The background of the page features several thick, hand-drawn style green lines that form overlapping circles and arcs, creating a dynamic and abstract pattern.

Consultation report on the experiences of Children and Young People who were admitted to Acute Paediatric wards due to mental health issues.

Feedback from young people aged 13-19 across the Humber and North Yorkshire ICS

Prepared July 2023

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- Next steps (including recommendations)

Introduction

The Humber and North Yorkshire Health and Care Partnership wanted to collect information to better understand young people's experiences of staying in acute hospital paediatrics wards due to their mental health. A feedback-based approach was therefore developed using surveys and focus groups led by the CYP Coproduction Manager in the Mental Health, Learning Disabilities and Autism Collaborative Humber and North Yorkshire Health and Care Partnership in partnership with Hull and East Yorkshire Mind.

Background

Funded by NHS England, a review took place to better understand the needs and experiences of young people before, during and after a hospital stay due to their mental health. This focused on Acute Hospital settings which have Paediatric wards. It did not include Children and Young People's Mental Health Inpatient Units as they were out of scope for this consultation. However any young people with inpatient experience who contacted us and consented were linked with the Inpatient Coproduction team who are undertaking separate work on inpatient experience. As part of this, a survey took place targeted locally followed by a series of focus groups. This approach supported us to know what works best for young people, before, during, and after a hospital stay.

The approach was targeted at young people aged 13-19 from across the Humber and North Yorkshire Integrated Care System footprint. The area stretches along the east coast of England from Scarborough in North Yorkshire to Cleethorpes in North East Lincolnshire and along both banks of the Humber. Humber and North Yorkshire incorporates the cities of Hull and York and large rural areas across East Yorkshire, North Yorkshire and Northern Lincolnshire.

Feedback from the young people involved in the review will enable a strong youth voice and presence to help to improve future delivery of services. This review involved a youth-led research study to provide insights into young people's perceptions and experiences of staying in hospital due to their mental health.

In addition, the findings of this review will be shared through a number of partnership groups including the Humber and North Yorkshire Children and Young People's Mental Health Steering Group and the Humber and North Yorkshire Children and Young People's Acute Steering Group as well as through place based strategic and operational groups. The recommendations will support the further development and delivery of system wide and place based Children and Young People's Mental Health and Emotional Wellbeing Strategies and services.

Aims and Objectives

The key part of the review involved an exploration of young people's perceptions and experiences of before, during and after staying in hospital due to their mental health. This information was collated through an online survey, and was followed by a range of place based focus groups to better understand the support needed across Humber and North Yorkshire.

The main aims of the review were to:

- Identify what worked well.
- Identify gaps in service provision.
- Explore the experiences of those staying in hospital due to their mental health
- Identify any improvements that can be made locally
- Provide a series of recommendations to support development.

Promotion of survey / focus groups

As part of this piece of work, a range of promotions were used to support the promotion of the research approach. These promotions were echoed and re-shared by a range of partner organisations including Local Authorities, VCSE and Health partners working closely with children and young people.

All decisions regarding platforms and materials, including graphics, leaflets and other promotions were co-produced by young people. This included consulting with young people on the wording used, and the 'look' and 'feel' of any marketing assets.

Adverts were run across Facebook, Instagram, and TikTok. Posters were also produced and shared in hospital settings



Share your feedback about staying in hospital due to your mental health

If you are aged 13-19, you can help us improve support available locally.

Join our focus group

Get £20 for sharing your views.

Complete our survey

Be in with a chance of winning £100.

Your views matter!

Humber and North Yorkshire Health and Care Partnership



Stayed in hospital due to your mental health?

We're looking for feedback from young people aged 13-19 to help us improve support available locally.

Complete our survey

It's anonymous and there are no right or wrong answers. It takes approximately 5 minutes to complete, and you could win £100 worth of vouchers.
Deadline 16th April 2023.

Join our focus group

Share your views either online, in-person, or over the phone, and get a £20 voucher. Email clair.atherton@nhs.net or message 07989739986 for more info.
Deadline 18th June 2023.

Your views matter!

Humber and North Yorkshire Health and Care Partnership



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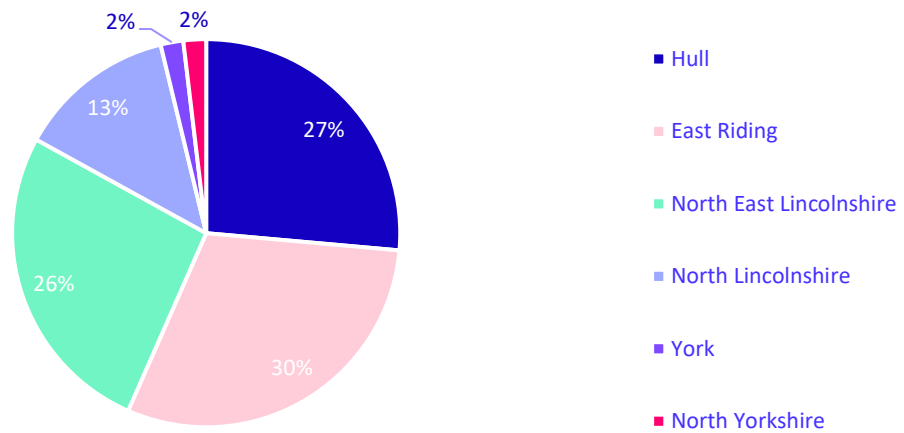
Complete our survey

Be in with a chance of winning £100.

