

Suffolk and North East Essex

Last updated 10/11/2021



This local area report provides concise analysis and charts tracking performance of an Integrated Care System (ICS) area across six key areas of mental health services:

- Children and young people starting treatment for an urgent eating disorder
- Access to Improving Access to Psychological Therapies (IAPT)
- Hospital admissions for self-harm in children and young people
- Inappropriate out-of-area placements
- Recovery rates for IAPT, overall and for Black, Asian and Minority Ethnic patients
- Spending on mental health services per head, adjusted to reflect the local population need

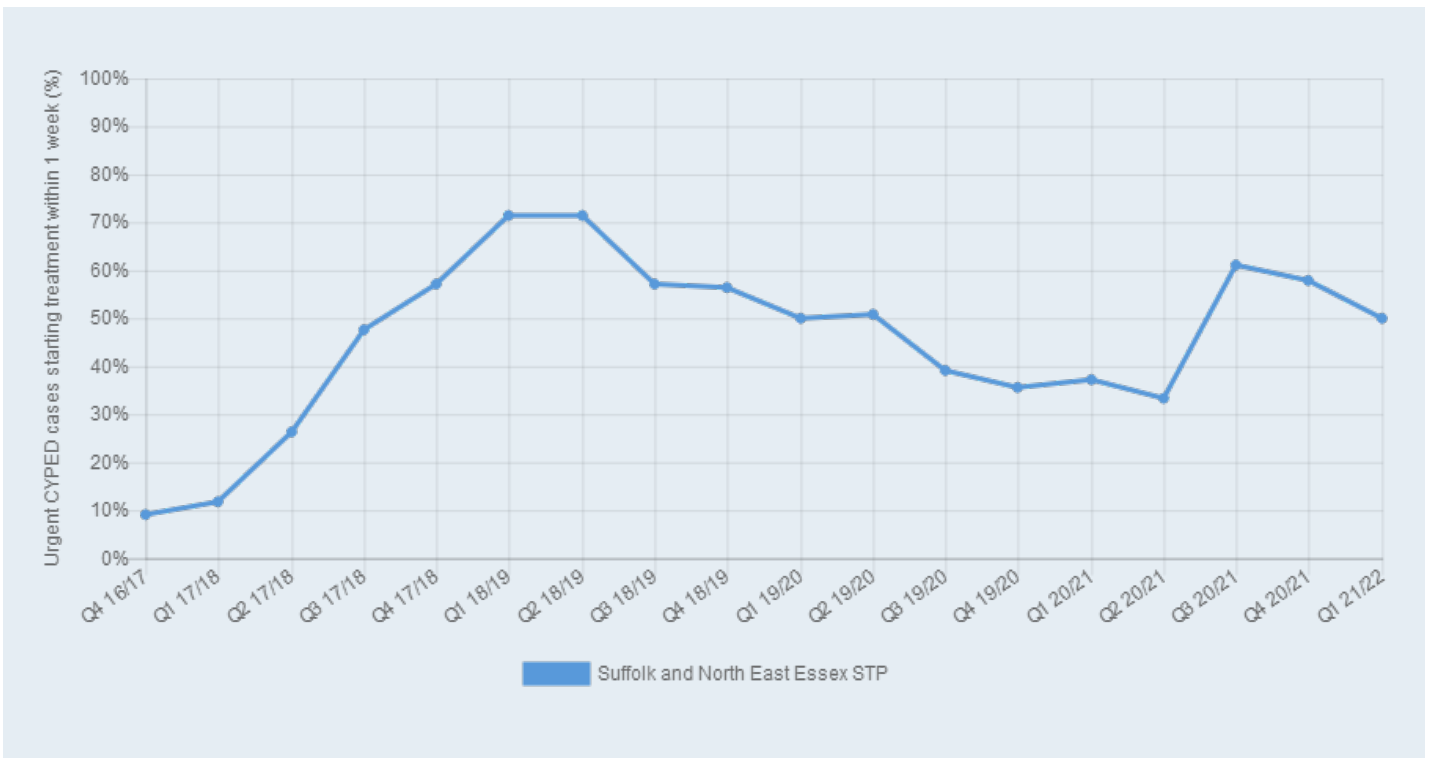
It will be updated on a quarterly basis to coincide with each full data refresh of the Mental Health Watch website.

Children and young people with eating disorders starting treatment within one week

Theme: Access
Published: Quarterly
Source: [NHS England](#)

Local performance against the waiting times target for children and young people with an urgent eating disorder case is reported on a rolling annual basis. This means it is not directly comparable to the headline performance for England overall.

In the year to June 2021, 50.00% of urgent cases in Suffolk and North East Essex started treatment within one week. This compares to 37.21% in the year to June 2020 and ensures the area is not currently meeting the 95% waiting time target which remains in place under the NHS Long Term Plan.



