

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

DATE: 30 January 2017

REPORTING OFFICER: Head of Children and Families, Mental Health Commissioning , NHS Halton CCG

PORTFOLIO: Children, Young People & Families

SUBJECT: Children and Young People's Emotional Health and Wellbeing

WARDS: All

1.0 PURPOSE OF REPORT

1.1 The purpose of this paper is to describe the work that is taking place in Halton to improve children and young people's emotional health and wellbeing, which is being lead through the Children and Young people's emotional health and wellbeing board.

2.0 RECOMMENDATION: That the Board note the contents of this report

3.0 SUPPORTING INFORMATION

3.1 Poor mental health is one of the biggest social issues in England today, representing up to 23% of the total burden of ill health and is the largest single cause of disability. Locally, improving mental health and wellbeing has been identified as a priority for 'One Halton' and the Health and Wellbeing board.

3.2 At least one in four people will experience a mental health problem at some point in their life, and around half of people with lifetime mental health problems experience their first symptoms by the age of 14. By promoting good mental health and intervening early, particularly in the crucial childhood and teenage years, we can help to prevent mental illness from developing and mitigate its effects when it does.

3.3 There are a large number of risk factors that increase the vulnerability of children and adolescents experiencing mental health problems. These include deprivation, poor educational and employment opportunities, enduring poor physical health, peer and family relationships, witnessing domestic violence, and having a parent who misuses substances or suffers from mental ill-health. The way that children are parented, their diet and exercise, their school and education, experimentation with drink, drugs and other substances, along with many other factors, will all affect

a child's mental wellbeing or mental ill-health.

3.4 It has long been recognised that children and young people who are emotionally healthy achieve more, participate more fully with their peers and their community, engage in less risky behaviour and cope better with the adversities they may face from time to time. Emotional health in childhood has important implications for health and social outcomes in adult life.

3.5 **Emotional Health and Wellbeing In Children and Young People In Halton.**

3.5.1 **Mental illness**

Research estimates that 9.6% of all children and young people aged 16 and under will have some form of mental disorder. In Halton this equates to 2500 children aged 0-15 with a diagnosable emotional and mental health condition. Hospital admissions rates for mental health conditions in Halton is not significantly different to the England average (2014/15), however, Halton does have higher rates of hospital admissions due to self-harm amongst 0-18 year olds (689.1 per 100,000) than the England average (398.8 per 100,000) (2014/15).

3.5.2 **Emotional health and wellbeing**

Questions on emotional health and wellbeing were included in the Public Health England 'What about YOUth' survey 2014/15, which was a national survey of 15 year olds. This survey measured wellbeing using WEMWBS. The level of wellbeing in Halton was significantly better (48.3) than the England average of 47.6 and less young people reported a low level of life satisfaction (11.5%) than the England average (13.7%). Similar to the national profile there was a marked difference by gender, where fewer boys (4.8%) had low level of life satisfaction than girls (18.4%). There were also fewer people reporting having bullied others in the last couple of months and 80.4% of 15 year olds in Halton reported having never bullied anyone (PHE 2014/15). It is not clear from the survey the reasons for the higher number of girls however it is acknowledged widely that girls are at higher risk of being affected by issues such as :

- body image
- social media
- sexual harassment

3.6 Halton's teenagers reporting their general health as excellent was statistically similar to England (32.2% compared to the national average of 29.5%). Also the proportion with a diagnosed medical condition or long term health problem was similar to England (12.4% compared to the national average of 14.1%).

There have been a number of national and local initiatives which have

impacted on service provision locally and we will continue to transform CAMHS service over the next 3- 5 years. Re -procurement of local Tier 2 services and additional planned service developments have and will continue to significantly improve the support available for young people within the borough with emotional wellbeing or mental health issues. 5BP as a provider take part in national benchmarking process which compares them to their colleagues who also provide CAMHS services across the country. This is an annual process and the findings of the process are presented at the Emotional Wellbeing for Young People's Partnership Board. The addition of KOOH to the service offer has allowed self referral into CAMHS services to widen access.

3.7 Future in Mind' Transformation Plan for the Emotional Health and Wellbeing of Children and Young People

Future in Mind was published in March 2015. It set out a number of aspirations for improving the emotional health and wellbeing of young people.

3.8 The Governments Aspirations are that they would wish to see by 2020:

1. Improved public awareness and understanding, where people think and feel differently about mental health issues for children and young people where there is less fear and where stigma and discrimination are tackled.
2. In every part of the country, children and young people having timely access to clinical support when they need it.
3. A step change in how care is delivered, moving away from a system defined in terms of the services organisations provide (the 'tiered' model) towards one built around the needs of children, young people and their families.
4. Increased use of evidence-based treatments with services rigorously focused on outcomes.
5. Making mental health support more visible and easily accessible for children and young people
6. Improved care for children and young people in crisis so they are treated in the right place at the right time and as close to home as possible.
7. Improving access for parents to evidence-based programmes of intervention and support to strengthen attachment between parent and child, avoid early trauma, build resilience and improve behaviour.
8. A better offer for the most vulnerable children and young people, making it easier for them to access the support that they need, when and where they need it.
9. Improved transparency and accountability across the whole system to drive further improvements in outcomes
10. Professionals who work with children and young people are trained in child development and mental health, and understand

what can be done to provide help and support for those who need it.