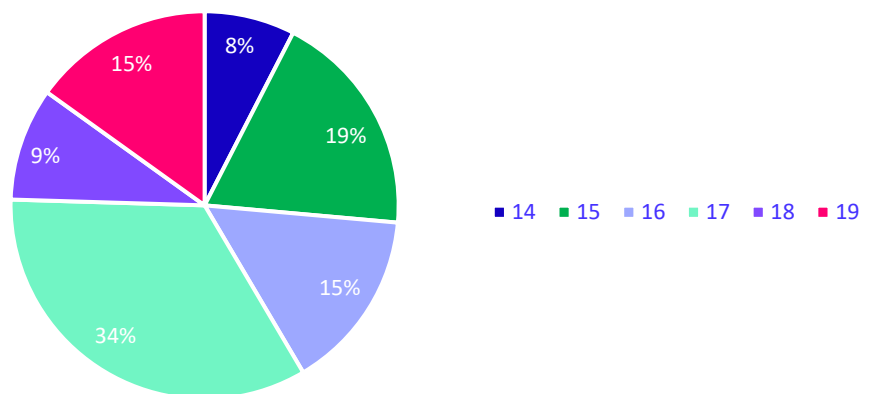
Your views matter!

The survey had a total of 54 young people respond from across the Humber and North Yorkshire area.