Access to IAPT services for people with depression and/or anxiety disorders

Theme: Access
 Published: Quarterly
 Source: [NHS Digital](#)

The Government has set out its ambition for at least 1.5 million with common mental health conditions to be able to access psychological therapies through the IAPT programme each year by 2021, with the subsequent objective to expand this further to at least 1.9 million people by 2024. The initial objective equates to 25% of those estimated to have common mental health conditions accessing treatment each year or 6.25% in the quarter to March 2021.

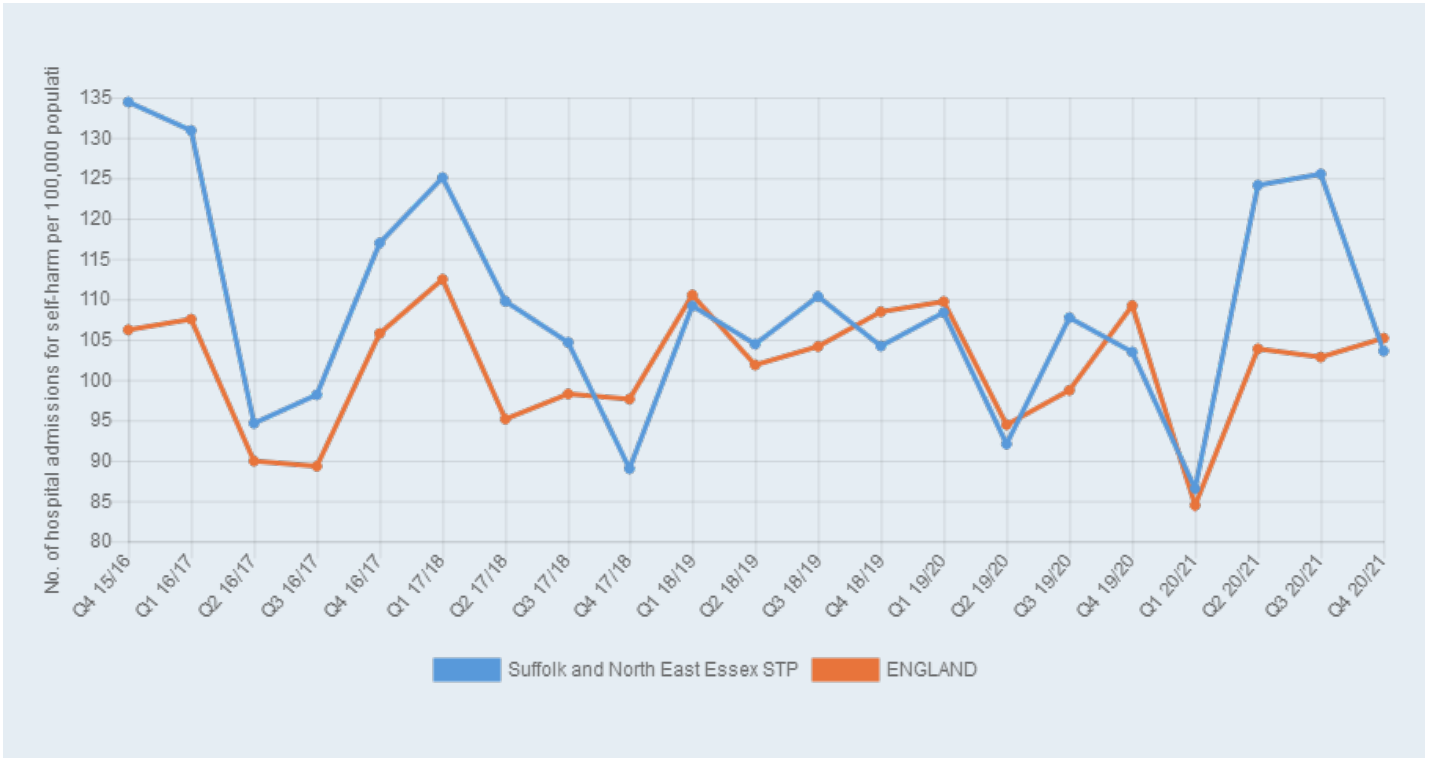
In the quarter to March 2021, 6.04% of those with common mental health conditions accessed IAPT treatment in Suffolk and North East Essex. This can be compared to 4.67% across England for the same period and 5.35% for the corresponding quarter in the same ICS area in 2020.



Hospital admissions for self-harm in children, young people and adults

Theme: Care
 Published: Quarterly
 Source: [NHS Digital](#)

Standardised admissions for self-harm in children and young people aged between 10 and 24 years old were 103.58 per 100,000 in Suffolk and North East Essex in the quarter to March 2021. This can be compared to 105.17 per 100,000 across England or 103.45 in the same ICS in the quarter to March 2020 (0.1% increase year-on-year).



