



# Child and Adolescent Mental Health Services in Scotland: Waiting Times

Quarter ending 31 December 2019

03 March 2020

## This is a National Statistics Publication



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### Introduction

It has been estimated that 10% of children and young people have a clinically diagnosable mental health problem<sup>1</sup> and 20% of adolescents may experience a mental health problem in any given year<sup>2</sup>. The majority of adult mental health problems begin in childhood with 50% of mental health problems established by age 14<sup>3</sup>, therefore timely access to Child and Adolescent Mental Health Services (CAMHS) is extremely important.

The main function of CAMHS is to develop and deliver services for those children and young people (and their parents/carers) who are experiencing mental health problems. They also have an important role in supporting the mental health capability of the wider network of children's services. CAMHS are usually delivered by multi-disciplinary teams including psychiatrists, psychologists, nurses, social workers, child and adolescent therapists and others (see the [glossary](#) for definitions of each). Significant funding has been invested in CAMHS since 2009 for workforce and trainee expansion.

The Child and Adolescent Mental Health Services Waiting Times LDP Standard Definitions and Scenarios document was updated in May 2019 to reinforce clarity for Boards on the scope of the standard and how to interpret a wide range of scenarios. The revised guidance was issued to Boards and made available on the ISD website at

<https://www.isdscotland.org/Health-Topics/Waiting-Times/Child-and-Adolescent-Mental-Health/docs/CAMHS-Waiting-Times-Standard-Definitions-V1-3.pdf>

Further information on CAMHS can be found in the [background information](#).

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<sup>1</sup> [WHO 2003 Caring for children and adolescents with mental disorders](#)

<sup>2</sup> Green, H., McGinnity, A., Meltzer, Ford, T., Goodman, R. (2005) Mental Health of Children and Young People in Great Britain: 2004. Office for National Statistics.

<sup>3</sup>Kessler RC, Berglund P, Demler O, Jin R, Merikangas KR, Walters EE. (2005). Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry, 62 (6) pp. 593-602. doi:10.1001/archpsyc.62.6.593.

### This Publication

This publication presents Child and Adolescent Mental Health Services (CAMHS) waiting times information at 31 December 2019.

The Scottish Government set a standard for the NHS in Scotland to deliver a maximum wait of 18 weeks from a patient's referral to treatment for specialist CAMHS from December 2014. The Scottish Government determined that this standard should be met for at least 90% of patients.

### Waiting Times Data

All waiting times data is sourced from regional NHS Boards' monthly aggregated CAMHS waiting times submissions to ISD. Waiting times information has been published quarterly since August 2012. The information in this publication covers the period October 2019 to December 2019 with figures for at least the last four months for reference. Five quarters worth of data is included in the Excel data tables. Longer term trend data is available through Open Data. Waiting times figures are presented as whole numbers, percentages, or crude rates. There are differences in the measures used and collection methods of CAMHS waiting times statistics between NHS boards as well as differences in the way services are structured. Therefore, the reader needs to consult the notes in the publication if making comparisons between them. Please note guidance was reviewed and clarified with all Health Boards in April 2019. More information can be found in the [data quality document](#).

### Main Points

For Quarter Ending December 2019

- 3,884 children and young people started treatment at CAMHS in Scotland which is a 0.4% decrease from the previous quarter (3,901), and 14.1% decrease from the same quarter ending December 2018 (4,523).
- Over two thirds (66.4%) of children and young people were seen within 18 weeks, compared to 64.5% for the previous quarter and 72.8% for the quarter ending December 2018. The Scottish Government standard states that 90% of children and young people should start treatment within 18 weeks of referral to CAMHS.
- Half of the children and young people seen started their treatment within 11 weeks which is a decrease compared to the previous quarter (13 weeks) and the same as the same quarter the previous year.
- Across Scotland, more than one in nine patients (11.7%) referred to CAMHS did not attend their first appointment which is a decrease from the previous quarter (14.0%) but an increase from the same quarter ending December 2018 (9.7%).
- 9,196 children and young people were referred to CAMHS in Scotland compared to 7,464 for the previous quarter, and 9,604 for the quarter ending December 2018.

## Results and Commentary

### How long people waited to start their treatment (Patients Seen)

This section shows waiting times for patients who started their treatment during the period October to December 2019. The National Standard is that 90% of children and young people should start treatment within 18 weeks of referral.

During October to December 2019 (see Table 1a in the [background tables](#)):

- More than six out of ten (66.4%) children and young people were seen within 18 weeks, compared to 64.5% for the previous quarter and 72.8% for the quarter ending December 2018. Half of the children and young people seen started their treatment within 11 weeks.
- 3,884 children and young people started treatment at CAMHS in Scotland which is a decrease from the previous quarter (3,901) and from the same quarter ending December 2018 (4,523).

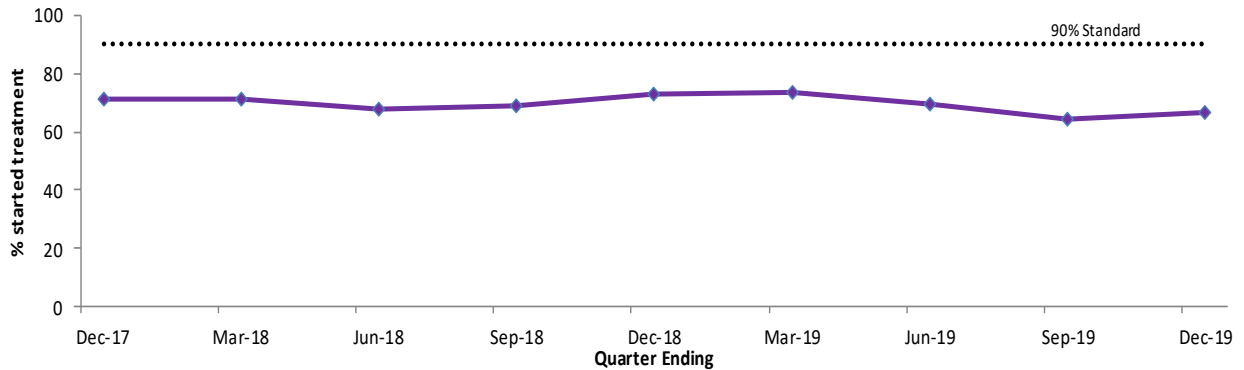
**Table 1: Waiting times for people who started their treatment between October 2018 and December 2019 by quarter, NHS Scotland.**

Quarter	Total People seen	With adjustments <sup>1</sup> , % seen within 18 weeks	Average (median) wait in weeks
Oct to Dec 2018 <sup>2</sup>	4,523	72.8%	11
Jan to Mar 2019 <sup>2</sup>	4,237	73.6%	12
April to Jun 2019 <sup>2,3,5</sup>	4,012	69.7%	12
July to Sep 2019 <sup>2,3,5</sup>	3,901	64.5%	13
Oct to Dec 2019 <sup>2,3,4,5</sup>	3,884	66.4%	11

Notes:

1. NHSScotland level data include unadjusted waits for NHS Boards where adjusted waits are not available. For details of adjustments see Table 2.
2. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
3. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
4. NHS Fife have excluded Autistic Spectrum Disorder (ASD) activity from November 2019, more information can be found in the data quality document.
5. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.

