



It's all happening IN HALTON



www.halton.gov.uk

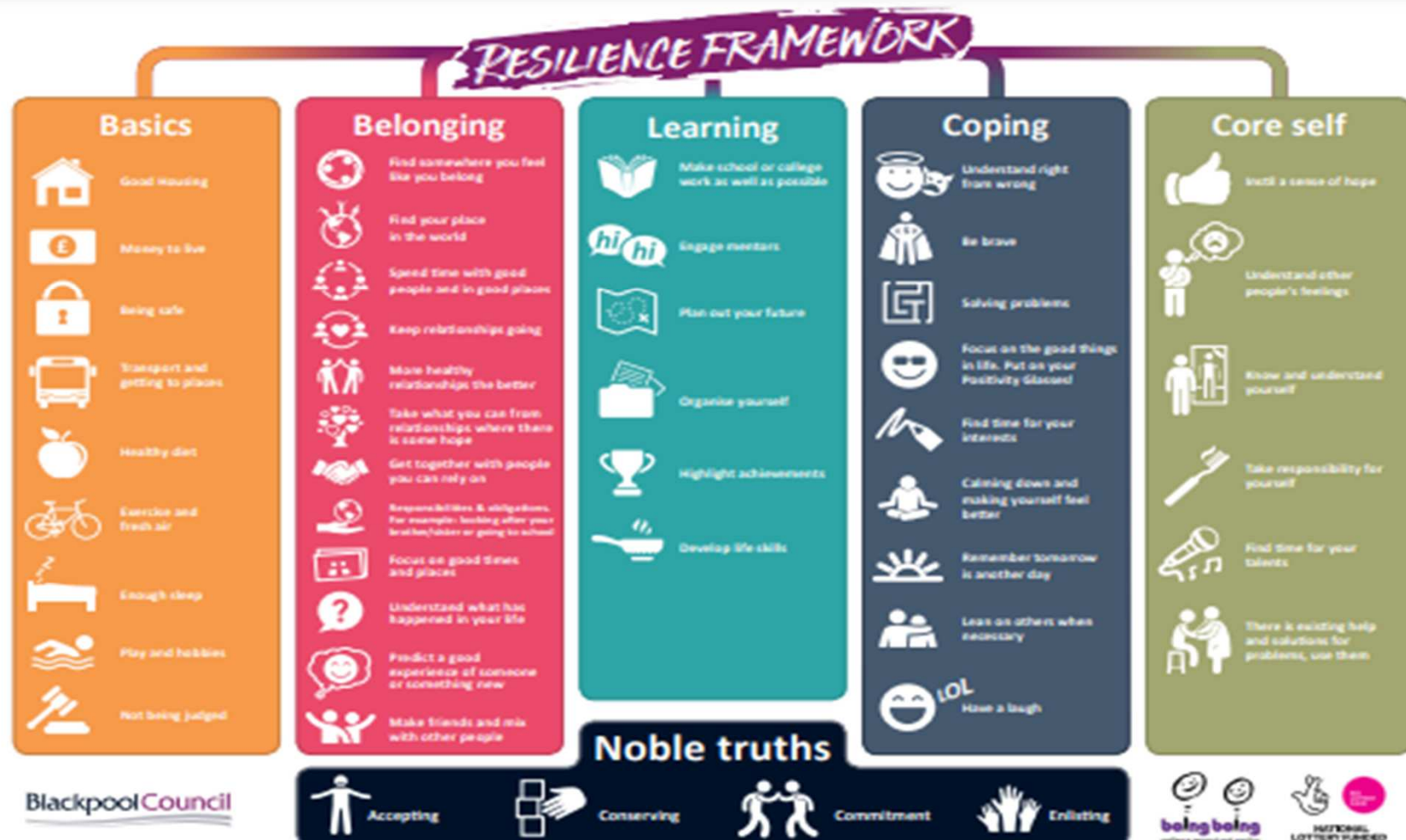
Children and Young people's Mental Health and Wellbeing update