3.9 The Transformation Plan is our local offer to secure improvements in children and young people's mental health outcomes in Halton and the plan for additional investment in order to release additional funding. A pro rata'd figure was provided in 15/16 and the total annual recurrent funding for Halton was included in the baseline allocation for 2016/17 and is circa £300k.

3.10 **Governance Arrangements**

Halton CCG is the lead accountable body for the commissioning of Young People's mental health. In order to undertake effective commissioning it works in partnership with LA children's services and public health.

Halton has an established multi-agency partnership board (including statutory, young people and 3rd sector partners) known as the Children and Young Peoples' Emotional Wellbeing Board (CYPEWB) that oversees the delivery of the current CYP Emotional and Wellbeing Delivery Plan that is the Children's element of the all age mental health action plan and will take responsibility for overseeing the delivery of the Transformation Plan. The partnership board has the responsibility to look at prevention, early detection and support and treatment. Partners include:

- CCG
- Local Authority – Public Health and Children's Services,
- Schools
- 3rd Sector – including Barnardo's, Young Addaction, Wellbeing Enterprises, Xenzone
- Statutory provider organisations – Mental Health Trust.
- Young Peoples representation

Currently the targeted Emotional Health and Wellbeing Service is commissioned jointly by Halton CCG and LA Public Health. The longer term vision for Halton is to undertake more joint commissioning with LA Children's Services in order to have services that are streamlined, have integrated pathways in place, are efficient and effective, accessible to young people and can demonstrate improvements in outcomes.

Halton has a programme for integration at service level in relation to Early Intervention Services with services focussed around Young People, families and communities. It also has sign up from statutory organisations to the 'One Halton' approach to realign public sector services to optimise public sector spend.

3.11 **What We Are Aiming To Achieve**

The ambition for Halton is to 'wrap' the care around the child in the most appropriate setting, and aim to maintain young people in education or an environment that best meets their needs.

The key objectives that will underpin our ambition are:

- Improve the mental health of the young people in Halton through prevention and early detection;
- Increase early detection and intervention of mental health issues leading to an improved mental wellbeing for the population;
- Improve outcomes through high quality accessible services;
- Broaden the approach to tackle wider social determinants and consequences of mental health in young people, their families and their communities;
- Optimise value for money by developing quality services with measurable outcomes that demonstrates a shift to a more positive mental wellbeing culture in the borough.

3.12 We are aiming to build upon our existing Emotional Health and Wellbeing Plan by:

- Embracing the aspirations set out in 'Future in Mind'.
- Building capability and capacity in universal and targeted services to recognise emotional and wellbeing issues in our young people;
- Equipping staff to deal with the low level issues and know when to refer to more specialist services.

The local offer for young people in Halton will be a blended model access to a range of services; schools and universal services feeling equipped to deal with the low to moderate emotional wellbeing issues, receiving training, support and supervision to feel confident to manage young people safely and have speedy access to more specialist services when required. Young people tell us that they want their schools/colleges to be better equipped to deal with the issues that they are facing and that they can talk to a professional who understands their situation and is empathetic to their needs.

3.13 **Achievements to date**

We had identified the following issues:

- Young people in Youth Offending Services not accessing CAMHS Support
- Lack of perinatal MH support to help improve the outcomes for families who suffer perinatal mental health issues.
- Lack of support for young people with behavioural difficulties and associated mental health issues i.e. Autistic Spectrum Disorder, ADHD

- An inequity of provision in A&E for MH assessments of young people between St Helens & Knowsley Acute Trust and Warrington & Halton Hospital Foundation Trust
- Insufficient consultation/training support for schools to support children in the school setting
- Confusion over referral pathways service thresholds and service availability.

In order to address these gaps using the Transformational Funding allocation we have invested in :

- The provision of a dedicated CAMHS practitioner into the Youth Offending Services
- A dedicated schools link practitioner to support the pilot and continue the work when the pilot is completed
- Provision of a psychiatric liaison service for under 18's at Warrington & Halton Hospital Foundation Trust . This investment was to ensure the service available for young people who present at WHHFT is the same as when they present at STHK – namely a CAMHS practitioner is available 7 evenings each week from 8-12.00 midnight. The practitioners are attached to the adult service to support sharing of skills and joint assessments when possible of those young people aged 16/17 years. The adult service is provided within the A&E depts 8.00 a.m. – 8.00 p.m. 7 days a week at WHHFT and is almost 24/7 in STHK so there remains a n inequity of provision for adults which is currently under review.
- Support for perinatal mental health – training of health visitors and midwives, investment in resources for groups of service users etc
- Pilot of an attachment Service based with CAMHS (to start Jan17).
- Production of a consistent leaflet to support appropriate signposting.