**Figure 1: Percentage of patients who started treatment for CAMHS within 18 weeks by quarter, NHSScotland.**



Notes:

- 1. NHSScotland level data include unadjusted waits for NHS Boards where adjusted waits are not available. For details of adjustments see Table 2.
- 2. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
- 3. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
- 4. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
- 5. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.

**Figure 1**, above, reflects the percentage of patients seen for CAMHS within 18 weeks by quarter over the last two years. The percentage of children and young people seen for quarter ending December 2017 was 71.1%. Performance then declined to 67.5% for quarter ending June 2018 and subsequently increased over the next three quarters to 73.6% for quarter ending March 2019. For the latest quarter the percentage of children and young people seen stays at 66.4%.



**Table 2: Waiting times (with adjustments<sup>1</sup>) for people who started their treatment from October to December 2019, by NHS Board of Treatment.**

NHS Board of Treatment	Total number of people seen	People seen within 18 weeks (%)	Average (median) wait (weeks)	Waiting time adjustments <sup>1</sup>
<b>NHS Scotland<sup>2</sup></b>	<b>3,884</b>	<b>66.4%</b>	<b>11</b>	<b>..</b>
NHS Ayrshire & Arran	297	89.9%	9	NA, U
NHS Borders	78	92.3%	12	NA, U, RO
NHS Dumfries & Galloway <sup>3</sup>	149	88.6%	8	NA, U, RO
NHS Fife <sup>4</sup>	395	66.1%	10	NA
NHS Forth Valley <sup>5</sup>	227	57.7%	18	NA, U
NHS Grampian	307	80.1%	13	Unadjusted
NHS Greater Glasgow & Clyde	652	68.9%	4	NA, U, RO
NHS Highland	218	75.2%	5	NA, U, RO
NHS Lanarkshire	471	57.8%	14	NA, U, RO
NHS Lothian	731	48.4%	20	NA, U, RO
NHS Tayside <sup>6</sup>	296	57.4%	9	NA, U, RO
NHS Island Boards <sup>7</sup>	63	93.7%	5	..

Notes:

.. Data not available, - Denotes Zero

1. Waiting time adjustments:

NA: Non Attendance. Waiting time may be reset if a person misses or rearranges an appointment.

U: Unavailability. Time a person is unavailable may be subtracted from the waiting time.

RO: Refuses Reasonable Offer. Waiting time may be reset if a person declines 2 or more dates.

2. NHSScotland level data include unadjusted waits for NHS Boards where adjusted waits are not available.

3. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.

4. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.

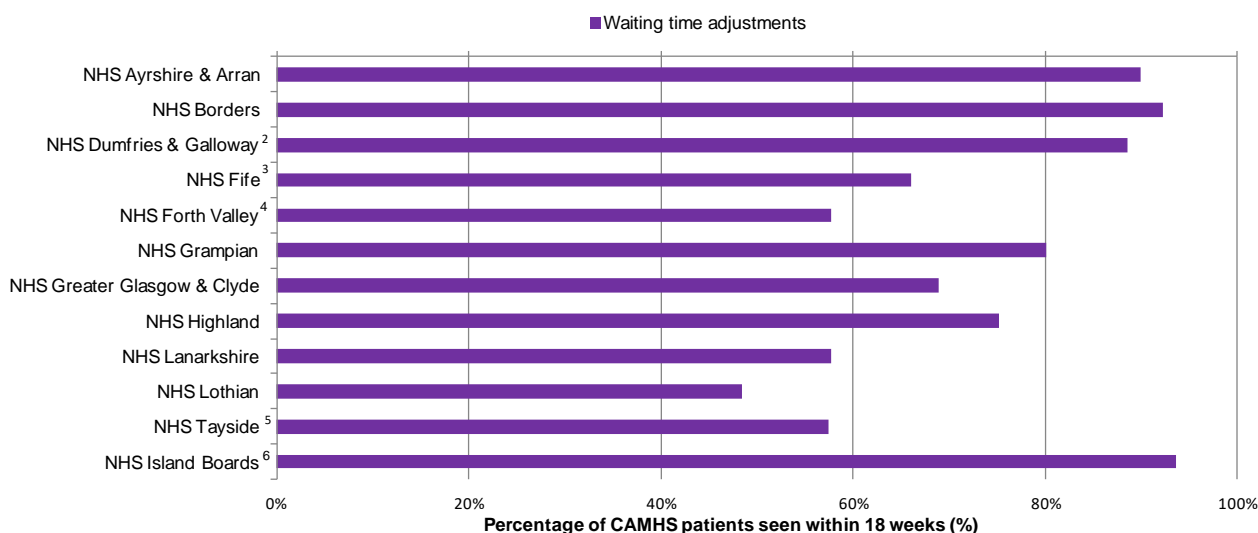
5. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.

6. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.

7. NHS Shetland, NHS Western Isles and NHS Orkney are combined to prevent disclosure.

In the quarter October to December 2019, at least 90% of children and young people were seen within the 18-week standard in the following NHS Boards: NHS Borders, NHS Orkney and NHS Western Isles.

**Figure 2: Percentage of people who started their treatment within 18 weeks, October to December 2019, by NHS Board of Treatment<sup>1</sup>.**



Notes:

1. Scotland level data include unadjusted waits for NHS Boards where adjusted waits are not available.
2. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
3. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
4. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
5. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.
6. NHS Shetland, NHS Western Isles and NHS Orkney are combined to prevent disclosure.

Information on data quality and data completeness at NHS Board level is available in the [data quality document](#).

## People waiting for treatment at the end of the quarter

This section presents a summary of waiting times information for CAMHS for children and young people who are waiting at the end of each quarter. This is a useful measure for managers of these services as it can help them take early action to prevent patient waits exceeding the standard. However, this measure does not show how long people actually wait before they received care (see Table 1b in the [background tables](#))

At the end of December 2019:

- 10,820 children and young people were waiting to start treatment at CAMH service in Scotland. This compares to 10,034 at the end of the previous quarter (September 2019) and 9,337 during the same period in 2018.

**Table 3** and **Figure 3** present the number of people waiting at the quarter end for the last five quarters in NHSScotland.