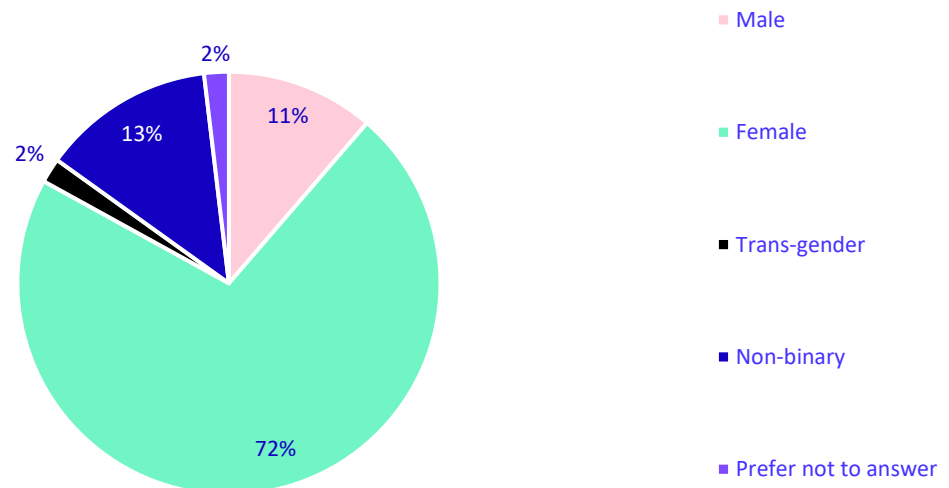
Locations of respondents



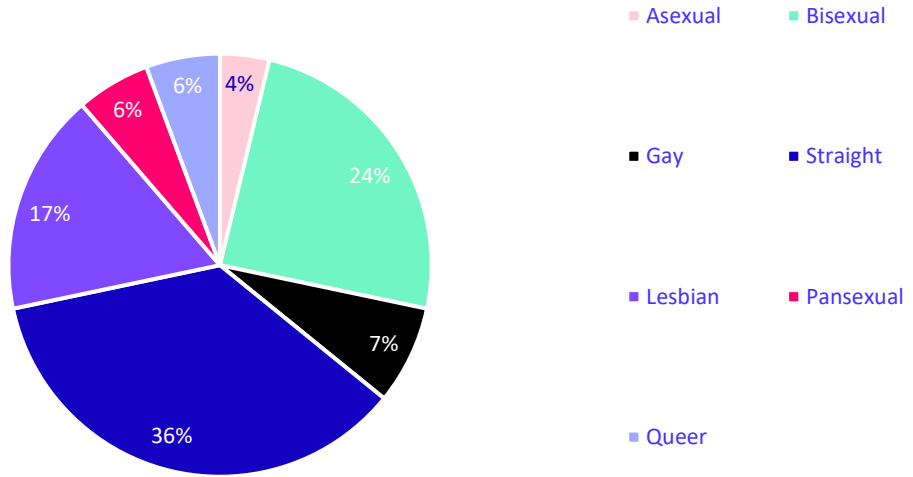
Age



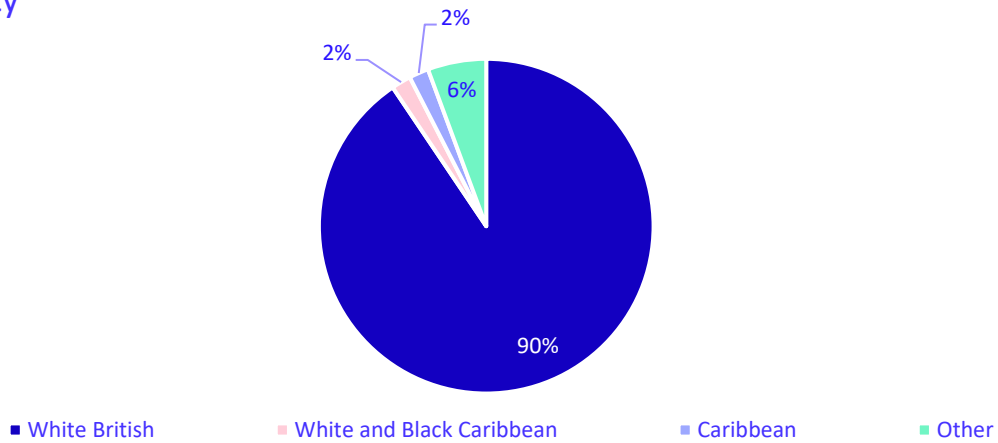
Gender Identity



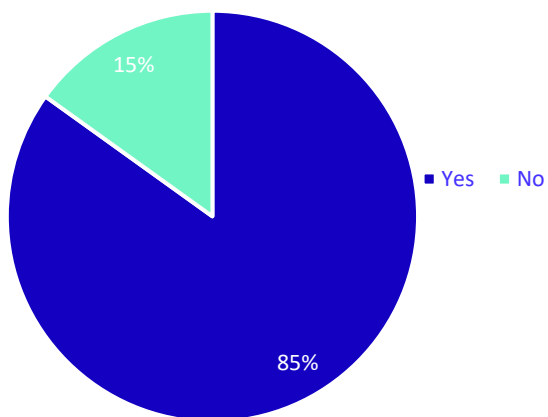
Sexual Orientation



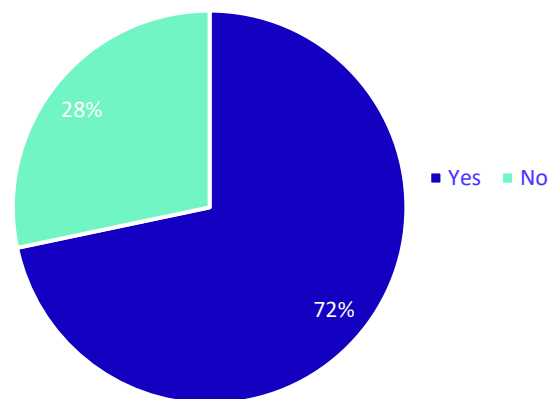
Ethnicity



Have you stayed in hospital due to your mental health?



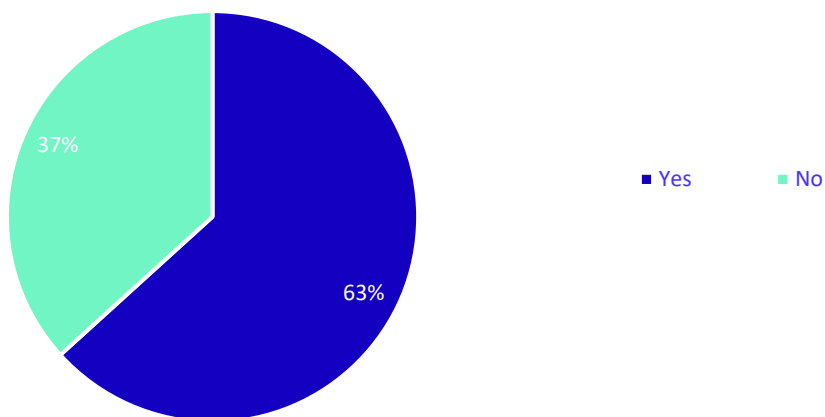
Was your hospital stay in the same area?



Prior to going into hospital

This question asked children and young people about their experiences prior to going into hospital for their mental health.

Prior to your hospital stay, were you receiving any support for your mental health?



