



<u>Committee and Date</u>
Young People's Scrutiny Committee
20 November 2014

<u>Item</u>
6
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CHILDREN AND YOUNG PEOPLE'S EMOTIONAL HEALTH & MENTAL WELLBEING: THE PREVENTION AGENDA.

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1. Summary

- 1.1 Shropshire Council is committed to improving the mental health and wellbeing of its 68,500 children and we are working closely with partners including the CCG, the Shropshire Community NHS Trust, our local schools and with colleagues across Children's Services.
- 1.2 It is estimated that there are over 4000 children and young people in Shropshire with diagnosable mental health problems at any one point in time. In a typically sized class of 30 children, it is estimated that 3 will have an emotional or mental health need.
- 1.3 The commissioning and delivery of high quality mental health and wellbeing services is an investment that will lead to population health gains and financial savings both in the medium and long term. The evidence base for mental health interventions is strong: this is especially relevant in early childhood and in the teenage years.
- 1.4 Understanding the wide range of programmes that make up and contribute to improving and maintaining mental health and wellbeing is quite challenging as there are so many organisations and professionals playing a role. In describing the local picture we have categorised services and programmes around four tiers of provision ranging through **prevention** (tier 1) to targeted (tier 2) and more **specialist treatment services** (tier 3) and highly specialist treatment services (tier 4). A table is attached to illustrate the different commissioning responsibilities. (See Appendix 1).
- 1.5 Tier 3 services - specialised treatment services once children have a diagnosable mental health condition – are commissioned by Shropshire CCG. These services are currently under review within the CCG

2. Recommendations

The Committee is asked to note this Update Report.

REPORT

3. Children and Young People's Emotional Health & Mental Wellbeing: The Prevention Agenda

- 3.1 Shropshire Council is committed to improving the mental health and wellbeing of its 68,500 children and we are working closely with partners including the CCG, the Shropshire Community NHS Trust, our local schools and with colleagues across Children's Services. It is estimated that there are over 4000 children and young people in Shropshire with diagnosable mental health problems at any one point in time. In a typically sized class of 30 children, it is estimated that 3 will have an emotional or mental health need.
- 3.2 The commissioning and delivery of high quality mental health and wellbeing services is an investment that will lead to population health gains and financial savings both in the medium and long term. The evidence base for mental health is strong and over the past decade there have been a plethora of strategies, studies and programmes that demonstrate the long term impact of intervening. This is especially relevant in early childhood and in the teenage years.
- 3.3 Mental health problems starting in childhood are common and can result in wide ranging and longer term problems such as poorer educational attainment and negative relationships. Other long term effects include poor employment prospects and additional mental and physical health conditions in later life. One in ten children (three in every class) aged between 5-16 years has a clinically diagnosable mental health problem. Just over half have a conduct disorder and the remainder will have an emotional disorder or severe attention deficit hyperactivity disorder. It is well documented that that 50% of those with lifetime mental illness will experience symptoms by age 14 years.
- 3.4 Understanding the wide range of programmes that make up and contribute to improving and maintaining mental health and wellbeing is quite challenging as there are so many organisations and professionals playing a role. When describing the local picture we have categorised services and programmes around four tiers of provision ranging through **prevention** (tier 1) to targeted (tier 2) and more **specialist treatment services** (tier 3) and highly specialist treatment services (tier 4). A table is attached as an appendix to illustrate the different commissioning responsibilities. (See Appendix 1).

4 Delivery of Think Good Feel Good (a population wide emotional and mental health prevention programme) – in Primary and Secondary Schools Across Shropshire

4.1 In Shropshire we are working hard to ensure our Targeting Mental Health Support (TaMHS) 'Think Good, Feel Good' programme, is delivered through our primary and secondary schools. The core aim of the programme is to develop a whole school approach on emotional health and well-being through the delivery of an evidence based training programme. Initially the programme was aimed at school age children 5-16 years as well as their families and the whole range of school based staff. All of the training programmes that are delivered are evidence based, either nationally or internationally.

4.2 The programme adopts a whole school/ service approach with the following key objectives:-

- Increase awareness of mental health/mental ill-health
- Develop a common language that expresses thoughts and feelings
- Promote and develop strategies to support mental health, build confidence self- esteem and resilience
- Improve communication and consultation with specialist services such as CAMHS
- Support schools to develop their role as commissioners to achieve positive mental health outcomes
- Provide training for school staff and partners to deliver targeted support intervention programmes supporting varying emotional needs within Tier 1 and Tier 2.

4.3 Schools and partner agencies are invited to attend centrally based multi-agency **core training on issues such as self harm, self esteem, anxiety, and anger management**. The training increases the confidence and knowledge base of staff enabling them to recognise early signs and symptoms of need, provides practical examples of how to respond to the emotional needs of young people as well as tips and strategies on what to do and say following identification of need. The more in-depth intervention based training provides resources and clearly structured programmes that school based staff can deliver within the school setting to support a wide range of emotional needs.

5 Support for Schools on Self Harm

5.1 In response to concerns raised by secondary schools about self harming behaviour a self-harm pathway, guidance and risk assessment has been produced to introduce standardised guidelines to support schools. The pathway was developed in consultation with parents and young people. Alongside this three information, advice and guidance leaflets have been developed for parents, families and friends. The Safeguarding Board endorsed the pathway and the approach and a series of briefing sessions were held across the county for staff to introduce the pathway and guidelines.