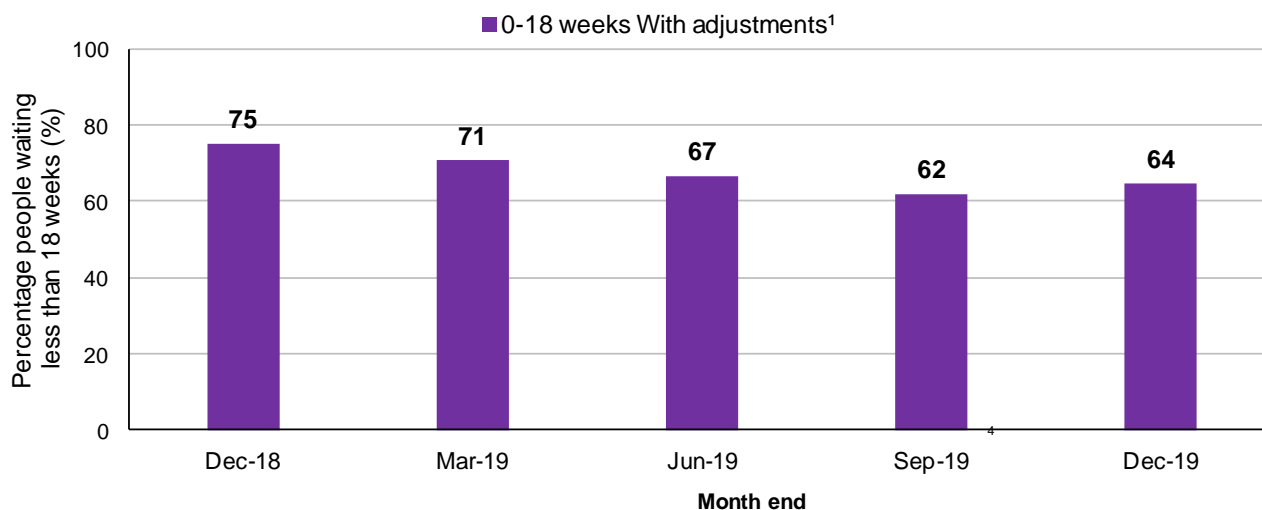
**Table 3: Waiting times for people waiting at quarter end in Scotland.**

Quarter End	Total People Waiting	With adjustments <sup>1</sup>
		Less than 18 weeks (%)
December 2018 <sup>2</sup>	9,337	74.9%
March 2019 <sup>2</sup>	10,609	70.6%
June 2019 <sup>2,3,5</sup>	10,445	66.5%
September 2019 <sup>2,3,5</sup>	10,034	61.9%
December 2019 <sup>2,3,4,5</sup>	10,820	64.5%

Notes:

1. Scotland level data include unadjusted waits for NHS Boards where adjusted waits are not available. For details of adjustments see Table 2.
2. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
3. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
4. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
5. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.

**Figure 3: Percentage of children and young people waiting less than 18 weeks at quarter end, NHS Scotland<sup>1,2,3,4,5</sup>, December 2018 to December 2019.**



Notes:

1. Scotland level data include unadjusted waits for NHS Boards where adjusted waits are not available. For details of adjustments see Table 2.
2. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
3. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
4. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
5. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.

Information by NHS Board is shown in **Table 4** and **Figures 4 and 5**. Further information by NHS Board and for the last five quarters can be found in Table 1b of the [background tables](#).

**Table 4: Waiting times (with adjustments<sup>1,2,3,4,5,6</sup>) for people waiting as at 31 December 2019 by NHS Board of Treatment.**

NHS Board of Treatment	Total number of people waiting	0- 18 weeks (%)	Waiting time adjustments <sup>1</sup>
NHS Scotland <sup>2,3,4,5</sup>	10,820	64.5%	-
NHS Ayrshire and Arran	227	93.8%	NA, U
NHS Borders	133	97.0%	NA, U, RO
NHS Dumfries & Galloway <sup>2</sup>	161	99.3%	NA, U, RO
NHS Fife <sup>3</sup>	510	63.5%	NA
NHS Forth Valley <sup>4</sup>	796	70.7%	NA, U
NHS Grampian	724	85.2%	Unadjusted
NHS Greater Glasgow & Clyde	3,749	62.4%	NA, U, RO
NHS Highland	494	54.9%	NA, U, RO
NHS Lanarkshire	972	77.6%	NA, U, RO
NHS Lothian <sup>5</sup>	2,601	48.8%	NA, U, RO
NHS Tayside	390	71.8%	NA, U, RO
NHS Island Boards <sup>6</sup>	63	90.5%	..

Notes:

.. Data not available

1. Scotland level data include unadjusted waits for NHS Boards where adjusted waits are not available. For details of adjustments see Table 2.
2. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
3. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
4. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
5. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.
6. NHS Shetland, NHS Western Isles and NHS Orkney are combined to prevent disclosure.

**Figure 4: Percentage of people waiting less than 18 weeks by NHS Board of Treatment, as at 31 December 2019<sup>1,2,3,4</sup>.**

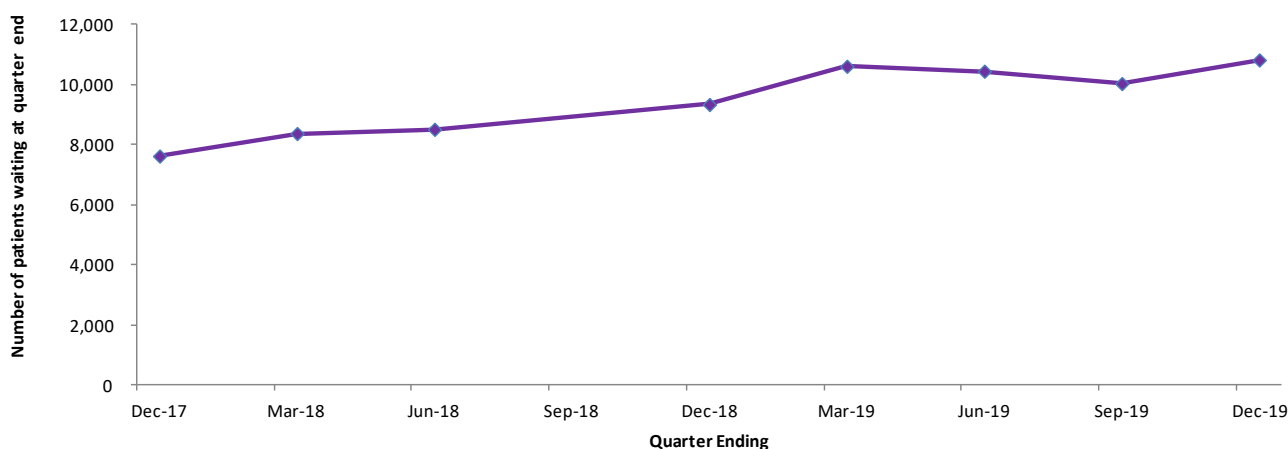


Notes:

1. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
2. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
3. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
4. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.
5. NHS Shetland, NHS Western Isles and NHS Orkney are combined to prevent disclosure.