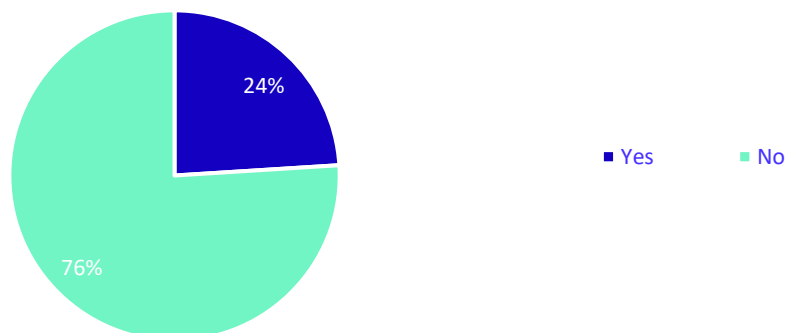
Note – when asked about support, most young people stated that they had historically or recently had contact with CAMHS.

Prior to going in hospital, please rate the support you was receiving.

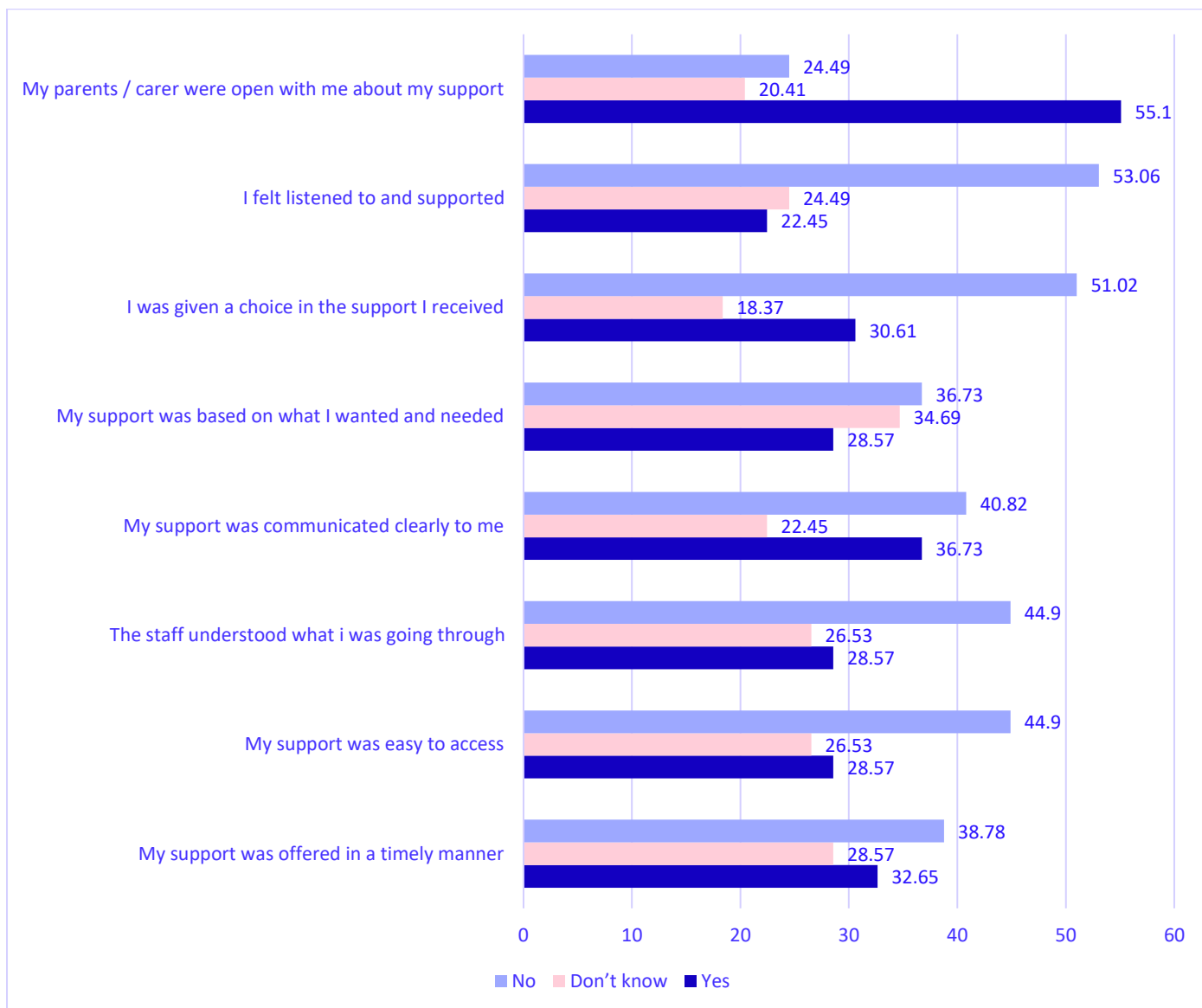


There was an average star rating of 2.5 for this question.