Mental Health and Wellbeing lead
Halton Health Improvement Team

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Improving Resilience



Core / Statutory Services

Lead organisation	Services funded
Local Authority	Educational Psychology Educational Psychology Service
	Specialist support for Children in Care (Banardos-Moving on 2gether) Moving on 2gether
	Nurture Haltons Nurturing Approach
Public Health	Mental Health and Wellbeing prevention agenda for educational settings
NHS Cheshire and Merseyside–Halton Place	CAMHS
	Mental health Teams in Schools
	Baby Infant Bonding Service
	Eating disorder service
	REACH 24 hour text support
Mersey care	24 hour Crisis line

Moving on 2Gether

What we do

We provide specialist therapeutic support and interventions across Runcorn and Widnes to:

- children in care (5-25yrs)
- care leavers
- extended care leavers (up to 25 years)

We also provide information, advice and consultation to foster carers and professionals working with children under the care of Halton Local Authority.



Seeing you gives me someone to trust.
- *Young Person*



You have helped me so much with my guilt I carry, thank you!
- *Young Person*



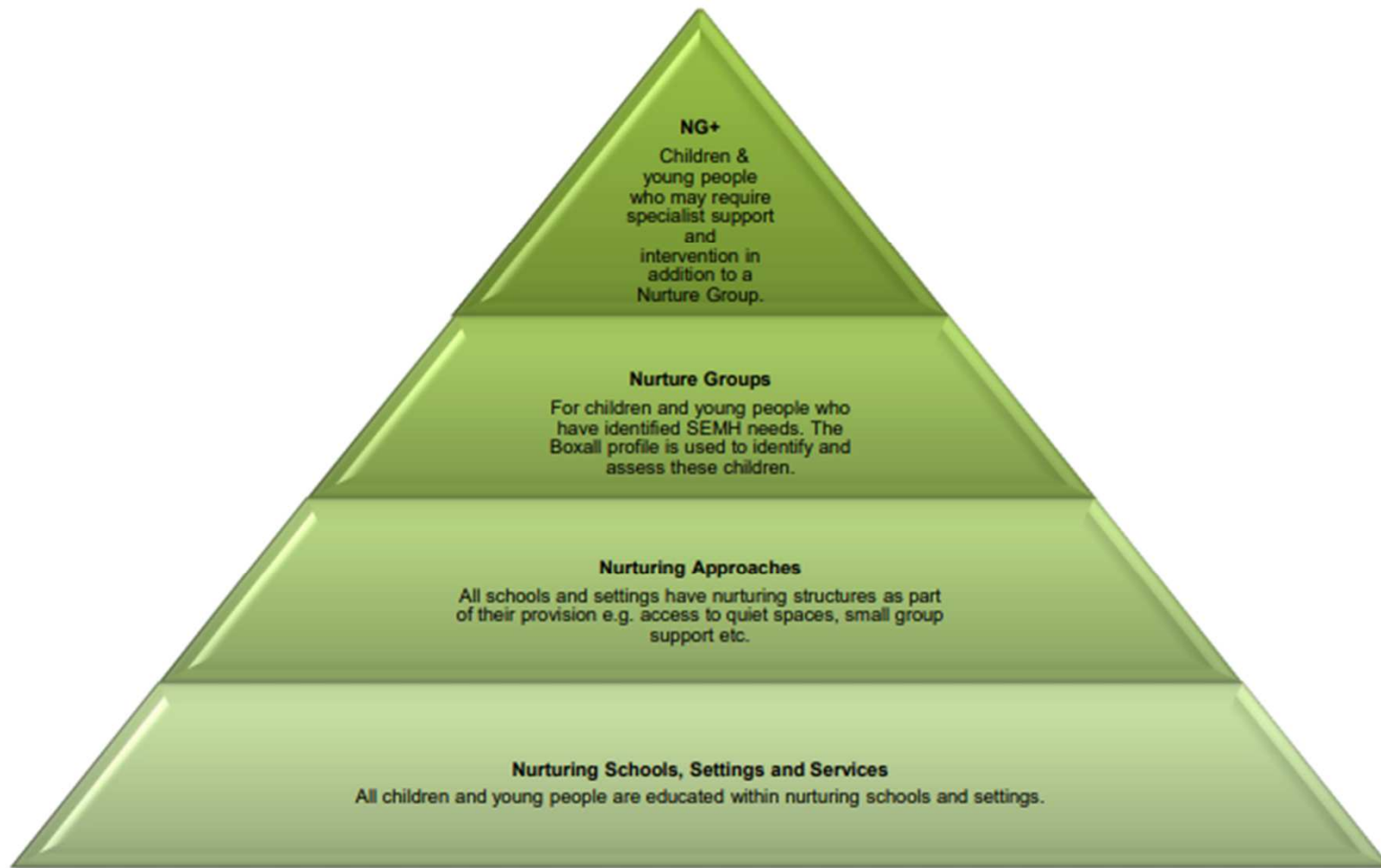
Thanks so much for meeting with us all last week, it was really informative and useful to learn some strategies for the behaviours that XXX presents.
- *SENCO from Young Person's school*