**Figure 5** reflects the number of patients waiting at the end of each quarter since December 2017. It shows that from a low of 7,620 children and young people waiting at quarter ending December 2017 the number has increased to a high of 10,820 at the end of the current quarter.

**Figure 5: Number of patients waiting for CAMHS quarter ending (December 2017 to December 2019), NHSScotland<sup>1,2,3,4</sup>.**



Notes:

1. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
2. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
3. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
4. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.

### Number of people referred to CAMH Service

This section has information on how many children and young people are referred to CAMHS. Waiting lists can build up where demand for services exceeds the capacity of that service, so the number of referrals is a key measure for managing waiting times.

It is not possible to give a national direct comparison of referral rates across NHS Boards as CAMHS vary in the age of population served. Some areas provide services for all those under 18, while others offer services to those over 16 if they are in full time education. The 'referrals per 1,000 people under 18' gives an indication of the relative differences in demand.

A rejected referral is where the request is deemed as not appropriate and the individual may be referred back to their GP or sign-posted to another service.

We are aware that the term 'rejected' is emotive and distressing. The term 'redirected' is the preferred alternative term however there is lack of evidence that referrals are genuinely being 'redirected'. Until such time that a system is created that minimises inappropriate referrals and ensures that those which do occur are demonstrably redirected, only at this point should a change in language be considered.

During the period October to December 2019

- 9,196 children and young people were referred to CAMHS in Scotland compared to 7,464 for the previous quarter and 9,604 for the quarter ending December 2018.
- Across Scotland, more than one in nine patients (11.7%) referred to CAMHS did not attend their first appointment which is a decrease from the previous quarter (14.0%) and an increase from the same quarter ending December 2018 (9.7%).

**Table 5** provides information on referrals to CAMHS by NHS Board of treatment for the quarter October to December 2019, presenting the number and rate per 1,000 people under age 18. It can be seen that five NHS Boards (NHS Ayrshire and Arran, NHS Dumfries & Galloway, NHS Greater Glasgow & Clyde, NHS Highland and NHS Lothian) have a higher rate of referral than the Scotland rate when looking at all referrals.

**Table 5: Referrals to CAMHS by NHS Board of Treatment, October to December 2019<sup>1,2,3,4,5</sup>**

NHS Board of Treatment	All referrals		Referrals excluding rejected referrals	
	Number of referrals	Referrals per 1,000 people under 18	Number of referrals	Referrals per 1,000 people under 18
<b>NHS Scotland</b>	<b>9,196</b>	<b>8.9</b>	<b>7,134</b>	<b>6.9</b>
NHS Ayrshire & Arran	622	9.0	338	4.9
NHS Borders	176	8.2	129	6.0
NHS Dumfries & Galloway <sup>1</sup>	401	15.2	316	12.0
NHS Fife <sup>2</sup>	611	8.5	537	7.4
NHS Forth Valley <sup>3</sup>	499	8.4	400	6.8
NHS Grampian	815	7.3	634	5.7
NHS Greater Glasgow & Clyde	2,173	9.9	1,937	8.8
NHS Highland <sup>4</sup>	536	9.1	442	7.5
NHS Lanarkshire	1,117	8.4	769	5.8
NHS Lothian	1,628	9.7	1,247	7.4
NHS Orkney	14	3.5	14	3.5
NHS Shetland	38	8.1	27	5.8
NHS Tayside <sup>5</sup>	527	6.9	308	4.7
NHS Western Isles	39	8.1	36	7.4

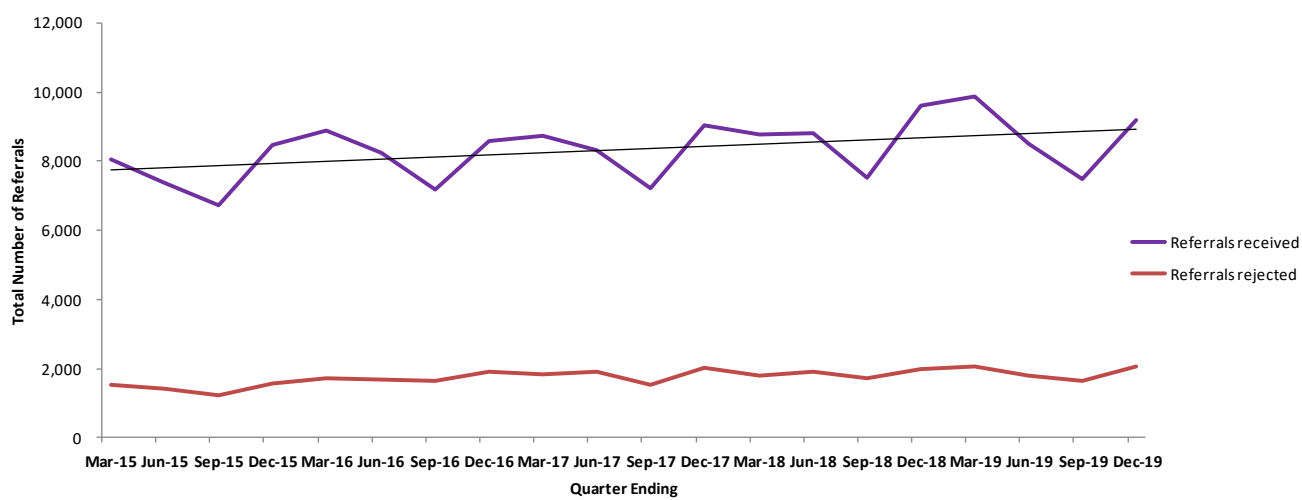
Notes:

- National Records Scotland [Mid Year Population](#) estimates for 2018 have been used to calculate referral rates.
  1. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
  2. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
  3. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
  4. NHS Highland have over reported rejected referrals by approx <10% for the current quarter.
  5. NHS Tayside CAMHS have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases. This will result in some variance from the data previously submitted, lower rates of referrals and some unreliability in the accepted vs rejected referral rates.



**Figure 6**, shows the trend in both referrals to and referrals rejected from CAMHS in NHSScotland from March 2015. The number of referrals continues to rise year on year from March 2015 with seasonal variation. Quarter ending March 2019 had the highest ever number of referrals to CAMHS (9,861). This rise in referrals correlates with the number of referrals that are rejected.

