

Results appendix

In autumn 2015 we undertook three distinct surveys:-

- An on-line questionnaire via SurveyMonkey aimed at CAMHS users, their carers and any other young people under 25
- Group surveys of pupils in two secondary schools (including one Welsh medium)
- Group surveys of adult user and carer groups with experience of mental health services

The findings

The table below shows the responses we had for different parts of the consultation:

| How | Demographic | Total |
|----------------------|--------------------------------|-------|
| On-line SurveyMonkey | CAMHS users (or former) | 54 |
| | Carers of CAMHS users | 116 |
| | Other young people under 25 | 76 |
| Group discussions | Pupils in schools | 191 |
| | Adult service users and carers | 80 |
| | | 517 |

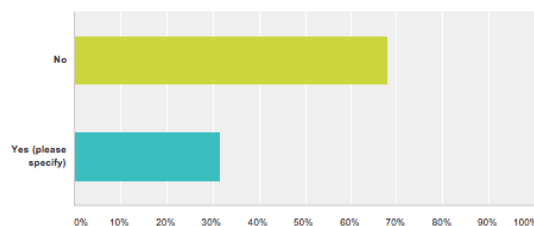
CAMHS users (or former)

1. How would you describe your gender?

- 87.5 percent said male
- 12.5 percent said female

2. Do you consider yourself to have a disability?

- 68 percent said yes
- 32 percent said no



3. How would you describe your ethnicity?

- 93 percent said White British

4. If you have been diagnosed with a mental illness, please tell us what the diagnosis is:

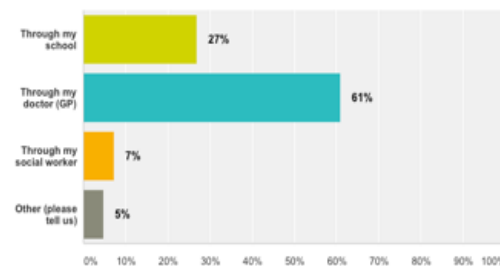
- 68 percent were diagnosed with depression and/or anxiety
- 32 percent were diagnosed with an eating disorder, and/or body dysmorphia

5. How old were you when you first got involved with CAMHS?

- 60 percent said aged 13-15

6. Did you ask to be referred to CAMHS? If not, who did?

- 77 percent had others ask for the referral to CAMHS
- 23 percent asked to be referred to CAMHS



7. How did you first get involved with CAMHS? Who referred you?

- 27 percent through school
- 61 percent through GP
- 12 percent through other

8. What CAMHS service did you receive?



- 45 percent said counselling and therapy
- 20 percent said CBT
- 10 percent said DBT

9. *How would you rate your experience of CAMHS?*

- 72 percent had a negative experience of CAMHS
- 75 percent said the service was slow to respond
- 32.5 percent said the service kept them safe
- 40 percent agreed that the service they received helped them get better and move on
- 75 percent rated the service as friendly and approachable

10. *What were the positive aspects of CAMHS?*

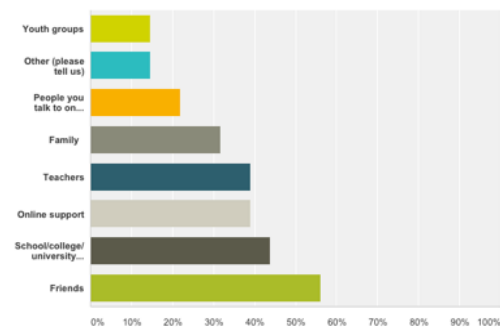
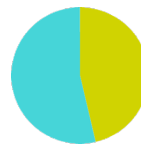
- 29 percent said getting to talk to someone

11. *What were the negative aspects of CAMHS?*

- Waiting times
- Missing school
- Having to travel to get support

12. *Who would you have preferred to turn to?*

- 56 percent said friends
- 44 percent said school, college, and university counselling services
- 39 percent said teachers
- 39 percent said on-line support
- 32 percent said family



13. *Are you using adult services?*

- 46 percent still using adult services

14. *What's most important to improve the transition?*

- 38 percent said flexibility over the age CAMHS users transition to adult services

Carers of CAMHS users

1. *How old was the person you care for when the first got involved with CAMHS?*

- 51 percent aged 13-16

2. *What is the gender of the person you care for?*

- 59 percent female
- 41 percent male

3. *What is the ethnicity of the person you care for?*

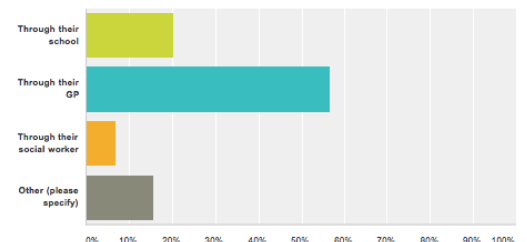
- 98 percent said white British

4. *Who referred the person you care for to CAMHS?*

- 57 percent referred through GP
- 20 percent referred through school
- 7 percent referred through social worker