She's really good. I would definitely recommend her. She's like medicine.
- *Foster Carer*

Nurturing Approach

Halton's Graduated Approach to Nurture in Education



Mental Health and Wellbeing Prevention agenda for educational settings

Framework and Needs Assessment

Staff – Wellbeing

Staff Training

Connection to specialist support

Youth Lead Campaign Training *Secondary's/Further Education

“An incredibly useful and simple process that has given us immediate actions which have really benefited not just the students but staff too!” Feedback re MHARS

Examples of outcomes from completing MHARS

- Implemented supervisions for staff
- Further training on principles of nurture and imbedding nurture across the whole school
- Updated PHSE curriculum and trained staff to implement updated PHSE curriculum
- Create opportunities to volunteer in local school and community

NHS Cheshire and Merseyside Health- Halton Place

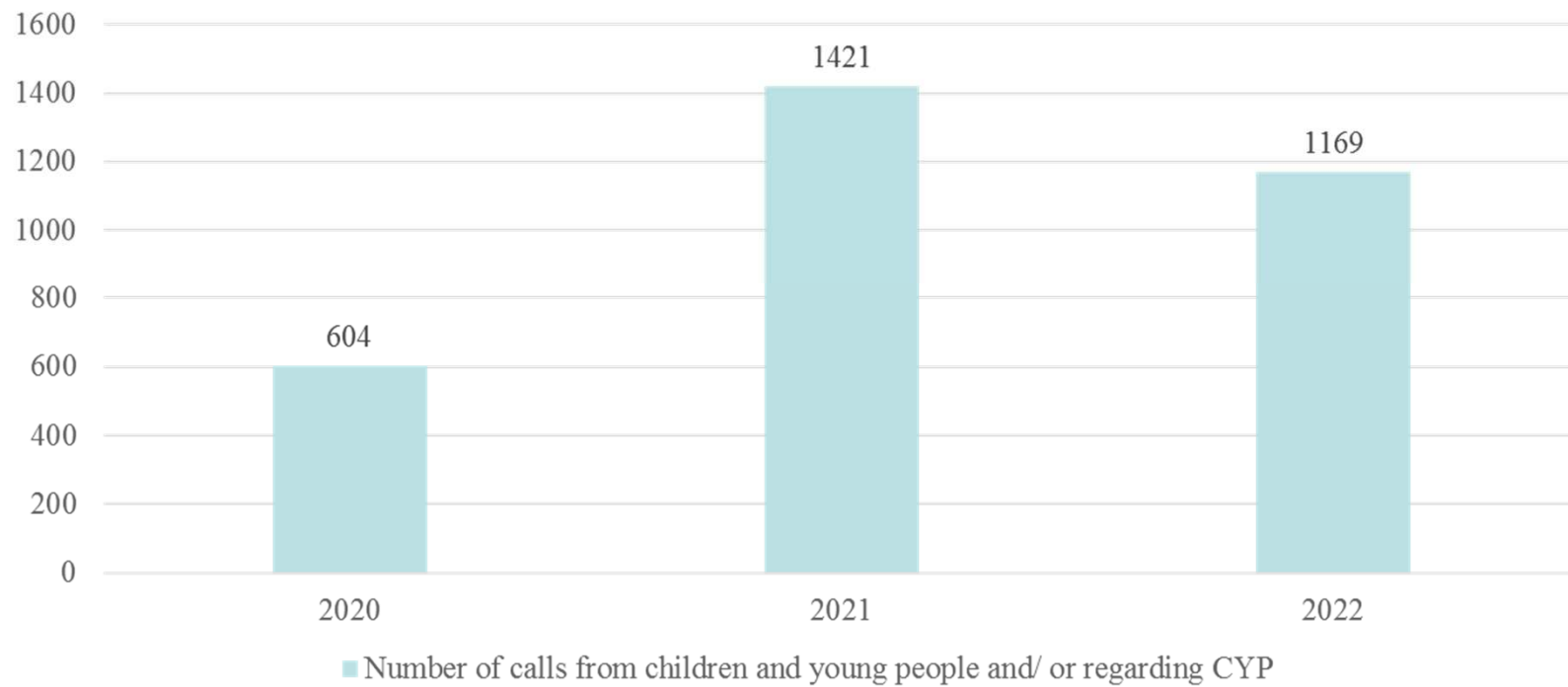
- NHS Cheshire and Merseyside created Children and Young People Mental Health strategy- each area has to create an action plan by the 30th of September 2022.
- A North West Children and Adolescent Mental Health Service (CAMHS) review has been undertaken and from this 9 recommendations have been made which each of the 9 places will now need to implement
- NHS Cheshire and Merseyside Halton place will be commissioning the NHS Cheshire and Merseyside Halton place expansion of the Baby Infant Bonding service.