**Figure 6: Total number of Referrals and Referrals rejected by quarter, NHSScotland March 2015 - December 2019** <sup>1,2,3,4,5</sup>



Notes:

1. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
2. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
3. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
4. NHS Highland have over reported rejected referrals by approx <10% for the current quarter and have resubmitted referral data from January to September 2019.
5. NHS Tayside CAMHS have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases. This will result in some variance from the data previously submitted, lower rates of referrals and some unreliability in the accepted vs rejected referral rates.

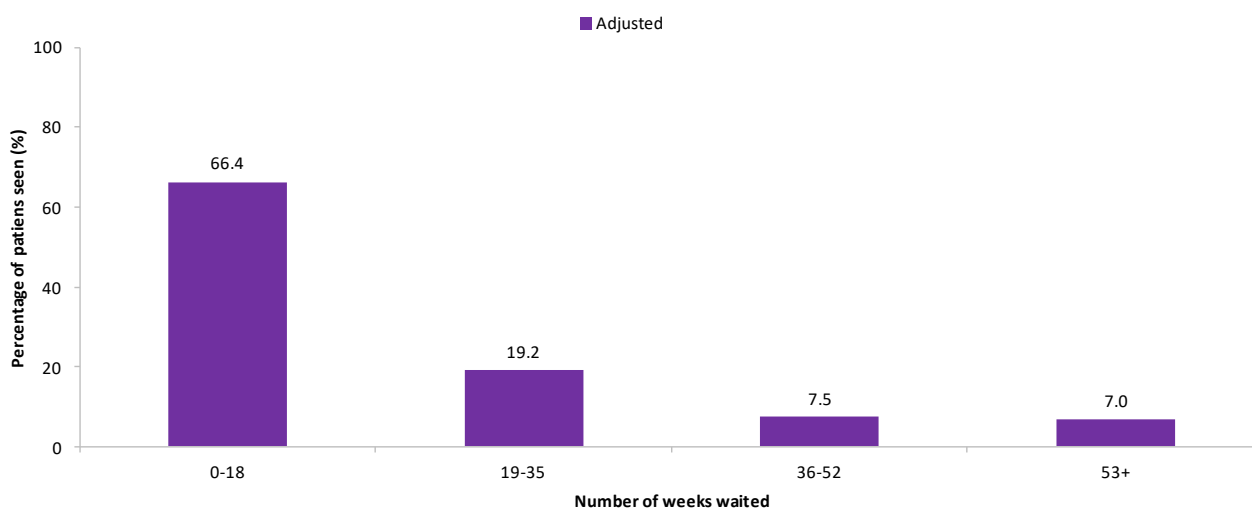
## Distribution of Waiting Times

**Figure 7** and **Table 6** presents distribution information for patients who started their treatment during the quarter October to December 2019. NHS Boards advise that that they do endeavour to see all patients within 18 weeks. However, in some circumstances out with their control this is not always possible.

**Figure 7** comprises of adjusted data and shows the percentage of patients in relation to the number of weeks waited for treatment.

The latest quarter shows 66.4% of the patients with completed waits started treatment within 18 weeks.

**Figure 7: NHS Scotland<sup>1,2,3,4,5</sup>: Distribution of completed waits (with adjustments<sup>1</sup>) during the quarter October to December 2019.**



**Notes:**

1. Scotland level data include unadjusted waits for NHS Boards where adjusted waits are not available, for details of adjustments see Table 2.
2. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
3. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
4. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
5. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.

**Table 6** shows the percentage of patients with adjusted waits in wait time bands by NHS Board.

**Table 6: Distribution of wait (adjusted<sup>1,2,3,4,5,6,7</sup>) for people who started their treatment in October to December 2019, by NHS Board of Treatment.**

NHS Board of Treatment	Wait time band (adjusted wait)			
	0-18 weeks (%) <sup>2</sup>	19-35 weeks (%) <sup>2</sup>	36-52 weeks (%) <sup>2</sup>	53+ weeks (%) <sup>2</sup>
NHS Scotland <sup>1</sup>	66.4	19.2	7.5	7.0
NHS Ayrshire & Arran	89.9	8.8	1.4	-
NHS Borders	92.3	7.7	-	-
NHS Dumfries & Galloway <sup>3</sup>	88.6	9.4	2.0	-
NHS Fife <sup>4</sup>	66.1	12.7	9.6	11.7
NHS Forth Valley <sup>5</sup>	57.7	42.3	-	-
NHS Grampian	80.1	17.6	2.0	0.3
NHS Greater Glasgow & Clyde	68.9	19.5	9.2	2.5
NHS Highland	75.2	13.8	7.8	3.2
NHS Lanarkshire	57.8	31.2	10.6	0.4
NHS Lothian	48.4	17.8	6.6	27.2
NHS Tayside <sup>6</sup>	57.4	21.3	21.0	0.3
NHS Island Boards <sup>7</sup>	93.7	3.2	3.2	-

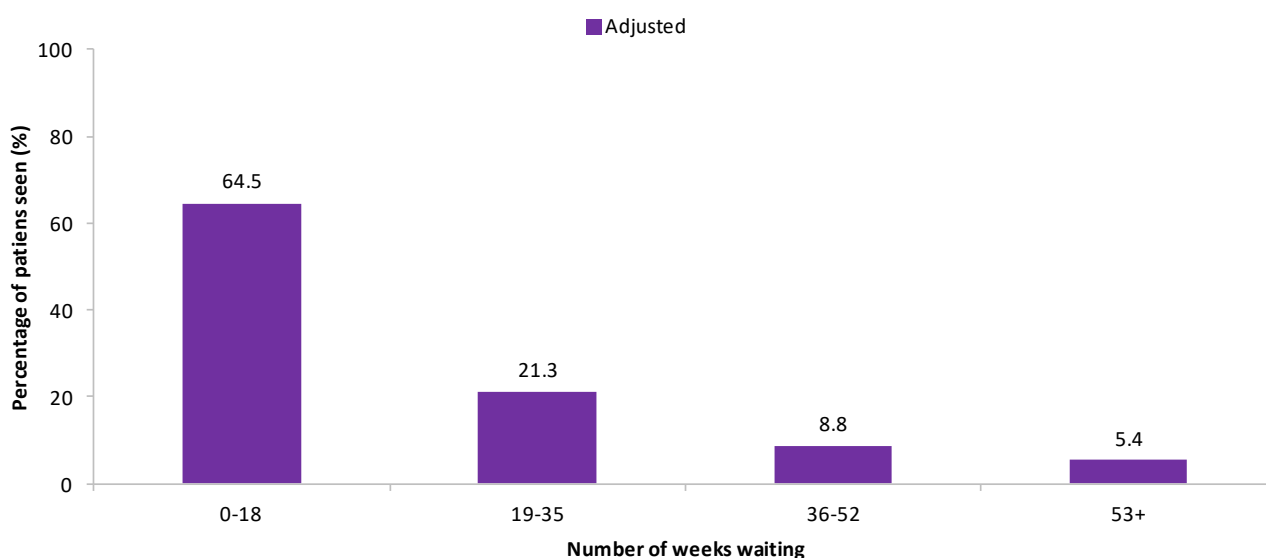
Notes:

'-'denotes zero

1. Scotland level data include unadjusted waits for NHS Boards where adjusted waits are not available, for details of adjustments see Table 2.
2. Due to rounding totals might not add up to 100.
3. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
4. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
5. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
6. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.
7. NHS Shetland, NHS Western Isles and NHS Orkney are combined to prevent disclosure.

