

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

**DATE:** 22 January 2024

**REPORTING OFFICER:** Executive Director – Children

**PORTFOLIO:** Children & Young People

**SUBJECT:** Summary of Children and Young Peoples Mental Health and Wellbeing update

**WARD(S)** Borough-wide

## 1.0 PURPOSE OF THE REPORT

1.1 To provide a presentation summarising key work taking place locally and at a regional level to support children and young people’s mental health and wellbeing. Including overview of preventative work that aims to keep children and young people mentally well and services that provide direct interventions and support when children and young people are struggling. The presentation won’t address services which directly support children and young people with Special Educational Needs, although services discussed will provide support to this cohort.

## 2.0 RECOMMENDATION: That

- (1) **Members receive the presentation; and**
- (2) **Members are aware of key work and services contributing to the positive mental health and wellbeing of children and young people.**

## 3.0 SUPPORTING INFORMATION

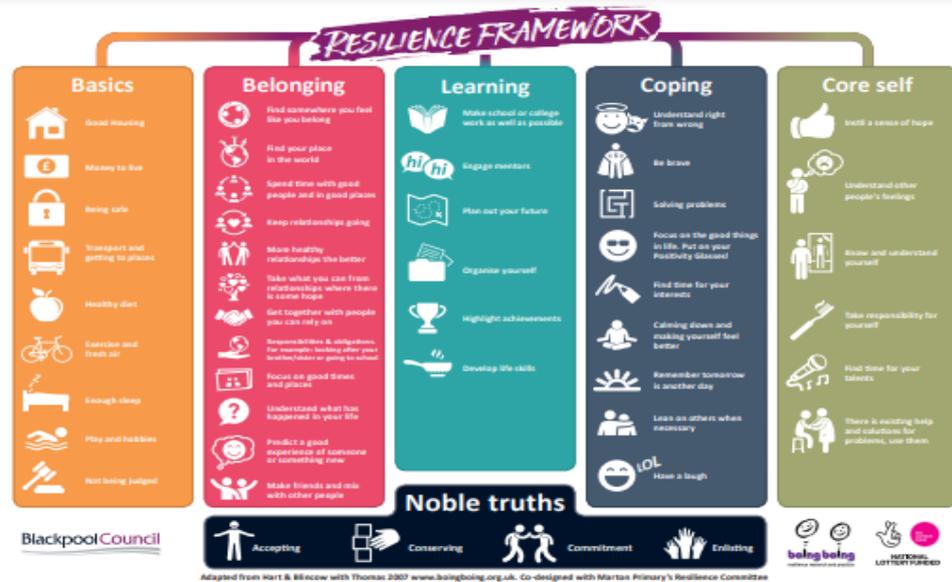
This presentation provides an overview of work taking place in Halton by a variety of organisations and teams.

### 3.1 What do children and young people need to be mentally healthy?

Diagram 1 provides an easy read overview of The Resilience Framework which is a set of ideas and practices that promote resilience. More details on the framework are available to be viewed via <https://www.boingboing.org.uk/>. The framework is based on a body of research and practice development called Resilient Therapy (RT). This was originally developed by Angie Hart and Derek Blincow, with help from Helen Thomas and a group of parents and practitioners. The resilience framework demonstrates evidence-

based ideas that can be used to support a child or young person to improve their resilience. The framework helps us to understand what children and young people need to be resilient shifting the narrative from 'what is wrong with the child' to 'what does this child need'. The framework can also be used to help us to understand how a wide variety of services contribute to good mental health.

**Diagram 1 –Resilience framework, (Children and Young People)**  
 Oct 2012 – *Boingboing*, adapted from Hart and Blincow with Thomas 2007.



### 3.2 Overview of Core services

**Table 1- Overview of core/statutory services available and lead organisation/team responsible**

Lead Organisation	Services funded
Local Authority	Educational Psychology <a href="#">Educational Psychology Service</a>
	Specialist support for Children in Care (Banardos-Moving on 2gether) <a href="#">Moving on 2gether</a>
	Nurture <a href="#">Halton's Nurturing Approach</a>
Public Health	Mental Health and Wellbeing prevention agenda for educational settings *for a detailed overview of this offer please email <a href="mailto:Katie.bazley@halton.gov.uk">Katie.bazley@halton.gov.uk</a>
NHS Cheshire and Merseyside- Halton Place	<a href="#">Child and Adolescent Mental health Services (CAMHS)</a>

	<a href="#">Mental health Teams in Schools</a>
	<a href="#">Baby Infant Bonding Service</a>
	<a href="#">Eating disorder service</a>
	<a href="#">REACH 24 hour text support</a>
Mersey Care NHS foundation trust	<a href="#">24 Hour Crisis Line</a>

Table 1 provides an overview of core and statutory services funded locally in Halton. Please be aware this isn't a definitive list of what is available to support children and young people's mental health and wellbeing. There are many services which have a positive impact on children and young people's mental health and wellbeing without this being their sole focus such as: iCART, Early Help, Drugs and Alcohol substance misuse support, Children centres, Holiday Activity and food provision, Active Halton, Youth Provision and 0-19 health services (family Nurse Partnership, Health Visiting and School Health). There is also a significant amount of support available from the Voluntary Sector. Details of support available locally can be found via Halton's local [Mental Health Info Point](#)

#### 4.0 **POLICY IMPLICATIONS**

4.1 There are no new Policy implications because of this report.

#### 5.0 **FINANCIAL IMPLICATIONS**

5.1 There is an economic cost to poor mental health. Work to improve children and young people's mental health and wellbeing mitigates against this economic cost.

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

##### 6.1 **Children & Young People in Halton**

Services and projects discussed aim to improve the mental health and wellbeing of children and young people in the borough.

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

Children and Young People who have their mental health needs met are more likely to be ready to learn impacting their future employment, learning and skills.

### 6.3 **A Healthy Halton**

Services and projects discussed aim to improve the mental health and wellbeing of children and young people in the borough.

### 6.4 **A Safer Halton**

Services and projects discussed aim to improve the mental health and wellbeing of children and young people in the borough subsequently contributing to the reduced risk of suicide.

### 6.5 **Halton's Urban Renewal**

None

## 7.0 **RISK ANALYSIS**

7.1 None

## 8.0 **EQUALITY AND DIVERSITY ISSUES**

8.1 None

## 9.0 **CLIMATE CHANGE IMPLICATIONS**

9.1 No climate change implications identified at this time.

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

10.1 No papers identified under the meaning of the Act.