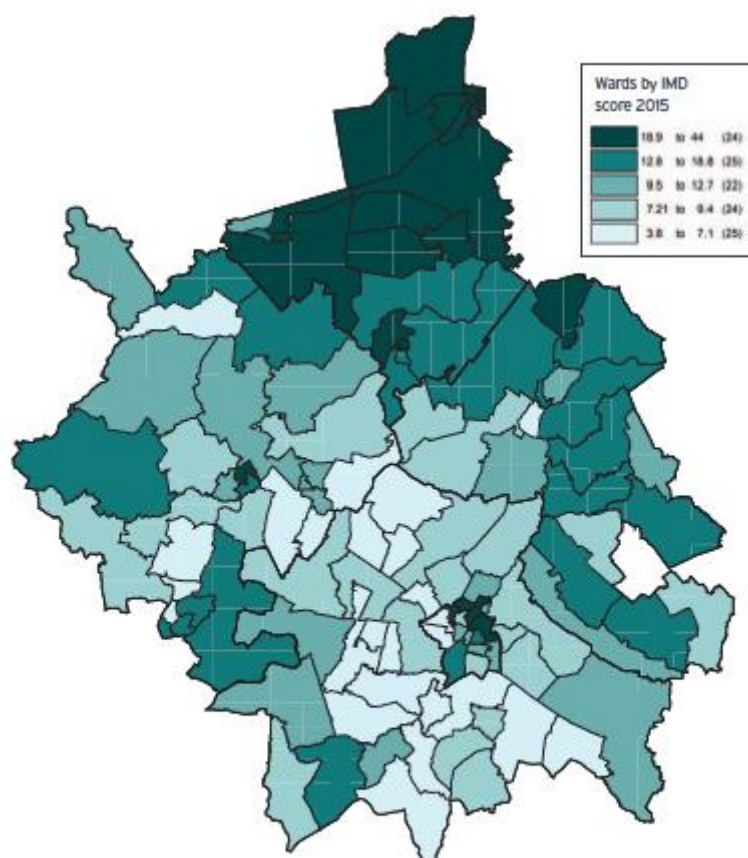
⁴ Department for Communities and Local Government (2015). The English Indices of Deprivation 2015. Statistical Release.



Figure 1 Cambridgeshire Districts. Adapted from Cambridgeshire County Council's Annual Public Health Report 2015-16.

Cambridgeshire has 16 Lower Super Output Areas (LSOAs) in the 20% most deprived nationally. Two are in Cambridge City (C 006D and C 006F in Abbey), two are in Huntingdonshire (H 008A in Huntingdon East and H 008B in Huntingdon North) and 12 are in Fenland⁵. Four of the LSOAs in Fenland are in the 10% most deprived nationally (F 003F in Staithe, F 002C and F 002D in Waterlees and F 003I in Medworth); all of which are in Wisbech⁵. Eight of the top 10 most deprived LSOAs in Cambridgeshire are in Fenland (Figure 2).

⁵ Cambridgeshire County Council/Cambridgeshire Research Group (2015). English Indices of Multiple Deprivation 2015.



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The Index of Multiple Deprivation (IMD) is summary score to indicate the levels of relative deprivation in small areas. Higher scores suggest a greater level of relative deprivation and lower scores lower levels of relative deprivation. The scores comprise data relating to income, employment, education, skills and training, health deprivation and disability, crime, barriers to housing and services and living environment.

Figure 2 IMD 2015 Score for Cambridgeshire Wards. Source: Cambridgeshire County Council's Annual Public Health Report 2015-16.

Peterborough is a Unitary Authority with an overall level of economic deprivation that is higher than that of England overall. Peterborough has a higher percentage of residents within the most deprived economic quintile (37.5%) than England (20.2%). Deprivation does, however, vary significantly throughout the area – wards near the centre represent some of the most deprived wards in England (Figure 3). The percentage of residents living in income deprived households is highest in Dogsthorpe (27.9%), North (27.7%) and Orton Longueville (27.5%)⁶. In general rates of socio-economic deprivation are higher in central parts of Peterborough and lowest in rural areas to the west of the city.

⁶ Peterborough City Council. Joint Strategic Needs Assessment Core Dataset Refresh 2016