**Figure 8** and **Table 7** present distribution information for patients who are waiting to start their treatment as at the end of December 2019. **Figure 8** incorporates adjusted data and shows the percentage of patients in relation to the number of weeks they have been waiting for treatment.

**Figure 8: NHSScotland<sup>1,2,3,4,5</sup>: Distribution of patients waiting for treatment (with adjustments) at quarter end December 2019.**



Notes:

1. Scotland level data include unadjusted waits for NHS Boards where adjusted waits are not available, for details of adjustments see Table 2.
2. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
3. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
4. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
5. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.

**Table 7** is adjusted data and shows the percentage of patients in wait time bands by NHS Board.

**Table 7: Distribution of wait (adjusted<sup>1</sup>) for people waiting as at 31 December 2019, by NHS Board of Treatment.**

NHS Board of Treatment	Wait time band (adjusted wait <sup>1</sup> )			
	0-18 weeks (%) <sup>2</sup>	19-35 weeks (%) <sup>2</sup>	36-52 weeks (%) <sup>2</sup>	53+ weeks (%) <sup>2</sup>
NHS Scotland <sup>1</sup>	64.5	21.3	8.8	5.4
NHS Ayrshire & Arran	93.8	2.6	2.6	0.9
NHS Borders	97.0	3.0	-	-
NHS Dumfries & Galloway <sup>3</sup>	99.4	-	0.6	-
NHS Fife <sup>4</sup>	63.5	19.6	10.8	6.1
NHS Forth Valley <sup>5</sup>	70.7	28.5	0.6	0.1
NHS Grampian	85.2	9.9	3.6	1.2
NHS Greater Glasgow & Clyde	62.4	26.9	9.3	1.4
NHS Highland	54.9	23.1	15.2	6.9
NHS Lanarkshire	77.6	19.1	3.2	0.1
NHS Lothian	48.8	18.9	14.8	17.5
NHS Tayside <sup>6</sup>	71.8	24.4	3.1	0.8
NHS Island Boards <sup>7</sup>	90.5	1.6	7.9	-

Notes:

<sup>1</sup> '-' denotes zero

1. Scotland level data include unadjusted waits for NHS Boards where adjusted waits are not available, for details of adjustments see Table 2.
2. Due to rounding totals might not add up to 100.
3. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
4. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
5. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
6. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.
7. NHS Shetland, NHS Western Isles and NHS Orkney are combined to prevent disclosure.

## Non-attendances for CAMHS

Table 8 shows the percentage of children and young people who did not attend (DNA) their first treatment appointment for CAMHS. There are many contributing factors to non-attendance such as holidays and personal family issues.

During the quarter October to December 2019, 11.7% of children and young people did not attend their first appointment.

**Table 8: Non-attendance for CAMHS by NHS Board of Treatment, October to December 2019.**

NHS Board of Treatment	Number of first contact appointments	Number of DNAs	Total of first contact appointments and DNAs	Percentage of DNAs for first contact appointments
<b>NHS Scotland</b>	<b>4,686</b>	<b>619</b>	<b>5,305</b>	<b>11.7%</b>
NHS Ayrshire & Arran	306	53	359	14.8%
NHS Borders	107	5	112	4.5%
NHS Dumfries & Galloway <sup>1</sup>	253	19	272	7.0%
NHS Fife <sup>2</sup>	598	75	673	11.1%
NHS Forth Valley <sup>3</sup>	308	60	368	16.3%
NHS Grampian <sup>4</sup>	..	..	..	..
NHS Greater Glasgow & Clyde	1,036	162	1,198	13.5%
NHS Highland	281	29	310	9.4%
NHS Lanarkshire	521	56	577	9.7%
NHS Lothian	919	116	1,035	11.2%
NHS Tayside <sup>5</sup>	296	31	327	9.5%
NHS Island Boards <sup>6</sup>	61	13	74	17.6%

### Notes

DNA – Did not attend

.. Data not available

1. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
2. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
3. Due to a systems change to TrakCare, NHS Forth Valley are not confident about the accuracy of their reported data from April 2019.
4. NHS Grampian is unable to provide data at present.
5. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.
6. NHS Shetland, NHS Western Isles and NHS Orkney are combined to prevent disclosure.

## Current Open Cases

Table 9 shows the total number of children and young people currently being treated by CAMHS in each NHS Board by month.

As at the end of December 2019 there were 30,431 open cases at NHSScotland, this is a decrease compared to November 2019 (30,744). Please see the [data quality section](#) for further information.

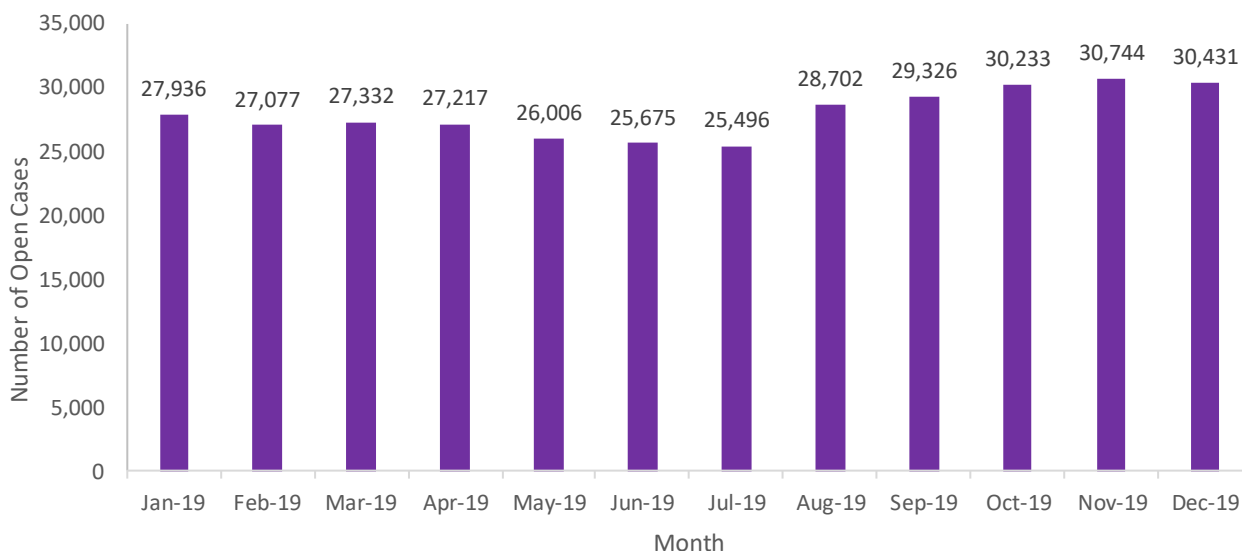
**Table 9: Current Open Cases by NHS Board**

