

West London NHS Trust
1, Armstrong Way
Southall
UB2 4SD

04 February 2021

Open Letter Inviting Your Input on Young Adults' Mental Health

Dear Local Partner,

We would like to invite your input on a new piece of work that we'll be doing to develop a novel model of care for young adults (16-25 year olds). With your valuable insights and experience, we hope to start developing a model that will engage as many young people as possible and address their mental health needs.

In January 2019, NHS England published the NHS Long Term Plan, setting out a ten-year vision for health services across England. The Plan makes a renewed commitment to improve and widen access to care for children and adults who need mental health support, and will deliver the fastest expansion in mental health services in the NHS's history. Among other priorities, the plan seeks to develop a new model of care by creating a comprehensive offer for 0-25 year olds reaching across mental health services for children, young people and adults.

Building on the vision in the NHS Long Term Plan and as part of the 0-25s agenda, an important piece of work is just starting at West London NHS Trust (WLT) that will focus on the design of a new and innovative mental health offer for young adults aged 16-25 in the boroughs of Ealing, Hammersmith & Fulham, and Hounslow. The model will look to reduce gaps in service provision, address unmet needs for this age group, and ensure smooth transitions for children and young people into adult services.

We have a unique opportunity to invite input from the expertise and experience of our local partners as we launch this new work in developing a leading model to improve outcomes for the 16-25 population. We would therefore love to hear your views in response to the following questions:

- What are your top three priorities for meeting the mental health needs of young people aged 16-25 in Ealing, Hammersmith & Fulham, and Hounslow?
- What gaps in service provision for 16-25 year olds currently exist, and how do you think these could be addressed?
- Which subgroups of 16-25 year olds are particularly overlooked in terms of their mental health needs, and what steps do we need to take to make sure they receive the care that they need?

- Which subgroups of 16-25 year olds are most likely to fall through the gaps in existing services for this age range, and what steps do we need to take to make sure they receive the care that they need?
- What training or up-skilling for our existing staff is needed to achieve progress towards your answers to the questions above and improve mental health outcomes for 16-25 year olds?
- Are there examples of innovative/excellent practice (in mental health care or that could be applied from other areas) that you think could be applied locally to enhance the quality of care that young people aged 16-25 receive for their mental health? Are there practices that could reduce costs and/or improve efficiency of delivery?

We would be delighted to hear from you, your organisation and your networks on the matter of how we should address these serious challenges. Wherever possible, we would also be grateful if you could collate answers to these questions from your colleague / clinicians / service user groups.

We are inviting a written submission of 1,500 words or less in response to any, or all, of the questions above by 12th March 2021. Please send your responses to the NW London Mental Health, Learning Disabilities, and Autism Programme at nwlccgs.mhlda@nhs.net. If you have any questions, or any other information that you would like to share, then please do contact us via this email address.

Thank you

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Dr Julia Renton
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