

REPORT TO: Children, Young People and Families Policy and Performance Board

DATE: 13th January 2014

REPORTING OFFICER: Strategic Director – Communities

PORTFOLIO: Health; Children, Young People and Families

SUBJECT: Mental Health Awareness Promoted in Schools (MHAPS) Pilot

WARD(S) Borough-wide

1.0 PURPOSE OF THE REPORT

1.1 To provide PPB with information on the forthcoming MHAPS pilot to be delivered in Warrington.

2.0 RECOMMENDATION: That:

- i) **PPB note the report**
- ii) **Comments from PPB to be made to the Pilot Coordinator**

3.0 SUPPORTING INFORMATION

3.1 As a result of a visit made by the Joint Health and Children, Young People and Families PPB Mental Health Scrutiny Topic Group to Thorn Road CAMHS in October 2013, the group met an ex CAMHS service user, Hannah, who is now employed by 5 Borough's Partnership to run a Mental Health Awareness Promoted in Schools pilot.

3.2 The scrutiny group were particularly interested in this pilot, as it comes at a time where young people are increasingly vulnerable to social pressures and at risk of developing poor mental health. Although the pilot is being undertaken in Warrington, it is anticipated that it will be rolled out across the rest of the 5 Boroughs footprint during the second half of 2014.

3.3 The pilot's foundations come from a general lack of awareness about mental health issues amongst secondary school aged pupils, the perceived stigma that is associated with mental illness, lack of understanding about what services are available and how pupils can seek support. This has become apparent through high profile cases where a small number of pupils have reached crisis point and in a case of one, resulted in suicide.

- 3.4 The delivery of a pilot in schools to address stigma and raise awareness was also emphasised by the short film 'You're not alone', based around the day in the life of a young person with Mental Health problems, produced by Investing in Children Group from Halton Children and Adolescent Mental Health Services (CAMHS).
- 3.5 The film was designed to reflect young people's experiences of coming along to services and meeting other young people with similar experiences. Other young people's experience of Mental Health and their lack of knowledge of who to talk to in their schools about asking for help was also a driving factor in the development of the MHAPS pilot.
- 3.6 The pilot coordinator is able to lend some personal experience to delivering the pilot from the perspective of recalling her own experience of not understanding Mental Health or the difficulties she was going through , and also not knowing how to access Mental Health Services.
- 3.7 Thomas Boteler High School in Warrington has been selected for the initial pilot. The reason for this school being chosen was that CAMHS have an established link with this school through a well-being worker at the school who would be able to offer support to the pilot.

The Pilot

- 3.8 The Pilot will be trialled across Year 9 pupils and consist of each pupil attending at least 1 dedicated lesson within the Health, Physical and Social Education curriculum which will address mental health stigma and awareness raising.
- 3.9 Within the pilot there will be information to direct the pupils to the right people if they feel that they need to talk to somebody within school, including peer support.
- 3.10 The lesson will be supplemented by a teacher's resource pack and materials for the pupils to take away. At this stage much of the resources are under development.
- 3.11 The pilot coordinator, being an ex CAMHS service user herself, is able to provide a valuable insight into the benefits of accessing services and also resonate with the pupil cohort by being able to provide a real life story of addressing mental health and delivering a message of hope and optimism.
- 3.12 It is anticipated that the pilot will be undertaken between February 2014 - May2014. The pilot will be evaluated by pre and post session questionnaires, and is overseen by CAMHS clinical and operational management.

4.0 **POLICY IMPLICATIONS**

- 4.1 The success and findings of the pilot will affect how the programme is rolled out across the rest of the 5 Boroughs Partnership footprint. There will be implications for both Health and Children, Young People and Families in Halton, which will be explored in due course.

5.0 **OTHER/FINANCIAL IMPLICATIONS**

- 5.1 Financial analysis will form part of the pilot evaluation and will be available in due course.
- 5.2 Consideration should be given by the pilot as to the impact on other services CAMHS services, and other services such as the school nursing programme.
- 5.3 Before implementing in Halton, consideration should be given by the Mental Health Promotion Sub Group (of the Mental Health Board and the CAMHS Board) to the impact on any existing provision of mental health awareness raising currently happening in schools, for example, coordinating with the Bridgewater NHS Trust Health Improvement Team delivery of the 'Healthytitude' programme in schools. This will ensure a complimentary and coordinated approach and reduce duplication.
- 5.4 There is opportunity for coordination between the Halton 'Like Minds' campaign and any future MHAPS work in Halton.

6.0 **IMPLICATIONS FOR THE COUNCIL'S PRIORITIES**

6.1 **Children & Young People in Halton**

Emotional and mental health and wellbeing is a critical factor in supporting children and young people's social development, behaviour and resilience, educational attainment and achievement and life chances. This area of work also supports Halton's focus on Early Health and Support and the priorities within Halton's Children and Young People's Plan.

6.2 **Employment, Learning & Skills in Halton**

Good emotional and mental health and wellbeing is a vital factor in children and young peoples and adults accessing learning and future employment opportunities.

6.3 **A Healthy Halton**

Emotional and mental health services impact directly upon the

health and wellbeing of children and young people with an identified need or who are at risk of developing a need.

6.4 **A Safer Halton**

Those who do not experience good emotional and mental health and wellbeing are more likely to be subject to a range of risk factors that can impact negatively on community safety issues.

6.5 **Halton's Urban Renewal**

None Identified

7.0 **RISK ANALYSIS**

7.1 National and local evidence demonstrates that failure to ensure that appropriate services to support emotional and mental health and wellbeing of children and young people is likely to impact negatively on their outcomes and life chances. Failure to provide effective mental health prevention and promotion services across the life course could also result in an increase in the need for specialist services thus leading to potentially increased costs to the Council.

8.0 **EQUALITY AND DIVERSITY ISSUES**

8.1 None identified at this stage.

9.0 **LIST OF BACKGROUND PAPERS UNDER SECTION 100D OF THE LOCAL GOVERNMENT ACT 1972**

9.1 None identified under the meaning of the Act