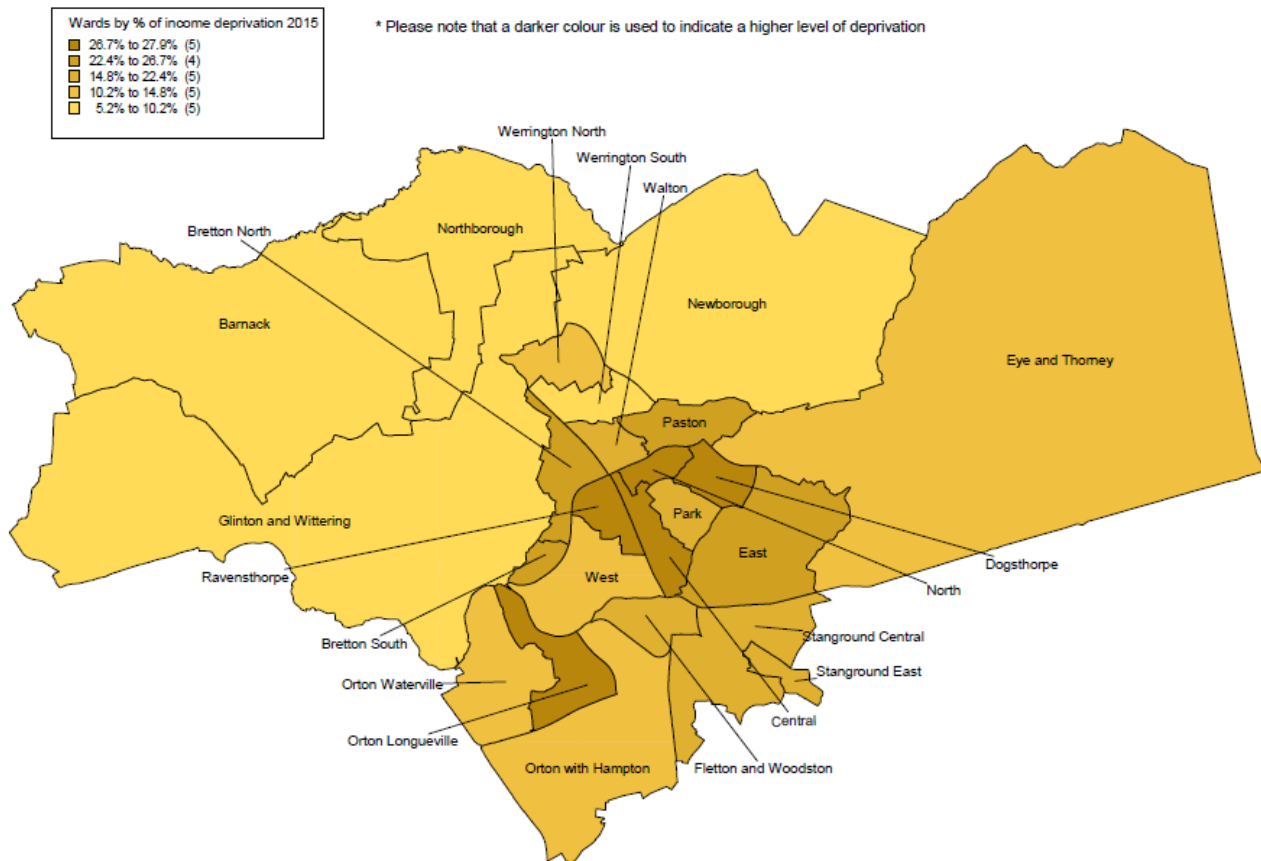


Figure 3 IMD 2015 Score for Peterborough wards. Source: Peterborough City Council, Public Health Intelligence Team.

2. The Child Wellbeing Index

The Child Wellbeing Index (CWI) is based on the approach, structure and methodology that were used in the construction of the Index of Multiple Deprivation 2007⁷. This incorporates seven domains into a score for each area, the domains used are:

- Material wellbeing
- Health
- Education
- Crime
- Housing
- Environment
- Children in need.

Table 1 shows the average CWI scores for the Cambridgeshire and Peterborough districts. The highest scores, showing greatest levels of need, are in the Peterborough, Fenland and Cambridge areas. There were a range of challenges in terms of the availability of data to compile the index, in addition the most recent data was published in 2009 so there may well have been local changes that would affect the current score.

Table 1 Child Wellbeing Index Average Scores for Cambridgeshire and Peterborough districts.⁷

Area	Child Wellbeing Index average score
Peterborough	185.18
Fenland	166.52
Cambridge	119.15
Huntingdonshire	93.78
East Cambridgeshire	88.43
South Cambridgeshire	60.28

3. Ethnicity

Based on the 2011 Census, 83.6% of Cambridgeshire's dependent children⁸ were White British, with the following ethnic categories decreasingly represented: White Other (6.4%), Asian (4.2%), Mixed (4.1%), Black (1.1%) and Other (0.5%). Cambridge City had the highest proportion of dependent children with an ethnicity other than White British at 35%. The White Other ethnic group represented 12% of dependent children in Cambridge City, followed by Asian (11.6%) and Mixed (7.7%). In contrast, Fenland had the highest proportion of dependent children who were White British at 89.1%.⁹

Peterborough has a diverse population, with data from the most recent Child Health Profile showing that in 2015, 45% of school children were from minority ethnic groups¹⁰ and over 99 languages spoken in local schools. Data from the 2011 Census shows that in Peterborough 70.9% of residents self-identified as White English/Welsh /Scottish/Northern Irish/British, with the next most common ethnicities being Asian/Asian British: Pakistani or British Pakistani (6.6%), White Polish (3.1%) and Asian/Asian British: Indian or British Indian (2.5%)¹¹.

4. Looked After Children

'Looked After Children' (LAC) refers to those young people (0-18 years) who are looked after by the local authority because they cannot be supported by their own families. In 2016 there were 605 LAC in Cambridgeshire (rate: 46.0/10,000) and 360 LAC in Peterborough (rate: 75.0/10,000).

⁷ Communities and Local Government (2009) Local Index of Child Well-Being.

⁸ Dependent child - Any person aged 0 to 15 in a household (whether or not in a family) or a person aged 16 to 18 in full-time education and living in a family with his or her parent(s) or grandparent(s). It does not include any people aged 16 to 18 who have a spouse, partner or child living in the household.

⁹ Cambridgeshire County Council/Cambridgeshire Research Group (2015) Children and Young People Census 2011 Report.

¹⁰ ChiMat (2016) Peterborough Child Health Profile 2016.

¹¹ Peterborough City Council. Joint Strategic Needs Assessment Core Dataset Refresh 2016.

Mental Health

1. Risk Factors

There are a number of risk factors that increase the vulnerability of children and adolescents to mental health problems, these include:

1. Low-income household/parents who are unemployed
2. Looked-after children
3. Disabilities
4. Black and other ethnic minority groups
5. Lesbian/gay/bisexual or transgender
6. Those in the criminal justice system
7. Those who have a parent with mental health problems
8. Those who experience negative parenting
9. Refugees, asylum seekers and young homeless
10. Gypsy and other traveller communities
11. Abuse
12. Substance misuse.

2. Cambridgeshire & Peterborough

Using national prevalence estimates from large scale surveys, it is estimated that there are approximately 12,511 children and young people between 5-17 years with a diagnosable mental health problem in Cambridgeshire and Peterborough. There is thought to be a further 16,361 18-25 years with a diagnosable mental health problem (Table 2).

Huntingdonshire, South Cambridgeshire and Peterborough have the highest number of 5-10 and 11-17 year olds with a diagnosable mental health problem (Figure 4). Cambridge City has considerably more young people aged 18-25 years than other areas, owing in part to the large student population.

Table 2 Estimated Number of Children and Young People with a Diagnosable Mental Health Problem in Cambridgeshire and Peterborough. Data for 2017, based on mid-2014 population estimates (ONS).