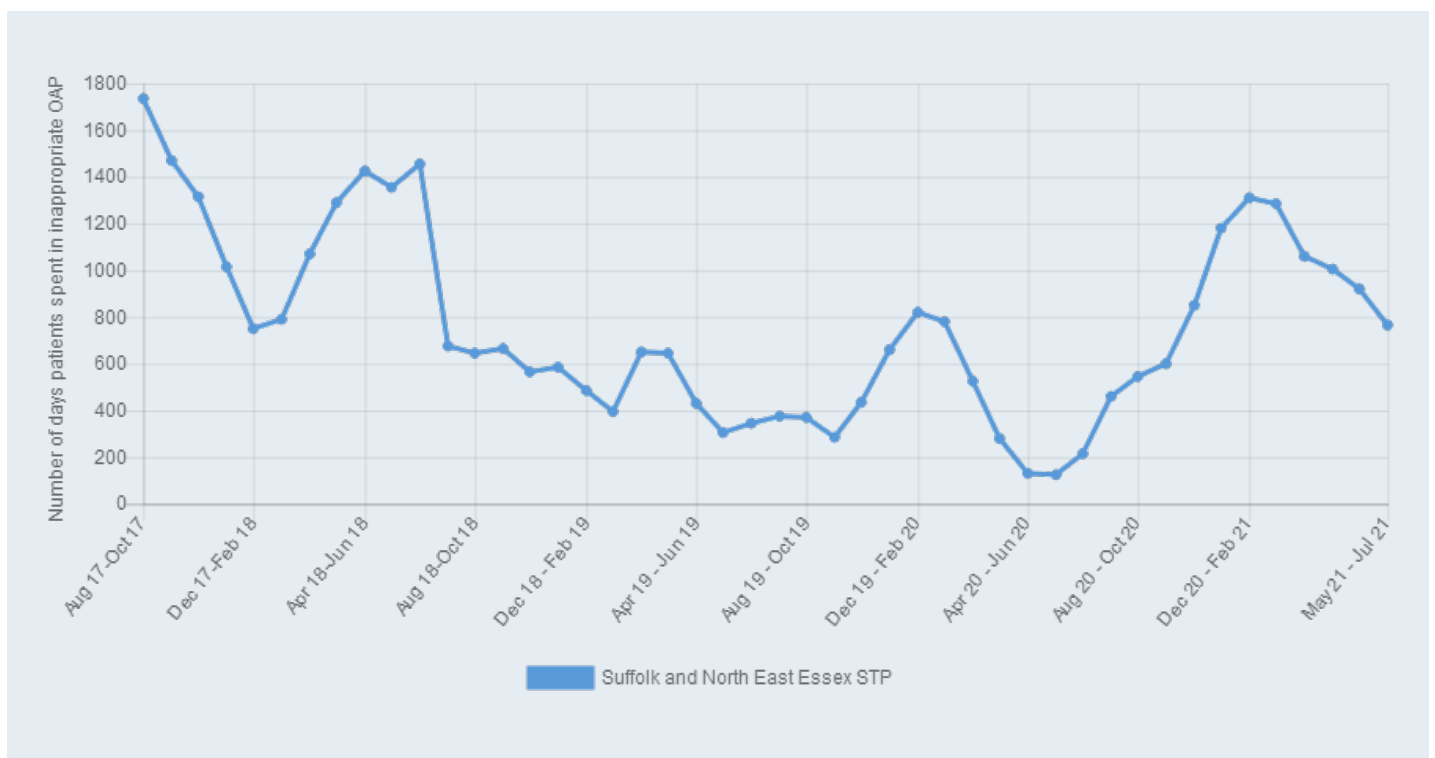
Inappropriate out of area placements

Theme: Quality
Published: Monthly
Source: [NHS Digital](#)

The Government set a national ambition to eliminate inappropriate out of area placements in mental health services for adults in acute inpatient care by 2020/21.

In the three months to July 2021, there were 765 inappropriate out of area placement days across Suffolk and North East Essex compared to 125 in the corresponding period to July 2020. This is a 512.0% increase compared to a 39.6% rise when comparing the same two periods in England overall.

The ambition to eliminate inappropriate out of area placements for adult acute inpatients is to continue to be a focus through the period of the NHS Long Term Plan.