3.14 Utilising the slippage on the funding during 15/16 a small grants process was implemented and 17 local third sector and statutory organisations were successful in securing non recurrent funding for projects which will support improving the emotional wellbeing and resilience of young people locally (see Appendix 1 for a full list). Regular reports are received by the CYP EWB with the aim of possible recurrent funding through the transformational monies any projects that evaluate particularly well – especially in reaching those young people in hard to reach groups

As a borough we want to ensure effective local intervention and also appropriate referrals or signposting will be made, which will, in turn, help us to have a step change in how care is delivered as we move away from the traditional 'tiered model' of service delivery to a blended model of service provision that puts the young person at the centre of delivery based on their individual needs. Research evidence shows that successful access to education is one of the major protective factors for

mental and emotional health.

3.15 Recent achievements also include:

- Universally offer the healthy child programme to all families, to support early attachment, develop parenting skills, and early identification of poor attachment and family emotional health issues. This includes universal screening for depression before and after the child is born.
- Offer Family Nurse Partnership to teenage mothers in Halton, to empower families, building positive relationships and improve confidence and parenting skills.
- Re-commissioned our:
 - targeted services to include a blended model giving young people access to on line counselling and capacity building in universal and other targeted services, and 1-1 support, this has been a joint commissioning approach with the Local Authority ; KOOTH is the provider of the online provision and this has proved very popular with young people in the borough.
 - universal provision to school aged children that includes an emotional health and wellbeing pathway,
 - Emotional health and wellbeing services for Children in Care and they are no longer waiting long periods for support.
- Developed single point of access for all emotional health and wellbeing referrals, working towards pathway integration and the removal of the tiered model of care – currently this doesn't include Specialist Inpatient facilities;
- Developed a referral pathway that provides information in relation to interventions that can be carried out through universal services
- Piloting a 'wellbeing model' to target YP on waiting list for specialist services making them more receptive to receiving therapeutic interventions and equipping them with self-management and coping strategies;
- Progressing children and young people IAPT with the main provider of specialist services;
- Employed a mental health lead in the Health Improvement Team;
- Commenced the development of an outcomes based outcomes framework;
- Base line figures in place for access to service and waiting times.
- Specialist training for Health visitors and children's centres so they can implement parenting interventions for children with severe attachment problems.

3.16 Schools Link Pilot

NHS Halton CCG were successful in securing funding as a pilot site for a national initiative around a schools link model. The pilot required matched funding of £50k to support 10 local schools in accessing bespoke training from the Anna Freud Center in London who are partners with NHS England in the project. The focus of the model is to identify specific leads within schools who can support the rest of the staff team with information and assistance in identifying young people within the school setting who may be experiencing problems and also a named contact within the CAMHS Service to act as a 'link' or liaison to provide further consultation and advice – and also to facilitate referral into services if this is appropriate. The 2 day training programme for the 10 schools is now complete and it was well attended by the schools. The pilot will be evaluated during 2016 and it is hoped that the programme will be rolled out to the other schools across the borough utilising the support from the school link post funded via the transforming CAMHS monies.

3.17 Specialist CAMHS (Tier 3)

A review of Tier 3 services has begun (in partnership with Warrington CCG) with a view to moving from the current 'tier'd system' into a single integrated service that meets the needs of young people using a new model known as THRIVE. This will ensure the local services meet one of the main aspirations from Future in Mind. The implementation of CYP IAPT – a session by session outcome focused model of provision should also support recovery and discharge of young people out of services to free up capacity.

3.18 Eating Disorder Services

Specific guidance has been published on commissioning a specialist Eating Disorder Service based on a population footprint of 500k. Consequently NHS Halton CCG is working with St Helens CCG, Warrington CCG and Knowsley CCG to commission a specialised service that meets guidance requirements. The service went out to procurement and following an evaluation of the tenders a provider was identified in October 2016. It is expected that the new service will be operational by March 2017 in line with national targets..

4.0 POLICY IMPLICATIONS

4.1 Improving mental health and wellbeing is a key priority for Halton's Health and Wellbeing Board and the "One Halton" partnership. Therefore, progress in this area should contribute directly to this priority.

5.0 OTHER/FINANCIAL IMPLICATIONS

5.1 There are no direct financial implications resulting from this report, however, financial updates have been provided within the report as appropriate.