Did you have a choice in going to hospital?



Please rate the following statements based on your experiences before your hospital stay (If you received support prior to your stay)



Do you have any other comments that could improve the support available to young people going into hospital due to their mental health? Please explain.		
Getting the section 2 explained properly	Staff being more understanding	Be better treated and have better facilities
Discuss everything with the young person	More work towards recovery rather than just risk reduction	More could be done to support the transition into such environments, furthermore I think patients should not be treat as if they are being 'naughty'
Young people should always be informed on what is going on	Be more considerate	Need to have quicker responses when arriving at hospital
Waiting lists	Be kinder in a and e the staff wasn't very nice	For nurses and doctors to be more understanding of the patients and not pushy or give pushy advice

I think information packs on going into hospital would be really helpful.	Listen to what they have to say rather than telling them how they feel	Staff should avoid pretending to exactly understand within ten minutes of conversation
Need to improve knowledge also on people who are transgender and refrain from expressing personal views	Hospital staff could be more considerate and treat you like a human being instead of a problem	Just take young people seriously, and listen to them.

During your hospital stay

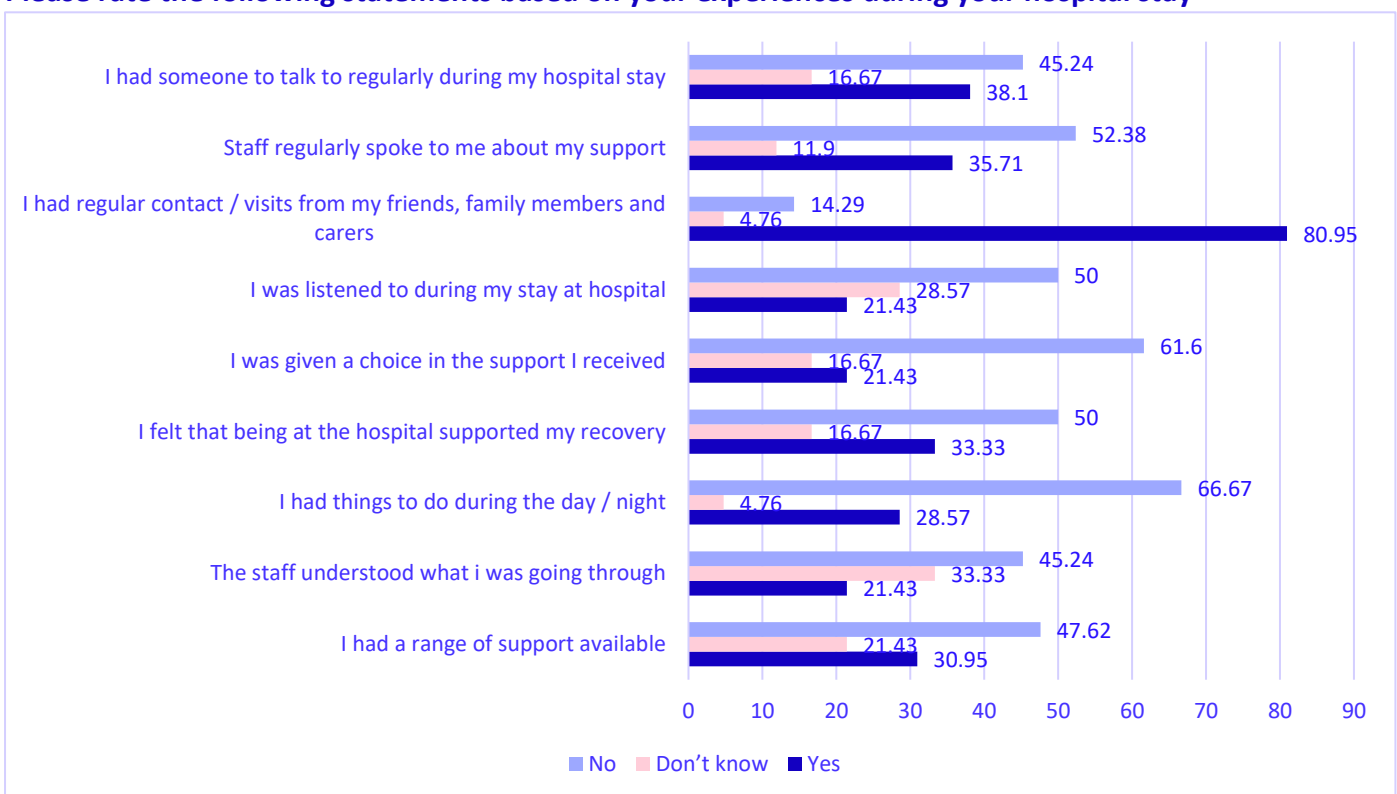
This question asked children and young people about their experiences during their hospital stay.

