

Summary of myHappy mind Cost Benefit Analysis Results by Health Innovation Manchester (Hosted by Manchester University NHS Foundation Trust)

Background

March 2021 saw **a record high for referrals to child and adolescent mental health services**. At 65,533, it is more than double the number in March 2020 and 68% higher than March 2019.

However, according to a GSS 2017 study, one in five children with a mental health disorder **waited more than six months for contact with a mental health specialist and in a YoungMinds survey, 76% of parents said that their child's mental health had deteriorated while waiting for support from CAHMS**.

myHappy mind is **an innovative curriculum** which teaches preventative mental health strategies to children, teachers and parents. Using science-backed strategies, myHappy mind supports the prevention of mental health issues and deals with low level mental health challenges or 'early help'. **All of this supports a reduction in CAMHS referrals and reduces pressure on the NHS**. It also supports all children to thrive so that they reach their full potential and have good wellbeing.

Benefits of using myHappy mind

- Children are taught how to manage their mental health and behaviours
- Reduced CAMHS referrals made by education services
- Reduced utilisation of mental health and care services

Reduction in the number of CAMHS referrals over 5 years:

An estimated 13,188 CAMHS referrals for 5–11-year old school children will be accepted in GM over 5 years. Using the impacts of myHappyMind on CAMHS referrals found in the Cheshire study, the roll out of myHappyMind to 5-11 year old school children in Greater Manchester, at scale, is estimated to create a positive financial return on investment.

Taking into consideration the number of CAMHS referrals for the targeted age group, the number of schools engaged in study, the proven reduction of CAMHS referrals in study and the cost of CAHMS referrals to the NHS resulting in a **Gross fiscal benefit of £20,400,000.**

The cost for 5 years for 258,933 children across Greater Manchester would be **£10,357,320.** The Return on Investment shows that there would be a **£9,385,590 cost saving to the NHS** and for every **£1 spent, the NHS saves £1.97.** Even when increasing the optimism bias correction beyond the best practice guidance of -10% up to -25%, the HinM valuation still calculated a positive net financial return and within 1 year the overall cost savings are achieved. Please refer to the full cost benefit analysis pack by HinM for a full breakdown.

Caveats and Assumptions

- Assumed that an accepted CAMHS referral leads only to a talking therapy intervention due to a lack of available data on treatment outcomes.
- Assumed that all eligible patients will be reached in the first two years of roll out
- The analysis does not include the impact of myHappyMind on the wellbeing of teachers and parents
- The analysis does not include the impact of myHappyMind on other children's services