	5-10 year olds	11-17 year olds	18-25 year olds
Cambridge City	640	942	5,361
East Cambridgeshire	558	822	1,192
Fenland	514	850	2,003
Huntingdonshire	995	1,621	2,641
South Cambridgeshire	969	1,540	2,108
Cambridgeshire	3,676	5,777	12,890
Peterborough	1,331	1,864	3,471
Cambridgeshire and Peterborough	5,006	7,640	16,361

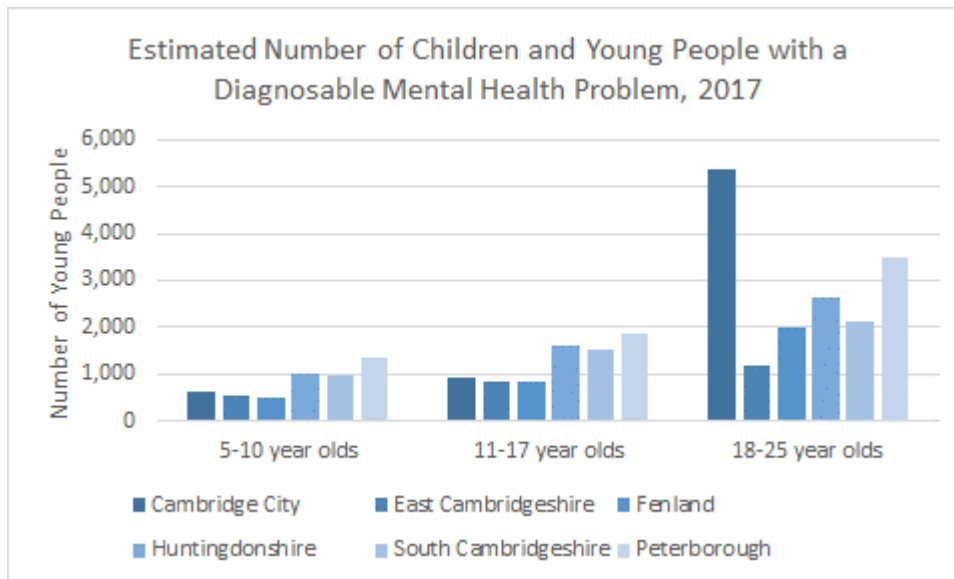


Figure 4 Source: District population projections mid 2014 based, ONS.

Cambridgeshire and Peterborough are areas of considerable growth, based on national estimates it is thought that the number of young people aged 5-17 years with a diagnosable mental health problem will increase by approximately 1,062 between 2016 and 2021. Increases are expected to be highest in Peterborough and Cambridge City, with 12% and 11% increases respectively between 2016-2021. Peterborough is forecast to see the greatest rise in 5-10 year olds compared to 2016, with an increase of 10% by 2021. The biggest growth in 11-17 year olds is likely to be in Cambridge City (21% compared to 2016) whereas the number of 18-25 year olds is predicted to fall by 5% across Cambridgeshire and Peterborough.

Figures 5, 6 and 7 show the change in 5-10 year olds, 11-17 year olds and 18-25 year olds with a diagnosable mental health problem in each area.

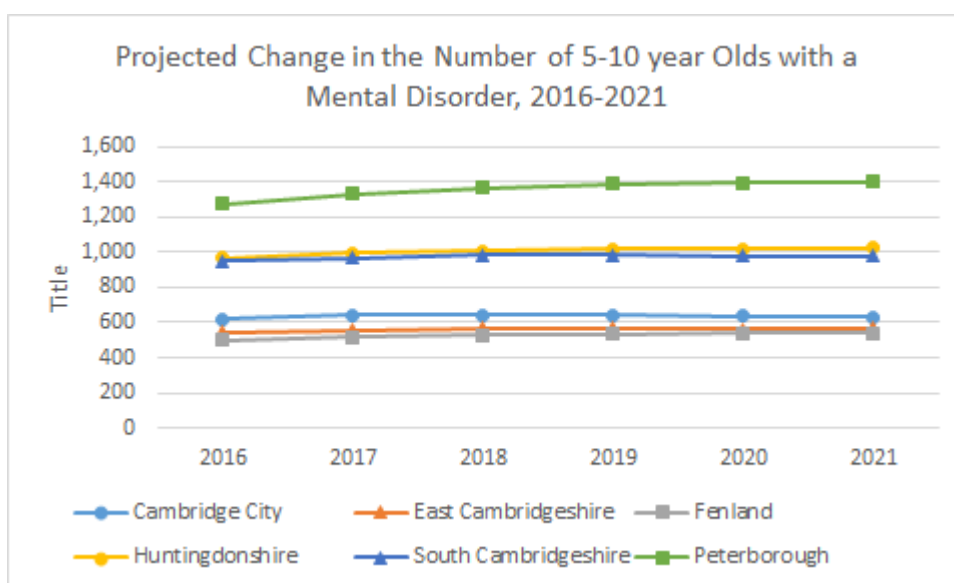


Figure 5 Source: District population projections mid 2014 based, ONS.

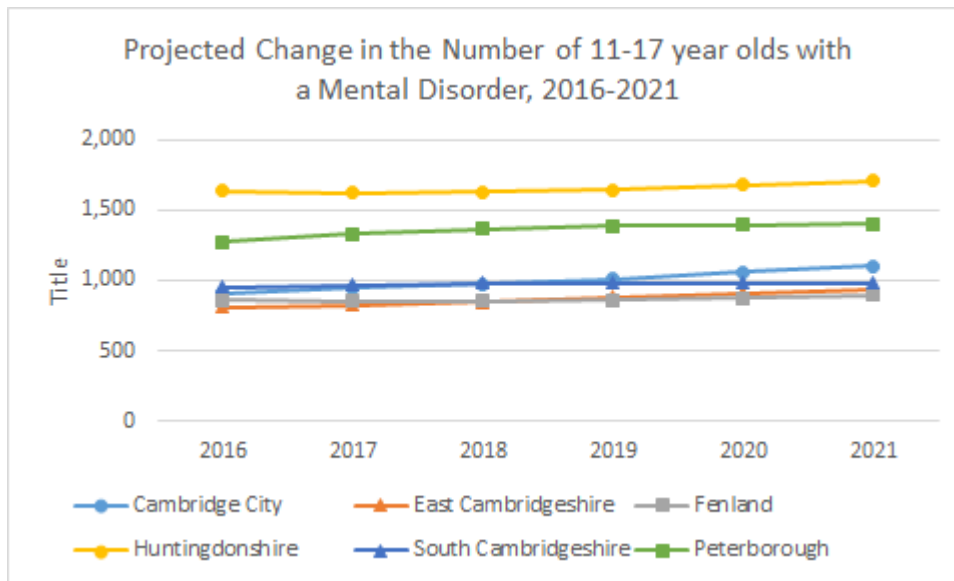


Figure 6 Source: District population projections mid 2014 based, ONS.