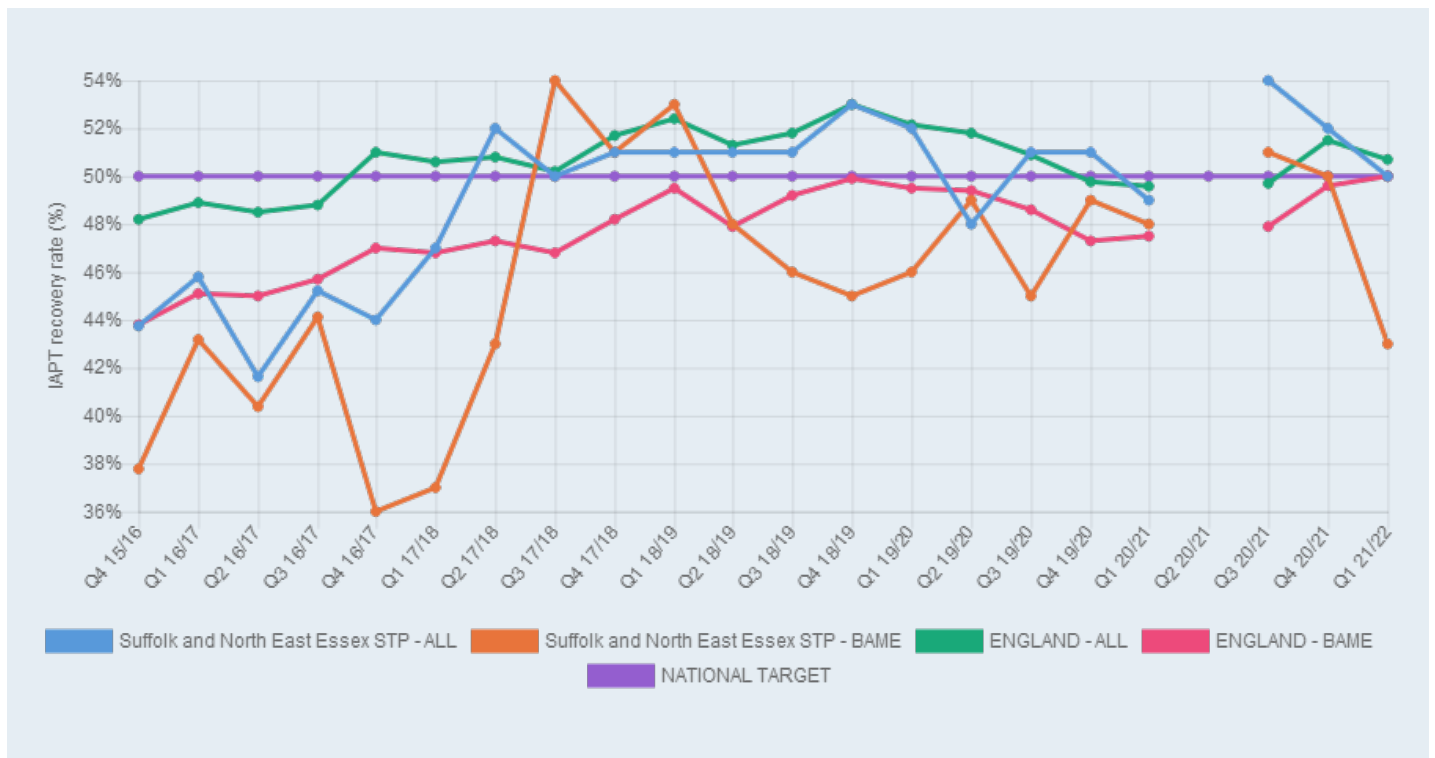
IAPT recovery rate

Theme: Quality
Published: Quarterly
Source: [NHS Digital](#)

For the IAPT programme, the Government target is for at least 50% of patients that complete a course of IAPT treatment to have moved to recovery. Recovery is measured in terms of “caseness” – which means that a referral has severe enough symptoms to be regarded as a clinical case. A referral has moved to recovery if they were defined as a clinical case at the start of their treatment and not at the end of their treatment.

On Mental Health Watch we report recovery rates for populations both overall and specifically for Black, Asian and Minority ethnic people. In the quarter to June 2021, the recovery rate overall for Suffolk and North East Essex was at the target threshold at 50%, however the recovery rate for BAME patients was below the target level, at 43%. This compares to 50.7% and 50.0% respectively

across England.



Spending on mental health services per person

Theme: Finance
 Published: Annual
 Source: [NHS England](#)

As outlined in our first ‘Spotlight On’ briefing, we report spending per head adjusted for need on Mental Health Watch. Populations are weighted to account for issues such as population characteristics, service usage and household composition.

In Suffolk and North East Essex the actual spending per person on this measure for 2020/21 is £190.74, compared to £202.21 across England overall (5.7% lower). This also does represent increases of only 2.5% on the actual investment per head in 2019/20 (£186.17) and 1.5% on actual spend per head in 2018/19 (£188.00). Actual investment per head across England overall represents a 6.7% increase on the actual amount in 2019/20 (£189.54).

