



End of Year Bulletin

This month's edition includes:

1. HLP CYP Mental Health Crisis Guidelines
2. Good Thinking Newsletter
3. ThriveLDN: Support after sudden bereavement resource
4. NHS Benchmarking Network
5. Mental Health of CYP survey

New and exciting resource!!!

HLP CYP Mental Health Crisis Guidelines: Improving care for children and young people in mental health crisis in London- Recommendations for transforming the delivery of high-quality and accessible care

In response to the COVID-19 pandemic highlighting the importance of mental health crisis care, the HLP CYP Mental Health Programme have refreshed their CYP Mental Health Crisis Guidelines. These guidelines were first published in October 2016. The refresh of these guidelines aims to continue to support the system in London in the development of high-quality, accessible, consistent, and effective care for CYP in mental health crisis

across London.

The 13 recommendations in the refreshed guidelines are as follows:

1. Meet previously defined standards
2. Develop a Safety and Coping Plan
3. Provide a 24/7 service
4. Ensure effective whole system governance
5. Sign off and publish clear local guidelines
6. Provide education and training
7. Offer a designated Health Based Place of Safety
8. Use acute ward beds (paediatric and adult) as short-term inpatient facilities
9. Enact the London Mental Health Compact for CYP
10. Use efficiencies from joint working to invest in local CYPMH crisis pathways (CYPMH inpatient services Provider Collaboratives)
11. Follow Care, Education and Treatment Reviews (CETR) guidance
12. Establish a protocol with Children's Social Care Services
13. Provide 24/7 crisis lines for all ages

The new guidelines can be found [here](#).

Good Thinking Newsletter

Good Thinking is a critical part of the public mental health response to COVID-19 in London. Good Thinking promotes self-care for the four most common mental health conditions: anxiety, sleep problems, low mood, and stress. [Good Thinking](#) promotes self-care for the four most common mental health conditions: anxiety, sleep problems, low mood and stress. It provides free, 24/7, digital support to Londoners seeking mental health and well-being advice and help.

New resources on Good Thinking include an [employer's toolkit](#) and [student toolkit](#),

supporting young people to be mentally healthy in university.

The Good Thinking Newsletter can be found [here](#).

ThriveLDN: Support after sudden bereavement resource

This resource from ThriveLDN has been produced to support Londoners who are grieving the sudden death of someone close to them, or if they are supporting someone going through sudden bereavement. It aims to reassure those who need support that help is available and provides important information about how existing services have changed how they are supporting people. As well as dedicated support options for groups of people who may be particularly vulnerable, to help ensure them who can best understand their circumstances.

This all important resource can be found [here](#).

NHS Benchmarking Network

The NHS Benchmarking Network ran online webinars in place of their usual annual national conferences. These webinars launched findings for the 2019/20 benchmarking work, as well as learning from the network's monthly Covid monitoring. The CAMHS event took place on Tuesday 24 November 2020.

The findings as well as the presentations from the CAMHS conference can be accessed using the links below:

- [Keynote address, NHS England & NHS Improvement](#)
- [NHSBN CAMHS Findings 2020](#)
- [Digital response in CAMHS: West London NHS Trust](#)
- [Digital response in CAMHS: Oxford Health NHS Foundation Trust](#)
- [Extending the reach of CYPMH services in Bolton, Bolton CCG & Greater Manchester Mental Health NHS Foundation Trust](#)

Mental Health of CYP survey

Mental Health of Children and Young People in England, 2020: Wave 1 follow up to the 2017 survey & London CYP Mental Health prevalence data

NHS Digital published regional data for the 2020 [Mental Health of CYP survey](#) in October 2020. The 2020 report is the first in the series of follow up reports to the Mental Health and Young People Survey (MHCYP) 2017, it explores the mental health of children and young people in July 2020, during the COVID-19 pandemic and changes since 2017. It also examines family life, education and services and worries and anxieties during the COVID-19 pandemic.

The report can be found using the following link: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2020-wave-1-follow-up>

London CYP Mental Health prevalence data

Please see Table 1.4 using the following link: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2020-wave-1-follow-up/data-sets> .

Regional data in the 2017 dataset can be found in Table 14 using the following link:
<https://files.digital.nhs.uk/3D/77EAB8/MHCYP%202017%20Trends%20Characteristics%20Tables.xlsx>

Please note: Public Health England have advised that colleagues consider the regional figures with caution as the sample base for each region is small (row 61 in the data table) and there is no confidence intervals or standard errors published to assess the robustness and variability around the prevalence proportions.

Have a restful festive period and look forward to seeing you refreshed in the new year!!!!