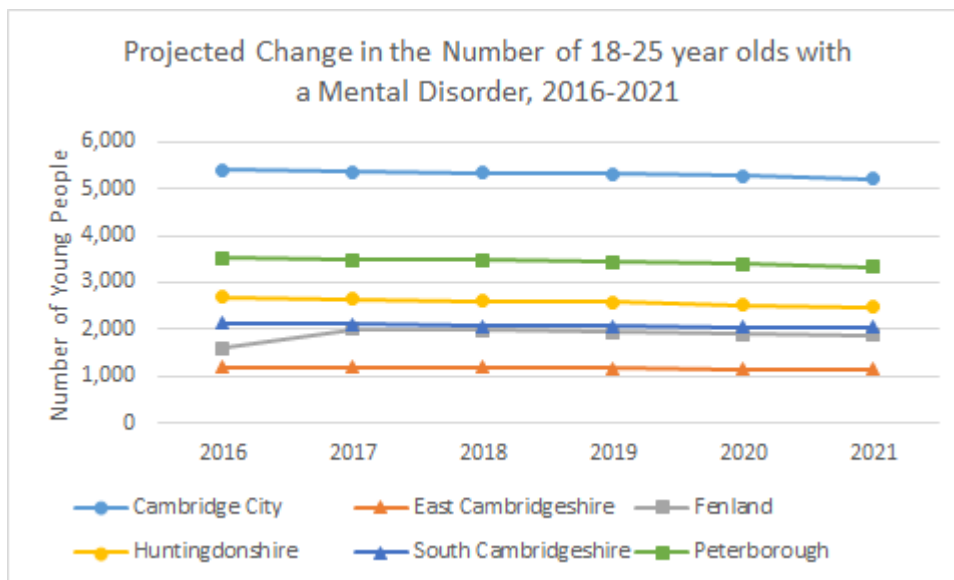


Figure 7 Source: District population projections mid 2014 based, ONS.

The figures presented above do not account for new developments as recent updates to these projections are not yet available. Most notable is the new town of Northstowe (up to 10,000 houses, with the first families moving in in April 2017) in South Cambridgeshire and Norwood and Paston (approximately 5,500 houses in Peterborough).

Further information on new developments in Cambridgeshire can be found in the 'New Housing Developments and the Built Environment 2015/16' Joint Strategic Needs Assessment¹².

¹² <http://cambridgeshireinsight.org.uk/joint-strategic-needs-assessment/current-jsna-reports/new-housing-developments-and-built-environment>

These figures also do not account for the small number of GP practices that fall out of the local authority area but are within the CCG area and thus form part of this contract. There are 3 Royston practices in Hertfordshire and two practices (Wansford and Oundle) in Northamptonshire.

3. Self-harm

Cambridgeshire and Peterborough both have significantly higher levels of hospital admissions for self-harm in 10-24 year olds than the rate in England as a whole, and this has been the case for a number of years. In Cambridgeshire there were 567 hospital admissions for self-harm in 2014/15 and 208 in Peterborough. The rate of hospital admissions increased significantly between 2014/15 and 2015/16 in both Cambridgeshire and Peterborough (Figure 8). Within Cambridgeshire, there was a significant rise in Cambridge City in particular.

It is not entirely clear why local rates are higher, but it is likely to be a combination of factors. This might include better recording of self-harm as a reason for hospital admission, or local factors such as how long it takes to access a specialist assessment in A&E for a child or young person who has self-harmed.

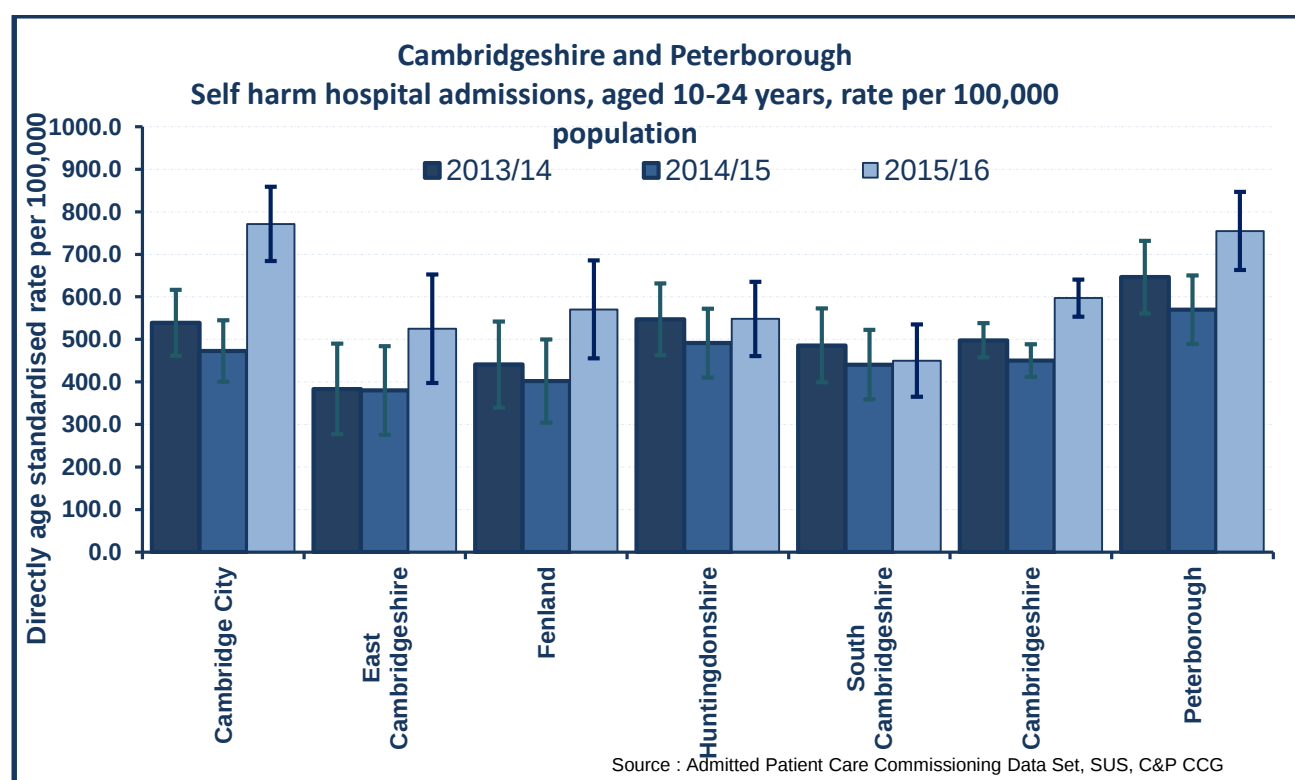


Figure 8 Public Health Intelligence Team, 2016.