During your hospital stay, please rate the support you were receiving.



There was an average star rating of 2.6 for this question.

Please rate the following statements based on your experiences during your hospital stay



Do you have any other comments that could improve the support available to young people currently in hospital due to their mental health? Please explain.		
I think we need better facilities and better background checks on staff to	Be less judgmental of people	Let the patient decide whether they want to stay in or not.

make us vulnerable children feel more safe		
You need to let the young person have some control and choice in their treatment.	Bond and engage with them so they'll open up more and don't be cold	Making sure the therapy and treatment they are getting will help them improve in the long term and not only in short term.
Do whatever you want don't be scared to do it	Remain consistent with the support. Keep communication clear and provide a good timetable full with activities for distraction. Hospitals can be very lonely places. Remember not everyone have family visit them if in foster care etc.	Have activities for young people to do during their stay
Hospitals should provide a specific therapist to talk to patients	Avoid making people feel as though they are taking up someone else's place who deserves it more / making people feel as though they are not sick enough to be there	Being given the opportunity to speak to somebody whilst you are in there for your mental health, instead of just being left on the ward until ready to be discharged
Lack of communication between the doctors/nurses and me/my family was very frustrating at times	Listen to what they have to say rather than telling them how they feel	Listen to what they have to say and offer more forms of support such as art therapy or alternative support schemes

After your hospital stay

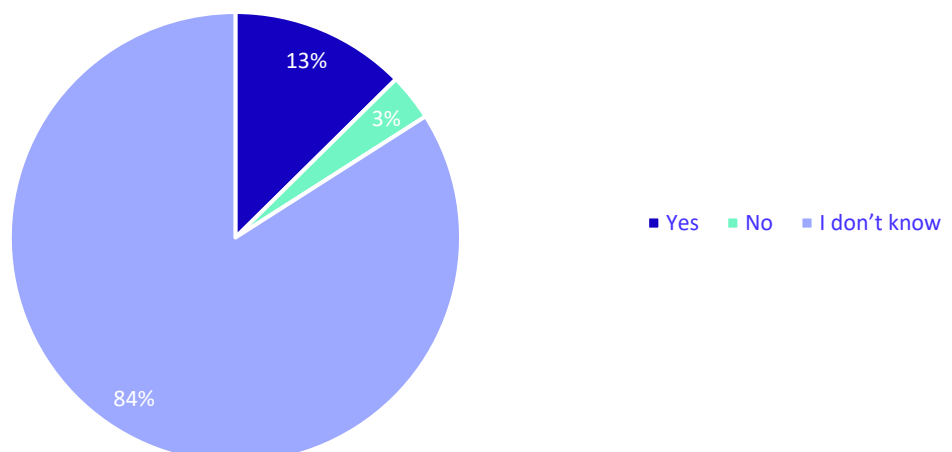
This question asked children and young people about their experiences after their hospital stay.

During your hospital stay, please rate the support you was receiving.

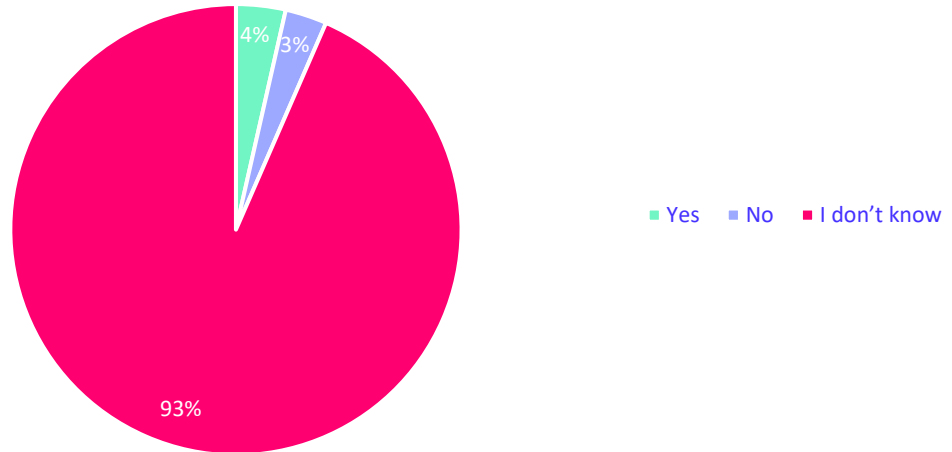


There was an average star rating of 3 for this question.