6.0 RISK ANALYSIS

6.1 There are no direct risks resulting from this report. Individual services referred to are subject to the appropriate risk assessment procedures within the Council or partnership organisation/ provider.

7.0 EQUALITY & DIVERSITY ISSUES

7.1 This report is in line with equality and diversity policy.

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

None under the meaning of the Act.

Appendix 1

Projects receiving Future in Mind Transformational Plan small grants funding in 2015/16

Organisation	Project
Runcorn Amateur Boxing	Boxing club/community hub that will provide an outlet to youngsters who may become bored and engage in criminal activity, giving them something of substance to focus on, not only as a sport but as a career option in the future.
Healthwatch	A roll out to schools'/alternative education providers' staff of: "Your Voice Counts Teachers' Resource Pack". Healthwatch Halton in conjunction with Halton Healthy Schools Standard (HHSS) 2015, for Key Stages 1- 4 pupils, linking into Personal Development/Citizenship. Support schools to plan and implement health and wellbeing improvements for pupils. Healthy schools promote physical and emotional health by providing accessible, relevant information, equipping pupils and staff with the understanding, skills and attitudes to make informed decisions.
Canal Boat	A hub for isolated young people, that will promote employment and job aspirations, enrichment and experience, housing and up keeping
Child Bereavement	Two Bereavement Awareness Half-Day Training Courses for school staff and an E-Learning Programme 'supporting bereaved pupils' to be embedded in all schools in Halton. Aims to increase confidence and offer practical advice and skills for educational professionals by receiving online bereavement training, access to an interactive forum and a resource bank of lesson plans.
CAB	Provide an advocacy service for young people as they transition into independent adulthood so that they have a trusted community champion to turn to if they have a problem.
Wellbeing Enterprises	Train a member of our staff in the Mental Health First Aid youth programme which will enable staff to train the local CYP workforce, volunteers and parents in spotting signs and symptoms of mental health problems and develop mental health awareness

Cancer Support	6 month pilot project to work with at least one local school or youth organisation to create a readable resource for local schools, which informs the reader about Cancer and its implications, processes and possible outcomes.
Childrens Centre Incredible Years	The Health Visiting Service, Children Centre staff and early intervention support workers to work in partnership to deliver the Incredible baby Programme in Halton.
Childrens Centre Solihull	To train all the children centre early years team, Early Help officers, locality teams, midwives, breastfeeding support workers and mental health support workers in the use of the Solihull approach
Perinatal mental health Bridgewater	<p>The Health Visiting Service would like to provide all parents to be with a Building a Happy baby leaflet. The leaflet will support the Health Visitors discussion with parents in relation to transition to parenthood, bonding and attachment.</p> <p>The service would like to purchase the Getting it right from the start DVD. Used in the antenatal transition to parenthood groups, it supports parents in understanding their baby and in developing a good relationship with their baby.</p>
HIT - Peer led campaign	Peer led campaign, utilising the skills of the Youth Health Champions (YHC) to lead a peer led campaign across Halton schools. The themes will be driven by local need (drawn out via YHC and local CYP focus groups). This model fits with existing evidence that children and young people seek information predominantly from their peers and enables consistent reinforcement of key messages. This campaign will complement the training programmes for the workforce to ensure consistency of message.
Halton Community Radio	HCR will work in partnership with NCS (National Citizens Service) Halton to provide Broadcast Training for groups of young people. Each group would be trained once a week over a 6 week period as well as being supported to broadcast live on HCR as part of the NCS Show. Each weekly session would be run by a youth worker
Children In Care	Children in Care and care leavers to be given free gym passes and swimming passes.

Young Addaction	Digital app that can be installed on tablets/computers etc. to be utilised within the young carer's cohort that would allow portable access to their data that could be used when engaged in multiple services.
CHAPS (Autism)	Continue to offer a variety of children and young people's activities and events to support the whole family in a range of community settings. For children with autism we offer youth and junior youth clubs, sensory circuit training, swimming sessions, pony riding, trampolining, a Kids Club, Crazy Club, gaming nights and much more.
HIT Youth Health Champion	Implement Youth Health Champions within schools or organisations to enthuse, encourage and motivate those within the school community to improve health. The Youth Health champion model is designed to give young people the skills, knowledge and confidence to act as peer mentors, increasing awareness of healthy lifestyles and encouraging involvement in activities to promote good health.
HIT Peer led evaluation app	A new, innovative app 'Panda' that provides Psycho-education and interventions aimed at reducing anxiety, which combines emotion sensing, fitness and health monitoring devices with specific anxiety reduction exercises, using responsive and engaging avatars. The app provides mindfulness, relaxation distraction and facilitation of self-soothing skills.
Body Image Project	Work with young people to produce set of dramatic narrative, tableaux style photographs, based on the participants ideas around body image. Images will be exhibited at the Brindley, along with a celebration event.