Generally rates of self-harm hospital admissions are highest in 15-19 year olds followed by 20-24 year olds then 10-14 year olds. However this is not the case in Cambridge City where the rate of admissions for 20-24 year olds is almost double of that of the 15-19 year olds (Figure 9). In both Cambridgeshire and Peterborough by far the most common method of

self-harm hospital admission is intentional self-poisoning followed by intentional self-harm with a sharp object.

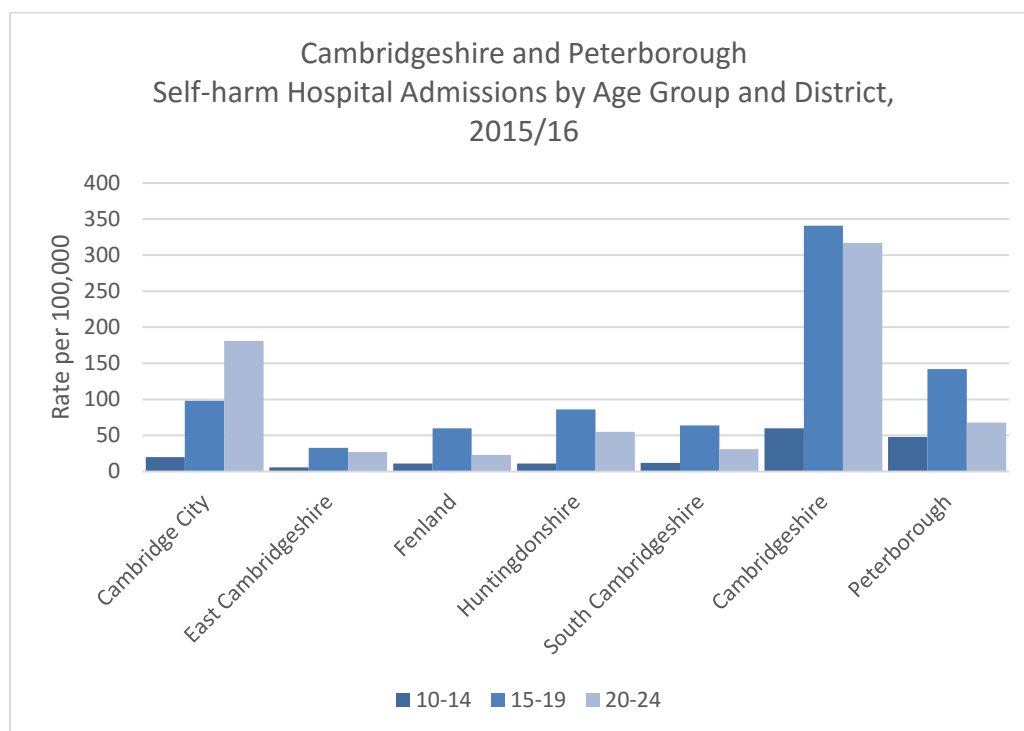


Figure 9 Public Health Intelligence, 2016.

4. Suicide

The most recent data from the audit of suicides and deaths from undetermined intent for Cambridgeshire and Peterborough reported 9 deaths of those aged 25 years and under in 2015 (range 18-25 years).

Current Service Provision

Data from current community counselling/talking therapies service provision has been collated from existing providers. This does not represent all of the provision locally as this service is one part of the wider integrated system. Therefore this data does not include Cambridgeshire and Peterborough Foundation Trust CAMHS provision, Psychological Wellbeing Service Provision (adult IAPT service) or independently commissioned provision by schools, for example.

1. Activity Data

Currently provision is commissioned separately by Cambridgeshire and Peterborough authorities and the service specifications differ, therefore data is presented separately below.

1.1 Cambridgeshire

Table 3 shows activity in 2015/16 for the current Cambridgeshire County Council funded provision for counselling services. 882 young people (13-25 years) attended an initial assessment in 2015/16 and 671 of these went on to attend ongoing counselling. A further

92 children and young people (0-19 years) had an assessment with the specialist bereavement service. 56% of those referred to the bereavement service were aged 5-10 years and 44% were aged 11-16 years.

Table 3 Current local authority commissioned provision in Cambridgeshire (2015/16).

	Initial Assessments attended	Attended ongoing counselling
Cambridgeshire	882	671

Of the 882 people who attended an initial assessment in 2015/16, the majority were female (66%) or male (32%) (Figure 10). Overall there are a broad range of ages accessing the services between 13-25 years (Figure 11); services through the local authority contract are not currently available to those under the age of 13 years.

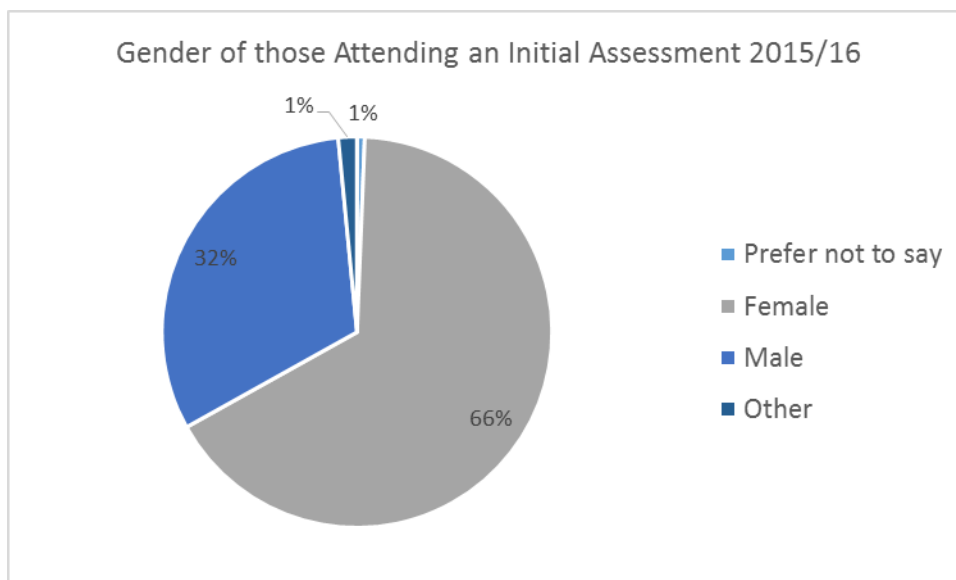


Figure 10 Source: Local Provider Monitoring Data.