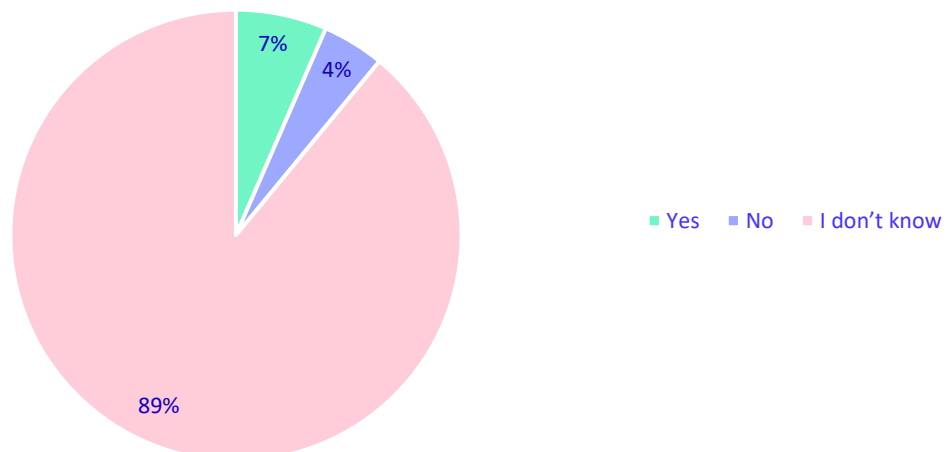
Were you given notice that you would be leaving hospital?



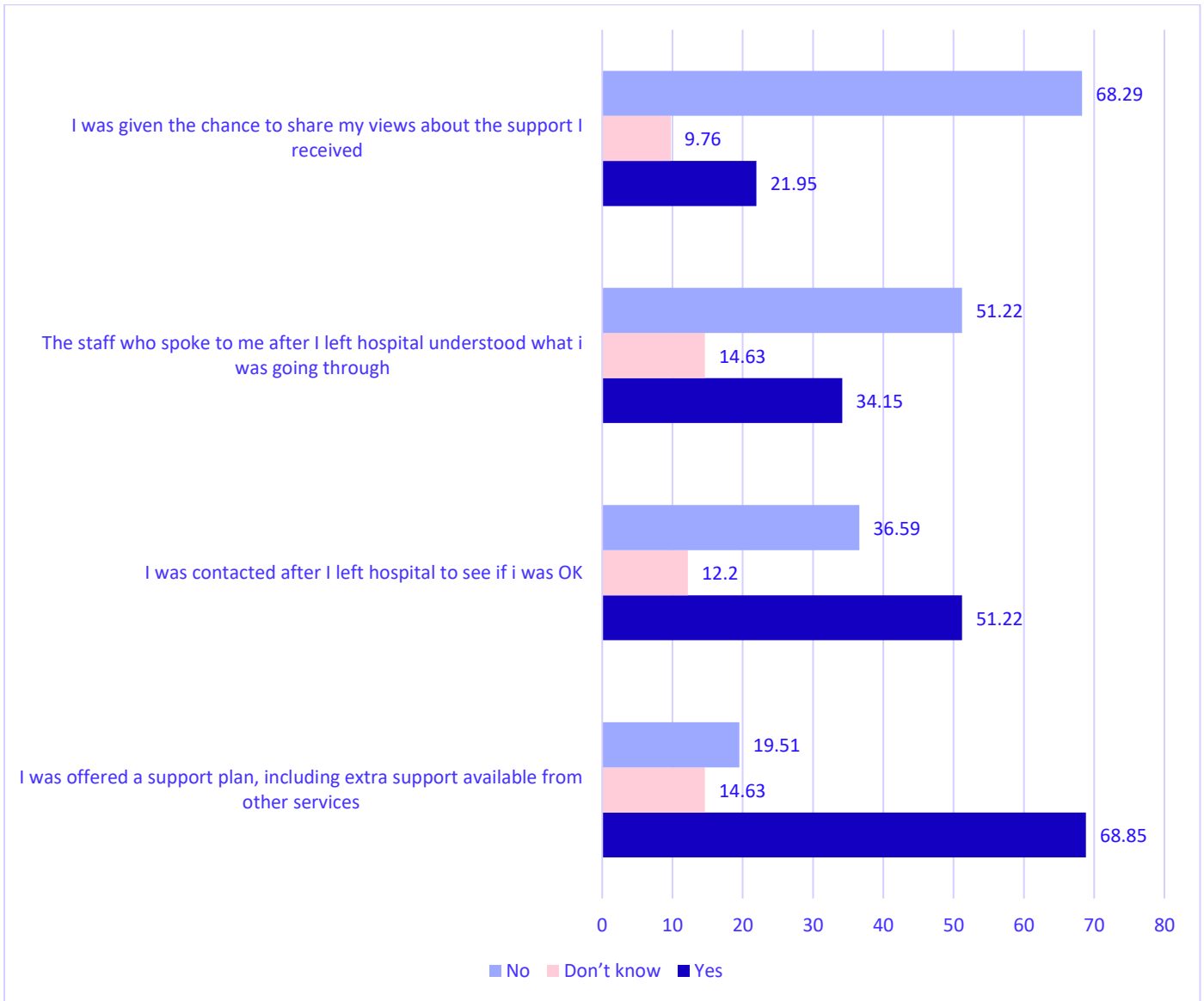
Did you feel ready to leave hospital when you did?