NHS Board of Treatment	October 2019	November 2019	December 2019
<b>NHS Scotland</b>	<b>30,233</b>	<b>30,744</b>	<b>30,431</b>
NHS Ayrshire & Arran	3,097	3,095	3,091
NHS Borders	898	833	833
NHS Dumfries & Galloway <sup>1</sup>	1,003	1,004	1,005
NHS Fife <sup>2</sup>	1,590	1,620	1,703
NHS Forth Valley <sup>3</sup>	3,297	3,498	3,735
NHS Grampian	3,317	3,437	3,479
NHS Greater Glasgow & Clyde	7,251	7,652	7,673
NHS Highland	1,197	1,263	1,236
NHS Lanarkshire <sup>4</sup>	2,392	2,089	1,513
NHS Lothian	4,236	4,333	4,375
NHS Orkney	30	48	59
NHS Shetland	138	142	144
NHS Tayside <sup>5</sup>	1,687	1,633	1,490
NHS Western Isles	100	97	95

### Notes

1. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
2. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
3. NHS Forth Valley are currently unable to accurately report on open cases due to a recent migration to Trakcare.
4. NHS Lanarkshire are currently unable to submit on their open cases data, In the meantime information on monthly attendances are provided.
5. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.

Figure 9: Number of Open Cases NHSScotland, January 2019 – December 2019



Notes

1. NHS Borders started reporting on open cases in August 2019.
2. NHS Dumfries and Galloway do not include Child Psychology Service data due to system issues.
3. NHS Fife have excluded ASD activity from November 2019, more information can be found in the data quality document.
4. NHS Forth Valley are currently unable to accurately report on open cases due to a recent migration to Trakcare.
5. NHS Lanarkshire are currently unable to submit on their open cases data, In the meantime information on monthly attendances are provided
6. NHS Tayside have resubmitted data from January to September 2019.
7. NHS Tayside CAMHS from April 2019 have altered the reporting on neurodevelopmental cases, differentiating these from the (mental health) CAMHS cases.



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### Further Information

Further Information can be found on the [ISD website](#).

For more information on Waiting times for Psychological Therapies see the [Psychological Therapies](#) section of our website.

CAMHS Psychology workforce information is available at the following link: <https://www.isdscotland.org/Health-Topics/Workforce/NES-Publication/>. Previously published information can still be accessed via the ISD Mental Health publication [page](#),

For related topics, please see the [Mental Health](#) pages.

### Open data

Data from this publication is available to download from the [NHSScotland Open Data platform](#).

### Rate this publication

Please [provide feedback](#) on this publication to help us improve our services.

## Appendix 1 – Publication Metadata

Metadata Indicator	Description
<b>Publication title</b>	Child and Adolescent Mental Health Services in Scotland: Waiting Times <a href="http://www.isdscotland.org/Health-Topics/Mental-Health/Child-and-Adolescent-Mental-Health/">http://www.isdscotland.org/Health-Topics/Mental-Health/Child-and-Adolescent-Mental-Health/</a>
<b>Description</b>	Quarterly summary of waiting times for Child and Adolescent Mental Health Services
<b>Theme</b>	Health and Social Care
<b>Topic</b>	Mental Health
<b>Format</b>	Excel workbooks
<b>Data source(s)</b>	Aggregate counts accredited and derived from individual NHS Scotland Boards are submitted monthly to ISD using a defined Excel template.
<b>Date that data are acquired</b>	Deadline for data submission is the 24th of each month, though files can be resubmitted up to 3 weeks before publication where the quality assurance process identifies differences with local figures.
<b>Release date</b>	03 March 2020
<b>Frequency</b>	Quarterly
<b>Timeframe of data and timeliness</b>	Data for the last five quarters are included.
<b>Continuity of data</b>	Information has been collected nationally since January 2010 with a revised dataset introduced in April 2012.
<b>Revisions statement</b>	<b>Previously published waiting times are revised at each publication to reflect the latest available data submitted to ISD by the NHS Boards.</b>
<b>Revisions relevant to this publication</b>	All revisions below relate to CAMHS waiting times data: NHS Highland have resubmitted referral data from January to September 2019 and NHS Tayside have resubmitted caseload data from January to September 2019, the relevant changes to the previous publication are reported below.

### Referrals

NHS Board	Previously Published Mar-JunMar 2019				Previously Published Apr-Jun 2019				Previously Published Jul-Sep 2019			
	Total Number	per 1,000 people under 18	No of referrals excluding rejected	per 1,000 people under 18	Total Number	per 1,000 people under 18	No of referrals excluding rejected	per 1,000 people under 18	Total Number	per 1,000 people under 18	No of referrals excluding rejected	per 1,000 people under 18
NHS Scotland	9,748	9.5	7,682	7.5	8,382	8.1	6,602	6.4	7,379	7.2	5,760	5.6
NHS Highland	320	5.4	176	3.0	264	4.5	144	2.4	346	5.8	279	4.7

	Revised Figures Jan- Mar 2019				Revised Figures Apr- Jun 2019				Revised Figures Jul- Sep 2019			
	Total Number	per 1,000 people under 18	No of referrals excluding rejected	per 1,000 people under 18	Total Number	per 1,000 people under 18	No of referrals excluding rejected	per 1,000 people under 18	Total Number	per 1,000 people under 18	No of referrals excluding rejected	per 1,000 people under 18
NHS Scotland	9,861	9.6	7,799	7.6	8,520	8.3	6,737	6.5	7,464	7.3	5,806	5.6
NHS Highland	433	7.3	293	5.0	402	6.8	279	4.7	431	7.3	325	5.5

	Difference				Difference				Difference			
	Total Number	per 1,000 people under 18	% 0-18 weeks	per 1,000 people under 18	Total Number	per 1,000 people under 18	% 0-18 weeks	per 1,000 people under 18	Total Number	per 1,000 people under 18	% 0-18 weeks	per 1,000 people under 18
NHS Scotland	+113	+0.1	+117	+0.1	+138	+0.2	+135	+0.1	+85	+0.1	+46	=
NHS Highland	+113	+1.9	+117	+2.0	+138	+2.3	+135	+2.3	+85	+1.5	+46	+0.8

**Current Open Cases**

	Previously Published	Revised Figures	Difference	Previously Published	Revised Figures	Difference	Previously Published	Revised Figures	Difference
	Mar 2019	Mar 2019		Jun 2019	Jun 2019		Sep 2019	Sep 2019	
NHS Scotland	80,159	82,345	+2,186	77,462	78,898	+1,436	81,162	83,524	+2,362
NHS Tayside	3,467	5,653	+2,186	3,662	5,098	+1,436	2,649	5,011	+2,362

**Concepts and definitions**

Definitions not contained in this report are available in the [Glossary](#).