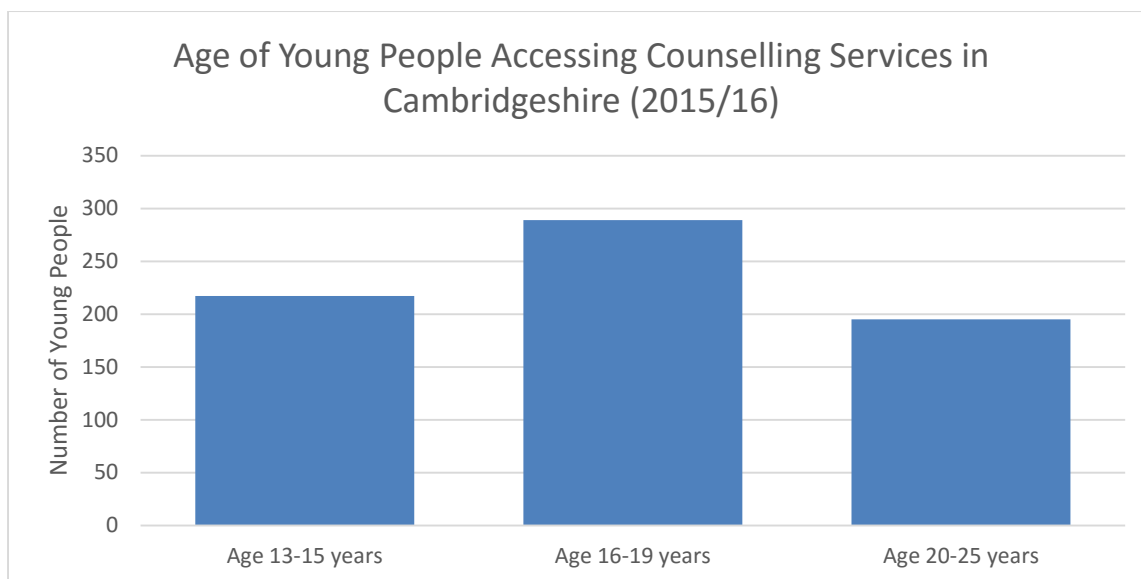


Figure 11 Source: Local Provider Monitoring Data.

Young people often present to services with multiple needs, but most commonly identified issues are anxiety/stress, depression, anger, and relationship problems. Other needs that may be reported include self-harm and suicidal ideation.

The counselling services are all operated on a self-referral basis but peers and professionals (often GPs and schools) signpost people to the services. In three locations there are drop-in services operating for limited hours and delivered by one of the local voluntary sector providers. In 2015/16 183 young people accessed the drop-ins.

LGBT Young People

A separate subcontracted service provides one-to-one mental health support for LGBT young people. In 2015/16 there were Initial Assessments with 147 young people as part of this service, and ongoing one-to-one support sessions were provided to 103 young people. 48% of people that used this service would identify their gender as 'other', 30% as male and 22% as female. 40% of clients were aged 13-15 years, 41% aged 16-19, and only 19% aged 20-25.

1.2 Peterborough

Peterborough has one local authority commissioned provider of talking therapies for 11-17 year olds but another voluntary sector organisation operates locally so their data has also been included to give a clearer picture of provision and need. Table 4 shows the provision by age breakdown, and a further breakdown of non-local authority commissioned activity is given in Figure 12. The majority of those accessing the service were 16-19 years old (53%) and most were female (67%).

Data from a local provider that operated a bereavement support service in Peterborough in 2015/16 showed that there were 53 referrals.

Table 4 Current talking therapies and counselling provision in Peterborough (2015/16).

Peterborough			
	5-11 years	12-25 years	11-17 years
Local Authority Funded Talking Therapies			272
Non-Local Authority Funded Counselling Service		169	

The majority of referrals for the Peterborough local authority commissioned service were received from schools (65%) with less than 10 individuals self-referring to the service in 2015/16 (Figure 13**Error! Reference source not found.**). Young people accessing the non-local authority funded service were almost all via a self-referral route.

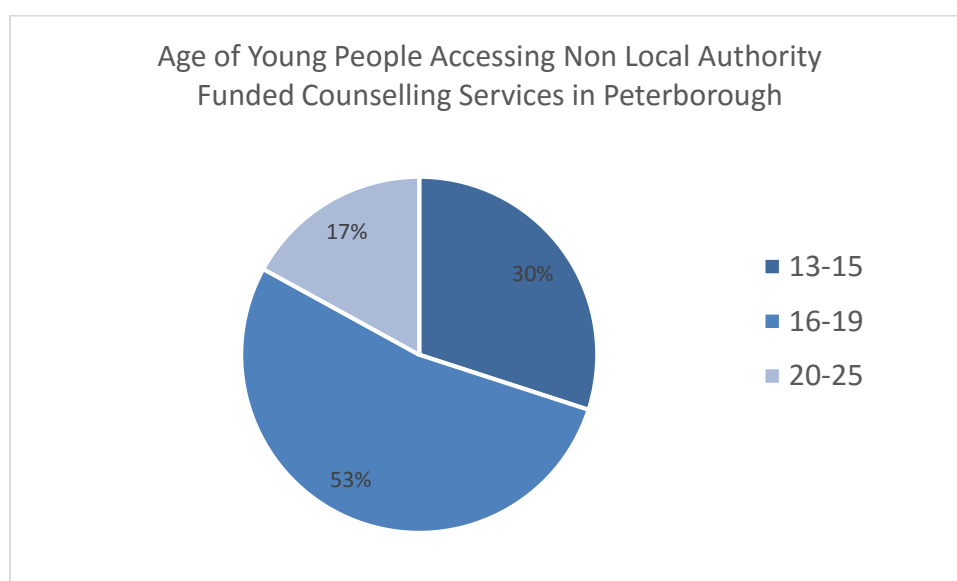


Figure 12 Age of those accessing counselling services in Peterborough.