NHS Cheshire and Merseyside Health- Halton Place

- Increased capacity funded for Eating disorder service during the pandemic.
- Launch of eating disorder website
www.merseycare.nhs.uk/our-services/warrington/children-and-young-peoples-community-eating-disorder-service
- Mental Health Support Teams in Schools- service commenced Jan 2022
- REACH 24 hr text support-173 supported from May to August 2022

Mersey care 24 Hour Crisis line

Number of calls from children and young people and/ or regarding CYP



Additional support in response to the pandemic

Lead Organisation	Service funded	Funding
Public Health	<ul style="list-style-type: none"> -Bereavement support for Adults -Bereavement support for CYP -Additional support to those struggling with financial insecurity and debt -5 ways to wellbeing activities to improve children and young peoples wellbeing -Pilot programme to engage young males -Part funded parenting programme coordinator 	PHE Prevention and Promotion Mental Health fund
	<ul style="list-style-type: none"> -Educational Psychology funded to deliver x4 wellbeing pilots programme to parents/carers -Trauma informed conference to schools 	Additional funding received during Covid

Additional support in response to the pandemic

Lead organisation	Service funded
NHS Cheshire and Merseyside- Halton Plac	Where's your head at x 2- 12 week programme for 11-16 year olds
	Power in Partnership for 18-25 year olds-1 year project <small>*from Feb 2022</small>
	Night stop mental health support for 18-25 year olds- 1 year funding <small>*from Feb 2022</small>
Local Authority	Emotional based school avoidance

Numbers Engaged and Outcomes

Service	outcomes
Bereavement support for Adults*	49 beneficiaries in 6 months
Bereavement support for CYP*	159 beneficiaries in 7 months
Additional support for financial insecurity*	581 beneficiaries in 7 months
5 ways to wellbeing activities	2480 CYP accessed wellbeing activities
Pilot programme for young males	30 beneficiaries in 6 months
Parenting programme coordinator	Variety of outcomes due to system change
Wellbeing programme for parents/carers	11 parents engaged. Increase life satisfaction, self esteem, reduced anxiety
Where's your head at programme	50 CYP engaged over 6 month period
Power in partnership programme	66 YP engaged Q1
Night stop mental health support	5 beneficiaries Q1
Emotional based school avoidance work	multi-agency approach to emotional based school avoidance developed

Beyond transformation programme- Improving emotional health and wellbeing of children and young people

- **Digital single point of access-** scoping single point of access across the region
- **Gateway programme** -identifying and supporting Children and Young People before they reach crisis
- **Mental Health in Acute paediatric settings-** Skill development for staff in acute physical health settings in relation to mental health presentations
- **Funded programmes:**
 - Team of life training- Educational Psychology have accessed training and 30 Emotional Support Literacy Assistants (ELSAs) have been trained
 - Next step training- 59 staff trained locally out of 60 places