5. *What services did they access?*

- 25 percent counseling and therapy
- 11 percent CBT



6. *Please rank these statements in order of their importance to improve CAMHS:*

- Access to talking therapies
- Improve response times for initial assessment
- More support and information for carers
- More face-to-face time
- Improve response times in crisis or problem
- More use of technology and social media

7. *Rate the person you care for's experience of CAMHS:*

- 75 percent had a negative experience of CAMHS
- 80 percent said the response time was poor

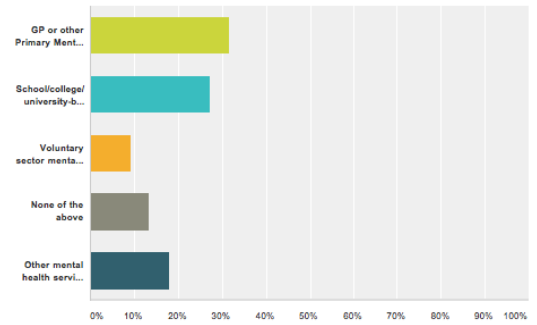
- 75 percent said the service didn't keep them safe
- 87 percent said CAMHS didn't value their opinion or keep them informed
- 35 percent said the service helped the person they care for get better and move on
- 66 percent said the service was friendly and approachable

8. What were the positive aspects of CAMHS?

- 35 percent said finally getting support

9. Has the person they care for used any other services?

- 32 percent GP/primary mental health services
- 27 percent School/college/university counseling services
- 9 percent voluntary sector mental health services



Other young people under 25

1. Please describe your gender:

- 32 percent said male
- 66 percent said female
- 2 percent said other

2. Please describe your ethnicity:

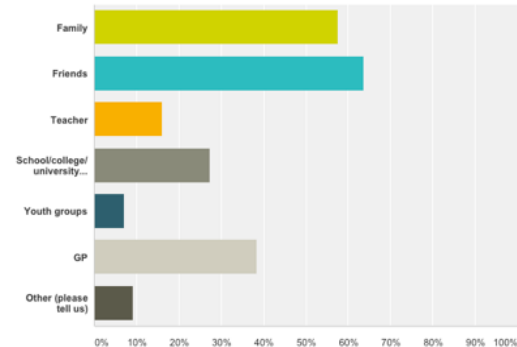
- 95 percent said white British

3. Do you know anyone who has used CAMHS?

- 30 percent know a CAMHS user

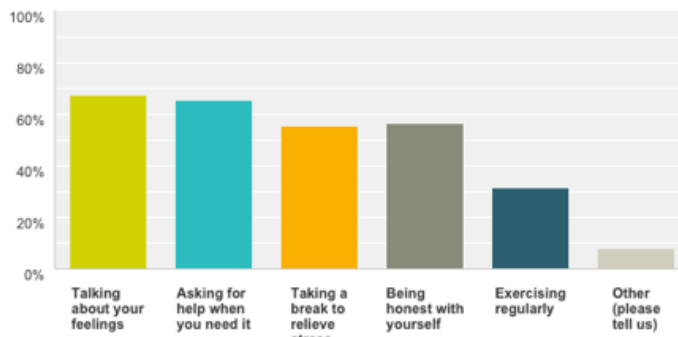
4. Who would you go to first if you started experiencing problems with your mental health?

- 64 percent said Friends
- 58 percent said Family
- 38 percent said GP
- 27 percent said a school, college and university counseling service
- 16 percent said teachers



5. What is most important to maintain mental health?

- 68 percent said talking about feelings
- 66 percent said asking for help when you need it



Groups of pupils in schools

- 46 percent were male
- 54 percent were female
- 7 percent were from BME backgrounds

1. What is most important to help us maintain our mental health?

- All eight groups said speaking to friends and/or family is



most important to maintain our mental health

2. Who would you first turn to if they started experiencing problems with their mental health?

- Five out of eight groups said they would first turn to friends and/or family

3. What is most important to improve services?

- Five out of eight groups said educating people through schools is most important to improve services

Groups of adult users and carers

- 56 percent were male
- 37 percent were female
- 0 were from BME backgrounds

1. Out of 10, what would you score CAMHS?

- 5 out of 10

2. Out of 10, what would you score adult mental health services?

- 7 out of 10

3. How would you improve services for children and young people?

- Nine out of 17 groups said there needs to be increased awareness specifically aimed at children and young people
- Eight out of 17 groups recognised that specialist arrangements need to be made for the transition to adult services