**Relevance and key uses of the statistics**

Waiting times are important to patients and are a measure of how the NHS is responding to demands for services. Measuring and regular reporting of waiting times highlights where there are delays in the system and enables monitoring of the effectiveness of NHS performance throughout the country. The NHS in Scotland has been set a number of standards for maximum waiting times.

Other uses of the data include information requests for a variety of customers, e.g. research charities; public companies; Freedom of Information requests; information support to Boards; health intelligence work; parliamentary questions and SG set standards.

**Accuracy**

ISD only receives aggregate data from each NHS Board. Although aggregated data cannot be systematically validated by ISD, reported data are compared to previous figures and to expected trends. Derivation of the figures and data accuracy are matters for individual NHS Boards.

**Completeness**

100% of submitted data are used for analysis and publication.

**Comparability**

There will be differences in the measures used and collection methods of CAMHS waiting times statistics, as well as differences in service structures between the administrations. The different datasets will not be strictly comparable. Users need to carefully read the publications when making comparisons. Links to other CAMHS waiting time information published can be found below:

**England:**

Providers began to submit Child and Adolescent Mental Health Services (CAMHS) data as part of the new Mental Health Services Data Set (MHSDS) from 1st February 2016. The MHSDS is a new data set, the HSCIC are currently publishing Mental Health Services Monthly Statistics as experimental statistics, more information, including the latest release can be found [here](#).

**Northern Ireland:**

They have a Ministerial Target of 9 weeks for patients waiting. This information is not published and they do not have any referral to treatment data for CAMHS.

	<p><b>Wales:</b>  <a href="http://wales.gov.uk/statistics-and-research/referral-to-treatment-times/?lang=en">http://wales.gov.uk/statistics-and-research/referral-to-treatment-times/?lang=en</a>            They have a standard for patients referred to Specialist Child and Adolescent Mental Health Services (CAMHS), assessment and any intervention plans required are to be initiated within 16 weeks.</p>
<b>Accessibility</b>	It is the policy of ISD Scotland to make its web sites and products accessible according to <a href="#">published guidelines</a>
<b>Coherence and clarity</b>	Key statistics are linked to on the main Waiting Times page <a href="http://www.isdscotland.org/Health-Topics/Waiting-Times/">www.isdscotland.org/Health-Topics/Waiting-Times/</a> and main Workforce page <a href="http://www.isdscotland.org/Health-Topics/Workforce/">http://www.isdscotland.org/Health-Topics/Workforce/</a> Statistics are presented within Excel spreadsheets. NHS Board and national figures are presented. Further features to aid clarity: 1. Tables are printer friendly. 2. Key data presented graphically.
<b>Value type and unit of measurement</b>	Number and percentage of patients seen, number and percentage of patients waiting, median and 90 <sup>th</sup> percentile waits; by NHS Board. Patients who are referred and of those referrals that are accepted to CAMHS by numbers and rates of population. First contact appointments are also now recorded as a number of patients and those who “did not attend” – this information includes the number of people and a percentage.
<b>Disclosure</b>	The <a href="#">ISD protocol on Statistical Disclosure Protocol</a> is followed.
<b>Official Statistics designation</b>	Official Statistics
<b>UK Statistics Authority Assessment</b>	National Statistics
<b>Last published</b>	03 December 2019
<b>Next published</b>	02 June 2020
<b>Date of first publication</b>	03 September 2019 in this format, there was a combined publication with inpatient activity data in June 2019 and a combined publication with workforce and inpatient activity data from June 2018 to March 2019. CAMHS Waiting Times data has been published since August 2012.
<b>Help email</b>	CAMHS Waiting Times <a href="mailto:nss.camh@nhs.net">nss.camh@nhs.net</a>
<b>Date form completed</b>	14 February 2020

### Appendix 2 – Early access details

#### **Pre-Release Access**

Under terms of the "Pre-Release Access to Official Statistics (Scotland) Order 2008", ISD is obliged to publish information on those receiving Pre-Release Access ("Pre-Release Access" refers to statistics in their final form prior to publication). The standard maximum Pre-Release Access is five working days. Shown below are details of those receiving standard Pre-Release Access.

#### **Standard Pre-Release Access:**

Scottish Government Health Department

NHS Board Chief Executives

NHS Board Communication leads

### Appendix 3 – ISD and Official Statistics

#### About ISD

Scotland has some of the best health service data in the world combining high quality, consistency, national coverage and the ability to link data to allow patient based analysis and follow up.

Information Services Division (ISD) is a business operating unit of NHS National Services Scotland and has been in existence for over 40 years. We are an essential support service to NHSScotland and the Scottish Government and others, responsive to the needs of NHSScotland as the delivery of health and social care evolves.

**Purpose:** To deliver effective national and specialist intelligence services to improve the health and wellbeing of people in Scotland.

**Mission:** Better Information, Better Decisions, Better Health

**Vision:** To be a valued partner in improving health and wellbeing in Scotland by providing a world class intelligence service.

#### Official Statistics

Information Services Division (ISD) is the principal and authoritative source of statistics on health and care services in Scotland. ISD is designated by legislation as a producer of 'Official Statistics'. Our official statistics publications are produced to a high professional standard and comply with the Code of Practice for Official Statistics. The Code of Practice is produced and monitored by the UK Statistics Authority which is independent of Government. Under the Code of Practice, the format, content and timing of statistics publications are the responsibility of professional staff working within ISD.

ISD's statistical publications are currently classified as one of the following:

- National Statistics (ie assessed by the UK Statistics Authority as complying with the Code of Practice)
- National Statistics (ie legacy, still to be assessed by the UK Statistics Authority)
- Official Statistics (ie still to be assessed by the UK Statistics Authority)
- other (not Official Statistics)

Further information on ISD's statistics, including compliance with the Code of Practice for Official Statistics, and on the UK Statistics Authority, is available on the [ISD website](#).