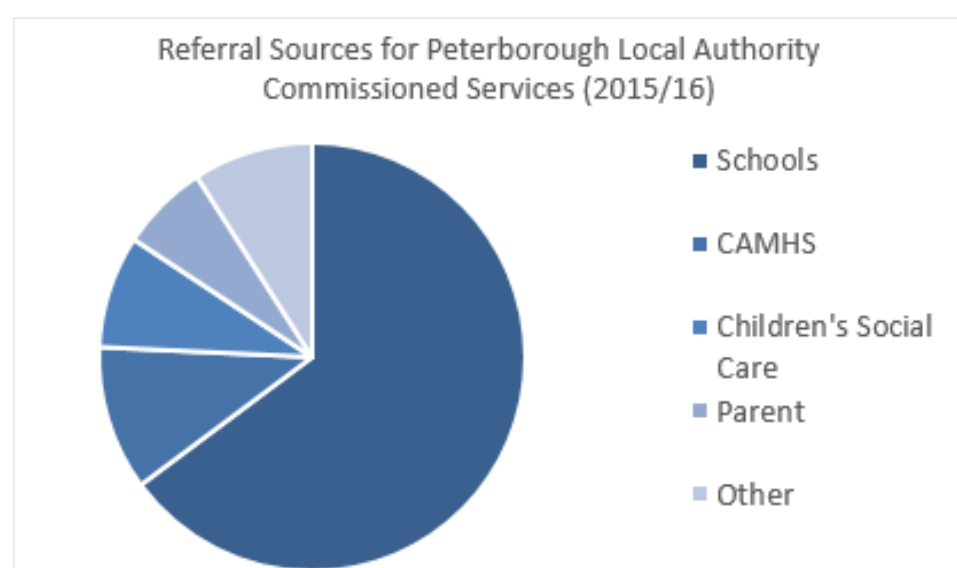
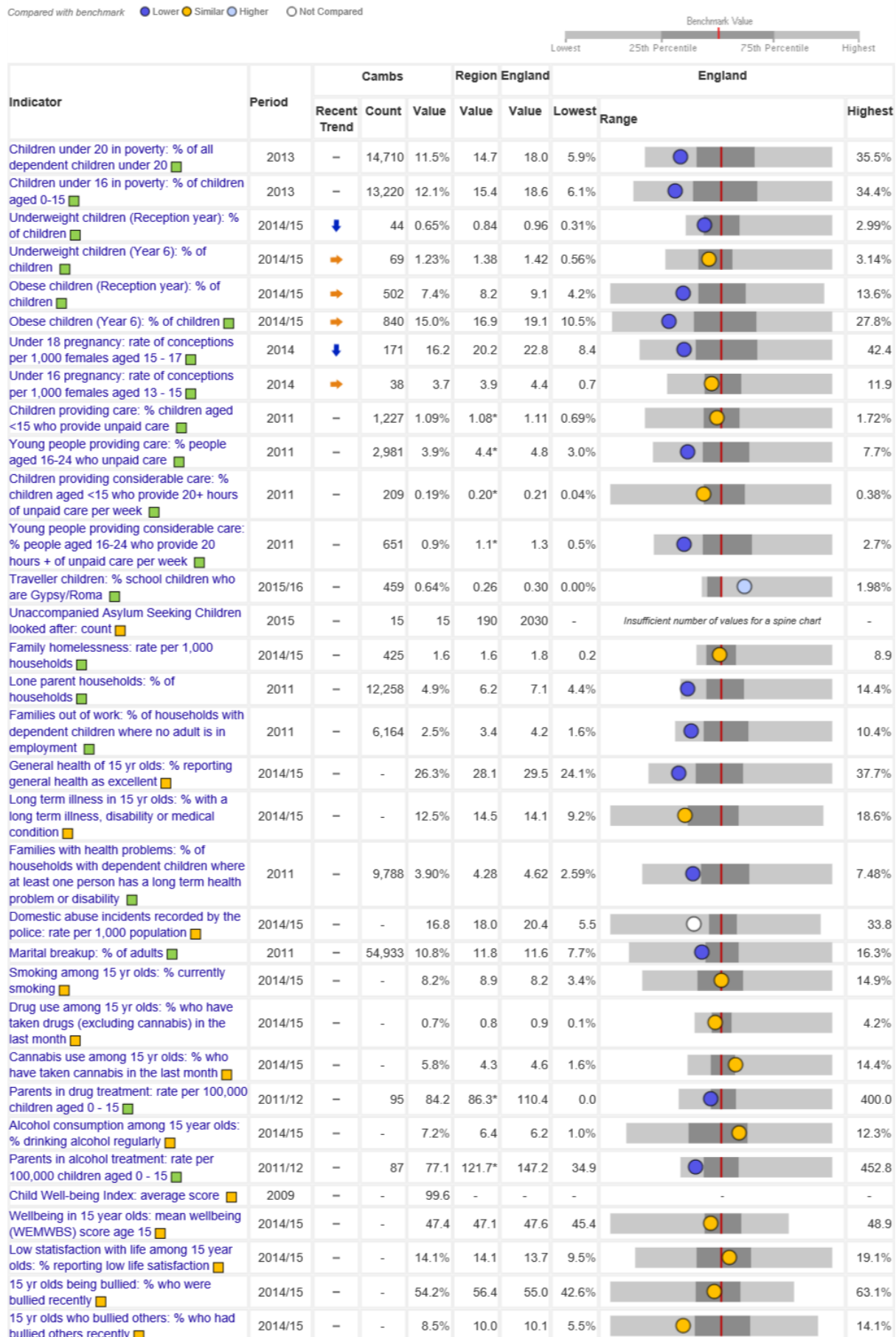


Figure 13 Referral source for talking therapies in Peterborough 2015/16.

Appendix 1

Children and Young People's Mental Health Area Profiles for Cambridgeshire (top) and Peterborough (bottom).