When you left hospital, were you informed about next steps?



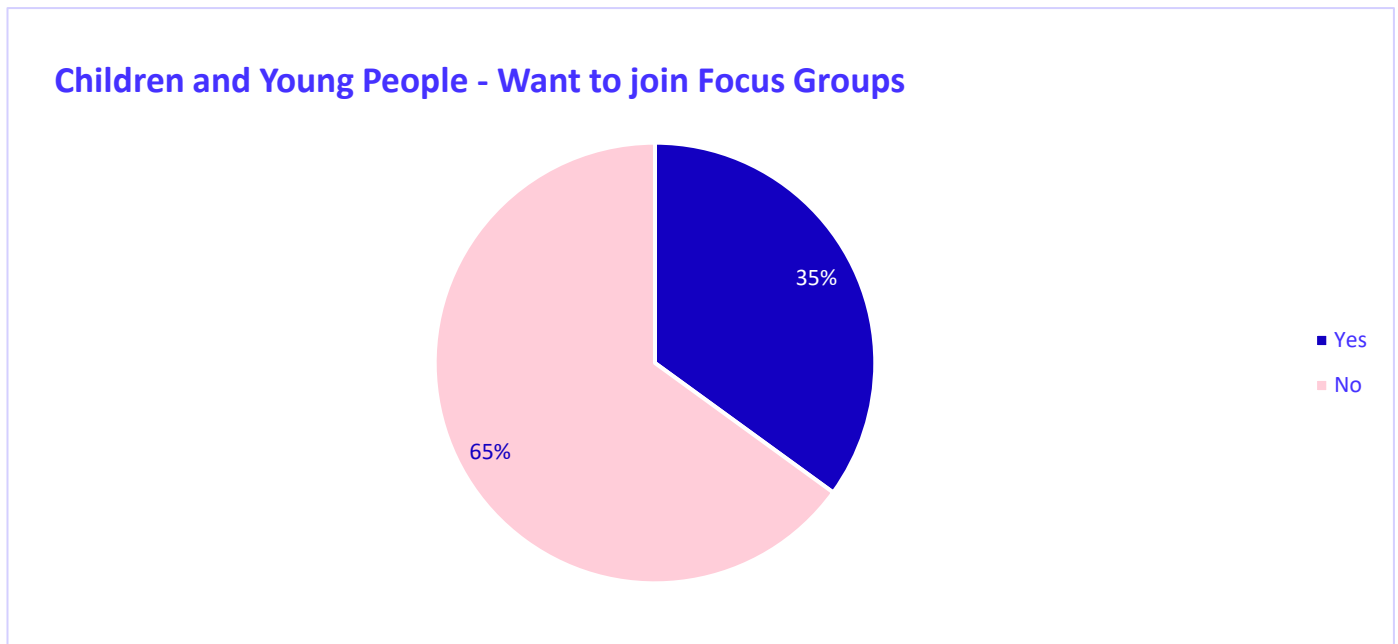
Please rate the following statements based on your experiences after your hospital stay



Do you have any other comments that could improve the support available to young people leaving hospital due to their mental health. Please explain.

Two weeks' notice and a meeting including the patient so that they can say how much support they need and see what's available to them	Think things through and don't doubt anyone	Let us have a voice in what happens to us
Tell the young person what is happening not just the parents	Listening to the young people. But most importantly is understanding mental health and how differently it can affect some people. EDUCATE YOURSELVES!!	Making sure they are taken care of after leaving and are still getting the right treatment and support. They aren't left alone.
Camhs is terrible	Make sure there's a good enough support plan in place that covers all areas of individual's difficulties. Because people can have multiple	Ensure that support is given from a service for as long as needed after leaving hospital. Have understanding staff who work well

	difficulties which can cause things to slide and be forgotten about.	with young people, especially those that have been in hospital.
Groups should be created to support young people	Don't leave cases on the table, take notice and care for every case	I feel like if services communicated next steps and followed similar plans I'd feel better about this
Lack of communication between the doctors/nurses and me/my family was very frustrating at times	Listen to what they have to say rather than telling them how they feel	Listen to what they have to say and offer more forms of support such as art therapy or alternative support schemes



A more detailed report on the findings of the focus groups and the recommendations made by Young People has also been produced and should be read in conjunction with this summary of the Findings of the initial survey.