**OVERALL SUMMARY FOR CAMHS IN NHS GRAMPIAN**

Mental health prescriptions have increased substantially, while the population treated in secondary care has remained the same size.

During primary school years, the patient population is predominantly boys treated for ADHD. During secondary school years, it becomes predominantly girls treated for depression.

In the past five years, as needs have risen, secondary care has shifted to older patients and girls – referring fewer and rejecting more boys and young children.

Mental healthcare needs are strongly linked with socioeconomic deprivation. In deprived areas, both prescriptions and referrals are much higher, and children are referred for care earlier.

**PRESCRIBING OF DRUGS FOR MENTAL HEALTH CONDITIONS IN NHS GRAMPIAN**

STUDY DESIGN

Across all of NHS Grampian

From January 2012 – May 2021

For all children and young people aged 0 – 24

All prescriptions (filled outside of hospitals) for the following drugs:

Hypnotics & Anxiolytics

Drugs used in psychoses and related disorders

Antidepressant drugs

CNS Stimulants and drugs used for ADHD

Drugs used in substance dependence

SUMMARY OF RESULTS

**Total** **prescriptions per month have doubled**

From 3,400 to 7,000

While population size has decreased 5%

**Proportion of the population with a prescription has increased**

From 4.7% to 6.4% (2019)

**The drug prescribed to the most people was sertraline (Zoloft – for depression)**

12,000 people

**The drug with the most prescriptions was methylphenidate (Ritalin – for ADHD)**

113,000 prescriptions

**Most prescriptions are for young adults**

55% of prescriptions were for those age 19 - 24

45% of prescriptions were for those age 0 - 18

**Drugs prescribed changed as children grow**

Young children are prescribed mostly drugs to treat ADHD

Young adults are prescribed mostly drugs to treat depression

**Young boys** **are much more likely to have a prescription than young girls**

75% of prescriptions to primary schoolers are to boys

Primarily for ADHD

**Older girls are much more likely to have a prescription than older boys**

65% of prescriptions to young adults are to girls

Primarily for depression

**Children in deprived areas had more than double the prescribing rate**

Those in the most deprived areas had 62 prescriptions per 100 people per year

Those in the least deprived areas had 26 prescriptions per 100 people per year

**REFERRALS TO SECONDARY CARE FOR MENTAL HEALTH CONDITIONS IN NHS GRAMPIAN**

STUDY DESIGN

Across all of NHS Grampian

From January 2015 – October 2021

For all children aged 0 – 17

All referrals to CAMHS Service secondary care, including rejected referrals

SUMMARY OF RESULTS

**The treated patient population was the same size across five years**

CAMHS accepted referrals for 2,400 people per year

**Young boys are referred much more often than young girls**

Twice as many boys as girls are referred in early primary school

**Referrals for girls spike in secondary school**

Between ages 11 and 15, referrals for girls triple

**Children from more deprived areas are referred much more often**

The most deprived areas have about double the referral rate of the least deprived

**Children from deprived areas are referred younger**

Those from the most deprived areas are first referred more than a year earlier

**Total referrals have risen 20% since the pandemic**

From about 255 to 305 per month

**Rise in referrals is due entirely to many more referrals for older girls**

Secondary school girls’ referrals have risen from 1,000 to 1,500/year

**Rejections have risen 70%**

In 2018, 18% of referrals were rejected

In 2021, 31% of referrals were rejected

**Most referrals for children under age 8 are now rejected**

75% of referrals for those under 5 are rejected

50% of those for children from age 5 to 7 are rejected

**Boys’ referrals now have a much higher rejection rate**

40% of boys’ referrals are rejected in 2021

25% of girls’ referrals are rejected in 2021

**There is a strong trend to treat older children**

Since 2015, referral rates have plummeted and rejection rates have spiked for the youngest children

The mean age of those treated has risen from 11 to 13 years old

**There is a strong trend to treat more girls**

Since 2015, referral rates have dropped and rejection rates have risen for boys

65% of accepted referrals are now for girls

**Treatment rates are 60% higher in children from deprived areas**

Those in the most deprived areas have 2 accepted referrals per 100 people per year

Those in the least deprived areas have 1.25 accepted referrals per 100 people per year