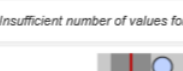
Source: Public Health England, <https://fingertips.phe.org.uk/profile-group/mental-health>

Recent trends: (in development) — Could not be calculated ↑ Increasing / Getting worse ↓ Decreasing / Getting better ↗ No significant change ↗ Increasing ↘ Decreasing

Data quality: ■ Significant concerns ■ Some concerns ■ Robust

Compared with benchmark: ● Lower ● Similar ● Higher ○ Not Compared



Indicator	Period	Peterboro			Region England		England			
		Recent Trend	Count	Value	Value	Value	Lowest	Range	Highest	
Children under 20 in poverty: % of all dependent children under 20 	2013	—	10,800	21.3%	14.7	18.0	5.9%		35.5%	
Children under 16 in poverty: % of children aged 0-15 	2013	—	9,620	21.9%	15.4	18.6	6.1%		34.4%	
Underweight children (Reception year): % of children 	2014/15	➡	37	1.36%	0.84	0.96	0.31%		2.99%	
Underweight children (Year 6): % of children 	2014/15	⬆	30	1.56%	1.38	1.42	0.56%		3.14%	
Obese children (Reception year): % of children 	2014/15	➡	266	9.8%	8.2	9.1	4.2%		13.6%	
Obese children (Year 6): % of children 	2014/15	➡	345	17.9%	16.9	19.1	10.5%		27.8%	
Under 18 pregnancy: rate of conceptions per 1,000 females aged 15 - 17 	2014	⬇	102	30.2	20.2	22.8	8.4		42.4	
Under 16 pregnancy: rate of conceptions per 1,000 females aged 13 - 15 	2014	➡	22	6.7	3.9	4.4	0.7		11.9	
Children providing care: % children aged <15 who provide unpaid care 	2011	—	394	1.01%	1.08*	1.11	0.69%		1.72%	
Young people providing care: % people aged 16-24 who unpaid care 	2011	—	1,125	5.2%	4.4*	4.8	3.0%		7.7%	
Children providing considerable care: % children aged <15 who provide 20+ hours of unpaid care per week 	2011	—	55	0.14%	0.20*	0.21	0.04%		0.38%	
Young people providing considerable care: % people aged 16-24 who provide 20 hours + of unpaid care per week 	2011	—	371	1.7%	1.1*	1.3	0.5%		2.7%	
Traveller children: % school children who are Gypsy/Roma 	2015/16	—	277	0.92%	0.26	0.30	0.00%		1.98%	
Unaccompanied Asylum Seeking Children looked after: count 	2015	—	12	12	190	2030	-	Insufficient number of values for a spine chart	-	
Family homelessness: rate per 1,000 households 	2014/15	—	249	3.2	1.6	1.8	0.2		8.9	
Lone parent households: % of households 	2011	—	5,882	7.9%	6.2	7.1	4.4%		14.4%	
Families out of work: % of households with dependent children where no adult is in employment 	2011	—	3,626	4.9%	3.4	4.2	1.6%		10.4%	
General health of 15 yr olds: % reporting general health as excellent 	2014/15	—	-	24.2%	28.1	29.5	24.1%		37.7%	
Long term illness in 15 yr olds: % with a long term illness, disability or medical condition 	2014/15	—	-	14.9%	14.5	14.1	9.2%		18.6%	
Families with health problems: % of households with dependent children where at least one person has a long term health problem or disability 	2011	—	3,985	5.38%	4.28	4.62	2.59%		7.48%	
Domestic abuse incidents recorded by the police: rate per 1,000 population 	2014/15	—	-	16.8	18.0	20.4	5.5		33.8	
Marital breakup: % of adults 	2011	—	19,595	13.6%	11.8	11.6	7.7%		16.3%	
Smoking among 15 yr olds: % currently smoking 	2014/15	—	-	9.1%	8.9	8.2	3.4%		14.9%	
Drug use among 15 yr olds: % who have taken drugs (excluding cannabis) in the last month 	2014/15	—	-	0.6%	0.8	0.9	0.1%		4.2%	
Cannabis use among 15 yr olds: % who have taken cannabis in the last month 	2014/15	—	-	4.4%	4.3	4.6	1.6%		14.4%	
Parents in drug treatment: rate per 100,000 children aged 0 - 15 	2011/12	—	51	129.8	86.3*	110.4	0.0		400.0	
Alcohol consumption among 15 year olds: % drinking alcohol regularly 	2014/15	—	-	4.7%	6.4	6.2	1.0%		12.3%	
Parents in alcohol treatment: rate per 100,000 children aged 0 - 15 	2011/12	—	76	193.4	121.7*	147.2	34.9		452.8	
Child Well-being Index: average score 	2009	—	-	185.2	-	-	-	-	-	
Wellbeing in 15 year olds: mean wellbeing (WEMWBS) score age 15 	2014/15	—	-	46.8	47.1	47.6	45.4		48.9	
Low satisfaction with life among 15 year olds: % reporting low life satisfaction 	2014/15	—	-	15.4%	14.1	13.7	9.5%		19.1%	
15 yr olds being bullied: % who were bullied recently 	2014/15	—	-	54.6%	56.4	55.0	42.6%		63.1%	
15 yr olds who bullied others: % who had bullied others recently 	2014/15	—	-	14.1%	10.0	10.1	5.5%		14.1%	

Appendix 2

Peterborough

Peterborough has 60 primary schools, 13 high schools and 5 special schools.

Summary

Data Source: October 2016 Census	
Maintained & Academy	
Nursery	334
Primary School	20,628
Secondary school	14,326
Total	35,288
Special school	
Nursery total	199
Primary School	416
Secondary school	615
Total	1,230
Pupil Referral Service	
Primary School	13
Secondary school	124
Total	137

Data Source: October 2016 Census				
Name of school	Nursery total	Primary School	Secondary school	Grand Total
City of Peterborough Academy, Special School	0	49	53	102
Heltwate School	0	64	97	161
Marshfields School	0	0	171	171
Nene Gate	0	2	31	33
The Phoenix School	0	84	64	148
Total		199	416	615
Pupil Referral Service	0	13	124	137

Cambridgeshire

Number of Primary, Secondary and Special schools in each district of Cambridgeshire.

Primary Schools	Count of School 2016	Sum of Headcount
Cambridge City	28	8,520
East Cambridgeshire	29	7,520
Fenland	32	7,955
Huntingdonshire	60	14,006
South Cambridgeshire	56	12,237
Total	205	50,238

Secondary Schools	Count of School	Sum of Total
Cambridge City	8	4,827
East Cambridgeshire	4	4,418
Fenland	4	4,762
Huntingdonshire	7	9,203
South Cambridgeshire	10	8,544
Grand Total	33	31,754

Special Schools	Count of School	Sum of Headcount
Cambridge City	1	151
East Cambridgeshire	3	216
Fenland	1	157
Huntingdonshire	2	267
South Cambridgeshire	2	179
Grand Total	9	970