In addition a self harm, peer support, targeted intervention 10 week programme 'Signature Strengths' has been developed. Professionals and school staff have been trained to deliver the programme at Tier 2 level, to prevent needs escalating and requiring support from Tier 3 specialist services. This is now being piloted in three secondary schools in Shropshire.

6 Recent Developments

6.1 Since April 2014 the TaMHS team has transferred into the public health department and are now part of the Public Health Children & Young People Team. Since then there have been a number of key developments in the implementation of the Targeting Mental Health Support 'Think Good, Feel Good' programme including:-

- expansion of the programme to the further education sector
- expansion of the programme to those supporting children under five; such as Children's Centre teams and health visitors
- development of a curriculum based resource on mental health for primary schools
- joint working with the Health Champions, with a focus on emotional and mental health
- the piloting of a self harm educational package and programme for secondary schools
- a refreshed training programme
- visits during the summer term to 22 primary and 11 secondary schools to identify what is working well, what the challenges are and to hear directly from the schools about current issues facing young people in relation to emotional health and wellbeing
- development and delivery of the No Worries training package for secondary schools
- development of a No Worries training package for primary schools

7. Risk Assessment and Opportunities Appraisal

(NB this will include the following: Risk Management, Human Rights, Equalities, Community, Environmental consequences and other Consultation)

7.1 The Think Good, Feel Good training programme is offered to all Shropshire Schools and so in principle should be available to all Shropshire school children. Ongoing communication with schools ensures feedback from non-participating schools, although this is more difficult to achieve currently as the Training Officer/liaison post is vacant – the post is due to be advertised shortly after an unsuccessful internal recruitment round.

7.2 An independent evaluation of the programme is planned to be undertaken with support from Chester University and this will identify any gaps in provision and any inequalities in delivery.

8. Financial Implications

8.1 Budget details are still being finalised and last year's figures for the cost of delivering training are being identified. Finances for the programme include:

- Programme Lead, 5-19 years
- Training Officer post
- TaMHS Support Officer
- Training costs, including materials, venues etc
- Funding for evaluation post for 1 year (estimated cost: £20,000)

Budget spend 2013/14: £126,000

9. Background

9.1 Shropshire Council Health & Wellbeing Board and the Children's Trust have identified the mental and emotional wellbeing of children and young people in Shropshire as a priority for action. In accordance with this, the Public Health Children and Young People Team have identified mental health and emotional wellbeing as a major strand of work across the Healthy Child Programme, which covers children, families, the home, schools, colleges, nurseries and Children Centre settings. Commissioning of school nursing services is the responsibility of the PH Children & Young People Team and from October 2015, we will also be responsible for commissioning health visitor services. Both of these professional groups have key roles to play in promoting mental health and wellbeing and working with partner agencies to identify and support individual child mental health issues.

10. Additional Information

10.1 We are working with Children's Services colleagues to consider how best to ensure effective and integrated joint working across health and social care services, including communications, sharing information and data, joint training opportunities and the potential for co-location and/or shared facilities.

List of Background Papers (This MUST be completed for all reports, but does not include items containing exempt or confidential information)

Cabinet Member (Portfolio Holder)

Cllr Karen Calder

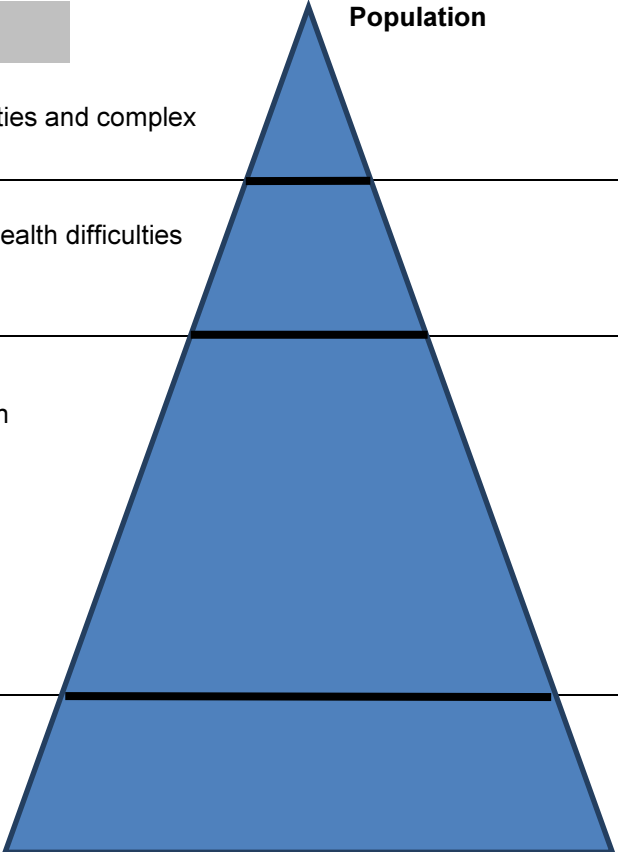
Local Member

Appendices

Appendix 1. Commissioning responsibilities re emotional health & wellbeing of children & young people

Appendix 1

Commissioning responsibilities re emotional health & wellbeing of children & young people

Description	Population	Commissioning Responsibility & Resources	Provision of Services	Gaps Service Data
Tier 4 Severe mental health difficulties and complex cases		NHS Commissioning Board		
Tier 3 Moderate to severe mental health difficulties		CCG		
Tier 2 Targeted services, children in need		CCG & Local Authority		
Tier 1 Universal Services Self help		Local Authority		